



2012 SPRING RECREATION

Daily Programs
 March 10 - 31, 2012

Advance registration is required for all programs

TIGH-NA-MARA
 SEASIDE SPA RESORT

1155 Resort Drive Parksville BC V9P 2E3
 1-800-663-7373 OR 250-248-2072
 WWW.TIGH-NA-MARA.COM

KIDS EAT FREE IN THE CEDAR ROOM!

Available until April 9th, 2012

One meal from our delicious children's menu will be complimentary with the purchase of an adult entrée in the Cedar Room when seated between 5-6 pm.

With delicious menu items featuring some of your children's favourites, come and enjoy the family atmosphere of the Cedar Room.



cedar room

Call 250-248-2072 to make a reservation.

DISCOVER SOMETHING NEW

The Pines Boutique & Gift Shop features the works of Vancouver Island and British Columbia artisans as well as logo wear, children's games, jewellery, and keepsakes. Pick up a memento of the special time you spent here.



SPRING TREATMENTS ARE HERE!

Available March 1 - 31st, 2012

Revitalize dull winter skin with the Apricot Collection from Eminence Organic Skin Care. This refreshing spring collection includes hydrating Apricot Oils to soothe and rejuvenate skin, from head to toe. Your skin will be refreshed and radiant looking! The perfect way to start the spring season.



Call 250-248-1838 to make an appointment today!



LOOKING FOR SOME ALONE TIME?
 WE OFFER CHILDCARE SERVICES
 SEE LEFT PANEL OR CALL FOR DETAILS

OFF-SITE ACTIVITIES

Off-site activities such as golf, WildPlay Element Park, Horne Lake Cave tours and Mount Washington Alpine Resort are available for groups of 4 or more. 48 hours notice required for all off-site activities. Please contact the Front Desk for more information.

CHILDCARE SERVICES

Tigh-Na-Mara provides a referral service for childcare providers. Rates start at \$12.00 per hour. Services are available for Resort Guests only, on a first-come, first-serve basis (subject to the availability of childcare providers). Minimum 24 hours notice is required, and is subject to a cancellation fee. Please contact the Front Desk for more information.

COMING SOON! TIGH-NA-MARA'S ANNUAL EASTER EGG HUNT

Spring Is Coming!

Join us for Tigh-Na-Mara's annual Easter Egg Hunt Sunday April 8th which includes lots of prizes and a visit from the Easter Bunny. There will be coffee and hot chocolate served afterwards on our Garden Patio. This event requires pre-registration. As this is a family event parents must attend with their children.

Sunday April 8th | 10:00 am
 Resort Guests: Complimentary
 Non Resort Guests: \$5.00 per person
 Meet in the parking lot beside the Front Desk by 9:45 am



CREATE A MEMORABLE EASTER VACATION,
 STAY AT TIGH-NA-MARA!
 PACKAGES AVAILABLE ONLINE

ACTIVITIES SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am							
9:30 am							
10:00 am			Aqua Fit				Aqua Fit
10:30 am							
11:30 am							
12:00 pm							
12:30 pm			Smashin' Glass				
1:00 pm							
1:30 pm							
2:00 pm							
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6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							

f Family Activities
c Children's Activities
a Adult Activities

Advance registration is required for all programs. Please call reception or visit the Front Desk. Off-site tours are subject to cancellation. Mountain bike rentals are also available, please inquire at the Front Desk.

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ANGEL CARD READINGS a

Join Ana la Rai for an intimate card reading. Individual card readings will be held one night per week and group bookings are available by request only.

Fridays | 4:30 pm to 7:00 pm
Resort Guests: \$40.00 each
Non Resort Guests: \$50.00 each
Check with the Front Desk for location

AQUA FIT f

Start your day off on a refreshing note with a workout in the pool. This gentle form of exercise is just what you need to get your blood circulating. Suitable for all fitness levels.

Tuesdays, Fridays and Saturdays | 10:00 am to 11:00 am
Resort Guests: \$6.00 each
Non Resort Guests: \$8.00 each
Meet at the Pool House

BUILD YOUR OWN BEAR WORKSHOP c

Choose your animal, add some stuffing and an outfit, make a wish and you've got a great start to our Build Your Own Bear Workshop. Play games, make crafts and enjoy more "beary" fun. Workshop includes animal, Tigh-Na-Mara birth certificate and one outfit.

Every Saturday, Sunday, and Wednesday | 3:00 pm to 4:30 pm
Resort Guests: \$40.00 per bear
Non Resort Guests: \$50.00 per bear
Meet in the Filberg Room

CAMPFIRE STORIES f

Meet at the beach to roast marshmallows and meet up with fellow Resort Guests. Storytelling begins promptly at 7:00 pm. Listen to tall tales as told by our professional storyteller around the campfire. *Parents are expected to attend with children. Storyteller: Jay Doige*

Wednesdays | 6:30 pm to 8:00 pm
Resort Guests: Complimentary
Non Resort Guests: \$10.00 per family
Meet at the beach at the campfire pit (weather permitting)

CARD MAKING c

Join our resident scrapbooking fanatics in a round of Spring themed card making. All supplies are on hand, just bring your creativity.

Tuesdays | 3:00 pm to 4:30 pm
Saturdays | 6:30 pm to 8:00 pm
Resort Guests: \$15.00 each
Non Resort Guests: \$20.00 each
Meet in the Filberg Room



CUSTOM PICTURE FRAMES c

Create your own personalized photo frame to show off your favourite Tigh-Na-Mara memory photo. All supplies are provided.

