

## DAILY ACTIVITIES

### FITNESS COURSES (Duration: 30')

Maintain your training routine at WestinWORKOUT with indoor and outdoor gym facilities, 24h access.

Indoor pool; 08:00-20:00

08:15 Morning Stretching

09:00 Abs & Buttocks

09:15 Costa Navarino Info Tour with Power Walk (Adults +15)

11:00 Kick Box (+8yo)

12:00 Aqua Gym

15:00 Syrtaki & Traditional Greek Dance

17:00 Pilates

18:00 Kick Box (+8yo)

18:00 Beach Volleyball Tournament (Adults +15) / Westin beach

19:00 Basketball Tournament (Adults +15) / Sports Center

19:00 Yoga (all levels) (Every Friday 20:00 Sunset Beach Yoga Powered by Anazoe. Reservation required at the Westin Workout)

19:00 RunWESTIN\* (adults +15)

## KIDS DAILY ACTIVITIES

10:00 5x5 Mini Soccer Tournament (7-9yo) (Sports Center)

10:45 5x5 Mini Soccer Tournament (10-14yo) (Sports Center)

12:00 Water Slide Tournament (Aqua Park)

15:00 Kids Sports Tournament (8-12yo) (Sports Center)

16:00 Ping Pong Tournament (+8yo) (Sports Center)

16:00 Kids Tae Kwon Do (+5yo, adults welcome) (WestinWORKOUT)

17:00 Kids Movie (American Diner)

19:30 Kids Activities (House of Entertainment, next to Da Luigi)

21:00 Kids Digital Entertainment (House of Entertainment)

\*RunWESTIN™: 5km with a Running Concierge organized upon request every Monday, Wednesday, Friday. Meeting point at the WestinWORKOUT. Fitness & Runners Level: Beginner - Intermediate

All Fitness courses and kids activities are free of charge and they do not require subscription.

Arrival 10 minutes earlier. Children under 12 years old must be supervised by their parent.

For requests and reservations please contact the WestinWORKOUT reception desk or dial 85620 from your room phone.

### Benaki museum exhibition

"When pictures paint a thousand words"

- Book Illustrations by Nikos Hadjikyriakos-Ghika from the Benaki Museum Collections. Discover the exhibition located across Navarino Dunes.



NAVARINO  
GOLF ACADEMY  
COSTA NAVARINO

Take your first steps on the fairway or hone your skills

Info & bookings: The Dunes Course 80200, Navarino Collections 81130



## EVENTS

### SUNDAY 12

10:00-12:00 **The King's Landing\***: A family friendly tour of Nestor's Palace

17:00-20:00 **Farm to Table Cooking Experience\***

20:00 **Bubble workshop for kids** / HOE

20:15 **Mediterranean Sounds** (Live Music) / Anax

21:00 **Mr & Mrs Bubble** / House of Entertainment

### MONDAY 13

10:00-12:30 **Wine Experience Tour\***

11:00-14:00 **Kids Golf Days\*\*\***: Golf lessons for kids (6-16 y.o.) followed by lunch

15:00-16:00 **Free Golf Clinic\*\*\***: Reserve your place for a free golf clinic for beginners by our PGA Professionals

18:00-21:00 **Authentic Village Cooking\***

21:00 **Tolto's Party** / House of Entertainment

### TUESDAY 14

10:00-15:00 **The Diary of a Monk\***: Experiential guided tour to Andromonastiro

16:00-18:00 **Free Scuba Trial** / Westin Pool by Aqua Divers

17:00-20:00 **Farm to Table Cooking Experience\***

19:30-21:00 **Archelon Presentation & Information Desk** / Kafenio & Deli

20:00 **The MaGiC Circus: Kids workshop** / HOE

21:00 **Music & Juggling entering the Dance** / HOE

21:30 **Astronomy Nights\*\***

### WEDNESDAY 15

11:00-14:00 **Kids Golf Days\*\*\***

16:00 **Around the world with Live Dj** / Barbouni

18:00-21:00 **Authentic Village Cooking\***

19:30 **Lighted boats kids workshop** / Kafenio & Deli

19:30 **Walk about of Juggling** / Agora

19:45 **Buzuki Night** (Live Music) / Morias

20:00 **Caricatures** / Agora

20:00 **Circus Walk about for the 15<sup>th</sup> of August** (Bubbles, stilts, led hoop, gentlemen bike, hool a hoop) / Agora

