

to Pura Vida

DISCOVER ENDLESS OPPORTUNITIES FOR
ADVENTURE AND FUN WITH ACTIVITIES CURATED
JUST FOR YOU



SPA & FITNESS

Spa, Salon and Fitness Perched over Playa Virador, our Spa offers both indoor and outdoor facilities. Inspired by the ancient rituals of Costa Rica's Sharman, treatments are curated with efficient techniques drawn from around the world and infused with the rich natural resources of the ocean, volcanos, and indigenous flora.



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.



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.



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.



PAPAGAYO EXPLORERS

Discover the natural wonders of Peninsula Papagayo with our exclusive in-house adventure outfitter, The Papagayo Explorers. Led by local expert guides, biologists, naturalists and translators, the eco-adventures showcase the spirit of Peninsula Papagayo. Whether by land or by sea, The Papagayo Explorers offers more than 25 "only-here" experiences.



CRECIENDO JUNTOS "Growing Together"

Make your vacation even more meaningful by joining our efforts in the local community with our partner, Creciendo Juntos. In these turbulent times, 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.







WEEKLY ACTIVITIES GUIDE

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.



Live Music - Check our daily schedule at Añejo

MONDAY

8:00-9:00 Paddleboard Tour for Beginners* | Blanca Beach
 8:00-9:00 Vinyasa Flow Yoga | Spa (\$25)
 8:30-10:30 Play with the Pro* | Golf Course (\$175)
 9:30-10:30 Body Weight Workout | Spa (\$25)
 10:00-11:30 Beach Volleyball | Blanca Beach 
 10:00-11:00 Drill Workout Clinic* | Tennis (\$35)
 11:00-12:00 Coffee Class* | Pesce 
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 2:30-4:00 Guided Nature Hike* | Blanca Beach 
 4:00-5:00 Rum & Chocolate Tasting* | Pesce




TUESDAY

8:00-9:30 Monkey Head Kayak Tour* | Blanca Beach
 8:00-9:00 Spinning | Spa (\$25)
 9:00-7:00 Artisan Market | Blanca Pool 
 9:30-10:30 Stretch & Restore | Spa (\$25)
 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
 12:30-1:30 Cooking Demonstration* | Bahia Kitchen 
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 1:30-2:30 Wildlife Lectures* | Nature Center 
 2:00-3:00 Latin Dance Class* | Lobby 
 4:00-5:00 Enology Class* | Pesce

WEDNESDAY

6:20-8:20 Bird-watching & Photography* | Lobby (\$45) 
 8:00-9:00 Sound Healing Workshop | Spa (\$25)
 8:00-9:00 Kayaking Tour for Beginners* | Blanca Beach
 8:30-10:30 Play with the Pro* | Golf Course (\$175)
 9:30-10:15 Pilates | Spa (\$25)
 10:00-11:00 Tennis Doubles Strategy* | Tennis (\$35)
 10:00-11:00 Beach Soccer | Blanca Beach 
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 2:30-4:00 Mangrove Walk* | Lobby 
 4:00-5:00 Infused Rum Tasting* | Pesce
 6:15-7:30 Stargazing in paradise * | Lobby 

THURSDAY

8:00-9:00 Pura Vista Climb | Spa (\$25)
 8:00-9:30 Stand-Up Paddleboard Tour* | Blanca Beach
 9:00-7:00 Artisan Market | Blanca Pool 
 9:30-10:30 Myofascial Release | Spa (\$25)
 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
 11:00-12:00 Coffee Class* | Pesce 
 12:30-1:00 Catch of the Day | Bahia Pool
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 3:00-4:30 Adventure Cycling Tour* | Lobby
 4:00-5:00 How to Meditate Workshop | Spa (\$25)
 4:00-5:00 Rum & Chocolate Tasting* | Pesce

FRIDAY

7:45-10:00 Nacascolo Beach Kayak Tour* | Blanca Beach
 8:00-9:00 Advanced Yoga | Spa (\$25)
 8:30-10:30 Safari Nature Ride* | Lobby (\$55) 
 9:30-10:30 BodyWeight Workout | Spa (\$25)
 10:00-11:00 Drill Workout Clinic* | Tennis (\$35)
 10:30-11:30 Snorkeling Exploration* | Blanca Beach
 12:30-1:30 Cooking Demonstration* | Bahia Kitchen 
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 2:30-4:00 Mangrove Walk* | Lobby 
 4:00-5:00 Sound Healing Workshop | Spa (\$25)
 4:00-5:00 Enology Class* | Pesce

