

February Cultural Lessons & Hotel Activities

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cultural Lessons - Cultural Lessons take place in the Hawaiian Cultural Center at Kohala Spa in Lagoon Tower, unless otherwise noted. Dial 2760 for reservations.

8am Imu Preparation Meet at Kamehameha Court **RR**

9am Ka Hana Lei Kukui, Kukui Lei Making **RR**

10am Beginners 'Ukulele **RR**

12pm Ka Hana Lei Pua, Flower Lei Making **RR**

1pm Papa Hula Beginners Hula **RR**

2pm Talk Story: Life in Hawai'i

8am Kupe'e Ti Leaf Bracelet **RR**

9am Ka Hana Lei Kukui, Kukui Lei Making **RR**

10am Beginners 'Ukulele **RR**

12pm Ka Hana Lei Pua, Flower Lei Making **RR**

1pm Papa Hula Beginners Hula **RR**

2pm Featured Oral History: Queen Lili'uokalani

8am Imu Preparation Meet at Kamehameha Court **RR**

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1pm Papa Hula Beginners Hula **RR**

2pm Discovering Hawai'i: A Sense of Place

8am Lecture on Ohia

9am Ka Hana Lei Pua, Flower Lei Making **RR**

10am Beginners 'Ukulele **RR**

12pm Ka Hana Lei Kukui, Kukui Lei Making **RR**

1pm Papa Hula Beginners Hula **RR**

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10am Beginners 'Ukulele **RR**

12pm Ka Hana Lei Pua, Flower Lei Making **RR**

1pm Papa Hula Beginners Hula **RR**

2pm Ho'ike'ike Lei Hulu, Feather Lei Demo

8am Kupe'e Ti Leaf Bracelet **RR**

9am Ka Hana Lei Pua, Flower Lei Making **RR**

10am Beginners 'Ukulele **RR**

12pm Ka Hana Lei Kukui, Kukui Lei Making **RR**

1pm Papa Hula Beginners Hula **RR**

2pm Talk Story: Life in Hawai'i

Hotel Activities

8:30am Non-Denominational Church Service

10am Bird Talk, Educational Talk, Main Lobby

10am Bird Talk, Educational Talk, Main Lobby

7pm Star Gazing, dial 2760 **RR**

8am Zumba by the Pool, Kona Pool

10am Bird Talk, Educational Talk, Main Lobby

7am Move Buddha Point Meditation, Buddha Point

10am Bird Talk, Educational Talk, Main Lobby

8am Zumba by the Pool, Kona Pool

10am Bird Talk, Educational Talk, Main Lobby

7pm Star Gazing, dial 2760 **RR**

10am Bird Talk, Educational Talk, Main Lobby

5:30pm Hawaiian Sunset Story Telling, Buddha Point

10am Bird Talk, Educational Talk, Main Lobby



Special Events

Roses by the Pool
Valentine's Day, Thursday, February 14 at Kona Pool Desk (\$4 per rose or \$40 for a dozen, while supplies last)

Family Meditation RR*
Thursday, February 14 and February 28 2:30pm at Kohala Spa Yoga Room

