

## STSP ACTIVITIES

Please ensure that you highlight any disability that is likely to affect your ability to participate in your chosen activity at the time of booking, to allow us to make appropriate arrangements for any individual requirements, where this is reasonably possible and to brief lifeguards/instructors on duty.

ACTIVITY	NOTES/RESTRICTIONS
<p><b>BABY DOLPHINS</b>  <b>Age:</b> Under 3 years.            Fun session.            Supervision of one parent to one child is required.            Duration 30 minutes            (Free activity)</p>	<ul style="list-style-type: none"> <li>• Activity is suitable for all guests as this is a parent accompanied activity.</li> <li>• Activity takes place in the wave pool.</li> </ul>
<p><b>AQUA JETS</b>  <b>Age:</b> 8 years +            Duration 30 minutes</p>	<ul style="list-style-type: none"> <li>• Guests must be competent swimmers.</li> <li>• Activity is suitable for the majority of guests with additional needs providing they have full use of their arms and can swim or move through the water unaided. Guests also need use of their hands and ability to grip and maintain pressure on a button for prolonged periods.</li> <li>• Guest must be able to follow safety instructions.</li> <li>• A medical questionnaire must be completed for all participants. If you have medical conditions that may preclude participation, please consult your doctor prior to arrival and bring with you written evidence of your fitness to participate, signed by your doctor.</li> </ul>

<p><b>Mini Jet Skis</b>  Age: 3 years – 7 years  Supervision of one parent to child is required (can't be in the water during the session unless approved by instructor).  Duration 10 minutes.</p>	<ul style="list-style-type: none"> <li>• Guests must be competent swimmers and must be able to follow instructions.</li> <li>• Activity is suitable for the majority of guests with additional needs, however, full use of arms is required and the ability to sit on the jet ski unaided.</li> <li>• Guests need use of their hands and ability to grip and maintain pressure on a button for prolonged periods.</li> </ul>
<p><b>Mermaids and Sharks</b>  Age: 6-12 years  Duration 45 minutes.</p>	<ul style="list-style-type: none"> <li>• Swim test will take place before the activity.</li> <li>• Participants must be able to swim 25 meters independently, confidently and treat water for 30 seconds unaccompanied.</li> <li>• Guests must be able to follow safety instructions.</li> <li>• A medical questionnaire must be completed for all participants. If you have medical conditions that may preclude participation, please consult your doctor prior to arrival and bring with you written evidence of your fitness to participate, signed by your doctor.</li> <li>• This activity requires the use of a monofin i.e. feet will be bound.</li> </ul>
<p><b>Swim Pups</b>  Age: 3mths – 2 years  2 years – 4 years.  Structured session.  Supervision of one parent to child is required.  Duration 30 minutes.</p>	<ul style="list-style-type: none"> <li>• Swim pups are suitable for all as they are parent-accompanied activities.</li> <li>• One to one sessions can be arranged with prior notification.</li> </ul>

<p><b>Snorkelling</b> Age: 8+ years. Instructor lead session. Duration 60 minutes.</p>	<ul style="list-style-type: none"><li>• Activity is suitable for the majority of guests with additional needs providing they have full use of their arms and can swim or move through the water unaided.</li><li>• One to one sessions can be arranged with prior notification.</li></ul>
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**Please note:**

The Sub Tropical Swimming Paradise staff are pleased to discuss individual requirements/sessions. Please contact the Guest Careline (or a member of Pool staff whilst on village) should you require further information.

Additional / group sessions may be able to be arranged with prior notice and through discussion with appropriate pool staff / instructors.