

# PLAYGROUND FOR ALL

## RECREATIONAL ACTIVITIES



**Niyama Private Islands Maldives**

Dhaalu Atoll, P.O. Box 2002, Republic of Maldives

T: +960 676 22 22

E: [info.pniy@niyama.com](mailto:info.pniy@niyama.com)



# PLAYGROUND FOR ALL

Your Niyama family only wishes you to have a most memorable island getaway thus, we strive to create a wide range of indoor and outdoor activities. No matter what your interests may be, we have a wide range of recreational activities to ensure that everyone is entertained and excited throughout the stay.

Be a pro with our professional-led painting and craft classes, or enjoy a movie under the stars for a truly cinematic experience. For those who are seeking a challenge, our tennis court is perfect for testing your skills against our resident expert. And if you're socially conscious, take part in our exclusive sustainability project - coral adoption - and contribute to reef conservation efforts.



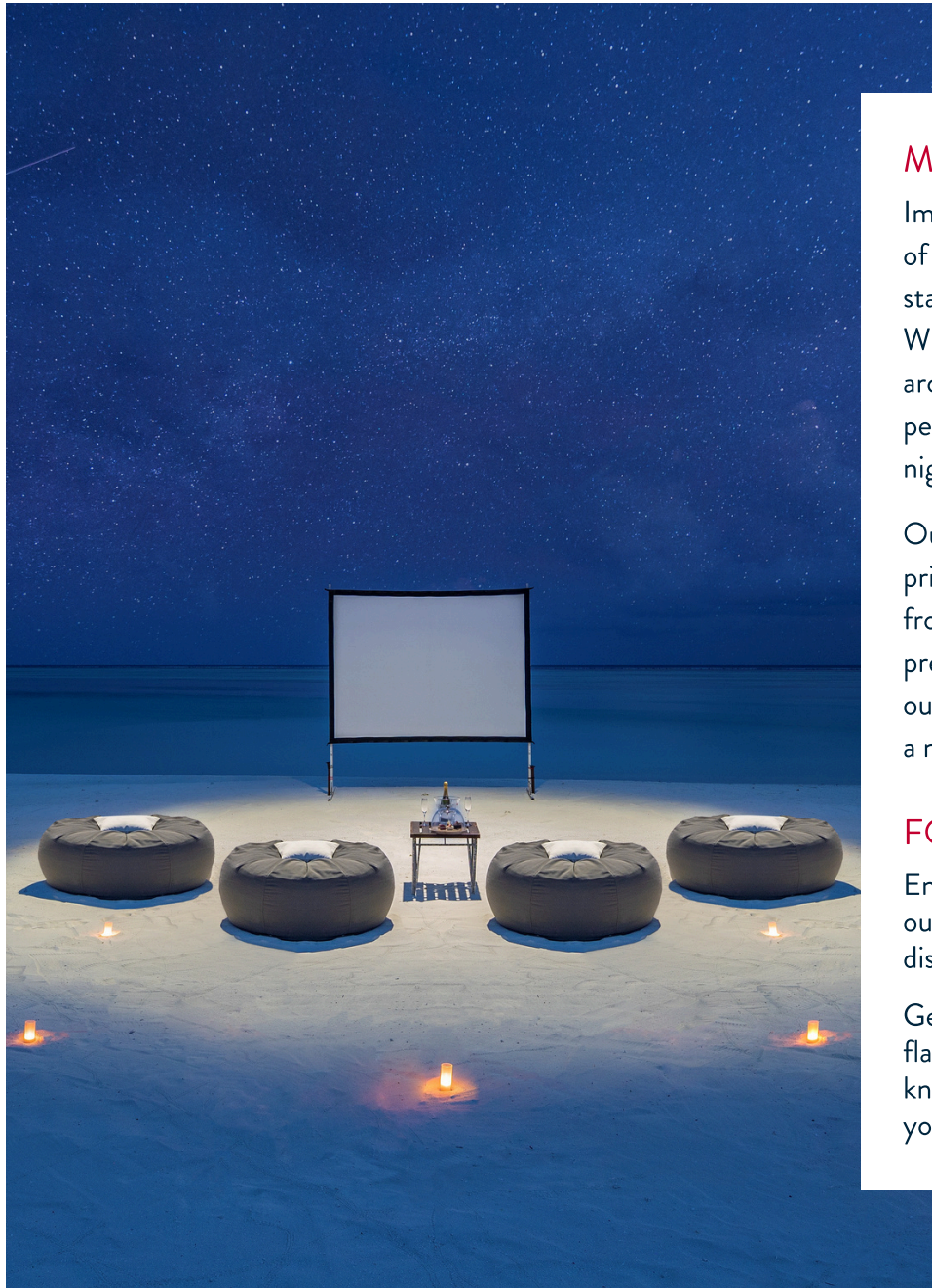




**LAND**







## MOVIE UNDER THE STARS

Imagine yourself surrounded by the elements of nature, under a velvety sky twinkling with stars, while indulging in your favourite movie! With captivating storylines and natural beauty around you, this enchanting experience is perfect for a romantic date or a fun-filled night with your friends and family.

Our private screening setup ensures complete privacy and cosiness, allowing you to choose from a variety of movie genres - whether you prefer romance, action, or timeless classics, our movie under the stars experience promises a night to remember.

## FOODPLAY

Enjoy a unique experience as you take part in our culinary sessions and be a chef of your own dish!

Get inspired by the Maldives' culture and flavours and go home with new-found knowledge and an array of recipes to impress your friends and family.







## TENNIS

Play tennis in our stunning island paradise surrounded by lush tropical gardens and breathtaking views! Our professional coach is here to help you with technique and skill improvement. Whether you're looking for one-on-one coaching or a fun family session, our tennis court suits all skill levels. We provide quality equipment, including rackets and balls, for a challenging and enjoyable experience. And, don't forget to capture the unforgettable moment with stunning tropical scenery!

## BADMINTON

Indulge in your passion for badminton and work up a sweat by playing with your family and friends, or make new friends while playing in the stunning backdrop of a tropical island.

## PAINTING & CRAFT CLASSES

Let your creativity shine with our fun Painting & Craft Classes.

