

# ANANTARA VACATION CLUB FAMILY FUN PROGRAMME

## 安纳塔拉度假会家庭趣游计划

Anantara Vacation Club Mai Khao Phuket offers the ideal resort destination for families to indulge in fun, relaxation and memorable local experiences.

普吉岛迈考安纳塔拉度假会是家庭度假的理想目的地，全家人可以在这里尽情娱乐、放松，并体验难忘的当地体验。



ANANTARA  
VACATION CLUB  
MAI KHAO • PHUKET



儿童趣味活动

FUN FOR  
**KIDS**



## KIDS CLUB 儿童俱乐部

The Kids Club keeps little ones entertained with interesting activities and exciting adventures in a safe environment, while parents have the chance to relax and unwind at the nearby spa or beach. Children can enjoy arts & crafts, play energising indoor and outdoor games and make use of beachfront sports at our family-friendly resort.

儿童俱乐部在一个安全且健康的环境中提供各种有趣的活动和刺激的冒险体验，让孩子们愉快地玩耍；父母则可以在海滩边放松或尽情享受舒适的安纳塔拉水疗护理。孩子们还可以欣赏艺术和手工制品，在适合家庭的海滨度假酒店参加活力四射的室内外游戏。



## KIDS CLUB MEMBERSHIP 儿童俱乐部会籍

Join the Kids Club to access fantastic membership benefits throughout your stay. Kids will receive a branded adventure bag containing a cap, water bottle and Jakka keychain so everybody will recognize them as a member! You'll also get to enjoy a 50% discount on the tasty kids' menu items at the resort's food and beverage venues.

One child (under 12 years old)  
THB 600 net/per child

Membership benefits cannot be combined with other special offers

For reservations and more information, please visit the Kids Club Team or dial 0.

欢迎加入儿童俱乐部，并于入住期间享受丰富的会员福利。孩子们将收到一个包含帽子、水瓶和 Jakka 钥匙扣的品牌冒险包，让每个人都知道孩子们是儿童俱乐部的会员。您还可以在度假酒店内餐厅享儿童菜单 5 折的优惠。

一名儿童（12 岁以下）  
600 泰铢/每名儿童

会籍福利不可与其他特惠同时使用

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



RECOMMENDED!

## FUN PIZZA COOKING CLASS

### 披萨趣味制作班

Our Fun Pizza Cooking Class gives kids the chance to express themselves in the kitchen and develop a healthy interest in food. One of our fantastic chefs teaches Little Chefs to make their own yummy pizza!

The fun starts daily 2.00pm. – 3.00 pm.

THB 490++ per child, including Little Chef certificate with photo.

For reservations and more information, please visit the Kids Club Team or dial 0.

披萨趣味制作班能让孩子有机会在厨房表达自我，并发展孩子对食材和健康的兴趣。我们出色的厨师将教导小厨师们亲手制作美味的披萨！

每日下午 2 点至下午 3 点

每位儿童 490 泰铢++，包括附有照片的小厨师证书。

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

## KIDS THAI BOXING

### 儿童泰拳

Our friendly boxing coach turns fitness training into a playful activity to keep youngsters motivated and full of energy. Kids Thai Boxing is a fun and engaging activity that develops coordination, strength, flexibility and endurance, while boosting self-confidence!

The fun happens every day from 4.00 pm – 5.00 pm.

For reservations and more information, please visit the Kids Club Team or dial 0.

我们亲切的泰拳教练将健身训练变成有趣的活动，让孩子们兴致勃勃、精力充沛。儿童泰拳是增强体质的有趣运动，且需要全神贯注地积极参与其中，可以借此培养协调性、体力、灵活性和耐力，同时还能增强自信。

每日下午 4 点至下午 5 点

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。





## KIDS TENNIS LESSON 儿童网球课程

Tennis isn't the easiest sport for youngsters to learn, but if they start young - they're likely to become lifelong players. The best way for little ones to enjoy being active and learning new skills is for them to experience success with a Kids Tennis Lesson.

THB 1,000++ per child per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

网球并非最简单易学的运动，但若现在就让孩子们愉快地接触这项运动，也许有机会能让孩子们喜欢上这项运动！对孩子们来说，享受积极运动并学习新技能的最好方法，就是让他们在儿童网球课程中体验成功的乐趣。

每位儿童每小时 1,000 泰铢++

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

RECOMMENDED!

