

# LaSource

GRENADA  
THE AMAZING HOLIDAY



The activities are subject to change, therefore we advise that you view the Monitor provided in the Terrace Lounge for daily updates.

## Welcome Remarks from the General Manager

Welcome to the Amazing Holiday,

As the General Manager of La Source I want you to have the opportunity to do as much or as little as you like. We are here to ensure that if you allow amazing things to happen, you can introduce your body to your mind.

My staff and I look forward to offering you the choices you deserve on your holiday, and hope you will find our weekly activities schedule useful. If you wish to discuss any activity the team is here for you, so just ask.

In addition to our scheduled activity program, we also can offer one on one lessons with our trained staff on almost any of the classes we offer, these carry a small surcharge, but are well worth it. Speak to any member of the team about your private session. I am sure you will enjoy the benefits .

Please enjoy your holiday, and I look forward to meeting you. .

Kind Regards ,

A handwritten signature in blue ink, appearing to read 'Mark A. Grebby', with a stylized flourish at the end.

Mark. A. Grebby  
General Manager

## Meet the activities Team



**Janice Victorin-Activities Manager** has over seventeen years (17) working in the hotel industry. From working at The Body holiday, LeSport, Sandals and even in Jamaica, where she obtained her ACE group fitness certification, which covers aerobics, strength training and nutrition. During that same period she also obtained her Scott Pilates certification. She is also trained to offer life styles consultations, whereby if you wanted to include fitness, nutrition and personal training to your life-style, Janice would be the one conducting those sessions. This also includes analyzing your body fat, water content, fat content, and more. As much as it was a challenge it was indeed a pleasurable experience. Janice is a native of St. Lucia but definitely knows Grenada is her second home.



**Alwyn Edmond** our in house golf pro has been with LaSource for over fifteen years. Alwyn is an excellent golfer and instructor. He has won several golf competitions locally and regionally. Alwyn is always ready to take you around 9 hole par 3 golf course , be it in a beginners class or even advanced golf. This is your opportunity to play or get a lesson form Grenada's best.



**Leonard Dopwell**, our in house tennis coach, has over ten (10) years coaching experience. He holds two major certificates, namely Professional Tennis Registry (PTR) and International Tennis Federation (ITF) both at coach certification levels. Leonard has also attended the International Olympic Committee (IOC) funded coaching courses in Argentina. He is the former #2 in the Men's singles competition in Grenada, and #1 Men's double and mixed doubles champion in Grenada.



**Petra Baptiste** has been in the tourism industry for over ten years. She's a certified group class weight instructor. Petra is a always energized and willing to take up a challenge. Come and enjoy aerobics, aqua, step, volleyball, and all other activities with Petra.



**Andy Grant** started running and fitness training with some friends in his neighbourhood St Andrews, he began training with the Grenada Amateur Boxing Association n St George's and soon became Grenada's heavyweight boxer, representing Grenada at regional and international games from 1998 to 2003. In 2004, he created a boxing fitness project *Let's Dance Revolution*' as a volunteer, with a youth skills centre working with 25 disadvantaged youths. In 2007 in Tobago, Andy worked with students who were "trouble makers" in and out-of school, youths on the block, using dance, boxing and fitness techniques with music to create performances.



**Troyson Cyrus** loves water sports and always try to get everyone to experience the reason he loves anything to do with being in/on the water. Learning to Windsurf for the first time? You will get great tuition for Troyson as this is one of his greatest hobbies– windsurfing.

**Jack Stanislaus** has been with La Source for three years. You will find him out on a sail, windsurf, and even on the volleyball court but you won't find him in a step class as aerobics is not his passion, he absolutely loves water sport. He's First Aid and CPR certified. Come out for a one to one Sail on a hobie cat or even learn how to windsurf with Jack as he's very patient and his goal is to ensure no one leave water sports with out learning something new.



