



Teens weekly summer programme (example)

SATURDAY

Movie 18.00 Pets 2
An evening at the **hotel cinema** "Die Pupille"

SUNDAY

10.00 **Table football** tournament

11.00 **Golf trial lesson** on the driving range of our local Golf Club (fee)

Recommendation Registration at the golf club or directly at the front desk.

17.00 Get fit with **aerobic, thighs-bums-tums** and **stretching**
Maximum number of participants: 10 persons.
Meeting point: „Fit & Relax“ gymnastic room

20.30 **Soccer match**

Movie 20.30 Monsieur Claude und seine Töchter 2
An evening at the **hotel cinema** "Die Pupille"

MONDAY

08.00 Morning run along the Gastein river

09.00 Introduction our **fitness gym**

09.45 **Active „get2gether“ for children and teens**
Meeting point at the reception

10.30 **Easy family walking tour** to the traditional hut „Obere Asten Alm“
Total walking time: approx. 1 hour

14.00 **Badminton**-tournament

15.45 **Beach-Volleyball**-Match

20.30 Sonngastein is looking for the **target goal king!**
We will give you one chance to place 6 shots on the goal wall (3 in the bottom corner and 3 in the top corner)
Our awards: The winner of the season (winter / summer) wins a free day at the hotel. The daily winner wins a cocktail of choice

Highlight 6 shots, 6 hits, you win one week at the hotel – the ranking is continuously actualized on facebook!

Movie 20.30 Fack ju Göthe 3
An evening at the **hotel cinema** "Die Pupille"

TUESDAY

10.00	Guided walking tour
13.15	Archery afternoon at the archery parcours close to the Bellevue-Alm (fee)
17.00	Power-abdominal-training Fancy a six-pack? Then come and join this workout! <i>Maximum number of participants: 10 persons</i> Meeting point: „Fit & Relax“ gymnastic room
18.00	Slacklining
20.30	Air-Hockey tournament
Movie 20.30	Spider Man 3 An evening at the hotel cinema "Die Pupille"

WEDNESDAY

08.00	Aqua Fit
09.30	Guided walking tour to the cosy hut „Poserhöhe“. Total walking time: approx. 4 hrs. Inscription and meeting point at the front desk.
17.00	Get fit with aerobic, thighs-bums-tums and stretching <i>Maximum number of participants: 10 persons.</i> Meeting point: „Fit & Relax“ gymnastic room
18.00	Yoga Find a new body balance through easy exercises <i>Maximum number of participants: 10 persons</i> Meeting point: "Fit & Relax" gymnastic room.
20.30	We play cards: UNO
Movie 20.30	Rio 2 An evening at the hotel cinema "Die Pupille"

THURSDAY

08.00	Nordic Walking
08.00	Guided hiking tour with Dr. Franz-Alexander Zitka to the lakes „Höhkar“ on 2.000 m. For experienced hikers. Total walking time: approx. 7 hrs.
09.30	E-Biketour (fee) Meeting point at the front desk.
13.30	Excursion the "Flying Waters" in Bad Gastein: "Fly" high above the waterfall in the heart of Bad Gastein (fee)
16.00	Gymnastics for your back and spine <i>Maximum number of participants: 10 persons.</i> Meeting point: „Fit & Relax“ gymnastic room
17.00	Table tennis tournament in our adventure arena
17.35	Dance afternoon – get loose with hot Caribbean dance rhythms. Meeting point at the front desk.
21.00	„Cocktail mixing“ (fee) <i>Maximum number of participants: 10 persons.</i>
Movie 20.30	James Bond: Goldfinger An evening at the hotel cinema "Die Pupille"

FRIDAY

08.30 **Aqua Fit**

09.30 – 15.00 **Rafting** on the river „Salzach“ with snacks (fee)

17.00 **Pilates**

Maximum number of participants: 10 persons.

Meeting point: „Fit & Relax“ gymnastic room

Movie 20.30 **Madagascar 3**

An evening at the **hotel cinema** "Die Pupille"



The participation of all programmes is at one's own risk and danger.

