

# FESTIVE *Season*

BRINGING JOY TO WELLNESS THIS HOLIDAY SEASON

STOLEN TIME.  
*Rendezvous*



# WELCOME

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Welcome to StolenTime by Rendezvous – a unique holiday of relaxation and rejuvenation.

Within the context of the frenetic pace of life today, we recognise the need to take quality time to find balance. This is why we have created a place and a holiday of StolenTime that you can fully customise to meet your specific needs and desires. We have also carefully created activities and experiences to inspire you within our four key pillars.

- Therapeutic Cares
- Relaxation
- Activities
- Nutrition

There are daily opportunities for you to tap into any of these sources of enrichment, highlighted throughout this programme. Every experience is designed for you to learn new things, develop new skills and take home some priceless memories.

Thank you for choosing StolenTime by Rendezvous

It's about Time you introduced  
your Body to your Mind



# Bienvenu / Welcome!

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## CHRISTMAS IN SAINT LUCIA

Some might argue that towering trees adorned in tinsel and ornaments, with a shiny star on the top are not Saint Lucian Christmas culture. Neither are dainty Christmas lights on every house and major business or driving around to marvel at the impending high electricity bills of those who adorn their homes in these multi coloured illuminations.

Christmas cleaning started a week ahead of the actual day. Windows needed to be cleaned, and curtains needed to be changed. Just as well, the entire refrigerator underwent a major deep cleaning, shelves were dusted, and floors and stairs were scrubbed where necessary. After all, we would be expecting guests and a good impression of our housekeeping skills was necessary. The house would be immaculate; almost too precious to touch, but a visual representation of labour.

Before any Christmas Day merriment, there was church. In fact, there was church both on Christmas Eve and Christmas Day. The former, also referred to as midnight mass, sought to herald Christmas in the best of places – church, since the day is supposed to commemorate the birth of

Christ. Only a few would make it to both services however, since sleep would be an absolute must pending the multitude of activities set out for Christmas Day.

Early on Christmas morning, if the smell of sorrel and ham cooking with Piton beer and cloves did not wake you up, the self-proclaimed community musicians definitely would. With instruments fashioned out of buckets, and other everyday items, the cultural house-to-house practice would begin. For the few who may not know what this is, house-to-house entails visiting every house in the community in search of food and rum until having your fill for the day. House-to-house doesn't take place solely on Christmas Day. In fact, it may last well until New Year's Day, or simply when the drinks are done.

What better place to steal time and enjoy a traditional Christmas in Saint Lucia but at the place of StolenTime? Christmas for us is about giving, sharing, and offering you the experiences of life's pleasures. How are we going to do that? How about a taste of a traditional Christmas in Saint Lucian style by sampling some of our yearly festivals.

