

ANANTARA VACATION CLUB FAMILY FUN PROGRAMME. 安纳塔拉度假会家庭游计划


ANANTARA
VACATION CLUB
MAI KHAO • PHUKET

Anantara Vacation Club Mai Khao Phuket offers the ideal resort destination for families to indulge in fun, relaxation and memorable local experiences.

普吉岛迈考安纳塔拉度假会是家庭度假的完美目的地，全家人可以在这里尽情娱乐、放松，并体验难忘的当地体验。



儿童趣味活动

FUN FOR
KIDS



KIDS CLUB 儿童俱乐部

The Kids Club keeps little ones entertained with interesting activities and exciting adventures in a safe environment, while parents have the chance to relax and unwind at the nearby spa or beach. Children can enjoy arts & crafts, play energising indoor and outdoor games and make use of beachfront sports at our family-friendly resort.

儿童俱乐部在一个安全、健康的环境中开展各种有趣的活动和刺激的冒险，让孩子愉快地玩耍；父母则可以在海滩边放松或尽情享受舒适的安纳塔拉水疗护理。孩子们还可以欣赏艺术和手工制品，在适合家庭的海滨度假酒店参加活力四射的室内外游戏。



JAKKA KIDS CLUB MEMBERSHIP JAKKA 儿童俱乐部会籍

Join the Jakka Kids Club to access convenient membership benefits throughout your stay. Children under 12 years old will receive a branded adventure bag containing a t-shirt, cup and luggage tag so that everybody will recognize them as a member! They'll get to enjoy a 50% discount off the tasty kids menu at the resort's food and beverage venues, as well as unlimited soft drink refills.

One child (under 12 years old)

THB 500 net/child

Membership benefits cannot be combined with other special offers

For reservations and more information, please visit the Kids Club Team or dial 0.

入住期间，参加Jakka儿童俱乐部，获取便利的会籍福利。不满12周岁的儿童将会收到品牌探险包，内有T恤、杯子和行李标签，这样每人都能意识到自己是俱乐部的成员！他们在度假酒店餐饮场所均可享受美味儿童菜单5折优惠，还能无限次续杯软饮。

一名儿童（不满12周岁）

净价500泰铢/儿童

会籍福利不可与其他特惠同时使用

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



RECOMMENDED!

FUN PIZZA COOKING CLASS

披萨趣味制作班

Our Fun Pizza Cooking Class gives kids the chance to express themselves in the kitchen and develop a healthy interest in food. One of our fantastic chefs teaches Little Chefs to make their own yummy pizza!

The fun starts daily 12.00 noon – 1.30 pm.

THB 350++ per child, including Little Chef certificate with photo.

For reservations and more information, please visit the Kids Club Team or dial 0.

披萨趣味制作班能让孩子有机会在厨房表达自我，并发展其对食物的健康兴趣。一位出色的厨师将教导小厨师们制作自己的美味披萨！

每天中午12.00至下午1.30

每位儿童350++泰铢，包括附有照片的小厨师证书

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

KIDS THAI BOXING

儿童泰拳

Our friendly boxing coach turns fitness training into a playful activity to keep youngsters motivated and full of energy. Kids Thai Boxing is a fun and engaging activity that develops coordination, strength, flexibility and endurance, while boosting self-confidence!

The fun happens every day from 4.00 pm – 5.00 pm.

For reservations and more information, please visit the Kids Club Team or dial 0.

亲切的泰拳教练将健身训练变成有趣的活动，让孩子们兴致勃勃、精力充沛。儿童泰拳是增强体质的有趣运动需要全神贯注地积极参与其中，培养协调性、体力、灵活性和耐力，同时还能增强自信。这也是塑造健美体形的好方法！

课程时间为每天下午4.00至下午5.00

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0





KIDS TENNIS LESSON 儿童网球课程

Tennis isn't the easiest sport for youngsters to learn, but if they start young - they're likely to become lifelong players. The best way for little ones to enjoy being active and learning new skills is for them to experience success with a Kids Tennis Lesson.

