



JUMBY BAY ISLAND



FESTIVE PROGRAM  
2023

# FESTIVE PROGRAM 2023







# Daily Activities

## Breakfast

The Pool Grille	7:00am – 10:30am
The Veranda	7:00am – 10:30am

## Lunch

The Pool Grille	11:30am – 3:30pm
Beach Shack	12:00pm – 3:00pm
The Veranda	12:30pm – 4:00pm

## Afternoon Tea

The Veranda Bar	4:00pm – 5:00pm
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## Dinner

Children's Dinner at The Veranda	6:00pm – 7:00pm
The Estate House	6:30pm – 9:30pm
The Veranda	6:30pm – 10:00pm

## All Day Dining

In Room Dining	7:00am – 9:30pm
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## Bars

Genny's Bar at Jumby Bay Beach	10:00am – Sunset
The Pool Grille Bar	10:00am – 5:00pm
The Veranda Bar	10:00am – 12:00am
1830 Bar at The Estate House	6:00pm – 12:00am

## Pool Hours

Lap Pool	7:00am – 8:00pm
Pool Grille Infinity Pool	8:00am – 6:30pm
Beach Infinity Pool	8:00am – 6:30pm

## Outlets

The Jumby Bay Spa	8:30am – 7:30pm
22 Knots - Jumby Bay Watersports	9:00am – 5:00pm
The Jumby Bay Boutique	9:00am – 8:00pm
Jumby Explorers	9:30am – 10:00pm

**Morning Activities**

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Morning Mat Pilates  
9:30am – 10:15am  
The Wellness Pavilion

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

Kayak Race  
11:00am – 12:00pm  
22 Knots - Jumby Bay Watersports

Morning Meditation  
11:00am – 11:45am  
The Wellness Pavilion

**Afternoon Activities**

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Beach Spikeball Challenge  
3:00pm – 4:00pm  
Jumby Bay Beach

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Beach Cricket  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Apothecary Class: Make Your Own Candle  
4:00pm – 5:30pm  
The Wellness Pavilion

**Dinner**

West Indian Hangout at The Pool Grille  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:30pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm

From pickleball to cooking demonstrations, this festive season's roster of daily activities for all ages is animated by our talented team and includes many special opportunities for movement, discovery and family fun.

## Thursday 21<sup>st</sup> December 2023

### Morning Activities

Jumby Bay Island Run  
7:15am – 8:00am  
Meet at the Fitness Centre

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Barre Body  
9:30am – 10:15am  
The Wellness Pavilion

Aqua Fit  
10:45am – 11:30am  
The Pool Grille Infinity Pool

Kayaking Tour  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

RS Elite Sailing Regatta  
3:00pm – 5:00pm  
22 Knots - Jumby Bay Watersports

Afternoon Meditation  
4:00pm – 4:45pm  
The Wellness Pavilion

Beach Volleyball  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Holiday Cooking Demonstration  
4:00pm – 5:00pm  
The Veranda Display Kitchen

Afternoon Stretch  
5:00pm – 6:00pm  
The Wellness Pavilion

Functional Training  
6:30pm – 7:15pm  
The Fitness Centre

### Dinner

Dinner at the Jumby Bay Farm  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:00pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm  
*Live Entertainment*

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*

## Friday 22<sup>nd</sup> December 2023

### Morning Activities

Beach Bootcamp  
7:15am – 8:00am  
Jumby Bay Beach

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Zen Abs  
9:30am – 10:15am  
The Wellness Pavilion

Apothecary Class: Make Your Own Scrub  
11:00am – 12:00pm  
The Wellness Pavilion

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Stand up Paddleboard Race  
12:00pm – 1:00pm  
22 Knots - Jumby Bay Watersports

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Cycle Around Jumby Bay Island  
4:00pm – 4:45pm  
The Jumby Bay Spa

Afternoon Tea and Christmas Carolling  
4:00pm – 5:00pm  
The Veranda Bar

Family Cookie Decorating Demonstration  
4:00pm – 5:00pm  
The Veranda Display Kitchen

Rum Voyage  
5:00pm – Sunset  
The Beach Shack

Sound Healing  
6:30pm – 7:15pm  
Jumby Bay Beach

### Dinner

The Veranda  
6:30pm – 10:00pm  
*Live Entertainment*

The Estate House  
6:30pm – 9:30pm

## Saturday 23<sup>rd</sup> December 2023

### Morning Activities

Morning Stretch  
8:00am – 8:45am  
The Wellness Pavilion

Boxing Class  
10:00am – 10:45am  
The Wellness Pavilion

Circumnavigation Tour  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

Hobie Cat Sailing Regatta  
11:00am – 12:00pm  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Circumnavigation Tour  
12:00pm – 1:00pm | 2:00pm – 3:00pm  
22 Knots - Jumby Bay Watersports

