



TEENS ACTIVITIES

Welcome to our Teen Activity Programme, a dynamic blend of education, sports, marine exploration, and pure fun.

In our programme, we believe that learning should be an exciting adventure. Our educational component offers a wide range of workshops and hands-on experiences that will spark your curiosity and ignite your love for knowledge.

For those with a competitive edge, our sports activities provide an opportunity to break a sweat and improve your skills.



Footprints



BILLIARDS

Show off your cue skills and precision on the billiards table by strategizing your shots to outscore your opponents in a friendly game.

Billiard is available daily at Portico. Billiard competition are available during wet weather activations.

TABATA/ HIIT/ CROSSFIT

HIIT (High Intensity Interval Training) is a workout that aims to yield the most benefits in a short amount of time. For each exercise, you do eight rounds of 20 seconds of strenuous exercise, followed by 10 seconds of rest.

Weekly scheduled complimentary activity.



BEACH BOOTCAMP

Interval training with a mix of aerobic, strength training, and speed elements in the most scenic of settings.

Weekly scheduled complimentary activity.

3KM RUN

Lace up your running shoes and challenge yourself to a 3-kilometre run, exploring the scenic paths and trails around the island.

Weekly scheduled complimentary activity.

BADMINTON

Grab a racket and join a friendly game of badminton, testing your agility and precision as you volley the shuttle back and forth over the net.

Weekly scheduled complimentary activity.

BEACH FOOTBALL AT PATINA

Unleash your soccer skills on the sandy pitch as you enjoy a fun-filled game of beach football with friends and fellow guests.

Weekly scheduled complimentary activity.

PADEL & TENNIS CLASSES AND TOURNAMENTS

Learn and improve your tennis and padel skills through professionally hosted classes and tournaments.

Weekly scheduled complimentary activity. Private session USD 180 per participant.*

MAT PILATES

Improve flexibility, muscle tone, body balance, spinal support, and lower back health with these sessions, perfect for those who want to try Pilates workouts.

Weekly scheduled complimentary activity.



FUNCTIONAL TRAINING

This programme focuses on movements that help you function better in your daily life. Functional training primarily includes weight-bearing activities that target the core muscles of the abdomen, promoting overall fitness.

Weekly scheduled complimentary activity.

DODGEBALL

Gear up for an action-packed dodge-ball match, strategically dodging and throwing balls at your opponents, aiming for accurate shots and quick reflexes to eliminate players from the opposing team.

Weekly scheduled complimentary activity.

FOOSBALL

Join the resort foosball tournaments and skillfully guide your team of miniature players to score goals and defeat your opponents in a tabletop soccer showdown.

Foosball is available daily at Portico. Foosball competition are available during wet weather activations.

BEACH VOLLEYBALL

Feel the sand between your toes in a thrilling game of beach volleyball, diving, spiking, and setting the ball to outwit your opponents and claim victory.

Weekly scheduled complimentary activity.

SUPER STRETCH

Learn how to release stiffness in your body with these easy-to-follow stretching techniques aimed at increasing flexibility and joint range-of-motion.

Weekly scheduled complimentary activity.



*All prices are in USD, subject to 10% service charge and 16% TGST

Activities are subject to availability and are based on the standard weekly schedule, dependent on weather conditions.



BANANA BOAT RIDE FUNTUBE

Hold on tight as you ride the waves on a thrilling banana boat or fun tube, speeding across the water with friends, experiencing twists and turns for an exciting and exhilarating water sport activity.

*Banana Boat Ride: 20 minutes
Funtube: 15 minutes
Minimum participants: 2 or more
USD 75* per participant*

WATER POLO

Jump into the pool and take part in an exhilarating game of water polo, showcasing your swimming skills and teamwork as you aim to score goals against the opposing team.

Weekly scheduled complimentary activity.

CATAMARAN SAILING LESSONS

Designed especially for young explorers, this engaging activity offers a hands-on introduction to the art of sailing. Under the guidance of our experienced instructors, you will delve into the fundamentals of sailing with precision and skill.

*Available upon request
Minimum participants: 2
USD 200* per participant per hour*

SNORKELLING TRIP

Take off on an underwater adventure by with a guided snorkelling trip. Explore vibrant coral reefs, encounter colourful fish, and marvel at the beauty of the Maldivian marine life.

*Available upon request
Minimum participants: 10
Starting from USD 130* per participant*

TEENS DISCOVERY DIVE

Dive into Discovery! Teens, join us for an exhilarating dive lesson in the pool led by expert trainers. Uncover the secrets of underwater exploration while mastering essential skills.

Weekly scheduled complimentary activity.

WINDSURF LESSONS

Embark on an exhilarating windsurfing adventure with our skilled instructors. Master wind control and gliding techniques for an unforgettable aquatic experience.

*Available upon request
USD 180* per private lesson*

AQUA BIKE

Aqua spin, also known as Aqua cycling is the combination of water sports and cycling sports. It is a total-body results-driven workout that's so much more than pedalling your legs underwater.

