



SCHEDULE OF EVENTS

THURSDAY, MAY 25TH

SUNRISE YOGA ON THE BEACH (7:30 – 8:45 AM)

A world class yoga experience on our ocean side observation deck venue allows you to embrace the incredible outdoor elements with the comfort and function of a hard wood studio floor. All levels welcome. Meet in the Beach House Lobby; bring bottled water and your own mat or one will be provided for you. \$17

SURF LESSONS (12 PM)

Reserve at the Activity Hut behind the Beach House. Activity on Oceanside. \$69 per person (7 years old & up)/ \$105 per private lesson (6 years old & up)

SANCTUARY VINEYARD VOYAGE (1PM)

Avoid the beach traffic and take a memorable six mile boat ride across Currituck Sound from the Town of Duck to Sanctuary Vineyards. After you arrive at the dock in Jarvisburg, you'll travel by an open-air 4x4 safari vehicle through the winding dirt road that leads up to Sanctuary Vineyards. Reservation required. Call Kitty Hawk Kites at 877-Fly-This or book on line at www.kittyhawk.com. \$59 adults/ \$35 children 5- 12 years old

MERMAID SCHOOL (2:30 – 3:30 PM)

Our mermaid classes are designed to teach you to use your core and arms to glide through the water like a graceful mermaid/man. Reservation required. Call Kitty Hawk Kites at 877-Fly-This or book on line at www.kittyhawk.com. Ages 7 & up. \$59

SUNSET SANCTUARY VINEYARD VOYAGE (4:30 PM)

Avoid the beach traffic and take a memorable six mile boat ride across Currituck Sound from the Town of Duck to Sanctuary Vineyards. After you arrive at the dock in Jarvisburg, you'll travel by an open-air 4x4 safari vehicle through the winding dirt road that leads up to Sanctuary Vineyards. Reservation required. Call Kitty Hawk Kites at 877-Fly-This or book on line at www.kittyhawk.com. \$75 adults/ \$49 children 5- 12 years old

FRIDAY, MAY 26TH

SUNRISE YOGA ON THE BEACH (7:30 – 8:45 AM)

A world class yoga experience on our ocean side observation deck venue allows you to embrace the incredible outdoor elements with the comfort and function of a hard wood studio floor. All levels welcome. Meet in the Beach House Lobby; bring bottled water and your own mat or one will be provided for you. \$17





SCHEDULE OF EVENTS

SATURDAY, MAY 27TH

SANCTUARY VINEYARD CRUISE (1:30 PM)

Avoid the beach traffic and take a memorable six mile boat ride across Currituck Sound from the Town of Duck to Sanctuary Vineyards. After you arrive at the dock in Jarvisburg, you'll travel by an open-air 4x4 safari vehicle through the winding dirt road that leads up to Sanctuary Vineyards. Reservation required. Call Kitty Hawk Kites at 877-Fly-This or book on line at www.kittyhawk.com. \$59 adults; \$35 children 5-12 years old

SURF LESSONS (2 PM)

Reserve at the Activity Hut behind the Beach House. Activity on Oceanside. \$69 per person (7 years old & up); \$105 per private lesson (6 years old & up)

LIVE ENTERTAINMENT (7:00-9:30PM)

Join us at the Beach House Firepit for live music by Ruth Wyand.

STARRY NIGHTS (8:00-9:00PM)

Bring your beach towel and join a local expert for a relaxing evening on the beach under the stars. The family-friendly program provides a great introduction to astronomy. You will learn about constellations, how ancient mariners navigated with the stars and how modern science is revealing the mysteries of the universe. All viewing equipment is provided. Complimentary.

SUNDAY, MAY 28TH

SURF LESSONS (2 PM)

Reserve at the Activity Hut behind the Beach House. Activity on Oceanside. \$69 per person (7 years old & up); \$105 per private lesson (6 years old & up)

GHOST CRABBING ADVENTURES (7:30 PM)

Ghost Crabbing Adventures is an organized, night-time beach activity focused on catching and releasing ghost crabs. Our Master Crabber will join you for the evening and provide all the tools and guidance necessary to make sure the experience is easy, enjoyable and safe for all (including the little crabbies). This is not a drop off activity. It is meant for the entire family to enjoy. Meet in Beach House Lobby. \$15 per adventurer.

Please share your images on social media on Facebook, Twitter, Pinterest @thesanderling and Instagram @sanderlingresort using #sanderlingmoments

Schedule subject to change



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SCHEDULE OF EVENTS

MONDAY, MAY 29TH MEMORIAL DAY

SUNRISE YOGA ON THE BEACH (7:30 - 8:45 AM)

A world class yoga experience on our ocean side observation deck venue allows you to embrace the incredible outdoor elements with the comfort and function of a hard wood studio floor. All levels welcome. Meet in the Beach House Lobby; bring bottled water and your own mat or one will be provided for you. \$17

SANDERLING KAYAK TOUR (8 AM & 11 AM)

Reserve at the Activity Hut behind the Beach House. Tour leaves from the Soundside. \$49/adults; \$30/children 5-12 years old

STAND UP PADDLEBOARD LESSONS (1 PM)

Reserve at the Activity Hut behind the Beach House. Tour leaves from the Soundside. \$65 per person (13 years old & up); \$105 per private lesson (7 years old & up)

SURF LESSONS (3 PM)

Reserve at the Activity Hut behind the Beach House. Activity on Oceanside. \$69 per person (7 years old & up); \$105 per private lesson (6 years old & up)

LIVE ENTERTAINMENT (7-9:30PM)

Join us at the Beach House Firepit for live music by Greg Shelton or Dee Thornley.

**See Kitty Hawk Kites at the Activity Kiosk for bike rentals during your stay!
All activities subject to change. Prior reservations required for all activities as noted.**

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