# THE ADVENTURE PROGRAMME

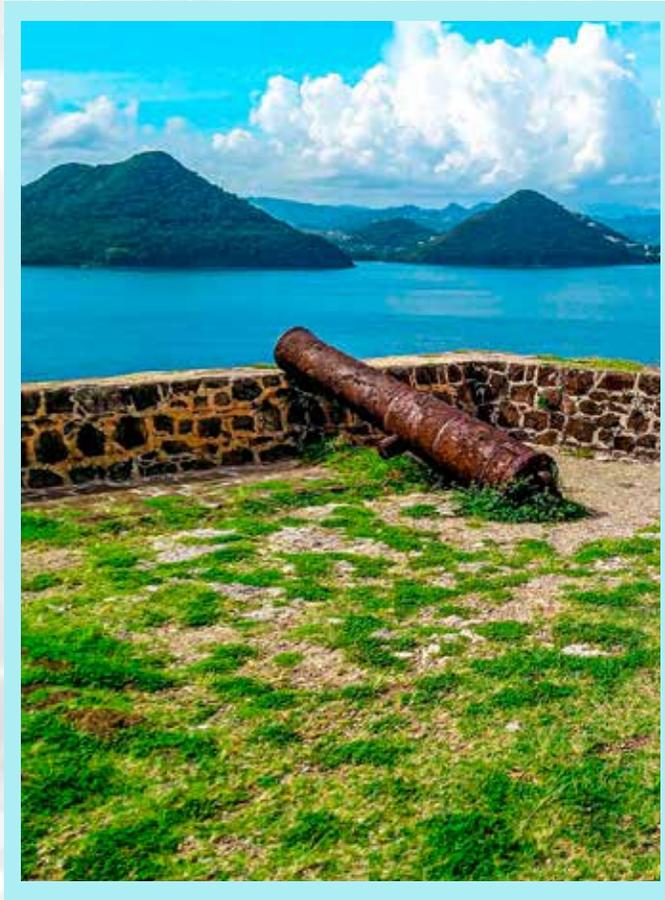
## Pigeon Island Historical Tour

Pigeon Island is heralded as one of the most important monuments of St Lucia's history. It is a vivid Representation of the cultural and historical monument of international, civil, military and marine, cross culture characteristic of the West Indies.

A living museum within a natural setting, Pigeon Island is being nurtured through careful protection and intelligent development to serve the intellectual, cultural and recreational needs of all who visit this historic site.

The picturesque, 44-acre island reserve, off the North Coast, was originally surrounded by water but was joined to the mainland by a man-made Causeway in 1972.

Recognizing the need to secure this site where the balance of late eighteenth century naval power was decided, the Government of St. Lucia designated the Pigeon Island Landmark a National Park in the year 1979.



# MEET OUR TEAM

*A perfect blend of people working together to make your holiday special*



Our Activities team are here to facilitate all of your fitness needs. From morning walks to dancing, to holistic activities, to personal training. The team will encourage, motivate, host and entertain you. If you see the team around the resort say hello and feel free to ask for any assistance you require.

## Important Note!

Please remember to wear fitness attire including your Trainers at all times for Fitness Classes and when using the Gym. Also, Jeans, cut-offs, Bermuda shorts, and bathing suits are not suitable, nor are boat or flat non-supportive shoes (flip flops). Your safety is important to us.



# HEART RATE INTENSITY SCALE

Please note this heart rate intensity scale is simply a guide. All classes will provide regressions throughout. For all activities, we encourage you to work at your own level while challenging your weaknesses:

- ♥ A no or very low intensity workout
- ♥♥ A low intensity class ideal for total beginners to cardio exercise
- ♥♥♥ A medium intensity
- ♥♥♥♥ Medium intensity with higher intensity options
- ♥♥♥♥♥ High intensity workout

## Tai Chi:

A Chinese system of physical exercises designed for self-defense and meditation. ♥♥

## Stretch:

A great combination of flowing movements and controlled breathing with deep static stretches to help relieve tension and develop perfect posture. This session may also include ballistic and dynamic stretches. ♥

## 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. ♥

## Mat Pilates:

A series of floor exercises that stabilize and strengthen the core (stomach and back) and buttock muscles. The key benefits of Pilates include; improve core strength, posture, coordination and more. Pilates can be ideal in the aid of treating some injuries such as lower back fatigue and strengthening the pelvic floor after giving birth. ♥♥

## Absolution:

A workout designed to strengthen the abdominal core and lower back muscles. (May also be done in the form of a circuit session). ♥♥



## Gros Piton Climb

The Pitons are the stunning and famous landmark of St. Lucia falling within the Piton Management Area. It was declared a World Heritage Site and by Oprah Winfrey as one of the top five places to see before you leave this great place called earth. The Pitons are so called because they rise vertically out of the sea to a combined height of some 5000 feet and descend to a similar combined depth below sea level. The Twin Mountains, Gros and Petit Piton stand side by side on the island's west coast. Our tour ascends the majestic Gros Piton, the bigger of the two. At the summit you will revel in the magnificent, breath-taking views, and your soul will feel truly refreshed. A superb day out for people of a high fitness level.

## Piton Nature Walk

If the idea of climbing to the top of Gros Piton seems impossible, why not walk this Nature Trail instead? Located between the iconic Pitons this scenic nature trail is heavenly. You will enjoy the same spectacular views from high up without all the hard work as the car park is 3/4 of the way up the hill. The walk is guided by friendly, knowledgeable locals and takes around 45 minutes to complete. You will learn about St. Lucian culture, history, and exotic horticulture.

