

Resort Experiences

SUMMER 2021




Hilton
ARUBA CARIBBEAN
RESORT & CASINO



STAND UP PADDLE BOARDING

Mondays & Wednesdays | 9:30am
Meet at Activities Center

Explore Aruba's beautiful Palm Beach on top of a paddle board.

Advanced online registration required.
Limited space available. Ages 16+

KAYAK FOR TWO

Thursdays | 9:30am
Meet at Activities Center

Join us for fun or for a bit of exercise on our 30-minute Kayak tour.

Advanced online registration required.
Limited space available. Ages 16+

CYCLING TOUR TO CALIFORNIA LIGHTHOUSE

Tuesdays & Fridays | 9am
Meet at Activities Center

Take a scenic tour of Aruba's coastline. Approximately 4 miles each way.

Advanced online registration required.
Limited space available. Ages 16+

POOL AEROBICS

Mondays & Fridays | 11am
Meet at the North Pool

Aerobic exercises in shallow water with upbeat music.

Advanced online registration required.
Limited space available.

POOL YOGA

Tuesday | 10am
Meet at the North Pool

A combination of different yoga aspects such as physical techniques, breathing and focusing on your body position in shallow water. Improves the connection between body and mind with a touch of fun.

Advanced online registration required.
Limited space available.

**MYSTICAL FLOW**

Wednesdays | 10am
Meet at the Grass Lawn

Mystical flow focuses on the roots of yoga tradition, which uses yoga as an instrument to reveal the truth of our existence, the spiritual being, wed with indigenous spiritual practice.

Advanced online registration required.
Limited space available.

BEACH TENNIS

Saturdays | 9am
Meet at the Beach Tennis Court Area

Join our beach tennis referee for this fun game that has elements from tennis and volleyball and is played at our beach tennis court.

Advanced online registration required.
Limited space available.

DIY ALOE SCRUB

Daily | 9am -3pm
eforea spa

Personal DIY aloe scrub available daily between 9am and 3pm.

24 hours advance reservation required.

POOL VOLLEYBALL

Mondays & Thursdays | 2pm

Bored from laying at the pool or beach? Pool volleyball is here to save the day. Join this fun activity for all.

VINYASA FLOW

Saturdays | 7:30 am

Vinyasa, also called “flow” because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It’s a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga.

Advanced online registration required.
Limited space available.

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:30AM							Vinyasa Flow FC
9AM			Cycling Tour AC			Cycling Tour AC	Beach Tennis BT
9:30AM		Paddle Boarding AC		Paddle Boarding AC	Kayak AC		
10AM			Pool Yoga NP	Mystical Flow FC			
11AM		Pool Aerobics NP		Pool Aerobics NP		Pool Aerobics NP	
11:30AM							
2PM		Pool Volleyball NP			Pool Volleyball NP		

CLASS LOCATIONS

AC = Activities Center
 FC = Fitness Center
 GL = Grass Lawn
 NP = North Pool
 BT = Beach Tennis Court Area

INTENSITY LEVEL

■ = High
■ = Moderate
■ = Low

PERSONAL TRAINING

One-on-one sessions for all levels. Multiple sessions pricing is available. 24 hours advance notification required.
 Email auahh_eforea_aruba@hilton.com for more information.

PRIVATE FITNESS CLASSES

For private classes up to 5 guests. 24 hours advance notification required, Email auahh_eforea_aruba@hilton.com.

FAMILY EXPERIENCES



All activities are personal per family. Locations are designated or customized to your own palapa or cabana. The team is mobile and will come to your requested location.

Reservations are required 24 hours in advance.

PRIVATE BEACH SIDE S'MORES

Beach Aisle | \$10 per family

Enjoy making s'mores with the family by the beach on our beach side fire pit. Parental supervision is required.

PRIVATE MAGICAL STARGAZING

eforea Beach | Complimentary

Watch the stars and learn about the galaxy during this personal stargazing experience. Parental supervision is required

BLANKET FORT MAKING

Custom Locations | Complimentary

Using sanitized sheets, your kids will build a blanket fort with our fort experts. Parental supervision is required.

CUPCAKE DECORATING

Custom Locations | \$15 for 4 cupcakes

Your little ones will receive their personal cupcake kit to decorate their cupcakes.

Activities are complimentary unless otherwise noted. For more information, please dial ext. 6076 or auahh_poolandbeachservices@hilton.com

FAMILY EXPERIENCES

RESORT HISTORY SCAVENGER HUNT

Various Locations | Complimentary

There is so much history to be found at this property. Learn some interesting facts about the architecture of this building during this fun scavenger hunt for the family. Parental supervision is required.

BEACH MARBLE RACE

Your own or a designated beach palapa
Complimentary

Build your own marble race track with our race track experts and race as marbles through the sand. The winning family member wins a prize and you get to keep the marbles so you can keep on racing for the rest of the day. Parental supervision is required.

SLIME MAKING

Custom Locations | Complimentary

This popular activity will keep your kids entertained and you don't have to worry about the mess, we will take care of it. Protective disposable aprons will be provided. Parental supervision is required.

PLANT YOUR OWN ALOE

Beach Tennis Area | Complimentary

Kids get to plant their own mini aloe in our aloe garden. Our Aloe Master teaches them some fun facts about this amazing plant. Parental supervision is required.

BIRD INTERACTION

Bird Garden | Complimentary

Interacting with our birds is available upon request daily between 10 am and 11 am when our the bird caretaker Victor takes the birds out of their cages. He will gladly take pictures with you and the birds.

DIVE-IN MOVIE NIGHT

Thursdays | 7pm-9pm
South Pool Deck

INSTA-FRIENDLY SPOTS

Take a tour of the resort and discover our most insta-worthy spots. Hints: the waterfall, bird garden, hammocks around the pool and sunsets on the beach.

At Your Leisure

Complimentary activities to enjoy on your own, every day between 12 noon and 3:30pm.

- Ping Pong
- Soccer
- Horse Shoes
- Shuffleboard
- Corn hole
- Croquet
- Bocce Ball



Activities are complimentary unless otherwise noted. For more information, please dial ext. 6076 or auahh_poolandbeachservices@hilton.com



fitness center

Our Fitness Center is located at eforea spa
and is open 24-hours daily.

These items are available and can be requested at the Spa:

- Yoga Mat • Exercise Mat
- Jumping Rope • AB Crunch
- Exercise Wheel • Super Band
- Resistance Tubing
- Dumbbells- 1 kg. and 2 kg.
- Bosu ball

ACTIVITIES RENTALS



Double Kayak | \$30/hour

Trek Mountain Bike | \$35/4 hours

Cruiser Bike | Complimentary/4 hours

Standup Paddle Board | \$10/hour

Helmets and life jackets are available complimentary and mandatory to wear while using the equipment.

Rental equipment is available from 9 am to 3 pm and can be reserved online.