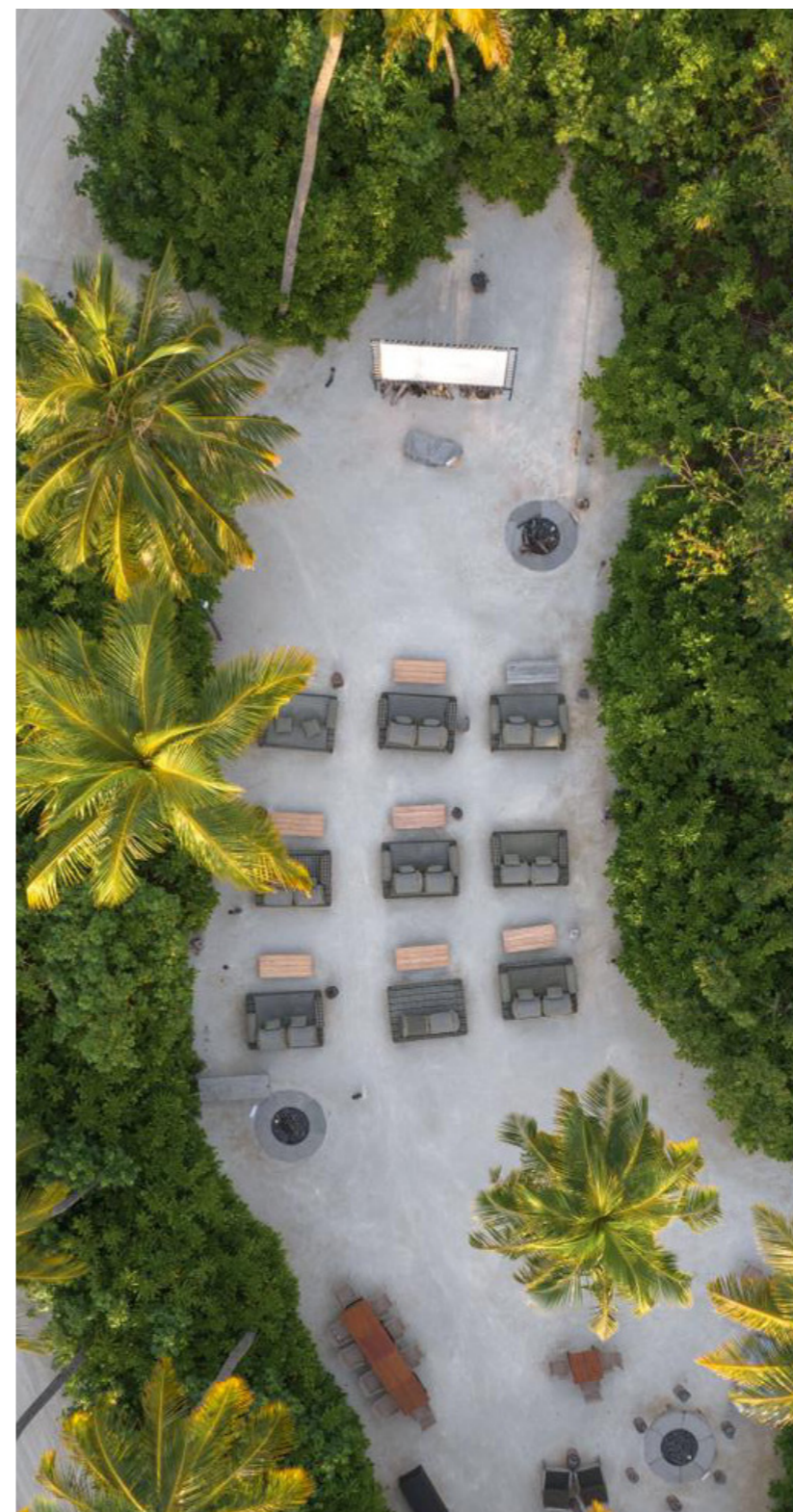
*Weekly scheduled complimentary activity.
USD 90* per participant per hour*



TEENS PHOTOGRAPHY CLASS

Join a photography class led by our island professionals. Learn about composition, lighting, and editing techniques, and explore the island while capturing stunning images.

Available upon request.



BODUBERU

Boduberu is a native Maldivian drum that brings occasions and communities together. Our Boduberu Pros will help you learn and appreciate this traditional instrument, culminating in a thrilling performance.

Maldivian day, every Friday at 3 p.m.

FAMILY MOVIE NIGHT AT CAMPFIRE

Experience movies outdoors at a secluded sandy spot with popcorn, blockbusters, and a cosy setup away from the shore.

Weekly scheduled complimentary activity.



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CORAL CERAMICS WORKSHOP

Experimenting with a new coral restoration technique where you can build your own ceramic devices to aid coral growth. Our resident marine biologist will guide you step by step in creating your own ceramic devices, which will later be placed in the Fari lagoon to grow corals.

*Weekly scheduled complimentary activity.
Parental supervision is required during the activity.*

CULTURAL AMBASSADOR SESSIONS

Explore the vibrant heart of our island's heritage with our Cultural Ambassador Sessions, a captivating journey into the Maldives' history, captivating art, and lush natural wonders.

Weekly scheduled complimentary activity.

GHOST NET BRACELET WORKSHOP

Ghost nets are derelict fishing nets—fishing nets that have been abandoned, lost, or discarded at sea. Often found entangled on reefs and among marine species, these nets pose a deadly threat to marine life. Our marine biologist will guide you through an interactive workshop to create a bracelet using ghost nets collected from beach and reef clean-ups.

Weekly scheduled complimentary activity.

BUILD YOUR OWN CORAL REEF

Make a positive impact! Join our coral seeding project with a personalised frame and nametags. Follow our biologist's guidance from seeding to planting in the lagoon. Receive quarterly updates and witness your coral thrive!

*Coral Adoption with our marine biologist is available on request.
Price: USD 150* participant*

MARINE TALK

Want to know what you're going to see while you're snorkelling in our wonderful house reef? Check in with our marine biologist and learn more about famous inhabitants of the Maldives.

Join Fari Marine Talk every Sunday, Tuesday, and Thursday at 4:00 p.m.



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