

STAY ACTIVE

Recreation & Watersports Schedule

Daily Activities 2025



SUNDAY

- 08:00 - 08:45 ***Island Run**
Meeting Point: Watersports Centre
- 08:00 - 08:45 **Surf Vinyasa Flow** at Surf Corner **(PW)**
\$25pp
- 08:30 - 09:30 ***House Reef Snorkelling**
- 10:00 - 11:00 **Stand-Up Paddleboard Yoga (PW)**
\$45pp
- 10:30 - 12:00 **Turtle Point Snorkelling**
\$59++ (minimum 4 guests)
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 16:00 - 17:00 ***Tabata-High Intensity Fitness Session**
at Yoga Sala (maximum 6 guests)
- 17:00 - 18:00 **Sunset Cruise**
\$69++ (minimum 4 guests)
- 17:30 - 18:30 **Surf Recovery Stretch** at Surf Corner **(PW)**
\$25pp

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|------------------------------|-------------------------|
| 09:00 Kids Yoga | 14:30 Dodgeball |
| 10:00 Flower Making | 15:00 Painting Art |
| 11:00 Finger & Hand Painting | 16:30 Sandcastle Making |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

MONDAY

- 05:30 - 08:00 **Sport Fishing**
\$89++ (minimum 4 guests)
- 08:00 - 13:30 **WOW Safari**
\$199++ (minimum 6 guests)
- 08:00 - 08:45 **Surf Vinyasa Flow** at Surf Corner **(PW)**
\$25pp
- 10:00 - 11:00 **Stand-Up Paddleboard Yoga (PW)**
\$45pp
- 10:30 - 12:00 **Turtle Point Snorkelling**
\$59++ (minimum 4 guests)
- 11:00 - 12:00 ***Core Workout Session** at Gym
(maximum 4 guests)
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Mat Pilates Group Session**
\$25++ per guest
- 17:00 - 18:00 ***Beach Zumba Session**
Meeting point Water sport Center
- 17:00 - 19:00 **Night Fishing**
\$59++ (minimum 4 guests)
- 17:30 - 18:30 **Surf Recovery Stretch** at Surf Corner **(PW)**
\$25pp

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|----------------------------|----------------------------------|
| 09:00 Kids Zumba | 14:30 Finding Nemo |
| 10:00 Pirate Craft | 15:00 Coconut Hunting & Painting |
| 11:00 Scavenger Hunt | 16:30 Sandcastle Making |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

TUESDAY

- 08:00 - 08:45 **Vinyasa Flow** at Surf Corner **(PW)**
\$25pp
- 08:30 - 09:30 ***House Reef Snorkelling**
- 10:30 - 12:00 **Side Reef Snorkelling**
\$39++ (minimum 4 guests)
- 11:00 - 12:00 ***Aqua Aerobics**
at the Main Pool
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 15:00 - 16:00 **Maldivian Cooking Class**
at The Asian Kitchen \$80++
(minimum 2 guests & maximum 8 guests)
- 16:00 - 17:00 ***Tabata-High Intensity Fitness Session**
at the Yoga Sala (maximum 6 guests)
- 17:30 - 18:15 **Sunset Yoga Nidra** at Yoga Deck **(PW)**
\$25pp
- 17:00 - 18:00 **Sunset Cruise**
\$69++ (minimum 4 guests)

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|----------------------------|-------------------------------|
| 09:00 Card Making | 14:30 Crown Making |
| 10:00 Paint Blow Art | 15:00 Coconut Palm Leaf Craft |
| 11:00 Recycle Fun | 16:30 Origami |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

WEDNESDAY

- 05:30 - 08:00 **Sport Fishing**
\$89++ (minimum 4 guests)
- 08:00 - 08:45 **Surf Vinyasa Flow** at Surf Corner **(PW)**
\$25pp
- 08:30 - 10:00 **Boom Net Cruise**
\$69++ (minimum 4 guests)
- 10:00 - 11:00 **Stand-Up Paddleboard Yoga (PW)**
- 10:30 - 12:00 **Turtle Point Snorkelling**
\$59++ (minimum 4 guests)
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 16:30 - 17:30 ***Beach Volleyball**
- 17:00 - 19:00 **Night Fishing**
\$59++ (minimum 4 guests)
- 17:30 - 18:30 **Surf Recovery Stretch** at Surf Corner **(PW)**
\$25pp
- 19:00 - 20:30 ***Family Movie Night**

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|----------------------------------|-------------------------|
| 09:00 Write Your Name in Dhivehi | 14:30 Coral Painting |
| 10:00 Photo Frame Making | 15:00 Leaf Art |
| 11:00 Crown Making | 16:30 Sandcastle Making |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

- 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.

