

# AROUND THE CLOCK RECESS RESORT ACTIVITIES GUIDE

**THE WESTIN**

HILTON HEAD ISLAND  
RESORT & SPA



# RELAX, UNWIND, RECONNECT, AND DISCOVER.

Welcome to  
The Westin Hilton Head Island Resort & Spa.

We believe nothing is more important than creating memorable experiences that will last a lifetime. With this in mind, here are some unique and creative experiences for you to enjoy during your stay with us.



## POOL

Swimming hours: 7:00 am - 10:00 pm (weather permitting)  
Pool towels are located at the Tiki Hut located by Oceans

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### For Your Safety and Enjoyment

- Please be advised that there are no lifeguards on duty. Swim at your own risk.
  - Children ages 12 and under must be accompanied by an adult at all times.
  - Children ages 16 and under are not allowed in the whirlpool per South Carolina State Law.
  - Please do not take food or glassware into the pool areas.
  - No coolers are allowed in the resort pool areas.
  - Our resort adheres to a no diving policy.
  - Diapered children must wear approved swim diapers in the pool. (Available at the Tiki Hut and Island Treasures)
  - Approved Westin wristbands are required in the resort pool & deck areas.
  - For your safety, shoes are required on the wooden deck.
  - No dogs are allowed in the pool areas.
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## BEACH

There's plenty to do on the beaches of Hilton Head Island. Enjoy a walk on the flat sandbanks of the Atlantic Ocean, wade in the surf, collect sea shells, build a sand castle, catch up on your reading, or even go for a bike ride.

Hilton Head Island's shoreline is home to many varieties of animal life, all which are an important part of our coastal ecosystem. At any time, you may see ghost crabs, hermit crabs, horseshoe crabs, sand dollars, starfish, jellyfish, dolphins, and loggerhead sea turtles. We hope you'll enjoy observing these creatures when you cross paths. However, you must leave them where you find them because local law prohibits the removal of live animals from their natural habitat.

For your maximum enjoyment of the beaches, please be sure to read the beach guidelines posted at the end of the resort boardwalk. If you should have any questions or need assistance while at the beach, please see the Beach Patrol or lifeguards on duty.



## WESTIN KIDS CLUB

### DISCOVERY CAMP

24 Hour Pre-Registration Required. Please call extension 7558 for additional information or to register.

The Discovery Room is our enhanced supervised day camp program that offers activities for children ages 4 - 12. The game sessions, trips to the pool or beach, and scavenger hunts will keep kids active while they are on vacation. Children will be able to discover all that the resort has to offer and much more.

Half Day: 9am - 12pm or 1pm - 4pm

Activity Fee: \$45 per child and \$35 for each additional child in the same family

Full Day: 9am - 5pm

Activity Fee: \$70 per child and \$50 for each additional child in the same family

### KIDS NIGHT OUT

24 Hour Pre-Registration Required. Please call extension 7558 for additional information or to register.

This program is available for ages 4 - 12. This is their chance to socialize with other children during the evening hours. The evening starts with a craft and some ice breakers. Weather permitting, we head out to the beach for an activity or two. If we can't go outside, we do some indoor games and activities. The evening comes to an end with a movie that the children pick from our library.

DINNER IS SERVED!!

Program offered: Wednesday, Friday, and Saturday

Time: 6pm - 10pm

Cost: \$50 per child

\$45 for each additional child in the same family

## FAMILY EXCURSIONS

Offered seasonally. 24 Hour pre-registration required. Please call extension 7558 for additional information or to register. All excursion participants should meet the Recreation Staff in the main lobby at the start of the tour. Transportation and a snack will be provided by the Westin.

### Sunday: Horseback Riding with Lawton Stables

Looking for a fun activity to do with your family? We welcome you to visit Lawton Stables for a great experience on Hilton Head Island! Explore the 600+ acre Sea Pines Forest Preserve on horseback - no previous riding experience necessary. The trail winds at a leisurely pace beneath a canopy of moss covered oaks and palmettos. Cost- \$75/person. Min of 3, Max of 10 people required. Total tour time 8:15am-10:45am.

