

# Resort Experiences

**SUMMER-FALL 2020**



  
**Hilton**  
ARUBA CARIBBEAN  
RESORT & CASINO

## ADULT ACTIVITIES (AGES 16+)



### **STAND UP PADDLE BOARDING**

**Mondays, Wednesdays and Fridays | 9:30am**  
**Meet at Activities Center**

Explore Aruba's beautiful Palm Beach on top of a paddle board.

*Advanced online registration required.*  
*Limited space available.*

### **KAYAK FOR TWO**

**Saturdays & Sundays | 9:30am**  
**Meet at Activities Center**

Join us for fun or for a bit of exercise on our 30-minute Kayak tour.

*Advanced online registration required.*  
*Limited space available.*

### **CYCLING TOUR TO CALIFORNIA LIGHTHOUSE**

**Tuesdays and Thursdays | 9am**  
**Meet at Activities Center**

Take a scenic tour of Aruba's coastline. Approximately 4 miles each way.

*Advanced online registration required.*  
*Limited space available.*

Activities are complimentary unless otherwise noted. For more information, please dial ext. 6076 or [auaahh\\_poolandbeachservices@hilton.com](mailto:auaahh_poolandbeachservices@hilton.com)

# FAMILY FRIENDLY ACTIVITIES

## POOL YOGA

Tuesday | 10am  
Meet at the North Pool

A combination of different yoga aspects such as physical techniques, breathing and focusing on your body position in shallow water. Improves the connection between body and mind with a touch of fun.

*Advanced online registration required.  
Limited space available.*

## POOL AEROBICS

Mondays & Thursday | 11am  
Meet at the North Pool

Aerobic exercises in shallow water with upbeat music.

*Advanced online registration required.  
Limited space available.*

## BOOTCAMP

Sundays & Fridays | 10am  
Meet at the North Pool

Exercise can do a lot of good to boost your energy, so even on days when you don't feel like working out try this work out class. In this class you will get an energy boost with exercises that increases your blood flow, heart rate and eventually your energy. Perfect to start your vacation with!

*Advanced online registration required.  
Limited space available.*

## HATHA FLOW

Wednesdays | 10am  
Meet at the Grass Lawn

A combination of the yoga aspects of physical techniques and meditation. Gets you into the perfect relaxed mode.

*Advanced online registration required.  
Limited space available.*

## DIVE-IN MOVIE NIGHT

Thursdays | 7pm-9pm  
South Pool Deck

## BEACH TENNIS

Sundays | 11:30am  
Meet at the Beach Tennis Court Area

Join our beach tennis referee for this fun game that has elements from tennis and volleyball and is played at our beach tennis court.

*Advanced online registration required.  
Limited space available.*

## DIY ALOE SCRUB

Daily | 9am -3pm  
eforea spa

Personal DIY aloe scrub available daily between 9am and 3pm.

*24 hours advance reservation required.*

## INSTA-FRIENDLY SPOTS

Take a tour of the resort and discover our most insta-worthy spots. Hints: the waterfall, bird garden, hammocks around the pool and sunsets on the beach.

## At Your Leisure

Complimentary activities to enjoy on your own, every day between 12 noon and 3:30pm.

- Ping Pong
- Soccer
- Horse Shoes
- Shuffleboard
- Corn hole
- Croquet
- Bocce Ball

# CHILDREN'S ACTIVITIES (AGES 12 AND UNDER)

All activities are personal per family. Locations are designated or customized to your own palapa or cabana. The team is mobile and will come to your requested location.

Reservations are required 24 hours in advance.

## PRIVATE BEACH SIDE S'MORES

Beach Aisle | \$20 per family

Enjoy making s'mores with the family by the beach on our beach side fire pit. Parental supervision is required.

## PRIVATE MAGICAL STARGAZING

eforea Beach | \$20 per family

Watch the stars and learn about the galaxy during this personal starry experience. Parental supervision is required

## BLANKET FORT MAKING

Custom Locations | Complimentary

Using sanitized sheets, your kids will build a blanket fort with our fort experts. Parental supervision is required.

## TORTUGA (TURTLE) CLASS

Custom Locations | Complimentary

In partnership with Tortugaruba one of our turtle experts will share interesting facts about the different turtles that live in the Aruban waters and hatch on our beaches. A great educational experience for the entire family. Your children will receive a nice turtle souvenir and information about donations to the local organization Tortugaruba that protects these amazing creatures is provided. Parental supervision is required.

## CUPCAKE DECORATING

Custom Locations | \$15 for 4 cupcakes

Your little ones will receive their personal cupcake kit to decorate their cupcakes.

