

Couples Negril Activities Schedule

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

SUNDAY

- 9:15 AM Church Shuttle departs (Meet in lobby)
- 9:30 AM Yoga Class (Aerobics Deck)
- 10:00 AM Resort Orientation (Meet in Lobby)
- 11:00 AM Beach Volleyball (Volleyball Court)
- 11:00 AM Aquacise (Main Pool)
- 12:00 PM Bingo (Boardwalk)
- 2:00 PM Pool Volleyball (Main Pool)
- 3:00 PM Ice Carving Demo (Boardwalk)
- 3:00 PM Couples Massage Class (Aerobics Deck)
- 4:00 PM Beach Volleyball (Volleyball Court)
- 4:00 PM Ping Pong Tournament (Next to Otaheite)
- 5:00 PM Resort Orientation (Meet in lobby)
- 5:00 PM Sunset Bar Shuttle (Meet in lobby)
- 6:30 PM Martini Hour (Piano Bar)
- 7:45 PM Resident Band plays for dinner (Cassava Terrace)
- 8:00 PM Musical Trivia & Auction (Piano Bar)
- 9:00 PM Showtime Presentation (Cassava Terrace)
- 10:00PM Krazy Karaoke (Piano Bar)

MONDAY

- 8:00 AM Advance Tennis Clinic (Tennis Court)
- 8:45 AM Intermediate Tennis Clinic (Tennis Court)
- 8:30 AM Power Walk (Meet at Aerobics Deck)
- 9:00 AM Nature Walk (Meet in Lobby)
- 9:30 AM Yoga Class (Aerobics Deck)
- 10:00 AM Resort Orientation (Meet in Lobby)
- 11:00 AM Beach Volleyball (Volleyball Court)
- 11:00 AM Aquacize (Main Pool)
- 12:00 PM Reggae Dance Class (Boardwalk)
- 2:00 PM Pool Volleyball (Main Pool)
- 2:00 PM Shopping Bus Departs the Lobby

4:00 PM Beach Volleyball (Main Pool)
4:00 PM Step Aerobic (Aerobics Deck)
4:00 PM Cardio Tennis (Tennis Court)
4:00 PM Basketball 3 point shoot-out (Meet at Block 8)
5:00 PM Sunset Bar Shuttle (Meet in Lobby)
5:00 PM Round Robin Tennis Tournament (Tennis Court)

5:00 PM Resort Orientation (Meet in Lobby)
6:30 PM Manager's Welcome Cocktail Party (Pool Deck)
7:45 PM The Resident Band Entertains at Dinner (Cassava Terrace)

8:00 PM Couples Game Show (Piano Bar)
9:00 PM Showtime Presentation (Cassava Terrace)
10:30 PM Retro Night Dance Party at Piano Bar
9:30 PM Reggae Dancehall party (Piano Bar)

TUESDAY

8:00 AM Advanced Tennis Clinic (Tennis Court)
8:45 AM Intermediate Tennis Clinic (Tennis Court)
9:30 AM Kickboxing (Aerobics Deck)
10:00 AM Resort Orientation (Meet in Lobby)
11:00 AM Beach Volleyball (Volleyball Court)
11:00 AM Kitchen Tour (Meet at Cassava Terrace Bar)
11:00 AM Aquacise (Main Pool)
12:00 PM Loop de Prize on the Beach (by Volleyball Court)
1:30 PM Pastry Demo on the Boardwalk
2:00 PM Pool Volleyball (Main Pool)
3:00 PM Pool/Billiard Tournament (Games Room)
4:00 PM Beach Volleyball (Volleyball Court)
4:00 PM Beginner's Tennis Tournament (Tennis Courts)
4:00 PM Yoga (Aerobics Deck)
4:00 PM Off Property Walk to the Craft Market (Meet in Lobby)

5:00PM Core and Lower Body Workout (Aerobics Deck)
5:00 PM Resort Orientation (Meet in Lobby)
6:30 PM Wine & Cheese Cocktail Party with musician (Piano Bar)
8:30 PM Resident Band Entertains
9:00 PM Showtime Presentation (Cassava Terrace)

10:00 PM Piano Bar Sing A long (Piano Bar)

10:00 PM Casino (Grand Stairwell)

11:00 PM Auction (Grand Stairwell)

WEDNESDAY

8:00 AM Advanced Tennis Clinic (Tennis Court)

8:30 AM Power Walk/Beach Stretch (Bring towel to Watersports)

8:45 AM Intermediate Tennis Clinic (Tennis Court)

10:00 AM Resort Orientation (Meet in Lobby)

10:00 AM Shopping Shuttle (Meet in Lobby)

10:00 AM Tarot Card Reading (Heliconia Grill)

10:00 AM Wood Carving Class (Beach)

11:00 AM Beach Volleyball (Beach)

11:00 AM Aquacise (Main Pool)

12:00 PM Reggae Dance Class (Boardwalk)

1:00 PM Tye N' Dye (Boardwalk)

2:00 PM Pool Volleyball (Main Pool)

