

New Activities! (December 2011)



« Play & learn to eat right»

The Kids Club once again pioneers by making a separate activity for our little ones!

The children under the guidance of Mr. George Landy, BSc (Hons) RD, clinical dietitian-nutritionist of Arion Spa, learn and familiarize with all the food!

Essentially, through interactive activities involving our young friends, we achieve nutritional education, which aims to enrich their knowledge about food, building good foundations for a healthy diet at this age and their adulthood. Dietary groups, proportions of foods in the daily dish, easy healthy foods are some of the issues that will engage children playing while learning to eat well!

Kids:4-12 years



Zumba!

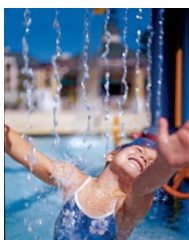
Dance & Fun for all the children!

The Zumba ® incorporates latin rhythms and easy dance moves and steps to create a dynamic dance fitness program that will amuse all ages. With a bit of salsa, merenque, reggaeton, samba, hip-hop, cha cha, flamenco the exercise becomes a party! The goal is simple: exercise and have fun together! The children are in groups and they dance together. Specially designed choreography for children, with the most exuberant music and the celebration begins!

In recent years Zumba ® became a kind of revolution. Combining the idea of fitness party and becoming The fitness fun, Zumba® has spread like fire and established as the single most powerful move in the industry of fitness.

Since July 2009 the Zumba ® is taught in more than 40,000 places in 75 countries by changing the lives of millions "of supporters» Zumba ® worldwide

Kids: 3 - 12 years



Baby Swimming

The swim starts from the age of 6 months and researches have shown that the invigorating effect of the course can help in the cultivation of intelligence, concentration, and other perceptual skills of children. The baby & the mother swim under the guidance of the teacher with exercises in game format.

Remarkable is the contribution of these courses to improve sleep habits and nutrition. Thanks to the soothing quality of water, babies relax in the pool and eventually become more calm & in their daily lives.

Kids: 6 months - 6 years



Children's Pastries: Pastry Game for small Pastry Chefs!

Give your children the opportunity to demonstrate their passion and abilities in pastry, by creating with renowned Pastry Chefs of the Astir Palace Resort! The children will wear an apron and a cap like the pastry chefs, they will be mixed with fragrant sugary and chocolate ingredients, and they will cook and prepare big surprise, a delicious sweet especially for them & you.

The kids get really excited the hours of practice while they run merrily around the pastry chef, mixing different ingredients, trying to imitate the pastry chef, doing questions about how to manufacture, to knead, to bake and eventually achieving to make incredible delights.

Kids: 2 - 12 years



Painting class

With the art of painting, the child gets trained by itself, discovering, investigating and experimenting. The child paints with simplicity and wisdom. What we want to give to the children through the painting is the appropriate environment to express and create. In an area in which the kid is not afraid to get fouled, which has all the materials your child can use however he wants so he will express what else ... the inner world! Paints, brushes, glue, paper, scissors, make the canvas of the unique and unprecedented internal artistic creation of each child separately! Come in our art workshops in which we organize and express yourselves freely!

Kids: 2 - 12 years



Music & Movement - Orff system

The children come into contact with the world of music through movement and songs. By making their own musical instruments, naming them, playing with them and learning tunes, they will make their own childhood orchestra.

Kids: 2 - 6 years

Fees:

Baby Swimming: 30.00 € (group lessons)

Children's Pastries, Painting class, Music & Movement - Orff system: 20.00 € / lesson

« Play & learn to eat right», Zumba, Puppet show: 10.00 € / activity

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