20:15 **Piano Evening** (Live Music) / Anax

20:30 **Tolto's Balloon Making** / Kafenio

21:00 **Aerial Acrobat Show** / Da Luigi

21:30 **Astronomy Nights\*\***

### THURSDAY 16

10:00-12:30 **Wine Experience Tour\***

17:00-18:00 **Olive Oil Tasting\***

19:00 **Sea Turtle Nest Excavation** by Archelon / Dunes beach

20:15 **Sunset Saxophone** (Live Music) / Anax

21:00 **Tolto's Magic Show** / HOE

21:30 **Astronomy Night\*\***

### FRIDAY 17

10:00-12:00 **The King's Landing\***

11:00-14:00 **Kids Golf Days\*\*\***

18:00-19:00 **Botanical Tour\*\***

19:45 **Saxophone evening** (Live Music) / Morias

20:30 **Tolto's amazing face painting** / HOE

21:00 **Break Dance Show** / HOE

### SATURDAY 18

10:00 **Weekly golf tournament\*\*\***: Golfers of all ages and handicaps are welcome to a competitive yet fun golf tournament

16:00 **Around the world with Live Dj** / Barbouni

18:00-19:00 **Wine Master Class\***: Experience the terroirs of Costa Navarino tasting famous local varieties

18:00-21:00 **Authentic Village Cooking\***

19:00 **Ancient Greek dolls workshop** / Kafenio & Deli

20:00 **Shadow Theatre Workshop** / HOE

20:15 **Jazzy Evening** (Live Music) / Anax

21:00 **Shadow Theatre-KaraGkiozis Show** / HOE

HOE: HOUSE OF ENTERTAINMENT (next to Da Luigi)

MESSINIAN AUTHENTICITY PROGRAM / KIDS ACTIVITIES

\* Participation fee and minimum No of participants applies. Registration 1 day prior is required.

\*\* Free activity. Registration 1 day prior is required.

For more information, kindly contact Navarino Collections, Agora (81130/ 8115) or Service Express.

\*\*\*For more information, kindly contact Golf Reception (80200).

Activities may change due to bad weather. For alternative activities kindly contact Front Office.

## DISCOVER MORE

**Navarino Collections**: info point for activities and experiences at the resort and the region | (81130, 8115) 10:30-22:30, daily

**Anazoe Spa**: discover unique therapies and treatments | (80100) 10:30-20:00, daily

**Navarino Racquet Academy**: exciting racquet sports & experienced coaches for adults and children | (8115) 08:00-12:00 & 17:00-21:00, daily

**Navarino Outdoors**: biking, hiking, rock climbing | (80300) 10:00-14:00 & 17:00-20:00, daily

**Indoor Climbing Wall**: prior booking required | (80300) 10:00-14:00 & 15:00-19:00, daily

**The Dunes Course**: seaside 18-holes signature golf course offering unique playability | (80200) Pro shop 07:00-20:30 & Golf Course 08:00 -sunset, daily

**The Bay Course**: 18-hole seaside signature golf course with emphasis on strategic play | (80200) Pro shop 07:00-20:30 & Golf Course 08:00 -sunset, daily

**Navarino Sea Yachting**: private yachting and sailing / half, full and two day trips | (81130) 10:00-18:00, daily

**Navarino Sea On Water**: SUP & kayak rentals & tours, kitesurf lessons, dinghy sailing rental & tours | (81149) 10:00-18:00, daily

**Navarino Waterski & Wakeboard**: (81130) 11:00-19:00, daily

**Navarino Sea Under Water**: diving & snorkelling trips | (81130, 81180) 9:00-13:30 & 15:00-17:00, daily

**Navarino Speed Experience Park**: (81144) 18:00-01:00, daily

**Cocoon**: creative engagement for babies and toddlers, from 4 months up to 3 years-old | (85572) 10:00-18:00, daily

**Sandcastle**: fascinating day-long activities for children 4-12 years old | (85572) 10:00-18:00, daily

**Navarino Natura Hall**: an interactive insight into the rich and diverse environment of Messinia | 10:00-20:00, daily

**Yianni Hair Spa**: A full-service salon and experienced stylists and colorists | (81120) 10:00-21:00, daily

**Shopping at the Agora**: Enjoy the Shopping Experience at Navarino Dunes. An extensive choice of quality goods from designer outlets covering a wide selection of luxury items and casual apparel, to handmade creations and Messinia Products that bring the local culture even closer