Our expert resident artist will help you discover your artistic side and bring out the inner artist within you. Enjoy painting scenic landscapes on a variety of surfaces ranging from coconut, wood, to canvas, or learn to make personalised bracelets and other crafts perfect for gifts or even for yourself. Our classes are tailored to be engaging and fun for both adults and children.







## WELLNESS & FITNESS

### ZUMBA

Swing your hips, move to the rhythm, and sweat your way to a healthier you with Zumba class. Whether you're a seasoned pro or a beginner, there's no better way to add some zest to your workout routine. Our certified instructors will have you moving, grooving, and having a blast while also giving you a full-body workout. Either on land or in the pool, nothing can beat your fun time!



### YOGA

Transform your mind and body with our invigorating yoga sessions. Imagine waking up to the calming sounds of the Indian ocean waves and begin your day with an expert-led yoga session. Our sessions flawlessly blend physical and mental wellness, helping you harmonise your mind and body with the breathtaking surroundings.





# PUMP - FITNESS CENTRE

Unleash your inner athlete and pump up the volume at PUMP Gym by Niyama!

Our high-energy workout haven combines fitness and fun for a sweat-inducing experience like no other. Our certified personal trainers offer tailored wellness & fitness programs to meet your specific workout goals.

Plus, with stunning views of the Indian Ocean, your mind and spirit will stay energised long after your workout is over!

- Located on Chill Island
- Opening hours - PUMP is open 24 hours
- Guests must be over 16 years old





## PERSONAL TRAINING

Get your sweat on with one of our trainers to keep you energised during your holiday! Our resident trainer is available for consultations to discuss your fitness goals, and create a personalised workout program including sculpt, recovery and adapt to tailor to meet your needs.



## FIGHT (KICKBOXING)

Let loose with powerful kick boxing moves that focus body and mind

Our kickboxing and cardio kickboxing sessions use the 'art of the eight limbs' technique for a full-body workout that improves flexibility, coordination, and reflexes. You'll learn to deliver rapid punches, kicks, and knee strikes while building lean muscle mass and core strength through shadow boxing, pad work, and circuit training.



## STICK MOBILITY

Our Stick Mobility workout combines joint mobilisation, strength training, and active stretching for a full-body experience that will leave you feeling stronger and more flexible. Our expert trainers will guide you through each movement, keeping things fresh and challenging, and helping you achieve precision and control. Experience the mind-body connection and conquer anything with Stick Mobility!









