

# RECREATION SCHEDULE

Adults

Families

Teens

Children

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM				Outdoor Explore			Outdoor Explore
11:00AM			Zumba	Kids' Club			
11:30AM							
12:00PM		North Island Wildlife Recovery Centre Tour					
1:00PM							
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM							
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6:30PM							
7:00PM							
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							
10:30PM							

\*\*August Only  
Movie Under  
The Stars

## Pines Gift Shop

Featuring the work of over 60 Vancouver Island artisans, as well as clothing, children's games, jewelry, skin care, teas, swimwear, accessories, and one-of-a-kind giftware. Drop by to purchase a gift for someone at home, or for yourself to enjoy as a lasting memento of your stay with us.

SHOP ONLINE: [PINESGIFTSHOP.COM](http://PINESGIFTSHOP.COM)



We believe in offering guest experiences to soothe the mind, body and spirit. Relax with confidence knowing our team is committed to delivering a safe and restorative experience!

Mineral Pool ~ Spa Treatments ~ Endless Tapas Dining  
Same Day and Walk-In Appointments Available

BOOK: 250-248-1838 / [RELAX@GROTTOSPA.COM](mailto:RELAX@GROTTOSPA.COM)

OPEN 9AM TO 8PM DAILY

15% gratuity and 5% GST will be automatically added

## cedars restaurant & lounge

Taste the Difference! Our award-winning culinary team are creating local, regional, and international dishes that will please your palate and warm your heart! Eat in or order take out at [tigh-na-mara.com/takeout](http://tigh-na-mara.com/takeout).

OPEN 7:30AM TO 11PM SUNDAY - THURSDAY

OPEN 7:30AM TO 12AM FRIDAY - SATURDAY

RESERVATIONS RECOMMENDED: 250-248-2333

## POOL HOUSE & FITNESS ROOM

We welcome guests to our Pool House building, east of our Front Lobby, to enjoy our beautiful indoor pool, cedar-walled dry sauna, whirlpool, and fully equipped weight and workout room from 7AM to 11PM (10 to 11PM adults only).

Additional Resort Activities:

### PADDLE BOARD RENTALS

Rent a paddle board, paddle, and PFD (personal flotation device) to enjoy a relaxing float on the Salish Sea. Hourly, half day, and all-day rentals are available from the Pool House Office or the Snack Shack at the beach.

Hourly - \$20, Half Day (4 hours) \$50, Full Day (8 hours) \$100

### MOUNTAIN BIKE RENTALS

Discover the stunning scenery of our region by renting a bike for an afternoon. Bike rentals are offered at the Pool House Office for two hours, half day, or full day. We also provide children's bikes and helmets.

Adult 12+: 2hrs \$20, Half day (4 hours) \$35, Full Day (8 hours) \$60

Child up to 11: 2hrs \$15, Half day (4 hours) \$25, Full Day (8 hours) \$45



# SUMMER 2023 RECREATION

JULY 1 - SEPTEMBER 2, 2023

TIGH-NA-MARA  
SEASIDE SPA RESORT & CONFERENCE CENTRE

Pre-registration is strongly encouraged as there is limited space in each activity.

**Registration/cancellation is required a minimum of 1 hour prior to the start of all programs.**

A 50% fee will be charged for all cancellations less than 1 hour prior.

All prices subject to applicable taxes

## FAMILY

Designed for families to reconnect! Parents **MUST** accompany their children.

### GIANT BOARD GAMES

Do you need to unplug and have quality family time? We invite you to join us for an evening packed with various games and activities, including chess, twister, table tennis, giant Jenga, and more. Drop in and play for as long as you want!

Mondays | 4:30pm-6pm

Complimentary

Meet on the Rooftop Patio

### SAND SCULPTURE CONTEST

Join a competition where you can showcase your creativity in building sand sculptures. Winners will receive prizes and bragging rights for the day. Requires a minimum of 3 families.

Thursdays | 4:30pm-6:30pm

Complimentary

Meet at the Beach

### MUSIC BINGO

Have you tried music bingo yet? A unique twist on the classic game where you listen to short clips of your favourite songs and match them to your bingo card. Get 5 squares in a row and shout BINGO! An enjoyable activity for everyone in the family, with prizes for the lucky winners.

