



DAILY
ENTERTAINMENT &
ACTIVITIES GUIDE
Enjoy your experience



DAYTIME ACTIVITIES

*Daily Orientation 10 am & 5 pm
(Meet in lobby)*

SUNDAY

- 9:00am:** Par Course Challenge (Par Course)
- 9:30am:** Glass Bottom ride (Water Sports Hut)
- 10:00am:** Sailing and Windsurfing Lesson
- 10am:** Yoga (60 min - Aerobics Studio)
- 10am:** Squash Clinic (60 min) (Sports Complex)
- 11:00am:** Beach Volleyball (South Beach)
- 11:00am:** Snorkeling trip (Water Sports Hut)
- 11:30am:** Basket Weaving (Main Beach)
- 12:30pm:** Pool Volleyball (Main Pool)
- 1pm:** Bocce Ball Tournament (South Beach)
- 1:30pm:** Snorkeling trip (Water Sports Hut)
- 2:00pm:** Stone Painting (Main Beach)
- 2pm:** Sailing & Windsurfing Lessons (Water Sports)
- 3:00pm:** Snorkeling trip (Water Sports Hut)
- 3pm:** Racquetball Clinic (60 min) (S/ Complex)
- 4:00pm:** Beach Volleyball (South Beach)
- 5:00pm:** CSA Abs (30 min - Aerobics Studio)
- 5:30pm:** Spinning (50 min) (Aerobics Studio)
- 5:30pm:** Jazz on the Beach (Main Beach)
- 8:00pm:** Movie Marathon (South Beach)
- 8:00pm:** Mello Vybz-Exodus Band (The Palms)
- 9:15pm:** SHOWTIME - Retro Party (The Palms)
- 9:30pm:** Happy Hour (Aura Lounge)
- 10:30pm:** Sunday Groove (Aura Lounge)

MONDAY

- 8:00am:** Advanced Tennis Clinic (Complex)
- 8:45am:** Intermediate Tennis Clinic (Complex)
- 9:00am:** Power Work-out (Aerobics Studio)
- 9:00am:** Nature Tour (Main Lobby)
- 9:30am:** Glass Bottom ride (Water Sports Hut)
- 10:00am:** Sailing and Windsurfing Lesson
- 10:00am:** Mind &Body (60 min - Aerobics Studio)
- 10am:** Racquetball Clinic (60 min.) (Sports Complex)
- 10:30am:** Beaded Jewelry Making (Main Beach)
- 11:00am:** Beach Volleyball (South Beach)
- 11:00am:** Snorkeling trip (Water Sports Hut)
- 11:00am:** Hat Making (Main Beach)
- 12pm:** Pool Tournament (Pool Room)
- 1:00pm:** Minute to win it (Pool Bar)
- 1:30pm:** Snorkeling trip (Water Sports Hut)
- 2:00pm:** Sailing & Windsurfing Lessons (Water Sports)
- 3:00pm:** Snorkeling trip (Water Sports Hut)
- 3:00pm:** Squash Clinic (60 min) (Complex)
- 3:00pm:** Aqua Fit (45 min - Lap Pool)
- 3:30pm:** Martini Mixology (Palms)
- 4:00pm:** Gym Demonstration
- 4:00pm:** Yoga (60 min) (Aerobics Studio)
- 4:00pm:** Beginners Tennis Clinic (Complex)
- 5:00pm:** Round Robin Tournament (Complex)
- 5:00pm:** CSA Abs (30 min - Aerobics Studio)
- 5:30pm:** Cardio & Resistance (Aerobics Studio)
- 6:30pm:** Managers Cocktail Party (Aura Lounge)
- 8:00pm:** TV/Movie Trivia (Aura Lounge)
- 9:00pm:** Blazing Piano (Aura Lounge)
- 9:00pm:** SHOWTIME (Cultural Night) (The Palms)
- 11:00pm:** Top Of The Charts (Aura Nightclub)