## SNORKEL SAFARI

Discover the beauty of the deep blue seas of the Maldives while relishing an incredible safari adventure as you snorkel around the colourful marine life.

## TURTLE ADVENTURE

Experience the ultimate underwater adventure with our resort Turtle excursion. Glide through the crystal-clear waters and come face-to-face with these gentle giants of the ocean. Our experienced guides will take you on a thrilling journey and provide you with an unforgettable experience that can't be found anywhere else. Don't miss your chance to witness these majestic creatures in their natural habitat.

- Dhoni and dolphin cruises
- Big-game and sunset fishing
- Adrenaline water sports
- Snorkeling and diving - PADI Course
- Floating Yoga
- Expeditions with the Marine Biologist
- Coral Adoption & Marine programmes

## LUCKY DOLPHIN

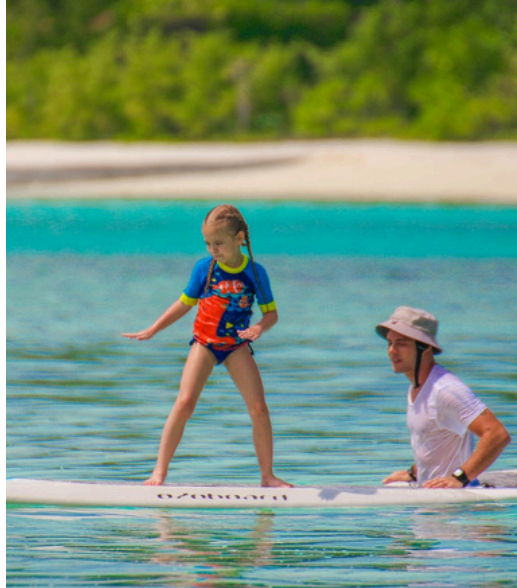
At our resort, you can witness the enchanting beauty of dolphins in their natural habitat on our lucky dolphin excursion. Our expert guides will take you on a tour to spot these playful creatures as they leap and swim alongside the boat. Get ready to make unforgettable memories and experience the magic of the sea with us.

## SUNSET DOLPHIN

The sunset dolphin excursion offers a mesmerising experience that combines stunning views of coastal landscapes, playful dolphins, and a beautiful sunset sinking into the sea. It's an unforgettable adventure that allows passengers to take a break from city life and witness marine wildlife in their natural habitat.







## SURF LESSONS

Our resort offers surf lessons for all experience levels. Our expert instructors will teach you the fundamentals of surfing, from paddling through the waves to catching the perfect ride. With the beautiful Indian ocean as your classroom, you'll be shredding waves in no time! Plus, our resort provides top-of-the-line equipment and a safe, supportive environment to help you reach your full surfing potential.



## CORAL ADOPTION

Discover Niyama's innovative coral regeneration project and contribute to increasing biodiversity in our coral nursery.

Personalise your own coral fragments and snorkel with our Marine Biologist to care for and give the perfect name to your newly adopted living habitat. Take some awesome snaps in the nursery and receive a certificate, along with follow-up images for a whole year. And there's more - part of the proceeds from your adoption goes towards supporting local communities in need through our Dollar Impact Program. It's time to make a positive impact on the environment while having an unforgettable experience.

## SURF PHOTOGRAPHER

Get your best surfing shots captured, as well as book an aquatic lifestyle shoot for instagramable moments!

Our brilliant surf photographers will be guide, sharing tips and tricks to capture that jaw-dropping shot. Your adrenaline-fueled moments will be frozen in time with the perfect angle and lighting.

- Complimentary Access to Niyama Surf Wave (No Surf Pass)
- Surf Center
- Surf Equipments' Rental - Boards & Boots
- Professional Surf Photographer
- Boat Transfers to nearby wave
- Lessons from beginners to advanced surfers
- Surf Events
- Movie Night for Surfers



