



ACTIVITIES GUIDE

SUPERHERO WEEK!

29 JUNE TO 5 JULY 2026

BIG4 Adventure Whitsunday Resort

PEDAL KARTS

- Toddler kart \$5/hr
 - Single Seater \$10/hr
 - Double Seater \$15/hr
- * Bookings essential

SPORT/LEISURE

- Badminton
- Basketball
- Golf putters (Golf ball \$3.00 each)
- Table tennis & ball
- Volleyball
- Tennis Racquets (Tennis ball \$3.00 each)
- Board games
- Chalk drawing
- Pickleball Equipment (Pickle ball \$3.00 each)
- Bocce

CAFE TRILOGY

OPEN DAILY

7:00am to 2:00pm
All Day Breakfast
Coffee & light meals
Outside pool area
PH: 0437 191 947

INTUITIVE MASSAGE

Daily in-house or salon
massage and spa
treatments
PH: 0413 183 010

**PLEASE NOTE:
BOOKINGS FOR ACTIVITIES
ARE ACCEPTED 2 DAYS
PRIOR. PLEASE BOOK WITH
RECEPTION. ACTIVITIES
GUIDE SUBJECT TO CHANGE.**

MONDAY 29TH

SCAVENGER HUNT:
8am to 5pm - Reception

**8:00am - 3:00pm
BRAIDS & FEATHERS BY MADDI**
@ Kermit's Activity Hub
Cash Only

**10:00am - 10:45am
GLITTER ART AND
SUPERHERO MASK MAKING:
\$5pp**
Bookings essential
@ Kermit's Activity Hub
Craft Activity
children 5+ years old

**10:15am
FROGGY EXPRESS: FREE**
Bookings essential via Reception
10 - 15 minute ride
Guests under 12 or under 91cm must be
accompanied by an adult. Additional
rides may open if the 10.15am session is
full.
Weather permitting.

**12:00pm - 12:45pm
AQUA AEROBICS: FREE**
Bookings Essential
@ The Pool
Hand over voucher on arrival
Adults Only

**2:00pm - 4:00pm
MACRAME: \$5pp**
Bookings essential before 12pm
@ Kermit's Activity Hub
12+ years

Listen out for Mr Whipsunday!

Enjoy a sweet afternoon treat with
delicious ice cream favourites.
📍 Opposite Kid's Activity Hub
🕒 3:45pm - 4:45pm
(Operating days may vary)

**7:15pm
OUTDOOR MOVIE**
The Incredibles (PG)
BYO chair/rug
Don't forget to grab a vending
machine treat

TRILOGY CAFE
Burger Night
Outside Pool Area
4:30pm to 7:30pm
Ph: 0437 191 947 phone
orders welcome

TUESDAY 30TH

WORD SEARCH:
8am to 5pm - Reception

**8:00am - 3:00pm
BRAIDS & FEATHERS BY MADDI**
@ Kermit's Activity Hub
Cash Only

**8:30am - 9:00am
ANIMAL FEEDING: FREE**
Bookings essential
Enclosed footwear
Under 12's must be supervised by an adult

**10:00am - 10:45am
SUPERHERO OLYMPICS:
\$10pp**
Bookings essential
@ The Palm Garden
Wear a superhero cape (yours to keep!)
test your strength, balance, and agility.
Children 5+ years old

**10:15am
FROGGY EXPRESS: FREE**
Bookings essential
10 - 15 minute ride
Guests under 12 or under 91cm must be
accompanied by an adult. Weather
permitting.

**12:00pm - 12:30pm
SUPERHERO
BISCUIT DECORATING: FREE**
Bookings essential
@Kermit's Activity Hub
Under 8's must be supervised by an adult.

**1:00pm - 1:30pm
POOLSIDE BINGO: FREE**
@The Pool
Prizes to be won!

**2:30pm - 3:15pm
MAKE A FROG: \$25pp**
Bookings essential
@ Kermit's Activity Hub
Create a stuffed frog!
Under 8's must be supervised by an adult.