THB 1,000++ per child per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

网球对儿童来说并非最简单易学的运动，但如果您现在就让他们愉快地开始学习，他们很可能终身都会爱好这项运动。对孩子来说，享受积极运动并学习新技能的最好方法就是让他们在儿童网球课程中体验成功。

每位儿童每小时 1,000++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

RECOMMENDED!

ROCK CLIMBING WALL

攀岩墙

We challenge kids to test their strength and agility on our Rock Climbing Wall. At five metres high, our wall has been designed to give kids a confidence boost when they conquer it and a soft bounce if they don't! Rest assured, our Team is trained in all safety aspects to keep your little ones out of harm's way!

The fun starts every day from 3.00 pm – 4.00 pm.

For reservations and more information, please visit the Kids Club Team or dial 0.

我们的攀岩活动对孩子来说是一项挑战，能够测试他们的力量和灵活性。我们的攀岩墙高5米，其设计旨在让孩子获得成功后提升信心，失败时也能够恢复自信！请您放心，我们团队在安全性方面通过全面培训，让孩子的安全获得保障！

趣味课程为每天下午 3.00 至下午 4.00

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0





PRINCE AND PRINCESS MANI-PEDI 王子公主美甲

YOUR CHILD'S FIRST VISIT TO THE SPA!

Little ones are pampered with a gentle strawberry and vanilla scrub, cleanser and mask before enjoying a Prince or Princess mani-pedi. After a neat nail trim, children can enjoy an energising strawberry-vanilla oil foot massage. Painted nails add a splash of colour for a special finishing touch.

THB 700++ per child (30 minutes)

For reservations and more information, please visit the Kids Club Team or dial 0.

孩子们的SPA初体验!

王子公主美甲，使用温和的草莓香草磨砂膏、清洁液和脚膜，使孩子的小小双脚得到清洁和放松。将手指甲和脚趾甲修剪整齐之后，小王子和小公主们会享受使其焕发活力的草莓香草精油脚部按摩。最后还可以涂上彩色指甲油。

每位儿童 700++ 泰铢 (30分钟)

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

ME & MUM 我和妈妈

ME:

Relax with a deliciously sweet 60 minute massage, featuring a choice of chocolate-orange oil or strawberry-vanilla oil. Pamper yourself afterwards with either a Princess Mani-Pedi or a relaxing bubble bath.

MUM:

Relaxation comes easy with either a Traditional Thai Massage or Stress Release Massage (60 minutes), after which hands and feet are groomed with a natural manicure and pedicure.

THB 7,400++ per package at Anantara Spa

For reservations and more information, please visit the Kids Club Team or dial 0.

我:

先舒适地享受美妙而甜美的60分钟精油按摩，可选巧克力香橙或草莓香草精油。然后再舒适地享受公主美甲或放松身心的泡泡浴。

妈妈:

在体验传统泰式按摩或减压按摩（60分钟）所带来的轻松之感后，还提供天然美甲护理方法，来精心修剪手指甲和脚趾甲。

套餐价 7,400++ 泰铢，地点：安纳塔拉水疗

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



ME & DAD 我和爸爸

ME:

Enjoy a massage (60 minutes) with a sweet choice of chocolate-orange oil or strawberry-vanilla oil, followed by a bubble bath.

DAD:

Unwind into an Aroma Massage (60 minutes) before being pampered with a mini facial treatment.

THB 7,000++ per package at Anantara Spa (90 minutes)

For reservations and more information, please visit the Kids Club Team or dial 0.

我:

先享受60分钟的精油按摩，可选甜蜜巧克力香橙或草莓香草精油，然后再体验泡泡浴。

爸爸:

放松地享受芳香按摩 (60分钟)，然后进行舒适的迷你脸部护理。

套餐价 7,000++ 泰铢，地点：安纳塔拉水疗(90分钟)

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0





KIDS CLUB ACTIVITIES

OPEN DAILY AND COMPLIMENTARY FOR IN-HOUSE GUESTS AGED 4-12 YEARS OLD.