## ROCK CLIMBING WALL

### 攀岩墙

Test your strength on our Rock Climbing Walls. Adults and children alike can rise to meet the challenge of our outdoor wall, or your little ones can enjoy an indoor wall made exclusively for them. Rest assured, our team is trained in all safety aspects to keep climbers out of harm's way.

Hours of operation:

3.00 pm - 4.00 pm daily (Outdoor Wall)

4.00 pm - 5.00 pm daily. (Indoor Wall)

For reservations and more information, please visit the Kids Club Team or dial 0.

利用攀岩墙测试您的力量吧！大人小孩可以一同挑战我们的户外攀岩墙，小小孩则可以使用孩童专属的室内攀岩墙。我们的团队已接受安全方面的培训，以维护攀岩者的安全。

开放时间：

每日下午 3 点至下午 4 点（户外攀岩墙）

每日下午 4 点至下午 5 点（室内攀岩墙）

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。







## FAMILY CAMP OUT 家庭露营体验

Spend an evening getting in touch with nature – Anantara Vacation Club style. Enjoy a family camp out complete with tents, campfire, hot dogs and roasted marshmallows. Cap off the evening with some spooky tales by torchlight, then wake up in the morning and start your day with a gourmet breakfast.

Includes:

- Tent and bedding
- Chicken hot dogs and marshmallows
- Breakfast (served at Taurus or in a take-away box)
- Kids Gift Pack – with cap, water bottle, torch and insect repellent

THB 12,000++ per night (Max: 4 people)

For reservations and more information, please visit the Kids Club Team or dial 0.

家庭露营体验让您能够近距离与大自然接触，并度过高品质亲子时光！帐篷、萤火、热狗和烤棉花糖，在星光下入眠，并在一夜好眠后，以可口早餐展开美好的一天！

套餐包含：

- 帐篷和床组
- 鸡肉热狗和棉花糖
- 早餐（于Taurus餐厅享用或以外带盒方式打包）
- 儿童礼物组：包含帽子、水壶、手电筒和防蚊液

每晚12,000泰铢++（最多人数：4人）

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



## PICKLEBALL COURT 匹克球场

Pickleball is a fun sport for all age groups that combines elements of tennis, badminton, and ping-pong. It's played using a paddle and wiffle ball, and with its very simple rules, it makes for a great introductory sport – regardless of skill level. Experience the fun for yourself at Anantara Vacation Club Mai Khao Phuket's very own Pickleball Court!

- Available daily from: 9.00 am – 8.00 pm
- Reservations are required
- Equipment and facilities are provided free of charge

Need a partner? We're happy to play with you!

Partner: THB 800++ per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

匹克球是一项结合网球、羽毛球和乒乓球元素的运动，适合所有年龄层的参与。简易的规则让各种程度的玩家都能享受其中乐趣。在普吉岛迈考安纳塔拉度假会的匹克球场体验这项运动的乐趣吧！

- 每日上午9点至晚上8点开放
- 需进行预订
- 免费提供设备和场地

需要对打拍档吗？我们很高兴能和您对打！

匹克球拍档：每小时800泰铢++

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



## MINI-SOCIAL ARCHERY 迷你射箭活动

This 'mini' version of archery provides a child-friendly environment to get your children started quickly and easily. Let our trained staff introduce your little ones to archery concepts and skills through fun and safe activities rather than technical instruction. These activities also provide an alternative and complementary way of developing movement skills (such as coordination, balance, and strength), and personal, social and mental skills – and is suitable for all ages.

Available daily from 12.00 noon – 1.00 pm (for adults),  
and from 1.00 pm – 2.00 pm (for kids)

“迷你”版本的射箭活动提供儿童友好的环境，让您的孩子快速且轻松地学习。训练有素的工作人员将通过有趣和安全的活动提供您的孩子技术指导，并介绍射箭概念和技能等知识。此活动也提供发展协调、平衡和力量的技能，以及个人、社交和心理技能，适合所有年龄段之宾客参与。

每日中午12点至下午1点（成人）；每日下午1点至下午2点（儿童）。  
如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

For reservations and more information, please visit the Kids Club Team or dial 0.

