

Tennis and Golf Instruction On-Site



Kids For All Seasons



State-of-the-art Fitness Offerings



STAY & PLAY RESORT HAPPENINGS

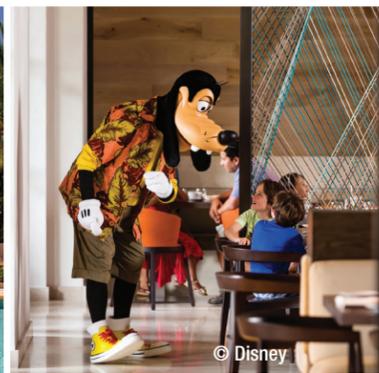


FOUR SEASONS
RESORT

ORLANDO AT WALT DISNEY WORLD® RESORT

Share your favorite experiences with us at @FSOrlando!   

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:00am: Sunrise Stretch & Stroll - Meet at The Spa</p> <p>7:30am: Pilates on the Movement Lawn</p> <p>11:00am-12:00pm: Tennis - Drill Workout \$45 per person</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>7:30-10:30pm: Live Acoustic Guitarist at The Lobby Bar</p>	<p>6:30am: Ab Attack on the Movement Lawn</p> <p>7:00am: Group Cycle at the Aerobics Studio</p> <p>11:00-11:30am: Tennis - Tiny Stars Clinic (Complimentary) Kids Ages 4-10</p> <p>11:30am-12:30pm: Tennis - Ground Stroke Clinic \$45 per person</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>7:30-10:30pm: Live Acoustic Guitarist at The Lobby Bar</p>	<p>6:30am: Melt Into Meditation on the Movement Lawn</p> <p>11:00am-12:00pm: Tennis - Volley Clinic \$45 per person</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>4:30pm: Beyond The Barre at the Aerobics Studio</p> <p>6:00-9:00pm: Live Spanish Guitarist at Capa</p>	<p>6:30am: Ab Attack on the Movement Lawn</p> <p>7:00am: Group Cycle at the Aerobics Studio</p> <p>7:30-11:00am: Good Morning Breakfast with Goofy & His Pals at Ravello - Reservations Required</p> <p>11:00-11:30am: Tennis - Tiny Stars Clinic (Complimentary) Kids Ages 4-10</p> <p>11:30am-12:30pm: Tennis - Emergency Fun Tennis Drills \$45 per person</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>3:00-4:00pm: Golf Clinic \$35 per person</p> <p>6:00-9:00pm: Live Spanish Guitarist at Capa</p>	<p>7:00am: Cardio Rowing on the Movement Lawn</p> <p>7:30am: Barefoot BodySculpt on the Movement Lawn</p> <p>11:00am-12:00pm: Tennis - Service Clinic \$45 per person</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>2:30-5:30pm: Par 3 Short Course Available at Tranquilo - \$25 per person with golf clubs; \$45 per person with rental clubs</p>	<p>7:30-11:00am: Good Morning Breakfast with Goofy & His Pals at Ravello - Reservations Required</p> <p>8:00am: Sunrise Salutations on the Movement Lawn</p> <p>9:00am: Yoga Flow on the Movement Lawn</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p> <p>5:00pm: Dive-in Movie at the Family Pool</p> <p>7:00-10:00pm: Live Music at Capa Bar</p>	<p>8:00am: High Intensity Dance at the Aerobics Studio</p> <p>9:00am: Cardio Kickboxing at the Aerobics Studio</p> <p>10:00am-3:00pm: Sunday Brunch at Plancha - Reservations Recommended</p> <p>2:00-3:00pm: Free climb at the Rock Wall on Explorer Island</p>
<p>*Activities are complimentary for resort guests with the exception of happy hours, special meals and items listed with prices. Recreational facilities and activities are for registered guests only.</p>						



KIDS FOR ALL SEASONS 9:00AM - 5:00PM DAILY

Kids For All Seasons is our complimentary program for kids ages 4-12 located on Explorer Island. Kids can be dropped off for a few hours or the entire day, for supervised activities, swim time and more fun! An optional lunch is provided for \$30 per child. Drop off may not be available during swim time.

 MYTHICAL MONDAY	 TRAVEL TUESDAY	 MOVIE MAKERS WEDNESDAY	 PIRATE & PRINCESS THURSDAY	 FUTURE FRIDAY	 WILDERNESS EXPLORER SATURDAY	 OUTER SPACE SUNDAY
<p>10:00am: Lawn Maze Games</p> <p>11:30am: Magical Images and Feast</p> <p>1:00pm: Rescue Relays</p> <p>2:00pm: Mystical Creature Creations</p> <p>3:00pm: Atlantis Adventures</p>	<p>10:00am: World Scavenger Hunt</p> <p>11:30am: Cinema and Snack Feast</p> <p>1:00pm: Grab Your Passport Outdoor Games</p> <p>2:00pm: World Wonders Crafts</p> <p>3:00pm: Seven Seas Swim</p>	<p>10:00am: Animation Class</p> <p>11:30am: Fork and Film</p> <p>1:00pm: Ready, Set, Action Races</p> <p>2:00pm: Character Constructions</p> <p>3:00pm: Cove Swim</p>	<p>10:00am: Treasure Hunt</p> <p>11:30am: Magical Mirror and Grub</p> <p>1:00pm: Explorer Island Capture the Flag</p> <p>2:00pm: Pirate & Princess Adventure Crafts</p> <p>3:00pm: Buccaneer Water Blast</p>	<p>10:00am: Career Games</p> <p>11:30am: Movie Glimpse and Meal</p> <p>1:00pm: Robot Relays</p> <p>2:00pm: Time Machine Memory Crafts</p> <p>3:00pm: Splash to the Future</p>	<p>10:00am: Discovery Dash</p> <p>11:30am: Gaze and Graze</p> <p>1:00pm: Sash and Badges Games</p> <p>2:00pm: Reuse, Renew and Recycle Crafts</p> <p>3:00pm: Lily Pad Water Activities</p> <p>5:00-8:00pm: Explorer Island Takeover; includes dinner and swim shirt; \$65 per child</p>	<p>10:00am: Orbiter Blast Games</p> <p>11:30am: Food and Flick</p> <p>1:00pm: Space Encounters</p> <p>2:00pm: Constellation Crafts</p> <p>3:00pm: Galaxy Dip</p>



JOIN US FOR HAPPY HOUR

THE LOBBY BAR

**Monday - Friday
5:00-7:00pm**
Half-priced draft beer and select bottles of wine, \$5 savings on wine by the glass

PLANCHA

**Monday - Friday
3:00-5:00pm**
Half-priced cigars and half-priced signature cocktails



**Sunday - Thursday
5:00-7:00pm**
\$9 pours of Spanish wine and \$5 select appetizers