# SNORKELLING ADVENTURES

**DIVE INTO THE WONDERS AT NATURE'S PLAYGROUND !**



## THE CORAL NUSERY (Beginner)

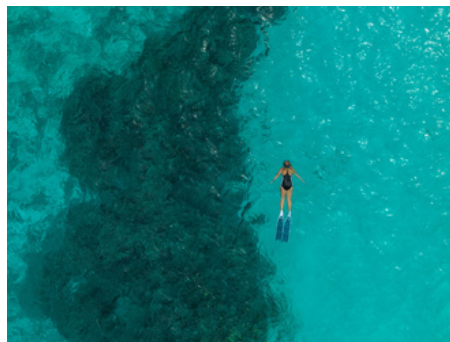
**Play Island near Villa 134**

At the nursery we are collecting coral fragments that have naturally broken off of their main colony and attaching them to homemade iron frames in order to assist in their survival. Once attaching these fragments onto a frame, we can observe the growth rates of different coral species. Within a few weeks our fragments will have encrusted themselves onto the frame. Within a month they will have grown over the cable tie that is securing them in place. After about six months, they will have started to grow branches. In total corals grow up to 10cm – 15cm a year. Our nursery has turned into its own thriving reef that has transformed our lagoon and increased the area's biodiversity, with visitors being sharks, turtles, sting rays and much more.

## THE BLUE HOLE

**Chill Island near The Deli Beach**

The Blue Hole is a submarine hole of the beach of our Deli Beach. The hole is circular in shape, 6 m (19.7 ft) deep and is full of beautiful Staghorn corals. This sight is suitable for beginner snorkelers due to the shallow water and calm lagoon. The visibility can vary depending on the current but you are for sure to have a fantastic time.



## ADVANCED SNORKELLING SITE

**Chill Island near Pavilion 24**

Exploring the Advanced Snorkelling Site near Villa 24 The snorkelling site located off the shore from villa 24 offers a more diverse range of coral and fish species compared to other sites. With varying depths and older coral structures such as big boulder corals, the habitat is rich and diverse. Advanced snorkelers can appreciate the currents in the area and proximity to the boat lane where the corals drop off into deeper waters with more coral coverage.



## THE CRESCENT REEF LAGOON

**Chill Island near Villa 49**

Start your snorkelling adventure right off the shore and glide into the Crescent Reef Lagoon—a vibrant marine haven. Encounter blacktip reef sharks, sea turtles, stingrays, butterflyfish, nudibranchs, and more as you explore the shallow reef zone. A colourful reef escape for confident snorkellers, just steps from the beach. Best to be enjoyed during high tide. Mild to strong currents may be present.



3M - 4M DEPTH  
AT HIGH TIDE



DO NOT STAND ON  
THE REEF



DO NOT FEED  
THE FISH



USE REEF FRIENDLY  
SUN CREAM



DO NOT TOUCH  
THE REEF



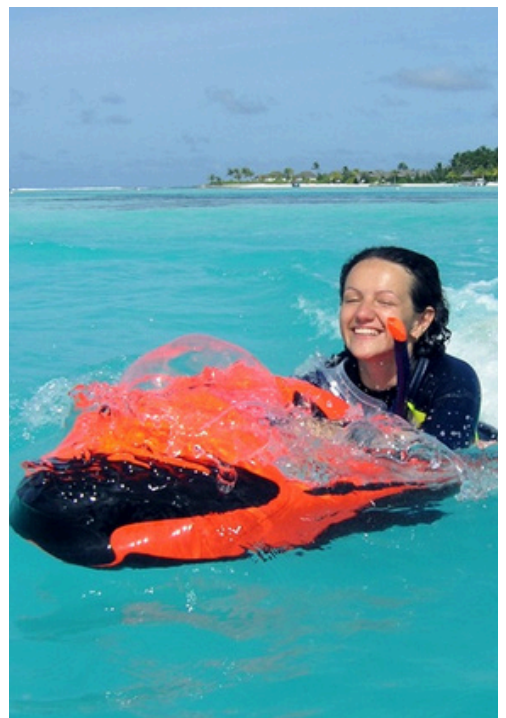
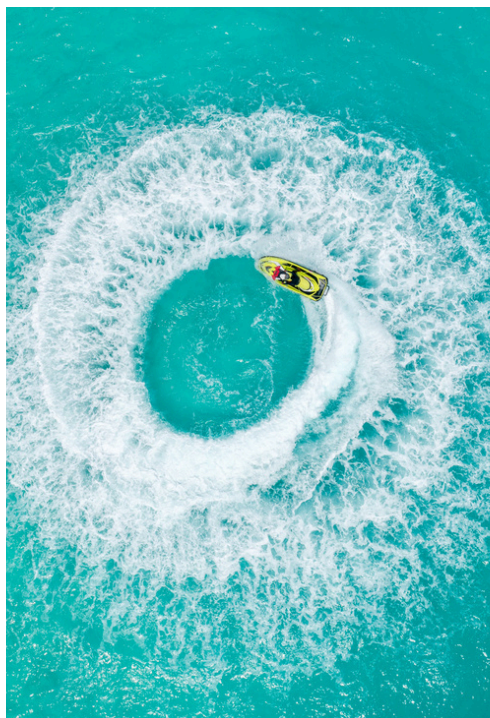
BEGINNER  
SNORKELING



