

# AMANZO'E



Family Experience Guide





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## The Amanzoe Experience

Amanzoe embraces families and children of all ages with a diverse array of daily activities, from hands-on adventures opening eyes to the wonders of the natural world to local arts, crafts and dance sessions encouraging creative expression.

In our diverse and detailed programme, workshops explore the culinary arts, wellness sessions promote harmony and several hubs – from our own bostani garden to the Games Room and Beach Club – offer engaging settings in which to expand the mind and inspire the creative spirit.

For further information about any of the activities mentioned in this guide, please contact our Guest Assistant team.







## Nature & Conservation

From aubergines and tomatoes to famed Peloponnese melons, Amanzoe's very own bostani garden provides budding botanists and environmentalists an insight into the region's rich bounty.

### Little Gardeners

LOCATION: Bostani

TIME: Weekly

Join our Head Gardener for an interactive tour exploring the bostani garden's fruits and vegetables. Learning about sustainable ingredient sourcing, little ones will help harvest fresh produce or plant seeds with expert guidance.

### Little Botanologists

LOCATION: Bostani

TIME: Daily, one hour

*Up to three children*

Children can become little botanists with our Head Gardener, exploring the garden's flowers, herbs and foliage. Alongside a guided picking tour, they will hear fascinating stories about our natural world and finish with a hands-on craft session using lavender, rosemary and wheat. A fun and educational experience.



## Arts & Culture

Inspired by Amanzoe's picturesque surrounds, children can learn local arts such as Greek dancing, design their own ceramic creations or learn from professional artists in private lessons.

### The Art of Ceramics

LOCATION: Amanzoe's Ceramic Studio

TIME: On request

Discover the intricate art of ceramics in this hands-on workshop suitable for both children and adults alike. Shape and mould your own creations before painting them in a variety of vibrant hues – the perfect token of your time at Amanzoe.

### Greek Dancing

LOCATION: Games Room / Pavillion Terrace

TIME: On request

Little ones aged six to 12 can experience the expressive joy of Greek dancing at the Games Room or on their own private terrace. Led by local instructors, sessions can be family-friendly, offering both an energising and culturally inspiring experience.







## Culinary Discovery

From an all-encompassing trip to a local farm to a mocktail mixology session, little chefs will embrace Amanzoe's array of culinary experiences, tailored especially for developing tastebuds.

### Farmhouse Cooking Class

LOCATION: Giagia's Family Farm

TIME: On request, 90 minutes

*Suitable for children aged four-12. Children must be accompanied by a parent/guardian.*

Close to Amanzoe, a traditional farmhouse rests in a picturesque valley, surrounded by orchards, groves and fields tilled as they have been for centuries. Children can collect eggs, feed the farm animals and learn to prepare cookies with the farmer and his family in a hands-on cooking class.

### Marshmallow Toasting

LOCATION: Bar

TIME: On request

*Suitable for children aged five and above.*

Roasting marshmallows is a timeless activity for little ones hosted at the Bar Terrace. With adult help, they toast them over a gentle fire and enjoy their moreish texture with chocolate and crackers.

### Children's Mocktail Making

LOCATION: Games Room

TIME: On request

*Suitable for children aged six and above.*

Hosted at the Games Room, this hands-on session invites young mixologists to craft their own non-alcoholic creations. Learning about flavours and garnishes, they will unleash their creativity in a playful, interactive session designed to encourage imagination.

### Blind Juice Tasting

LOCATION: Games Room

TIME: On request

*Suitable for children aged three and above.*

Little ones are invited to test their developing palettes in the Games Room as they sample a variety of fresh juices, guessing the flavours and awakening the taste buds.









# Junior Wellness

Wellness is not just for adults. In our Spa, special junior treatments relax active minds while swimming, tennis and yoga lessons help them hone their skills and grow in confidence.

## Swimming

LOCATION: Main Pool or Beach Club

TIME: On request, 60 or 90 minutes

*Suitable for children aged five to 15.*

Guided by experienced instructors in a safe and welcoming environment, our 60- or 90-minute swimming lessons are designed to enhance their skills, water safety knowledge and contribute to overall comfort in the pool.

## Tennis

LOCATION: Tennis Courts

TIME: On request, one hour

*Suitable for children aged five to 15.*

Led by professional coaches, our children’s tennis sessions focus on developing coordination, technique and an overall love for the game through age-appropriate drills and games.

## Little Yogis

LOCATION: Spa

TIME: On request, 30 minutes

*Suitable for children aged five to 15.*

This unique experience introduces children to the fundamentals of yoga through playful poses, guided breathing and storytelling. Calming the mind, sessions aim to foster an enhanced sense of both physical and mental wellbeing – important for guests of all ages.