Balloon Art
Batik Painting*
Bookmark Making
Candle Gel Making*
Decoupage*
Fancy Hanging Mobile Making
Fancy Mask Making
Fancy Photo Frame Making
Flower Making
Friendship Bracelet Making

Hair Accessory Making
Henna Tattoo*
Jewelry Making
Key Chain Making
Kids' Cookie Class**
My Robot
Origami
Paper Fan Making
Pizza Cooking Class**
Plaster Doll Painting*

Pop-Up Card Making
Rock Painting
Shell Wind Chime Making*
Shirt Art*
Sweet Deco Mobile Case Making*
Table Tennis
Towel Folding
Yoga
Xbox Games ***

Please note that:

- All activities that are marked * are chargeable. All activities marked ** are chargeable and must be booked 1 day in advance. *** Xbox time is limited and reservations must be made in advance.
- Daily activities may be cancelled or changed without prior notice due to insufficient participants or adverse weather conditions.
- Lunch is available with a chargeable per menu price.
- All activities are available on a first come, first served basis.

For reservations and more information, please visit the Kids Club Team or dial 0.



儿童俱乐部活动

每日向4至12岁的入住宾客免费开放。

气球艺术

蜡染画*

书签制作

果冻蜡烛制作*

剪纸装饰*

精美手机链制作

精美面具制作

精美相框制作

假花制作

友谊手镯制作

发饰制作

汉娜纹身*

珠宝制作

钥匙链制作

儿童饼干制作班**

我的机器人

折纸

纸扇制作

派对帽子和派对摇摇乐制作

披萨制作班**

石膏娃娃涂色*

立体卡制作

岩彩画

贝壳风铃制作*

衬衫艺术*

甜美装饰手机壳制作*

乒乓球

折毛巾

瑜伽

Xbox游戏***

请注意:

- 标有*的所有活动都可能更改。标有**的所有活动都可能更改且须提前一天预约。*** Xbox游戏有时间限制，并需提前预约。
- 每日活动，因参与人数不足或恶劣天气情况，可能在未提前通知的情况下取消或更改。
- 提供午餐，根据菜单价格收费。
- 所有活动均采取先到先得的原则。

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

青少年趣味活动

FUN FOR
TEENS



TEENS, GET YOUR GAME ON AT THE TEEN ZONE 少年们，来青少年区寻找属于你的游戏吧！

OPEN DAILY AND COMPLIMENTARY FOR
IN-HOUSE GUESTS AGED 10 – 16 YEARS OLD.

Open Daily from 10.00 am – 6.00 pm

Located on the 2nd floor
of the Anantara Vacation Club Suite building.

For reservations and more information, please visit the Kids Club Team or dial 0.

每日开放，10 – 16岁的度假酒店宾客免费使用。
免费

开放时间，上午10.00 – 下午6.00

地点：安纳塔拉度假会套房大楼2层

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



WHAT DOES THE TEEN ZONE OFFER? 青少年区提供哪些特色活动?

- BOARD GAMES
 - READING AREA
 - DESKTOP COMPUTERS FOR INTERNET USE
 - AIR HOCKEY TABLE
 - MOVIE ROOM WITH TEEN MOVIES
 - XBOX 360 AND TEEN GAMES
 - KARAOKE AND DRESS UP COSTUMES
 - THEME NIGHT TWICE A WEEK
- AND MUCH MORE...

- 棋盘游戏
 - 阅读区
 - 可供上网的台式电脑
 - 空气曲棍球台
 - 提供青少年电影的电影放映室
 - XBOX 360 及青少年游戏
 - 卡拉OK及服饰装扮
 - 每周两次主题之夜
- 以及更多精彩活动...



TEEN ZONE MOVIE NIGHT 青少年区电影之夜

Snuggle up in a cosy spot next to fellow film fans, and enjoy a classic blockbuster or a modern crowd-pleaser, with refreshments on hand.

Date: Every Monday

Venue: Teen Zone

Time: 7.00 pm – 9.00 pm.

Free popcorn, soft drink and water.

For reservations and more information, please visit the Kids Club Team or dial 0.

依偎在舒适的小窝，旁边围着一群热爱电影的小伙伴们，一边欣赏经典大片或热门现代剧，一边品尝美味点心。

日期： 每周一

地点： 青少年区

时间： 晚上7.00至晚上9.00

免费提供爆米花、软饮和水

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



TENNIS 网球

Tennis fans can enjoy a match at our modern sports facilities, regardless of the time of day or evening. Anantara Vacation Club Mai Khao Phuket serves tennis experiences for all levels of players. Tennis court, racquet and balls are complimentary.