### Tuesday: Kayak Fishing with Outside Hilton Head

This is a great Kayak Fishing trip! The 3 hour guided tour is a fun way to fish in areas where powerboats cannot venture. Excursion includes: instruction, fishing kayak and equipment, guide, bait, tackle and licensing. Cost- \$140/person. Min of 1, Max of 3 people required. Total tour time varies with tides.

### Wednesday: Kayaking with Outside Hilton Head

Kayak with your family through the tidal creeks and salt marshes around Hilton Head Island. Kayaks glide easily across the smooth water and move only as fast as you are comfortable paddling. No experience necessary. Equipment and instruction provided. Cost- \$55/adult, \$35/child. Min of 2, Max of 15 people required. Total tour time 9:15am-12:30pm.

### Thursday: Pinckney Island Bike Tour with Water Dog Outfitters

Explore Pinckney Island's diverse ecosystem, rich history, and unique terrain by bike. Highlights of the tour include freshwater ponds, which are home to birds, alligators, and turtles. Cost- \$40/person. Min of 4, Max of 10 people required. Total tour time 9:15am-12:45pm.

### Friday: Fishing Trip with Triple Threat

Catch and learn about the many species of fish in our local waters onboard the area's fastest fishing boat, the Triple Threat, with top speeds of 75mph! The Triple Threat crew specializes in "big game" fishing, so don't miss the opportunity to get onboard with the Pro's for some near shore action. Located at Broad Creek Marina. Cost- \$80/person. Min of 4, Max of 6 people required. Total tour time 4:15pm-8:45pm.

### Saturday: Dolphin Tour with Outside Hilton Head

This relaxing power boat tour, led by a US Coast Guard licensed captain and experienced interpretive naturalist guide, is like a nature 'hike' through the low country and salt marsh estuaries. You'll see wild bottlenose dolphins and other wildlife so closely you'll practically be able to touch them. Cost- \$60/adult, \$50/child. Min of 3, Max of 15 people required. Total tour time 9:45 am-1:00pm.

# POOLSIDE CRAFTS

Take a break from the hot sun and engage the whole family with Poolside Crafts. Fun for children of all ages, these activities are a great way to meet other families while making a homemade souvenir. Check weekly schedule for activity times. Activities are offered at the picnic tables out on the pool deck seasonally (Memorial Day - Labor Day).

**Beach Towel Deco** \$15  
Take advantage of the opportunity and decorate your own personalized beach towel with any colors that you wish!

**Beaded Jump Rope** \$7  
Choose from a large assortment of beads to create your very own health-enhancing jump rope!

**Flower Pot Deco** \$7  
Watch the feel-good blades of grass fold up in response to your touch! Watch it reopen as you leave it alone! Plant takes about a week to blossom. Plastic flower pot is easy to decorate!

**Water Bottle Deco** \$7  
Be healthy and stay hydrated with this stainless steel bottle with a screw on stopper that you color with markers!

**Crystal Sun Catchers** \$5  
Crystal-looking sun catchers add a powerful burst of brilliance to any window!

**Fans** \$7  
Recharge from the heat with these super cool fans! Watch children's creativity run wild by coloring unique designs on their own fan!

**Pillow Deco** \$8  
Come and decorate your own relaxing pillow with any colors that you wish! Variety of trimmings available.

**Finger Painting** Complimentary  
Children are invited to get messy while being creative. Enjoy decorating your own art with your hands!

**Jewelry Making** \$8  
Design your own jewelry from our well balanced selection of plastic beads, metal, and hemp. (ages 8+)

**Flip Flop Deco** \$15  
Everyone should be wearing a cool pair of flip flops. Come create a pair that are sure to show off your personality and help keep your feet comfortable at the same time.

**Metal Baking Frames** \$13  
Create sparkling "stained glass" sun catchers! Choose your own refreshing design and fill it with beautiful colored crystals. Once you are finished, we will bake them for you in the Westin kitchen.

**Beading Photo Frame Deco** \$7  
Decorate a thoughtful picture frame with string and beads to put your favorite family memory from Hilton Head Island in!

