AMANERA

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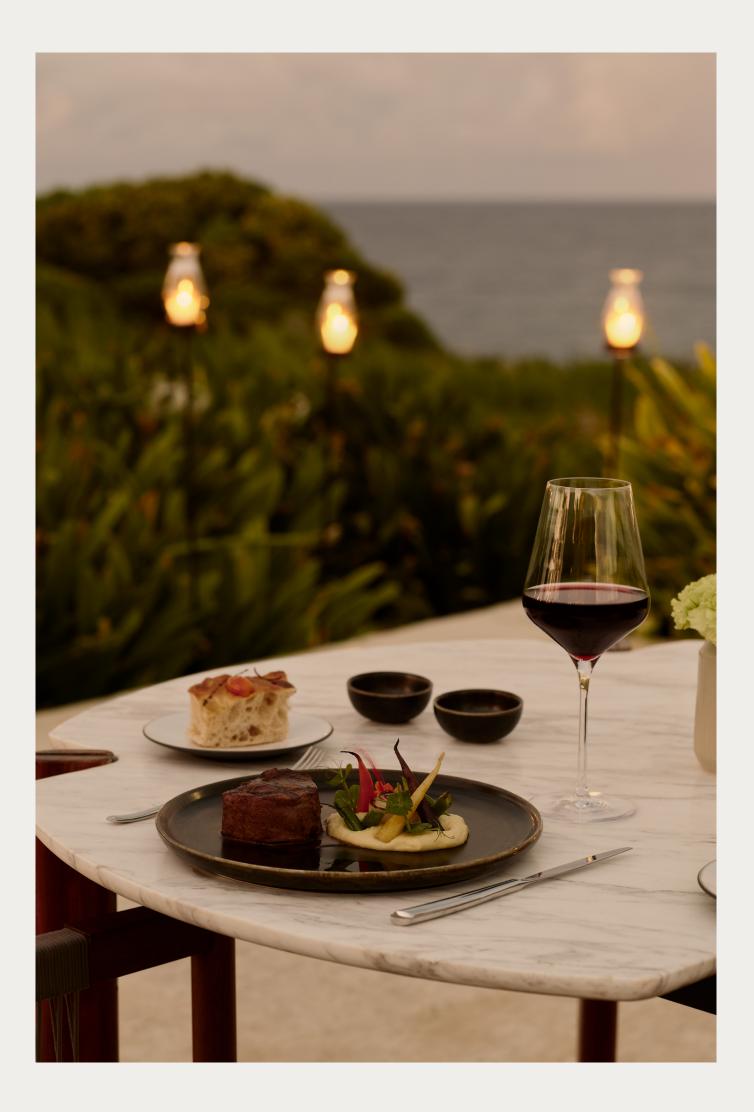
A State

