

An aerial photograph of the Hawks Cay resort. The image shows several large, multi-story white buildings with balconies, surrounded by lush tropical vegetation including palm trees. In the foreground, there is a body of turquoise water with a wooden dock system and a sandy beach area with lounge chairs. The entire scene is framed within a rounded rectangular border.

Our Visit to



HAWKS CAY®

Notes for parents and caregivers

Hawks Cay has online tools that can be used to preview areas of the resort before you visit.

Interactive map: <http://www.hawkscay.com/map/>

Live webcam: http://www.hawkscay.com/photo_gallery/#webcam

Some areas are restricted by age, for instance the Tranquility Pool, which is for adults age 21 and over only. Coral Cay is geared to all ages, but children must be 13 or older to be there by themselves. The pools all have different hours, which may be determined by the time of year. It might be helpful to find out the opening and closing times of each pool before children visit, so they will know when each pool is available.

If there are certain added Experiences at Hawks Cay, such as the Dolphin Connection, that your child may be attracted to, you may want to provide information to your child before your visit about which ones your family or group might take part in, and which ones might not occur on this visit.

It may be helpful to create a daily schedule of activities, if known, so that your child has a clear picture of what he or she will be doing each day. See the schedule template at the end of this story for a suggested format.

For guests on special diets: The Marina's Dockside Store has gluten-free snacks and groceries for those who want to cook while staying at Hawks Cay. Many of our restaurants also have gluten-free menu options.

Each restaurant has a different menu. Any outdoor seating serves items from the Beach Grill menu. You can see more about each restaurant and preview menus here: <http://www.hawkscay.com/dining/>

Individuals of all abilities are welcome at Hawks Cay. If your family will be booking activities at Camp Hawk or Dolphin Connection, they ask that you let them know about any special needs or requirements when you are booking the activity so they can best accommodate each individual's needs. The Dolphin Connection Special Needs Coordinator can be reached at 305-289-9975.

If you are making reservations for any of the Dolphin Connection programs, please visit the website at <http://www.dolphinconnection.com/> and review rules, age and height restrictions and other information for each program with your child prior to coming for your experience.



This is Hawks Cay Florida Keys Resort



This is where Hawks Cay is in the Florida Keys

Map of Hawks Cay



 ISLAND TRAM STOPS

ACCOMMODATIONS

Hotel Rooms.....	V ₁ -V ₄
Villas 2001-2014, 2101-2105.....	A
Villas Marina 4201- 4404.....	B
Villas 5001 - 5120.....	K
Villas 6001 - 6016.....	D
Villas 7001- 7090.....	T
Villas 7101 - 7105.....	S
Villas, Sanctuary 7201- 7228.....	R
Villas 7401 & 7402.....	I
Villas, Marina 8201 - 8403.....	L

RESTAURANTS & BARS

Alma.....	V ₂
Beach Grill.....	V
Bar at Alma.....	V ₂
Coral Cay Grill.....	P
Ocean Restaurant.....	Z
Tiki Bar.....	X ₂

SHOPPING & SERVICES

Duck Key Plaza.....	J
ATM.....	J ₂
Hawks Cay Realty.....	V ₂
Island Elegance Gift Shop.....	V ₂
Dockside Store.....	H

