

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

SUNDAY FUNDAY

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.

Sunday Sips* (21 and up)

Dolphin - Phins Bar. Join us for our twist on brunch featuring loaded over-the-top Bloody Mary's, champagne and spritzers.

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.

Sunday Poolside Tailgate Party*

Dolphin - Cabana Beach Club Bar. Come root for the best team there is, yours! The Cabana Bar and Grill has a specialty tailgate menu perfect for cheering on your favorite team. So relax and enjoy the game in peace while your kids enjoy the poolside activities!

Aqua Yoga

Swan - Lap Pool. Need description.

Build-A-Plush Pal*

Dolphin - Grotto Pool Deck. Join us on the pool deck to create and take home your very own plush pal friend!

Cool Candy Stand - Carnival Creations*

Dolphin - Grotto Pool Deck. Snow cones, giant lollipops and other great festival treats await you. Join us for these fun colorful and crazy carnival treats.

Flamingo Ring Toss

Dolphin - Grotto Pool Deck. Join us for this fun carnival style game and win great prizes.

Family Feud

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.

Make Your Own Dreamcatcher

Dolphin - Grotto Pool Deck. Come to the fun team bridge where we will make all your dreams come true with your very own take home dreamcatcher.

Spike Ball Tournament

White Sand Beach. Join us on the white sand beach for a slammin' good time with ages 13+

Camp Dolphin Kids Club*

KID'S CARNIVAL

Camp Dolphin - Dolphin Lower Level. Come one come all and clown around with our fun and festive camp dolphin with carnival themed games, crafts, and movies like DUMBO and Charlottes web!

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.

Dancing Light Spectacular

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

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

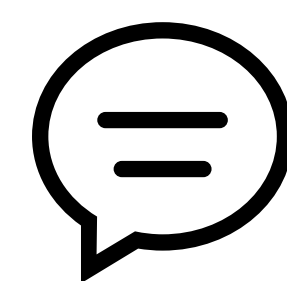
Need a running buddy? Call our runConcierge to set up a complimentary appointment and take a tour of our beautiful resort running trails. Dial ext. 4206 to schedule your next run.

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.