

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

TURN IT UP TUESDAY

Get ready to turn it up for songs and games that really get you going!

24-Hour On-Demand Fitness Classes

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. **Dolphin Health Club - Yoga Room.**

Live and On-Demand Peloton Spin Classes

6am - 9pm

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

Kickbox Cardio

9:15am - 10:15am

Kick, punch, bob and weave your way to a higher fitness level. Constantly move, getting in that cardio that we all want and need. You will walk away with a surge of energy and feeling ready for anything that comes your way. **White Sand Beach.**

Waterslide Opens

10am - 5pm

Dolphin - Grotto Pool

Swan Paddleboat Rentals

11am - 5pm

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

Activity Center Opens

11:30am - 4pm

Camp Dolphin - Dolphin Lower Level.

Wood and Ceramic Painting*

11:30am - 12:30pm

Come paint your very own craft such as wooden treasure boxes, ceramic banks and more! **Camp Dolphin - Dolphin Lower Level.**

Musical Chairs

12:30pm - 1pm

Come compete and see if you can be our musical chair champion of the day. **Camp Dolphin - Dolphin Lower Level.**

Build-A-Plush Pal*

1pm - 3:30pm

Come make your very own stuffed animal. Outfits available for additional cost. **Camp Dolphin - Dolphin Lower Level.**

Featured Movie of the Day

2pm - 3:30pm

Swing by Camp Dolphin for our family friendly movie of the day. **Camp Dolphin - Dolphin Lower Level.**

Punch Hour* (21 and up)

4pm - 5pm

Join us for a glass of our delicious daily adult punch creation, but get there fast because when it's gone... it's gone! **Dolphin - Phins Bar.**

Camp Dolphin Kids Club*

5pm - 12am

Reservations Required. Kids aged 4 - 12 can enjoy toys, themed activities, video games, movies and more. Fully supervised. **Camp Dolphin - Dolphin Lower Level.**

Campfire and S'mores

6pm - 7pm

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

Dancing Light Spectacular

Sunset - 10pm

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

Karaoke

9:30pm - Close

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

*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	10a - 5p
<small>(Raft rentals, sunscreen and other pool supplies) *Weather permitting</small>	
Health Clubs	
Swan	6a - 9p
Dolphin	24 hours
Sports Equipment Rentals	10a - 5p
<small>(Cabana Beach Hut)</small>	
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.

SWAN PADDLE BOATS

Please visit the Cabana Beach Hut for 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.

WELLNESS CONCIERGE

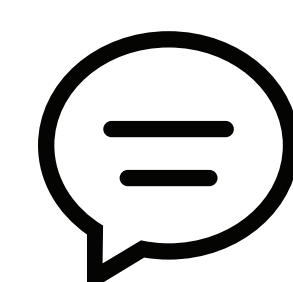
Need a running buddy or some sun salutations? Call our Wellness Concierge to set up a complimentary appointment and keep up with your routine. Reservations Ext. 4206 Need Gear? Take Advantage of our Gear Lending and keep up with your routine for only \$5! Contact Guest Services for assistance.

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.

KARAOKE

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.