

# SUMMERFEST IN SNOVIK 2023

## Calendar of Summer animation and events in Terme Snovik

### SUMMER FESTIVALS

Sat, 17 June 2023 - Let's jump into Summer - official opening of the outdoor swimming pools  
Sat, 8 July 2023 - Kneipp's Day  
Sat, 22 July 2023 - Trout Festival  
Sat, 5 August 2023 - Family Festival with our dwarf Snoviček  
Sat, 2 September 2023 - Goodbye, Summer

### SWIMMING POOL ANIMATIONS

**Group water gym:** Monday - Sunday 10:00 a.m. - 10:30 a.m.  
**Water aerobics:** Monday - Saturday 5:00 p.m. - 7:30 p.m. (outdoor pool)  
**Kneipp's hydrotherapy:** daily 10:30 a.m. - 11:00 a.m., followed by a barefoot walk along Kneipp's path next to the pool  
**Night swimming:** Wednesdays, Fridays, and Saturdays 8:00 p.m. - 10:00 p.m.

### KIDS ANIMATION PROGRAM

**Water fun in the pool:** Mondays, Wednesdays, Thursdays, Fridays, Saturdays and Sundays 11:30 a.m. - 12:15 p.m.  
**Water games:** Wednesdays, Fridays 4:30 p.m. - 5:00 p.m.  
**Hidden treasure hunt:** Thursdays 12:30 p.m. - 1:00 p.m. (indoor or outdoor pool)  
**Children's dance workshop:** Sundays 12:30 p.m. - 1:00 p.m. (indoor or outdoor pool)  
**Creative workshops:** Tuesdays 12:30 p.m. - 1:30 p.m. (indoor or outdoor pool)  
**Creative workshops with natural materials:** Saturdays 12:30 p.m. - 1:30 p.m. (indoor or outdoor pool)  
**Forest creative workshop (with childcare):** Saturdays 2:00 p.m. - 4:00 p.m., price €10/child  
**Visiting of Snoviček the dwarf:** Tuesdays 4:00 p.m. - 5:00 p.m., Thursdays 1:30 p.m. - 2:00 p.m. and Sundays 1:00 p.m. - 1:30 p.m. (indoor and outdoor pool)  
**Meetings of members of the Snoviček Club:** theme party with our dwarf, every first Saturday of the month 11:30 a.m. - 2:00 p.m.

### BAREFOOT EXPERIENCE

**Kneipp's barefoot experience** (awarded thematic route 2018): Tuesdays 10:00 a.m. - 12:00 a.m. and Sundays 5:00 p.m. - 7:00 p.m., price €10, €8 (12-18 years), €5 (6-12 years)

### FOR BODY & MIND HARMONY NEW

**Forest experience with meditation:** Thursdays and Saturdays 4:00 p.m. - 6:00 p.m., €20, €16 (12 - 18 years)  
**Sound bath with gong:** Saturdays 6:30 p.m. - 8:00 p.m., price €15, €7.50 (12-18 years)

### FOR ACTIVE ENTHUSIASTS

**Group outdoor exercise (as part of the project School of health):** from Monday to Friday 8:00 a.m. - 8:30 a.m., at the event tent near the thermal baths  
**Evening hike with torches to the spring of thermal water:** Mondays and Fridays 9:00 p.m. - 10:00 p.m., price €1/person

### SUMMER EVENINGS ON THE TERRACE

**Raffle:** Tuesdays 8:00 p.m. - 8:30 p.m.  
**Bowling with a ball on a string:** Tuesdays 8:30 p.m. - 9:00 p.m.  
**Cinema night under the stars:** Wednesdays 8:00 p.m. - 10:00 p.m.