**Danelle James** another member of the activities team with great passion for the waters and exercising. A few years ago Danelle's focus was mainly boxing, however, he has expanded his fitness regime and included scuba diving as one of his major hobby. Windsurfing and sailing are also activities Danelle enjoys, so anytime you wish for a windsurf or sailing lesson he would be one of persons you would like to speak with.



**Zachary Samuel**, has always been interested in sports of all kinds, from wakeboarding to football and archery. During his academic years of high school and university, Zachary excelled at rugby, since then he has been very conscious of health and fitness, therefore started his workout session intensively. Zachary loves to assist persons in obtaining their fitness goals as this is one of his main passions. You will also find Zachary on the bike tours and volleyball courts. "Zack" is looking forward to ensuring that you gain maximum benefits at the Amazing Holiday.



**Aldith Sabazan**, started working at LaSource in 2008 as a waitress for about eight months then got a transfer to scuba department. After doing a year with the team, Aldith felt that she wanted to explore the waters more so she decided to move to the water sports department. While there Aldith felt in her realm as she was doing what she loves; being on the water. Aldith is now a member of the activities team, still doing what she loves with the addition of the fitness classes which is new to her but she enjoys every bit of it. Aldith's passion is sailing and snorkeling, so come and experience the waters with her.



**Jeremy D.R. Andrew** born in Grenada raised in H.A Blaze Street St. Georges (Grenada). In growing up Jeremy have always been interested in sports and fitness. He represented his school in many basketball tournaments, as he grew older, he played for his village, as a shooting guard. Jeremy Started working at LaSource as an activities coordinator where he was introduced to aerobics, which he absolutely love. Jeremy is a first aider and certified in group class and weight room instructor. His hobbies are playing basketball and steel pan. Do enjoy your work outs with Jeremy.



**Keva J. Collins** one of the newest members to the team. She has a smile that would attract you from miles. Keva's interest is reading and sporting activities especially volleyball. She has always been passionate when it come to fitness, however have not excelled in that field but is willing to obtain the most she can while at La Source. Come and meet Keva at one of the classes, form walking to stretching and of cause volleyball.



**Camillo Stewart** another one of the new member to the activities team. He attended what he thinks is the best school on the island Presentation Brothers Collage. Camillo enjoys photography and had the opportunity to photography documents from the 1800's. Camillo plays basketball, loves swimming and drawing. Camillo is looking forward to meeting you as he's a very outgoing and social person..

## The Activities Coordinators



Welcome to LaSource. We have put together this activity booklet as a guide to some of the activities you can participate in, from wind-surfing to Pilates, scuba diving to golf lessons and even tennis. For more information on how to tailor your experience here at the Amazing Holiday, please talk with any member of our well informed activities team. Our office is located in the gymnasium or we can be contacted via the Guest Relations desk or Reception.

The activities team also host the SOLO table in the evenings. So if you don't want to dine alone, meet with any of the team members in the Terrace Lounge at 7:30pm for cocktails, then dinner.



## Water Sports Activities

In addition to the aerobics and land sports activities, we also have a range of instructed water sports lessons. Our intention is to improve the skills you already have and allow you to discover new ones, on your well earned time off. If your activity based leisure time has always been on land then this is the perfect place to take to the waves.

**Please visit the Water Sports hut more for information on any of the above.**

The Water Sports hut is situated to the end of the beach.

## Beach Safety Flags

Our Beach flag system is in place for your added safety please be aware of the flag colour and its meaning:

**Red Flag:** Indicates that the water is considered unsafe for swimming or water sports activity. Please DO NOT enter the water!

**Yellow Flag:** Indicates that the water is considered marginally safe. Enter at your own risk. Please exercise caution.

**Green Flag:** Indicates that the water is considered safe to enter at your own risk.

**Just a tip, the sun in the Caribbean could be extremely hot, so please remember to wear sun protection while enjoying our Island.**

**Before partaking in any activity, please ensure you advise the activity coordinator on any illness or physical restraints you may have so we can tailor to**

Remember to carry your water bottles which you can refill at The Relaxation Pavilion, Beach, Oscars and the Oasis Spa to avoid dehydration



# Snorkeling



Grenada offers great snorkeling sites for you to explore, from the protected snorkel area off Pink Gin Beach to the world famous Underwater Sculpture Park—an art exhibition underwater.