TUESDAY

- 8:00am:** Advanced Tennis Clinic (Complex)
- 8:45am:** Intermediate Tennis Clinic (Complex)
- 8:00am:** Fitness Walk (Beach W/sports Hut)
- 8am:** Yoga on the Beach (Beach W/sports Hut)
- 8:30am:** Beach Abs (Beach W/sports Hut)
- 9:00am:** Hi Lo Aerobics (60 min - Aerobics Studio)
- 9:30am:** Glass Bottom ride (Water Sports Hut)
- 10:00am:** Sailing and Windsurfing Lesson
- 10:00am:** Squash Clinic (60 min) (South Beach)
- 11:00am:** Beach Volleyball (South Beach)
- 11:00am:** Snorkeling trip (Water Sports Hut)
- 11:00am:** Margarita Mixology (Main Beach)
- 1:00pm:** Horse Shoe Tournament (South Beach)
- 1:30pm:** Snorkeling trip (Water Sports Hut)
- 2:00pm:** Sailing & Windsurfing Lessons
- 3:00pm:** Snorkeling trip (Water Sports Hut)
- 2:30pm:** Pool Volleyball (Main Pool)
- 3:00pm:** Tie & Dye Class (Cost \$) (Main Beach)
- 3:00pm:** Racquetball Clinic (60 min) (Complex)
- 3:00pm:** Couples Massage Class (Aerobics Studio)
- 3:00pm:** Basketball 3 point competition (Complex)
- 4:00pm:** Cybex Circuit Upper Body (30 min - Gym)
- 4:00pm:** Mind &Body (60 min - Aerobics Studio)
- 4:00pm:** Beginners Tennis Clinic
- 4:00pm:** Beach Volleyball (South Beach)
- 5:00pm:** Round Robin Tournament (Complex)
- 5:00pm:** Dynamic Warm-Up (Aerobics Studio)
- 5:30pm:** Dynamic Aerobics (60mins Aerobics Studio)
- 6:30pm:** Couples Games Show (Aura Lounge)
- 9:00pm:** Blazing Piano (Aura Lounge)
- 9:15pm:** SHOWTIME (Reggae Night) (The Palms)
- 10:30pm:** Casino & Auction (Casino Room)
- 11:00pm:** Dance Mixes (Aura Nightclub)

WEDNESDAY

- 8:00am:** Advanced Tennis Clinic (Complex)
- 8:45am:** Intermediate Tennis Clinic
- 9:00am:** Dynamic Aerobics (Aerobics Studio)
- 9:30am:** Glass Bottom ride (Water Sports Hut)
- 10:00am:** Sailing and Windsurfing Lesson
- 10:00am:** Mind &Body (60 min - Aerobics Studio)
- 10:00am:** Racquetball Clinic (60 min) (Complex)
- 11:00am:** Beach Volleyball (South Beach)
- 11:00am:** Snorkeling trip (Water Sports Hut)
- 11:30am:** Basket Weaving (Main Beach)
- 1:00pm:** Pastry Demo (Main Beach)
- 1:30pm:** Steel Drums Lessons (Main Beach)
- 1:30pm:** Snorkeling trip (Water Sports Hut)
- 2:00pm:** Salsa Dance Class (Sports Complex)
- 2:00pm:** Sailing & Windsurfing Lessons
- 3:00pm:** Snorkeling trip (Water Sports Hut)
- 3:00pm:** Squash Clinic (60 min) (Complex)
- 3:00pm:** Appleton 101 (Main Beach)
- 4:00pm:** Yoga (60 min - Aerobics Studio)
- 4:00pm:** Beginner Tennis Clinic
- 4:00pm:** Beach Volleyball (South Beach)
- 5:00pm:** Round Robin Tournament (Complex)
- 5:00pm:** CSA Abs (30 min - Aerobics Studio)
- 5:30pm:** Powered UP (60 min - aerobics Studio)
- 5:30pm:** Wine & Cheese (Aura Lounge)
- 9:00pm:** Blazing Piano (Aura Lounge)
- 9:00pm:** SHOWTIME (Steel Drums) (The Palms)
- 10:30pm:** Romantic Bonfire (Main Beach)
- 11:00pm:** Open Chart (Aura Nightclub)

For a complete recording of the Daily Activities please dial extension 400, channel 2 on television or sports desk @ 5367

Guests Relations & Complimentary Tours

Book at Guest Relations Desk or Tour Desk

4:00pm - CATAMARAN CRUISE: Every day except Sundays and Thursdays. Meet at Water sports at 3:45pm.

