

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

Surfs Up Saturday

24-Hour On-Demand Fitness Classes

Dolphin Health Club - Yoga Room. Introducing our newest health club amenity! Take classes live or on demand with our interactive video wall available 24-hours a day in our Yoga Room. These classes are to fit any schedule and skill level. Our programs feature internationally renowned fitness instructors like Jillian Michaels and more.

Live and On-Demand Peloton Spin Classes

Swan Health Club. We are excited to announce the arrival of the Peloton bicycle featuring live and on demand spin classes for all skill levels.

Plush Pal Playtime Drop Off

Concierge Desk. While you're at the theme park you can rest assured your favorite pal is having a great time! Pick them up at the end of the day for a complimentary report card and pictures showcasing their fun adventures.

Aqua Blast

Swan - Lap Pool. Aqua Blast is a hot new workout that keeps you cool in the pool. It incorporates a HIIT type workout in the water with fun music and some dynamic stretches towards the end. All ages welcome.

Waterslide Opens

Dolphin - Grotto Pool

Hair Wraps*

Dolphin - Spring Pool Deck. Hair braiding and wrapping options, as well as a large selection of airbrushed and glitter tattoos.

Here's the Beach Sand Art*

Dolphin - Spring Pool Deck. The "MOST UNIQUE" Sand Art On The Planet! We provide our guests the Ultimate "Hands in the Sand" Experience!

Swan Paddle Boat Rentals

Dolphin - Cabana Beach Hut. Take a leisurely paddle boat ride around our lake while absorbing some sunshine, great views, and chances to see some of our local wildlife.

Fun in the Sun and Sea Crafts*

Dolphin - Grotto Pool Deck. Surf's up dude it's time to come down and create some trendy tropical crafts that will have you shouting cowabunga!

Surfs Up Pool Party!

Dolphin - Grotto Pool Deck. Come catch some rays and play some games at our surf's up pool party! So come on down to the grotto pool, grab your specialty tropical drink from Cabana Bar, and kick back as we play some great beachside tunes and some groovy games for your whole family.

Cool Candy Stand - Tropical Temptations*

Dolphin - Grotto Pool Deck. No tropical retreat is complete without adding some crazy twists to your refreshments. Join us for some fun tropical snow-cones that will have the whole family going stir crazy!

Deal or No Deal

Dolphin - Grotto Pool Deck. Grab a raffle ticket for your chance to play in one of 3 rounds! Step up for our take on the hit game show.

Surfer Says Pool and Beach Games

Dolphin - Seal Sand Pit. Join our fun teamer as we challenge your family to a series of fun challenges that are great for all ages!

HulaMula Happy Hour* (21 and up)

Dolphin - Cabana Beach Club Bar. How far will you go for some great tropical favorites? Join us at the Cabana Bar and Grill and try our exclusive Hula Mala cocktail as well as other great tropical favorites for only \$10.

Wipeout BINGO*

Dolphin - Grotto Pool Deck. Join us on the grotto pool for our tropical twist on the classic game of BINGO.

Camp Dolphin Kids Club*

UNDER THE SEA

Camp Dolphin - Dolphin Lower Level. Join us while we devotin' Full time to floatin' under de sea. Camp has gone fishy with these fun under the sea, crafts, games and educational activities.

Campfire and S'mores*

White Sand Beach. Join us on our white sand beach while we sit by the fire and roast some marshmallows or even good ol' fashioned s'mores.

Plush Pal Playtime Pick Up

Concierge Desk

Live Entertainment

Swan - Il Mulino New York Trattoria restaurant.

Dancing Light Spectacular

Causeway. Join us on the causeway located between the hotels for a musical and light display designed to delight!

Dive in Movie

Dolphin Lap Pool. Join us after the sun goes down for this unique outdoor theater experience!

Karaoke

Swan - Kimonos Lounge. Join us at Kimonos and come sing your heart out! *Adults only after 11pm.

*Nominal fee charged for this activity. Outdoor activities are weather permitted. Activity schedule subject to change without notice.

DAILY HOURS

Pool Operating Hours	6a - 11p
Cabana Beach Hut (Raft rentals, sunscreen and other pool supplies)	9a - 6p
Health Clubs	Swan 6a - 9p Dolphin 24 hours
Sports Equipment Rentals (Cabana Beach Hut)	9a - 6p
Tennis Courts	24 hours
Dolphin Game Room	6a - 11p
Mandara Spa	8a - 9p

CAMP DOLPHIN KIDS CLUB

Camp Dolphin offers fully supervised programs, including arts, crafts, movies, games, and nightly themed activities. Reservations required. Dinner optional.

PADDLE BOATS

Swan Paddle Boats are available for rent from 11am - 5pm. Please visit the Cabana Beach Hut for rental availability.

GOLF

Preferred tee times available on Disney's 3 championship golf courses, or our 9-hole family friendly walking course. Please call 407-WDW-GOLF for times and information.

CAMPFIRE AND S'MORES

Join us on our white sand beach while we sit by the fire and roast some marshmallows or even good ol' fashioned s'mores. Weather permitting.

TENNIS, BASKETBALL & JOGGING TRAIL

A Basketball court, 4 lighted tennis courts and our 3 mile jogging trail are available. Equipment is available at the Cabana Beach Hut between 9am - 6pm. Jogging Maps are available at the Dolphin Health Club.

runConcierge

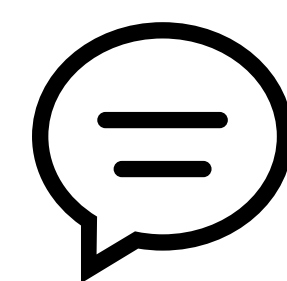
Need a running buddy? Call our runConcierge to set up a complimentary appointment and take a tour of our beautiful resort running trails. Dial ext. 4206 to schedule your next run.

HAIR WRAPS

We are pleased to offer a variety of hair braiding and hair wrapping options, as well as a large selection of airbrushed and glitter tattoos.

ADULT KARAOKE

Here's some late night fun for the adults! Join us at Kimonos in the Swan and come sing your heart out! *Adults only after 11pm.



Questions? Requests?
Text us between
7am - 11pm
407-545-6865

PARENT'S NIGHT OUT!

Receive Two Complimentary Hours At Camp Dolphin*

For kids ages 4-12 while you enjoy an evening out! This supervised activity center features games, crafts, and a movie. Dinner optional.

Open nightly, 5 pm - 12 am.

Space is limited. For additional information and reservations, please dial extension 0.

*Receive two complimentary hours at Camp Dolphin when dining at Todd English's bluezoo, Shula's Steak House or Il Mulino New York Trattoria.