



ACTIVITIES GUIDE




Live the French way

Sofitel Krabi Phokeethra Golf & Spa Resort
200 Moo 3, Klong Muang Beach, Nongtalay, Muang, Krabi 81180
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S O F I T E L
KRABI PHOKEETHRA


PARIS - LONDON - NEW YORK - BEIJING - BANGKOK - COMING SOON: MEXICO CITY

WEEKLY ACTIVITIES PROGRAM

Time	Daily Activities
05.00 am	 WET MARKET LOCAL TOUR AT THB 1,500++ P/P (MINIMUM 6 PAX; DAY BEFORE BOOKING REQUIRED AT THE TOUR DESK) (EVERY MONDAY)
07.00 am	 POWER SUNRISE WALK ON EVERY FRIDAY WITH SOFITEL MANAGEMENT TEAM (MEETING AREA: LOBBY)
07.00 am	 MEDITATION AT THE TEMPLE AT THB 500++ P/P (BOOKING REQUIRED AT THE TOUR DESK) (EVERY MONDAY / WEDNESDAY / FRIDAY / SUNDAY)
07.00 am	 CYCLING TOUR AT THB 350++ P/P (BOOKING REQUIRED AT THE TOUR DESK) (EVERY TUESDAY / THURSDAY / SATURDAY) MOUNTAIN BIKE RENTAL AVAILABLE FOR 1 HOUR AT THB 150++ P/P, HALF DAY AT THB 350++ P/P & FULL DAY AT THB 800++ P/P
08.30 am	 SPECIAL GROUP GOLF LESSON AT THB 600++ P/P (BOOKING REQUIRED AT THE TOUR DESK)
08.30 am	 YOGA AT THE POOL GARDEN (MEETING AREA: FITNESS CENTRE) (EVERY FRIDAY) YOGA AT SO SPA  YOGA AT FITNESS CENTRE
10.00 am	 WATER LESSONS (MEETING AREA: POOL) MONDAY: STAND-UP PADDLE TUESDAY: SNORKELING WEDNESDAY: STAND-UP PADDLE THURSDAY: SNORKELING FRIDAY: STAND-UP PADDLE SATURDAY: SNORKELING SUNDAY: STAND-UP PADDLE
10.00 am	 SCUBA DIVING LESSONS (EVERY WEDNESDAY / FRIDAY / SUNDAY) (MEETING AREA: POOL)
11.45 am	 AQUA GYM (MEETING AREA: NEAR KID'S POOL)  CRAZY PING PONG (MEETING AREA: PRE-FUNCTION ROOM)
12.00 pm to 2.00 pm	 SPA HAPPY HOUR AT THB 1,500 NET FOR 60 MINUTES THAI OR OIL MASSAGE THB 1,800 NET FOR 90 MINUTES THAI OR OIL MASSAGE (MEETING AREA: SPA)
12.15 pm	 SOFIDANCE (MEETING AREA: POOL)  (MEETING AREA: PRE-FUNCTION ROOM)
12.25 pm	 MEETING AREA: POOL MONDAY: WATER POLO TUESDAY: KAYAK RACE WEDNESDAY: WATER VOLLEYBALL THURSDAY: STAND-UP PADDLE RACE FRIDAY: WATER POLO SATURDAY: GLADIATOR SUNDAY: STAND-UP PADDLE RACE
2.00 pm	 THAI HERBAL COMPRESS LESSON (EVERY THURSDAY) (MEETING AREA: SPA)
3.00 pm	 SPA PRODUCT INFORMATION CLASS FOLLOWED BY THAI MASSAGE DEMO (EVERY FRIDAY) (MEETING AREA: SPA)
3.00 pm	 SOFITEL SIGNATURE COOKING LESSON STARTING FROM THB 950++ TO THB 1,200++ P/P (DAY BEFORE BOOKING REQUIRED AT THE TOUR DESK)
3.00 pm	 THAI LANGUAGE LESSON (EVERY MONDAY / WEDNESDAY / FRIDAY) (MEETING AREA: EXPLORER BAR)
3.00 pm	 PILATES (MEETING AREA: FITNESS CENTRE)
4.00 pm	 THAI BOXING CLASS AT THB 350++ P/P (MEETING AREA: FITNESS CENTRE) (BOOKING REQUIRED AT THE TOUR DESK) EVERY FRIDAY AT THB 200 NET P/P THAI BOXING PRIVATE LESSON ANYTIME INCLUDING SHORTS AND SOUVENIR PHOTO AT THB 1,000++ P/P
4.30 pm	 PARTY SUNSET CRUISE INCLUDING FREE FLOW DRINKS AT THB 1,750++ P/P (MINIMUM 8 PAX; BOOKING REQUIRED AT THE TOUR DESK)
5.00 pm	 AQUA YOGA (MEETING AREA: POOL)
6.30 pm	 CANDLE RITUAL (MEETING AREA: LOBBY)
7.00 pm	 LIVE FROZEN SHOW (EVERY FRIDAY) (MEETING AREA: SPA GARDEN)  (MEETING AREA: GRAND BALLROOM)
7.15 pm	 DIVE IN CINEMA MOVIE AT POOL (EVERY MONDAY / WEDNESDAY)  (MEETING AREA: GRAND BALLROOM)
7.30 pm	 LIVE BAND (MEETING AREA: EXPLORER BAR)
06.00 am to 10.00 pm	 SAUNA AND STEAM ROOM (MEETING AREA: FITNESS CENTRE / GYM)
07.00 am to last t-off start time 5.30 pm	 GOLF GREEN FEE AT THB 700++ FOR 9-HOLE P/P & THB 1,000++ FOR 18-HOLE P/P (BOOKING REQUIRED AT THE TOUR DESK) GOLF CLUB RENTAL AT THB 700++ & GOLF BALL PACK OF 3 AT THB 100++ GOLF PRIVATE LESSONS, GREEN FEE & GOLF CLUB AT THB 2,500++ PER HOUR
09.00 am to 5.00 pm	 SAILING LESSON AT THB 600++ P/P & THB 300++ P/C (MINIMUM AGE 8 YEARS OLD; BOOKING REQUIRED AT THE TOUR DESK) 1 HOUR SAILING RENTAL AT THB 500++ P/P & THB 300++ WITH PARTNER P/P 1 HOUR WINDSURFING LESSON AT THB 600++ P/P & 1 HOUR WINDSURFING RENTAL AT THB 400++ P/P 1 HOUR KAYAK RENTAL AT THB 300++ & 1 HOUR / DOUBLE AT THB 350++ / TRIPLE AT THB 400++ 1 HOUR STAND-UP PADDLE BOARD AT THB 300++ P/P
24 Hours	 FITNESS CENTRE / GYM OPEN DAILY