ACTIVITIES

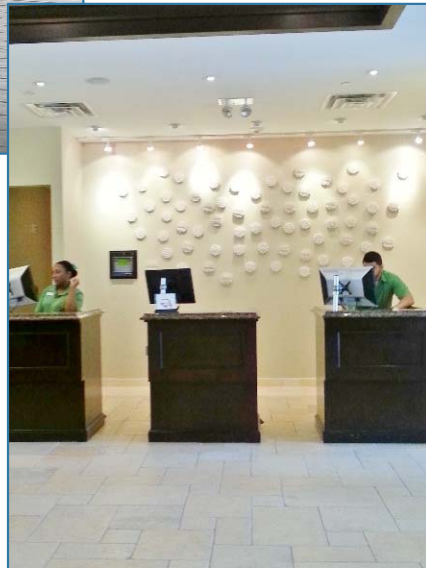
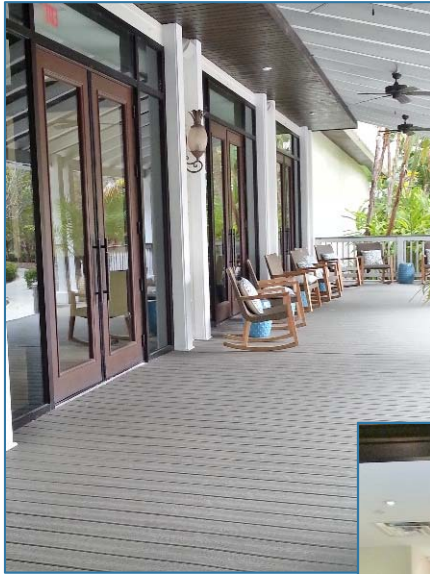
Boat Ramp.....	F
Calm Waters Spa.....	O
Dolphin Connection.....	1
Marina.....	E
(charter fishing, scuba diving, snorkeling, SNUBA, watercraft rentals, parasailing, stand-up paddleboarding, boat rentals, kiteboarding & sunset cruises)	
Pool - Main Resort.....	X
Pool - Sunset.....	M
Pool - Coral Cay and Pirate.....	N
Pool - Tranquility (Adults only).....	W
Tennis Courts.....	U
Coral Cay and the Cove.....	Q
Saltwater Lagoon.....	Y
Sports Field.....	Q ₁
Putting Course.....	Q ₂

BUSINESS SERVICES

Dolphin Conference Center.....	2 ₁
Overseas Conference Center.....	2 _b

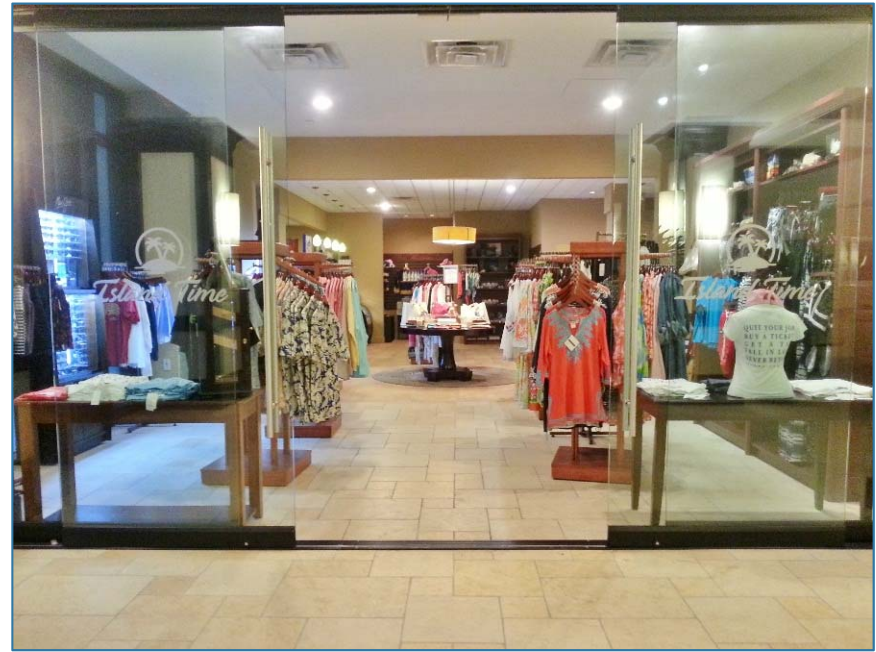


This is the main entrance.