Sound Meditation RR*
Friday, February 22 6pm at Kohala Spa Yoga Room

RR*For reservations, dial 1228

RR Reservations Required

Need reservations or more information? Dial 2760



February Pool Activities & Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kona Pool Activities						
<p>All day Keiki Hotel Scavenger Hunt, Kona Pool Desk</p> <p>10am Volleyball Tournament</p> <p>2pm Slide Time Challenge, Kona Deck</p>	<p>All day Keiki Photo Scavenger Hunt, Kona Pool Desk</p> <p>10am Jenga</p> <p>2pm Slide Time Challenge, Kona Deck</p>	<p>All day Keiki Nature Scavenger Hunt, Kona Pool Desk</p> <p>10am Connect Four Tournament</p> <p>2pm Bucket Ball, Kona Deck</p>	<p>All day Keiki Hotel Scavenger Hunt, Kona Pool Desk</p> <p>10am Checkers Tournament</p> <p>2pm Slide Time Challenge, Kona Deck</p>	<p>All day Keiki Photo Scavenger Hunt, Kona Pool Desk</p> <p>10am Hula Hoop Contest</p> <p>2pm Bucket Ball, Kona Deck</p>	<p>All day Keiki Nature Scavenger Hunt, Kona Pool Desk</p> <p>10am Treasure Dive</p> <p>2pm Slide Time Challenge, Kona Deck</p>	<p>All day Keiki Alphabet Scavenger Hunt, Kona Pool Desk</p> <p>10am Water Bullseye</p> <p>2pm Slide Time Challenge, Kona Deck</p>
Fitness Activities - Located at Kohala Spa. Space is limited.						
<p>10am Hatha Yoga</p>	<p>8am Spin</p> <p>10:30am Hatha Yoga</p> <p>4pm Restorative Yoga</p> <p>5pm Pilates Mat</p>	<p>7:15am Barre</p> <p>8:30am Spin</p> <p>10am Vinyasa Flow</p>	<p>8am Core & Cycle</p> <p>8am Qi Gong</p> <p>9am Tai Chi</p> <p>10am Meditation</p> <p>5pm Pilates Mat</p>	<p>9:30am Vinyasa Flow</p> <p>3:30pm Meditation</p> <p>4:30pm Tai Chi</p>	<p>8am Spin</p> <p>9am Vinyasa Flow</p>	<p>8am Pilates Mat</p> <p>9am Hatha Yoga</p>

Hours

Kona Pool	8am - 10pm
Kona Pool Desk	8:30am - 5pm
Kona Pool Slide	9am - 5pm
Ocean Adult Pool	8am - 10pm
Kohala Pool	8am - 10pm
Kohala Pool Slide	9am - 5pm
Kohala Spa	7am - 6pm
Lagoon Beach Shack & Rentals	8:30am - 5:30pm

Rent a shade cabana at Kona Pool or the Lagoon Beach. Available 10am-5pm. Dial 1202 or 2828 for reservations.

All guests must wear a wristband to utilize the Resort Pools, Lagoon Beach, Lounge Chairs, and Water Slides. Please see Kona Desk or Lagoon Beach for daily wristband. The minimum height requirement for our Water Slides is 42". Please bring your keiki to the Kona Pool Desk to verify height. Coolers and outside food and beverage are prohibited on the Pool Decks and Lagoon Beach.

Class Descriptions

Barre - Increase your strength by applying resistance throughout a full range of motion. Using an innovative longer-style of Theraband, this fun full body work-out targets all of the major muscle groups in a single class. The exercise band utilizes your own body weight as resistance and uses three dimensional movements, stemming from the core. Suitable for any fitness level.

Core & Cycle - Fusion class combining a high intensity cycle workout with core exercises. Part of class is spent on the bike, building endurance and breaking a sweat. The other part of class is off the bike strengthening the core.

Hatha Yoga - The beginner/intermediate class is designed to help students feel great in their body. This mellow paced class uses the most basic yoga postures to help you leave class feeling longer, looser and more relaxed.

Pilates Mat - An exercise class designed to help strengthen your body from the inside out. Pilates will help develop strength and flexibility in your abdominal muscles, back, shoulders, arms, and legs.

Meditation - A practice of one's focus on the breath, a movement, sound, object, visualization, or attention itself, with the purpose of increasing awareness of the "now" or "present moment," to reduce stress, promote relaxation, and increase efficiency in work and recreation, enhancing overall personal growth and well-being.

Qi Gong - (Chi Kung) The art of cultivating qi (or energy of life) by coordinating one's breath and movements with intention.

Restorative Yoga - This slow paced class with long held relaxed asanas are designed to guide the student to a state of deep relaxation. Many props are used to assist the body, mind and spirit in achieving a peaceful state.

Spin - This cardiovascular indoor cycling class takes you through different profiles and intensity stages. Good for all levels of experience.

Tai Chi - The slow and beautifully choreographed movements of this "internal martial art" bring balance and relaxation to your physical, mental, emotional and spiritual aspects. The class offers an opportunity to learn basic energy management, which can be applied to your daily routine.

Vinyasa Flow - Vinyasa is a dynamic practice linking breath and movement. Traditional postures are connected by intentional transitions to create an experience of meditation and motion.