2:00 PM Jewelry Making Class (Beach)

3:00 PM Couples Massage Class (Aerobics Deck)

3:00 PM Talk Jamaican/History Class (Boardwalk)

3:00 PM Margartiaville Crazy Mixology (Boardwalk)

4:00 PM Low Impact (Aerobics Deck)

4:00 PM Cardio Tennis Clinic (Tennis Court)

4:00 PM Beach Volley Ball (Volleyball Court)

5:00 PM Singles Tennis Tournament (Tennis Court)

5:00 PM Margaritaville (Meet in Lobby)

5:00 Resort Orientation (Meet in Lobby)

7:30 PM Frog Hunt (Games Room)

7:45 PM Dinner Music: Resident Band (Cassava Terrace)

8:00 PM Newlywed Game (Piano Bar)

9:00 PM Showtime Presentation (Cassava Terrace)

9:30 PM Dance Party (Piano Bar)

THURSDAY

8:00 AM Advanced Tennis Clinic (Tennis Court)
8:45 AM Intermediate Tennis Clinic (Tennis Court)
9:30 AM Step Aerobics (aerobics deck)
10:00 AM Resort Orientation (meet in lobby)
10:00 AM Basket Weaving Class (Boardwalk)
11:00 AM Aquacise (main pool)
11:00 AM Beach Volleyball (Beach)
11:00 AM Hat Making Class (Beach/Pool Bar)
12:30 PM Balloon Todd/Flip D Cup (Volleyball Court)

2:00 PM Pool Volleyball (Main Pool)
3:00 PM Bingo & Auction (Boardwalk)
3:00 PM Beach Tennis (Beach)
4:00 PM Beach Volleyball (Beach)
4:00 PM Yoga (Aerobics Deck)
4:00 PM Beginners Tennis Clinic (Tennis Court)
5:00 PM Round Robin Tennis Tournament (Tennis Court)
5:00 PM Core & Lower Body (Aerobics Deck)
5:00 PM Resort Orientation (meet in lobby)
7:00 PM Mento Band Plays (Cassava Terrace)
8:30 PM Steel Band Performs (Beach)
9:45 PM Fire Man Performs (Beach)
10:00 PM Bon Fire with Moses Beckford (Beach)
10:00 PM Piano Bar Sing Along (Piano Bar)

FRIDAY

8:00 AM Advanced Tennis Clinic (Tennis Court)
8:45 AM Intermediate Tennis Clinic (Tennis Court)
10:00 AM Tye n' Dye (Boardwalk)
10:00 AM Resort Orientation (Meet In lobby)
10:00 AM Yoga (Aerobics Deck)
11:00 AM Aquacise (Main Pool)
12:00 PM Beach-a-thon (Boardwalk)
1:30 PM Jamaican Style Cooking Class (Boardwalk)
2:00 PM Pool Volleyball (Main Pool)

2:00 PM Shopping Shuttle (meet in lobby)
3:00 PM Couples Massage Class (Aerobics Deck)
4:00 PM Bocce Competition (Beach)
4:00 PM Body Sculpting (Aerobics Deck)
4:00 PM Beginners Tennis Clinic (Tennis Court)
4:00 PM Beach Volley Ball
5:00 PM Resort Orientation (Meet in Lobby)
5:00 PM Round Robin Tennis Tournament (Tennis Court)
6:00 PM Chocolate Sunset (Heliconia Deck)
7:30 PM Frog Hunt (Games Room)
9:00 PM SHOWTIME PRESENTATION (Cassava Terrace)
10:00 PM Movie on the Beach (Beach)
10:30 PM Piano Bar Sing Along (Piano Bar)

SATURDAY

10:00 AM Resort Orientation (Meet in Lobby)
10:00 AM Shopping Shuttle (Meet in Lobby)
11:00 AM Aquacise (Main Pool)
11:00 AM Beach Volleyball (Volley ball court)
11:00 AM Hat Making Class (Boardwalk)
12:00 PM Scrabble Competition (Boardwalk)
12:00 PM Environmental Quiz (Games room)
1:00 PM Cricket on the Beach (Beach)
2:00 PM Pool Volleyball (Main Pool)
3:00 PM Soccer on the beach (Beach)
4:00 PM Off Property Walk to the Craft Market (meet in lobby)
4:00 PM Beach Volley Ball (Volleyball court)
5:00 PM Resort Orientation (Meet in Lobby)
7:45 PM Dinner Music: Sweet Sensations (Cassava Terrace)
8:00 PM Black Jack and Poker (Piano Bar)
9:00 PM Showtime presentation (Cassava Terrace)
9:30 PM The Ultimate Dance Party (Piano Bar)

WATERSPORTS

Watersports Hut

Opens daily 9:00am 4:00pm

Snorkeling

Offered daily

Glass Bottom Boat

Offered daily

Watersports Lessons

Sailing, wind-surfing, sun-fish sailing, water-skiing

Scuba Hut

Opens 8:30am -3:30pm

GOLF

Golf Shuttle departs lobby

Daily @ 8:00am and 1:00pm