

# STAY ACTIVE

## Recreation & Watersports Schedule

### Daily Activities 2026



## SUNDAY

08:00 - 08:45	<b>*Island Run</b> Meeting Point: Watersports Centre
08:30 - 09:15	<b>Vinyasa Flow</b> at the Yoga Deck <b>(PW)</b> \$20pp++
08:30 - 09:30	<b>*House Reef Snorkelling</b>
10:30 - 12:00	<b>Turtle Point Snorkelling</b> 59++ (minimum 4 guests)
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
16:00 - 17:00	<b>*Tabata-High Intensity Fitness Session</b> at Yoga Sala (maximum 6 guests)
17:00 - 18:00	<b>Sunset Cruise</b> \$69++ (minimum 4 guests)

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Kids Yoga</b>	14:30	<b>Dodgeball</b>
10:00	<b>Flower Making</b>	15:00	<b>Painting Art</b>
11:00	<b>Finger &amp; Hand Painting</b>	16:30	<b>Sandcastle Making</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

## MONDAY

05:30 - 08:00	<b>Sport Fishing</b> \$89++ (minimum 4 guests)
08:00 - 13:30	<b>WOW Safari</b> \$199++ (minimum 6 guests)
08:30 - 09:15	<b>Vinyasa Flow</b> at the Yoga Deck <b>(PW)</b> \$20pp++
10:30 - 12:00	<b>Turtle Point Snorkelling</b> \$59++ (minimum 4 guests)
11:00 - 12:00	<b>*Core Workout Session</b> at Gym (maximum 4 guests)
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
14:00 - 15:00	<b>Mat Pilates Group Session</b> \$25++ per guest
17:00 - 18:00	<b>*Beach Zumba Session</b> Meeting point Water sport Center
17:00 - 19:00	<b>Night Fishing</b> \$59++ (minimum 4 guests)

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Kids Zumba</b>	14:30	<b>Finding Nemo</b>
10:00	<b>Pirate Craft</b>	15:00	<b>Coconut Hunting &amp; Painting</b>
11:00	<b>Scavenger Hunt</b>	16:30	<b>Sandcastle Making</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

## TUESDAY

08:30 - 09:30	<b>Stand Up Paddleboard Yoga (PW)</b> \$40++pp
08:30 - 09:30	<b>*House Reef Snorkelling</b>
10:30 - 12:00	<b>Side Reef Snorkelling</b> \$39++ (minimum 4 guests)
11:00 - 12:00	<b>*Aqua Aerobics</b> at the Main Pool
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
15:00 - 16:00	<b>Maldivian Cooking Class</b> at The Asian Kitchen \$80++ (minimum 2 guests & maximum 8 guests)
16:00 - 17:00	<b>*Tabata-High Intensity Fitness Session</b> at the Yoga Sala (maximum 6 guests)
17:00 - 18:00	<b>Sunset Cruise</b> \$69++ (minimum 4 guests)
17:30 - 18:30	<b>Sunset Yin Yoga</b> at the Yoga Deck <b>(PW)</b> \$20pp++

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Card Making</b>	14:30	<b>Crown Making</b>
10:00	<b>Paint Blow Art</b>	15:00	<b>Coconut Palm Leaf Craft</b>
11:00	<b>Recycle Fun</b>	16:30	<b>Origami</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

## WEDNESDAY

05:30 - 08:00	<b>Sport Fishing</b> \$89++ (minimum 4 guests)
08:30 - 09:15	<b>Vinyasa Flow</b> at the Yoga Deck <b>(PW)</b> \$20pp++
08:30 - 10:00	<b>Boom Net Cruise</b> 69++ (minimum 4 guests)
10:30 - 12:00	<b>Turtle Point Snorkelling</b> \$59++ (minimum 4 guests)
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
16:30 - 17:30	<b>*Beach Volleyball</b>
17:00 - 19:00	<b>Night Fishing</b> \$59++ (minimum 4 guests)
19:00 - 20:30	<b>*Family Movie Night</b>

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Write Your Name in Dhivehi</b>	14:30	<b>Coral Painting</b>
10:00	<b>Photo Frame Making</b>	15:00	<b>Leaf Art</b>
11:00	<b>Crown Making</b>	16:30	<b>Sandcastle Making</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

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## Recreation & Watersports Schedule

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## THURSDAY

08:30 - 09:30	<b>Stand Up Paddleboard Yoga (PW)</b> \$40++/pp
08:30 - 09:30	<b>*House Reef Snorkelling</b>
10:30 - 12:00	<b>Side Reef Snorkelling</b> \$39++ (minimum 4 guests)
11:00 - 12:00	<b>*Aqua Aerobics</b> at the Main Pool
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
14:00 - 15:00	<b>Stretching Group Session</b> \$25++ per guest
17:00 - 18:00	<b>*Sunset Beach Workout</b> Meeting point Water sport Center
17:00 - 18:00	<b>Sunset Cruise</b> \$69++ (minimum 4 guests)
17:30 - 18:30	<b>Sunset Yin Yoga at the Yoga Deck (PW)</b> \$20pp++

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Kids Yoga</b>	14:30	<b>Fashion &amp; Craft</b>
10:00	<b>Collage Making</b>	15:00	<b>Nature Walk</b>
11:00	<b>Dreamcatcher Making</b>	16:30	<b>Bracelet Making</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

