

• • • DAILY RECREATIONAL ACTIVITIES • • •

MAGICAL MONDAYS	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Yoga <i>Dolphin Fitness Center - Yoga Room 8am</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Mystical Crafts <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Build-A-Plush Pal* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Disney Trivia <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Sweet Treat Happy Hour* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Tie Dye T-Shirts* <i>Dolphin - Grotto Pool Deck 3:30pm - 4pm</i>	
Punch Hour* (21 & up) <i>Dolphin - Phins Bar 4pm - 5pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Campfire and S'mores (weather permitting) <i>Beach - near boat dock 5pm - 6pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

TROPICAL TUESDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Aqua Zumba <i>Dolphin - Spring Pool 9am</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Happy Hula Hoopers <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Color Your Own Beach Ball* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Selfie Scavenger Hunt <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Sweet Treat Happy Hour* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Sand Art* <i>Dolphin - Grotto Pool Deck 3:30pm - 4pm</i>	
Punch Hour* (21 & up) <i>Dolphin - Phins Bar 4pm - 5pm</i>	
Tiny Tot Bubble Time <i>Dolphin - Grotto Pool 4:30pm - 5pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Campfire and S'mores (weather permitting) <i>Beach - near boat dock 5pm - 6pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

WINNING WEDNESDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Beach Side Relay Races <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Aerial Yoga <i>Dolphin Fitness Center 12pm</i>	
Wood and Ceramic Painting* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Sports Trivia <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Sweet Treat Happy Hour* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Teen & Adult H.O.R.S.E. Basketball Challenge <i>Dolphin - Lap Pool Deck 3:30pm - 4pm</i>	
Punch Hour* (21 & up) <i>Dolphin - Phins Bar 4pm - 5pm</i>	
Water Balloon Toss <i>Beach - near boat dock 4:30pm - 5pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Campfire and S'mores (weather permitting) <i>Beach - near boat dock 5pm - 6pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

PA RUM PUM PUM PUM THURSDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Suspension Training <i>Dolphin Fitness Center - Yoga Room 11am</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Hair Wraps* (weather permitting) <i>Dolphin - Grotto Pool Deck 11am - 4pm</i>	
Reindeer Games <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Santa's Workshop: Tie Dye T-Shirts* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Family Quest <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Santa's Sweet Treats* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Punch Hour* (21 & up) <i>Dolphin - Phins Bar 4pm - 5pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Cookie Decorating (December 20th only) <i>Swan - Lobby 5pm - 5:30pm</i>	
Campfire and S'mores (weather permitting) <i>Select Nights: 11/29, 12/6, 12/13 & 12/27 Beach - near boat dock 5pm - 6pm</i>	
Live Entertainment <i>Dolphin - Lobby 5:30pm - 9:30pm</i>	
Mrs. Claus' Holiday Show (December 20th only) <i>Dolphin - Lobby 6pm - 6:15pm</i>	
Meet & Greet with Santa (December 20th only) <i>Dolphin - Lobby 6:15pm - 8pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

FROZEN FRIDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Plush Pal Playtime Drop Off <i>Concierge Desk 7am - 10am</i>	
Yoga <i>Dolphin Fitness Center - Yoga Room 8am</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Hair Wraps* (weather permitting) <i>Dolphin - Grotto Pool Deck 11am - 4pm</i>	
Winter Wonderland Workshop <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Santa's Workshop: Build-A-Pal* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Pyramid Gameshow <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Santa's Sweet Treats* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Punch Hour* (21 & up) <i>Dolphin - Phins Bar 4pm - 5pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Cookie Decorating <i>Select Nights: 11/23, 11/30, 12/7, 12/14 & 12/21 Swan - Lobby 5pm - 5:30pm</i>	
Campfire and S'mores (weather permitting) <i>December 28th only Beach - near boat dock 5pm - 6pm</i>	
Live Entertainment <i>Dolphin - Lobby 5:30p - 9:30p</i>	
Plush Pal Playtime Pick Up <i>Concierge Desk 6pm - 10pm</i>	
Mrs. Claus' Holiday Show <i>Select Nights: 11/23, 11/30, 12/7, 12/14 & 12/21 Dolphin - Lobby 6pm - 6:15pm</i>	
Meet & Greet with Santa <i>Select Nights: 11/23, 11/30, 12/7, 12/14 & 12/21 Dolphin - Lobby 6:15pm - 8pm</i>	
Live Entertainment <i>Swan - Il Mulino restaurant 6:30pm - 10:30pm</i>	
Live Jazz Entertainment <i>Dolphin - bluezoo restaurant 7pm - 9pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

SNOWED IN SATURDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Plush Pal Playtime Drop Off <i>Concierge Desk 7am - 10am</i>	
Aqua Zumba <i>Dolphin - Spring Pool 9am</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Hair Wraps* (weather permitting) <i>Dolphin - Grotto Pool Deck 11am - 4pm</i>	
Reindeer Games <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Here's The Beach Sand Art* (weather permitting) <i>Dolphin - Grotto Pool Deck 11am - 4pm</i>	
Hula Hoop Contest <i>Dolphin - Grotto Pool Deck 11am - 11:30pm</i>	
Santa's Workshop: Wood and Ceramic Painting* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Are You Smarter Than A Funteamer? <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Santa's Sweet Treats* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Cookie Decorating <i>Select Nights: 11/24, 12/1, 12/8, 12/15 & 12/22 Swan - Lobby 5pm - 5:30pm</i>	
Campfire and S'mores (weather permitting) <i>December 29th only Beach - near boat dock 5pm - 6pm</i>	
Live Entertainment <i>Dolphin - Lobby 5:30pm - 9:30pm</i>	
Plush Pal Playtime Pick Up <i>Concierge Desk 6pm - 10pm</i>	
Mrs. Claus' Holiday Show <i>Select Nights: 11/24, 12/1, 12/8, 12/15 & 12/22 Dolphin - Lobby 6pm - 6:15pm</i>	
Meet & Greet with Santa <i>Select Nights: 11/24, 12/1, 12/8, 12/15 & 12/22 Dolphin - Lobby 6:15pm - 8pm</i>	
Live Entertainment <i>Swan - Il Mulino restaurant 6:30pm - 10:30pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	