## MOTORISED WATERSPORTS

We offer a variety of motorised water sports that cater to adrenaline seekers and enthusiasts, including parasailing, jet skiing, seabob, water skiing, wakeboarding, and flyboarding.

Safety and enjoyment are our top priority, with professional and experienced staff, and all necessary equipment provided. Unforgettable experiences are guaranteed with our expert instruction.





## NON-MOTORISED WATERSPORTS

Dive into a sea-sational non motorised watersports adventure with kayaking, stand-up paddleboarding (SUP), windsurfing, and catamaran sailing. Glide through water like a mermaid or a pirate, soak up the sun, and catch the wind. Don't miss the chance to experience the ultimate Indian ocean fun!







# WE LOVE KIDS!





At our Kids Club, we offer a variety of interactive and fun activities that your little ones will love! Our team ensures that they will have a blast playing games and participating in exciting adventures.

## FOOD PLAY FOR LITTLE VIPS

Your little ones will learn basic cooking skills and kitchen safety while making fun and tasty recipes. They'll learn how to measure ingredients, mix, chop, and even bake. At the end of the class, the kids can enjoy their delicious creations together.







## YOGA SESSIONS FOR LITTLE VIPS

Are you looking for a fun and refreshing physical activity for your little VIPs? Yoga might be just the thing! With playful poses and imaginative themes that cater to children's interests, yoga is a great way to engage them in physical activity while also teaching mindfulness and connecting them with their breath.



## ARTS AND CRAFTS

Let your child's creativity flourish at our Kids club. Our professional team are dedicated in providing a fun, safe, and educational environment where kids can let their imaginations run wild and create their own masterpieces. From painting to sculpting, your little ones are sure to have a blast!

Please note that all activities are only applicable for children aged 5 - 12 years old and are subject to be changed depending on weather conditions and the number in the group.



# AQUA ADVENTURES

## DOLPHIN TRIP

Get ready for a once-in-a-lifetime experience on a Dolphin Trip! Witness the majesty of wild dolphins in their natural habitat; we hope you see plenty of them during your visit!

## MARINE ECO DISCOVERY

Discover the fascinating marine life native to the Maldives. Meet the island's marine biologist and learn about creatures you may have never seen before. Educational Presentation for Marine Life.

## SNORKEL SAFARI

The Kids Club Snorkel Safari is an opportunity for children to explore the crystal-clear waters surrounding the beach while discovering Niyama's private coral nursery.

## WATERSPORTS

Are you up for some watersports? The Explorers Team would love to take you kayaking, bodyboarding or stand-up paddleboarding! Please inquire with our staff about weekly specific activities.

## SUBSIX VISIT

Take a speedboat to Subsix, the underwater restaurant located in Niyama. Enjoy spotting marine life during the ride and beneath the surface!

Please note that all activities are only applicable for children aged 5 - 12 years old and are subject to be changed depending on weather conditions and the number in the group.







## FUN PLAY TIME FOR ALL AGES IN THEIR FREE TIME!

### TRAMPOLINE

Bounce your way to a healthy body and happy heart with our kids trampoline!

Let's get ready to jump, giggle, and have some fun!

### SPLASH PARK

A kids splash park is the ultimate fun destination for children on a hot summer day!

### RAINBOW DOME

Get ready to climb your way to physical strength, while making new friends to play creatively with.

### FUN SLIDES

Our slides guarantee endless fun and adventure for your little ones - the ultimate playground essential!

### KIDS ROCK CLIMBER

Are you ready to rock? Be ready to climb to new heights with our kids rock climber - the ultimate test of agility, strength, and determination!

### MOVIE TIME

Let your little ones unwind and relax with a movie after lunch! From 1.30pm to 2.30pm, it's their time to sit back and enjoy some leisurely entertainment.