We offer a variety of **boat snorkel trips** to the Grenada Marine Park, the Underwater Sculpture Park, Flamingo or Dragon Bay several times each week leaving from the scuba shop on the end of the beach. These boat trips are at a cost; please ask at the scuba shop for more details.

Please make your **reservation** before 2.00 p.m. on the previous day to ensure that we have boat space for you. Due to limited boat space, we request that you honor your booking .



Included in your **snorkel boat trip** is snorkel gear and vest, snorkel guide and refreshments, boat tour of the Carenage, St. George's Harbor and Grand Anse Beach Area. We recommend that you bring your camera or perhaps rent one of our underwater cameras.

You may also participate in our **daily guided snorkel tour** in the lagoon off Pink Gin Beach within the safe boundaries of the break-water and meet sergeant major fish, angel fish, trumpet fish or maybe even a passing turtle.

**Snorkel gear** for your own lagoon adventure is available at the Watersports hut. Please check with Dive La Source team on the next guided tour off the beach and the dedicated snorkel boat trips to Grenada's Marine park.



**Private boat charter** - Dive LaSource also offers the opportunity to charter a private motor boat to explore Grenada's coast and underwater gardens at your own pace. Boats are fitted for snorkeling and diving, providing shade and dry storage. They also feature a platform, fresh water shower and toilet. A private charter includes the captain and one crew. Please check at the scuba shop for details and pricing.

[www.divelasource.com](http://www.divelasource.com)

Email: [divelasource@gmail.com](mailto:divelasource@gmail.com)

Tel: ext. 357

# Scuba Diving



**Grenada** is dubbed the Caribbean Wreck Diving Capital, combining interesting wrecks with beautiful reefs with depth to suit all divers. It makes Grenada one of the top diving destinations in the Caribbean. **Certified scuba divers** at LaSource receive a number of included dives during their stay, depending on the package booked. Additional dives can be purchased at the scuba shop at very competitive rates.

**For check in** please bring your certification card, log book and dive voucher if you have one. You are required to sign a liability waiver.

No medical certificate is requested unless you have a medical condition. You will be provided with well maintained scuba gear or if you bring your own; it can be stored at the scuba shop. For a small surcharge we have dive computer (mandatory on deep dives) to rent or buy and underwater cameras to rent.



Dive LaSource Team offers daily boat diving up to three dives per day and weekly night diving on request. The **schedule** includes 1 tank and 2 tank dives, depending on distance to the dive sites. Please check for detailed schedule and times at the scuba shop. The schedule over the week will cater to all experience levels. Some dive sites are only recommended for advanced divers such as the Bianca C and the King Mitch wrecks, while others are well suited for novice divers. Please make your **reservation** before 2.00 p.m. on the previous day to ensure that we have boat space for you. Due to limited boat space, we request that you honor your booking .

Nitrox 30 is free for all appropriately certified divers. Nitrox allows you to increase your bottom time especially on deeper dives, adds an extra margin of safety to your dive plan and you even feel less tired after diving. If you are not yet **Nitrox** certified we offer easy Nitrox certification that can be done in just a few hours.

If you have not dived for more than a year we recommend a **scuba review** to brush up on your skills. For a small charge we will take you in the pool for a refresher that will bring your skills back up to standard. Please ask the scuba shop for more details.



We also offer a wide range of **continuing diving courses** from Advanced Open Water (after which you can take on some of our more deeper dives) to several specialty courses; most popular are wreck and deep diving. A real special treat is the closed circuit rebreather trial dive - diving without bubbles! Full certification is also available. Our scuba shop features a wide range of **scuba accessories** available for sales, or you may fancy a new piece of dive jewelry; makes a great gift too! The scuba shops offers Dive LaSource rash guards and t-shirts, polarized shades, sun screen, swimmers ear lotion, sea sickness remedies and much more.