Meet at the Washington Room

Tuesday March 21, 28

7:00pm-8:00pm

Complimentary

### ISLAND CULTURE EXPLORATION

Join us for a delightful evening of smores around the fire. Our community's talented storytellers, artists, authors, and nature experts will share their knowledge and skills with us.

## TO BOOK:

CALL OR VISIT OUR

FRONT DESK OR

POOL HOUSE OFFICE

1-800-663-7373

250-248-2072

Each week, we will showcase a unique local cultural activity. Check out the Pool House recreation board for more information.

Wednesdays | 6:30pm-8pm

Complimentary

Meet at the Beach Fire Pit

### NORTH ISLAND WILDLIFE TOURS

Get up close to over 60 non-releasable animals in beautiful enclosures. This tour also features Canada's largest eagle flight enclosure, an interactive learning center and is suitable for all ages! Register early as space is limited, with transportation to and from the resort included. Learn all about Vancouver Island's wildlife and have a memorable experience.

Mondays and Fridays | 12pm-3pm

\$15 per person

Kids 4-16 years old \$6

Children 3 & under are FREE

Meet in front of Reception

### MOVIE UNDER THE STARS (AUGUST ONLY)

Get ready for a memorable family-friendly movie experience! Remember to bring a cozy blanket to snuggle up in and check out the treats available at the Pines Gift Shop.

Thursdays | 9pm-11pm

Resort Guests ONLY:

Complimentary

Meet at the Seaside Gazebo

## ADULTS (18+)

### ZUMBA WITH DI

This dance fitness party combines low and high-intensity moves in an interval-style workout. And while your kids are enjoying the kids club, you can take some time for yourself to exercise and have fun!

Tuesdays and Thursdays

11am - 12pm

\$20 per person

Meet at the Rooftop Patio

### ADULT PAINT NIGHT

Island Art will provide you with all the help you need to feel confident about the work you create. Our goal is for you to produce a beautiful piece, one that you would proudly hang in your home.

Thursdays | 7pm-8pm

\$40 per person

Meet beside the Snack Shack on the beach (Washington Room if raining)

### E-BIKE RENTALS AND TOURS WITH GO BIKE GO PLAY

Starting from Tigh-Na-Mara, you can book a guided tour with an expert who will showcase the stunning landscapes and share knowledge about the local flora and fauna. Private tours and personal e-bike rentals are also available. **Book directly with GO BIKE: Guests can book tours at [gobikegoplay.ca](http://gobikegoplay.ca)** To book weekly tours, go to [gobikegoplay.ca](http://gobikegoplay.ca) and use the promo code **GoTighNaMara** to get a 10% discount. Make sure to select a tour seat and your preferred e-bike when making your booking. Please note that the cut-off time for tour bookings is 11am on the same day. Private group tours are available with a minimum of 3 people. The tour will run regardless of weather conditions. We recommend bringing a water bottle and dressing appropriately for the weather. Make sure to wear closed-toe shoes and casual or athletic-style clothing is ideal.

Wed & Sat - Riverside Ride

Thur & Sun - Rail Trail to Coombs

1pm-4pm (arrive 15 min early)

Cost: \$95 per person plus tax, including bike and gear rental, 10% discount with GoTighNaMara

Meet in Cedars parking lot 15

minutes before tour departure time.

## TEENS (11-16 YEARS)

### TIGH-DYE

We offer all the necessary supplies, your preferred dye item, and expert guidance throughout the process. Each guest will

receive a copy of the dye recipe and instructions for proper care of their dyed item to take home.

Wednesdays 4:30pm-5:30pm

and Fridays 4pm-5pm

\$30 per person

Meet beside the Sports Court

### TEEN MASTERPIECE

Join Island Art for an hour of creativity and fun and gain the confidence to create beautiful masterpieces and express your artistry.

