



WEEKLY ACTIVITY SCHEDULE

*The Fitness Center is accessible 24 hours a day using the room key access pad between the hours of 9 p.m. and 6 a.m. The Spa is open 8 a.m. to 7 p.m.

MONDAY

daily.

6:00 am	Fitness Center Opens*
7:30 am	Morning Stretch (<i>Fitness Center Studio</i>)
8:00 am	The Spa Opens (<i>extension 585 to book treatment!</i>)*
9:15 am	Body Conditioning (<i>Fitness Center Studio</i>)
9:30 am	Tennis Clinic with a Pro (<i>Tennis Courts</i>)
9:30 am	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
10:00 am	Water Sports Lessons begin (<i>see details on reverse</i>)
10:30 am	Aqua Aerobics (<i>Main Pool</i>)
10:45 am	Complimentary Snorkeling (<i>Water Sports</i>)
11:30 am	Coconut Bowling (<i>Beach</i>)
1:30 pm	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
1:45 pm	Snorkeling (<i>Water Sports-US \$6</i>)
2:00 pm	Horseshoe Throwing Contest (<i>Beach</i>)
2:30 pm	Scuba Demo (<i>Dive Shop</i>)
3:00 pm	Tube Rides (<i>Water Sports- 3 pm sign up/4 pm start</i>)
3:30 pm	Water Balloon Toss (<i>Beach</i>)
4:00 pm	Pool Volleyball (<i>Main Pool</i>)
4:45 pm	Paddle Board Sunset Yoga (<i>Water Sports</i>)
8:30 pm	Entertainment The Band 10/90 (<i>Jammers</i>)

TUESDAY

6:00 am	Fitness Center Opens*
8:00 am	The Spa Opens (<i>extension 585 to book treatment!</i>)*
9:15 am	Pilates Class (<i>Fitness Center Studio</i>)
9:30 am	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
10:00 am	Water Sports Lessons begin (<i>see details on reverse</i>)
10:30 am	Aqua Aerobics (<i>Main Pool</i>)
10:45 am	Complimentary Snorkeling (<i>Water Sports</i>)
11:30 am	Bocce Ball Contest (<i>Beach</i>)
	Snuba Demo (<i>Main Pool</i>)
1:30 pm	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
1:45 pm	Snorkeling (<i>Water Sports- US \$6</i>)
2:00 pm	Limbo Lessons (<i>Beach</i>)
2:30 pm	Scuba Demo (<i>Dive Shop</i>)
3:00 pm	Tube Rides (<i>Water Sports-3 pm sign up/4 pm start</i>)
6:30 pm	Managers Cocktail Party (<i>Main Pool Area</i>)
	Caribbean Buffet: <i>Dragonfly Restaurant</i>
8:30 pm	Entertainment Live Band DYP (<i>Jammers</i>)
9:00 pm	Limbo Dancers and Fire Eaters (<i>Jammers Dance Deck</i>)

WEDNESDAY

6:00 am	Fitness Center Opens*
7:30 am	Morning Walk (<i>Lobby</i>)
8:00 am	The Spa Opens (<i>extension 585 to book treatment!</i>)*
9:15 am	Six-Pack Abs (<i>Fitness Center Studio</i>)
9:30 am	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
10:00 am	Water Sports Lessons begin (<i>see details on reverse</i>)
10:30 am	Aqua Aerobics (<i>Main Pool</i>)
10:45 am	Complimentary Snorkeling (<i>Water Sports</i>)
11:30 am	Coconut Bowling (<i>Beach</i>)
1:30 pm	Water-skiing (<i>Water Sports to sign up, then ski dock</i>)
1:45 pm	Snorkeling (<i>Water Sports- US \$6</i>)
2:00 pm	Patois Language Lessons (<i>Main Pool</i>)
2:30 pm	Scuba Demo (<i>Dive Shop</i>)
3:00 pm	Tube Rides (<i>Water Sports-3 pm sign up/4 pm start</i>)
3:30 pm	Ping Pong Rum (<i>Beach</i>)
4:00 pm	Water Polo (<i>Main Pool</i>)
5:00 pm	Villa Owners Cocktail Party (<i>Embers</i>)
6:00 pm	Candlelight Restorative Yoga (<i>Fitness Center Studio</i>)
8:30 pm	Entertainment Live Band Xtent (<i>Jammers</i>)

THURSDAY

6:00 am	Fitness Center Opens*
8:00 am	The Spa Opens (<i>extension 585 to book treatment!</i>)*
9:15 am	Body Conditioning (<i>Fitness Center Studio</i>)
9:30 am	Water-Skiing (<i>Water Sports to sign up, then ski dock</i>)
10:00 am	Water Sports Lessons begin (<i>see details on reverse</i>)
10:30 am	Aqua Aerobics (<i>Main Pool</i>)
10:45 am	Complimentary Snorkeling (<i>Water Sports</i>)
11:30 am	Golf putting competition (<i>Beach</i>)
1:30 pm	Water-skiing (<i>Water Sports to sign up, then ski dock</i>)
1:45 pm	Snorkeling (<i>Water Sports- US \$6</i>)
2:00 pm	Plank Challenge (<i>Beach</i>)
2:30 pm	Scuba Demo (<i>Dive Shop</i>)
3:00 pm	Tube Rides (<i>Water Sports- 3 pm sign up/4 pm start</i>)
3:30 pm	Bocce Ball Contest (<i>Beach</i>)
4:00 pm	Pool Volleyball (<i>Main Pool</i>)
5:00 pm	Tai Chi (<i>Beach Ski Dock or Embers if rainy</i>)
6:00 pm	Mindfulness and Meditation (<i>Fitness Center Studio</i>)
8:30 pm	Entertainment Teddyson John Solo Band (<i>Jammers</i>)



