

MO *experiences*

JULY 2024



Summer Camp Wonders

Daily | 8 am to 3:30 pm | Packages are available upon request

Elevate your child's summer experience with our kids camp. From bee-farm experiences, football training, movie nights, camel rides, culinary delights, arts, wellbeing, and sustainability activities for adventurers aged 3 to 12.

For more information, please call extension 7331 or email moauh-kidspalace@mohg.com.



Personal Training Sessions

Daily | 7 am to 10 pm | 1 hour session

Take a step towards a healthier you with our expert personal trainers. Let our experts craft a personalized fitness plan that perfectly aligns with your goals. Single PT session for 60-minutes, AED 285 per person.

For booking, please call extension 7311.



Courtside Escape

Daily | 7 am to 10 pm

Take part in our daily padel and tennis lessons featuring world-class coaching by PlayOn Tennis Academy. Catered to all ages and skill levels, unleash your full potential in the game and be part of a like-minded community.

Private Sessions, starting at AED 305 per person

Group Sessions, starting at AED 150 per person, maximum 4 players

For booking, please call extension 8522 or email frontdesk@playontennisacademy.com.

EMIRATES PALACE MANDARIN ORIENTAL, ABU DHABI



Summer Thrills

Daily | 9 am to 7 pm | Packages are available upon request

Take joy in the ultimate adventure on the palatial sea and book a 30-minute Jet Car with a complimentary introduction session with the Electric SUP or E-flite scooter.

AED 1,800 per person.

For bookings, please call extension 7331.



Mat and Lagree Reformer Pilates

Mondays, Wednesdays, Fridays, Saturdays and Sundays | 9 to 9:45 am
Wednesdays | 6 to 6:45 pm

Improve your overall strength and endurance through our Lagree equipment and mat Pilates workout sessions.

Complimentary for in-house guests and Lifestyle members.

For booking, please call extension 7311.



Remodelage Sculpt by Tata Harper

Daily | 10 am to 2 pm | 1 hour session

Achieve radiant glow with a revitalising facial treatment designed to activate collagen production, transforming stressed and aging skin into timeless luminosity. Enjoy our special summer discount rate of 50% and experience the ultimate in skincare luxury.

Summer price AED 410 per person

For booking, please call extension 7885 or email moauh-spa@mohg.com.



KIDS PALACE: NOW OPEN

WEEKLY ACTIVITIES

FOR LITTLE ADVENTURERS

Daily | 8:30 am to 6 pm | Packages are available upon request

Imagine a place where curiosity is celebrated, friendships blossom, and every day is an adventure waiting to unfold. Kids Palace is a magical world designed exclusively for children aged 10 months to 12 years to explore, learn, and play. With expert-led sessions, our dedicated space offers a range of engaging activities centered on sustainability, culinary, arts & creative, well-being and exploration.

Fatima and Friends

10 months to 3 years old

| Timings | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|-------------------|---------------------------|----------------------|-----------------------------|-----------------------|-----------------------------|--------------------|
| 9 to 10 am | Educational Games | Sand & Water Sensory Play | Foot & Handprint Art | Family Activities | Music & Movement | Concentration & Focus Games | Learning Games |
| 11 am to 12 pm | Musical Movement | Learning Games | Balancing Games | Sensory Play | Messy Paint | Music Movement | Educational Games |
| 2 to 3 pm | Ball Therapy | Messy Paint | Story Time | Toddlers Yoga | Matching Colour Craft | Sensory Play | Slime Sensory Play |
| 4 to 5 pm | Story Time | Music with Instruments | Ball Therapy | Concentration & Focus Games | Footprint Art | Story Telling | Story Time |

Family Nest

Family room

| Timings | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|----------------------|----------------------|-------------------------------|-----------------|------------------|----------------------|-------------------------------|
| 10 to 11 am | Painting Experience | Bracelet Making | Tug of War | Clay Sculpting | Aqua Aerobics | Craft Experience | Kids vs Parents Water Balloon |
| 12 to 1 pm | Craft Experience | Family Team Building | Slime Making | Board Game Time | Craft Experience | Slime Making | Yoga Class |
| 5 to 6 pm | Family Team Building | Aqua Aerobics | Kids vs Parents Water Balloon | Hip-Hop Class | Tug of War | Family Team Building | Painting Experience |

Falcon Adventures

4 to 12 years old

| Timings | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-----------------------|-------------------|---------------------------|----------------------|----------------------------|-------------------|---------------------|
| 10 to 11 am | Water Balloon | Slime Making | Educational Games/Puzzles | Water Sport | Friendship Bracelet Making | Peaceful Painting | Slime Making |
| 12 to 1 pm | Treasure Hunt | Karaoke | DIY Bird Feeder Craft | Bees Learning Lesson | Science Experiments | Drums Experience | Paper Origami Craft |
| 2 to 3 pm | DIY Bird Feeder Craft | Recycling Craft | Beginner Yoga | Drums Experience | Spoon Balancing Games | Balloon Time | Scavenger Hunt |
| 5 to 6 pm | Musical Movement | Peaceful Painting | Dress Up Time | Paper Origami Craft | Bird Simulator | Tug of War | Peaceful Painting |

Personal Training Sessions | Location: Mandarin Wing Gym

An energizing exercise experience and functional movement workout – expertly tailored by our ‘Movement & Exercise Coaches’ to provide personalised guidance for each participant using the Technogym Omnia cross-training circuit, free weights and more.

Relaxing Sunset SUP | Location: Mandarin Wing Beach (By the Aquafun)

A mind-body balance, core and integrated movement workout on a Stand-Up Paddle Board. During the period of dusk, you will also engage with calming breathwork to refresh the mind.

Mat and Lagree (Reformer) Pilates | Location: Meet at Body and Mind Studio at Mandarin Wing *Increase your core strength, muscular strength, and muscular endurance with our Lagree equipment and mat Pilates exercises.*

PlayOn Padel and Tennis Academy | Location: Beach Padel Courts at the Mandarin Wing

Embrace the vibrant community of PlayOn Tennis Academy where players can unleash the full potential with private, semiprivate, and group sessions tailored to all levels, alongside court rentals available for both adults and kids.

Kids Palace | Location: Adjacent to Cascades Restaurant at the Mandarin Wing

The Kids Palace operates from 8:30 am to 6 pm, recommended for children of 10 months to 12 years of age.

The Summer Camp Wonders operates from 8 am to 3:30 pm, recommended for children of 3 years and above.

***Note** - All classes are available by drop-in – guests may attend any class without pre-booking. We look forward to seeing you there. Guests may join any class up until 10 minutes after the start. We kindly request that guests do not join after this time to ensure all attendees are properly warmed up. Please wear suitable clothing so that you may completely enjoy the classes you attend.*