Thursdays | 3:30pm-4:30pm

\$20 per person

Meet at the Kids' Club Shed at Playground (Washington Room if raining)

### STORIES BY THE SEA

Join us for an immersive storytelling program on the beach where you can create and share your own tales while listening to chilling original TNM stories that will keep you on the edge of your seat! This event celebrates the power of community among participants and promises an unforgettable night where bravery meets creativity, and the thrill of shared experiences comes to life.

Fridays | 7pm-8pm

Complimentary

Meet at the Beach Fire Pit

### ESCAPE ROOM

Whether you prefer to work with others or alone, you can search for patterns, connections, and clues, solve puzzles, and crack codes to advance through the game!

Tuesdays | 4:30pm-6pm

\$5 per person

Meet at the Washington Room

\*Limited space please pre-register

### NATURE WALK

The 3.5-km trail at Top Bridge Park Loop is known for being an easy route and typically takes around 50 minutes to complete. Come along on a walk with us to explore the local culture and wildlife. It is a popular spot for birdwatching, hiking, and running, but you can still find some peaceful moments during quieter times of the day. The trail's beauty can be appreciated at any time.

Tuesdays | 3pm-4pm

Complimentary

Meet beside the Sports Court

## CHILDREN

The BC Child Care Licensing Regulation states children must be 6 years or older to participate in day camp programs. Children under 6 are welcomed, if they are accompanied by a guardian. Programs are capped at 12 children. No exceptions.

### KIDS' CLUB

Experience new games, crafts, activities, and adventures every day! Our drop-in program allows you to join or leave us at any time. However, we highly recommend pre-registration for this popular program. Please note that lunch will not be provided.

Join us for a special hour with Island Art on Thursdays from 2-3pm.

Daily | 11am-3pm

Complimentary

Meet at the Kids' Club Shed at

Playground (Washington Room if raining)

### KIDS ART STUDIO

Unleash your creativity by joining us! You'll have the opportunity to explore various art forms and create your own masterpiece. All supplies will be provided. Check out the Pool House recreation board for more information.

Sundays 3pm-4pm and

Wednesdays 4:30pm-5:30pm

\$15 per person

Meet at the Kids' Club Shed at

Playground (Washington Room if raining)

### STUFFIES WORKSHOP

Encourage your child's creativity by letting them build their new favourite stuffed animal! Our kit comes with all the supplies needed to create an animal with a unique outfit and a Tigh-Na-Mara birth certificate.

Tuesdays and Saturdays 3pm-4pm

Thursdays 5pm-6pm

Sml Animal: \$40 Lrg Animal: \$60

Meet at the Washington Room

### DINNER & MOVIE PARTY

Are you a parent in need of some downtime? How about spending

3 hours at the Grotto Spa, Treetop Tapas, or Cedars Restaurant & Lounge without your kids? Take a breather and reconnect while your children have a fun-filled evening with us! We will have exciting activities like party games, crafts, and a movie to enjoy while munching on delicious popcorn. We will serve chicken strips, fries, veggies with dip, a frozen dessert, and various drinks for dinner.

24 hours' notice is required for dietary restrictions.

Fridays and Saturdays | 5pm-8pm

\$40 per person

Meet at the Washington Room

### WATER CHALLENGES

Come join us for an hour of exciting water games! Get ready to have some fun while getting wet. You can test your skills with water balloon races, water gun tag, and other enjoyable water-based challenges.

Wednesdays 3pm-4pm and

Saturdays 4pm-5pm

Complimentary

Meet at the Kids' Club Shed at

Playground

### OUTDOOR EXPLORE

Discover the picturesque outdoors and surrounding nature of Tigh-Na-Mara! Your children can partake in a nature walk, scavenger hunt, and create nature crafts. Remember to dress appropriately for the weather.

Wednesdays and Saturdays

10am-12pm

Complimentary

Meet at the Kids' Club Shed at

Playground

### EDIBLE EXPERIMENTS

Have you ever wanted to conduct science experiments based on your favourite snacks? Your dream can now become a reality! Come join us and explore our selection of edible science activities, such as dancing gummy worms and edible slime.

Mondays and Fridays

3pm-4pm

\$20 per person

Meet at the Kids' Club Shed at

Playground (Washington Room if raining)