Please come visit us and take a look!

[www.divelasource.com](http://www.divelasource.com)  
Email: [divelasource@gmail.com](mailto:divelasource@gmail.com)  
Tel: ext. 357

# Learn to Dive

LaSource Resort in Grenada is the perfect place to experience breathing underwater. If you wanted to give it a try, now is your chance!

Our Dive La Source instructor's team provides a **free trial dive** in the pool with no commitment just see if this amazing sport is for you. Look out for announcements around the pool or check with the Scuba shop for days and times.



To try scuba you should be in **good health** and have no medical issues. If in doubt please see our team at the scuba shop for detailed information on the health requirements.

If you decided you want to go further speak with our team to schedule your first **discover scuba open water dive** in the

beautiful, warm ocean, exploring the natural beauty of our underwater world.



Please check at the scuba shop for the pricing. The dive includes all gear hire and a recognition card. You can repeat the experience as often as you wish for an additional cost or you use your experience as credit towards a certification course.

## Certification courses include two options:

1. **PADI Open Water Diver Course** includes manual, academic lessons 1 to 5, pool session, four open water dives, all gear hire and certification; will take between 3 to 5 days.
2. **PADI Scuba Diver Course** includes manual, academic lesson 1 to 3, pool session, all gear hire, 2 open water dives and certification which is limited to a dive depth of 12m/42 feet and to dive only with a dive professional.

The course sessions are flexible and can be adjusted to suit your holiday plans. For prices and schedule please ask our team at the scuba shop. If you decide to do your dive certification during your next visit, it is also possible to sign up for an **e-learning course** and do the academic section online at home or you can get yourself started at a local dive shop and just do the open water dives in Grenada's warm waters.

**Private lessons**—Are you maybe a little bit nervous about getting back in the water or perhaps want to work on some skills at your own pace or would just like your own dive guide? We can offer you one on one time with your own individual diving instructor or dive master. Our highly experienced, patient and understanding dive professionals specialize in taking care of nervous or anxious divers. Please ask at the dive shop for pricing and availability.

We hope to see you for a great adventure exploring our world under water!

[Www.divelasource.com](http://www.divelasource.com)

Email: [divelasource@gmail.com](mailto:divelasource@gmail.com)



## Feature Classes:

*We ask for your comfort and safety that you wear tennis shoes or trainers to protect against injuries during Tennis, Golf, Walking and other aerobic fitness classes and activities. Pilates, Stretch, Yoga, and T'ai can all be taken barefoot. Please wear sun block for water activities to prevent sunburn.*

### **Golf**

Golf is available from our resident instructor Alwyn. Group classes are available on the golf course located opposite the entrance to the resort. Please use our schedule for class times. We advise new guests to attend our golf orientation to meet Alwyn so that he may assess your golfing needs. Classes are available Monday to Saturday. Golf balls are available at the Reception desk and clubs at the bottom of the Sports Pavilion (Located between the tennis courts and the golf course.) The course is open while the sun shines.

### **Tennis**

Our Tennis courts are located adjacent to the Sports Pavilion. Leonard our resident Tennis pro offers a variety of group lessons every day excluding Saturdays. Please see the schedule for the group times. To reserve a court, you are required to book on the Tennis Court sign up sheets located in the gym. Racquets are available at the Sports Pavilion and balls at the Reception desk. The two flood lit courts are open from 7 am to 11 pm for your enjoyment.

## Relaxation and Fitness Classes & Descriptions

### **Yoga:**

A physical journey to stretch, strengthen and align the whole body, designed to connect body, mind and spirit. Key benefits are; focused mental state, improved energy, posture and flexibility.

### **Pilates:**

A series of floor exercises that stabilizes and strengthen the stomach, back and buttock muscles. Benefits include improved core strength, posture, co-ordination and more. Pilates can be ideal for treating some injuries such as lower back fatigue.

