

OUTDOOR ACTIVITIES PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00h	Pool Stretching (B)	Pool Pilates Yoga (B)	Pool Stretching (B)	Pool Pilates Yoga (B)	Diving (B)	Water Pilates Yoga (B)	Pool Stretching (B)
	Diving (B)	Diving (B)	Diving (B)	Diving (B)	Bubble Maker (B)	Diving (B)	Diving (B)
	Bubble Maker (B)	Bubble Maker (B)	Bubble Maker (B)	Bubble Maker (B)		Bubble Maker (B)	Bubble Maker (B)
09.30h		Water gym (B)		Water gym (B)		Water gym (B)	
10.00h	Archery (A)	Archery (A)	Archery (A)	Archery (A)	Archery (A)	Archery (A)	Archery (A)
	Sup Board (B)	Sup Board (B)	Sup Board (B)	Sup Board (B)		Sup Board (B)	Sup Board (B)
12.00h	Golf Simulator (A)	Golf Simulator (A)	Golf Simulator (A)	Golf Simulator (A)		Golf Simulator (A)	Golf Simulator (A)
14.00h	Sailing (B)	Sailing (B)		Sailing (B)			
16.00h	Sup Board (B)	Sup Board (B)	Sup Board (B)	Sup Board (B)	Sup Board (B)	Sup Board (B)	Sup Board (B)
17.00h	Sup Board (B)	Sup Board (B)	Sup Board (B)	Golf (A)	Golf (A)	Golf (A)	Golf (A)
	Golf (A)	Golf (A)	Golf (A)	Scuba Discover (B)	Scuba Discover (B)	Scuba Discover (B)	Scuba Discover (B)
	Scuba Discover (B)	Scuba Discover (B)	Scuba Discover (B)				
18.00h	Archery (A)	Archery (A)	Archery (A)	Archery Tournament (A)	Archery (A)	Archery (A)	Archery (A)
	Sunset Sup Board (B)	Laser Clay (A)	Sunset Sup Board (B)	Volleyball Tournament (B)		Sunset Sup Board (B)	Sunset Sup Board (B)
	Croquet (A)						Laser Clay (A)
19:00h	Golf (A)	Golf (A)	Golf (A)	Golf simulator tournament (A)	Croquet Tournament (A)		Golf (A)
		Volleyball (B)			Family Lawn Games (A)		
19:30h	Golf Simulator (A)	Golf Simulator (A)	Golf Simulator (A)		Golf Simulator (A)	Golf Simulator (A)	Golf Simulator (A)

(A) Arena (B) Beach Bar (M) Marina Park (S) Sport Club (SY) Synchro  Diving  Free Activities

ADVANCE BOOKING IS MANDATORY 2h prior to the event at scbookings@portmontenegro.com.

All activities can be paid at the start of each session.

View the updated calendar online at www.portmontenegro.com/events-lifestyle/sports-activities or contact PMYC Sports Club Reception on +382 (0) 32 660 744 or via email at scbookings@portmontenegro.com



BUBBLE MAKER

45 €

Easy, safe and as fun as it sounds! The bubble maker is a great way to introduce children to scuba diving under the supervision of a professional instructor, with special equipment tailored to young divers.

SCUBA DISCOVERY

60 € (Adult beginners)

Meet your instructors to cover diving theory before going offshore to the clear, shallow and calm waters of the bay for 30 minutes of an unforgettable underwater experience.

SCUBA DIVING

STARTING FROM 60 €

("All inclusive")

Whether you have a diver certificate or not, we're here to help you taste underwater life in the Boka Bay, with depths reaching up 39 metres in places.

SAILING

ADULTS 40 €

KIDS (8/14 years old) 30 €

The perfect occasion to approach sailing for the first time or improve your skills with our professional skippers and fully equipped J70 sailing boats (duration 2 hours).

SUP BOARDING

10 €

Balance, core training and a shoulder workout, stand-up paddling is the latest craze to hit these shores so grab a paddle and show us what you can do, all levels welcome. our special sunset tours are a memorable way to see the Boka bay!

YOGA

7 €

Salute the sun and start your day in harmony with nature, while balancing the body, mind and spirit.

POOL PILATES & YOGA

10 €

Join us for the star attraction of our summer fitness program at the Yacht Club! This session focuses on a gentle combination of Pilates for the core and yoga for flexibility on floating fitness mats.

POOL STRETCHING

10 €

Join us for the star attraction of our summer fitness program at the Yacht Club! This gentle morning stretching session on our new floating fitness mats is the ideal way to start your day.

ARCHERY

15 €

A timeless classic updated for the 21st century with the very latest equipment. Test your strength and accuracy with one of our new bow and arrow sets.

LASER CLAY SHOOTING

10 €

The Arena is an ideal location for working on your rifle shooting with the latest imported laser clay equipment. Pull, aim and squeeze that trigger!

GOLF

10 € DRIVING RANGE

20 € LESSON

Learn from a pro on our short-hole golf course with all equipment provided, simply turn up and practice your swing. An indoor golf simulator is also available, located in the BlueRoom.

GOLF SIMULATOR

15 € PRACTICE

20 € LESSON

Experience the first professional golf simulator in Montenegro and participate in our Indoor Golf Tournament open to all levels.

TOURNAMENTS

5 € VOLLEY AND CROQUET

15 € GOLF SIMULATOR, ARCHERY AND LASER CLAY SHOOTING

Go for gold in archery, laser shooting, volley and many other sports each week in one of our friendly competitions.

BEACH VOLLEYBALL

FREE

An ideal game for small groups to practice their reaction times, explosive jumps and teamwork. Expect a DJ playlist from the adjacent PMYC Pool as well.

OUTDOOR FITNESS

FREE

Expect bodyweight movements such as lunges, squats, push-ups and pull-ups alongside box jumps, battle ropes and kettlebell swings in this full-body, functional fitness workout.

STRETCHING

FREE

Nothing beats a gentle stretch session when it comes to recovery from intense exercise, rehabilitation after injury or simply warming up before something else.

FAMILY LAWN GAMES

FREE

Croquet, beach bats and giant chess are just some of the many games on offer for families so bring the kids and we'll do the rest.

SPECIAL SPORT EVENTS

Follow us on the web, Instagram and Facebook and participate in our special outdoor sport events.