## KIDS' BIRTHDAY PARTY PACKAGE 儿童生日派对套餐

Celebrate your little one's special day – in Anantara Vacation Club-style! Let us host your child's birthday party – and we'll make sure everything is just the way they want it. From decorations to fun games, we have everything you need to ensure that it will be a birthday celebration not soon forgotten!

Starting from THB 9,000++ per party  
inquire for more details  
(A minimum of 10 children is required. Piñatas available for additional cost.)

为孩子举办一场美好的生日派对，尽在安纳塔拉度假会！从可爱的装饰品到丰富的趣味游戏，我们将确保孩子在安纳塔拉度假会度过一个难忘且欢乐的生日时光。

派对价格为9,000泰铢++起  
敬请咨询我们了解更多详情  
(最少参加人数为10名儿童。可另提供皮纳塔，需额外收费。)

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



## KIDS CLUB ACTIVITIES 儿童俱乐部活动

Open daily and complimentary  
for in-house guests aged 4-12 years old.

Please scan qr code for more detail



Please note that:

- Daily activities may be cancelled or changed without prior notice due to insufficient participants or adverse weather conditions.
- Lunch is available with a chargeable per menu price.
- All activities are available on a first come, first served basis.

For reservations and more information, please visit the Kids Club Team or dial 0.

每日提供活动，免费为 4 至 12 岁的度假酒店宾客开放。

敬请扫码查看更多详情



请知悉:

- 每日活动可能因参加人数不足或天气条件而临时取消或更改。
- 可供应午餐，实际价格按菜单收费。
- 所有活动均遵守先到先得原则。

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

青少年趣味活动

FUN FOR  
**TEENS**



## TEENS, GET YOUR GAME ON AT THE TEEN ZONE 来青少年区寻找属于你的游戏吧!

Open daily and complimentary for in-house guests  
aged 8 – 16 years old.

Open daily from 10.00 am – 6.00 pm  
Located on the 2<sup>nd</sup> floor of the Kids Club.

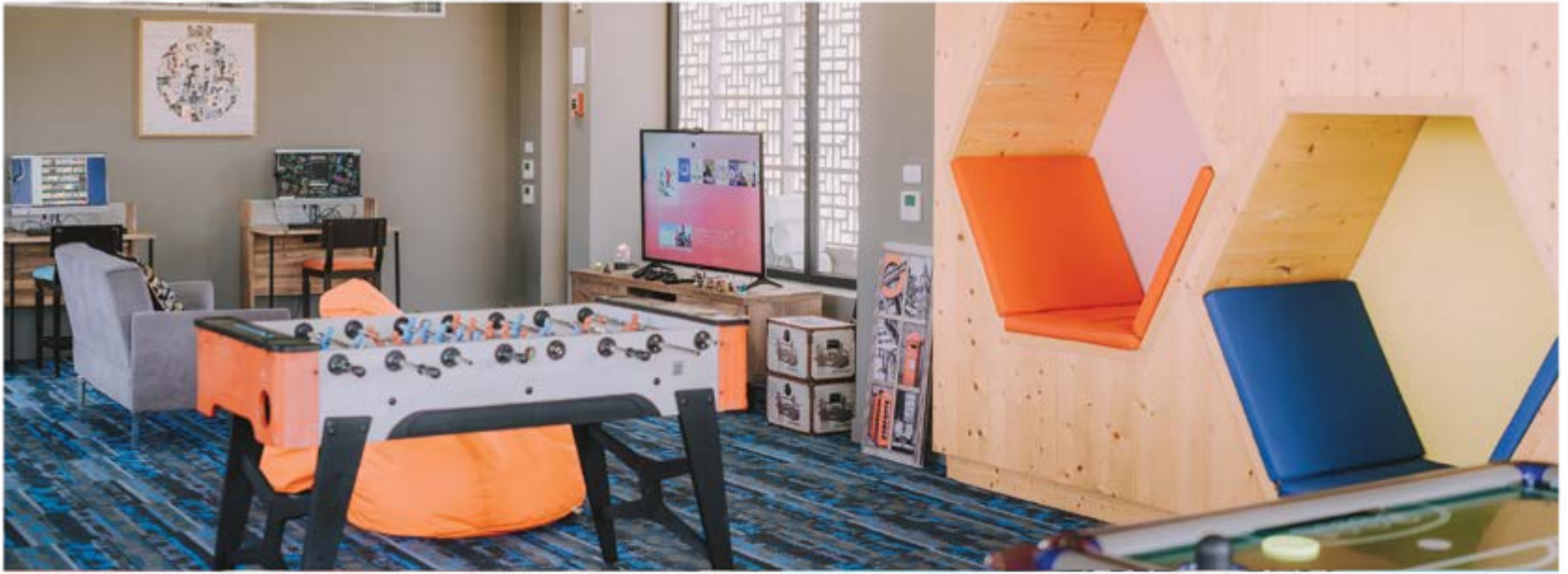
For reservations and more information, please visit the Kids Club Team or dial 0.