After the walk you will take a short drive to Piton Falls where warm mineral water cascades 30 feet into a pool below. The warm waters from the three mineral pools below the Falls will make for an ideal rest stop after your walk.

# THE ADVENTURE PROGRAMME

Our Adventure Programme offers you the opportunity to visit parts of St. Lucia that are pristine, as nature wanted them to be. Ask about any of our organised tours, designed so that you can enjoy the natural beauty of our island, at the Special Experiences desk.

We provide you with all the equipment you need and your guide will be equipped with first-aid items, ropes and other necessary equipment to ensure your trip is as safe as it is breath-taking or fun. Explore the beauty of Saint Lucia and take a Walk on the Wild side!

## Important Notice:

To attend the Adventure Tours, you will need to wear hiking boots, trainers or sneakers and a bathing suit under your clothes. The cost is inclusive of transport and entrance fees, lunch is supplementary. You will need to be of moderate fitness level.

## Rhythm of Rum Tour

We take a scenic drive to the rum distillery located in Roseau where you will find the true spirit of Saint Lucia - the Rhythm of Rum. A guided factory tour will give you an insight into rum distilling and will allow you the opportunity to sample at least 16 types of local blends of rums and liqueurs with a chance to taste before you buy (at factory prices). On your return we sail along the coastline to some magnificent views.



## Cocoa Plantation and Chocolate Making

Learn how cocoa is harvested and produced from the bean stage. You will experience bean tasting, de-shelling, grinding, and recipe formulation, and the excitement of making your own chocolate bar!



**We advise guests to be cautious of external providers of boat and jet ski excursions. We are unable to guarantee the safety or maintenance of these boats which often have limited insurance liability. Therefore, we accept no responsibility for the safety or wellbeing of guests on excursions sold from the beach.**

# HEART RATE INTENSITY SCALE

## Aqua:

Splash your way to a great fitness level with always guarantees to be full of fun and excitement. This program is an alternative for pregnant participants and people with joint injuries. ♥♥

## Body Tone:

A great chance to firm up the whole body using body weight as well as various weight based exercises and studio equipment. ♥♥♥

## Circuits:

This involves combining both cardiovascular and resistance stations to produce an all over body sessions. ♥♥

## L.B.T. (Legs, Bums & Tums):

This class targets the some of the most of your popular parts of the body; the legs, buttocks and abdominals, helping you strengthen and tone these muscles. ♥♥♥

## Beach Fit:

A combination of low and high impact aerobic movements done on the beach. This program may involve exercises performed in the ocean. ♥♥♥



## Caribbean Dance Fit:

This explosive dance fitness program combines high cardio, toning and fun to gain proven fitness results. Enjoy a mixture of Caribbean music, and easy to follow choreography, designed to keep you moving and sweating for 45 minutes. ♥♥

## Morning Runs:

A 2.5mile run that takes you to one of Saint Lucia's two lighthouses - Castries West Wharf Range Rear Lighthouse. ♥♥♥

