

## ACTIVITY SCHEDULE

	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
	Arrival	Excursion: Island Food Tasting  \$125.00 (8 Hours)	Excursion: Clabony Hot Springs & Belmont Estate (Non-Spa) \$90.00 (7 Hours)	Excursion: Day Trip to Carriacou Island  \$200.00 (8-9 Hours)	'Seven Sisters Falls' Hike  \$75 (4-5 hours)	Water Safety/ Wellness Festival At Grand Anse Beach  (See Festival Schedule for Activity Times)	Departure
7:00-8:00		Group Swim (Open water) .5-1K-2K (Distance determined by swimmer's skill level)	Group Swim (Open water) .5-1K-2K (Distance determined by swimmer's skill level)		Group Swim (Open water) .5-1K-2K (Distance determined by swimmer's skill level)	Group Swim (Open water) .5-1K-2K (Distance determined by swimmer's skill level)	Blue-Mindfulness Training Experience Location: Grand Anse
7:30 -8:30		Water aerobics Location: TBD	Yoga at Spice Island (1 Free Class for SI Guests Only)	Water aerobics Location: TBD	Yoga at Spice Island (1 Free Class for SI Guests Only)		
8:00-8:45		Thai Chi at Coyoba (Included in cost. For Coyoba guests only)					Joint Yoga class for guests of both SI and Coyoba (provided by

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							guest yoga instructor) Location: TBD
8:00-9:00		Swim Clinic - Beginners Location: TBD	Yoga at Coyoba (Included in cost. For Coyoba guests only)		Swim Clinic - Beginners Location: TBD		
9:00-10:00		Pilates with Candice McKinley		Pilates with Candice McKinley			
9:00-11:00							
10:00							
11:00							
12:00							
1:00							
3:00							
2:00-6:00							
4:00	Blue-Mindfulness Training Experience Location: Grand Anse	*Zumba Dance Party Location: Grand Anse	Talking Waters: Stories & Conversation featuring a Beach Front Chat Enslavement in the Americas: A comparison and contrast between the Caribbean and the US Presented by	Zumba Dance Party Location: Grand Anse			

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			Spelman College Professor (Rtd) Francisca Jackson				
4:30					Sunset Cruise <b>\$55.00</b> <b>(2 Hours)</b>		
5:30		Joint Yoga class for guests of both SI and Coyaba (provided by guest yoga instructor) Location: TBD	Reception at the Broderick-Town send home.				
6:30	Reception Location: TBD						

*\*Based on the availability of the Zumba instructor. A minimum of 5 participants required for the class.*

*\*\* A minimum of 3 participants is required for the class.*

## EXCURSION/TOUR DESCRIPTIONS

**Island Food Tasting Tour:** 1. Local Grenadian Breakfast (Bakes, boiled egg, saltfish & fishcakes) with cocoa-shell tea at Tri-Island Chocolate Factory in Beaulieu. \* 2. Fresh coconut water in Balthazar Junction 3. Lambie Waters in Richmond\* 4. FruittiMoss seamoss drinks in Progress Park\* 5. Boiled and roasted corn by Susan in Paradise Junction 6. Traditionally-made sweet potato and breadfruit puddings by Daneila in Lakabaka. 7. Oil Down from Ants Nest\* served at Balthazar River (Do feel free to walk with your swimwear and insect repellent). This tour also includes water, beers and sodas

**Day Trip to Carriacou:** From The Carenage in St. George's board the Osprey Shuttle Boat to begin your journey. When you arrive in Carriacou you will be met by a Representative from The Board Of Tourism whom will set you off on a tour of the Island, after which you will be served a local lunch at a restaurant. Afterwards your driver will take you to the beautiful Paradise beach for a bit of swim time and relaxation. At the end of a beautiful day in Carriacou you will return to Grenada on The Osprey Shuttle Boat being able to take in the fresh Caribbean air & deep blue sea. Approximately 8-9 hours

**Clabony Hot Spring & Belmont Estate:** First stop Clabony Hot Spring which is located on the North side of the island; you will be amazed to see Fresh cocoa, nutmeg, cinnamon, mangoes, avocados, bananas, plums, plantain and other assortment of tropical fruits on your way to the Calbony Hot Sulphur Spring. With this pallet of greenery around you, makes you feel in touch with nature. The naturally warm waist-deep water doesn't smell of acrid sulphur in the way that many natural hot pools tend to reek. It was easy to settle in and get comfortable. While you're relaxing in the pool, you can apply the mud-like clay on your skin for softening and exfoliation. Next stop is Belmont Estate. Located in St Patrick only an hour's scenic drive from the island's capital, St. George, Belmont Estate is a unique and authentic 17th century plantation that offers guests an opportunity to participate in and observe the workings of a fully functional historic plantation. Guests can enjoy exciting tours that include visits to our organic farm, gardens, heritage museum, and cocoa processing facilities. They also offer an exquisite restaurant featuring traditional Grenadian cuisine, a goat dairy farm, petting farm, conference room, gift shop, café, produce shop, credit union and craft market. Approx. 6 1/2 hours (including time for lunch)

**Sunset Cruise:** Spend a delightful evening aboard a catamaran, while enjoying nature at its most beautiful time, 'Sunset'. Leave your cares behind as you sail along the picturesque west coast, relaxing to some soothing strains of music while enjoying some light finger snacks and drinks. A great way to say goodbye to yet another day in the 'Isle of spice'. Approx. 2 hours

**Seven Sisters Falls:** Hike to the 'Seven Sisters Falls' set high in Grenada's Central Mountain Range. While going through the sometimes-muddy trails, take in the agricultural and lush rainforest scenery. You will see lots of bird life and occasionally monkeys. Swim in perfect nature-made swimming pools at the base of the waterfall and enjoy watching the fish and crayfish dart around in the river. Approximately 4 – 5 hours.

## EXERCISE OPPORTUNITIES

DRAFT