Tennis Partner THB 800++ per person per hour
Tennis Lesson THB 1,500++ per person per hour
New can of 3 balls THB 500

For reservations and more information, please visit the Kids Club Team or dial 0.

白天或晚上任何时段，网球爱好者均可在绝佳的设施内享受比赛带来的乐趣。普吉岛迈考安纳塔拉度假会网球体验适合各水平的网球选手。网球场、球拍和网球均免费提供。

网球拍档 每位每小时 800++ 泰铢
网球课程 每位每小时 1,500++ 泰铢
全新罐装 3 只装网球 500 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

适合各个年龄段
客人的趣味活动

FUN FOR
ALL

ACTIVATE ME
激活自我





LOCAL BIKE TOUR 当地骑行之旅

IT'S NOT JUST ABOUT THE TRAILS!

What better way to see the beauty of Mai Khao close up than on a local bike tour. Imagine cycling along a quiet trail under the shade of rubber plantations while overlooking the clear blue waters of the Andaman Sea. Every cycling trip is a journey of discovery. Come and explore peaceful Mai Khao with us!

Programme includes:

Bike tour guru, cold towel and drinking water.

THB 500++ (approx. 90 minutes)

For reservations and more information, please visit the Kids Club Team or dial 0.

您所享受到的乐趣，不仅仅是选择线路！

有什么能比当地骑行更能近距离欣赏迈考美景的活动呢？想象一下，在橡胶种植园的树荫下，沿着僻静的小路骑行，一边俯瞰着蔚蓝的安达曼海。每次骑行都是一次发现之旅。快来和我们一起探索宁静的迈考吧！

项目包含：

骑行教练、冷毛巾、饮用水

价格：500++ 泰铢（约90分钟）

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



DIVE-IN MOVIE 露天泳池电影

Enjoy a classic Dive-In Movie experience with a free, 3 times a week cinematic show held on a big screen by the pool. Enjoy the film while sitting poolside, or on comfy floating seats in the water. Complimentary popcorn is served and Happy Hour drinks are available until the movie finishes.

Every Tuesday, Friday and Saturday from 6.45 pm – 8.45 pm.

For reservations and more information, please visit the Kids Club Team or dial 0.

每周三次，您可以享受泳池边经典露天大荧幕观影体验。可以坐在泳池边或坐在舒适的浮动泳圈中享受水中电影！观影期间，您可享受免费爆米花及快乐时光饮品。

每周二、周五和周六，晚上 6.45 至晚上 8.45

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打 0



MUAY THAI EXPERIENCE

泰拳体验

Are you looking for an activity that is both challenging and rewarding? Muay Thai is a traditional martial art and combat sport native to Thailand, played out in a ring with two fighters. Learn the unique skills and techniques of this adrenaline-fuelled sport with our Muay Thai guru.

Programme includes:

Personal Thai boxing training, Muay Thai shorts, cold towel and drinking water

Health benefits:

Increased cardiovascular conditioning, leg strength, core strength, increased hip mobility and stress relief

THB 2,000++ per person per 90 minutes

For reservations and more information, please visit the Kids Club Team or dial 0.

您是否在寻找一项既富挑战性又收获颇丰的活动？泰拳起源于泰国，是一项传统武术及竞技体育运动，由两位选手在拳台上对战。跟随我们的泰拳大师来学习这一激动人心的运动的独特技巧和技术吧。

包含内容:

私人泰拳训练、泰拳短裤、冷毛巾、饮用水

对您健康的益处:

增强心血管调节功能，增强腿部力量，增强核心力量，增强髋关节活动性能同时还能减轻身心压力

每位每90分钟 2,000++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

PRIVATE YOGA

私人瑜伽

Stretch, strengthen and tone muscles, as well as enhance flexibility and posture with our qualified Private Yoga Instructors.

Yoga is suitable for adults of all ages and fitness levels. The non-strenuous nature of our approach means that even those with physical limitations or little experience can join in and benefit. Our Hatha Yoga programme incorporates special techniques that bring a mind-body connection to this rewarding practice.

