

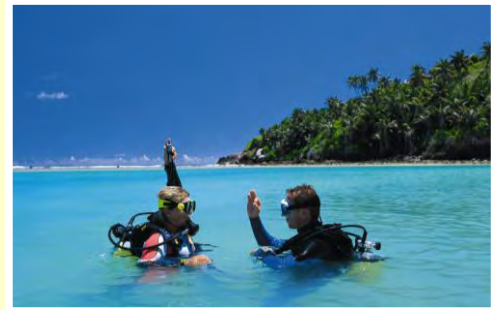
# Family Summer Program



## Week 1: Wednesday 1st – 8th August, 2012

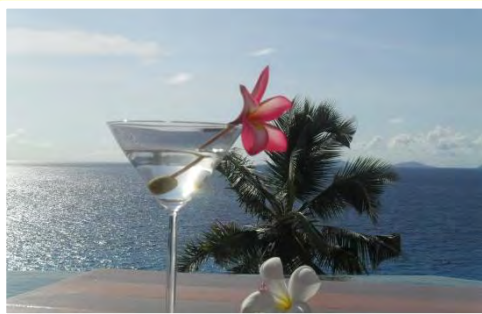
### Scuba Diving Initiation

Take your first step in the discovery of the wondrous world below the sea. The initiation sessions allows you to discover scuba diving and the magical world of the magical sea world around Frégate.



### Sea Shell Necklace Design

Collect, make and wear your own seashell creation!



### Swimming Lessons

Swimming helps harmonious body movement and builds confidence. Join our instructor for a fun-filled session in the main pool.

### Mix, Shake & Stir Class\*

Use fresh ingredients from the island to create your very own cocktail with the help of our illustrious barman Jules.

### Mont Signal Sundowner

Imagine being perched up at the highest point on Frégate watching the sun go down behind the main island of Mahé, as you enjoy sumptuous canapés on the weathered granite glacis of Mont Signal.



### Canoe Competition

Enjoy dipping your paddle in the Marina lagoon and propel your canoe to glory. Individual and team events!



### Kite Flying

Master the wind, consolidate your stance and choreograph amazing moves with your custom stunt kites at La Cour Beach. What better symbol of freedom than your kite flying high against the blue sky of Frégate?

### Nail Arts

The young princesses are invited for a funky nail arts party at the 'Rock Spa', where they will have their nails manicured and polished and then learn the fine art of nail painting as they chat and laugh, enjoying each other's company.

### Castaway Kids' Club

Join other young buccaneers for an activity filled week with Janice at Frégate's 'Castaway Club'. The club offers entertaining activities, where children can make new friends and meet old ones, explore, and enjoy the island in a safe and secure environment.

\* Nominal charge will be applicable.

# Family Summer Program



## Week 2: Thursday 9th – 16<sup>th</sup> August, 2012

### Around Frégate Hobie Cat Challenge

It's the most awesome fun you can have in a wetsuit! Join us for our "Round Frégate Hobie Cat Challenge" and pulverize established records in the process!



### Sandcastle Contest

It's everyone childhood dream to live in a castle, now you can have your very own! It won't be made from stone. It won't be big enough to live in, but it will definitely be fun to build. Meet us at Anse Bambous and wow us with your elaborate sculptures in our Sandcastle Competition.



### Art of Nature Photography

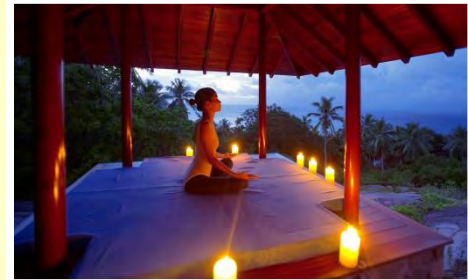
Forget all the technical stuff and go out there and have some fun snapping with your camera as you look at the world through your lenses. Tatiana and Dane, our two conservationists, will guide you and offer tips on how to best capture the wildlife of Frégate. Your best photos will be part of a weeklong exhibition at Frégate House Library!

### Blue-Water Fishing Competition

Two boats. Two crew. One aim - who will reel in the biggest catch! Participate in Frégate's first ever Big Game Fishing Competition. Let the fun and the fight begin!

### RC Speedboat Race

Enjoy the thrill of a lifetime by RC racing boat. Make waves in the marina lagoon as you race towards the finish line. Race a speedboat as never before!



### Discover Astronomy at Frégate Night

Exploring the night sky is a fun activity for all ages. Start your star gazing education in Frégate with our expert astronomer...suddenly the night sky will open a world of new meanings to you.



### Sunset Yoga

Sunset yoga with our resident instructor, overlooking the waves of Grand Anse, as the sun slowly sets on the horizon. Relax and find your inner calm. A fun and rejuvenating experience for the whole family.