**Schedule is subject to change. Please check activities board for updates.**

# Christmas Eve

Saturday 24th Dec 2022

**7:30 - 12:30**  
**Help Us Decorate the Tree St. Lucian Style**

**19:00 - 20:00**  
**Christmas Eve Cocktail Party**

**19:30 - 21:30**  
**Christmas Eve Gala Buffet Dinner**



\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:30-12:30	Help Us Decorate the Christmas Tree	Terrace
08:15-09:30	Walk to Castries Craft Market	Porte-Cochere
09:00-13:00	Two Tank Boat Dive & Snorkeling (Supplementary)**	Scuba
09:15-09:55	Body Stretch	Beach Studio
10:00-10:45	Resort Welcome Tour	Terrace
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:30	Hobie Cat Sailing	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:00-10:45	Pilates Foundation (Beginners)	Beach Studio
11:00-12:00	Beach Cricket: (Santa's Reindeers vs Stolen Time Elves)	South Beach
12:00-12:45	Aqua Fitness	Water Garden Pool
12:30-14:30	Lunch	Malabar Beach Club
13:45-14:30	Inclusive Dive	Scuba
14:00-15:00	Fun Challenge (See Activities Board for Activity)	Pool Bar/Beach
14:30-15:15	Archery Competition	Archery Range
14:00-15:30	Tubing Session	Watersports
14:00-16:00	Hobie Cat Sailing Lessons (½ hr Sessions)	Watersports
15:00-16:30	Intermediate Water Ski & Wake-Board Session	Watersports
15:00-15:45	Body Tone	Beach Studio
15:00-16:00	Local Mixology Competition	Pool Bar
16:30-17:30	Wine Shop	Boardwalk
16:30-17:30	Sunset Stroll to Lighthouse	Port Cochere
17:00-18:00	Cross Net Volleyball	Volleyball Court
19:00-20:00	Cocktail Reception	Main Pool
19:30-21:30	Gala Buffet Dinner (Feast on the Chef's Favorite Christmas Dishes)	Terrace Restaurant
21:15-22:45	Live Performance Featuring Michael Robinson	Terrace
22:00-24:00	Christmas Carols Sing Along	Champagne Bar
24:00-01:00	Pianist Serenades	Champagne Bar

# Christmas Day

ST. LUCIAN CHRISTMAS

Sunday 25th Dec 2022

**10:00 - 11:00**

**Moving from House to House Local Tradition**



**11:30 - 12:45**

**Visitor from the North Pole**



**21:15 - 22:45**

**“Colour Me Red” Christmas Beach Party**



\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:15-07:45	Ease Into Beach Fit	Beachfront
7:30-08:15	Bicycle Tour Inquire with Activities	Porte-Cochere
07:30-10:30	Champagne Breakfast	Terrace Restaurant
08:00-11:00	Church Service (Enquire with Concierge )	Castries
09:15-09:55	Body Stretch	Beach Studio
09:00-09:45	Introduction to Archery (Wear Sneakers)	Archery Range
10:00-10:45	Resort Welcome Tour	Terrace
10:00-11:00	Local tradition (Moving from House to House)	Beach Gazebo
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:00	Hobie Cat Sailing Lesson (1/2 hr Session)	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
11:30-12:45	Look Out for Visitors from the North Pole	Beachfront
12:00-12:45	Aqua Fitness	Water Garden Pool
12:30-14:30	Grand Barbecue Lunch	Terrace Beachfront
14:00-16:00	Hobie Cat Sailing Lessons (1/2 hr Sessions)	Watersports
14:00-14:45	Botanical Garden Tour	Terrace
14:00-15:30	Tubing Session	Watersports
14:00-16:30	Water Skiing Session	Watersports
15:00-15:45	Fun Challenge (See Activities Board for Activity)	Pool Bar/Beach
15:00-15:30	Absolution (Abdominal Workout)	Beach Studio
16:00-16:45	Slam Ball	Terrace Beachfront
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-20:00	À la Carte Dining	Malabar Beach Club
19:30-21:30	Bringing Tradition to the Table (Table d'hôte Dining)	Terrace Restaurant
21:15-22:45	Colour Me Red (Wear a Touch of Red and Experience a Saint Lucian Christmas Beach Party)	Terrace Beachfront
22:00-01:00	Pianist Serenades	Champagne Bar

# Creole Heritage

**Monday 26th Dec 2022 – Boxing Day**

In 1981, Saint Lucia celebrated Creole Day for the first time. Since then this celebration of French Creole Heritage has extended into a month of music, dance, local cuisine, art and other cultural expression. The event is a celebration of the richness and diversity of Saint Lucia's cultural, ethnic and artistic heritage. With musical, theatrical and other performances, seminars, a variety of culinary experiences, street parties, art exhibitions, the festival culminates on the last weekend in October with the celebration of International Creole Day (Jounen Kwéyòl) throughout the island.



