# **Couples Swept Away Activities Schedule**

This is a sample which is subject to changes without notice and may vary.

## **SUNDAY**

## **GUEST RELATIONS ACTIVITIES**

- 10:00 AM Orientation Main Lobby
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 10:30 AM Straw Basket Weaving-Main Pool Deck
- 11:00 AM Beach Volleyball -South Beach
- 12:30 PM Pool Volleyball-Main Pool
- 2:30 PM Pool Tournament Above Palms Restaurant
- 4:00 PM Beach Volleyball -South Beach
- 5:00 PM Beach Soccer-South Beach
- 5:00 PM Orientation Main Lobby
- 7:00 PM Self Portraits-Main Pool Deck
- 9:15 PM Showtime The Palms-Retro Night
- 10:00 PM Live Jazz Band-Aura Nightclub
- 11:00 PM Casino & Auction-Aura Lounge

#### FITNESS AND WATER SPORTS ACTIVITIES

- 8:00 AM Power Walk
- 8:30 AM Cert Divers Evaluation
- 8:30 AM Abs
- 8:45 AM Certified Deep Dive
- 9:00 AM Body Pumping
- 9:00 AM Water Skiing Lesson
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Yoga & Squash Clinic
- 11:00 AM Snorkeling
- 1:30 PM Glass Bottom Boat
- 1:30 PM Cert Shallow Dive
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Racquet Ball Clinic
- 5:30 PM Cardio Groove

## **MONDAY**

#### **GUEST RELATIONS ACTIVITIES**

9:00 AM Nature Tour

- 10:00 AM Orientation Main Lobby
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 10:30 AM Beaded Jewelry Making-Main Pool
- 10:30 AM BEACHACTIVIA-South Beach

11:00 AM Hat Making -Main Pool Deck

- Beach Volleyball, Water Scrabble, Butt Butting, CSA Trivia, Sand Relay, Beach Soccer, Famous Impersonation & Flag Sculpting
- 3:30 PM Catamaran Cruise
- 3:30 PM Martini Mixology
- 5:00 PM Orientation -main lobby
- 6:30 PM Managers Cocktail Party
- 9:15 PM Showtime International Night
- 11:00 PM Top of the Charts-Aura Lounge

## FITNESS AND WATER SPORTS ACTIVITIES

- 8:00 AM Advance Tennis Clinic
- 8:30 AM Certification Dives Evaluation
- 8:45 AM Cert Deep Dive
- 8:45 AM Beginners Scuba Dive
- 8:45 AM Intermediate Tennis Class
- 9:00 AM Cardio Groove
- 9:00 AM Water Skiing Lesson
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Squash Clinic
- 11:00 AM Snorkeling
- 11:00 AM Beginners Scuba Dive
- 1:30 PM Shallow Dive
- 1:30 PM Glass Bottom Boat
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Aquasize
- 3:00 PM Racquet Ball Clinic
- 3:30 PM Gym Demonstration
- 4:00 PM Beginners Tennis & Yoga
- 5:00 PM Reggae Abs
- 5:00 PM Round Robin Tennis
- 5:30 PM Hot Step

## **TUESDAY**

**GUEST RELATIONS ACTIVITIES** 

- 10:00 AM Orientation
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 11:00 AM Beach Volleyball
- 11:00 AM Margarita Mixology
- 12:00 PM History of Negril
- 2:00 PM Ping Pong Tournament-Sports Complex
- 2:30 PM Pool Volleyball
- 3:30 PM Catamaran Cruise
- 4:00 PM Beach Volleyball-South Beach
- 4:30 PM Basketball-Sports Complex
- 5:00 PM Orientation Main Lobby
- 9:00 PM Balzing Piano
- 9:15 PM Showtime The Palms-Musical Fusion
- 11:00 PM Dance Mixes-Aura Nightclub

## FITNESS AND WATER SPORTS ACTIVITIES

- 8:00 AM Power Walk
- 8:00 AM Advanced Tennis Clinic
- 8:30 AM Certified Divers Evaluation
- 8:30 AM Abs
- 8:45 AM Beginners Scuba Class
- 8:45 AM Intermediate Tennis Class
- 8:45 AM Certified Deep Dive
- 9:00 AM Body Pumping
- 9:00 AM Water Skiing Lesson
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Yoga & Squash Clinic
- 11:00 AM Snorkeling
- 11:00 AM Beginners Scuba Class
- 1:30 PM Cert Shallow Dive
- 1:30 PM Glass Bottom Boat
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Couples Massage Class
- 3:00 PM Upper Body Circuit
- 3:00 PM Racquet Ball Clinic
- 4:00 PM Beginners Tennis
- 5:00 PM Fresh Step
- 5:00 PM Tennis Round Robin

## **WEDNESDAY**

#### **GUEST RELATIONS ACTIVITIES**

- 10:00 AM Orientation
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 10:00 AM Shopping Trip
- 10:30 AM ALLIANCES-Main Pool Deck-Anniversary, Birthday, Not Yet Wed, repeat Guests, Honeymooners, Wedding in Paradise-Join your Alliance for Poetry writing, Give me some sugar, Warp N Wroll, Sing-A-Long
- 11:30 AM Basket Weaving-Main Poll Deck
- 2:00 PM Salsa Dancing Class-Aerobics Studio
- 3:00 PM Pool Tournament
- 3:30 PM Honeymooners Party -Aura Lounge
- 5:00 PM Orientation
- 9:00 PM Blazing Piano
- 9:15 PM Showtime The Palms-Afro Caribbean
- 10:30 PM Bonfire & One Man Band
- 11:30 PM Karaoke-Aura Nightclub