**Sunglass Deco** \$7  
Need a new pair of shades? Come and decorate your very own pair of comfortable and stylish sunglasses!

**Tie Dye T-Shirts** \$15  
Pick from an assortment of fun colors to create an irresistible Tie Dye T-Shirt. Let it dry and wear it to the beach. T-shirts are provided.

**Piggy Bank** \$13  
Take comfort and start to save some money by creating your own piggy bank. Come pick your bank, paint it, and let dry. When it is finished you will have a place for all that spare change.

**Flip Flop Box Deco** \$7  
Keep your little trinkets in one of these delightful boxes. Decorate the box with tissue paper and sequins or paint it whatever color you wish.

**Sand Art** \$7  
Create your own sand bottle with all different colors of soothing sand and decorations.

**Spin Art** \$5  
Indulge in decorating an amazing paper card and frame by spinning paint onto the card, and then decorate the frame as you wish.

**Wooden Scrapbooking Albums** \$15  
Using included extenders, this book can be expanded to accommodate many refill pages. The wooden frames can be decorated with any energizing craft trim, filled with a photo, and glued onto the wooden cover.

**Vacation Photo Albums** \$15  
Need a place for all your Hilton Head Island photos? Come decorate an uplifting photo album to store your photos.

**Bead Bonanza** \$7  
Looking for some more pizzazz? Enjoy making a key chain or necklace with the brightest beads you can find!

**Sandy Candy** \$5  
Here is something sweet for you: create your own tube of candy with different invigorating favors.

**Koozie Deco** \$7  
Decorate a koozie to keep your beverage cold while you enjoy lounging by the pool or taking a walk along the beach.

**Play Dough Station** Complimentary  
Children can unwind and make whatever they want with play dough.

**Coloring** Complimentary  
Children are invited to use their creativity and color a thoughtful picture for the refrigerator.

**Ceramics** \$13  
Chose from our selection of different ceramic molds and then relax and paint it whatever color you wish!

**Pale and Shovel Photo Frame** \$8  
Need a place for your Hilton Head Island photo? Decorate your own frame with an assortment of paint and create your own uplifting masterpiece.

**Bubbles** Complimentary  
Children are invited to blow as many feel-good bubbles as they can!

**Bleach Pen T-Shirts** \$15  
Choose a shirt of any color and size, then take one of our "magical markers" and calmly create designs on your shirt. You will be amazed by what you create!

**Sand Dollars** \$7  
Paint a sand dollar with acrylic paints and take home an irresistible home-made Hilton Head Island souvenir.

# FUN AND WACKY EVENTS

Have a blast with our Fun and Wacky events. Our wide variety of activities will appeal to people of all ages. ALL activities listed on this flyer are complimentary for all resort guests. Age categories for each event are Kids (under 12), Teen (12 - 18), and Adults (18+). Prizes will be awarded to winners of each category.

## Hula Hoop Contest

Get into the swing of things and enter into our uplifting Hula Hoop contest! Meet by the checkers & chess board located on the pool deck.

## Pool Golf Chipping

You normally don't want to aim your golf ball towards the water, but in this case you do! Test your skills and try to chip onto the floating green at the covered pool.

## Water Balloon Toss

Treat yourself to a game in which contestants will throw a water balloon to their partner. If it breaks, you're out! Last team remaining wins! Meet by the outdoor checkers & chess board located on the pool deck.

## Bowling

Can you knock over all the pins in two tries? Join in on a fun game of bowling located on the pool deck. Meet by the outdoor checkers & chess board located on the pool deck.

## Beat The Ping Pong Pro

If you have the skills it takes to beat our powerful ping pong pro, then be prepared for an exciting match! Meet by the Tiki Hut at the ping pong tables.

## Poolside Trivia

Do you have what it takes to get the right answers? Put your mind to the test and join in the war of wits competition. Meet the rec staff on the upper deck located near the covered pool.

## Hermit Crab Races

Each contestant will be able to choose one of our delightful hermit crabs to be entered in the race. The hermit crab who crosses the line first wins the race! Meet the rec staff on the upper deck located near the covered pool.