**3:30pm - 5:30pm
LIVE MUSIC - WINE AND CHEESE
AFTERNOON: FREE**
Live music provided by Dave Helgi Johan
and a platter of nibbles
@ The Palm Garden. BYO alcohol & chair

**7:15pm
OUTDOOR MOVIE**
The Secret Life of Pets 2(PG)
BYO chair/rug
THAI CUISINE BY NARB
4:00pm to 7:30pm
0475 398 412 phone orders
welcome - Next to Trilogy

WEDNESDAY 1ST

PHOTO TRAIL:
8am to 5pm - Reception

**8:00am - 8:30am
PANCAKES BY THE POOL**
All you need to bring is your plate, cutlery,
gold coin donation and we'll supply the
rest! All profits go to our local charity

**8:00am - 3:00pm
BRAIDS & FEATHERS BY MADDI**
@ Kermit's Activity Hub
Cash Only

**10:00am - 11:30am
SUPERHERO ANIMAL SCOUT
PROGRAM: \$12 pp**
Bookings essential
@Animal Park
Australian Wildlife mini zoo keeping
workshop. Hands on experience
with animals. Children 5+ years old

**10:15am - 11:00am
TODDLER TIME: FREE**
Bookings essential
@Kermit's Activity Hub
Play designed for under 5's. Children
must be supervised by an adult.

**10:15am
FROGGY EXPRESS: FREE**
Bookings essential
10 - 15 minute ride
Guests under 12 or under 91cm must be
accompanied by an adult. Additional rides
may open if the 10.15 am session is full.
Weather permitting.

**11:30am - 12:15pm
AQUA AEROBICS: FREE**
Bookings Essential
@The Pool
Hand over voucher on arrival **Adults only**

**12:00pm - 12:30pm
CHOCOLATE BALL MAKING: FREE**
Bookings essential
@Kermit's Activity Hub
Under 8's must be supervised by an adult.

**2:00pm - 3:30pm
PAINT & SIP: \$10pp**
Bookings essential
@Kermit's Activity Hub
Join us for a platter of nibbles, glass of
bubbles & painting. **Adults only**

**6:30pm - 7:30pm
SUPERHERO DISCO: FREE**
@ Kermit's Activity Hub
Get groovy to the disco! Popcorn \$3 and
glostix/glasses from 50c to \$5 available.
Superhero capes \$10
Prizes for best dressed.
(cash only)



ACTIVITIES GUIDE

SUPERHERO WEEK!

29 JUNE TO 5 JULY 2026

BIG4
Adventure
Whitsunday
Resort

THURSDAY 2ND

SCAVENGER HUNT:

8am to 5pm - Reception

8:00am - 3:00pm

BRAIDS & FEATHERS BY MADDI

@ Kermit's Activity Hub. *Cash Only.*

8:30am - 9:00am

ANIMAL FEEDING: FREE

Bookings essential
Enclosed footwear

Under 12's must be supervised by an adult

9:45am - 10:30am

KERMIT'S KIDS CLUB:

SUPERHERO SLIME & MASK

MAKING \$10pp

Bookings essential

@ Kermit's Activity Hub
Craft Activity. *Children 5+ years old*

10:00am - 11:00am

FIRE DEPARTMENT SUPERHEROES: FREE

@ The Palm Garden

Meet some real life superheroes with a visit from our local fire department!

10:15 am

FROGGY EXPRESS: FREE

Bookings essential. 10 - 15 minute ride. Guests under 12 or under 91cm must be accompanied by an adult. Additional rides may open if the 10.15 am session is full. *Weather permitting.*

12:00pm - 12:30pm

CHOC BALL MAKING: FREE

Bookings essential
@Kermit's Activity Hub

Under 8's must be supervised by an adult.

2:00pm - 4:00pm

SUPERHERO FIRST AID FOR KIDS: \$10pp

Bookings essential
@ Kermit's Activity Hub
Children 5+ years old

4:00pm - 5:00pm

PARAMEDIC SUPERHEROES: FREE

@ The Palm Gardens.

Meet some real life superheroes with a visit from our local ambulance service!