免费为 8 至 16 岁的度假酒店宾客每日开放。

开放时间：上午 10 点至晚上 6 点

位于 Jakka 俱乐部二层

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打 0。



## WHAT DOES THE TEEN ZONE OFFER? 青少年区提供哪些特色活动?

- Reading Area
  - Desktop Computers for Internet Use
  - Air Hockey Table
  - Play Station Games
  - Dance Night With Free Popcorn
  - Theme Night Twice a Week
  - Arcade Racing Simulator
- and much more...

- 阅读区
  - 可上网的桌上型电脑
  - 空气曲棍球台
  - PLAY STATION 游戏
  - 跳舞晚会及免费爆米花
  - 每周两次主题之夜
  - 赛车游戏机
- 以及更多精彩活动...



## TEEN ZONE MOVIE NIGHT 青少年区电影之夜

Snuggle up in a cosy spot next to fellow film fans, and enjoy a classic blockbuster or a modern crowd-pleaser, with refreshments on hand.

**Date:** Every Monday

**Venue:** Teen Zone

**Time:** 7.00 pm – 9.00 pm.

Free popcorn, soft drink and water.

依偎在舒适的小窝，旁边围着一群热爱电影的小伙伴们，一边欣赏经典大片或热门现代剧，一边品尝美味点心。

日期： 每周一

地点： 青少年区

时间： 晚上 7 点至晚上 9 点

免费提供爆米花、软饮和水

## TEEN ZONE DANCE NIGHT 跳舞晚会

Lace up your sneakers, and find out if you have what it takes, as you challenge your friends to a fun-filled dance off on PlayStation®4.

**Date:** Every Thursday

**Venue:** Teen Zone

**Time:** 7.00 pm – 8.30 pm

For reservations and more information, please visit the Kids Club Team or dial 0.

系好您的鞋带，来到充满欢乐青少年区，挑战 PlayStation®4 的舞蹈游戏！

活动日期： 每周四

地点： 青少年区

时间： 晚上 7 点至晚上 8 点半

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。





## TENNIS 网球

Tennis fans can enjoy a match at our modern sports facilities, regardless of the time of day or evening. Anantara Vacation Club Mai Khao Phuket serves tennis experiences for all levels of players. Tennis court, racquet and balls are complimentary.

Tennis Partner THB 800++ per person per hour  
Tennis Lesson THB 1,500++ per person per hour  
New can of 3 balls THB 500

For reservations and more information, please visit the Kids Club Team or dial 0.

全天任何时段，网球爱好者均可在绝佳的设施内享受比赛带来的乐趣。普吉岛迈考安纳塔拉度假会网球体验适合各水平的网球手。网球场、球拍和网球均免费提供。

网球拍档 每位每小时 800 泰铢++  
网球课程 1,500 泰铢++ / 每小时每位  
全新罐装 3 颗装网球 500 泰铢

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

适合各个年龄段  
客人的趣味活动

FUN FOR  
**ALL**

ACTIVATE ME  
激活自我





## LOCAL BIKE TOUR 当地骑行之旅

### IT'S NOT JUST ABOUT THE TRAILS!

What better way to see the beauty of Mai Khao close up than on a local bike tour. Imagine cycling along a quiet trail under the shade of rubber plantations while overlooking the clear blue waters of the Andaman Sea. Every cycling trip is a journey of discovery. Come and explore peaceful Mai Khao with us!