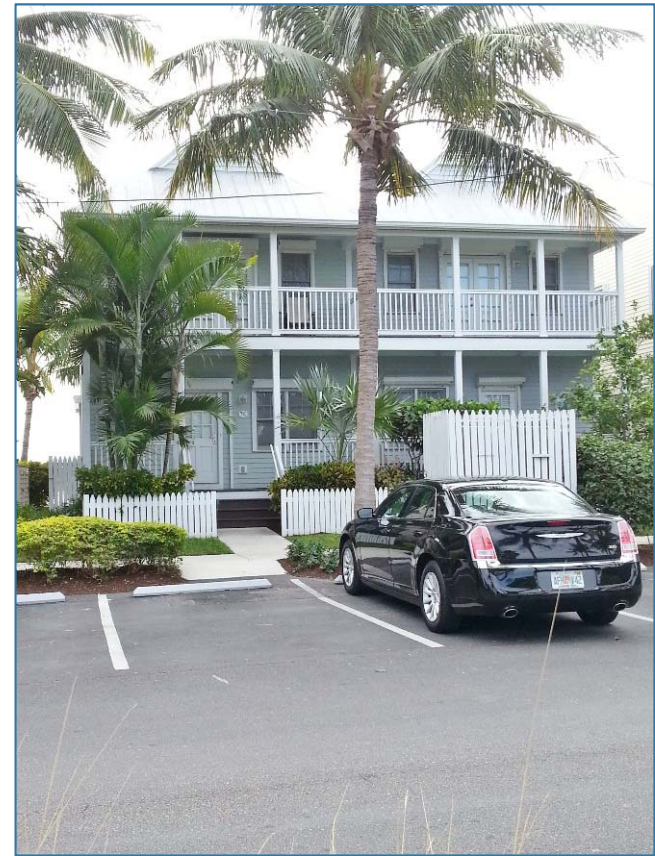


Entrance, Lobby and Registration

We will see the front porch, the lobby, the registration desk and maybe luggage carts that people use to carry their suitcases.



Island Time sells clothes and other things, and has a coffee and snack bar.



We will stay in a resort room or in a villa.



Signs

Some signs tell us where we are or help us find places.

Some signs give us rules.

This rule says we must wear shoes, shirts, and regular clothes if we are in the lobby or inside any restaurant.



Main Pool



Saltwater Lagoon



Coral Cay Pool



Sunset Pool

There are lots of pools and lots of water at Hawks Cay.
Each pool has different hours and different rules.
The Main Pool and Sunset Pool are always open.



Pirate Ship Pool - just for kids



Tranquility pool – just for adults

There is one pool just for children, and another pool just for adults.
We can swim in the pools for children or families.

Everybody will be happy and we will enjoy pools and activities just for us!



I will be very careful to follow all the rules for pools and water areas. This will keep us all safe and healthy.

Here are some of the most important rules:

No diving.

No animals allowed in or around the pool.

No food, drink or glass in the pool.

Shower before entering the pool.

If I am under 13 years old I must be with an adult from my family or group.



Coral Cay is a big recreation area. This area is for ALL ages.

I must be 13 years or older to be there by myself.

Tween and Teen Night Outs and Kids Night Out are on certain nights of the week.

We can check the schedule of activities to see when these are happening.



If I go to Camp Hawk, I will put on sunscreen before I go.
I will go to Coral Cay first.

I will bring a bathing suit, shoes, and my clothes to change into.

If I go to Kids Night Out, I will wear regular clothes and shoes.



