

The Walt Disney World Swan and Dolphin RECREATION ACTIVITIES

WINNING WEDNESDAY

Fitness On-Demand 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 Fitness Center - Yoga Room.

Available 24 Hours

Peloton Spin Bicycles

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

Available in both Fitness Centers.

Available 24 Hours

Kandy Kane's Holiday Movie Marathon

We are pleased to offer 24 hours of continuous holiday favorites.

Simply tune in to Channel 49 in the Swan or 50 in the Dolphin on your in-room television and enjoy a collection of holiday classics.

Tune in to Channel 49 in the Swan or 50 in the Dolphin

Available 24 Hours

Waterslide Opens (weather permitting)

Dolphin - Grotto Pool

10am - 5pm

Swan Paddleboats Open (weather permitting)

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.

11am - 5pm

Beach Side Relay Races

Dolphin - Grotto Pool Deck.

11am - 11:30am

Aerial Yoga

Dolphin Fitness Center - Yoga Room.

12pm

Wood and Ceramic Painting*

Join the fun team on the pool deck and paint a variety of ceramic or wood craft projects.

Dolphin - Grotto Pool Deck.

12pm - 12:30pm

Sports Trivia

Grab your team and meet by the Fun Team table to test your Sports knowledge.

Dolphin - Grotto Pool Deck.

1pm - 1:30pm

Sweet Treats Happy Hour*

Come see all the yummy candy treats we have to offer at the Fun Team table.

Dolphin - Grotto Pool Deck.

2pm - 3pm

Teen and Adult H.O.R.S.E. Basketball Challenge

Calling all teens and adults. Test your basketball skills with a fun game of H.O.R.S.E.

Dolphin - Lap Pool Deck near Cabana Bar.

3:30pm - 4pm

Punch Hour* (21 and up)

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.

4pm - 5pm

Water Balloon Toss

Beach - near boat dock.

4:30pm - 5pm

Camp Dolphin Kids Club*

Reservations Required. Kids enjoy a night in as parents enjoy a night out! Dial 4241 on your house phone to make reservation.

Ages 4-12 (fully potty trained). For child care services for children 3 and under or outside of operating hours please call 407.828.0920

Camp Dolphin - Dolphin Lower Level

5pm - 12am

Campfire and S'mores (weather permitting)

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

Beach - near boat dock.

5pm - 6pm

Dancing Light Spectacular

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

Causeway.

Sunset - 10pm

Karaoke

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

Swan - Kimonos Lounge.

9:30pm - Close

***Nominal fee charged for this activity. All outdoor activities are weather permitting. Activity schedule subject to change without notice.**

****Please present room key for pool towels. As a courtesy to other guests please refrain from reserving lounge chairs.**

DAILY HOURS

Pool Operating Hours	6am - 11pm
Cabana Beach Hut	10am - 5pm (Raft rentals, sunscreen and other pool supplies) *Weather permitting
Fitness Centers	24 Hours
Sports Equipment Rentals (Cabana Beach Hut)	10am - 5pm
Dolphin Game Room	6am - 11pm
Mandara Spa	8am - 9pm

*please present room key for pool towels
**as a courtesy to other guests please refrain from reserving lounge chairs

WELLNESS CONCIERGE

Make 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. *sizes subject to availability

Plush Pal Playtime

While you're at the theme park you can leave your favorite pal with us and pick them up later with a complimentary report card and pictures of their adventures. **Friday & Saturday only**

Swan Paddleboats

Please enjoy a complimentary Swan Paddleboat ride on the scenic Crescent Lake. *weather permitting

Hair Wraps

A variety of hair braiding, hair wrapping and a large selection of airbrushed tattoos. *weather permitting

Jogging Trail

Enjoy a 3-mile jogging trail around our beautiful property. Equipment is available at either Health Club with jogging maps at the Dolphin Health Club.

Karaoke

Join us at Kimonos in the Swan and come sing your heart out! *Adults only after 11pm

Golf

Preferred tee times on Disney's golf courses. 407.WDW.GOLF for times and information.



Questions? Comments? Requests? Text us between 7am - 11pm at **407.545.6865**



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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 4241**.

For child care services for children 3 and under or outside of operating hours please call 407.828.0920

*for kids, ages 4-12 (fully potty trained) while you dine at either Todd English's bluezoo, Il Mulino New York Trattoria, Shula's Steak House or during a 75 minute treatment at Mandara Spa.