**16:00-18:00**  
**Creole Lawn Party**  
**Garden**

\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:15-08:15	Walk to Lighthouse (Wear Comfortable Shoes)	Porte-Cochère
08:00-08:45	Beginners Tennis Lesson	Tennis Court
08:00-11:30	Discover Scuba Diving (Enquire at Scuba)*	Scuba
08:15-09:00	Golf Lesson	Golf Net
08:30-09:45	Bicycle Ride to Castries (Enquire with Activities)*	Porte-Cochère
09:15-09:55	Body Stretch	Beach Studio
09:15-10:00	Introduction to Archery (Wear Sneakers)	Archery Range
09:15-10:00	Intermediate Tennis Lesson	Tennis Court
10:00-10:45	Resort Welcome Tour	Terrace
10:00-10:45	Yoga	Beach Studio
10:00-11:30	Inclusive Dive	Scuba
10:00-11:00	Windsurfing Lesson & Hobie Cat Sailing Lesson	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:15-11:00	Social Tennis Mix	Tennis Court
10:30-11:00	Absolution (Abdominal Workout)	Beach Studio
11:00-11:45	Tye Dye lessons (Please Walk with a White T-shirt)	Upper Terrace
11:00-11:30	Fun Challenge – (See Activities Board for Activity)	Pool Bar/Beach
11:00-12:00	Learn to Massage Each Other *	Spa
11:00-11:45	Authentic Saint Lucian Cooking	Terrace
12:00-12:45	Aqua Fitness	Water Garden Pool
14:00-14:45	Saint Lucia Creole History & Lesson	Terrace
14:00-15:30	Tubing Session & Hobie Cat Sailing Lessons	Watersports
14:00-16:30	Water Skiing Lesson	Watersports
14:00-14:45	Body Tone	Beach Studio
17:00-17:45	Sunset Yoga	Beach Studio
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-21:00	À la Carte Dining	Malabar Beach Club & The Trysting Place
19:30-21:00	International Table d' Hôte Menu	Terrace Restaurant
21:15-22:45	Live Entertainment	Terrace
22:00-01:00	Pianists Serenades	Champagne Bar

# Fishermen's Feast

**Tuesday 27th Dec 2022**

Each year on the last Sunday in June, Saint Lucian Fishermen celebrate Fête Pêche (Fishermen's Feast). This thanksgiving celebration includes church services followed by the blessing of beautifully decorated boats and sheds on the beaches. The feasting and merry-making usually lasts the entire day and goes into the early morning hours.



**16:00-19:00**  
**Sunset Cruise**  
**Porte-Cochère**



**10:00-10:45**  
**Cast Your Net**  
**Beachfront**

\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:15-08:00	Morning Jog	Porte-Cochère
08:00-08:45	Beginners Tennis Lesson	Tennis Court
08:15-09:00	Pilates (Level)	Beach Studio
08:30-09:45	Bicycle Ride to Point Seraphine (Enquire with Activities)*	Porte-Cochère
09:00-13:00	Two tank Dive & Snorkeling (Supplementary)**	Scuba
09:15-09:55	Body Stretch	Beach Studio
09:15-10:00	Intermediate Tennis Lesson	Tennis Court
10:00-10:45	Resort Welcome Tour	Terrace
10:00-10:45	Cast Your Net (Experience the Local Culture as You Assist the Fishermen with the Catch)	Beachfront
10:15-11:00	Introduction to Archery (Wear Sneakers)	Archery Range
11:00-11:45	Fun Challenge (Sand Sculpture Competition)	Beachfront
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:00	Water Skiing Lesson & Hobie Cat Sailing Lesson	Watersports
10:15-11:00	Tennis Drills (skills improvement)	Tennis Court
12:00-12:45	Aqua Fitness	Water Garden Pool
12:30-14:30	Lunch	Terrace Restaurant
13:45-14:30	Inclusive Dive	Scuba
14:00-15:00	Tubeing Session & Hobie Cat Sailing Lessons	Watersports
15:00-16:30	Water Skiing Lessons	Watersports
15:00-15:45	Body Spin	Beach Studio
15:00-15:45	Intermediate Archery (Wear Sneakers)	Archery Range
16:00-19:00	Sunset Cruise	Porte-Cochère
17:00-17:45	T'ai Chi	Rotund
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-21:00	À la Carte Dining	Malabar Beach Club
19:30-21:30	Dinner - Fisherman's Feast	Terrace Restaurant
21:15- 22:45	Live Performance Featuring Andreas	Rotund
22:00-01:00	Pianists Serenades	Champagne Bar

