

RACV Cape Schanck Resort

Mornington Peninsula

LEISURE GAMES & ACTIVITIES





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Games Room

Games Room Activities

Hire out the entire Games Room, consisting of arcade games, table tennis, pool table and shuffle board. A projector is also available for TV or movie viewing. Drink packages may also be included for an additional cost.

Price: \$2000 minimum spend (additional cost for cleaning if required)

Duration: 60 to 120 minutes

Numbers: Maximum 100 people

Inclusions: Unlimited use of games, fully staffed bar and exclusive use of games room*.

*Please note that the Games room is only available for exclusive use if you have booked Mantellina exclusively or after Mantellina dinner service concludes.



Wellbeing Activities

Yoga Class

The practice of Yoga combines breathing, postures and relaxation, revitalising body and mind. Yoga is a great way to relieve stress, improve concentration and develop flexibility and strength.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum of 10 people or \$250 per session

Inclusions: Yoga mats and yoga instructor



One Lifestyle RPM Group Cycling

RPM is the best indoor cycling class available. Take on the terrain with your inspiring instructor who leads your peloton through hills, flats, mountain peaks, speed work and interval training. You'll certainly discover your athlete within – sweat and burn to reach your endorphin high.

Price: \$25 per person

Duration: 60 minutes

Numbers: 10 to 12 people

Inclusions: Bicycles and instructor



HIIT

HIIT or High Intensity Interval Training. The new style of Circuit Training, Alternates between short periods high intensity exercise and periods of rest. Workouts can include Boxing, Weights and Body Weight Training. Sessions can be made to suit all levels of fitness.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum of 10 people

Inclusions: All equipment and instructor

Mat Pilates

Looking to improve strength and flexibility? Then Mat Pilates is the session for you! Using a combination of stretching and strengthening exercises to give your full body a complete workout. Sessions can be slowed down to improve your flexibility or crank it up to really get your core firing.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum of 10 people

Inclusions: All equipment and instructor

Classes are suitable for all skill levels.



Indoor Activities

Cocktail Making Class

Learn how to make two cocktails and one mocktail with our head bartender.

Price: \$50 per person (min spend \$200)

Duration: 60 minutes

Numbers: Maximum of 10 people

Inclusions: Recipe cards on cocktails made and a few more recipes to try at home

Mornington Peninsula Wine Education Session

This will take place in one of our private event spaces. Our Sommelier can either take the group through a Peninsula Wine Session or a Wine Fundamentals Session.

Price: \$80 per person

Duration: 120 minutes

Numbers: Minimum of 10 people or \$800 per session

Inclusions: A guided informative tasting of 8 different wines and chefs' selection of dips and bread.

Activities for 18+ participants only



Outdoor Activities

Bocce

Bocce is a ball sport belonging to the boules family where players are permitted to throw the ball in the air using an underarm action. This is generally used to knock either the jack or another ball away to attain a more favourable position. Tactics can get quite complex when players have enough control over the ball to throw or roll it accurately. Bocce is a competitive game of skill and stimulates good fellowship among players.

Price: Complimentary

Duration: 60 minutes

Numbers: Minimum 2 people

Inclusions: Bocce equipment and exclusive use of bocce court



Tennis

Tennis can be played individually against a single opponent (singles) or between two teams of two players each (doubles) across our 3 tennis courts.

Price: Complimentary

Duration: 60 minutes

Numbers: Minimum 2 people

Inclusions: Up to 12 tennis rackets and exclusive use of tennis court/s required

*Max 20 people per activity. Larger groups can be tailored for upon request



Team Building Activities

The team building activities are fun for any size group. The activities will challenge individuals to unite together to accomplish tasks, encourage communication and reach goals. Each team building activity can also be tailored to your group. Please contact your Conference and Events Coordinator for further information on the below activities.

Amazing Race

An epic strategic Amazing Race across the gorgeous grounds of RACV Cape Schanck that gets everyone involved in the fun! Teams must compete in a variety of challenges to collect points and win the day; however, this race isn't about speed - it's about strategy!

In It To Win It

Compete in a series of high octane, team orientated, challenging games based on the hit TV show 'A Minute to Win It'. A In It to Win It is one of the most popular indoor team building options for a reason! The group is broken up into teams of 6-8 and compete to win in a series of fun, challenging and strategic games.

Segway Olympics

Amazing, unique, interactive and totally fun! Teams will work together to complete various fun adventure-based challenges whilst riding the amazing Segway. Challenges include; Giant Slalom, Egg & Spoon, Top Shot, Precision, Clumsy Waiter, Gauntlet, Puzzle Frenzy and much more.

Laser Clay

Clays flying overhead, the sound of shotgun blasts, your team cheering as you score a direct hit! This activity is a fun, totally safe and interactive spin on clay pigeon shooting. Participants will test their speed, concentration and predictive skills by firing a modified shotgun's high-tech infrared laser at the target. Victory relies on skill, a little bit of luck and lots of fun.

