

Choose Your Own
Adventure

OCEAN TOWER

DAILY EXPERIENCES

POOLS

Kona Pool

8:00 a.m. – 10:00 p.m.

Kona Pool Desk

8:30 a.m. – 5:00 p.m.

Kona Pool Slide

9:00 a.m. – 5:00 p.m.

Kohala Pool

8:00 a.m. – 10:00 p.m.

To reserve Kona Pool Cabana rentals, dial x1220.

LAGOON BEACH

Lagoon Beach

8:00 a.m. – 10:00 p.m.

Lagoon Beach Shack & Rentals

8:30 a.m. – 5:30 p.m.

SUNSET YOGA

Meet at Hotel Lobby 10 minutes prior to class

Daily 5:15 p.m.

Experience a dynamic practice linking breath and movement while drawing on the beauty and power of the Hawaiian sunset.

FITNESS CENTER

Fitness Center at Kohala Spa

6:00 a.m. – 7:00 p.m.

HGV Exclusive 6th Floor Fitness Center

6:00 a.m. – 8:00 p.m.

LEISURE

Ocean Tower Arrivals Lounge

8:00 a.m. – 8:00 p.m.

Museum Walkway

24 Hours

Waikoloa Golf

Dial 51 for information

EXCURSIONS

Tours & Activities by Hilton Grand Vacations

Dial 51 for information

Blue Wilderness Dive Adventures

808-886-0980 or visit
DiveBlueWilderness.com

Dolphin Quest

Dial 1216 for information or visit
dolphinsquest.com

Catamaran Cruises

Dial 2919 for information or visit
HawaiiNautical.com

Something For Everyone Every Day.

Every day presents a new opportunity to participate in countless on-site activities created and curated specifically for Hilton Grand Vacations Owners and Guests.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	8:00 a.m. Cycle and Core Kohala Spa in Makai Tower	8:00 a.m. Paddleboard Yoga Meet at Hotel Lobby 10 minutes prior to class	8:00 a.m. Paddleboard Yoga Meet at Hotel Lobby 10 minutes prior to class
10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Tai Chi Hotel Main Lobby	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower	9:00 a.m. Apo Lima Kukui <i>Kukui Bracelet Making</i> Hawaiian Cultural Center in Makai Tower
11:00 a.m. Papa Hula <i>Beginner Hula</i> Hawaiian Cultural Center in Makai Tower	10:30 a.m. Hatha Yoga Meet at Hotel Lobby 10 minutes prior to class	11:00 a.m. Papa Hula <i>Beginner Hula</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower	10:00 a.m. Papa Ukulele <i>Beginner Ukulele</i> Hawaiian Cultural Center in Makai Tower
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CYCLE & CORE

Kohala Spa in Makai Tower

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 the class is off the bike strengthening the core.

HATHA YOGA

Meet at Hotel Lobby 10 minutes prior to class

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.

PADDLEBOARD YOGA

Kohala Spa in Makai Tower

Balance, peace and strength are developed in this unique class in our saltwater lagoon. Each participant has their own board and space as we practice motions which will heighten your perception and awareness as your body connects to the moment.

TAI CHI

Hotel Main Lobby

The slow and beautifully choreographed moments 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.

Have questions? Talk to the concierge for more information.

PLEASE NOTE: All outdoor activities are weather permitting and subject to change without notice.



Resort

Swimming Pool Safety

AN IMPORTANT REMINDER FROM THE NATIONAL DROWNING PREVENTION ALLIANCE AND HILTON GRAND VACATIONS*

- Among children, drowning is the second leading cause of accidental death.
- Child drowning happens suddenly and usually quietly.
- Close, continuous supervision within arm's reach of your child is the most effective way of preventing drowning.
- Use multiple layers of protection to prevent drowning and keep your family safer.

*This information was provided by the National Drowning Prevention Alliance

DROWNING PREVENTION TIPS

- Remain within arm's reach of children while they are in and around the pool.
- Pay close attention to your family at all times around water. Don't allow yourself to become distracted.
- Parents and caregivers should be responsible for supervision at all times. Don't assign siblings the responsibility of supervision.
- When arriving at a pool, take time to read and then follow the posted rules.
- Determine the water depth and remain in shallow water. Remember that, even in shallow water, drowning can still occur.
- Have your child wear a properly fitted U.S. Coast Guard certified lifejacket.
- Pool toys such as water wings and other flotation devices are not substitutes for U.S. Coast Guard approved lifejackets. They should not act or be relied on as drowning prevention tools.
- Only enter the water feet first; do not dive headfirst or engage in dangerous activities such as "horseplay."
- Learn CPR, First Aid and water rescue methods.
- Enroll your child in swim lessons to learn survival skills, but continue close supervision regardless of their swimming ability.
- Wear sunscreen and remain hydrated.