SATURDAY

8:00-9:30 Stand-Up Paddleboard Tour* | Blanca Beach
 8:00-9:00 Spinning | Spa (\$25)
 8:30-10:30 Play with the Pro* | Golf Course (\$175)
 9:00-7:00 Artisan Market | Blanca Pool 
 9:30-10:15 Stretch & Restore | Spa (\$25)
 10:30-11:30 Kayak Tour for Beginners* | Blanca Beach
 11:00-12:00 Coffee Class* | Pesce 
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 2:30-4:00 Guided Nature Hike* | Blanca Beach
 4:00-5:00 Mixology Class* | Pesce
 4:00-5:00 Yoga4all | Spa (\$25) 
 7:00-7:45 S'mores Night* | Event Lawn 

SUNDAY

8:00-9:30 Jicaro Beach Kayak Tour* | Blanca Beach
 8:00-9:00 Beach Yoga | Spa (\$25)
 9:30-10:30 Body Weight Workout | Spa (\$25)
 10:00-11:00 Snorkeling Exploration* | Blanca Beach
 12:30-1:00 Catch of the Day | Bahia Pool
 1:30-3:00 Trail of the Giants* | Spa Lobby 
 2:00-3:00 Latin Dance Class* | Lobby 
 3:00-4:00 Bean bag toss Tournament | Blanca Beach 
 4:00-5:00 Cacao Ceremony | Spa (\$25)
 4:00-5:00 Beer Class* | Pesce

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?

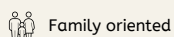
Of course. Sweet or Savoury?



NEED ANYTHING?
 LET'S CHAT.



Text us on WhatsApp
 +506 2696 0000



*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

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 Bird watching
9:45am Sandcastle building
10:30am Aqua Games

LUNCH

1:30pm Spanish Lessons
3:00pm Arts & Crafts
4:00pm Science Experiment
5:00pm Adios!

TUESDAY

8:30am Explore our Organic Garden
9:30am Hermit Crab Races
10:30am Aqua Games

LUNCH

1:00pm Act It Out!
2:00pm Bailemos Folklore!
4:00pm Beachcombing
5:00pm Adios!

WEDNESDAY

8:30am Kids Fitness and Yoga
9:30am Nacasclo marine life
10:30am Aqua Games

LUNCH

1:30pm Arts & Crafts
2:45pm Kids Tennis Clinic
4:30pm Musical Quiz
5:00pm Adios!

THURSDAY

8:30am Mini-Golf Adventure
9:30am Fun games at Tuanis
10:30am Aqua Games

LUNCH

1:30pm Origami Workshop
2:30pm Scavenger Hunt
4:00pm Afternoon Monkey Hike
5:00pm Adios!

FRIDAY

8:30am Kids Fitness and Yoga
9:30am Pura Vida games
10:30am Aqua Games

LUNCH

1:30pm Arts & Crafts
3:00pm Hermit Crab Races
4:00pm Science Experiment
5:00pm Adios!

SATURDAY

8:30am Fly Kites
9:30am The Art Box
10:00am Aqua Games

LUNCH

1:00pm Mix and Make Slime
3:00pm Act It Out!
5:00pm Adios!
7:00pm S'mores Night*

SUNDAY

8:30am Kids Fitness and Yoga
9:15am Learn About Nature
10:30am Aqua Games

LUNCH

1:00pm Movie matinee
3:00pm Scavenger Hunt
4:00pm Talent Show
5:00pm Adios!

FUN FACTS ABOUT COSTA RICA

- Native Costa Ricans call themselves Ticos and Ticas
- "Pura Vida" is the national saying, which means "pure life". Used as a greeting, if someone asks how you are doing
- Costa Rica accounts for only 0.03 percent of the earth's surface, however it contains nearly 6 percent of the world's biodiversity

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