

STAY ACTIVE

Recreation & Watersports Schedule Daily Activities 2024



AN IHG® HOTEL
KANDOOMA
MALDIVES

SUNDAY

- 08:00 - 8:45 *Island Run (b)
Meeting point Water Sport Centre
- 08:00 - 9:00 SUP Yoga (PW)
\$45 per person
- 08:30 - 09:30 *House Reef Snorkelling (b)
- 10:00 - 11:00 *Nature Walk
- 10:00 - 11:30 Turtle Point Snorkelling (b)
\$59++(minimum 4 guests)
- 13:30 - 16:00 Shark Snorkelling (b)
\$99++(minimum 4 guests)
- 16:00 - 17:00 *Tabata, High Intensity Fitness Session (b)
at Yoga pavilion
- 17:00 - 18:30 Sunset Cruise (b)
\$69++(minimum 2 guests)
- 17:00 - 19:00 Night Fishing (b)
\$59++(minimum 2 guests)

Kandoo Kids' Club Complimentary Activities

- | | |
|-------------------------|--------------------------|
| 09:00 Origami | 14:30 Painting Art |
| 10:00 Collage Making | 15:00 Nature Walk |
| 11:00 Limbo & Fun Games | 16:30 Sand Castle Making |
| 12:00 TV Games | 18:00 Movie Time |

TUESDAY

- 08:30 - 09:30 *House Reef Snorkelling (b)
- 08:30 - 09:30 Invigorating Vinyasa Flow Yoga (PW)
\$25 per class
- 10:00 - 11:30 Side Reef Snorkelling (b)
\$39++(minimum 4 guests)
- 11:00 - 12:00 *Aqua Aerobics (b)
at the Main Pool
- 13:30 - 16:00 Shark Snorkelling (b)
\$99++(minimum 4 guests)
- 15:00 - 16:00 Maldivian Cooking Class (b)
\$80++ per person (min of 2 guests & max 8 guests) at The Asian Kitchen
- 16:00 - 17:00 *Tabata, High Intensity Fitness Session (b)
at the Yoga Pavilion (Maximum 6 guests)
- 16:15 - 17:15 *Nature Walk
- 17:00 - 18:30 Sunset Cruise (b)
\$69++(minimum 2 guests)
- 17:00 - 19:00 Night Fishing (b)
\$59++(minimum 2 guests)
- 17:30 - 18:30 Calming Yin Yoga (PW)
\$25 per class

Kandoo Kids' Club Complimentary Activities

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|-------------------------------|-----------------------------|
| 09:00 Thread Art & Paint Blow | 14:30 Leaf Art |
| 10:00 Flower Making | 15:00 Coconut Palm Leaf Art |
| 11:00 Recycle Fun | 16:30 Elephant Tail |
| 12:00 TV Games | 18:00 Movie time |

MONDAY

- 05:30 - 08:00 Big Game Fishing (b)
\$89++ (minimum 4 guests)
- 08:00 - 13:00 Wreck Safari (b)
\$199++ (minimum 6 guests)
- 10:00 - 11:30 Turtle Point Snorkelling (b)
\$59++(minimum 4 guests)
- 11:00 - 12:00 *Core Workout Session (b)
at Gym (maximum 4 guests)
- 13:30 - 16:00 Shark Snorkelling (b)
\$99++(minimum 4 guests)
- 14:00 - 15:00 Mat Pilates Group Session (b)
\$25++ per guest
- 17:00 - 18:00 *Beach Zumba Session (b)
at west beach
- 17:00 - 18:30 Sunset Cruise (b)
\$69++(minimum 2 guests)
- 17:00 - 19:00 Night Fishing (b)
\$59++(minimum 2 guests)

Kandoo Kids' Club Complimentary Activities

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|--------------------|---------------------------------|
| 09:00 Origami | 14:30 Limbo Fun & Musical Chair |
| 10:00 Card Making | 15:00 Coral Painting |
| 11:00 Making Craft | 16:30 Sand Castle Making |
| 12:00 TV Games | 18:00 Movie Time |

WEDNESDAY

- 05:30 - 08:00 Big Game Fishing (b)
\$89++ (minimum 4 guests)
- 10:00 - 11:30 Turtle Point Snorkelling (b)
\$59++(minimum 4 guests)
- 13:30 - 16:00 Shark Snorkelling (b)
\$99++(minimum 4 guests)
- 16:30 - 17:30 *Beach Volleyball (b)
- 17:00 - 18:30 Sunset Cruise (b)
\$69++(minimum 2 guests)
- 17:00 - 19:00 Night Fishing (b)
\$59++(minimum 2 guests)
- 17:30 - 18:30 Surfers Stretch (PW)
\$25 per class at the Surf Corner
- 19:00 - 20:30 *Family Movie Night (b)

Kandoo Kids' Club Complimentary Activities

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|--------------------------|-------------------------------|
| 09:00 Photo Frame Making | 14:30 Maldives Flag Colouring |
| 10:00 Finding Nemo Games | 15:00 Nature Work |
| 11:00 Crown Making | 16:30 Bracelet Making |
| 12:00 TV Games | 18:00 Movie Time |

- (b) Bookings are essential

- All activities with asterisk (*) are complimentary

- (PW) Perfect Wave

P.S. Please advise us by no later than 8 pm the night before if you wish to cancel any Yoga class, as we have a 50% cancellation/no-show fee.