SUGARPLUM SUNDAY	
Fitness On-Demand Classes <i>Dolphin Fitness Center - Yoga Room Available 24 Hours</i>	
Peloton Spin Bicycles <i>Both Fitness Centers Available 24 Hours</i>	
Kandy Kane's Holiday Movie Marathon <i>Channel 49 - Swan / Channel 50 - Dolphin</i>	
Sunday Sips* (21 & up) <i>Dolphin - Phins Bar 10am - 2pm</i>	
Waterslide Opens (weather permitting) <i>Dolphin - Grotto Pool 10am - 5pm</i>	
Yogalates <i>Dolphin Fitness Center - Yoga Room 11am</i>	
Swan Paddleboats Open (weather permitting) <i>Dolphin - Cabana Beach Hut 11am - 5pm</i>	
Hair Wraps* (weather permitting) <i>Dolphin - Grotto Pool Deck 11am - 4pm</i>	
Sugar Plum Fairy's Workshop <i>Dolphin - Grotto Pool Deck 11am - 11:30am</i>	
Santa's Workshop: Backpack Coloring* <i>Dolphin - Grotto Pool Deck 12pm - 12:30pm</i>	
Deal or No Deal Gameshow <i>Dolphin - Grotto Pool Deck 1pm - 1:30pm</i>	
Santa's Sweet Treats* <i>Dolphin - Grotto Pool Deck 2pm - 3pm</i>	
Camp Dolphin Kids Club* (Reservations Required) <i>Dolphin - Camp Dolphin 5pm - 12am</i>	
Cookie Decorating <i>Select Nights: 12/9, 12/16, 12/23 Swan - Lobby 5pm - 5:30pm</i>	
Campfire and S'mores (weather permitting) <i>Select Nights: 11/25, 12/2, 12/30 Beach - near boat dock 5pm - 6pm</i>	
Mrs. Claus' Holiday Show <i>Select Nights: 12/9, 12/16, 12/23 Dolphin - Lobby 6pm - 6:15pm</i>	
Meet & Greet with Santa <i>Select Nights: 12/9, 12/16, 12/23 Dolphin - Lobby 6:15pm - 8pm</i>	
Dancing Light Spectacular Causeway <i>Sunset - 10pm</i>	
Karaoke <i>Swan - Kimonos Lounge 9:30pm - Close</i>	



HAVE S'MORE FUN!

Select Nights, 5pm - 6pm
White Sand Beach
**weather permitting*

Questions? Comments? Requests? Text us between 7am - 11pm at **407.545.6865**

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SwanandDolphin

Follow us on Instagram
SwanDolphin



ELF TUCK-IN
Call **407.934.4206** for more information. Space is limited.
Select dates, charges apply, reservations required.

For more information Dial 0, contact guest services, or visit **SWANDOLPHIN.COM**

**Nominal fee charged for this activity. All outdoor activities are weather permitting. Activity schedule subject to change without notice.*

Parent's Night Out

Enjoy Two Complimentary Hours Of Child Care At Camp Dolphin for kids, ages 4-12 (fully potty trained) while you dine at bluezoo, Il Mulino, Shula's or during a 75 minute treatment at Mandara Spa. Space is limited. Open nightly, 5pm - 12am
Reservations Required Ext. 4241

CAMP DOLPHIN KID CLUB

Fully supervised programs, arts & crafts, games, themed activities, cool prizes, souvenirs and a Disney movie. Space Is Limited. Ages 4-12 (fully potty trained) Open Nightly, 5pm - 12am
Reservations Required Ext. 4241

Wellness Concierge

Call our Wellness Concierge to set up a complimentary appointment and keep up with your fitness routine.
Reservations Ext. 4206
*Need Gear? Take Advantage of our Gear Lending for only \$5! Contact Guest Services for assistance. *sizes subject to availability*

SUNDAY SIPS
champagne • spritzers
specially bloody mary's
Phins
at
Swan & Dolphin

PICABU

REFILLABLE SOUVENIR SOFT DRINK MUG
Visit Picabu and purchase your very own refillable soft drink mug!
Enjoy complimentary refills of soft drinks in Picabu, Cabana, The Fountain, Garden Grove, and Fresh
Dolphin | Lower Level

Daily Hours

Pool Operating Hours 6am - 11pm

Cabana Beach Hut 10am - 5pm
*Raft rentals, sunscreen & pool supplies *weather permitting*

Fitness Centers 24 Hours

Sports Equipment Rentals
Cabana Beach Hut 10am - 5pm

Dolphin Game Room 6am - 11pm

Mandara Spa 8am - 9pm

**please present room key for pool towels *as a courtesy to other guests please refrain from reserving lounge chairs*

ALL-NEW

Swan Paddleboats
Please enjoy a complimentary Swan Paddleboat ride on the scenic Crescent Lake. *weather permitting

Karaoke
Join us at Kimonos in the Swan and come sing your heart out! *Adults only after 11pm

Golf
Preferred tee times on Disney's golf courses. **407.WDW.GOLF** for times and information.

Plush Pal Playtime
While you're at the theme park you can leave your favorite pal with us and pick them up later with a complimentary report card and pictures of their adventures.
FRIDAY & SATURDAY ONLY

FITNESS ON DEMAND

PELOTON