Spring Programme 2025



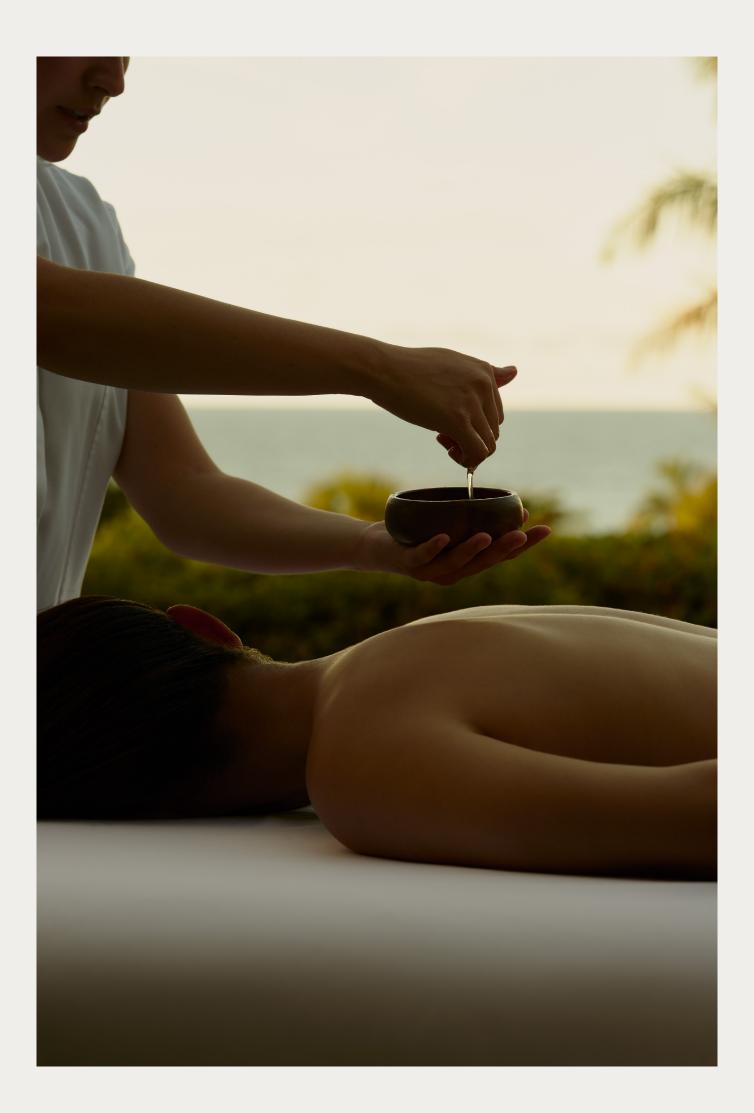
Welcome to Amanera

This spring, embrace the vibrant spirit of Dominican life at Amanera. With every detail thoughtfully taken care of, enjoy quality time in serene surroundings with family and friends, exploring the outdoors and savouring the finest local cuisine. A carefully crafted programme featuring activities for all ages – from beach volleyball competition to traditional egg hunts – ensures everyone has a memorable experience.



Ab Sculpting	FITNESS CENTRE
	9 - 10AM
	Shape your core with targeted exercises for strength and definition, learning the secrets to achieving sculpted abs.
Arts & Craft	LIBRARY
	11AM - 12PM
	Let young guests explore their creative instincts, discovering the infinite potential of their imagination as they bring beautiful art to life.
	Recommended for children aged four to 12. Maximum eight children.
Seafood Market	BEACH CLUB
ocarood market	12 - 4PM
	Tuck into an ocean-inspired symphony of flavours including succulent grilled prawns, zesty Peruvian ceviche and decadent lobster tails – all locally and sustainably sourced. As a live band plays well into the afternoon, soak up the sunshine and toast the views with a refreshing cocktail or glass of Champagne.
0	BEACH
Spa Therapy	12.15 - 2PM
	Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.
Soap Atelier	LOUNGE BAR
ooup monor	3 - 4 P M
	Little ones can embrace their creative side while crafting soap bars with skin-friendly, nourishing ingredients.
	Recommended for children aged four to 12. Maximum eight children.
Cardio Tennis	TENNIS COURTS 4 - 5PM
	Whether you are a seasoned player or a newcomer, our cardio tennis session promises excitement, camaraderie and unforgettable moments on the court.

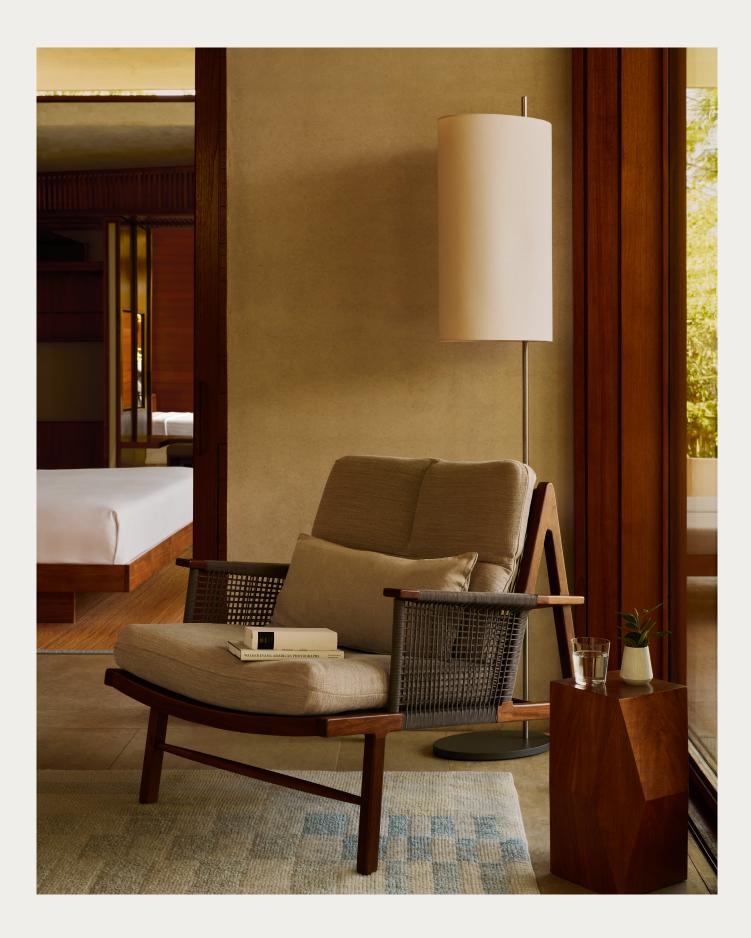
Upper Body Toning Session	FITNESS ROOM 9 - 10AM
	Strength training is crucial to long-term health and mobility. Strengthen your upper body with this work-out targeting the chest, back, shoulders and arms.
Pottery Making	LIBRARY 11AM - 12PM
	The Taínos used clay to make all kinds of figures and useful items. Learn about their heritage and have fun as you shape something special of your own.
	Recommended for children aged four to 12. Maximum eight children.
Spa Therapy	BEACH 12.15 - 2PM
	Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.
Crêpe Crafting	BEACH CLUB 3 - 4PM
	Unleash your inner chef and master the art of flipping the perfect crêpe. This hands-on session starts with batter mixing and ends with the sampling of your creations with a variety of sweet and savoury fillings.
	Recommended for children aged four to 12. Maximum four children.
Beach Volleyball	BEACH 4 - 5PM
	Dig your toes in the sand and serve up some fun with a volleyball match on the beach. A friendly competition destined to end in the making of new friends.
Asian Night	BEACH CLUB 7PM
	Tonight's dining extravaganza celebrates the cuisine of the East, introducing a feast of flavours from across Asia. As tiki torches cast their romantic light over the murmuring waves, savour fragrant curries, fresh salads and spice-filled stir fries.