WEEKLY ACTIVITY SCHEDULE

FRIDAY

6:00am	Fitness Center Opens*
7:30 am	Sunrise Yoga (Fitness Center Studio)
8:00 am	The Spa Opens (extension 585 to book treatment!)*
9:15 am	Zumba Class (Fitness Studio)
9:30 am	Water-Skiing (Water Sports to sign up, then ski dock)
10:00 am	Water Sports Lessons begin (see details below)
10:30 am	Aqua Aerobics (Main Pool)
10:45 am	Complimentary Snorkeling (Water Sports)
1:30 pm	Water-Skiing (Water Sports to sign up, then ski dock)
1:45 pm	Snorkeling (Water Sports- US \$6)
2:00 pm	Egg Toss (Beach)
2:30 pm	Scuba Demo (Dive Shop)
3:00 pm	Tube Rides (Water Sports- 3 pm sign up/4 pm start)
3:30 pm	Mixology Class (96 Degrees Bar on the Beach)
4:00 pm	Balloon Toss Volley (Beach)
4:45 pm	Sunset Party Cruise (Water Sports- Tour Desk-US\$50)
7:30 pm	Entertainment Live Steel Pan Music (Jammers)

SUNDAY

6:00 am	Fitness Center Opens*
8:00 am	The Spa Opens (extension 585 to book treatment!)*
9:15 am	Abs Class (Fitness Center Studio)
9:30 am	Water-Skiing (Water Sports to sign up, then ski dock)
10:00 am	Water Sports Lessons begin (see details below)
10:30 am	Aqua Aerobics (Main Pool)
10:45 am	Complimentary Snorkeling (Water Sports)
11:30 am	Ping Pong Contest (Beach)
	Sunday Brunch (Embers)
12:00 pm	Entertainment EBB Tide (Jammers)
1:30 pm	Water-Skiing (Water Sports to sign up, then ski dock)
1:45 pm	Snorkeling (Water Sports- US \$6)
2:00 pm	Egg Toss Contest (Beach)
2:30 pm	Scuba Demo (Dive Shop)
3:00 pm	Tube Rides (Water Sports- 3 pm sign up/4 pm start)
4:00 pm	Pool Volleyball (Main Pool)
8:30 pm	Entertainment Live Band Boo Hinkson Duo (Jammers)

BABYSITTING SERVICES: We provide sitters for children ages 4 and

SATURDAY

6:00 am	Fitness Center Opens*
7:30 am	Sunrise Walk (Lobby)
8:00 am	The Spa Opens (extension 585 to book treatment!)*
9:15 am	Body Conditioning (Fitness Center Studio)
9:30 am	Water-Skiing (Water Sports to sign up, then ski dock)
10:00 am	Water Sports Lessons begin (see details)
10:30 am	Aqua Aerobics (Main Pool)
10:45 am	Complimentary Snorkeling (Water Sports)
11:30 am	Table Tennis Contest (Beach)
1:30 pm	Water-Skiing (Water Sports to sign up, then ski dock)
1:45 pm	Snorkeling (Water Sports- US \$6)
2:00 pm	Pool Volleyball (Main Pool)
2:30 pm	Scuba Demo (Dive Shop)
3:00 pm	Tube Rides (Water Sports- 3 pm sign up/4 pm start)
3:30 pm	Horseshoe Throwing Contest (Beach)
4:00 pm	Water Polo (Main Pool)
8:30 pm	Entertainment Live Band Prodigy (Jammers)

under. Please book 24 hours in advance. Extension 544

KIDS: Jacquot Fun Club is for kids from 4 to 12 years. Open from 10:00 am to 4:00 pm and 6:30 pm to 10:00 pm. Extension 544

RAINY DAYS: Please remember all activities and events are weather permitting. Rainy day activities begin at 11:00 am at Dragonfly.

SPA SERVICES: Retreat, relax, and restore at The Spa at Windjammer Landing. Open from 8:00 a.m. to 7:00 p.m. Extension 585

TENNIS: Two tennis courts are available for guest use. Reservations required. Tennis racquets can be obtained at the Reception Desk.

WATER SPORTS: Water Sports activities are available from 9:30 am to 4:30 pm. **Lessons** are available in sailing (US \$35), windsurfing US \$58) and water skiing (US \$41) between 10 am and 3 pm. Extension 580

WELLNESS CLASSES: Please be advised that sign up for the wellness classes such as Meditation, all Yoga, Pilates, Tai Chi and Zumba must be done through The Spa at extension 585 the day prior between the hours of 8 a.m.-7 p.m. The wellness classes listed in bold have limited space.

Activities are complimentary unless otherwise noted.