## Natural Olive Oil Massage

LOCATION: Spa

TIME: On request, 30 minutes

*Suitable for children aged five to 15.*

Deeply relaxing for body and mind, this soothing full body treatment helps soothe dehydrated skin using locally sourced olive oil, perfect after a day spent in the sun.



## Junior Mani/Pedi

LOCATION: Spa

TIME: On request, 30 minutes

*Suitable for children aged five to 15.*

Invite little ones to experience the joys of self-care with a choice of mini-manicure, pedicure or mani-pedi in the spa's serene surrounds.

## Chocolate Therapy

LOCATION: Spa

TIME: On request, 40 minutes

*Suitable for children aged five to 15.*

A unique and nourishing experience designed to introduce teens to the healing powers of the spa, this playful treatment features a luxurious body mask made from a mixture of cocoa powder and water. As the mask is applied, a gentle massage enhances relaxation and calms the mind.

## Hair Braiding & Styling

LOCATION: Spa Salon

TIME: On request, one hour

From playful braids for a day of adventures to elegant hairstyles for any occasion, let little ones enjoy a creative hair experience with our expert stylists.







## Games & Entertainment

Open all day from 9am, Amanzoe's games room appeals to the young and the young at heart with its extensive collection of books, puzzles, boardgames and other forms of entertainment, while the cinema lounge offers a broad range of movies, TV series and documentaries for those wishing to escape the sun. Drinks and snacks are also available on a complimentary basis.

### Movie Time

LOCATION: Games Room

TIME: On request

Cosy up in the safety and comfort of our cinema lounge for a family-friendly movie night complete with drinks and snacks.

### Survivor Challenge

LOCATION: Beach Club

TIME: Weekly, depending on occupancy

Our Children Animator team organise this weekly event, bringing together children of all ages on the sand for friendly, competitive challenges ranging from obstacle racing to games testing balance and agility.



## Amanzoe Adventures

Children are encouraged to enjoy Amanzoe's surrounds, from horse riding on the beach to discovering the underwater world of the Aegean Sea.

### Water Sports

LOCATION: Beach Club

TIME: On request

From Amanzoe's Beach Club, children can take part in a choice of enthralling water sports including snorkelling, windsurfing, kayaking and paddleboarding. Motorised water sports and island-hopping boat adventures can also be arranged for an additional fee, offering unrivalled exploration of the Aegean.

### Horse Riding

LOCATION: JM Arabians Stables

TIME: On request

Explore a nearby Arabian horse farm to take part in riding lessons or simply visit the stables to feed the horses. Visitors are invited to witness captivating shows featuring one or two magnificent horses.

### Scuba Diving

LOCATION: Porto Heli Beach or Amanzoe Beach Club

TIME: On request

For budding ocean explorers, Amanzoe can arrange small group scuba diving sessions departing from the nearby shores of Porto Heli's beaches. Experienced guides tailor sessions for children of all levels and abilities. Private sessions can also be arranged upon request.

### Underwater Bubble Making

LOCATION: Porto Heli Beach, Amanzoe Beach Club or Villa Pools (for Villa guests only)

TIME: On request

*Suitable for children aged eight and above.*

Invite little ocean explorers to discovery the underwater world, blowing flurries of bubbles while scuba diving in shallow water. A memorable activity for groups and families.







# Children Safety, Behaviour & Vacation Guide

Here are some simple guidelines to help families with children enjoy their time to the utmost, while ensuring a safe and peaceful environment for everyone.

## Fire Pit Area

At the resort, children are not allowed around the firepit during sunset hours, as the atmosphere is contemplative at that particular time. Families are kindly invited to enjoy the lounge area on the bar terrace or the Main Pool lounge area.

## General Behaviour Rules

- Keep voices at a friendly and calm level, especially in shared spaces like restaurants and lounges.
- Be mindful of other guests who might be relaxing or enjoying quiet time.
- For the safety and comfort of all, parents/caretakers are requested to look after their children at all times.

## Pool Safety Rules

- At the Beach Club, the first two pools are no-splash pools. Please use the third pool if you wish to add some more action to your swim.
- Never swim alone. Always have a parent or guardian watching you.
- No running around the pool area to prevent slips and falls.
- Be aware of the water depth before entering the pool.
- Reach out to the Service team or the Lifeguard right away should you require any assistance.

## Participate Positively & Be a Role Model

- Join in on children activities and make new friends with a friendly attitude.
- Listen carefully to instructions from our Children Animators or lifeguards.
- Share toys, games and equipment with others.
- Show younger children how to be respectful and kind.

*Thank you for following these rules.*





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