Thursdays | 3:00 pm to 5:00 pm
Resort Guests: \$15.00 each
Non Resort Guests: \$20.00 each
Meet in the Filberg Room

DINNER & A MOVIE FOR KIDS c

Allows parents three hours to enjoy the Cedar Room, Copper Lounge, Treetop Tapas & Grill or our Grotto Spa. Dinner, a movie and lots of fun provided. *Parents must leave contact information.*

Every Sunday, Monday, Thursday, and Friday | 5:00 pm to 8:00 pm
Resort Guests: \$25.00 each
Non Resort Guests: \$35.00 each
Meet in the Filberg Room

LIFE UNDERWATER f

Come explore Tigh-Na-Mara's inter-tidal zone which we call home. You will learn all about the indigenous sea life and introduced species from a Registered Biologist. Rubber boots or beach shoes are recommended. *Parents are expected to attend with children.*

Saturdays | 10:00 am to 12 noon
Resort Guests: \$20.00 per family of 4 or \$6.50 each
Non Resort Guests: \$25.00 per family of 4 or \$7.50 each
Meet at the Front Office

MOTHER/DAUGHTER MINI-MANICURE, MILKSHAKES AND MARTINIS f

Treat your little princess to a Mini-Manicure at the Grotto Spa. Mothers and Daughters will enjoy a hand massage and polish application while sipping on a Milkshake or Martini. Your princess will also receive a complimentary OPI Juicy hand and body lotion of her choice. *Parent(s) expected to attend.*

By appointment only Tuesdays and Thursdays | 6:30 pm and 7:00 pm
Resort Guests: \$40.00 each
Non Resort Guests: \$45.00 each
Meet at the Grotto Spa Reception Desk for your scheduled appointment.



Ask about our NEW Grotto Spa Spring Treatments available throughout March!

NORTH ISLAND WILDLIFE RECOVERY CENTRE TOUR f

Tour Vancouver Island's wildlife recovery facility. The centre offers a Museum of Nature, exhibits, a nature walk through a waterfall as well as the largest eagle flight cage in Canada. NIWRC now boasts one of Canada's only bear rehabilitation centres. Come visit and learn all about Vancouver Island's wildlife. This is a great tour for all ages! Register early as space is limited. Transportation is included.

Fridays | 12:30 pm to 3:00 pm
Resort Guests: \$12.00 each
Non Resort Guests: N/A
Meet at the Front Office

PLANT A SEED c

With Spring right around the corner, join us in creating a decorative flower pot and planting your first seeds of the season. All supplies are provided.

Tuesdays and Saturdays | 5:00 pm to 6:30 pm
Resort Guests: \$15.00 each
Non Resort Guests: \$25.00 each
Meet in the Filberg Room



SMASHIN' GLASS f

Join us for a creative adventure to one of Parksville's many art studios where you will design and create 3 fused glass suncatchers. Great activity for the entire family. Register early as space is limited. Transportation is included.

Tuesdays | 12 noon to 2:30 pm
Resort Guests: \$45.00
Non Resort Guests: N/A
Meet at the Front Desk

TASTE OF BC a

Enjoy an afternoon of wine tasting in the Cedar Room at Tigh-Na-Mara. Take pleasure in exploring award winning wines from the region and around the globe in an intimate setting, guided by our knowledgeable sommelier. This unique experience offers tastings of incredible British Columbia wines, while you embark on your own personal wine adventure. Entice your palate with a selection of distinguished cured meats and fine local cheeses as you absorb the warm hospitality and friendly atmosphere.

Thursdays | 3:00 pm to 5:00 pm
Resort Guests: \$45.00 each
Non Resort Guests: \$45.00 each
Meet at the Cedar Room



cedar room

TIGH-NA-MARA KIDS CLUB c

Come and have fun with our Recreation Leaders for three hours of games, arts & crafts, sports and treasure hunts at the beach (weather permitting). A Recreation Leader will accompany children. *Parents must leave contact information.*

Every Sunday, Monday, Wednesday, Thursday and Saturday
12:00 noon to 3:00 pm
Resort Guests: Complimentary
Non Resort Guests: \$20.00 each
Meet in the Filberg Room



T-SHIRT PAINTING c

Challenge your child's creative painting skills. Choose from a selection of beach themed T-shirt designs to paint up their own wearable creation.

Mondays and Fridays | 3:00 pm to 4:30 pm
Wednesdays | 5:00 pm to 6:30 pm
Resort Guests: \$30.00 each
Non Resort Guests: \$40.00 each
Meet in the Filberg Room

YOGA f

Hatha Yoga is a gentle form of yoga that focuses on basic postures and breathing techniques. Suitable for all levels of fitness. Wear loose, comfortable clothing. Yoga mats and bottled water are provided. Please arrive 10 minutes prior to start time.

Tuesdays | 4:00 pm to 5:00 pm
Resort Guests: \$15.00 each
Non Resort Guests: \$25.00 each
Check with the Front Desk for location

DID YOU KNOW?

If you are staying with us, you can add to your experience by ordering in-room amenities. We offer: movie packages (which include: popcorn, candy & drinks) for a relaxing night in with the family; or artisan cheeses, fruit bowls, and wine to enjoy while cozying up to the fire. Please speak to the Front Desk for details.