

# Activities



## On-Property



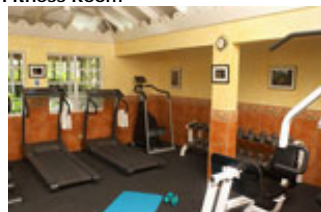
Coyaba's laykold court is available for guest use at no charge during the day (there is a nominal charge for lights at night). A free tennis clinic is held Mon - Sat (4-6 pm) by our visiting tennis pro. It's a great way to meet your fellow guests and work up a sweat at the same time.

### Tennis



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### Fitness Room



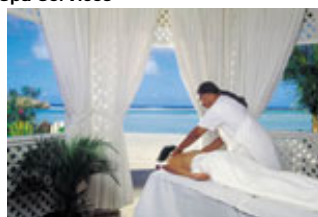
Our open-aired fitness room is located on the western edge of the property. Available to our guests are treadmills, stepper, weight machine, rower and stationary bikes.

All on-property watersports are non-motorized to preserve the peaceful nature of our beach area. Available at no charge to our guests are: sunfish sailboat, pedalboat, kayaks, pool/beach floats, snorkeling equipment, and aqua-view kickboards. All other watersports activities are available nearby and can be accessed via the tour desk in our Lobby.

### Watersports



### Spa Services



Massage and other spa treatments are available by appointment on property. Treatments are provided in our beachside gazebo or in room. Available treatments range from mani/pedis to massage, facials and body scrubs.

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#### Shopping Shuttle



Our shuttle service runs from Coyaba to "town" three times weekly. Guests are charged a nominal fee. Alternatively, a fleet of private taxis are available for hire during regular business hours and can be accessed via the Front Desk.

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#### Children's Playground

A full playground and swing set is available for our youngest clients. Slide down the turbo slide or rope climb the wood ramp. Guaranteed to wear out even the most energetic of them all.



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#### Afternoon Tea

In true British tradition, a casual complimentary afternoon tea is offered to all our guests from 4pm - 5 pm daily.

#### Managers' Cocktail Party

Our weekly cocktail party is a great opportunity to meet our Owners and Managers in addition to your fellow guests.

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#### Friday Happy Hour



The Polo Grounds is a regular meeting spot for the local "in" MoBay crowd. Guests are invited to soak up the local culture. Two-for one drinks, munchies and jazz band provide the necessary ingredients for a good time. Every Friday beginning at 6:30 pm.

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#### Daily Sunset Cocktail

Complimentary each day and a fitting way to bid the sun farewell. Usually accompanied by a stroll on the dock.

#### Native Night

Saturdays showcase Jamaican traditions with our weekly Native Show and Jamaican cuisine. Enjoy the sounds of our resident steel band while watching local craftsmen at work. Poolside each Saturday, showtime 8 pm.