



AMANERA

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.



16 APRIL 2025

Abs 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

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 - whilst soaking up the sunshine and toasting the views with a refreshing cocktail or glass of Champagne.

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.

Soap Atelier

LOUNGE BAR

3 - 4PM

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.

17 APRIL 2025

Upper Body Toning Session

FITNESS ROOM

9 - 10 AM

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

11 AM - 12 PM

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 - 2 PM

Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.

Crêpe Crafting

BEACH CLUB

3 - 4 PM

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 - 5 PM

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

7 PM

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.



18 APRIL 2025

Bootcamp

FITNESS CENTRE

9 - 10 AM

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

11 AM - 12 PM

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 - 2 PM

Enjoy a daily changing demonstration showcasing techniques used by Amanera's spa therapists, ranging from foot massage to acupressure.

Chocolate Bar

LOUNGE BAR

3 - 4 PM

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 - 5 PM

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

6 PM

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.

19 APRIL 2025

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 acupuncture.

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's 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.

20 APRIL 2025

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 acupuncture.

Egg Hunt

BEACH CLUB

3 - 4PM

Join 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.



AMANERA

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