

Guest Activity Guide - Week 21st of March to the 27th March 2011 *

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVITIES	21st March	22nd March	23rd March	24th March	25th March	26th March	26th March
Baking Classes		Bake your own Scones with our own chef Helen at 11.30am	Bake your own Brown Bread with our Chef Helen at 11.30am				
Activities	Demonstration with our in house florist vicky at 11am	Wine Tasting with Asta in the Carramore Suite 4.30pm	Tour Of Achill with Clive at 1pm - 4pm				
							
HAIRDRESSERS / TREATMENTS	Closed	9-6pm Bookings Required File & Polish €12.00 Wash & Blowdry €15.00	9-6pm Bookings Required File & Polish €12.00 Wash & Blowdry €15.00	9-6pm Bookings Required File & Polish €12.00 Wash & Blowdry €15.00	9-6pm Bookings Required File & Polish €12.00 Wash & Blowdry €15.00	9-6pm Bookings Required File & Polish €12.00 Wash & Blowdry €15.00	Closed
NIGHTLY ENTERTAINMENT	Classic Movie Night 9pm		Evening of Local /Hotel History 9pm	Classic Movie Night 9pm			
SPORTS ACTIVITIES	Circuit Training 7pm Zumba Dancing 8pm	Active 55's Fitness Training @ 11am Aqua Aerobics @ 7.30pm	Arthritis Aqua Fitness @5.30pm Pilates Class @ 7pm	Active 55's Fitness Training @ 11am			
LEISURE CENTRE	Leisure Centre 8am - 9.15pm	Leisure Centre 8am - 9.15pm	Leisure Centre 8am - 9.15pm	Leisure Centre 8am - 9.15pm	Leisure Centre 8am - 9.15pm	Leisure Centre 9am - 7.45pm	Leisure Centre 9am - 7.45pm
FOOD & BEVERAGE							
NEPHIN RESTAURANT	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm	Breakfast 8 - 10.30am Dinner 6.30pm - 9pm
WATERFRONT BAR	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm	Opening at 12.30 until Late Food Served 12.30pm - 9pm
OUTDOOR ACTIVITIES	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception	Walking / Cycling / Golf / Horseriding - all can be booked at reception

* This is only a guide and is subject to change

** Charge applies to this activity

*** Booking Essential & Charge Applies