### FOR MUSIC AND DANCING LOVERS

**Music Summer evening:** Thursdays 7:00 p.m. - 9:30 p.m. (outdoor restaurant terrace)

### TASTE LOCAL FLAVOURS

**Slovenian evening:** Saturdays 6:30 p.m. - 9:00 p.m., dinner price €15  
**Market of local products and delicacies:** Sundays 8:00 a.m. - 1:00 p.m.  
**Homemade iced herbal tea:** Wednesdays 5:00 p.m. - 5:30 p.m. (indoor pool restaurant)  
**Healthy snack:** Fridays 5:00 p.m. - 5:30 p.m. (indoor pool restaurant)

**Have a fantastic Summer.**

**Kneipp**

We reserve the right to make changes to the program.

For additional and up-to-date information about all events and programs, ask at the reception desk. The programs are free for guests visiting the pool, except where otherwise indicated. Registrations for paid events are mandatory at the reception desk, or by phone or via e-mail.

TERME SNOVIK - KAMNIK, d.o.o., Molkova pot 6a, 1241 Kamnik; LOCATION: Snovik 7, 1219 Laze v Tuhinju

+386 1 83 44 100, [info@terme-snovik.si](mailto:info@terme-snovik.si), [www.terme-snovik.si](http://www.terme-snovik.si)

## Guided experiential programs. RECONNECT WITH NATURE AND RELAX.

Allow us to take you to the pristine nature of the Tuhinj Valley. You will get to know the Kneipp's philosophy of a healthy lifestyle for the harmony of body and mind. You will find inner peace and forget the stress of everyday life. We will take you in the footsteps of Sebastian Kneipp and his five pillars for maintaining the health of the body and mind: water, exercise, nutrition, herbs and a healthy lifestyle.

### KNEIPP'S BAREFOOT EXPERIENCE

The program includes **barefoot walking**, which strengthens the foot muscles, improves balance, stimulates circulation, activates points on the feet and reduces our stress level through contact with the energy of nature, as well as **Kneipp baths, Kneipp espresso and stork walking in the stream, familiarization with herbs, healthy Kneipp snack and forest relaxation**. The experience takes place along a 3.2 km long awarded theme trail.

**Dates:** every Tuesday from 10:00 a.m. to 12:00 a.m., every Sunday from 5:00 a.m. to 7:00 p.m.

**Price:** for adults: €10/person, for teenagers from 12 to 17.99 years: 20% discount or €8/person, for children from 6 to 11.99 years: 50% discount or 5 € / person.

### FOREST EXPERIENCE WITH MEDITATION

A **workshop of sensual, meditative and relaxing experiences** and getting to know the forest. It has many positive effects on the psycho-physical well-being of a person. It improves the immune system, concentration and memory, cardiovascular and metabolic health, reduces anxiety, depression and anger, lowers the level of stress hormones, improves sleep and general well-being of the individual.

**Dates:** from June to September every Thursday from 4:00 p.m. to 6:00 p.m. and every Saturday from 4:00 p.m. to 6:00 p.m.

**Price:** for adults €20 / person, for teenagers from 12 to 17.99 years 20% discount or €16/person.



### SOUND BATH WITH GONG AND CONNECTION EXERCISES

A **mood-boosting, bonding and relaxation exercise program** for the vitality of the body and mind with an included **sound bath with gong vibrations** in nature.

**Dates:** every Saturday from June to September from 6:30 p.m. to 8:00 p.m.

**Price:** for adults €15 / person, for teenagers from 12 to 16 years: 50 % discount.

### EXPLORING FOREST WITH CHILDREN (WITH CHILDCARE)

We take the children to the world of the nearby magical forest, find natural materials and create with them. The 2-hour workshop also includes childcare with an educational note accompanied by our animators. For children from 4 to 12 years old.

**Dates:** every Saturday in July and August from 14:00 to 16:00

**Price:** €10 / child

**Excellent experiential programs for individuals, families, friends, groups.**

Kneipp



Guided experiences take place in the surroundings of our thermal resort.

**All programs must be registered in advance at the reception desk, on the phone number +386 1 83 44 100 or via e-mail [info@terme-snovik.si](mailto:info@terme-snovik.si).**

Meeting point: reception. Sportswear is recommended. Programs are held also in bad weather.