## Turtle Races

Each contestant will be able to choose one of our well rested turtles to be entered in the race. The harder you cheer, the faster they go! The turtle who crosses the finish line first wins! Meet the rec staff on the upper deck located near the covered pool.

## Limbo

How low can you go? Come and participate in our irresistible limbo contest that is filled with intensity! Meet by the outdoor checkers & chess board located on the pool deck.

## Pool Basketball

There is no better way to cool off from the summer heat than a refreshing game of basketball in our covered pool!

## Potato Sack Race

Treat yourself to our exciting potato sack races! Can you be the first to hop across the finish line? Come meet us at the end of the ramp at the beach.

## Poolside Bingo

Take comfort with many others in an old game of bingo that never gets old! Meet by the outdoor checkers & chess board located on the pool deck.

## Underwater Treasure Hunt

Can you swim to the bottom to find the treasure? A great refreshing activity for the kids! Contestants must be able to swim on their own. Come meet us at the covered pool.

## Jump Rope Competition

Participate in our jump rope competition that will be sure to challenge people of all abilities! The competition will take place by the checkers & chess board located on the pool deck.

## Sand Castle Contest

What does your dream sand castle look like? Here's your chance to show it off. We'll provide the tools for your amazing creation. Come meet us at the end of the ramp at the beach.





## FAMILY PHOTOS

24 Hour Pre-Registration Required

Please call extension 7558 for additional information or to register.

Pick the perfect spot for a family photo - it could be on the beach, in front of the dolphin fountain, in the front of the hotel, or anywhere you choose. What a great way to enjoy time with the family, and take a Westin Hilton Head Island Resort & Spa memento home with you!!

Program offered: Sunday - Saturday

Time: 5:00pm - 7:00pm, in half hour appointments

Cost: \$60 per family



## FIRESIDE FUN

Please call extension 7558 for additional information.

There is no better way to unwind than to enjoy family time around our fire pit overlooking the Atlantic Ocean. Bring the entire family to enjoy the evening outdoors. Treat yourself to a classic fireside snack and make your own smores. Fireside Fun is a great way to meet other families staying at the resort while in a relaxing atmosphere. You won't be disappointed and will leave delighted.



## FAMILY MOVIE NIGHTS

Please call extension 7558 for additional information.

Enjoy a fun movie night under the stars, or in the pool! Please check your weekly schedule for movie times and shows. Weather permitting, movie location is the pool deck.



## STARGAZING

Please call extension 7558 for additional information.

Have you ever looked up into the night sky and wondered what it was that you were looking at? During our evening under the stars you will use a star map and telescope to learn about the stars. There will be a brief introduction about the history of stars and how cultures have used stars as a navigational tool. We will then head out to the beach where all participants will have an opportunity to see stars through our telescope. Please check the weekly schedule for days and times.



## BIKE RENTALS

Please call extension 7540 for additional information.

One of the most popular activities while visiting Hilton Head Island is bike riding. With miles of both paved and dirt paths covering the Island, there isn't a place visitors can't go with their bikes, including the 12 miles of sandy beaches. The designated bike paths on the Island are bordered by plants, wild animals, and marshlands. Each trail leads to a point of interest on the Island. Explore trails from sunrise to sunset and see Hilton Head Island from a new perspective.

### Bikes Available

Monday-Saturday 6:30am - 6:00 pm	Sunday 9:00am - 6:00pm
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Single Bicycle Rates	Bicycle & Kiddy Kart Rates
\$8 - Per Hour	\$16 - Per Hour
\$17 - 3 Hours	\$24 - 3 Hours
\$22 - 8 Hours	\$44 - 8 Hours
\$30 - 24 Hours	\$60 - 24 Hours



## WESTIN WORKOUT

Please call extension 7540 for additional information.

Out of town does not mean out of shape. Join us at the Westin WORKOUT to energize your day with a full body challenge. Free weights, state of the art cardio machines, and aerobic classes provide a variety for your workout routine.

