

MONDAY

- 08:00 am Morning Stretch (Fitness Studio)
- 09:00 am Pilates Class (Fitness Studio)
Please sign up 1hour in advance at the Spa. Supplementary Charge. A minimum of 4 persons required.
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Body Conditioning (Fitness Studio)
- 10:00 am Water-Skiing (sign up Water Sports)
- 10:00 am Water Sports Lessons begin (Water sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:15 am Abs Solution (Main Pool)
- 02:00 pm Kite Making Experience (Action City)
- 02:00 pm Wz
up)
- 02:30 pm Bd
- 02:30 pm Scuba Demo (Dive shop)
- 03:00 pm Banana Ride (Water Sports- 3 pm sign up/4 pm start)
- 03:00 pm Beach Cricket (Action City)
- 04:00 pm Pool Volley Ball
- 04:00 pm Paddle Board Yoga (Water sports)
Please sign up 24hours in advance at the Spa. Supplementary Charge. A minimum of 4 persons required.
- 04:30 pm Chocolate Making Experience (See Jammin Tours Desk)

ENTERTAINMENT

8:30 pm Karaoke Night
with the Activities Team
@ the Jammers Gazebo

TUESDAY

- 08:00 am Morning Stretch (Fitness Studio)
- 09:00 am Body Conditioning (Fitness Studio)
- 09:30 am Tour of the day Explorer Tour (See Jammin Tour Desk)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water Skiing (Watersports to sign up, then ski dock)
- 10:00 am Water Sports Lessons Begins (Water Sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:30 am Snuba Demo (Main Pool)
- 11:30 am Balloon Toss (Action City)
- 02:00 pm Water-Skiing (Water Sports to sign up)
- 02:00 pm Table Tennis Tournament (Action City)
- 02:30 pm Scuba Demo (Dive Shop)
- 03:00 pm Banana Ride (Water Sports-3 pm sign up/4 pm)
- 03:00 pm Ladder Golf Contest (Action City)
- 04:00 pm Pool Volley Ball (Main Pool)
- 04:30 pm Sip & Paint (See Jammin tours desk)
Please sign up 24hours in advance. Supplementary Charge.

ENTERTAINMENT

8:30 pm Name That Tune
with the Activities Team
@ the Jammers Gazebo

WEDNESDAY

- 07:30 pm Sunrise Yoga (Fitness Studio)
Please sign up 24hours in advance at the Spa. Supplementary Charge. A minimum of 4 persons required.
- 08:00 am Morning Stretch (Fitness Studio)
- 09:00 am Pilates Class (Fitness Studio)
Please sign up 1hour in advance at the Spa. Supplementary Charge. A minimum of 4 persons required.
- 10:00 am Circuit Training (Fitness Studio)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water-Skiing (Water Sports to sign up, then ski dock)
- 10:00 am Water Sports Lessons begin (Water Sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:15 am TBCB Triceps, Biceps Chest & Back (Fitness Studio)
- 02:00 pm Water-Skiing (Water Sports to sign up)
- 02:00 pm Basic Salsa Lesson (Fitness Studio)
- 02:30 pm Scuba Demo (Dive Shop)
- 03:00 pm Tube Ride (Water Sports-3 pm sign up/4 pm start)
- 03:00 pm Beach Cricket (Action City)
- 04:00 pm Pool Volleyball (Main Pool)
- 04:30 pm Restorative Yoga (Fitness Studio)
Please sign up 24hours in advance at

ENTERTAINMENT

8:30 pm Bingo Night
with the Activities Team
@ the Jammers Gazebo

THURSDAY

- 08:00 am Morning Stretch (Fitness Studio)
- 09:00 am Legs, Bums & Turns (Fitness Studio)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water-Skiing (Water Sports to sign up, then ski dock)
- 10:00 am Water Sports Lessons begin (Water Sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:30 am Coconut Bowling (Action City)
- 02:00 pm Water-Skiing (Water Sports to sign up)
- 02:00 pm Piton Sunset Cruise (See Jammin Tours Desk)
- 02:00 pm Lawn Darts Contest (Action City)
- 02:30 pm Scuba Demo (Dive Shop)
- 03:00 pm Banana Ride (Water Sports- 3 pm sign up/4 pm start)
- 03:00 pm Bocce Ball (Action City)
- 04:00 pm Pool Volleyball (Main Pool)
- 04:30 pm Bag Painting Experience (See Jammin Tours Desk)
- 05:00 pm Tai Chi (Fitness Studio)
Please sign up 24hours in advance at the Spa. Supplementary Charge. A minimum of 5 persons required.
- 06:00 pm Restorative Yoga (Fitness Studio)
Please sign up 24hours in advance at the Spa. Supplementary Charge. A minimum of 5 persons required.