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Recreation & Watersports Schedule

Daily Activities 2025



THURSDAY

- 08:00 - 08:45 **Vinyasa Flow at Surf Corner (PW)**
\$25pp
- 08:30 - 09:30 ***House Reef Snorkelling**
- 10:30 - 12:00 **Side Reef Snorkelling**
\$39++ (minimum 4 guests)
- 11:00 - 12:00 ***Aqua Aerobics**
at the Main Pool
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Stretching Group Session**
\$25++ per guest
- 17:00 - 18:00 ***Sunset Beach Workout**
Meeting point Water sport Center
- 17:00 - 18:00 **Sunset Cruise**
\$69++ (minimum 4 guests)
- 17:30 - 18:30 **Sunset Relaxing Yin at Yoga Sala (PW)**
\$25pp

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|----------------------------|-----------------------|
| 09:00 Kids Yoga | 14:30 Fashion & Craft |
| 10:00 Collage Making | 15:00 Nature Walk |
| 11:00 Dreamcatcher Making | 16:30 Bracelet Making |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

FRIDAY

- 05:30 - 08:00 **Sport Fishing**
\$89++ (minimum 4 guests)
- 08:00 - 09:00 ***Shape Your Body-Beginner Gymnastics**
at West Beach
- 08:00 - 08:45 **Vinyasa Flow at Surf Corner (PW)**
\$25pp
- 10:00 - 11:00 **Stand-Up Paddleboard Yoga (PW)**
\$45pp
- 10:30 - 12:00 **Turtle Point Snorkelling**
\$59++ (minimum 4 guests)
- 14:00 - 16:00 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Mat Pilates Group Session**
\$25++ per guest
- 17:00 - 18:00 ***Beach Zumba Session**
Meeting point Water sport Center
- 17:00 - 19:00 **Night Fishing**
\$59++ (minimum 4 guests)
- 17:30 - 18:15 **Sunset Yoga Nidra at Yoga Sala (PW)**
\$25pp

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|-------------------------------|--------------------------------|
| 09:00 Kids Meditation | 14:30 Crab Collecting & Racing |
| 10:00 Underwater Craft Making | 15:00 Flower Making |
| 11:00 Musical Fun Games | 16:30 Sandcastle Making |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

SATURDAY

- 08:00 - 08:45 **Vinyasa Flow at Surf Corner (PW)**
\$25pp
- 08:30 - 09:30 ***House Reef Snorkelling**
- 10:30 - 12:00 **Side Reef Snorkelling**
\$39++ (minimum 4 guests)
- 11:00 - 12:00 ***Circuit Training**
at the Gym (maximum 6 guests)
- 13:30 - 15:30 **Shark Snorkelling**
\$99++ (minimum 4 guests)
- 14:00 - 15:00 **Maldivian Cooking Class**
at The Asian Kitchen \$80++
(minimum 2 guests & maximum 8 guests)
- 15:00 - 16:00 **Stretching Group Session**
\$25++ per guest
- 16:00 - 17:00 ***Aqua Aerobics**
at the Main Pool
- 17:00 - 18:00 **Sunset Cruise**
\$69++ (minimum 4 guests)
- 17:30 - 18:15 **Sunset Sound Healing at Yoga Sala (PW)**
\$45pp

Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

- | | |
|----------------------------|-------------------------------|
| 09:00 Kids Zumba | 14:30 Maldives Flag Colouring |
| 10:00 Recycle Fun | 15:00 Garden Visit |
| 11:00 Foosball Competition | 16:30 Drawing Competition |
| 12:00 PS5 & Nintendo Games | 18:30 Movie Time |

- All activities must be booked in advance. Reservations are mandatory to secure your spot.
- All activities with asterisk (*) are complimentary
- **(PW)** Perfect Wave
- All bookings must be made at the Watersports Centre between 8:00 am and 5:00 pm.
- Activities marked with an asterisk (*) are complimentary.
- This schedule is subject to change without prior notice.
- Snorkelling equipment and life jackets are free of charge.
- Please be at the Watersports Centre at least 10 minutes before your excursion.
- Complimentary snorkelling lesson at 10:00 am and snorkelling trip at 8:30 am. (booking required).
- Underwater photography requires 24-hour advance booking at the Watersports Centre.
- Parasailing is available from 9:00 am to 5:30 pm and requires 24-hour advance booking.
- Beginner Surf Lessons must be booked at The Perfect Wave Surf Centre one day in advance.
- Beginner Scuba Dive lessons are available daily at the Dive Centre.

For inquiries, call +960 6640511 Ext. 7196.

Chargeable Fitness Sessions

- Stretching Group Session (Thursday & Saturday, 2:00 pm) – \$25++ per person (min. 2, max. 6 guests)
- Mat Pilates Group Session (Monday & Friday, 2:00 pm) – \$25++ per person (min. 2, max. 6 guests)
- Private Fitness Session – \$60++ per guest / \$100++ per two guests

Kandoo Kids' Club Activities

- Activities are only for children aged 4 to 12 years.
- Schedule is subject to change without prior notice.
- Babysitting available daily upon request (\$16.73 per child per hour, ages 0-4). Advance booking required.

