

WELLNESS SEASON

There has never been a better time to embrace your health and well-being than now, with our second annual Wellness Season.



THIS WELLNESS SEASON

BUY 2 TREATMENTS AND GET A 3RD ONE FREE
A third spa treatment is complimentary when two are booked at the regular price; the complimentary treatment is of equal or lesser value and must be used by the same family.



WELLNESS CLASSES

Transform your mind, body and soul with our extensive wellness activities, including daily yoga and fitness classes complimentary this wellness season.
Everyday at: 8:00am | 9:30am | 4:00pm



HEALTHY JUICE AND SMOOTHIE CLASS

Our juices and smoothies are a fantastic way to get an added punch of nutrition into your diet while on vacation in paradise. Join us twice a week in our special class at Bahia.



PAPAGAYO EXPLORERS

Discover the natural wonders of Peninsula Papagayo with our exclusive in-house adventure outfitter, Papagayo Explorers. Led by local expert guides, biologists, naturalists and translators, the eco-adventures showcase the spirit of Peninsula Papagayo.



SURF X

The SurfX luxury surf school is an ideal learning location for all ages and abilities. Whether you're a first-timer looking to discover something new, or a pro who wants to refine your skills, the waves of Costa Rica provide the perfect learning environment.



HEALTHY FOOD TRUCK

Costa Rican street food served oceanside in our food truck but made with a healthy twist. Enjoy a plant-based menu at Virador Beach September 10th & 22nd + October 5th & 27th



TASTING SERIES

Savour the country's finest exports – rum, coffee and craft beer while you embark on a guided journey with our local experts. They will share the knowledge, passion, and pride while engaging and delighting you with first-hand stories of the beauty of Costa Rica and its people.



CRECIENDO JUNTOS "Growing Together"

Creciendo Juntos is leading the effort to provide life-saving food to at-risk families in nearby communities. Your financial support can make a great difference. You can also contribute with backpacks, school supplies and books for the upcoming school year. Please contact Concierge for reservations.



KFAS & "TUANIS" FAMILY CENTER

Kids For All Seasons offers exciting adventures for children (4–12 years). This complimentary program includes indoor and outdoor activities led by our professional staff. For fun for the whole family, you can book Tuanis, a private space to enjoy a variety of games and entertainment. Please contact Concierge for reservations.

DINING

AÑEJO
CRUDOS + TAPAS BAR

PESCE
ITALIAN SEAFOOD KITCHEN



NEMARE
LATIN STEAKHOUSE

POOL & BEACH



WEEKLY ACTIVITIES GUIDE



Live Music - Check our daily schedule at Añejo

OCTOBER 2021

Enjoy our resort activities, planned just for you. Many are complimentary, some have small fees. Advanced reservations are highly encouraged to ensure a space for you. All activities have reduced capacity by 50% to maintain physical distancing.

MONDAY

- 6:00-8:30 Kayaking & Snorkeling* | Blanca Beach
- 8:00-9:00 Pura Vista* | Spa
- 8:30-10:30 Electric Mountain Bike* | Lobby (\$95)
- 9:30-10:30 Body Weight Workout* | Spa
- 10:00-11:30 Mangrove Walk in Nacascolo Beach* | Lobby
- 12:30-1:30 Cooking Demonstration* | Bahia Kitchen
- 1:00-2:00 Coffee Class* | Pesce
- 2:00-3:00 Beach Volleyball | Blanca Beach
- 3:00-4:30 Prieta Hike* | Lobby
- 4:00-5:00 Rum & Chocolate Tasting* | Pesce

TUESDAY

- 7:00-8:30 SUP Yoga* | Blanca Beach
- 8:00-9:00 SPIN* | Spa
- 8:00-9:00 Beach Yoga* | Spa
- 9:30-10:30 Stretch* | Spa
- 9:00-7:00 Artisan Market | Blanca Pool
- 10:00-11:00 Full Swing Golf Clinic* | Driving Range
- 10:00-11:00 Cardio Tennis* | Tennis Courts (\$35)
- 10:00-11:30 Snorkeling Exploration* | Blanca Beach
- 12:30-1:00 Catch of the day* | Bahia Kitchen
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Nature Seminars* | Nature Center
- 2:00-3:00 Bean Bag Toss Game | Blanca Beach
- 3:00-4:00 Latin Dance Class* | Lobby
- 4:00-4:45 Juice Class* | Bahia
- 4:00-5:00 Infused Rum Tasting* | Pesce
- 6:00-8:00 Night Walk* | Lobby (\$80)

