

LADIES OF FRSA PROGRAM



THE WORLD OF CHOCOLATE WORKSHOP

Thursday, July 18 | 9:00 am – 10:15 am | Join the Ladies of FRSA for a truly delicious experience as they indulge in the World of Chocolate. A local pastry chef will guide you as you choose from a variety of chocolates and toppings to pour and coat your own chocolate truffles. All truffle supplies, morning beverages, and light breakfast snacks are included in the ticket price.



HEALTHY MIND, BODY & SPIRIT

Friday, July 19 | 8:45 am – 10:45 am | Take a deep breath and join the Ladies of FRSA for a morning of relaxation and slow flow yoga. Yoga Instructor and FRSA First Lady Barbara Manson will connect yoga movements with breath as she leads the group in seated and standing poses meant to encourage strength and balance. Complete the class with relaxing stretches and short meditation before enjoying a light breakfast. Ticket price includes yoga mats, bottled water, post-yoga breakfast and morning beverages, and a gift to take home. Modifications will be made to accommodate all fitness levels. Feel free to bring pillows or blankets for additional support.

FRSA KIDS' PROGRAM

Sponsored by Certified Roofing Specialists Inc



MAD SCIENCE SUPERHERO PARTY

Wednesday, July 17 | 5:00 pm – 9:00 pm | It's a bird! It's a plane! It's superhero scientists! We'll kick-off the 2019 Kids' Program by exploring the science behind superhero powers. Watch as our Mad Scientist makes Superman fly and creates a storm indoors! Jump into the action by making your own ooey-gooey slime and end the night with a sweet treat as you learn the science behind cotton candy. Ticket includes dinner, show, and hands-on demonstrations.



ANDRETTI INDOOR KARTING & GAMES DAY

Thursday, July 18 | 6:30 am – 5:00 pm | Ready, set, go! It's time for a thrilling day at Andretti Indoor Karting & Games where kids will race electric go-karts, battle in a 2-level laser tag arena, and take a ride on the XD Dark Ride, a 3D interactive movie experience. Then it's time to grab lunch before enjoying an hour of unlimited arcade games. The program will start and end with plenty of games and crafts in the Kids' Program Room at the Gaylord Palms Resort. Ticket price includes all listed activities, transportation, lunch, and snacks. Junior go-kart track available for kids not meeting the height and age requirements of intermediate tracks.



EXTREME VIDEO GAME NIGHT

Thursday, July 18 | 5:00 pm – 10:00 pm | Tonight, the party is coming to us! Climb inside the Supreme Party Machine, a giant truck packed with large screen TVs, the latest game consoles, and a huge variety of video games. Race your friends in Mario Kart, build creative structures in Minecraft, or show off your dance moves in Just Dance! Ticket price includes dinner at Wreckers Sports Bar and two hours of unlimited game play.

FUN IN THE SUN POOL PARTY

Friday, July 19 | 6:30 am – 3:00 pm | Enjoy some fun in the sun and cool off poolside at the Cypress Springs Family Fun Waterpark! This zero-entry swimming pool, located onsite at the Gaylord Palms Resort, includes four slides, a multi-level playground, and an outdoor restaurant. Ticket price includes lunch.