## RESORT HISTORY SCAVENGER HUNT

Various Locations | Complimentary

There is so much history to be found at this property. Learn some interesting facts about the architecture of this building during this fun scavenger hunt for the family. Parental supervision is required.

## BEACH MARBLE RACE

Your own or a designated beach palapa  
\$15

Build your own marble race track with our race track experts and race as marbles through the sand. The winning family member wins a prize and you get to keep the marbles so you can keep on racing for the rest of the day. Parental supervision is required.

## SLIME MAKING

Custom Locations | \$15

This popular activity will keep your kids entertained and you don't have to worry about the mess, we will take care of it. Protective disposable aprons will be provided. Parental supervision is required.

## PLANT YOUR OWN ALOE

Beach Tennis Area | Complimentary

Kids get to plant their own mini aloe in our aloe garden. Our Aloe Master teaches them some fun facts about this amazing plant. Parental supervision is required.

# FITNESS CLASSES

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
9AM			Cycling Tour AC		Cycling Tour AC		
9:30AM	Kayak AC	Paddle Boarding AC		Paddle Boarding AC		Paddle Boarding AC	Kayak AC
10AM	Bootcamp GL		Pool Yoga NP	Mystical Flow GL		Bootcamp GL	Hatha Flow GL
11AM		Pool Aerobics NP			Pool Aerobics NP		
11:30AM	Beach Tennis BT						
5PM							

## CLASS LOCATIONS

AC = Activities Center  
 FC = Fitness Center  
 GL = Grass Lawn  
 NP = North Pool  
 BT = Beach Tennis Court Area

## INTENSITY LEVEL

■ = High  
■ = Moderate  
■ = Low

## PERSONAL TRAINING

One-on-one sessions for all levels. Multiple sessions pricing is available. 24 hours advance notification required.  
 Email [auaahh\\_eforea\\_aruba@hilton.com](mailto:auaahh_eforea_aruba@hilton.com) for more information

## PRIVATE FITNESS CLASSES

For private classes up to 5 guests. 24 hours advance notification required, Email [auaahh\\_eforea\\_aruba@hilton.com](mailto:auaahh_eforea_aruba@hilton.com).

# Fitness Room Policies



For your convenience and safety we now have personal fitness rooms available. Reservations are required and can be made by clicking the link below.

The private fitness rooms options consist of your choice of one machine:

Elliptical  
Treadmill  
Recumbent Bike

These items are available upon request:

Yoga Mat  
Exercise Mat  
Jumping Rope  
AB Crunch  
Exercise Wheel  
Super Band  
Resistance Tubing  
Dumbbells- 1 kg. and 2 kg.  
Bosu ball

These rooms can be reserved at 30 minute intervals for a fee of \$10 and are disinfected after each use.

## ACTIVITIES RENTALS



**Double Kayak | \$30/hour**

**Trek Mountain Bike | \$35/4 hours**

**Cruiser Bike | \$15/4 hours**

**Standup Paddle Board | \$10/hour**

*Helmets and life jackets are available complimentary and mandatory to wear while using the equipment.*

*Rental equipment is available from 9 am to 3 pm and can be reserved online.*



# sunscreen menu

A representative of the spa will take your order while you are sitting at the pool or beach.

Menu items available from 9am to 4pm.

This sheer water- and sweat-resistant organic formula is packed with antioxidants and skin-nourishing ingredients, and absorbs quickly without feeling greasy.

**Eco-Lux Body SPF 30 Organic Sunscreen Spray Piña Colada** \$32

**Eco-Lux Body SPF 30 Organic Sunscreen Spray Tropical Coconut** \$32

**Eco-Lux Body SPF 50 Organic Sunscreen Spray Guava Mango** \$32

This water-resistant non-greasy cream infuses skin with antioxidants, vitamins and hydrating ingredients to keep it soft, smooth and shielded.

**Sport SPF 50 Organic Sunscreen Lotion Guava Mango** \$36

**Sport SPF 50 Organic Sunscreen Lotion Unscented** \$36

Your scalp and hair are vulnerable to sun damage every time you step outside. Part ways from burnt parts without weighing down your style. Protect these commonly overlooked areas.

**Organic SPF 30 Scalp & Hair Mist** \$28

And the final rose goes to... our Mineral Face SPF 30 Rosilliance BB+ Cream, which nourishes, protects and evens out the look of your skin with a few drops.

**Mineral Face SPF 30 Rosilliance® Tinted Organic BB+ Cream Light/Medium** \$55

**Mineral Face SPF 30 Rosilliance® Tinted Organic BB+ Cream Golden** \$55

**Mineral Face SPF 30 Rosilliance® Tinted Organic BB+ Cream Medium/Deep** \$55