WEDNESDAY

- 6:20-8:20 Bird-watching & Photography* | Lobby (\$45)
- 8:00-9:30 Monkey Head Kayak Tour* | Blanca Beach
- 8:30-10:30 Outrigger Canoe Exploration* | Lobby (\$75)
- 8:00-9:00 Pura Vista* | Spa
- 8:00-9:00 Beach Yoga* | Spa
- 8:30-10:30 Play with the Pro* | Golf Course (\$175)
- 9:30-10:30 Body Weight Workout* | Spa
- 10:00-11:30 Mangrove Walk in Nacascolo Beach* | Lobby
- 10:00-11:00 Tennis Doubles Strategy* | Tennis (\$35)
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Beach Volleyball | Blanca Beach
- 3:00-4:00 Croquet Game | Blanca Beach
- 4:00-5:00 Rum & Chocolate Tasting* | Pesce

THURSDAY

- 7:00-8:30 SUP Yoga* | Blanca Beach
- 8:00-9:00 SPIN* | Spa
- 9:00-7:00 Artisan Market | Blanca Pool
- 9:30-10:30 Stretch* | Spa
- 10:00-11:00 Groundstrokes Tennis Clinic* | Tennis (\$35)
- 10:00-11:00 Short Game Golf Clinic* | Driving Range
- 10:30-11:30 Snorkeling Exploration* | Blanca Beach
- 12:30-1:30 Cooking Demonstration* | Bahia Kitchen
- 1:00-2:00 Coffee Class* | Pesce
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00 - 3:00 Trivia Star* | Lobby
- 3:00-4:30 Prieta Hike* | Lobby
- 4:00-5:00 Enology Class* | Pesce
- 6:30-7:30 Laser Tag* | Armadillo

FRIDAY

- 7:45-10:00 Nacascolo Beach Kayak Tour* | Blanca Beach
- 8:00-9:00 Pura Vista* | Spa
- 8:00-9:00 Beach Yoga* | Spa
- 8:30-10:30 Peninsula Nature Tour* | Lobby (\$55)
- 9:00-7:00 Artisan Market | Blanca Pool
- 9:30-10:30 Stretch* | Spa
- 10:00-11:00 Drill Workout Clinic* | Tennis (\$35)
- 10:00-11:00 Paddleboard Tour for Beginners* | Blanca Beach
- 12:30-1:00 Catch of the day* | Bahia Kitchen
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Bocce Game | Blanca Beach
- 2:30-4:00 Mangrove Walk in Nacascolo Beach* | Lobby
- 3:00-4:00 Latin Dance Class* | Lobby
- 4:00-5:00 Infused Rum Tasting* | Pesce
- 4:00-4:45 Juice Class* | Bahía
- 6:30-7:30 Laser Tag* | Armadillo

SATURDAY

- 8:00-9:30 Stand-Up Paddleboard Tour* | Blanca Beach
- 8:00-9:00 SPIN* | Spa
- 8:30-10:30 Play with the Pro* | Golf Course (\$175)
- 9:00-7:00 Artisan Market | Blanca Pool
- 9:30-10:30 Stretch* | Spa
- 10:30-11:30 Snorkeling Exploration* | Blanca Beach
- 1:00-2:00 Coffee Class* | Pesce
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:30-4:00 Guided Nature Hike* | Blanca Beach
- 3:00-5:00 Electric Mountain Bike* | Lobby (\$95)
- 4:00-5:00 Rum & Chocolate Tasting* | Pesce
- 4:00-5:00 Yoga 4 All* | Spa
- 6:30-7:30 Laser Tag* | Armadillo
- 7:00-7:45 S'mores Night* | KFAS

SUNDAY

- 8:00-9:30 Jicaro Beach Kayak Tour* | Blanca Beach
- 8:00-9:00 Sound Healing* | Spa
- 8:00-9:00 Beach Yoga* | Spa
- 9:30-10:30 Pilates* | Spa
- 10:00-12:00 Snorkeling in Venado Beach* | Blanca Beach
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Bean Bag Toss Game | Blanca Beach
- 2:30-4:00 Mangrove Walk in Nacascolo Beach* | Lobby
- 3:00-4:00 Connect Four Tournament | Blanca Beach
- 4:00-5:00 Mixology Class* | Pesce
- 6:30-7:30 Laser Tag* | Armadillo

Family oriented

Feeling Social?
Share your photos by using our geotag and mention @fscostarica for the chance to see your photos on our channels #FSCostaRica #FSPuraVida



it's 4 a.m., but can i get breakfast?