For inquiries, call +960 6640511 Ext. 7199.

Cancellation Policy:

- Cancellations made at least 4 hours before the activity are free of charge.
- Cancellations made within 2 to 4 hours before the activity will incur a 50% charge.
- No-shows will be charged the full price.

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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.

STAY ACTIVE

Recreation & Watersports Price List 2025



Activity	Price (USD++)	No. of Persons	Duration
Excursions			
Turtle Point Reef Snorkelling	59++	Min. 4	1.5 hrs
Side Reef Snorkelling	39++	Min. 4	1.5 hrs
Shark Snorkelling	99++	Min. 4	2 hrs
Shark Snorkelling (Private)	620++	Max. 6	2.5 hrs
Sunset Cruise	69++	Min. 4	1 hr
Boom Net Cruise	69++	Min. 4	1.5 hrs
Sport Fishing	89++	Min. 4 / Max. 6	2.5 hrs
Sport Fishing (Private)	450++	Max. 4	2.5 hrs
Sport Fishing Private Boat Trip	680++	Max. 4	4 hrs
Sport Fishing Private Boat Trip	805++	Max. 4	5 hrs
Sport Fishing Private Boat Trip	930++	Max. 4	6 hrs
Night Fishing Your biggest catch of the night (one fish) will be cooked to your preference at the restaurant	59++	Min. 4	2 hrs
Sandbank Picnic	89++	Min. 4	2 hrs
Create Your Own Trip (Private) Choose 2: Shark Snorkelling / Turtle Snorkelling / Sandbank Visit / Side Reef Snorkelling / Local Island Visit	169++ (extra person)	Min. 2 / Max. 6	2.5 hrs
Create Your Own Trip Option 2 (Private) Choose 2: Sting Ray Watching / Shark Snorkelling / Turtle Snorkelling / Sandbank Visit / Side Reef Snorkelling / Local Island Visit	189++ (extra person)	Min. 2 / Max. 6	3 hrs
Local Island Visit	59++	Min. 6	2.5 hrs
Malé Sightseeing	89++	Min. 2	4 hrs
Manta Ray Snorkelling (Seasonal)	69++	Min. 4	1.5 hrs
WOW Safari – Turtle Snorkelling, Shark Snorkelling, Local Island Visit, Sandbank Visit for Lunch	199++	Min. 6	5.5 hrs
Shipwreck Safari - Turtle Snorkeling, Shark Snorkeling, Shipwreck Snorkeling, Sandbank Visit for Lunch	199++	Min. 6	5.5 hrs
Shipwreck Safari (Private)	990++	Max. 4	5.5 hrs

- All prices are in US Dollars and are subject to 10% service charge and 17% GST.
- All activities must be booked in advance; reservations are required to secure your spot.
- Bookings must be made at the Watersports Centre between 8:00 am and 5:00 pm.
- Prices are per person unless stated otherwise.
- Children under 12 years receive a 50% discount on activities.
- Children under 4 years can participate free of charge.
- Motorised watersports and parasailing are charged at full price for children of all ages.
- Prices are subject to change without prior notice.

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Activity	Price (USD++)	No. of Persons	Duration
Motorised Watersports			
Banana Boat / Fun Tube	29++	Min. 2	15 minutes
Parasailing	99++	Min. 2	15 minutes
Stimmel Board / Kneeboard	39++	Per person	25 minutes
Monoski / Waterski / Wakeboard (Beginner)	69++	Per person	45 minutes
Monoski / Waterski / Wakeboard (Refresher)	49++	Per person	30 minutes
Monoski / Waterski / Wakeboard (Advanced)	39++	Per person	20 minutes
Lessons			
Snorkelling Lesson	12++	Per person	30 minutes
Swimming Class	20++	Per person	45 minutes
Others			
Underwater Photography (Available only during snorkelling excursions)	40++	Per room	Per trip
Drone Photography for Parasailing	89++	Per room	Per flight

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Activity	Price (USD++)	No. of Persons	Duration
Boat Rentals			
Speedboat – Teal	199++	Max. 4	1 hr
Speedboat – Aqua	349++	Max. 6	1 hr
Dhoni	299++	Max. 8	1 hr
Equipment Rentals			
Stand-Up Paddleboard	29++	Per SUP	1 hr
Paddleboat	29++	Per boat	1 hr
Bicycle	12++	Per bicycle	Per day
Fitness Sessions			
Stretching Group Session	25++	Min. 2 / Max. 6	1 hr
Mat Pilates Group Session	25++	Min. 2 / Max. 6	1 hr
Private Fitness Session – Solo	60++	Per person	1 hr
Private Fitness Session – Duo	100++	2 persons	1 hr

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