### **Tai Chi:**

A relaxation and meditation class done with movement. It's a Chinese system of physical exercises designed especially for self-defense and meditation.

### **Stretch it Find it:**

An easy to follow stretch class. A combination of flowing movements and controlled breathing with deep static stretches to help relieve tension and develop perfect posture.

### **Tone and Stretch:**

A great chance to firm up the whole body, elongate the muscles using a combination and variety of weight based exercises and studio equipment.

### **Meditation:**

A chance to give the body and mind time to be peaceful and reflect on life, nature or what ever desire with the soothing guidance of our trained professional instructor.

## **Fitness classes and description:**

### **Aerobics for all:**

A freestyle combination of low and high impact aerobic movements, providing options throughout.

### **On the Ball:**

Using the fit balls and other studio equipment to firm and tone up the core and the rest of the body.

### **Step Aerobics:**

A basic, mid-intensity step workout, combined with lower body conditioning exercises. (See booklet for intensity leveled classes)

### **Caribbean Dance Class:**

A non co-ordinated dance class, using a combination of various dance styles from all over the Caribbean islands (e.g. Soca, Zouk, Reggae ) making the class fun and exciting, whilst burning calories.

### **Abs only:**

A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.

### **Box Aerobics:**

Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.

### **Aquacise :**

A class that always guarantees to be full of fun. Splash your way to a great fitness level at any age. Also an ideal class for expectant mothers and people with joint injuries.

### **Boot camp:**

Love to jog, squat, do drills, push ups and more, then this class is ideal, all is included.

### **20/20/20 Aerobics:**

This class is designed to increase the intensity level throughout the class. It kicks off with 20minutes mild workout, 20 minutes cardio and 20 minutes conditioning. Great class for a total body workout.

### **Aqua tone:**

This is a more gentle aqua class designed to tone specific muscle groups. Not much cardio required, just tone and stretch.

### **Fit 8”:**

This class is designed to challenge your ability to sustain endurance for at least one minute per movement. It's only 8 moves repeated and recorded. It's fun challenging and builds endurance..

**Triple Impact Class:**

This class is designed to take your work out intensity to three 3 different levels of cardiovascular workouts . It starts off at the easiest level of intensity moves up to intermediate then pushes into an advance level. All the moves are easy to follow, however, you challenge yourself.

**Legs Bums &Tums**

An easy to follow class where the main focus is the specified body parts. Let those muscles feel the burn. No choreography needed.

**Ultimate Circuit:**

Combining both cardiovascular and resistance stations to produce an all over body session. Work at your own level while challenging your weaknesses.

**Other Descriptions****Garden Tour:**

This is a guided tour around the resort. You get a chance to learn the scientific names of the trees, plant and flowers around the resort. Great time to walk with your camera.

**Chef's Choice Cooking Class:**

Come and get hands on experience with one of LaSource greatest Chef, as he teach you a little secret in his cooking. It's an experience you don't want to miss.

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**Drinks Mixology:**

You will be given a chance to be creative as you come up with you own recipe to a great cocktail.

**Personalize your vacation and allow one to one tuition on many if not all of the classes available.**

One to one Golf - US\$35.00 half hour / US\$60 hour

One to one Tennis - US\$35.00 half hour / US\$60 hour

One to one Yoga - US\$75.00 per person / US\$120 group session

One to one Tai Chi - US\$75.00 per person / US\$120 group

One to one Pilates - US\$45.00 half hour / US\$75 hour

One to one Meditation - US\$75.00 per session

Personal Training Gym - US\$35.00 half hour / US\$ 65 hour

All other classes: boot camp, legs bums tums, stretch, aerobics, on the ball, cycling tour, body conditioning - US\$30 half hour / US\$50 hour