#### **FITNESS AND WATER SPORTS ACTIVITIES**

- 8:00 AM Advanced Tennis Clinic
- 8:30 AM Certified Divers Evaluation
- 8:45 AM Intermediate Tennis Class
- 8:45 AM Certified Deep Dive
- 9:00 AM Body Pumping
- 9:00 AM Water Skiing Lesson
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Squash Clinic
- 11:00 AM Snorkeling
- 11:00 AM Beginners Scuba Class
- 1:30 PM Cert Shallow Dive
- 1:30 PM Glass Bottom Boat
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Aquasize
- 3:00 PM Racquetball clinic
- 4:00 PM Yoga
- 4:00 PM Beginners Tennis
- 5:00 PM Reggae Abs

5:30 PM Cardio Groove

## **THURSDAY**

## **GUEST RELATIONS ACTIVITIES**

9:00 AM Nature Tour

10:00 AM Orientation

10:00 AM Couples @ Sunrise-Beach, Pool Deck

10:00 AM Tarot Card Reading (\$)

10:30 AM FRIENDS N FAMILY- South Beach Cabana Deck-Pictionary, Beach Volleyball, Board games, Fish a Prize, Taboo

12:30 Staff & Guests Domino Games

3:15 PM Talent Show Rehearsal

5:00 PM Orientation

9:00 PM Blazing Piano

9:15 PM Showtime Staff & Guest Talent Show

11:00 PM Retro Night -Aura Nightclub

## FITNESS AND WATER SPORTS ACTIVITIES

8:00 AM Power Walk

8:00 AM Advanced Tennis Clinic

8:30 AM Certified Divers Evaluation

8:30 AM Abs

8:45 AM Intermediate Tennis Class

8:45 AM Certified Deep Dive

9:00 AM Body Pumping

9:00 AM Water Skiing Lesson

9:30 AM Glass Bottom Boat

10:00 AM Sunfish/Windsurfing Lesson

10:00 AM Yoga & Squash Clinic

11:00 AM Snorkeling

11:00 AM Beginners Scuba Class

1:30 PM Cert Shallow Dive

2:00 PM Sunfish/Windsurfing Lesson

3:00 PM Couples Massage Class

3:00 PM Racquet Ball Clinic

4:00 PM Lower Body Circuit

4:00 PM Beginners Tennis

5:00 PM Fresh Step

5:00 PM Tennis Round Robin

5:30 PM Hot Step

## **FRIDAY**

#### **GUEST RELATIONS ACTIVITIES**

- 10:00 AM Orientation
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 10:30 AM JAMAICAN FAIR-Main Pool Deck-Reggae Dance Class, Jamaican History, Cook Jamaican, Talk Jamaican, Basket Weaving, Hat Making Class, Jamaican Games-Domino, Cricket, Ludo, Jack Sparrow Treasure Hunt
- 2:00 PM Shopping Trip
- 3:30 PM Catamaran Cruise
- 5:00 PM Orientation
- 7:30 PM Mento Band Main Beach
- 9:15 PM Showtime-Shipwreck Beach Party
- 11:00 PM Caribbean Flavour Aura Nightclub

## FITNESS AND WATER SPORTS ACTIVITIES

- 8:00 AM Advanced Tennis Clinic
- 8:30 AM Certified Divers Evaluation
- 8:45 AM Intermediate Tennis Class
- 8:45 AM Certified Deep Dive
- 9:00 AM Cardio Groove
- 9:00 AM Water Skiing Lesson
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Squash Clinic
- 11:00 AM Snorkeling
- 11:00 AM Beginners Scuba Class
- 1:30 PM Cert Shallow Dive
- 1:30 PM Glass Bottom Boat
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Aquasize
- 3:00 PM Racquet Ball Clinic
- 4:00 PM Yoga
- 4:00 PM Beginners Tennis
- 5:00 PM Reggae Abs
- 5:00 PM Tennis Round Robin
- 5:30 PM Hot Step

## **SATURDAY**

**GUEST RELATIONS ACTIVITIES** 

- 10:00 AM Orientation
- 10:00 AM Couples @ Sunrise-Beach, Pool Deck
- 10:00 AM Shopping Trip
- 10:30 AM BOB MARLEY CELEBRATION-Main Pool deck-Exhibition and Information Booth, Bob Marley Trivia, Reggae Tie N Dye, 6-A- Side Football
- 11:30 AM The Rasta Way of Live with Daddy Coo
- 4:00 PM Pool Volleyball
- 3:30 PM Catamaran Cruise
- 5:00 PM Orientation
- 8:00 PM Beach Filmfest -South Beach
- 9:00 PM Blazing Piano
- 9:15 PM Showtime Reggae Explosion
- 11:00 PM Request Night-Aura Nightclub

#### FITNESS AND WATER SPORTS ACTIVITIES

- 8:00 AM Power Walk
- 8:30 AM Abs
- 8:45 AM Double Tank Dive Cert
- 9:00 AM Body Pumping
- 9:00 AM Water Skiing Lesson
- 9:00 AM Hot Step
- 9:30 AM Glass Bottom Boat
- 10:00 AM Sunfish/Windsurfing Lesson
- 10:00 AM Squash Clinic
- 11:00 AM Snorkeling
- 1:30 PM Glass Bottom Boat
- 2:00 PM Sunfish/Windsurfing Lesson
- 3:00 PM Snorkeling
- 3:00 PM Racquet Ball Clinic
- 3:00 PM Couples Massage Class
- 3:00 PM Full Body Circuit
- 5:30 PM Boot Camp