

WEEKLY PROGRAM
Grand Hotel
Villa Castagnola

BY
Be Free Go Green

CHILDREN FROM 4 YEARS

MONDAY

09:00-12:00
CREATIVE LAB

09:30-10:20
THE ENERGY BOOST
CHF 20. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
WALK IN THE NATURE

16:00-17:00
STORYTELLING
WITH GREEN SNACK

TUESDAY

09:00-12:00
TENNIS

09:30-10:20
PILATES IN THE PARC
CHF 20. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
CREATIVE LAB

16:00-17:00
STORYTELLING
WITH GREEN SNACK

WEDNESDAY

09:00-12:00
WALK IN THE NATURE

CHAT & HIKE
CHF 35. -/H.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
COOKING CLASS

16:00-17:00
STORYTELLING
WITH GREEN SNACK

THURSDAY

09:00-12:00
SWIMMING LESSON TO DISCOVER
THE WATER ELEMENT

09:30-10:20
BALANCE FLOW IN THE PARC
CHF 20. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
PHOTOGRAPHY

16:00-17:00
STORYTELLING
WITH GREEN SNACK

FRIDAY

09:00-12:00
ECOLOGICAL ACTIVITIES

09:30-10:20
YOGA IN THE PARC
CHF 20. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
BUBBLEMAKER

16:00-17:00
STORYTELLING
WITH GREEN SNACK

SATURDAY

09:00-12:00
YOGA KIDS & PARENTS
CHF 20. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
PLAY TO LEARN ITALIAN

16:00-17:00
STORYTELLING
WITH GREEN SNACK

18:00-19:00
COCKTAIL FAMILY COURSE
CHF 30.- FOR FAMILIES

SUNDAY

09:00-12:00
LET'S PLAY IN THE PLAYING ROOM

09:30-15:30
WELLNESS ROUTE
CHF 75. - P.P.

12:00-13:30
GREEN LUNCH
CHF 25.-P.P

13:30-16:00
SPORT ACTIVITIES

16:00-17:00
STORYTELLING
WITH GREEN SNACK

**FREE OF CHARGE
ACTIVITIES FOR CHILDREN :**

CREATIVE LAB

WALK IN THE NATURE

STORYTELLING

TENNIS

CREATIVE ATELIER

COOKING CLASS

SWIMMING LESSON TO DISCOVER
THE WATER ELEMENT

PHOTOGRAPHY

ECOLOGICAL ACTIVITIES

BUBBLE MAKING

YOGA KIDS & PARENTS

PLAY TO LEARN ITALIAN

SPORT ACTIVITY

**PAID ACTIVITIES
FOR PARENTS ON
RESERVATION :**

THE ENERGY BOOST
FUNCTIONAL TRAINING, OF

ENDURANCE AND TOTAL WELL-BEING.
REDISCOVER THE PLEASURE OF HOURS
SPENT OUTDOORS, IN THE SHADE OF
MAJESTIC TREES THAT GIVE US
OXYGEN AND ALLOW US TO BURN
MORE CALORIES, MAKING THE BODY
REACTIVE, TONED AND IN GREAT
SHAPE... A REAL DOSE OF ENERGY!

CHAT & HIKE

AT THE HEART OF LEARNING, THE
SIMPLE BASICS OF A LANGUAGE OR
PERFECTING ONE'S KNOWLEDGE IS
THE DESIRE TO DISCOVER NEW
THINGS. DURING THE "CHAT & HIKE"
EXCURSIONS, WE WILL NOT ONLY TAKE
YOU TO DISCOVER OUR WONDERFUL
TERRITORY, BUT WE WILL ALSO GIVE
YOU THE OPPORTUNITY TO LEARN OR
PERFECT A FOREIGN LANGUAGE WHILE
ENJOYING A WONDERFUL WALK.
(IT-FR-DE-EN)

PILATES OR YOGA IN THE PARC
50 MINUTES PILATES/YOGA LESSON A
BREAK FULL OF WELL-BEING,
SURROUNDED BY LUSH GARDENS.
NATURE AMPLIFIES THE BENEFICIAL
EFFECTS OF PHYSICAL EXERCISE,
IMPROVES BODY COMPOSITION AND
STIMULATES GOOD MOOD.

BALANCE FLOW IN THE PARC

A METHOD THAT DEVELOPS WELL-
BEING AND HARMONY BETWEEN BODY
AND MIND BY SHAPING THE BODY IN A
GENTLE AND NATURAL WAY. A
COMBINATION OF PILATES, YOGA,
STRETCHING, POSTURAL AND
FUNCTIONAL EXERCISES.

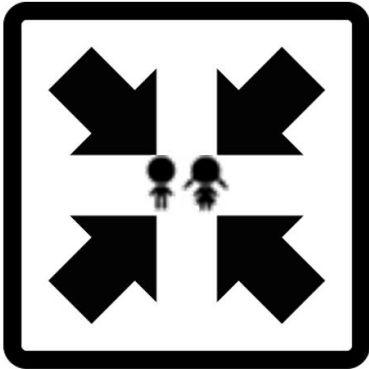
WELLNESS ROUTE
"IL SENTIERO DI GANDRIA"

NATURE IS FULL OF INCREDIBLE
PLACES A SOURCE OF GREAT WELL-
BEING AND ENERGY. WE WILL WALK
TOGETHER, ALTERNATING A
REGENERATING WALK WITH
BREATHING EXERCISES AND PILATES,
INCREDIBLE SCENERY: MOUNTAINS,
LAKE, WOODS, OLIVE GROVES...
WE WILL RETURN TO LUGANO AND
FINISH WITH A DELICIOUS
"WELLNESS" PICNIC AT PARCO CIANI.

COCKTAIL FAMILY COURSE

ACTIVITIES FOR YOUNG AND OLD.
OUR CHEF DE BAR IS HAPPY TO TEACH
YOU SOME TRICKS TO MAKE DELICIOUS
DRINKS.

MEETING POINT :
EVERY MORNING 9AM AT THE
PLAYING ROOM



OPENING HOURS PLAYING ROOM:
EVERY DAY
9AM TO 7PM

GREEN LUNCH
LUNCH FOR CHILDREN WITH KIDS
FOR CHF 25. - PER CHILD
(DRINKS INCLUDED)