***Please ensure proper footwear is worn to all the classes.***



# Sunday

07:10-07:50	Morning Walk to the Salt Pond	Front Porch
07:30-08:30	Jog and Stretch	Front Porch
08:00-09:00	Vinyasa Yoga	Relaxation Pavilion
08:00-08:45	Beginners Tennis	Sports Pavilion
08:00- 08:45	Stretch Class	Sports Pavilion
08:30-09:15	Ultimate Circuit	Gym
09:00-11:00	Tennis Tournament	Sports Pavilion
09:00-09:45	Introduction to Archery	Sports Pavilion
09:30-10:15	Introduction to Sailing	Water Sports
10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Introduction to Pilates	Relaxation Pavilion
10:30 -11:15	Windsurfing Lessons	Water Sports
11:00-11:45	Aquaciize	Pool
11:30-12:15	Legs Bums Tums	Gym
11:30-12:15	Boot Camp	Relaxation Pavilion
11:30-12:15	Guided Snorkeling Tour	Scuba Hut
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Caribbean Dance Class	Relaxation Pavilion
2:00-2:45	Kayaking	Water Sports
2:00-2:45	Beach Game- French Ball	Beach
3:00-3:45	Windsurfing Lessons	Water Sports
3:00-3:45	T'ai Chi	Sports Pavilion
3:00-3:45	Fit 8"	Gym
4:00-4:45	Sailing for Intermediate	Water Sports
4:00-4:45	Aqua Tone	Pool
4:30-5:15	Beach Volleyball	Beach
5:00-5:45	Power Walk	Terrace Lounge
6:00- 6:45	Gym Circuit Training	Gym

# Monday

07:00- 8:00	T'ai Chi	Beach
07:10-7:50	Morning Stroll	Front Porch
07:30-08:15	Morning Jog	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch	Sports Pavilion
08:15-09:00	Beginners Golf	Sports Pavilion
08:30 -09:15	On the Ball	Gym
09:00-09:45	Beginners Tennis	Sports Pavilion
09:00-09:45	Introduction to Archery	Sports Pavilion
09:15-10:00	Intermediate Golf	Sports Pavilion
09:30-10:15	Sailing Lessons	Water Sports
10:00-10:45	Intermediate Tennis	Sports Pavilion
10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Pilates	Relaxation Pavilion
10:15-11:00	Golf Chipping Lesson	Sports Pavilion
10:30 -11:15	Windsurfing Lesson	Water Sports
11:00-11:45	Aquacisize	Pool
11:00-11:45	Advanced Tennis	Sports Pavilion
11:30-12:15	Boot Camp	Relaxation Pavilion
11:30-12:15	Snorkeling Trip	Water Sports
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Caribbean Dance Class	Relaxation Pavilion
2:00-2:45	Sailing Lesson	Water Sports
2:00-2:45	French Ball	Beach
3:00-3:45	Abs Only	Gym
3:00-3:45	Pool Competition	Terrace Lounge
3:00-3:45	Windsurfing Lessons	Water Sports
3:30-4:15	Introduction to Fencing	Relaxation Pavilion
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Kayaking	Water Sports
4:00-4:45	Intermediate Archery	Sports Pavilion
4:00-4:45	Bicycle tour (Max 4 pks sign up at gym)	Front Porch
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	Legs Bums Tums	Gym
5:00-5:45	Beach Volleyball	Beach
5:00-5:45	Meditation	Relaxation Pavilion
6:00-6:45	Tone and Stretch	Gym