Bootcamp	FITNESS CENTRE 9 - 10AM
	Start the day on a natural high with this energising, station-based workout that will get your heart and muscles pumping.
Nature Watching	AMANERA GROUNDS 11AM - 12PM
	Amanera's beautiful grounds are home to a variety of different flora and fauna species. Join a nature watching walk and spot the Dominican Republic's national bird, the palmchat, as well as woodpeckers, anis, kestrels and more.
	Recommended for children aged four to 12. Maximum eight children.
Spa Therapy	BEACH 12.15 - 2PM
	Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.
Chocolate Bar	LOUNGE BAR 3 - 4PM
	Make homemade chocolate bars from all your favourite ingredients with expert guidance. The perfect activity for those with a sweet tooth and a creative mind.
	Recommended for children aged four to 12. Maximum five children.
Discover Pickleball	PICKLEBALL COURT 4 - 5PM
	Whether you're a novice or a seasoned player, there's excitement waiting for you and your family on the pickleball court. Join our competition or book a court at any other time of day.
Aman Champagne & Crudo Experience	LOUNGE BAR 6PM
	As the sun dips towards the horizon, settle into the Lounge Bar with a glass of Aman Champagne, perfectly paired with a selection of oysters, hamachi, sushi, ceviche, tiraditos and more. Our Peruvian chefs take great pride in showcasing their native country's exquisite, fresh cuisine.

Lower Body Toning Session	FITNESS ROOM 9 - 10AM
	Focus on toning and strengthening the muscles of your core, hips and legs with this powerful, lower body workout.
Mandala Dotting	LIBRARY 11AM - 12PM
	This soothing and quiet activity is perfect for creative minds to spring forth into the art of mandala dotting. In 45 minutes, we will show you simple yet beautiful designs to practice with the dotting tools necessary and the paint for this type of art.
	Recommended for children aged four to 12. Maximum eight children.
Spa Therapy	BEACH 12.15 - 2PM
	Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.
Bracelet Workshop	LIBRARY 3 - 4PM
	Learn more about arts and crafts by weaving your own colourful bracelets. The perfect souvenir or gift to take home.
	Recommended for children aged four to 12. Maximum eight children.
Beach Football	BEACH 4 - 5PM
	Join the excitement with Aman staff and fellow guests as you showcase your football skills on the pitch. Whether you're dribbling, passing or taking powerful shots, you'll enjoy every moment of the game.
Dominican Carnival	BEACH CLUB 7PM
	Exuding all the joy and vibrant energy of the Dominican Republic, tonight' carnival showcases modern Dominican cuisine, authentic beverages and the contagious rhythms of merengue and bachata with a local band. Taste local beers, dance in the sand and marvel at the stories shared.

Stretching	FITNESS ROOM
	9 - 10AM
	Discover how to boost your physical performance, lower your chances of injury and maximise joint flexibility through effective stretching techniques.
Face Painting	LIBRARY 11AM - 12PM
	Time to get creative and let your artistic self be free. Learn how to transform your face in only 30 minutes - from pirates to princesses, pumpkins to kittens, there are plenty of characters you can shift into.
	Maximum eight children.
Spa Therapy	BEACH 12.15 - 2PM
	Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.
Egg Hunt	BEACH CLUB
	3 - 4PMJoin our Egg Hunt along the coastline, where colourful eggs are waiting to be discovered. Who will be the first to claim the ultimate treasure?
	Recommended for children aged four to 12. Maximum eight children.
Three Points Shooter	BASKETBALL COURT 4 - 5PM
	Work up a healthy sweat by shooting hoops or practicing your layups. Our jungle-embraced court is sure to be one of the most beautiful you've ever played on.
Poolside Sunset Cocktails	INFINITY POOL 6.30PM
	Round off a perfect beach day with poolside cocktails and tapas as the sunset's hues make Playa Grande blush.



A M A N E R A Highway 5 Carretera Río San Juan - Cabrera Río San Juan, Dominican Republic 33300

> Tel: +1 809 589 2888 Email: amanera@aman.com