8:05am & 1:05pm - GOLF daily meet Great House Lobby

SHOPPING TOURS (meet Great House Lobby)

Mondays and Fridays @ 2:00 pm

Wednesdays and Saturdays @ 10:00 am

5:00pm - MARGARITAVILLE - Wednesdays (meet Great House Lobby)

5:00pm PUSH CART - Saturdays Wednesdays and Thursdays (meet Great House Lobby)

Daily Activities/ Water Sports

8:30am-4pm

These activities does not require booking
Pedal Boat; Kayak; Hobie Sail; Windsurf; Skiing; Wake Board; Knee Board; Water Bee; Sun Fish

Daily Activities/ Water Sports

These activities must be booked a day in advance

Glass Bottom Boat: 9:30am; Snorkel: 11am, 1:30pm & 3:00pm; Scuba Certified Dive Trip - 9am & 1:00pm; Beginner Trips: 8:30am (Mon-Fri)

Please call us at Ext #5312 if you have any questions about the social activities.



www.couples.com

THURSDAY

8:00am: Advanced Tennis Clinic
8:45am: Intermediate Tennis Clinic
8:00am: Fitness Walk (Beach W/Sports Hut)
8:30am: Beach Abs (Beach W/sports Hut)
9:00am: Cardio Power & Resistance (Aerobics Studio)
9:00am: Nature Tour (Main Lobby)
9:30am: Glass Bottom ride (Water Sports Hut)
10:00am: Sailing and Windsurfing Lesson
10:00am: Tarot Card Reading (Cost) \$ (Palms)
10:00am: Yoga (60 min - Aerobics Studio)
10:00am: Squash Clinic (60 min) (Complex)
10:30am: Beach Cricket (Main Beach)
11:00am: Loop D Prize (Main Beach)
11:00am: Beach Volleyball (South Beach)
11:00am: Snorkeling trip (Water Sports Hut)
1:00pm: Ping Pong Tournament (South Beach)
1:30pm: Snorkeling trip (Water Sports Hut)
2:00pm: Sailing & Windsurfing Lessons
3:00pm: Snorkeling trip (Water Sports Hut)
3:00pm: Racquetball Clinic (60 min)
3:00pm: Couples Massage Class (Aerobics Studio)
3:30pm: Staff & Guest Rehearsals (every other week)
4:00pm: Cybex Circuit Lower Body (30 min - Gym)
4:00pm: Beach Volleyball (South Beach)
4:00pm: Beginners Tennis Clinic
4:00pm: Mind & Body (60 min - Aerobics Studio)
5:00pm: Round Robin Tournament
5:00pm: Dynamic Warm-Up
5:30pm: Dynamic Aerobics (Aerobic studio)
9:00pm: Blazing Piano (Aura Lounge)
9:15pm: Talent Show/Band Night (The Palms)
11:00pm: Retro Night (Aura Nightclub)