## FRIDAY

05:30 - 08:00	<b>Sport Fishing</b> \$89++ (minimum 4 guests)
08:00 - 09:00	<b>*Shape Your Body - Beginner Gymnastics</b> Meeting point: Water Sports Centre
08:30 - 09:15	<b>Vinyasa Flow</b> at the Yoga Deck (PW) \$20pp++
10:30 - 12:00	<b>Turtle Point Snorkelling</b> \$59++ (minimum 4 guests)
14:00 - 16:00	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
14:00 - 15:00	<b>Mat Pilates Group Session</b> \$25++ per guest
17:00 - 18:00	<b>*Beach Zumba Session</b> Meeting point Water sport Center
17:00 - 19:00	<b>Night Fishing</b> \$59++ (minimum 4 guests)

### Kandoo Kids' Club Complimentary Activities (for children aged 4 to 12 years)

09:00	<b>Kids Meditation</b>	14:30	<b>Crab Collecting &amp; Racing</b>
10:00	<b>Underwater Craft Making</b>	15:00	<b>Flower Making</b>
11:00	<b>Musical Fun Games</b>	16:30	<b>Sandcastle Making</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

## SATURDAY

08:30 - 09:30	<b>Stand Up Paddleboard Yoga (PW)</b> \$40++/pp
08:30 - 09:30	<b>*House Reef Snorkelling</b>
10:30 - 12:00	<b>Side Reef Snorkelling</b> \$39++ (minimum 4 guests)
11:00 - 12:00	<b>*Circuit Training</b> at the Gym (maximum 6 guests)
13:30 - 15:30	<b>Shark Snorkelling</b> \$99++ (minimum 4 guests)
14:00 - 15:00	<b>Maldivian Cooking Class</b> at The Asian Kitchen \$80++ (minimum 2 guests & maximum 8 guests)
15:00 - 16:00	<b>Stretching Group Session</b> \$25++ per guest
16:00 - 17:00	<b>*Aqua Aerobics</b> at the Main Pool
17:00 - 18:00	<b>Sunset Cruise</b> \$69++ (minimum 4 guests)
17:30 - 18:15	<b>Salt &amp; Sound; Sound Healing Experience (PW)</b> \$40pp++

### Kandoo Kids' Club Complimentary Activities

(for children aged 4 to 12 years)

09:00	<b>Kids Zumba</b>	14:30	<b>Maldives Flag Colouring</b>
10:00	<b>Recycle Fun</b>	15:00	<b>Garden Visit</b>
11:00	<b>Foosball Competition</b>	16:30	<b>Drawing Competition</b>
12:00	<b>PS5 &amp; Nintendo Games</b>	18:30	<b>Movie Time</b>

- 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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## Recreation & Watersports Price List 2026



Activity	Price (USD++)	No. of Persons	Duration
<b>Excursions</b>			
<b>Turtle Point Reef Snorkelling</b>	59++	Min. 4	1.5 hrs
<b>Side Reef Snorkelling</b>	39++	Min. 4	1.5 hrs
<b>Shark Snorkelling</b>	99++	Min. 4	2 hrs
<b>Shark Snorkelling (Private)</b>	620++	Max. 6	2.5 hrs
<b>Sunset Cruise</b>	69++	Min. 4	1 hr
<b>Boom Net Cruise</b>	69++	Min. 4	1.5 hrs
<b>Sport Fishing</b>	89++	Min. 4 / Max. 6	2.5 hrs
<b>Sport Fishing (Private)</b>	450++	Max. 4	2.5 hrs
<b>Sport Fishing Private Boat Trip</b>	680++	Max. 4	4 hrs
<b>Sport Fishing Private Boat Trip</b>	805++	Max. 4	5 hrs
<b>Sport Fishing Private Boat Trip</b>	930++	Max. 4	6 hrs
<b>Night Fishing</b> Your biggest catch of the night (one fish) will be cooked to your preference at the restaurant	59++	Min. 4	2 hrs
<b>Sandbank Picnic</b>	89++	Min. 4	2 hrs
<b>Create Your Own Trip (Private)</b> Choose 2: Shark Snorkelling / Turtle Snorkelling / Sandbank Visit / Side Reef Snorkelling / Local Island Visit	169++ (extra person)	Min. 2 / Max. 6	2.5 hrs
<b>Create Your Own Trip Option 2 (Private)</b> 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
<b>Local Island Visit</b>	59++	Min. 6	2.5 hrs
<b>Malé Sightseeing</b>	89++	Min. 2	4 hrs
<b>Manta Ray Snorkelling (Seasonal)</b>	69++	Min. 4	1.5 hrs
<b>WOW Safari – Turtle Snorkelling, Shark Snorkelling, Local Island Visit, Sandbank Visit for Lunch</b>	199++	Min. 6	5.5 hrs
<b>Shipwreck Safari - Turtle Snorkeling, Shark Snorkeling, Shipwreck Snorkeling, Sandbank Visit for Lunch</b>	199++	Min. 6	5.5 hrs
<b>Shipwreck Safari (Private)</b>	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
<b>Motorised Watersports</b>			
<b>Banana Boat / Fun Tube</b>	29++	Min. 2	15 minutes
<b>Parasailing</b>	99++	Min. 2	15 minutes
<b>Stimmel Board / Kneeboard</b>	39++	Per person	25 minutes
<b>Monoski / Waterski / Wakeboard (Beginner)</b>	69++	Per person	45 minutes
<b>Monoski / Waterski / Wakeboard (Refresher)</b>	49++	Per person	30 minutes
<b>Monoski / Waterski / Wakeboard (Advanced)</b>	39++	Per person	20 minutes
<b>Lessons</b>			
<b>Snorkelling Lesson</b>	12++	Per person	30 minutes
<b>Swimming Class</b>	20++	Per person	45 minutes
<b>Others</b>			
<b>Underwater Photography (Available only during snorkelling excursions)</b>	40++	Per room	Per trip
<b>Drone Photography for Parasailing</b>	89++	Per room	Per flight

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## Recreation & Watersports Price List 2026



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

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