# Taste of St. Lucia

## FOOD & RUM FESTIVAL

**Wednesday 28th Dec 2022**

Inspired in part by the outstanding achievements of chefs Nina Compton, Storne Benjamin and Doran Payne, this unique celebration promotes West Indian rums, restaurants, chefs and regionally manufactured food and drink options. The excitement includes cooking demonstrations, rum tasting, wine tasting, celebrity chef dinners and community culinary experiences, accompanied by local artistic and musical performances. Today you will enjoy a selection of local dishes and sample West Indian music as you get set for Christmas Day.



**18:30 - 21:00**

**StolenTime Street Party  
StolenTime Drive**

\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:15-08:15	Walk to Lighthouse (Wear Comfortable Shoes)	Porte-Cochère
08:00-08:45	Beginners Tennis Lesson	Tennis Court
08:00-11:30	Discover Scuba Diving (Enquire at Scuba)*	Scuba
09:15-09:55	Body Stretch	Beach Studio
09:15-10:00	Intermediate Tennis	Tennis Court
10:00-10:45	Resort Welcome Tour	Terrace
10:00-10:45	Yoga	Beach Studio
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:00	Hobie Cat Sailing Lesson (1/2 hr Session)	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:00-11:30	Inclusive Dive	Scuba
10:00-11:00	Introduction to Archery (Wear Sneakers)	Archery Range
10:15-11:00	Cardio Tennis	Tennis Court
10:30-11:15	Reggae Dance Class	Beach Studio
11:00-11:45	Learn to Massage Each Other	Spa
11:00-12:00	Fun Challenge (See Activities Board for Activity)	Upper Terrace
11:30-12:30	Aqua Fit	Water Garden Pool
12:00-12:45	Lunch	Terrace Restaurant
12:30-14:30	Caribbean Dance Fit	Beach Studio
14:30-15:15	Tubing Session & Hobie Cat Sailing Lessons	Watersports
14:00-16:30	Water Skiing Lessons	Watersports
15:00-16:30	Ultimate Circuit	Beach Studio
15:15-16:00	Intermediate Archery (Wear Sneakers)	Archery Range
16:30-17:15	Cross Net Volleyball	Volleyball Court
17:00-17:45	Yoga	Beach Studio
18:30-21:00	Dinner & Street Party	StolenTime Drive
19:00-21:00	À la Carte Dining	The Trysting Place
19:00-20:00	Bubbly Hour	Champagne Bar
21:30-23:00	Live Entertainment	Terrace
22:00-01:00	Pianists Serenades	Terrace

# STOLEN MOMENTS

## JAZZ IT UP

Thursday 29th Dec 2022

The Saint Lucia Jazz Festival offers a series of concerts, educational activities targeted at local and international musicians. It culminates in a major open-air concert at the historic Pigeon Island National Landmark each year on Mothers' Day. Enjoy some classic music from local and international artists as you await a special visitor at the Terrace.



\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:05-07:35	Absolution (Abdominal Workout)	Beachfront
08:00-08:45	Introduction to Tennis	Tennis Court
08:45-13:00	Two tank Dive & Snorkeling (Supplementary)**	Scuba
09:15-09:55	Body Stretch	Beach Studio
09:15-10:00	Intermediate Tennis	Tennis Court
10:00-10:45	Resort Welcome Tour	Terrace
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:00	Hobie Cat Sailing Lesson (1/2 hr Session)	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:30-11:15	Introduction to Archery (Wear Sneakers)	Archery Range
10:30-11:30	Social Tennis Mix-IN	Tennis Court
11:00-11:45	Fun Challenge (See Activities Board for Activity)	Beach
12:00-12:45	Aqua Fit	Water Garden Pool
12:30-14:30	Lunch	Terrace Restaurant
13:45-14:45	Inclusive Dive	Scuba
14:00-15:00	Tubing Session	Watersports
14:00-16:00	Hobie Cat Sailing Lessons (1/2 hr Sessions)	Watersports
15:00-16:30	Water Skiing Lessons	Watersports
15:30-16:30	Local Mixology Lesson	Pool Bar
15:00-15:45	Salsa Dance Class (Intermediate)	Beach Studio
16:30-17:30	Wine 101	Boardwalk
16:30-17:15	Intermediate Archery (Wear Sneakers)	Archery Range
17:00-17:45	Pilates (Level1)	Beach Studio
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-21:00	À la Carte Dining by Candle Light	Malabar Beach Club
19:00-21:00	À la Carte Dining by Candle Light	The Trysting Place
19:30-21:30	À la Carte Dining by Candle Light	Terrace Restaurant
21:15-22:45	Silent Party and Movie	Beachfront
22:00-01:00	Pianists Serenades	Champagne Bar