# Tuesday

07:00-08:00	T'ai chi	Beach
07:10-07:50	Morning Hike	Front Porch
07:30-08:15	Morning Jog	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch Class	Sports Pavilion
08:15-09:00	Beginners Golf	Sports Pavilion
08:30-09:15	Ultimate Circuit	Gym
09:00-09:45	Intermediate Tennis	Sports Pavilion
09:00-09:45	Introduction to Archery	Sports Pavilion
09:15-10:00	Intermediate Golf	Sports Pavilion
09:30-10:15	Introduction to Sailing	Water Sports
10:00-10:45	Beginners Tennis	Sports Pavilion
10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Pilates	Relaxation Pavilion
10:15-11:00	Advanced Golf	Sports Pavilion
10:30-11:30	Fastest Sail Competition	Water Sports
11:00-11:45	Aquacisize	Pool
11:00-11:45	Advanced Tennis	Sports Pavilion
11:30-12:15	Boot Camp	Relaxation Pavilion
11:30-12:15	Snorkeling Trip	Scuba
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Dance Aerobics Class	Relaxation Pavilion
2:00-2:45	Windsurfing Lesson	Water Sports
2:00-2:45	Pool Olympics	Pool
3:00-3:45	On the Ball	Gym
3:00-3:45	BINGO	Terrace Lounge
3:00-3:45	Sailing for Intermediates	Water Sports
3:30-4:15	Archery Tournament	Sports Pavilion
4:00-5:00	Chef Cooking Class	Oscars
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Sailing Lesson	Water Sports
4:00-4:45	Bicycle Tour (Max 4 persons -sign up at gym)	Front Porch
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	Gym Circuit Training	Gym
5:00-5:45	Beach Volley ball	Beach
5:00-5:45	Meditation	Relaxation Pavilion
6:00-6:45	Fit 8"	Gym

# Wednesday

07:00- 8:00	T'ai Chi	Beach
07:10-07:50	Morning Stroll	Front Porch
07:30-08:15	Morning Jog	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch	Sports Pavilion
08:15-09:00	Beginners Golf	Sports Pavilion
08:30 -09:15	Step Aerobics	Gym
09:00-09:45	Beginners Tennis	Sports Pavilion
09:00-09:45	Introduction to Archery	Sports Pavilion
09:15-10:00	Golf Competition	Sports Pavilion
09:30-10:15	Introduction to Sailing	Water Sports
10:00-10:45	Advanced Tennis	Sports Pavilion
10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Pilates	Relaxation Pavilion
10:30 -11:15	Windsurfing Lesson	Water Sports
11:00-11:45	Aquacisize	Pool
11:00-11:45	Intermediate Tennis	Sports Pavilion
11:30-12:15	Triple Impact	Gym
11:30-12:15	Snorkeling Trip	Water Sports
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Caribbean Dance Class	Relaxation Pavilion
2:00-2:45	Kayaking	Water Sports
2:00-2:45	French Ball	Beach
3:00-3:45	20/20/20 Aerobics	Gym
3:00-3:45	Cooperate Poker	Terrace Lounge
3:00-3:45	Sailing Lessons	Water Sports
3:00-3:45	Drinks Mixology	Terrace bar
3:30-4:15	Introduction to Fencing	Relaxation Pavilion
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Kayaking	Water Sports
4:00-4:45	Bicycle tour (Max 4 persons -sign up at gym)	Front Porch
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	Abs Only	Gym
5:00-5:45	Beach Volleyball	Beach
5:00-5:45	Meditation	Relaxation Pavilion
6:00-6:45	Tone and Stretch	Gym

# Thursday

07:00-08:00	T'ai chi	Beach
07:10-07:50	Morning Stroll	Front Porch
07:30-08:15	Power Walk	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch Class	Sports Pavilion
08:15-09:00	Introduction to Golf	Sports Pavilion
08:30-09:15	Ultimate Circuit	Gym
09:00-09:45	Introduction to Tennis	Sports Pavilion
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10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Pilates	Relaxation Pavilion
10:15-11:00	Advanced Golf	Sports Pavilion
10:30-11:15	Nature Walk-Garden Tour	Terrace Lounge
10:30-11:30	Fastest kayak Competition	Water Sports
11:00-11:45	Aquacisize	Pool
11:00-11:45	Advanced Tennis	Sports Pavilion
11:30-12:15	Boot Camp	Relaxation Pavilion
11:30-12:15	Snorkeling Trip	Scuba
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Sailing for Intermediates	Water Sports
2:00-2:45	Beach Olympics	Beach
3:00-3:45	On the Ball	Gym
3:00-3:45	Windsurfing	Water Sports
3:30-4:15	Fencing	Relaxation Pavilion
4:00-5:00	Chef Cooking Class	Oscars
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Sailing Lesson	Water Sports
4:00-4:45	Bicycle Tour (Max 4 persons- sign up at gym)	Front Porch
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	Legs Bums Tums	Gym
5:00-5:45	Beach Volley ball—Hotel Managers V Guests	Beach
5:00-5:45	Meditation	Relaxation Pavilion
6:00-6:45	Gym Circuit Training	Gym