Team building activities are suitable for all skill levels.



Golf Activities

Coaching Clinics

Provided by our qualified PGA Professional. We can provide coaching for all skill levels.

Price: From \$15 per person

Duration: 60 minutes

Numbers: Minimum of 8 people. Maximum of 15 people

Inclusions: Includes golf clubs and golf balls if required

Monster Putt Putting Challenge

Putting competition run by a golf professional. Group will take it in turns of putting their ball closest to the hole or an object. The closest ball wins.

Price: From \$15 per person

Duration: 60 minutes

Numbers: Minimum of 8 people. Maximum of 15 people

Inclusions: Includes golf clubs and golf balls if required

Golf Cart Rally

Teams are arranged and race through an obstacle course in a golf cart. The fastest team wins.

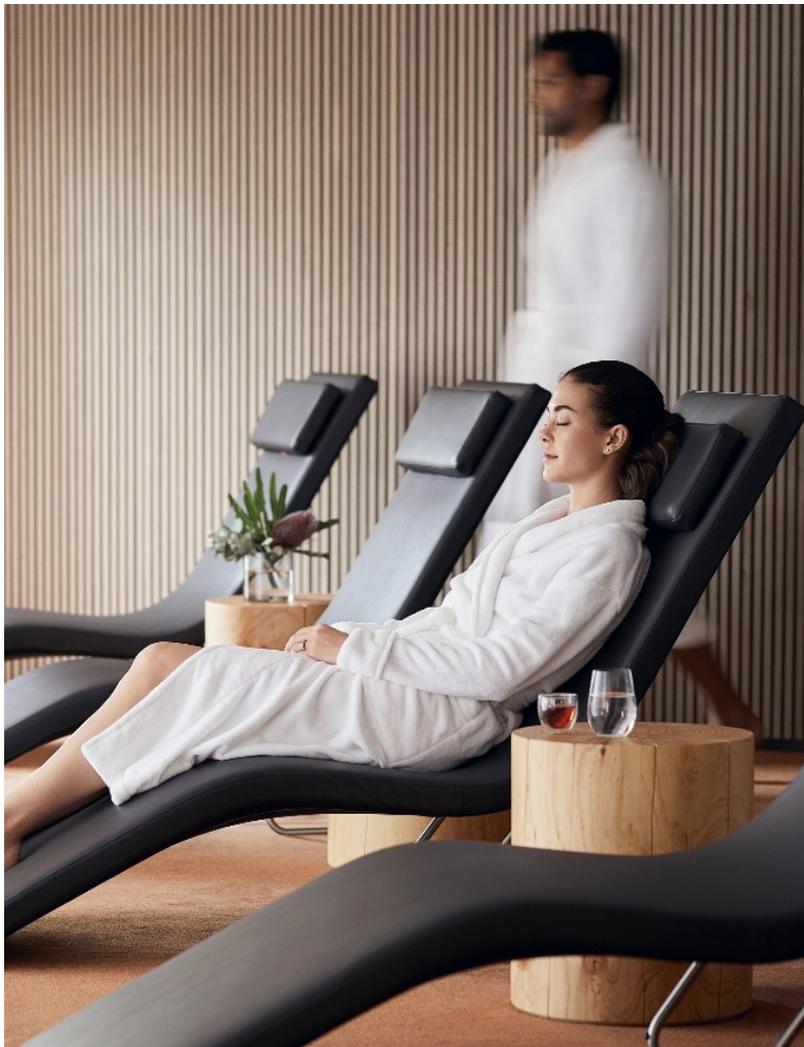
Price: From \$15 per person

Duration: 60 minutes

Numbers: Minimum of 15 people. Maximum of 30 people

Inclusions: Includes putters, golf balls, access to practice green and a golf professional

Activities can run at the same time and are suitable for all skill levels.



One Spa

What better way to indulge your delegates than in our day spa – ‘One Spa’. Group treatments can be tailored to your needs.

Express Pamper Treatments

Treatment options include massage, facial, full body exfoliation, manicures and pedicures.

Duration: 30 to 60 minutes

Price: From \$50 per person

Corporate Groups: Breakout Massage Treatments

Allow us to take the stress out of organising some pampering for your delegates by having a therapist come to you during your conference. Performing seated neck and shoulder massages during your conference breaks allows our therapists to look after your group without comprising on time.

Price: \$160 per therapist, per hour

Hamam Bathing

Experience our state-of-the-art water therapy facilities at One Spa Cape Schanck Resort. Relax and unwind in the Hamam Bathing area that features a hydrotherapy pool, vitality pool, thermal stone steam room and immersive showers.

Price: \$25 per person

Duration: Up to 2 hours



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