# Saint Lucian Carnival

Friday 30th Dec 2022

A Saint Lucian Carnival is a variety of competitions including the ever-popular Power and Groovy Monarch, Senior and Junior Panoramas (Steel Pan Competitions), and the Inter-Commercial House Calypso competition, dozens of community events, and of course a continuous calendar of parties. The season culminates at its peak with an exciting, fun-filled two-day street parade of live bands and DJs, stunning Carnival costumes and the joyous and energetic revelry of a West Indian Carnival. Saint Lucia Carnival is recognised as one of the top Carnivals in the West Indies and has gained vibrance and creativity each year. Add a bit of colour to your outfit and celebrate with us.



**16:00-17:30**  
**StolenTime Carnival Parade**  
**Porte-Cochère**

\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:05-07:55	Beach Fit	Terrace Beach
08:00-08:45	Beginners' Tennis Lesson	Tennis Court
08:00-11:30	Discover Scuba Diving (Enquire at Scuba)*	Scuba
08:15-09:00	Hatha Flow - Yoga	Beach Studio
09:00-09:45	Introduction to Archery (Wear Sneakers)	Archery Range
09:15-10:00	Body Stretch	Beach Studio
09:15-10:00	Intermediate Tennis	Tennis Court
10:00-10:45	Resort Welcome Tour	Terrace
10:00-11:30	Inclusive Dive	Scuba
10:00-11:00	Windsurfing Lesson & Hobie Cat Sailing Lesson	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:30-11:30	Tennis Tournament	Tennis Court
11:15-12:00	Fun Challenge (See Activities Board for Activity)	Pool Bar/Beach
11:00-11:45	Caribbean Dance Fit	Beach Studio
12:00-12:45	Aqua Fit	Water Garden Pool
12:30-14:30	Lunch	Terrace Restaurant
14:00-14:45	Steel Pan lesson	Pool Bar
14:00-14:45	Botanical Garden Tour	Terrace
14:00-16:00	Tubing Session & Hobie Cat Sailing Lesson	Watersports
14:00-16:30	Water Skiing Lesson	Watersports
15:00-15:45	Body Spin	Beach Studio
15:00-15:45	Intermediate Archery (Wear Sneakers)	Archery Range
16:00-17:30	StolenTime Carnival Parade	Porte-Cochère
17:00-17:45	Sunset T'ai Chi	Beach Studio
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-21:00	À la Carte Dining	Malabar Beach Club
19:00-21:00	À la Carte Dining	The Trysting Place
19:30-21:30	À la Carte Dining	Terrace Restaurant
20:00-22:45	Live Entertainment	Terrace
22:00-01:00	Pianist Serenades	Champagne Bar

# Putting on the Glitz

## FESTIVAL OF LIGHTS

**Saturday 31st Dec 2022 – New Year's Eve**

The event Festival of Lights and renewal is hosted, and some say that it is the official opening of the Christmas Season with fireworks, lights, music, rum and great cuisine. Locals and visitors are encouraged to make creative lanterns that can be showcased and entered into the lantern competition which usually coincides with the Christmas tree lighting. This day also celebrates the Patron Saint of Light, Saint Lucia, who the island was named after.

