



D MARIS BAY
DATÇA PENINSULA

SPORTS DEPARTMENT

Fatih Altın

WATER SKIING MONO SKIING WAKE BOARDING



- **Water Skiing, Mono Skiing, Wake Boarding are popular services with groups and families for some fun on the water.**
- **You can use our water sports services between 09:00 and 20:00.**

WINDSURFING

- Windsurfing is a surface water sport that combines elements of surfing and sailing, more difficult than other services, suitable for guests who are looking for challenge.



CATAMARAN SAILING

- Catamaran trainings involve learning to sail a catamaran in safety, comfort and good environment with experienced instructors.



BIG MABLE and RINGO SEA

Nice way to have some fun on water, also suitable for children and families. It has air cushioned side walls to keep you from falling off, a high backrest, and custom graphics from head to toe.



STAND-UP PADDLE BOARDING

- Stand-up paddle boarding can offer a fun and relaxing activity that mostly anyone can do, it is also one of the best workouts out there for absolutely anyone, improving balance by using core muscles.





HOBIE MIRAGE ECLIPSE

- Hobie Mirage inflatables deliver convenience, portability and a great, hands-free ride. Easier version of stand-up paddle boarding, suitable for couples.

A young person with blonde hair, wearing sunglasses and a green life vest, is sailing a small blue and white boat on the water. The boat has the number 113 on its side. The person is holding the tiller and looking towards the camera. In the background, other sailboats are visible on the water.

OPTIMIST SAILING

- Sailing lessons for children with experienced instructors.

A man and a woman are canoeing on clear, turquoise water. The man is in the back, wearing a red life vest and a blue shirt, holding a black paddle. The woman is in the front, also wearing a red life vest and a light-colored shirt, holding a black paddle. They are both smiling. The water is very clear, showing the sandy bottom and some green algae. In the background, there is a rocky coastline under a blue sky with some clouds.

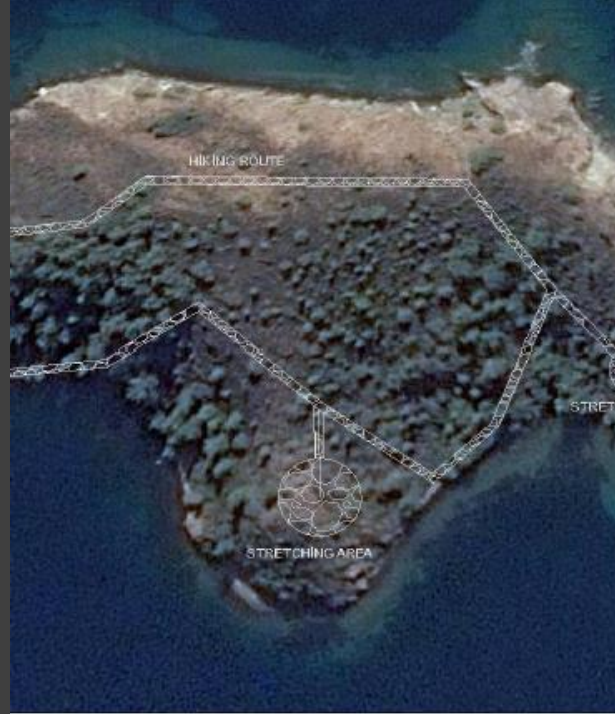
CANOEING

- Canoeing involves paddling a small craft through water. They are low-impact activities that can improve your aerobic Fitness, strength and flexibility.