- P/P Means Per Person
- P/C Means Per Child

• For further information, please contact #6118.

- All prices are subject to 10% service charge and 7% government tax.
-  Rainy activities

KID'S CLUB WEEKLY ACTIVITIES

Time	Monday GASTRONOMIC DAY 	Tuesday SPORTS DAY 	Wednesday GREEN DAY 	Thursday WELLNESS DAY 	Friday THAI CULTURAL DAY 	Saturday PIRATE DAY 	Sunday COLORFUL DAY 
9.00 am	GEL CANDLE MAKING FROM THB 250++ P/C MEETING AREA: KID'S CLUB	BEGINNER TENNIS LESSON (COMPLIMENTARY FOR AGE 6-12 YEARS) MEETING AREA: KID'S CLUB	PLANET 21 SAVE THE OCEAN COMPLIMENTARY MEETING AREA: KID'S CLUB	MOSAIC FRAME MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	THAI GAME (COMPLIMENTARY) MEETING AREA: KID'S CLUB	SWIMMING LESSON (AGE 6-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB
10.00 am	POOL GAMES MEETING AREA: KID'S POOL						
11.00 am	MINI CHEF PIZZA MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF WAFFLE MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF COOKIES MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF CLUB SANDWICH THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF THAI DESSERT MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF CUPCAKES DECORATION THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF MANGO STICKY RICE THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)
1.00 pm	THAI HERBS KNOWLEDGE (COMPLIMENTARY) MEETING AREA: KID'S CLUB	SAILING LESSON (AGE 8-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	LEARNING ABOUT SHARKS AND SHARK HAT DESIGN COMPLIMENTARY MEETING AREA: KID'S CLUB	HEALTHY BY PRINCESS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI LANGUAGE LESSON (COMPLIMENTARY) MEETING AREA: KID'S CLUB	PIRATE TRUSSURE HUNT (COMPLIMENTARY) MEETING AREA: KID'S CLUB	FLOWER MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
2.00 pm	HAND BAG MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	HANGING MOBILE MAKING (AGE 6-12 YEARS) THB 300++ P/C MEETING AREA: KID'S CLUB	COLOR SAND ART FROM THB 200++ P/C MEETING AREA: KID'S CLUB	CROWN MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	THAI DANCING PRACTICE (COMPLIMENTARY) MEETING AREA: KID'S CLUB	GEL CANDLE MAKING FROM THB 250++ P/C MEETING AREA: KID'S CLUB	FACE PAINTING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
3.00 pm	FRUIT PUPPETS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI BOXING (AGE 6-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	PANDANUS ROSE MAKING COMPLIMENTARY MEETING AREA: KID'S CLUB	BRACELET MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI SOUVENIR FOR FAMILY UMBRELLA PAINTING THB 400++ P/C	PIRATE T-SHIRT PAINTING THB 400++ P/C MEETING AREA: KID'S CLUB	PHOTO FRAME DESIGN THB 300++ P/C
4.00 pm	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB	MINI OLYMPIC GAME MEETING AREA: POOL GARDEN	BAG PAINTING FROM THB 350++ P/C MEETING AREA: KID'S CLUB	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB	BATIK PAINTING THB 300++ P/C MEETING AREA: KID'S CLUB		BAG PAINTING THB 250++ P/C MEETING AREA: KID'S CLUB
5.00 pm	YOGA (COMPLIMENTARY) MEETING AREA: KID'S CLUB	ORIGAMI (COMPLIMENTARY) MEETING AREA: KID'S CLUB	AEROBICS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	FLOWER MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI'S KIDS SHOW MEETING AREA: KID'S CLUB	AEROBICS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	MASK MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
6.00 pm	KID'S CINEMA MEETING AREA: KID'S CLUB	SPINNER DESIGN (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB	BINGO GAME (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB	BOOKMARK DESIGN (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB
7.00 pm						LIVE FROZEN SHOW MEETING AREA: SPA GARDEN	

BABYSITTING IS AVAILABLE ON REQUEST

• P/C Means Per Child

• For further information, please contact #6820. • All prices are subject to 10% service charge and 7% government tax.