Programme includes:

Qualified yoga training, cold towel and drinking water

Power Yoga THB 1,000++ per person per hour

Hatha Yoga THB 800++ per person per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

跟随我们的资深私人瑜伽教练来伸展、增强并调节您的肌肉功能，同时提升您的灵活性和动作姿态。

瑜伽适合各年龄段和各身型的成人。我们的训练方式让您感到轻松自在即让那些受身体条件限制或没有经验的宾客也能参与其中，从中获益。我们的哈达瑜伽项目融入了特别技巧，使大家通过有益的练习实现身心和谐。

包含内容:

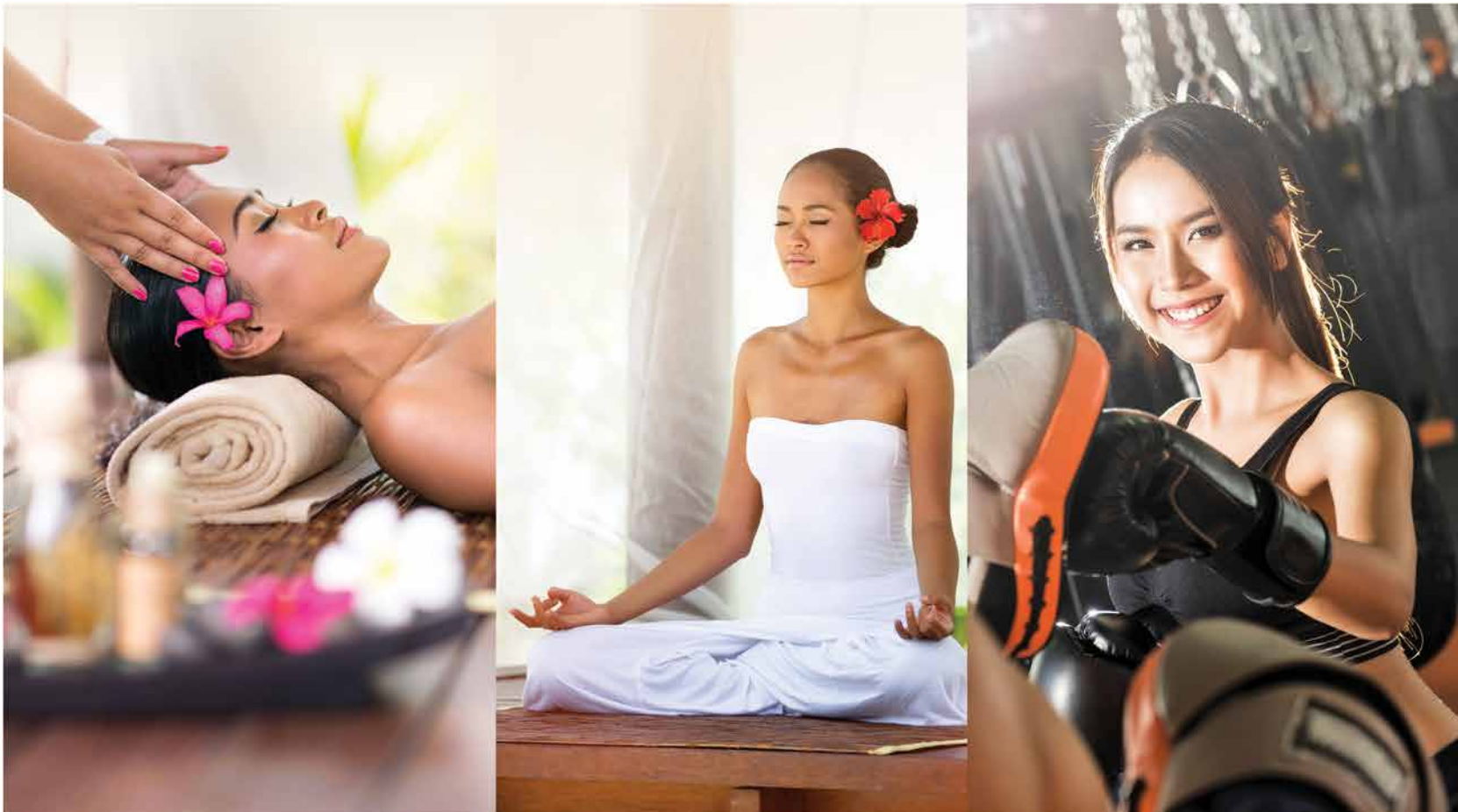
资深瑜伽训练、冷毛巾、饮用水。

力量瑜伽 每位每小时 1,000++ 泰铢

哈达瑜伽 每位每小时 800++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0





ACTIVE LIFE 积极生活

Designed especially to enhance your health and well-being, as well as inspire inner energy and strength, our Active Life package is a unique combination of a physical fitness experience and fitness experience and a relaxing spa recovery.

Programme includes:

Ashtanga Yoga or Muay Thai, aroma massage (90 minutes), cold towel and drinking water