Evening dress code: Blue and Silver

### 23:55 Spectacular Fireworks Display



\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:30–08:30	Bicycle Tour (Enquire with Activities Team)*	Porte-Cochère
08:15–09:30	Walk to Castries Market	Porte-Cochère
10:00–13:00	Two Tank Dive & Snorkeling (Supplementary)**	Scuba
09:15–09:55	Body Stretch	Beach Studio
10:00–10:45	Resort Welcome Tour	Terrace
10:00–11:00	Windsurfing Lesson	Watersports
10:00–11:30	Water Skiing Lesson	Watersports
10:00–12:30	Hobie Cat Sailing Lesson (1/2 hr Session)	Watersports
10:00–10:45	Pilates Foundation (Beginners Class)	Beach Studio
11:30–12:00	Fun Challenge (See Activities Board for Activity)	Pool Bar/Beach
12:00–12:45	Aqua Fitness	Water Garden Pool
12:30–14:30	Lunch	Terrace
13:45–14:45	Inclusive Dive	Scuba
14:00–14:45	Archery Competition (Wear Sneakers)	Archery Range
14:00–16:00	Intermediate Water Ski & Wake-Board Session	Watersports
14:00–16:00	Hobie Cat Sailing Lesson	Watersports
15:00–16:00	Local Mixology Competition	Pool Bar
18:45–20:00	Capture Your Special Moments (Professional Photography)**	Terrace
19:00–20:00	Champagne Cocktail Reception	Spa Pool Deck
19:30–21:00	Grand Gala Buffet Dinner	Terrace Restaurant
19:30–21:30	Gourmet Table d'hôte Dining	Trysting Place
09:30–12:00	New Years Eve Party with Live Band	Terrace
23:55	Ring n the New Year with Spectacular Fireworks Display	South Beach
00:10–02:00	Party Continues with DJ Big Slim	Terrace
01:00–02:00	Late Night Snack Bar	Terrace

# Happy New Year

## POST NEW YEAR'S EVE RECOVERY

**Sunday 1st Jan 2023**

Many Saint Lucians party late into the morning and much of that day is to recover and spend time with family. Thank goodness it is a Public Holiday for most people!



**21:15 - 24:00**  
**Grand Casino Night**  
**and Auction**

\*\* Additional Cost (Must be booked in advance) \* Enquire for details

Time	Activity	Location
07:30-12:00	Brunch	Terrace Restaurant
08:30-09:30	Bicycle Tour (Enquire with Activities Team) *	Porte-Cochère
08:00-11:00	Church Service (Enquire with Concierge)*	Castries
09:15-09:55	Body Stretch	Beach Studio
10:00-10:45	Resort Welcome Tour	Terrace
10:00-11:00	Windsurfing Lesson	Watersports
10:00-11:00	Hobie Cat Sailing Lesson (1/2 hr Session)	Watersports
10:00-11:30	Water Skiing Lesson	Watersports
10:30-10:45	Introduction to Archery (Wear Sneakers)	Archery Range
11:00-11:45	Fun Challenge	Pool Bar/Beach
12:00-12:45	Aqua Fit	Water Garden Pool
12:30-14:30	Lunch	Terrace Restaurant
14:00-16:00	Hobie Cat Sailing Lessons (1/2 hr Sessions)	Watersports
14:00-15:00	Tubing Session	Watersports
14:00-16:30	Water Skiing Lessons	Watersports
15:00-15:45	Fun Challenge	Pool Bar/Beach
16:00-15:45	Legs Bums Tums	Beach Studio
16:00-16:45	Slam Ball (Fun Game)	Beach Area
17:00-17:45	Cross Net Volleyball	Volleyball Court
19:00-20:00	Bubbly Hour	Champagne Bar
19:00-20:00	À la Carte Dining	Malabar Beach Club
19:00-20:00	À la Carte Dining	The Trysting Place
19:30-21:30	À la Carte Dining	Terrace Restaurant
21:15-24:00	Grand Casino It's a Night of Fun and Excitement. Try Your Luck with Poker, Roulette, Blackjack	Upper Terrace



STOLEN TIME.

*Rendezvous*