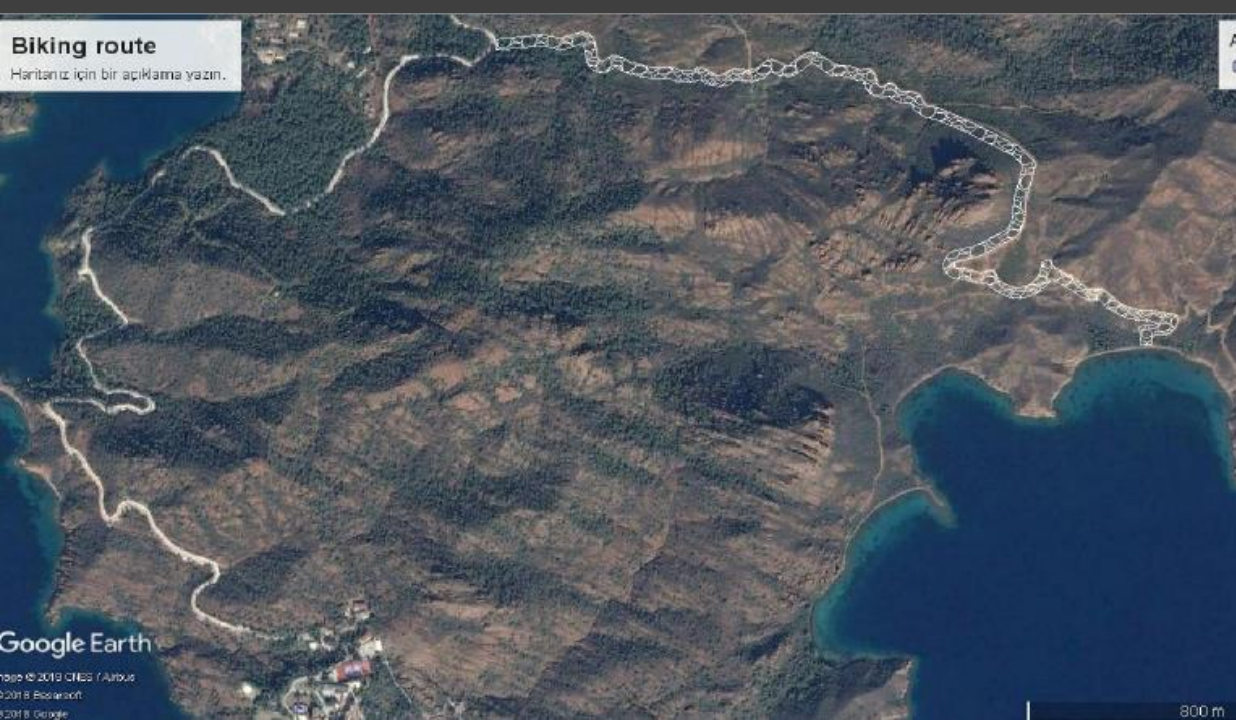
BOAT TOURS


- Exclusive private boat tour on a beautiful and elegant boat. Unique experience with fascinating nature, islands and bays of Datca Peninsula.



HIKING & BIKING

- **Hiking** : Starting from D Maris Bay, you can hike to Bencik bay (3 km).
- **Biking** : From D Maris Bay, you can bike to Aquarium Bay through Emel Sayın and Bencik Bays (7 km).





Personal Training

- Our Fitness Trainers provide you one on one or small private group strength training and weight loss services in our Fitness Centre.
- Includes trainings as Bodyism, Abs Fire, Kinesis, TRX, Circuit Training, Yoga and Pilates, Swimming, Spinning, Aqua Gym.
- Our Fitness Center is open between 07:00 and 21:00.

Bodyism

- This class is for creating a long, lean, Athletic body. It is a perfect combination of HIIT, Yoga and Functional Training. Building overall strength, confidence and a sense of enhanced health and well-being.





- **ABS FIRE** focuses on strengthening your abs and lower back.
- **TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.
- **KINESIS** combines the fast pace of cardio with the mental grit needed for weights plus the flow of movement and flexibility.
- **CIRCUIT TRAINING** involves a series of exercises performed in rotation with minimal rest, often using different pieces of apparatus.
- **SPINNING** provides a high intensity cycling workout that generally takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals.



AQUAGYM (WET WORKOUT)

Deep water cardio workout using either a noodle or flotation belt to assist and support participants. This cardio workout is held in shallow water for all Fitness levels and can be for non-swimmers.



MEDITATION

Helps learning techniques to reduce stress, increase mindfulness , calm your mind and help your body relax.

VINYASA YOGA

A gentle approach to a yoga flow class, focusing on standing, forwarding bending, kneeling, seated and lying down poses.



PILATES MAT CLASS

Combines muscle balance, core strength, concentration and breath.