Yoga + aroma massage THB 4,200++

Muay Thai + aroma massage THB 4,500++

For reservations and more information, please visit the Kids Club Team or dial 0.

我们推出的积极生活套餐，结合了健身体验与安纳塔拉水疗轻松焕活芳香按摩，独具特色，为提升您的健康水平，激发内在的能量和力量而设计。

项目包含：

阿斯汤加瑜伽或泰拳、芳香按摩（90分钟）、冷毛巾、饮用水

瑜伽+芳香按摩 4,200++ 泰铢

泰拳+芳香按摩 4,500++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



PERSONAL TRAINER 私人教练

PUMP IT UP WITH OUR GYM GURU

Whether you want to lose weight, tone up or energise, let our personal trainer help design an individual exercise routine to help you reach your goals.

Programme includes:

Personal training, cold towel and drinking water

THB 500++ per person per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

与你的健身教练一起动起来吧!

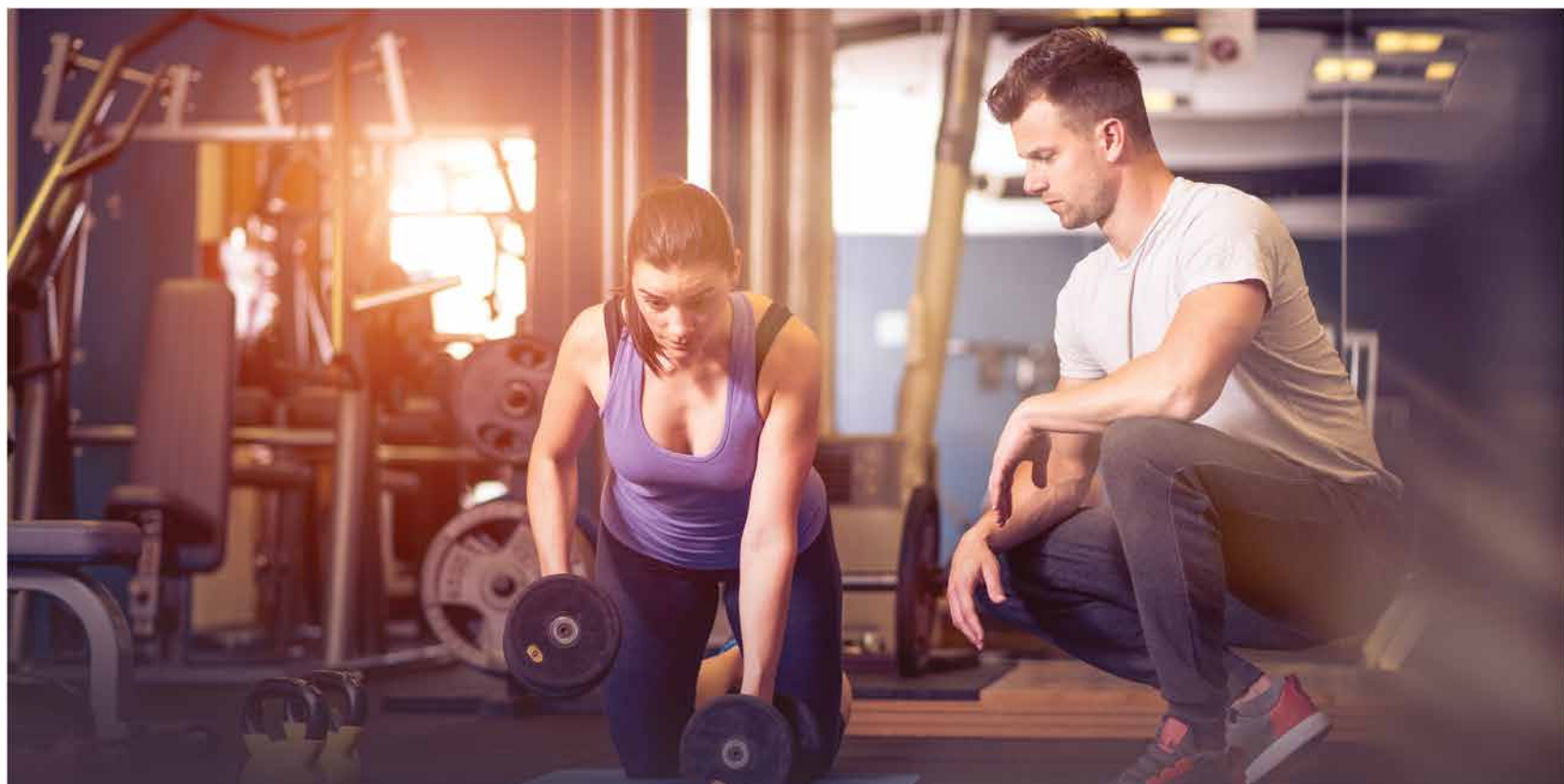
不论您是想瘦身、结实肌肉、塑造形体或增强活力，请让我们的私人教练为您设计一套个性化运动计划以帮助您达到目标吧!