#### **Programme includes:**

Bike tour guru, cold towel and drinking water.

THB 500++ (approx. 90 minutes)

For reservations and more information, please visit the Kids Club Team or dial 0.

### 尽享树林、海景和骑行带来的乐趣!

有什么能比当地骑行更能近距离欣赏迈考美景的活动呢？想象一下，在橡树林的树荫下，沿着僻静的小路骑行，一边俯瞰着蔚蓝的安达曼海。每次骑行都是一次发现之旅。快来和我们一起探索宁静的迈考海景吧！

#### 项目包含：

骑行导览员、冷毛巾、饮用水

价格：500 泰铢++（约 90 分钟）

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



## DIVE-IN MOVIE 池畔电影

Enjoy a classic Dive-In Movie experience with a free, 3 times a week cinematic show held on a big screen by the pool. Enjoy the film while sitting poolside, or on comfy floating seats in the water. Complimentary popcorn is served and Happy Hour drinks are available until the movie finishes.

Every Tuesday, Friday and Saturday from 7.00 pm onwards

For reservations and more information, please visit the Kids Club Team or dial 0.

每周三次，享受泳池边经典露天大荧幕观影体验！坐在泳池畔或悠闲躺在浮动泳圈中享受水中电影。观影期间，宾客可享受免费爆米花及欢乐时光饮品优惠。

每周二、周五和周六晚上 7 点开始

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



## MUAY THAI EXPERIENCE 泰拳体验

Are you looking for an activity that is both challenging and rewarding? Muay Thai is a traditional martial art and combat sport native to Thailand, played out in a ring with two fighters. Learn the unique skills and techniques of this adrenaline-fuelled sport with our Muay Thai guru.

### **Programme includes:**

Personal Thai boxing training, Muay Thai shorts, cold towel and drinking water

### **Health benefits:**

Increased cardiovascular conditioning, leg strength, core strength, increased hip mobility and stress relief

THB 2,000++ per person per 90 minutes

For reservations and more information, please visit the Kids Club Team or dial 0.

您是否在寻找一项既富挑战性又收获颇丰的活动？泰拳起源于泰国，是一项传统武术及竞技体育运动，由两位选手在拳台上对战。跟随我们的泰拳大师来学习这一激动人心的运动的独特技巧和技术吧。

### **包含内容:**

私人泰拳训练、泰拳短裤、冷毛巾、饮用水

### **健康益处:**

增强心血管调节功能，增强腿部力量，增强核心力量，增强髋关节活动性能同时还能减轻身心压力

每位 2,000 泰铢++ (90 分钟)

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

# PRIVATE YOGA

## 私人瑜伽

Stretch, strengthen and tone muscles, as well as enhance flexibility and posture with our qualified Private Yoga Instructors.

Yoga is suitable for adults of all ages and fitness levels. The non-strenuous nature of our approach means that even those with physical limitations or little experience can join in and benefit. Our Hatha Yoga programme incorporates special techniques that bring a mind-body connection to this rewarding practice.

### **Programme includes:**

Qualified yoga training, cold towel and drinking water

Power Yoga THB 1,000++ per person per hour

Hatha Yoga THB 800++ per person per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

跟随我们的资深私人瑜伽教练来伸展、增强并调节您的肌肉功能，同时提升您的灵活性和动作姿态。

瑜伽适合各年龄段和各身型的成人。我们的训练方式让您感到轻松自在，让那些受身体条件限制或没有经验的宾客也能参与其中、从中获益。我们的哈达瑜伽项目融入了特别技巧，使大家通过有益的练习实现身心和谐。

### **包含内容:**

资深瑜伽训练、冷毛巾、饮用水。

力量瑜伽 每位每小时 1,000 泰铢++

哈达瑜伽 每位每小时 800 泰铢++

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。





## ACTIVE LIFE 健康生活套餐

Designed especially to enhance your health and well-being, as well as inspire inner energy and strength, our Active Life package is a unique combination of a physical fitness experience and a relaxing spa recovery.

### Programme includes:

Hatha Yoga or Muay Thai, aroma massage (90 minutes), cold towel and drinking water

Yoga + aroma massage THB 4,500++

Muay Thai + aroma massage THB 4,800++

For reservations and more information, please visit the Kids Club Team or dial 0.