D-KIDDIE

- We provide workshop activities as t-shirt, objects paintings, special kids entertainment programs, table games and educational kids games.
- We aim to provide opportunities for your kids to be active, fit and healthy. With teamwork and healthy communication your children will have fun inside and outdoor activities.
- It is open between 09:00 / 20:00
- We take care of your 4-12 years old children.
 - **BABYSITTING**
- As hourly price 200 TL, we take care of your 1-3 years old children between 09:00 and 00:00.



TENNIS

- With our experienced Tennis instructors, you can improve your tennis skills in our hard or clay tennis courts.
- You can also rent our tennis courts and we provide you the tennis balls and rackets to play with your family and friends.
- You can use tennis courts between 07:00 and 21:00.



FITNESS & OUTDOOR ACTIVITIES

PERSONAL FITNESS TRAINING SESSIONS

Bodyism Personal Training - Individual.....	50 min	₺ 500
Bodyism Personal Training - Group Session (per person price).....	50 min	₺ 400
Special Package '4' Bodyism Personal Training.....	50 min	₺ 1700
Special Package '7' Bodyism Personal Training.....	50 min	₺ 2800
Special Package '10' Bodyism Personal Training.....	50 min	₺ 3750
Personal Training.....	50 min	₺ 400
Personal Training - Group Session (per person price).....	50 min	₺ 320
Kinesis® Personal Training.....	50 min	₺ 400
TRX® Personal Training.....	50 min	₺ 400
Spinning - Group Session (per person price).....	50 min	₺ 320
AquaGym (Wet Workout) - Group Session (per person price).....	50 min	₺ 320
Swimming Personal Training.....	50 min	₺ 400
Special Package '4' Personal Training - Optional (Yoga, Pilates, Kinesis®, TRX®).....	50 min	₺ 1350
Special Package '7' Personal Training - Optional (Yoga, Pilates, Kinesis®, TRX®).....	50 min	₺ 2250
Special Package '10' Personal Training - Optional (Yoga, Pilates, Kinesis®, TRX®).....	50 min	₺ 3000

MIND-BODY PRIVATE TRAINING SESSIONS

Private Pilates Mat - Individual.....	50 min	₺ 400
Private Pilates Mat - Group Session (per person price)	50 min	₺ 320
Private Yoga - Individual.....	50 min	₺ 400
Private Yoga - Group Session (per person price).....	50 min	₺ 320
Private Yoga - Group Session (per person price).....	90 min	₺ 400

BIKING & HIKING

Private Biking Tour - Up to 4 Hours - per person price.....	1 hour	₺ 350
Private Hiking Tour - Up to 3 Hours - per person price.....	1 hour	₺ 250
Rental Mountain Bike.....	1 hour	₺ 150

SAILING MENU

SAILING MENU

Duration Price

VDWS International School Association Basic License Course Adults.....	8 hrs	₺ 1500
<i>(Casting off, steering, capsizing, docking, tacking, beating windward, theory & practical lessons)</i>		
VDWS International School Association Basic License Course Junior / 12 - 16 ages.....	8 hrs	₺ 1200
<i>(Casting off, steering, capsizing, docking, tacking, beating windward, theory & practical lessons)</i>		
Private Lesson Single, Refresher - No License.....	50 min	₺ 450
<i>(After a long break capsizing, tacking, jibing, using of the traveler & position of the sail, theory etc.)</i>		
Re-Education Course VDWS International School Association License.....	4 hrs	₺ 1100
<i>(In case of holding a valid sailing license, just simply learn the major differences of catamaran sailing)</i>		
Advanced Course: Weight & Sail Trim.....	50 min	₺ 450
<i>(Learn how to use perfectly the key points of trimming & control the catamaran without steering systems)</i>		
Advanced Course: Jibe.....	50 min	₺ 450
<i>(Step by step the coach commits different stages of a proper tacking)</i>		
Advanced Course: Harness Sailing Crew / Helmsperson.....	50 min	₺ 450
<i>(Wearing the harness, moves and positions on board, adjusting of the hook, leaning out and in, trim)</i>		