Staffed hours of operation: 6:30am - 8:00pm. (Hours vary seasonally.)

Guests have 24 hour access to the gym area. Locker rooms are unavailable when an attendant is not on duty.

## Aerobic Class Schedule

Please see weekly schedule for class times.

## Wii Fit

Elevate your game. Westin and Nintendo Wii teamed up to bring you a new interactive way to keep fit. Add Wii to your workout and see how much fun fitness can be.

Available for children 12 years of age and older. Anyone under 16 must be under adult supervision.



## GOLF

Please call extension 7040 for additional information.

### Port Royal Golf Club

Take your mind, body, and game to a whole new place. Find your rhythm at the Port Royal Golf Club, featuring 54 holes on 3 championship courses designed by George Cobb, Pete Dye, and Willard Byrd.



Hilton Head

### PGA TOUR Academy

Tee up for an above par golf experience. Featuring a comprehensive short game training facility at the Port Royal Golf Club, grass practice tees and greens manicured to tournament standards, and certified instructors, sessions at the TOUR Academy will take your game to a whole new level.



## TENNIS

The Port Royal Racquet Club has been ranked as one of the "Top 50 Greatest U.S. Tennis Resorts" by Tennis Magazine and has received the coveted five stars by World Tennis for its award-winning tennis complex. Featuring Har-Tru

clay and Nova hard courts, as well as one of the "Top Five Tennis Resort Pro Shops" by Tennis Buyers Guide, tennis enthusiasts are sure to enjoy a game where the courts have been graced by tennis legends and superstars.



## HEAVENLY SPA

Please call extension 7519 for additional information or to schedule an appointment.

Amidst the palmetto lined boardwalks, winding through lush gardens, serene fountains, and enchanting lagoons rests a heavenly oasis. Heavenly Spa by Westin invites you to soothe the spirit, rejuvenate the body, and enrich the mind.

Hours of operation:  
9:00am - 6:00pm

## DINING



Hours vary seasonally. For additional information please contact Service Express (extension 0) or refer to the weekly schedule.

### CAROLINA CAFE

The Carolina Cafe is a casual family-friendly venue with dining throughout the day, including breakfast featuring SuperFoods, a fantastic Seafood Extravaganza\*, and Sunday Brunch\*. (\*available seasonally)

### TURTLES BEACH BAR & GRILL

Enjoy lunch al fresco by the pool at Turtles Beach Bar & Grill. Lowcountry fare with a Caribbean twist is served, weather permitting. Seasonal live outdoor entertainment sets the mood for a refreshing afternoon and evening transition.

### OCEANS

Enjoy Hilton Head Island's finest seafood and oceanfront views at Oceans. Watch the tides of the Atlantic as you catch up with friends and family over a bottle of wine or your favorite beverage.

### BARONY

Looking for a place to relax and have a drink with friends in the evening? Come visit us at the Barony Lounge. Pool tables, foosball, darts, and televisions for you to catch up with your favorite teams, along with drinks, and a light bar menu make this the perfect place to unwind. Barony Lounge is a retreat for adults. Guests must be of legal drinking age (21) to enter.

### AROMAS

Let Aromas help kick start your day with your favorite morning beverage. Proudly brewing Starbucks along with offering a variety of juices, on-the-go breakfast items, and snacks make Aromas the perfect stop on your way to the beach, pool, golf course or meeting.

### TURTLES GRAB & GO

Not ready to come in from the beach but need a little something to eat or want to head out for a bike ride with a snack in hand? Turtles Grab & Go is the place to grab a bite to go. From wraps to chicken fingers and salads to fruit cups, you'll find that perfect little something.

### IN-ROOM DINING

In-room dining service is available 24 hours a day, seven days a week. To place an order, call Service Express at extension 0.

**THE WESTIN**  
HILTON HEAD ISLAND  
RESORT & SPA

The Westin Hilton Head Island Resort & Spa  
Two Grasslawn Avenue  
Hilton Head Island, SC 29928

[westinhiltonheadisland.com](http://westinhiltonheadisland.com)

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Concierge Ext: 7040  
Service Ext: 0