6:15pm - 7:15pm

WHITSUNDAY WILDLIFE NIGHT SPOTTING: \$5pp

Bookings essential. @ Kermit's Activity Hub. *Under 10's must be supervised by an adult.*

7:15pm

OUTDOOR MOVIE

Big Hero 6 (PG) *BYO chair/rug*

SMOKIN' GUNNS BBQ

Next to Cabin 68

4:00pm to 7:30pm

FRIDAY 3RD

WORD SCRAMBLE:

8am to 5pm - Reception

8:00am - 3:00pm

BRAIDS & FEATHERS BY MADDI

@ Kermit's Activity Hub. *Cash Only.*

8:30am - 9:00am

ANIMAL FEEDING: FREE

Bookings Essential
Enclosed footwear

Under 12's must be supervised by an adult

10:00am - 10:45am

KERMIT'S KIDS CLUB:

SUPERHERO INVISIBLE INK & MASK MAKING \$10pp

Bookings essential

@ Kermit's Activity Hub
Craft Activity. *Children 5+ years old.*



10:15am

FROGGY EXPRESS: FREE

Bookings essential. 10 - 15 minute ride. Guests under 12 and /or under 91cm must be accompanied by an adult. Additional rides may open if the 10.15 am session is full. *Weather permitting.*

12:00pm - 12:30pm

SUPERHERO BISCUIT DECORATING: FREE

Bookings Essential. @Kermit's Activity Hub. *Under 8's must be supervised by an adult.*

2:00pm - 2:45pm

MAKE A TEDDY: \$25pp

Bookings essential
@ Kermit's Activity Hub
Join your child and create a lovely holiday memory making a stuffed toy. Comes with birth certificate and carry bag. *Under 8's must be supervised by an adult.*

7:15pm

OUTDOOR MOVIE

DC League of Superpets (PG)
BYO chair/rug
Don't forget to grab a vending machine treat

THAI CUISINE BY NARB

Next to Trilogy

4:00pm to 7:30pm

Ph: 0475 398 412 Phone
orders welcome

SATURDAY 4TH

AIRLIE BEACH MARKETS:

7am to 1pm - Foreshore

8:30am - 9:00am

ANIMAL FEEDING: FREE

Bookings essential

Enclosed footwear

Under 12's must be supervised by an adult

09:45am - 10:15am

SUPERHERO CUPCAKE DECORATING: \$5pp

Bookings Essential

@Kermit's Activity Hub

Under 8's must be supervised by an adult.

10:30am - 11:30am

WHITSUNDAY WILDLIFE ENCOUNTERS: FREE

@Animal Park
interact with wildlife!

10:15am

FROGGY EXPRESS: FREE

Bookings essential

10 - 15 minute ride

Guests under 12 or under 91cm must be accompanied by an adult. Additional rides may open if the 10.15 am session is full. *Weather permitting.*

11:00am - 1:00pm

SPARKLY HAIR TINSEL

@ Kermit's Activity Hub

From \$10

Add a touch of sparkle and glitter or maybe some feathers. *cash only*

1:30pm - 3:30pm

WHITSUNDAY MERMAID: FREE

@ The Pool

Come and swim with our mermaid!

3:00pm - 5:00pm

SUPERHERO FACE PAINTING: FREE

@ Kermit's Activity Hub

4:00pm - 6:00pm

LIVE MUSIC: FREE

@ The Pool

With Helen Blackshaw for some live music!

7:15pm

OUTDOOR MOVIE

Fantastic Four (PG) *BYO chair/rug*

SMOKIN' GUNNS BBQ

Next to Cabin 68

4:00pm to 7:30pm

SUNDAY 5TH

WORD SEARCH:

8am to 5pm - Reception

8:00am - 3:00pm

BRAIDS & FEATHERS BY MADDI

@ Kermit's Activity Hub
Cash Only

8:30am - 9:00am

ANIMAL FEEDING: FREE

Bookings Essential

Enclosed footwear

Under 12's must be supervised by an adult

10:00am - 11:00am

GAVIN AND MASCOT FRIENDS: FREE

@ The Pool

Come and meet our mascot Gavin and his mascot friends including Hogster and Cruiser.

10:15 am

FROGGY EXPRESS: FREE

Bookings essential

10 - 15 minute ride

Guests under 12 or under 91cm must be accompanied by an adult. Additional rides may open if the 10.15 am session is full. *Weather permitting.*

1:30pm - 3:30pm

SNOW CONES AND SUPERHERO TATTOOS: \$4pp

@ The Pool

Tattoos free

cash only



7:15pm

OUTDOOR MOVIE

The Lego Batman Movie (PG)

BYO chair/rug

Don't forget to grab a vending machine treat

HEART & SEOUL KOREAN

Next to Cabin 68

4:00pm to 7:30pm

Ph: 0474 741 733 Phone
orders welcome