

April Cultural Lessons & Hotel Activities

Spring Break Edition

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

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 Apo Lima Lāī (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

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 Hō'ike'ike Lei Hulu, Feather lei Demo

8am Apo Lima Lāī (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 Discovering Hawai'i: A Sense of Place

8am Talk Story on Ōhī'a

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 Featured Oral History: Queen Lili'uokalani

8am Imu Preparation Meet at Kamehameha Court

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 Hō'ike'ike Lei Hulu, Feather Lei Demo

4pm Intermediate Ukulele

8am Apo Lima Lāī (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

3pm Kona Coffee Tasting, Waikoloa Coffee Co. in Lagoon Tower and Ocean Tower

8pm Star Gazing, dial 2760 **RR \$**

10am Bird Talk, Educational Talk, Main Lobby

7am BP Meditation, Buddha Point

10am Bird Talk, Educational Talk, Main Lobby

10am Bird Talk, Educational Talk, Main Lobby

8pm Star Gazing, dial 2760 **RR \$**

10am Bird Talk, Educational Talk, Main Lobby

3pm Kona Coffee Tasting, Waikoloa Coffee Co. in Lagoon Tower and Ocean Tower

5:30pm Hawaiian Sunset Story Telling, Buddha Point

10am Bird Talk, Educational Talk, Main Lobby



Special Events

For reservations, dial 1228

Family Meditation RR*
Thursday's April 4 and April 18 | 2:30pm at Kohala Spa Yoga Room

Easter Spectacular April 21
Easter Bunny by the Pool 11am-1pm
Meet at Kona Pool for a photo opportunity with the Easter Bunny.
Be the lucky winner to pick the Golden Egg from the Easter Bunny's basket

\$ Additional Charge

RR Reservations Required

Need reservations or more information? Dial 2760



April Pool Activities & Fitness Classes

Spring
Break
Edition

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Kona Pool Activities						
All day Keiki Hotel Scavenger Hunt, Kona Pool Desk	All day Keiki Photo Scavenger Hunt, Kona Pool Desk	All day Keiki Nature Scavenger Hunt, Kona Pool Desk	All day Keiki Hotel Scavenger Hunt, Kona Pool Desk	All day Keiki Photo Scavenger Hunt, Kona Pool Desk	All day Keiki Nature Scavenger Hunt, Kona Pool Desk	All day Keiki Alphabet Scavenger Hunt, Kona Pool Desk
10:15am Bucket Ball	10:15am Water Bullseye	10:15am Connect Four Tournament	10:15am Slide Time Challenge	10:15am Hula Hoop Contest	10:15am Treasure Dive	10:15am Volleyball Tournament
2:15pm Slide Time Challenge, Kona Deck	2:15pm Hula Hoop Contest	2:15pm Slide Time Challenge	2:15pm Checkers Tournament	2:15pm Bucket Ball	2:15pm Maze Runner	2:15pm Jenga

Fitness Activities - Located at Kohala Spa, unless otherwise noted.

10am Hatha Yoga	8am Spin 10:30am Hatha Yoga 4pm Restorative Yoga 5pm Pilates Mat	7:15am Barre 8:30am Spin 10am Vinyasa Flow	8am Core & Cycle 8am Qi Gong 9am Tai Chi 10am Meditation 5pm Pilates Mat	8am Core & Cycle 8am Zumba by the Pool, Kona Pool 9:30am Yin Yoga 3:30pm Meditation 4:30pm Tai Chi	8am Spin 9:30am Vinyasa Flow	8am Pilates Mat 9am Hatha Yoga
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Hours

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

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

Available at the Lower Lobby:

• Bicycle Rentals • Polaris Slingshot Autocycle Rentals

**Tennis | 7am-5pm | Court Rentals \$25/hr
Tennis Clinic RR \$ Monday through Friday at 8am**

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

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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 - Yin yoga works deeply into our body with longer held poses. It targets our deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body – rather than the muscles. Energetically, Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles.

Yin Yoga - Yin yoga works deeply into our body with longer held poses. It targets our deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body – rather than the muscles. Energetically, Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles.

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