# Friday

07:00-08:00	T'ai Chi	Beach
07:11-07:50	Morning Walk	Front Porch
07:30-08:15	Boot Camp	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch	Sports Pavilion
08:15-09:00	Beginners Golf	Sports Pavilion
08:30-09:15	Box Aerobics	Gym
09:00-09:45	Beginners Tennis	Sports Pavilion
09:00-09:45	Intermediate Archery	Sports Pavilion
09:15-10:00	Intermediate Golf	Sports Pavilion
09:30-10:15	Introduction to Sailing	Water Sports
10:00-10:45	Intermediate Tennis	Sports Pavilion
10:00-10:45	Orientation	Terrace Lounge
10:00-10:45	Pilates	Relaxation Pavilion
10:15-11:00	Advanced Golf	Sports Pavilion
10:30 -11:15	Windsurfing Lesson	Water Sports
11:00-11:45	Aquacisize	Pool
11:00-11:45	Advanced Tennis	Sports Pavilion
11:30-12:15	Fit 8"	Gym
11:30-12:15	Snorkeling Trip	Water Sports
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Caribbean Dance Class	Relaxation Pavilion
2:00-2:45	Windsurfing	Water Sports
3:00-3:45	Triple Impact	Gym
3:00-3:45	Table Tennis Tournament	Out Side Gym
3:00-3:45	Kayaking Lessons	Water Sports
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Sailing	Water Sports
4:00-4:45	Bicycle tour (Max 4 persons- sign up at gym)	Front Porch
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	On The ball	Gym
5:00-5:45	Beach Volleyball	Beach
5:00-5:45	Meditation	Relaxation Pavilion
6:00-6:45	Evening Stretch Class	Gym

# Saturday

07:00-08:00	T'ai chi	Beach
07:10-07:50	Morning Walk	Front Porch
07:30-08:15	Jog and Stretch	Terrace Lounge
08:00-09:00	Yoga	Relaxation Pavilion
08:00-08:45	Stretch Class	Sports Pavilion
08:15-09:00	Beginners Golf	Sports Pavilion
08:30-09:15	20/20/20 Aerobics	Gym
09:00-09:45	Archery for All	Sports Pavilion
09:15-10:00	Intermediate Golf	Sports Pavilion
09:30-10:15	Sailing Lesson	Water Sports
10:00-10:45	Orientation	Terrace Lounge
10:15-11:00	Advanced Golf	Sports Pavilion
10:30-11:30	Fastest kayak Time Competition	Water Sports
11:00-11:45	Aquacisize	Pool
11:30-12:15	Boot Camp	Relaxation Pavilion
11:30-12:15	Snorkeling Trip	Scuba
12:00-1:00	Water Volleyball	Pool
2:00-2:45	Beach Game- French ball	Beach
2:00-3:45	Kayaking	Water Sports
3:00-3:45	Legs Bums Tums	Gym
3:00-3:45	Sailing Lesson	Water Sports
3:30-4:15	Drinks Mixology	Terrace Bar
3:30-4:15	Beginners Fencing	Relaxation Pavilion
4:00-4:45	Aqua Tone	Pool
4:00-4:45	Kayaking Lesson	Water Sports
4:00-4:45	Bicycle Tour (Max 4 persons -sign up at gym)	Front Porch
4:00-4:45	Archery Tournament	Sports Pavilion
5:00-5:45	Power Walk	Terrace Lounge
5:00-5:45	Step Aerobics	Gym
5:00-5:45	Beach Volley ball	Beach
6:00-6:45	Gym Circuit Training	Gym

# LaSource

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