### Pizza Making

Make your own pizza and witness the magic happen! Create your very own pizza, mini pizza; mega pizza; cupcake pizza, the choice of size and toppings are all yours. A wonderful group activity where everyone around is involved in the process. A must for the family!

### Castaway Kids' Club

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# Family Summer Program



## Week 3: Friday 17th – 24<sup>th</sup> August, 2012

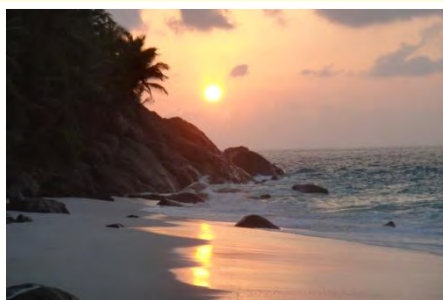
### Underwater Treasure Hunt

A great event for the whole family, from kids to seasoned 'pirates', all are welcome to have fun in the sun and sea and discover the fabulous underwater world of Frégate as you solve the clues that will lead you to its sunken treasure. A treasure awaits you!



### Sunset Cocktail\*

There is something so special and indulgent about enjoying a freshly made cocktail. When you combine this with the stunning Grand Anse sunset, one could argue it's the closest you'll get to paradise. Join Jules for the perfect sundowner.



### Moonlight Fishing

Why retreat early to bed, when you can join our connoisseur rock fisherman Daniel for a night of rock fishing? Catching the small ones or none at all, Daniel will keep the night lively with his light humor and big smile!

### Island Excursion\*

Frégate is a world of its own. One of the best ways to discover the Seychelles is through island hopping. Join us for a day excursion to our sister island of La Digue, another "rare jewel in the crown of the Seychelles archipelago", where getting around by bicycle or ox-cart is the norm!

### Island Family Triathlon Challenge

A fun race for teens and adults who like to swim, ride their bike and run around. The course offers varying levels of challenges but very friendly, making it an event for all to enjoy.



### Seychellois Cooking Class

The coconut tree is known locally, as the tree of life thanks to the many uses it has. Learn how to make coconut nougat the traditional Creole way. These sweet mouthwatering treats will keep you coming back for more!



### Camping Under the Stars

Time spent outdoors is a great way to rejuvenate the body, mind and soul. Spend the night under the stars and make wonderful memories as you grill marshmallows and listen to island folklore and sing the night away on our family camp getaway at Anse Park.

### Formula 1: Frégate Grand Prix

Red, Amber, Green...Navigate your way through our circuit with your RC cars. It's great fun watching your miniature car lean into every curve of the race track. Stay focused and sharp long enough and the checkered flag is yours for the taking.

### Castaway Kids' Club

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# Family Summer Program



## Week 4: Saturday 25th – 01<sup>th</sup> September, 2012

### Raft Making Challenge

Make rafts the Huck Finn and Tom Sawyer way. A challenge for the family to make use of materials at hand in a creative way to create your own raft allowing you to sail off a deserted island. The challenge involves communication, planning, strategy and teamwork. Have great fun!

### Ping Pong Master

Be the king, or queen, of the fastest ball sport in the world! Keep your eyes on the ball, palette in hand and outsmart your adversaries in our Ping Pong Master Tournament.



### Billiard Competition

The 'Yacht Club' is the perfect place to come and unwind after a long day. So come join us at our billiard table for an evening of fun competition as light music fills the background and the barman delight your taste buds with home spiced rum specialties.

### Banana Ride\*

Hold on tight as you skim along the blue water of the Indian Ocean on a banana ride. The best fun you can have with the family as you bounce your way over the waves.



### Round Frégate Excursion by Boat\*

Discover all the facets of Frégate, the intimate coves; the cliffs; the secret locations inaccessible by foot as our conservationists, Dane and Tatianna, give you detailed account of the different sceneries and elaborate conservation efforts of the island.



### Light-a-Fire...Moutia Initiation Night

Moutia is a traditional dance of the Seychelles first sung and danced by slaves after a hard day's work. So gather around the bonfire as the drums are warmed, the dancers gather and the chants begin. Join the moutia séance and dance the night away.

### Ton Milo\*

Join 'Ton Milo' for an authentic Creole fishing experience. This living encyclopedia of the Seychelles sea will regale you with tales of the ocean as he teaches you the intricate ways of artisanal fishing on his weathered fishing boat. After a few hours out at sea and the catch bountiful, choose your fish and have the Chef prepared it to your liking.



### Guest v/s Staff Football Match

Soccer, the game that unites nations and cultures. See what our staff is made of, in a friendly match on the soccer field as the 'Frégate family' cheers on their favorite team.

### Castaway Kids' Club

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