Tennis



Bocce Ball



Bike rental



Soccer



Volley Ball

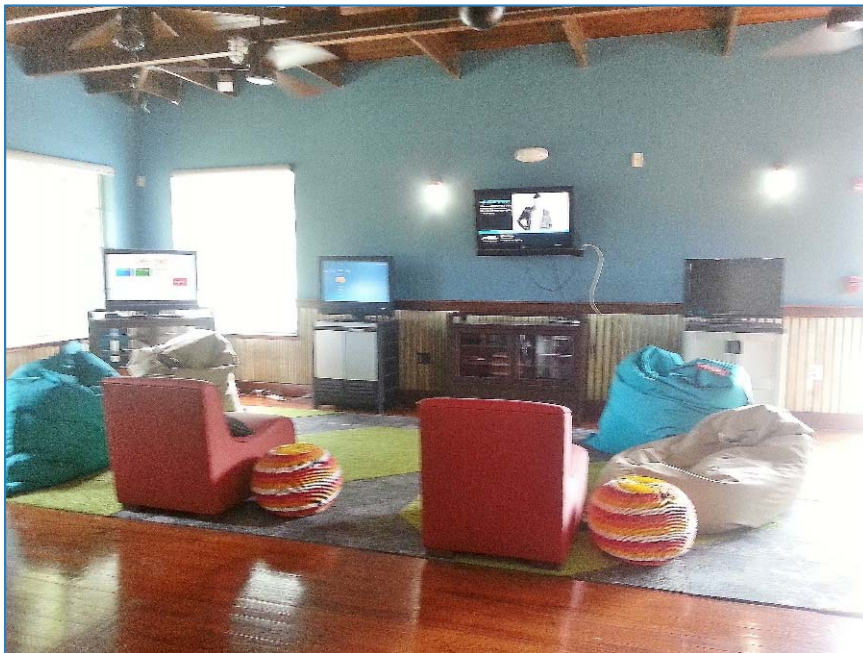
Some of the sports at Hawks Cay



Ping Pong



Mini golf course




Game room



Basketball

More of the sports and activities.
These activities are all at Coral Cay

FUN FOR ALL BY THE DAY		
<p>EVERY DAY Indies Club is open daily 9 am to 5 pm. Call 305.289.4906 or ext. 1803 for reservations. <i>All activities will occur at the Indies Club unless otherwise noted. Some activities are at an additional cost and require a reservation, cancellation fees may apply.</i></p> <p>CAMP HAWK: Reservations required. Offered all day Thursday through Saturday, and Sunday morning for kids 5 to 12 years old. 9 am - 1 pm Morning Half Day \$50 (Includes lunch), 1 - 5 pm Afternoon Half Day \$40 (Includes snack), 9 am - 5 pm Full Day \$75 (Includes lunch & snack). <i>Drop off as early as 7 am with 48 hours notice.</i></p> <p>KIDS NIGHT OUT: Offered Thursday - Saturday nights for kids 5 to 12 years old. 6 - 9 pm Ditch your parents for the night and have a pizza party complete with games, crafts and a movie. *Reservations required, parents must sign their kids sign in/ out. (\$45)</p> <p>TWEENS NIGHT OUT: Offered Thursday - Saturday nights for tweens 10 to 12 years old. 7 - 9 pm Hang with friends and have a blast with supervised games, music, snacks and more. Parents must sign their tweens in/ out. (\$20)</p> <p>TEENS HANG OUT: Offered Thursday - Saturday nights for teens 13 to 17 years old. 9 - 11 pm Hang with friends and have a blast with Playstation, Xbox, Nintendo Wii, and music. Snacks and more available for purchase. (\$5)</p>		
MONDAY	TUESDAY	WEDNESDAY
10 am Penguin Bowling 11 am Frisbee Toss 1 pm Paint a Keys Critter (\$6) 3 pm Adult Bike Tour* (\$15) 4 pm Punt, Pass and Kick Challenge Sports Field at Indies Club 5-7pm Mojito Monday at Alma Lounge (\$6)	9 am Yoga at Calm Waters Spa (\$15) 10 am Hula Hoop Competition 11 am Dive for Treasure 1 pm Sandy Candy (\$4) 3 pm Adult Cornhole Tournament at the Tranquility Lawn 4 pm Pick up Volleyball Game 5-7pm Martini Tuesday at Alma Lounge (well vodka \$6)	9 am Yoga at Calm Waters Spa (\$15) 10 am Home Run Derby 11 am Pool Noodle Race at Indies Pool 1 pm Sand Art (\$5) 3 pm Family Bike Tour* (\$15) 4 pm Ultimate Frisbee 5-7pm Well Drink Wednesday (\$2 off well drinks) at Alma Lounge 8 pm Dive in Movie at the Resort Pool
THURSDAY	FRIDAY	SATURDAY
9 am Camp Hawk* (\$50) 10 am Hole in One Challenge 11 am Kayak Race at Saltwater Lagoon 1 pm Camp Hawk* (\$40) 1 pm Build a Cuddly Keys Critter (\$20) 4 pm Ping Pong Tournament 6 pm Kids Night Out* (\$45) 5-7pm Champagne Thursday at Alma Lounge (\$6) 7 pm Tween Night Out (\$20) 9 pm Teen Night Out (\$5)	9 am Yoga at Calm Waters Spa (\$15) 9 am Camp Hawk* (\$50) 10 am Fish Feeding at the Marina 11 am Paddleboard Race at Saltwater Lagoon 1 pm Camp Hawk* (\$40) 1 pm Color a Backpack (\$12) 4 pm Soccer Shoot Out 5-7PM Wine Night at Alma Lounge (\$6) 6 pm Kids Night Out* (\$45) 7 pm Tween Night Out (\$20) 8 pm Bonfire and S'mores (\$2 ft. up) at Saltwater Lagoon 9 pm Teen Night Out (\$5)	9 am Yoga at Calm Waters Spa (\$15) 9 am Camp Hawk* (\$50) 10 am Kickball 11 am Water Polo 11 am - 3 pm Tie Dye T-shirts (\$20) at Saltwater Lagoon 1 pm Camp Hawk* (\$40) 3 pm Four Square 4 pm Basketball Free Throw Challenge 5-7pm Absinthe Saturday at Alma Lounge 6 pm Kids Night Out* (\$45) 7 pm Tween Night Out (\$20) 8 pm Glow Booth (\$2 ft. up) at the Resort Pool 9 pm Teen Night Out (\$5)
SUNDAY		
9 am Camp Hawk* (\$50) 10 am Pirate Scavenger Hunt 11 am Water Balloon Toss 1 pm Paint a Treasure Chest (\$5) 4 pm Capture the Flag 5-7pm Build your own Bloody Mary at Alma Lounge (well vodka \$6)	* Advance Reservations Required	

