

## Culture Activities Schedule - July

<b>Daily</b>	10:00a - 10:15a	Introduction to Surfing (Sand demo only)	Beach & Pool
	11:00a - 11:05a	Koi Feeding	Sheraton Waikiki Koi Pond
	6:30p - 9:30p	Live Entertainment <i>*if there is any private event, entertainment will be canceled.</i>	Mai Tai Bar
<b>Monday</b>	8:00a - 9:00a	Yoga Class <i>L</i>	Coconut Grove
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Hawaiian Quilting	Lurline Lanai
	1:00p - 2:00p	Swim with a Mermaid	Sheraton Helumoa Playground
	5:30p - 8:00p	'Aha 'Aina Luau <i>L</i>	Oceanlawn
<b>Tuesday</b>	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Shell/Kukui Nut Bracelet Making	Lurline Lanai
	12:00a - 1:00p	Tinker Fairy	Sheraton Helumoa Playground
	1:00p - 2:00p	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:00p - 6:00p	Take Care Tuesdays Yoga	Coconut Grove
<b>Wednesday</b>	8:00a - 8:45a	Yogaquatics	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga <i>L</i>	Spa Khakara desk at Sheraton Waikiki (1 <sup>st</sup> floor by elevator)
	1:00p - 2:00p	Swim with a Mermaid	Sheraton Helumoa Playground
	4:00p - 5:00p	Beginners Hula <i>L</i>	Lurline Lawn
<b>Thursday</b>	8:00a - 9:00a	Yoga Class <i>L</i>	Cononut Grove
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	10:30a - 11:30a	Lauhala Weaving	Lurline Lanai
	1:00p - 2:00p	The Royal Hawaiian History Tour	Royal Hawaiian Bakery
	5:30p - 8:00p	'Aha 'Aina Luau <i>L</i>	Oceanlawn
<b>Friday</b>	5:15am	Hiuwai Morning Ritual	Royal Hawaiian Beachfront <i>*7/13, 7/20, 7/27 only</i>
	8:00a - 8:45a	Yogaquatics	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga <i>L</i>	Spa Khakara desk at Sheraton Waikiki (1 <sup>st</sup> floor by elevator)
	10:30a - 11:30a	Flower Lei Making	Lurline Lanai
	1:00p - 2:00p	Swim with a Mermaid	Sheraton Helumoa Playground
	4:00p - 5:00p	Beginners Hula <i>L</i>	Lurline Lawn
<b>Saturday</b>	8:00a - 9:00a	Sheraton Waikiki Yoga <i>L</i>	Spa Khakara desk at Sheraton Waikiki (1 <sup>st</sup> floor by elevator)
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool
	11:00a - 12:00p	Surfboard Craft Activity	Lurline Lanai
	2:00p - 3:00p	Haku Bracelet Making <i>L</i>	Lurline Lanai
<b>Sunday</b>	8:00a - 8:45a	Barefoot Beach Workout	Malulani Pool
	8:00a - 9:00a	Sheraton Waikiki Yoga <i>L</i>	Spa Khakara desk at Sheraton Waikiki (1 <sup>st</sup> floor by elevator)
	9:00a - 9:45a	Yogaquatics	Sheraton Edge Pool

Reservation required and additional cost  
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*L* Limited availability

Please see the concierge for reservations

## Culture Activities Details



**Barefoot Beach Workout** - Designed to improve strength and endurance, this workout is a mix of cardio & stretching on the sand and at your own pace.

**Flower Lei Making** - Learn how to make flower lei. You may wear it yourself or give it to someone special.

**Hawaiian Quilting** - Master Hawaiian quilter, Patricia Murray, will share the beautiful art of quilting and display her fabulous creations.

**Huiwai-Morning Ritual** - A traditional Hawaiian sunrise ceremony of renewal of mind, body and spirit. It takes place besides the ocean and encourages guests to immerse themselves in the healing waters of Waikiki.

**Kukui and Shell Bracelet Making** - Enjoy making a kukui nut and shell bracelet as you choose from a collection of colors and shells.

**Lauhala Weaving** - Learn the art of Lauhala weaving as you are taught the traditional Hawaiian method. (Make a star or fish ornament)

**Surfboard Craft Activity** - learning about the history of surfing and board shaping, decorating your own mini board and making your own mini surfer.

**The Royal Hawaiian History Tour** - Take a tour of The Royal Hawaiian, learn the history of the Pink Palace and hear some fascinating stories.

**Waikiki Beach Boys Introduction to Surfing** - Learn the basics of Surfing on the sands of Waikiki Beach.

**Yogaquatics** - Gentle, water-based aerobics class. All fitness levels welcome

**Tinker Fairy** - Meet and play with Tinker Fairy. Tinker Fairy will delight her new friends with games and playtime.

**Swim with a Mermaid** - The mermaid will entertain guests with storytelling, games and mermaid tricks.

### Reservation required for following activities

**Aha 'Aina, The Royal Hawaiian Luau** - Experience delicious island cuisine and an unforgettable show as you travel thru the history of Hawaii thru music, song and dance. There is additional cost.

**Beginners Hula** - Learn steps of our culture while dancing to some of our islands most beloved songs.

**Haku Bracelet Making** - Learn how to weave a bracelet or hair ornament just as the hula dancers at our 'Aha 'Aina Luau and the Mai Tai Bar wear!

**Yoga Class provided by Abhasa Spa** - Enjoy basic yoga class at Coconut Grove.

**Yoga Class provided by Khakala Spa** - Enjoy basic yoga class at Helumoa Garden.

## Resort Information

### Dining

Breakfast	Surf Lanai	6:30a - 11:00a
Lunch	Surf Lanai	11:30a - 2:00p
Dinner	Azure	5:30p - 9:00p
Bar	Mai Tai Bar	10:00a - 11:00p
In room dining	24 hours	Menu is available in room iPad

### Pools

Royal Hawaiian Malulani Pool	7:00a - 6:00p
Helumoa Play Ground	8:00a - 8:00p (Shared pool with Sheraton Waikiki Hotel)