Rental Sail Equipment.....	1 hour	₺ 350
<i>(Including life jacket, wetsuit & harnesses per boat & crew of two valid catamaran sail license necessary, not transferable)</i>		
Rental Sail Equipment- Exclusive Use Between the Opening Hours	5 hrs	₺ 1300
<i>(Including life jacket, wetsuit & harnesses per boat & crew of two valid catamaran sail license necessary, not transferable)</i>		
Rental Sail Equipment- Exclusive Use Between the Opening Hours	10 hrs	₺ 2300
<i>(Including life jacket, wetsuit & harnesses per boat & crew of two valid catamaran sail license necessary, not transferable)</i>		
Sailing with an Instructor.....	50 min	₺ 400
<i>(Simply enjoy the wind & waves accompanied by an experienced sailing guide, maximum 2 people, not a lesson)</i>		
VDWS International School Association Basic License.....		₺ 300

BOAT TOURS

Fishing tour (Up to 5 hours - Per hour price).....	1 - 5 hrs	₺ 600
Boat tour (Maximum people).....	1 hour	₺ 1200
Tour to Rabbit Island for Kids (Per Person Price).....	30 min	₺ 100
Tour to Rabbit Island for Adults (Per Person Price).....	30 min	₺ 200
Tour to Selimiye (Maximum people).....	1 - 3 hrs	₺ 1400
<i>(Each Additional Hour ₺300)</i>		

SURFING & WATERSKI MENU

SURFING MENU

	Duration	Price
VDWS International School Association Basic License Course Adults..... <i>(Raising up the sail, starting, turning, steering, theory classes, beating windward, tacking, practical lessons)</i>	8 hrs	₺ 1200
VDWS International School Association Basic License Course Junior / 12 - 16 ages..... <i>(Raising up the sail, starting, turning, steering, theory classes, beating windward, tacking, practical lessons)</i>	8 hrs	₺ 900
Private Lesson, Refresher - No License..... <i>(Practical lessons after a long break, the skills & knowledge or just give it a try)</i>	50 min	₺ 400
Optimist Sailing Lesson (8 - 12 ages) No License..... <i>(Casting off, steering, stand-by position, capsizing, docking, theory classes, tacking, beating windward)</i>	50 min	₺ 400
Rental Optimist..... <i>(Including life jacket, wetsuit, a valid junior sailing license or two lessons with our sailing instructors)</i>	1 hour	₺ 300
Rental Surf Equipment..... <i>(Including life jacket, wetsuit & harnesses, valid surf license necessary, not transferable)</i>	1 hour	₺ 300
Rental Surf Equipment..... <i>(Including life jacket, wetsuit & harnesses, valid surf license necessary, not transferable)</i>	5 hrs	₺ 1100

Rental Surf Equipment..... 10 hrs ₺ 2000

(Including life jacket, wetsuit & harnesses, valid surf license necessary, not transferable)

Guided Kayaking & Canoeing Tour (up to 4 people - per person price)..... 50 min ₺ 250

(Including life jacket, wetsuit)

VDWS International School Association Basic License..... ₺ 300

WATERSKI MENU (Wakeboard - Monoski - Doubleski)

	Duration	Price
One Lap - 5 Minutes.....		₺ 250
5 Laps Card - Transferable.....		₺ 1000
10 Laps Card - Transferable.....		₺ 1750
20 Laps Card - Transferable.....		₺ 3000
Refresher Course.....	20 min	₺ 400
Beginner Course (3 Times on Different Day).....	20 min	₺ 1000
Hobie Mirage Eclipse SUP.....	30 min	₺ 200
Stand-Up Paddleboarding SUP.....	30 min	₺ 150
Rental Canoe & Kayak.....	30 min	₺ 100
INFLATABLE (Big Mable & Ringo Sea) (Maximum 4 People - Per Person Price).....		₺ 150

TENNIS MENU

TENNIS

Private Tennis Session - Individual..... 50 min ₺ 400

Private Group Tennis Session - Up to 4 People (per person price)..... 50 min ₺ 320

Special Packages '4' Tennis Sessions..... 50 min ₺ 1350

Special Packages '7' Tennis Sessions..... 50 min ₺ 2250

Special Packages '10' Tennis Sessions..... 50 min ₺ 3000

Tennis Court Rental..... 60 min ₺ 200

THANK YOU...