Of course. Sweet or Savoury?



NEED ANYTHING?
LET'S CHAT.



Text us on WhatsApp
+506 2696 0000

Surf Lessons: Reservations With Concierge or at Ext:4188

*Reservations are required
Price is per person. Please contact Concierge at
Ext. 4433 - 4434 or chat with us on the APP



KFAS
KIDS FOR ALL SEASONS



KIDS ACTIVITIES

GET READY TO LET LOOSE, LAUGH AND PLAY

HERMIT CRAB RACES
SAND SCULPTURES
PURA VIDA GAMES

MINI-GOLF ADVENTURE
AQUA GAMES
AND MORE!

ADVANCED RESERVATIONS
ARE REQUIRED

PLEASE BRING
WITH YOU:



FIND US ON VIRADOR BEACH
DAILY FROM 8AM - 5PM
EXT 4605



FOUR SEASONS
RESORT
COSTA RICA AT PENINSULA PAPAGAYO

THIS WEEK AT KFAS

OCTOBER
2021



Join us on a new adventure every day, make new friends and learn about Costa Rica!
At KFAS we commit to our stringent health and safety policies and procedures.
The parent or guardian of the child must enroll in the program by completing an authorization form.

MONDAY

8:30am Kids Fitness and Yoga
9:30am Kids Beach Soccer
10:30am Aqua Games
LUNCH
1:00pm Arts & Crafts
2:00pm Cupcake Decoration
3:00pm Hermit Crab Races
4:00pm Science Experiment
5:00pm Adios!

TUESDAY

8:30am Spanish Lessons
9:30am Sandcastle Building
10:30am Aqua Games
LUNCH
1:00pm Arts & Crafts
2:00pm Costa Rica Wildlife
2:45pm Pickeball Clinic
4:30pm Musical Quiz
5:00pm Adios!

WEDNESDAY

8:30am Beach Relays
9:30am Aqua Fun Basketball
10:30am Pura Vida Games
LUNCH
1:00pm Canvas Painting
2:30pm Bailemos folklore!
3:00pm Spanish Lessons
4:00pm Beachcombing
5:00pm Adios!

THURSDAY

8:30am Nacasclo Marine Life
9:30am Aqua Games
10:30am Origami Workshop
LUNCH
1:00pm Pintemos Souvenirs!
2:00pm Act It Out!
3:00pm Mini-Chef Competition
4:00pm Fun in the Sun!
5:00pm Adios!

FRIDAY

8:30am Kids Fitness and Yoga
9:00am Beach Olympics
10:00am Aqua Games
LUNCH
1:00pm Shirt Tie-Dye
3:00pm Hermit Crab Races
4:00pm Science Experiment
5:00pm Adios!

SATURDAY

8:30am Fly kites
9:30am Aqua Games
10:30am Fun Games At Tuanis
LUNCH
1:00pm Mix and Make Slime
1:30pm Act It Out!
2:00pm Movie Matinee
4:00pm Treasure Hunt
5:00pm Adios!
7:00pm Smores Night

SUNDAY

8:30am Kids Fitness and Yoga
9:15am Learn About Nature
10:30am Aqua Games
LUNCH
1:00pm Arts & Crafts
2:00pm Pura Vida Games
3:00pm Afternoon Monkey Hike
4:00pm Talent Show
5:00pm Adios!

TEENS WEEKLY ACTIVITIES

- Beach Volleyball
- Basketball Tournament
- Foosball Tournament
- Air Hockey Tournament
- Teens Pickeball Tournament
- Video Games Tournament
- Make Your own friendship Bracelet
- Nature Hike

Reservations are required
Please contact Concierge at Ext.4433 -
4434

For teens activities check our daily
schedule at KFAS terrace or Contact
us at Ext 4606 - 4605