FRIDAY

8:00am: Advanced Tennis Clinic (Complex)
8:00am: Yoga on the Beach (Beach W/sports Hut)
8:45am: Intermediate Tennis Clinic (Complex)
9:00am: Dynamic Aerobics (Aerobics Studio)
9:30am: Glass Bottom ride (Water Sports Hut)
10:00am: Sailing and Windsurfing Lesson
10:00am: Racquetball Clinic (60 min) (Complex)
10:30am: Talk Jamaican (Main Beach)
11:00am: Snorkeling trip (Water Sports Hut)
11:00am: Cook Jamaica (Main Beach)
11:30am: -Beach Volleyball (Staff Vs Guest) (South Beach)
11:30am: Basket Weaving (Main Beach)
12:00pm: Hat Making (Main Beach)
1:00pm: Wood Carving Class (Main Beach)
1:30pm: Congo Drum Lessons (Main Beach)
1:30pm: Snorkeling trip (Water Sports Hut)
2:00pm: Reggae Dance Class (Aerobics Studio)
2:00pm: Sailing & Windsurfing Lessons
2:30pm: Auction (Main Beach)
3:00pm: Snorkeling trip (Water Sports Hut)
3:00pm: Squash Clinic (60 min)
3:00pm: Aqua Fit (40 min - Lap Pool)
4:00pm: Cybex Circuit Endurance (30 min - Gym)
4:00pm: Beginners Tennis Clinic (Complex)
5:00pm: Sunset Yoga (Beach Wedding Gazebo)
5:00pm: Round Robin Tournament (Complex)
5:00pm: CSA Abs (30 min - Aerobics Studio)
5:30pm: Powered UP (60min - Aerobics Studio)
9:00pm: Beach Party — SHOWCASE (Main Beach)
9:30pm: Happy Hour (Aura Nightclub)

Every Day

Personal Training, Private Tennis, Squash & Racquetball Lessons 8:00-11:00am & 3:00 - 7:00pm

SATURDAY

9:00am: Par Course Challenge (60 min - Par Course)
9:30am: Glass Bottom ride (Water Sports Hut)
10:00am: Sailing and Windsurfing Lesson
10:00am: Squash Clinic (60 min) (Complex)
10:30am: BOB MARLEY INFO (Main Beach)
11:00am: Beach Volleyball (South Beach)
11:00am: Snorkeling trip (Water Sports Hut)
11am & 1 pm: Reggae Tie N Dye (Cost \$) (Main Beach)
11:30am: Rasta Way Of Live-Daddy Coo (Main Beach)
1:30pm: Fruit Carving Demo (Main Beach)
1:30pm: Snorkeling trip (Water Sports Hut)
2:00pm: Sailing & Windsurfing Lessons
3:00pm: Snorkeling trip (Water Sports Hut)
3:00pm: Beach Soccer (Main Beach)
3:00pm: Racquetball Clinic (60 min)
4:00pm: Beach Volleyball (South Beach)
5:30pm: Spinning (60 min - Aerobics Studio)
5:30pm: Sunset Flavor (Main Beach)
7:30pm: Poker Night (Casino Room)
9:00pm: Blazing Piano (Aura Lounge)
9:15pm: SHOWTIME (The Palms)
11:00pm: Request Night (Aura Nightclub)

RESTAURANTS OPENING HOURS

PATOIS

Breakfast: 8:00am — 11:00am
 Lunch: 12:30pm - 2:30 pm
 Dinner: 6:30-9:00pm
 Closed on Mondays

LEMON GRASS

Dinner: 6:30pm-9:00pm
 Reservation Required Close on Fridays

PALMS

Breakfast: 7:30am-10:30am
 Lunch: 12:30pm-2:30pm
 Dinner: 6:30pm- 10:00pm
 Fridays : 7:00pm- 10pm

FEATHERS

Dinner: 6:30pm-9pm
 Reservation Required

Closed on Sundays

CABANA GRILL

11AM-6:00PM
 Re-opens Daily 10:00pm-5am

SEA GRAPES

11AM-6:00PM



RAINY DAY ACTIVITIES

In the unlikely event of inclement weather, we would love you to join us in the conference room for movies and games. Other options include fun and games by the main beach bar. Rain or shine the entertainment team is ready for you to have a great time!

Activities are subject to change without notice.

For a complete recording of the Daily Activities please dial extension 400, channel 2 on television or sports desk @ 5367