



# KINGSMILL

ONE OF THE ANHEUSER-BUSCH COMPANIES

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## MARINA ACTIVITIES



### **Kayaks**

We have four and two person kayaks that can be rented for \$20 per hour.

This activity takes place on Wareham's Pond seasonally.

### **Jon Boats**

We have four and three person jon boats with electric motors that can be rented for \$30 per hour for fishing or touring the pond.

This activity takes place on Wareham's Pond seasonally.

### **Paddle Boats**

\$20 per hour accommodating 4 people.

### **Fishing Equipment**

Rod and reels, with tackle and license included can be rented for \$15 per hour for seasonal fishing on Wareham's Pond or the James River (off the Marina dock). Bait is available for purchase in the Marina Shop.

All rentals include safety equipment and registration for activities will be in the Marina Shop. If you have questions, need information, or have reservation request please call the Marina Shop at extension 3919.

### **OTHER ACTIVITIES**



### **Bike Rentals**

Bicycles for children and adults are available at the Tennis Club. Helmets and baby carriers are also available. Helmets for children under 14 are required.

An adult must accompany children.

### **Walking & Running**

A four-mile loop is located through the residential area.

Maps are available at the Resort Concierge desk and at the Sports Club desk.

### **Beach & Picnic Area**

A sandy beach and picnic area is located on the James River adjacent to the Kingsmill Marina

## TENNIS ACTIVITIES

ALL COURT FEES ARE PER PERSON

### Clay courts (13)

	<u>All Day Fee</u>	<u>After 4pm</u>
Adults 20 and up.....	\$16	\$8
Teens 13 to 19 .....	\$8	\$4
12 and under (with an adult)	Free	Free

### Hard Courts (2)

	<u>All Day Fee</u>	<u>After 4pm</u>
Adults 20 and up.....	\$10	\$5
Teens 13 to 19 .....	\$5	\$2.50
12 and under (with an adult)	Free	Free

## SPORTS CLUB



The Kingsmill Sports Club has been thoughtfully designed to offer every opportunity for exercise and relaxation. Equipped with both indoor and outdoor swimming pools, the Sports Club also features racquetball courts, Cybex and Kaiser circuit training equipment, state-of-the-art cardiovascular stations and an aerobic studio.

- Sauna, steam room, whirlpool and massage therapy offer the ultimate in relaxation.
- More than 30 fitness machines geared toward cardiovascular activity including treadmills, elliptical machines, Stairmasters, rowing machines, upright bikes, recumbent bikes and Nordic tracks.
- Free weights with dumbbells one to one hundred pounds.
- Flat, incline, utility benches, Smith machine and squat press.
- 20 Cybex Eagle circuit-training machines along with the multi-purpose Cybex FT360 functional trainer.
- Daily group fitness classes that are routinely modified to include water; muscle conditioning; step interval; stretch and sculpt; boot camp; Yoga and Pilates. \$8.00 per person per class
- Full service personal training tailored to fit an individual's fitness goals.
- Game room offering billiards, table tennis, video games and board games.
- Men and women's locker areas equipped with amenities and a wet suite including aromatic steam room, whirlpool and dry heat sauna.
- Indoor pool for year round swimming adjacent to a relaxing Whirlpool.
- Outdoor pool and children's pool with zero depth entry.
- Several scenic running / walking paths.