

RACV Torquay Resort

Leisure Games & Activities





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Games Room

The One Lifestyle Fitness Centre at RACV Torquay Resort provides a range of invigorating fitness, team building and wellbeing services.

Your delegates will be rejuvenated by our wellbeing services and challenged by our fitness and team building activities, which are all delivered by our motivating and enthusiastic fitness professionals.

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: \$300

(additional cost for cleaning if required)

Duration: 60 to 120 minutes

Numbers: Maximum 100 people



One Lifestyle Wellbeing

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. One Lifestyle can provide a towel and water/Gatorade at an additional cost.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum cost \$250

Meditation

Meditation offers participants the opportunity to calm the mind and release tension from the body. By drawing from a range of traditions and techniques this class can be a great introduction for beginners and offer inspiration and consolidation for experienced meditation practitioners.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum cost \$250

Spin Group Cycling

Spin 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: Minimum cost \$250
(max 26 people)

Tai Chi

The slow, circular movements of Tai Chi strengthen all parts of the body and improve flexibility, coordination and balance. Tai Chi incorporate foundation training to strengthen the body, exercises to calm the mind and develop the breath, and movements to improve balance and posture.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum cost \$250

Classes are suitable for all skill levels.



One Lifestyle Outdoor

Finska and Bocce

Finska is the addictive log-tossing game from Finland and will provide genuine entertainment. A race to exactly 50 points, where every game is different, Finska requires both strategy and skill to defeat your opponent and claim victory.

Bocce is a competitive game of skill. It sharpens the reflexes and judgement – and stimulates good fellowship among players.

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum cost \$250*

Dodge Ball Tournament

Dodgeball is a game in which players on two teams try to throw soft balls at each other while avoiding being hit themselves. The main objective of each team is to eliminate all members of the opposing team by hitting them with a thrown ball, catching a ball thrown by a member of the opposing team, or forcing an opposing player to move outside the court boundaries when a ball is thrown at them. Its great fun and far safer than it sounds!

Price: \$25 per person

Duration: 60 minutes

Numbers: Minimum cost \$160*

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



Sport Round Robin

Tennis, Netball and/or Basketball

One Lifestyle sports round robins are fun and fair; a great way to break up the day or as an evening activity under lights. The round robins are fully inclusive. We provide; team bibs, balls, umpires, event staff and light refreshments.

Price: \$25 per person

Duration: 60 to 120 minutes (depending on numbers)

Netball: Minimum 14 people

Basketball: Minimum 10 people

Tennis: Min 4 people, max 16 people

Court Hire

Hire out the Tennis Court space and plan your own activities. 1-2 hours, includes equipment

Price: \$250

Running and Walking Groups

Our morning run and walks will take your private group on Australia's most scenic running and walking route along world famous beaches; Torquay, Jan Juc and Bells Beach. Watch the sunrise over the ocean as your group revitalises body and mind all before sitting down at breakfast.

For each group One Lifestyle will provide a local first aid trained fitness professional to guide the group.

Price: \$20 per person

Duration: 60 minutes

Numbers: Minimum cost \$160*

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



Team Building

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.

Human Knot

Everyone creates a circle and joins hands with two people opposite them, where the aim is to then undo the 'knot' with everyone holding hands in a circle again.

Leading the Blind

In pairs (or small groups), one person is blind folded and must navigate their way through an obstacle course while their partner is on the side giving instructions.

Concentration

Divided into two groups, one group will turn around and change ten things about them (e.g. accessories) then the other group must correctly guess what has changed.

Price: \$25 per person

Duration: 60 minutes

Numbers: Min cost \$250 (max 100 people)



Practice Area Activities

Putting Challenge

- 9 Holes – The best score after 9 holes
- Elimination – Eliminate competitor by shooting a lower score
- Knockout – Player vs player tournament

Price: \$25 per person

People: up to 20 per session

Equipment: Includes putters / balls / access to practice green

Duration: 60 minutes

Ages: We can cater for all ages

Recommended Additions: Prizes from Golf Shop
Beverage packages available on request.



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

Performing seated neck and shoulder massages during your conference breaks allows our therapists to look after your group without comprising on time.

Duration: 60 minutes

Price: \$160 per therapist, per hour

Hamмам Bathing

Experience our state of the art water therapy facilities exclusive to One Spa Torquay Resort. Relax and unwind in the Hammam Bathing area that features a hydrotherapy pool, floatation pool, thermal stone room, steam room and experiential showers.

Duration: Up to 2 hours

Price: \$25 per person



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