ENTERTAINMENT

8:30 pm Movie Trivia
With the Activities Team
@ the Jammers Gazebo

FRIDAY

- 08:00 am Morning Stretch (Fitness Studio)
- 09:00 am Pilates Class (Fitness Studio)
Please sign up 1hour in advance at the Spa. Supplementary charge. A minimum of 4 persons required.
- 09:30 am Tour of the day Explorer Tour (See Jammin Tours Desk).
- 10:00 am Step Class (Fitness Studio)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water-Skiing (Sign up at Water sports)
- 10:00 am Water Sports Lessons begin (Water Sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:15 am Soca Fit (Fitness Studio)
- 02:00 pm Water Skiing (Water Sports to sign up)
- 02:30 pm Scuba Demo (Dive Shop)
- 03:00 pm Tube Ride (Water Sports- 3 pm sign up/4 pm start)
- 03:00 pm Horseshoe Diving (Main pool)
- 04:00 pm Pool Volley Ball (Main Pool)
- 04:45 pm Tour of the day Sunset Sensation Cruise. (See Jammin Tours Desk- US\$55+VAT)

ENTERTAINMENT

8:30 pm Disco Night
with the Activities Team
@ the Jammers Gazebo

SATURDAY

- 09:00 am Dance Aerobics (Fitness Studio)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water-Skiing (Water Sports to sign up, then ski dock).
- 10:00 am Water Sports Lessons begin (Water Sports)
- 10:30 am Aqua Aerobics (Main Pool)
- 11:30 am Ladder Golf Contest (Action City)
- 02:00 pm Water-Skiing (Water Sports to sign up)
- 02:00 pm Horseshoe Throwing Contest (Action City)
- 03:00 pm Banana Ride (Water Sports-3 pm sign up/4 pm)
- 03:00 pm Pool Side Bingo (Main Pool)

ENTERTAINMENT

SUNDAY

- 09:00 am Six Pack Abs (Fitness Studio)
- 10:00 am Guest Orientation (Lobby)
- 10:00 am Water-Skiing (Water Sports to sign up, then ski dock).
- 10:30 am Aqua Tone (Main Pool)
- 11:30 am Golf Putting Contest (Action City)
- 02:00 pm Water-Skiing (Water Sports to sign up)
- 02:00 pm Bottle Fishing Contest (Action City)
- 03:00 pm Beach Cricket (Action City)
- 02:30 pm Scuba Demo (Dive Shop)
- 03:00 pm Tube Ride (Water Sports) 3 pm sign up/4 pm start
- 04:00 pm Pool Volley Ball (Main Pool)

ENTERTAINMENT



BABYSITTING SERVICES
We provide care for children ages 4 and under. Please book 24 hours in advance or call extension 544 for babysitting services.

KIDS
Jacquot Fun Club is for kids from 4 to 12 years old. Open from 10:00 am to 4:00 pm. Please call extension 544 for further information.

RAINY DAYS
Due to inclement weather the Rainy Day Activities Program will be in full effect from 11:00 am at the Dragonfly restaurant and Jammer's Bar from 3:30pm.

SPA SERVICES
Retreat, relax, and rejuvenate at Windjammer Landing's Spa. Open from 8:00 am to 7:00 pm. Call extension 585 for bookings and further information.

TENNIS
There are two tennis courts available for guests use. Reservations are required for private use. Tennis racquets are provided at the Reception Desk.

WATER SPORTS
Water Sports activities are available from 9:30 am to 4:30 pm. Sailing Lessons are available at (US \$35) Windsurfing (US\$60) and water skiing (US\$45) between 10 am and 3 pm. Call extension 580 for further information.

WELLNESS CLASSES
We offer a wide range of wellness classes. However due to limited space, you are kindly asked to sign up at the Front Desk or call extension *538*for Meditation, Yoga, Tai Chi at least 24 hours prior to the scheduled time.

NB: Age limit is 15 years and older to participate.

FITNESS CLASSES