项目包含:

私人训练、冷毛巾、饮用水

每位每小时 500++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



ACTIVE LIFE 积极生活

TONE & STRENGTHEN

A certified Advanced Personal Trainer offers you a personalised health, fitness and wellness programme, along with nutritional advice, for dedicated, customised one-on-one personal training in beautiful Phuket.

Our personal training program is helpful if you feel unsure of what to do on your own at the gym, have had trouble achieving results or work better in a team. Booking is required 1 day in advance.

Programme includes:

Certified personal training, cold towel and drinking water

THB 2,000++ per hour

3-day package THB 5,000++ one hour per day

For reservations and more information, please visit the Kids Club Team or dial 0.

保持健康&增强机能

在美丽的普吉岛上，经认证的高级私人教练为您提供量身定制的健康计划，以及与个性化一对一私人训练配套的营养建议。

如果您曾在健身房感到不舒服，努力训练而未达到预期效果，或者未从私人训练中获得自己需要的收获，那么这个计划将是您显著提升健身效果的理想选择。完美的健身动机！需要提前一天预订。

项目包含：

经认证的私人训练、冷毛巾、饮用水

每小时 2,000++ 泰铢

3日套餐：每天一小时 5,000++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0

MUAY THAI – 3-DAY CHALLENGE

泰拳——3日挑战

Muay Thai is an emotional and physical sport, characterized by hard work and adrenaline. Take on this energising combination with our 3-Day Muay Thai Challenge.

Day 1 : 90 minutes in-house beginner

Muay Thai training

Day 2 : 90 minutes in-house Muay Thai training

Day 3 : 90 minutes Private Muay Thai training with a professional Thai boxer at Sumalee boxing gym

Package includes:

One-on-one daily in-house Muay Thai training (90 minutes), round trip to Sumalee boxing gym, boxing shorts, cold towel and drinking water

THB 8,500++ per person

For reservations and more information, please visit the Kids Club Team or dial 0.

泰拳是对身体和心理的双重挑战，需要投入决心和激情；参加泰拳——三日挑战，激发您的活力，激起斗志。

第一天：90 分钟室内泰拳初学者训练

第二天：90 分钟室内泰拳训练

第三天：90 分钟 Sumalee 拳击馆专业泰拳师指导的私人泰拳训练

套餐包含：

每日一对一室内泰拳训练（90分钟），往返 Sumalee 拳击馆，拳击短裤，冷毛巾和饮用水

每位 8,500++ 泰铢

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



3-DAY FAT BURNING 三日燃烧脂肪训练

If you're ready to get lean, a full body workout is a great way to get started. With our 3-Day Fat Burning programme, you will work out to tone up and learn a new routine to take home with you.