Sample Schedule



Sample Activities

We will get a newsletter called Hawks Cay Experience when we check in. This will have information about schedules of activities at Coral Cay and other places. Maybe we will see schedule information other places too.



Tram – sometimes the tram drives around so we can ride.
Sometimes the tram is parked.
We can walk or drive our car to another area.
If I ride this tram, I must ride with my family if I am under 13 years old.



There are water stations & towel stations near each pool.
We will take clean towels to use at the pool,
and return used towels to the bins when we are done.
Pool towels are not the same as room towels.

Restaurants



Beach Grill



Alma



Ocean



Tiki Bar



Angler and Ale
coming Fall 2015



Fire Pit

The fire is lit most days just before the sun goes down.

We can watch the fire from outside the fire pit.

It is not OK to swim or play in the water around the fire pit.

If we want to swim or play in the water, we can go to one of the pools!



Marina

There are boats that can take us to different experiences. Some activities we can do are SNUBA*, SCUBA, fishing, snorkeling, jet skiing, and parasailing.

One boat goes on a sunset cruise.
We can ask Sundance Watersports about the cruise schedule.

*SNUBA is a real thing! Check it out here:

<http://www.hawkscay.com/experience/dive-duck-key/snuba-diving-florida-keys/>



Dockside Dolphins: I can see and touch dolphins like the people in this picture. I will not go in the water. If I am under 5 years old, I must be with an adult. This whole program is 30 minutes. I will spend 10, 11, or 12 minutes with the dolphins.

Dolphin Discovery: I must be 4'6" or taller. I must be able to read, understand when the trainer talks to me, and to answer back in English. This whole program is 45 minutes. We will be in the water with the dolphins for 25 minutes. I can choose to swim or not swim.

Trainer for a Day: I must be 4'6" or taller and 10 years or older. I can choose to swim or not swim in the water. I must be able to read, understand when the trainer talks to me, and to answer back. Sometimes there will not be room for more people. This whole program is 3 hours.

Sometimes Dolphin Connection programs might be cancelled for the safety of the dolphins. It is OK. Maybe we can come again another day.

We can find out more about the Dolphin Connection online here: <http://www.dolphinconnection.com/>



When our visit is over, we will put all our things in our luggage and get ready to go.

We will remember all the fun we had at Hawks Cay.

Time to go!

We will say, "Good bye, see you again some day!"

What will we do today?

Activity	Who is doing this with me?	Where?	What time? or - Morning/Afternoon/ Evening



HAWKS CAY®

Created for Hawks Cay

by

The University of South Florida
Center for Autism and Related Disabilities

1-800-333-4530

813-974-2532

<http://card-usf.fmhi.usf.edu>



Florida's First Choice for Autism Support

