

# RECREATION & LEISURE

## GROUP ACTIVITIES

### MONDAY

11:00 Scenic Kayaking - Activity Center  
14:00 Water Volleyball - Main Pool  
17:00 Intro to Padel - Padel Court\*  
18:00 Sunset Yoga - Jetty (30Eur pp)

### TUESDAY

11:00 Coconut Painting - Activity Center  
15:00 Water Basketball - Main Pool  
16:30 Monopoly Maestro - Activity Center  
18:00 Sunset Pilates - Jetty (30eur pp)

### WEDNESDAY

11:00 Kick Rounder - Activity Center  
14:00 Pool Water Games - Main Pool  
17:00 Beginner Tennis - Tennis Court\*  
18:00 Sunset Yoga - Jetty (30Eur pp)

### THURSDAY

11:00 Guided SUP Tour - Activity Center\*  
14:00 Water Polo - Main Pool  
15:00 Coconut Leaf Weaving - Activity Center (50Eur pp)  
17:00 Volleyball Vs the Team - Activity Centre

### FRIDAY

11:00 Canvas Painting - Activity Centre  
14:00 Water Basketball - Main Pool  
16:30 Domino Champion - Activity Center  
18:00 Sunset Pilates - Jetty (30Eur pp)

### SATURDAY

11:00 Kick Rounders - Activity Center  
14:00 Water Volleyball - Main Pool  
17:00 Minute-to-win-it Fitness Challenge - Activity Centre  
18:00 Sunset Yoga - Jetty (30Eur pp)

### SUNDAY

11:00 Kayak Snorkeling - Activity Center  
14:00 Pool Water Games - Main Pool  
16:00 Marchiavelli Board Game (36) - Activity Centre  
17:00 Football Vs The Team - Activity Centre\*

### OPENING HOURS:

COURTS: 07:00 - 21:00

FITNESS CENTER: 24/7

ACTIVITY CENTER: 09:00 - 18:00

KAYAK & SUP BOARD: 10:00 - 17:00

All activities are weather and tide permitting.

Waldorf Astoria Seychelles Platte Island reserves the right to alter the weekly schedule. .

Asterisked activities require booking 4 hours in advance. Please book through your Personal Concierge.



# RECREATION, SPORTS & LEISURE

## PRIVATE EXPERIENCES

### In Villa Cinema

Watch your favorite movie, under the stars, from the comfort of your private garden.

€500 Per Movie | Includes set up, soft drinks and popcorn.

### Coconut Painting

Enjoy this unique creative experience where you will have the opportunity to decorate a coconut grown on the island.

€60 Per Person | 1 hour | Max 4 Persons

### SUP Tour

Embark on a Stand-Up Paddleboarding session, a fun way to observe Platte's marine life from above or challenge yourself to a full island tour.

€100 Per Person | 1 hour | Max 4 Persons

### Kayak Tour

Enjoy a private guided kayak tour where you can explore the waters surrounding Platte.

€100 Per Person | 1 hour | Max 2 persons

### Kayak Snorkeling

Experience a private kayak tour where you will be taken to a prime snorkelling spot and given the opportunity to jump overboard and explore the underwater world.

€150 Per Couple | 1 hour | Max 2 persons

### Water Bike Tour

Enjoy an exclusive Water Bike Tour, where you can explore the water's beauty and tranquility on an innovative and fun water bike.

€ 100 Per Couple | 1 hour | Max 2 persons

### Tennis Coaching

Professional tennis coaching, tailored to individual skill level and training goals.

€145 Per Person | 60 mins | Add Player €55

### Padel Coaching

Professional padel coaching, tailored to individual skill level and training goals.

€145 Per Person | 60 mins | Add Player €55

### Tennis with Ball Machine & Coach

Professional tennis coaching with the addition of a ball machine to intensify your skills practice.

€ 80 Per Person | 30 mins | Max 2 persons

Private Recreation, Sports & Wellness continued

## Tennis / Padel Partner

Partner with our tennis coach or in house players for a fun yet exhilarating match.

€120 | 60 mins | Add Partner €40

## Hatha Yoga

A personalised yoga practice that focuses on physical postures and breath control to improve flexibility, strength, and relaxation. Led by our dedicated trainer it can be offered in the privacy of your Villa or yoga pavillion.

€150 Per Person | 1 hour | Max 2 persons

## Vinyasa Yoga

A personalised yoga practice that enhances physical fitness and mental well-being through fluid, meditative movement. It focuses on connecting breath with movement and can be offered in the privacy of your villa or our yoga pavillion.

€150 Per Person | 1 hour | Max 2 persons

## Personal Training

Tailored to your specific fitness goals our expert will create a customized workout plan, provide guidance, and offer motivational support to help you achieve optimal results. Follow up sessions and packages also available on request.

€200 Per Person | 1 hour | Max 2 persons

## Full Body Stretching

A comprehensive full body stretching session designed to enhance flexibility, relieve muscle tension, and improve overall well-being.

€120 Per Person | 1 hour | Max 2 persons

## Core Conditioning

A personal training session focused on strengthening your entire core.

€120 Per Person | 1 hour | Max 2 persons

## Cardio Training

Led by our expert personal trainer this session is designed to elevate your heart rate and improve endurance, it will include a variety of exercises that are adapted and customized to suit you.

€ 120 Per Person | 1 hour | Max 2 persons

## Mat Pilates

Pilates focuses on improving core strength, flexibility and overall body conditioning. Through targeted, mindful exercises it also enhances the mind-body connection.

€120 Per Person | 1 hour | Max 2 persons

## Zip Line Balance

A fun and exhilarating session that works your core muscles, co-ordination and balance. Skills proven to enhance mental function.

€120 Per Person | 1 hour | Max 2 persons

For further information and bookings please contact your Personal Concierge.

Please note, all outdoor activities are weather permitting.