Day 1 : 90 minutes personal training & full body stretching/one hour abs exercises

Day 2 : 90 minutes personal training & 30 minutes abs exercises, plus one hour Ashtanga Yoga

Day 3 : 90 minutes personal training & one hour Thai boxing, plus 90 minutes sports massage

THB 12,000++ per person

Programme includes:

3 days certified personal training, sports massage (90 minutes), Thai boxing shorts, cold towel and drinking water

Please note that:

- Reservations required at least 1 day in advance.
- Our programme offers customised workouts based on an initial assessment and your fitness needs.

For reservations and more information, please visit the Kids Club Team or dial 0.

如果您做好减掉一些体脂的准备，全身运动是很好的开始。通过我们的三日燃烧脂肪项目，您能够运动燃脂，并学习一套可以在家进行的燃脂动作。

第一天：私人训练 90 分钟和全身伸展/1小时腹肌训练

第二天：私人训练 90 分钟和 30 分钟腹肌训练，外加1小时阿斯汤加瑜伽

第三天：私人训练 90 分钟和泰拳1小时，外加运动按摩 90 分钟

每位 12,000++ 泰铢

项目包含：

三天经认证私人训练，运动按摩（90分钟），泰拳短裤，冷毛巾和饮用水

请注意：

- 需要至少提前一天预约。
- 我们的项目会根据您的最初评估和健身需求，为您提供个性化的健身计划。

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0





FUN FOR ALL WEEKLY PROGRAMME 每周趣味活动项目 - 适合各年龄段

Whether you wish to discover a new passion, try a unique local experience, get fit or go on an adventure, Anantara Vacation Club Mai Khao Phuket offers a wide array of entertaining activities for you to choose from.

- 30 Minutes abs training
- Aquacise
- Ashtanga yoga*
- Basic meditation*
- Basic Thai language*
- Basic Thai boxing
- Batik T-shirt art*
- Beginner yoga
- Beginner pilates
- Fun table tennis
- Full body stretching
- Hatha yoga*
- Henna tattoo*
- Mat pilates
- Pool table games
- Power yoga
- Sailing lesson
- Swimming lesson*
- Thai boxing lesson
- Thai dance
- Tie-dye T-shirt art*
- Towel folding
- Weight training
- Windsurfing lesson*
- Yogilates*

Please note that:

- All activities are available on a first come, first served basis.
- Water sports are available at Anantara Mai Khao Phuket Villas beach except during May-September due to adverse sea conditions.
- Activities may be cancelled without prior notice due to insufficient participants or adverse weather conditions.

* Additional charges may apply.

For reservations and more information, please visit the Kids Club Team or dial 0.

不论您想要发现新爱好、拥有独特的当地体验、保持体型或渴望冒险，普吉岛迈考安纳塔拉度假会都会提供多种娱乐活动供您选择，为您打造最完美的假期。

- 30分钟腹肌训练
- 水中健身
- 阿斯汤加瑜伽*
- 基础冥想*
- 泰语基础*
- 基础泰拳
- 蜡染T恤艺术*
- 初学者瑜伽
- 初学者普拉提
- 趣味乒乓球
- 全身伸展
- 哈达瑜伽*
- 汉娜纹身*
- 垫上普拉提
- 泳池桌面游戏
- 力量瑜伽
- 帆船课
- 游泳课*
- 泰拳课
- 泰式舞蹈
- 扎染T恤艺术*
- 折毛巾
- 瘦身训练
- 帆板课*
- 普拉提瑜伽*

请注意:

- 所有活动均采取先到先得的原则。
- 水上运动在普吉岛迈考安纳塔拉别墅度假酒店海滩进行，因恶劣海面情况在5月至9月间暂停。
- 活动因参与人数不足或恶劣天气情况，可能未经提前通知而取消。

*部分项目需收取额外费用。

如需预订或获取更多信息，请联系儿童俱乐部团队或拨打0



LIFE IS A JOURNEY.

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