我们推出的健康生活套餐，结合了健身体验与安纳塔拉水疗轻松焕活芳香按摩，独具特色，为提升您的健康水平，激发内在的能量和力量而设计。

### 项目包含：

瑜伽或泰拳、芳香按摩（90分钟）、冷毛巾、饮用水

瑜伽+芳香按摩 4,500 泰铢++

泰拳+芳香按摩 4,800 泰铢++

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。





## PERSONAL TRAINER 私人教练

### PUMP IT UP WITH OUR GYM GURU

Whether you want to lose weight, tone up or energise, let our personal trainer help design an individual exercise routine to help you reach your goals.

**Programme includes:**

Personal training, cold towel and drinking water

THB 800++ per person per hour

For reservations and more information, please visit the Kids Club Team or dial 0.

与健身教练一起动起来吧！

不论您是想瘦身、结实肌肉、塑造形体或增强活力，请让我们的私人教练为您设计一套个性化运动计划以帮助您达到训练目标吧！

项目包含：

私人训练、冷毛巾、饮用水

每位每小时 800 泰铢++

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。

## 3-DAY FAT BURNING 三日燃烧脂肪训练

If you're ready to get lean, a full body workout is a great way to get started. With our 3-Day Fat Burning programme, you will work out to tone up and learn a new routine to take home with you.

Day 1 : 90 minutes personal training & full body stretching/one hour abs exercises

Day 2 : 90 minutes personal training & 30 minutes abs exercises, plus one hour Ashtanga Yoga

Day 3 : 90 minutes personal training & one hour Thai boxing, plus 90 minutes sports massage

THB 12,000++ per person

### Programme includes:

3 days certified personal training, sports massage (90 minutes), Thai boxing shorts, cold towel and drinking water

Please note that:

- Reservations required at least 1 day in advance.
- Our programme offers customised workouts based on an initial assessment and your fitness needs.

For reservations and more information, please visit the Kids Club Team or dial 0.

如果您做好减掉一些体脂的准备，全身运动是很好的开始。通过我们的三日燃烧脂肪项目，您能够运动燃脂，并学习一套可以在家进行的燃脂动作。

第一天：私人训练 90 分钟和全身伸展 / 一小时腹肌训练

第二天：私人训练 90 分钟和 30 分钟腹肌训练，以及一小时 Ashtanga 瑜伽

第三天：私人训练 90 分钟和泰拳一小时，外加运动按摩 90 分钟

每位 12,000 泰铢++

项目包含：

每日专业认证教练一对一训练，运动按摩（90 分钟），泰拳短裤，冷毛巾和饮用水

请注意：

- 需要至少提前一天预约。
- 我们的项目会根据您的最初评估和健身需求，为您提供个性化的健身计划。

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打 0。





## FUN FOR ALL WEEKLY PROGRAMME 每周趣味活动项目 - 适合各年龄段

Whether you wish to discover a new passion, try a unique local experience, get fit or go on an adventure, Anantara Vacation Club Mai Khao Phuket offers a wide array of entertaining activities for you to choose from.

Please scan qr code for more detail



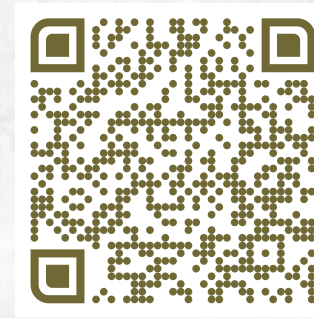
Please note that:

- All activities are available on a first come, first served basis.
- Activities may be cancelled without prior notice due to insufficient participants or adverse weather conditions.
- \* Additional charges may apply.

For reservations and more information, please visit the Kids Club Team or dial 0.

不论您希望尝试全新体验、探索独特的当地活动、保持体态或渴望冒险，普吉岛迈考安纳塔拉度假会将提供多种娱乐活动供您选择。

敬请扫码查看更多详情



温馨提示:

- 所有活动均采用先到先得的原则。
- 活动可能因参加人数不足或天气条件而临时取消或更改。

\*部分项目需收取额外费用。

如需进行预订或了解更多，敬请联系儿童俱乐部团队或拨打0。



LIFE IS A JOURNEY.