Recreation & Watersports Schedule

Daily Activities

2024



AN IHG® HOTEL

KANDOOMA
MALDIVES

THURSDAY

- 08:30 - 09:30 ***House Reef Snorkelling (b)**
- 08:30 - 09:30 **Invigorating Vinyasa Flow Yoga (PW)**
\$25 per class
- 10:00 - 11:30 **Side reef Snorkelling (b)**
\$39++ (minimum 4 guests)
- 11:00 - 12:00 ***Aqua Aerobics (b)**
at the Main Pool
- 13:30 - 16:00 **Shark Snorkelling (b)**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Stretching Group Session (b)**
\$25++ per guest
- 17:00 - 18:00 ***Sunset Beach Workout (b)**
at the West Beach
- 17:00 - 18:30 **Sunset Cruise (b)**
\$69++ (minimum 2 guests) (b)
- 17:00 - 19:00 **Night Fishing (b)**
\$59++ (minimum 2 guests)
- 17:30 - 18:30 **Calming Yin Yoga (PW)**
\$25 per class

Kandoo Kids' Club Complimentary Activities

09:00 Write Your Name	14:30 Coconut Hunting & Painting
Dhivehi	15:00 Crown Making
10:00 Flower Making	16:30 Limbo Fun Games
11:00 Musical Games	18:00 Movie Time
12:00 TV Games	

SATURDAY

- 08:30 - 09:30 ***House Reef Snorkelling (b)**
- 08:30 - 09:30 **Invigorating Vinyasa Flow Yoga (PW)**
\$25 per class
- 10:00 - 11:30 **Side Reef Snorkelling (b)**
\$39++ (minimum 4 guests)
- 11:00 - 12:00 ***Aqua Aerobics (b)**
at the Main Pool
- 11:00 - 12:00 ***Boduberu Drumming Class (b)**
at Watersports Centre
- 13:30 - 16:00 **Shark Snorkelling (b)**
\$99++ (minimum 4 guests)
- 15:00 - 16:00 **Maldivian Cooking Class (b)**
\$80++ per person (min of 2 guests & max 8 guests) at The Asian Kitchen
- 14:00 - 15:00 **Stretching Group Session (b)**
\$25++ per guest
- 16:00 - 17:00 ***Circuit Training (b)**
at the Gym (maximum 6 guests)
- 17:00 - 18:30 **Sunset Cruise (b)**
\$69++ (minimum 2 guests)
- 17:00 - 19:00 **Night Fishing (b)**
\$59++ (minimum 2 guests)
- 17:30 - 18:30 **Calming Yin Yoga (PW)**
\$25 per class

Kandoo Kids' Club Complimentary Activities

09:00 Facemask Making	14:30 Musical Games
10:00 Drawing Competition	15:00 Kids Zumba
11:00 Finding Nemo	16:30 Sand Castle Making
12:00 TV Games	18:00 Movie Time

FRIDAY

- 05:30 - 08:00 **Big Game Fishing (b)**
\$89++ (minimum 4 guests)
- 08:00 - 09:00 ***Shape Your Body (b)**
Beginner Gymnastics at west beach
- 10:00 - 11:00 ***Nature Walk**
- 10:00 - 11:30 **Turtle Point Snorkelling (b)**
\$59++ (minimum 4 guests)
- 14:00 - 16:30 **Shark Snorkelling (b)**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Mat Pilates Group Session (b)**
\$25++ per guest
- 17:00 - 18:00 ***Beach Zumba Session (b)**
at West Beach
- 17:00 - 18:30 **Sunset Cruise (b)**
\$69++ (minimum 2 guests)
- 17:00 - 19:00 **Night Fishing (b)**
\$59++ (minimum 2 guests)

Kandoo Kids' Club Complimentary Activities

09:00 Finger & Hand Painting	14:30 Fashion & Craft
10:00 Craft Making	15:00 Crab Collecting & Racing
11:00 Limbo Fun Games	16:30 Flower Making
12:00 TV Games	18:00 Movie Time

- (b) Bookings are essential
 - All bookings can be done at the Watersports Centre between 8:30 am to 5:00 pm.
 - All activities with asterisk (*) are complimentary.
 - (PW) Perfect Wave
 - Complimentary Snorkelling lesson at 10:00 and complimentary Snorkelling trip at 08:30 am (booking essential).
 - Underwater photography requires 24 hours in advance booking at the water sports centre.
 - Snorkelling equipment and life jackets are free of charge.
 - Meet-up for any activity at the Watersports Centre 10 minutes prior the excursion time.
 - Parasailing is available from 08:30 am to 05:30 pm, requires 24 hours in advance booking.
 - This schedule is subject to changes without prior notice.
 - Beginner Surf Lesson – book at The Perfect Wave Surf Centre one day in advance (bookings essential).
 - Beginner Scuba Dive lessons every day, book at Dive Centre.
- For inquiries, please call +960 6640511 Ext. 7196.**

P.S. Please advise us by no later than 8 pm the night before if you wish to cancel any Yoga class, as we have a 50% cancellation/no-show fee.

Chargeable Fitness Sessions

- **Stretching Group Session** (Thursday and Saturday) in Yoga pavilion at 02:00 pm \$25++ per person, minimum 2 guests/ maximum 6 guests
- **Mat Pilates Group session** (Monday and Friday) in Yoga pavilion at 02:00 pm \$25++ per person, minimum 2 guests/ maximum 6 guests
- **Private Fitness Session** \$60++ per guest/ \$100++ per two person

Kandoo Kids Club Activities

- TV game available every day afternoon (12:00 pm to 02:30 pm).
- Babysitting available daily upon request USD 16.59. (Age 0-4 per hrs. / Per Child). Please book in advance @Kandoo Kids' Club.
- All activities are subject to change without prior notice.
- For inquiries, please call +960 6640511 Ext. 7199.
- Opening hours 8:00 am to 08:00 pm (Age 4 – 12) free on opening hours