

Activities Calendar 2011



Miri Marriott Resort & Spa
Jalan Temenggong Datuk Oyong Lawai, 98000 Miri, Sarawak, Malaysia.
Tel: (60) 85 421 121 Fax: (60) 85 421 099

RESORT RECREATION & ACTIVITY INFORMATION

Fitness Center

Open daily, 24hrs (access from lobby from 11:00 pm - 6:00 am)

There's no need to break from your workout routines while you're away from home. Our Marriott Fitness Center with its state-of-art gym equipment, fitness trainers, aerobics room, table tennis and dry sauna is at your disposal 24 hours a day!

Tennis Courts

Open daily, 7:00 am - 11:00 pm

Fancy a game of tennis? Our tennis courts are lighted, allowing you to play both day and night. Furthermore, use of courts and tennis equipment are free of charge. For bookings, call us at ext. 7501.

Seahorse Kids

Available daily, 10:00 am - 5:00 pm

Check out our daily schedule of interesting and fun activities for kids at the Pool Hut or call the Marriott Fitness Center at ext. 7501 for details. Activities include arts and handicrafts, fun in the pool, board games, sandcastle-building and swimming lessons.

Mountain Bikes

Hire a mountain bike from the Marriott Fitness Center and take a leisurely ride around the scenic Brighton Beach, Tanjong Lobang and Luak Bay areas nearby, or take a spin around the city center. Be sure to pick up a city map to help you find your way around. Helmets are also available for hire, and bicycle locks are provided.

'Pool Challenge' Inflatable Pool Playground

*Available 4:00 pm - 5:00 pm (Mon - Sat)
10:30 am - 11:30 am & 4:00 pm - 5:00 pm (Sun)
For children aged 14 and below only*

Kids can have endless fun trying their skills in navigating our giant inflatable pool playground. Please note the times when it is available and head on down to the pool for a really fantastic time!

Pool-side Bliss by Mandara Spa Open Daily from 10.00 am - 9.00pm

For the ultimate in getaway experiences, try one of Mandara's muscle melting massages by the Pool-Side. Delight in the outdoors, in a relaxing environment with only your therapist's touch and the tropical breeze to consider. A unique experience that you will remember long after the holiday is over. Head down to Mandara Spa or call the Marriott Fitness Center at ext. 7501 now for more details!

WEEKLY RECREATIONAL ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 am - 11:20 am	Learn A Local Language	Power Walk (Jogging trail - 1.2KM)	Beach Volleyball	Sudoku Challenge	Power Walk (Jogging Trail - 1.2km)	Beach Soccer	Beach Volleyball
12:00 pm - 12:50 pm	Board Games Club	Table Tennis	Sudoku Challenge	Learn A Local Language	Do your own Aerobics	Hit & Catch 4 pax (Softball)	Table Tennis
4:00 pm - 4:50 pm	Fun Cycle Around Miri Marriott 3 pax (RM10+ per pax)	Family Beach Volleyball	Fun Cycle Around Miri Marriott 3 pax (RM10+ per pax)	Hit & Catch 4 pax (Softball)	Fun Cycle Around Miri Marriott 3 pax (RM10+ per pax)	Sudoku Challenge	Fun Cycle Around Miri Marriott 3 pax (RM10+ per pax)
6:00 pm - 7:00 pm	Family Beach Volleyball	Pilates	Do your own Aerobics	Pilates	Yoga	Do your own Aerobics	Beach Soccer

SEAHORSE KIDS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 am - 10:50 am	Twister Time / Jenga	Board Games Club	Table Tennis	Beach Soccer	Table Tennis	Board Games Club	Time For Pool Challenge (10:30am - 11:30am)
11:30 am - 12:20 pm	Table Tennis	Frisbee	Learn A Local Language	Frisbee	Make Your Paper Airplane	Lego Time	Make Your Paper Airplane
3:00 pm - 3:50 pm	Power Walk (Jogging Trail - 1.2km)	Coloring	Lego Time	Hit & Catch 6-12 yrs old 4 pax (Softball)	Kite Flying (RM 15+)	Kite Flying (RM 15+)	Table Tennis
4:00 pm - 5:00 pm	Time For Pool Challenge	Time For Pool Challenge	Time For Pool Challenge	Time For Pool Challenge	Time For Pool Challenge	Time For Pool Challenge	Time For Pool Challenge

- Please meet us at the Pool Hut for any activities you wish to partake in.
- Tennis activities are held at the tennis courts. Please pre-register at the Fitness Center.
- Please wear appropriate clothing and footwear for all the activities.
- Please pre-register in advance for all kids' activities at the Pool Hut.
- Our Kids' Program offers supervised activities that focus on learning, art and crafts workshops, sports and creative fun for your children to enjoy.

- Activities are subject to change.
- Please ensure your children wear appropriate clothing and footwear for all activities.
- For any queries, please contact our friendly Recreation Team, or call "At Your Service" for assistance.
- All activities are complimentary unless indicated with prices. All prices are based on per-person basis.
- All prices indicated are subject to 6% government tax.

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