



Sheraton Maui Resort Activity Guide

E Komo Mai!

Welcome to the Sheraton Maui Resort. We invite you to enjoy all that the Valley Isle has to offer. It is our pleasure to assist you in planning the vacation of a lifetime. Please see your concierge in the lobby or stop by the Pool Services Desk.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	Croquet and Bocce Ball	Croquet and Bocce Ball	Croquet and Bocce Ball	Croquet and Bocce Ball	Croquet and Bocce Ball	Croquet and Bocce Ball	Croquet and Bocce Ball
Twice Daily	Introductory Scuba Diving	Introductory Scuba Diving	Introductory Scuba Diving	Introductory Scuba Diving	Introductory Scuba Diving	Introductory Scuba Diving	Introductory Scuba Diving
8:00 a.m.		Pilates Class				Pilates Class	
8:30 a.m.			Yoga Class		Yoga Class		Yoga Class
9:30 a.m.			Snorkeling Lessons				Snorkeling Lessons
10:00 a.m.	Koi Fish Feeding Hula Lessons	Koi Fish Feeding Hula Lessons	Koi Fish Feeding	Koi Fish Feeding Hula Lessons	Koi Fish Feeding	Koi Fish Feeding	Koi Fish Feeding
10:30 a.m.		Aquacise*		Ocean Odyssey		Aquacise*	
11:00 a.m.	Coconut Weaving	Lei Making	Coconut Weaving	Poi Ball Lessons	Lei Making		
12:00 p.m.	Coconut Husking	Hula Lessons	Coconut Husking	Haka Warrior Dance	Tahitian Dance Lessons	Family Pool Races	Scavenger Hunt
1:00 p.m.	Ukulele Lessons	Ukulele Lessons	Ukulele Lessons	Ukulele Lessons	Ukulele Lessons		
3:30 p.m.	Live Hawaiian Music	Live Hawaiian Music	Live Hawaiian Music Keiki Hula Lesson	Live Hawaiian Music	Live Hawaiian Music	Live Hawaiian Music	Live Hawaiian Music
Sunset	Cliff Dive Ceremony	Cliff Dive Ceremony	Cliff Dive Ceremony	Cliff Dive Ceremony Black Rock Sunset Luau	Cliff Dive Ceremony	Cliff Dive Ceremony and Fire Knife Performance	Cliff Dive Ceremony and Fire Knife Performance

"Schedule is subject to change. Please call your concierge to confirm activity days and times."

*Aquacise is held only during the summer months.



Aquacise: The newest trend in water fitness. This class provides water-specific exercises to improve strength, flexibility and balance. All Fitness levels welcome. Classes meet at the Sundowner Bar. Bring your towel and come ready to swim. Limit 20. Aquacise is held only during the summer months.

Bocce Ball and Croquet: Sets available for check-out from 9 a.m. to 5 p.m. at Black Rock Watersport Center.

Cabana and Gazebo Rental: Contact Pool Services Desk for reservations and more information, x23 or x37643

Cliff Dive Ceremony: Join us for sunset at the Lagoon Bar and hear the legend of King Kahekili as our cliff diver scales Black Rock, lighting torches to honor the royalty of our past.

Concierge: For a variety of island activities, adventures, restaurants, golf, and nightlife, see your concierge in the main lobby. Call x23 or x37072.

Fire-Knife Dancer: Friday and Saturday evenings, directly following cliff-dive ceremony at Lagoon Bar.

Fitness Center: Open 5 a.m. to 10 p.m. Don't compromise your exercise regimen while on vacation. Squeeze that workout in at our full service fitness center. Lockers are available; get your key from the Front Desk.

Tennis: Call to set up a match, or take advantage of one of our daily clinics! Pro-shop: x23 or x38208

Ukulele Lessons: Learn to play authentic Hawaiian songs. Ukulele provided. Sign up at Pool Services Desk.

Golf: World-famous golf courses are right in our backyard. See concierge in main lobby for information and reservations. x23 or x37072.

Hula Lessons: Shake those hips to the beat of the drums Monday, Wednesday and Thursday as part of our Polynesian Fun at the Lagoon Bar Pavilion, plus special keiki lessons on Tuesday in the main lobby.

Scuba: If you want to try scuba diving, this is the place to do it. Black Rock is one of the most esteemed shore dives in the country! Learn the basics, then go out for a one-tank instructor guided scuba dive. No experience necessary. Daily at 9:30 a.m. and 1:30 p.m. Certified dives, night dives and scooter dives as well. For reservations, call x23 or x28

Ka'anapali Historical Trail: Legends come to life as you visit these historical sites. Join a free guided tour on Tuesdays and Fridays at 8:45 a.m. or pick up a brochure and do the self guided tour. Call direct: 661-3271

Koi Fish Feeding: Fish food available at the Keka'a Terrace hostess stand.

Family Fun: Gather the family and join us for our scavenger hunts and family pool races. Pre-registration required at the Pool Services Desk. Parental participation is required. Daily Prizes. Please meet at the towel kiosk.

Maui Yoga with Carmen: this gentle flow class focuses on developing flexibility, strength and body awareness. All fitness levels welcome. Meet in the Rotunda of Hale Hoku. Wear comfy clothes, yoga mats and towels provided. Limit 20.

Keiki Aloha Club: A licensed child care facility whose program combines Hawaiian history and culture with crafts and games that the keiki will love! Full and half days available. Keiki must be 5-12 years old to participate. x23 or x37072

Sunset Luau: Experience Hawaiian food, song, and dance beach-front at one of the most beautiful spots on the island, Black Rock. Offered Wednesdays, call x23 or x37072

Ocean Odyssey: Wednesday 10 a.m. Get to know Maui's unique marine environment. Explore Ka'anapali's pristine coral reef and discover animals found no where else in the world. Meet at the Sundowner Bar.

Pilates Class: Monday and Friday 8 a.m. Try our core body strengthening class: it tones, strengthens, and improves posture. Meet in rotunda of Hale Hoku. Wear comfortable clothes. Class limited to 20.

Snorkeling 101: Tuesday and Saturday 9:30 a.m. Learn how to use a snorkel, mask and fins. Sign up at Pool Services Desk.

Pool Hours: 8 a.m. to 8 p.m. Jacuzzi: 8 a.m. to 10 p.m. Lounge chairs available on a first come first serve basis. To ensure that all guests have an opportunity to enjoy the facilities, we do not reserve lounge chairs. Chairs left unattended will be made available to other guests.

Teralani Sailing: Ka'anapali's two newest and largest sailing catamarans. Daily Snorkel, Sunset and Dinner sails. Join our experienced crew for an unforgettable adventure. See your concierge for reservations.

Polynesian Fun: For all day fun, join us at the Lagoon Pool Pavilion. Listen for the sound of the conch shell which signals the start of daily activities. Learn how to do Polynesian arts and crafts as well as a dance or two!