Beach Cricket  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Core Max  
5:00pm – 6:00pm  
The Wellness Pavilion

HIIT Training  
6:30pm – 7:15pm  
The Fitness Centre

### Dinner

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*

## Sunday 24<sup>th</sup> December 2023

### Morning Activities

Family Christmas Eve Fun Run  
7:15am – 8:00am  
The Jumby Bay Spa

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Apothecary Class: Aromatherapy Massage Oil  
10:00am – 11:00am  
The Wellness Pavilion

Kayaking Tour  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Turtle Watching Boat Tour  
2:00pm – 3:30pm  
22 Knots - Jumby Bay Watersports

Beach Boules  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Wine Tasting  
5:00pm – 6:00pm  
The Estate House

### Dinner

White Night Christmas Eve Party The Veranda Beach  
6:00pm – 10:00pm  
*Live Entertainment*

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*



**Morning Activities**

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Santa's Arrival  
10:00am  
Jumby Bay Beach

Morning Stretch  
10:00am – 10:45am  
The Wellness Pavilion

Adult Tennis Clinic  
10:00am – 11:00am  
Tennis Court

**Afternoon Activities**

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Cornhole on the Beach  
2:00pm – 4:00pm  
Jumby Bay Beach

Children's Tennis Clinic  
3:00pm – 4:00pm  
Tennis Court

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Holiday Cooking Demonstration  
4:00pm – 5:00pm  
The Veranda Display Kitchen

Beach Volleyball  
4:00pm – 5:00pm  
Jumby Bay Beach

Functional Training  
4:00pm – 5:00pm  
The Fitness Centre

**Dinner**

Dinner at the Jumby Bay Farm  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:00pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm  
*Live Entertainment*

The Estate House  
6:30pm – 9:30pm

**Morning Activities**

Morning Run on Jumby Bay Beach  
7:15am – 8:00am  
The Jumby Bay Spa

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Apothecary Class: Make Your Own Candle  
9:30am – 11:00am  
The Wellness Pavilion

Aqua Fit  
10:45am – 11:30am  
The Pool Grille Infinity Pool

Circumnavigation Tour  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

Sailing Clinic  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

**Afternoon Activities**

Circumnavigation Tour  
12:00pm – 1:00pm | 2:00pm – 3:00pm  
22 Knots - Jumby Bay Watersports

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Boxing Day Brunch Buffet  
12:30pm – 4:00pm  
The Veranda

Beach Volleyball  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Full Moon Sound Healing  
6:30pm – 7:15pm  
Jumby Bay Beach

**Dinner**

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*

**Morning Activities**

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Morning Mat Pilates  
9:30am – 10:15am  
The Wellness Pavilion

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

Kayak Race  
11:00am – 12:00pm  
22 Knots - Jumby Bay Watersports

**Afternoon Activities**

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Beach Spikeball Challenge  
3:00pm – 4:00pm  
Jumby Bay Beach

Barre Body  
4:00pm – 4:45pm  
The Wellness Pavilion

Beach Cricket  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

**Dinner**

West Indian Hangout at The Pool Grille  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:30pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm  
*Live Entertainment*

The Estate House  
6:30pm – 9:30pm

**Morning Activities**

Morning Run on Jumby Bay Beach  
7:15am – 8:00am  
The Jumby Bay Spa

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Aqua Fit  
10:45am – 11:30am  
The Pool Grille Infinity Pool

Kayaking Tour  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

**Afternoon Activities**

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

RS Elite Sailing Regatta  
3:00pm – 4:30pm  
22 Knots - Jumby Bay Watersports

Afternoon Meditation  
4:00pm – 4:45pm  
The Wellness Pavilion

Beach Volleyball  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Afternoon Stretch  
5:00pm – 6:00pm  
The Wellness Pavilion

Functional Training  
6:30pm – 7:15pm  
The Fitness Centre

**Dinner**

Dinner at the Jumby Bay Farm  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:00pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*



## Friday 29<sup>th</sup> December 2023

### Morning Activities

Cycle Around Jumby Bay Island  
8:00am – 8:45am  
The Jumby Bay Spa

Apothecary Class: Make Your Own Scrub  
10:00am – 11:00am  
The Wellness Pavilion

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Stand Up Paddleboard Race  
12:00pm – 1:00pm  
22 Knots - Jumby Bay Watersports

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Sound Healing  
6:30pm – 7:15pm  
Jumby Bay Beach

### Dinner

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*

## Saturday 30<sup>th</sup> December 2023

### Morning Activities

Morning Stretch  
8:00am – 8:45am  
The Wellness Pavilion

Boxing Class  
10:00am – 10:45am  
The Wellness Pavilion

Circumnavigation Tour  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

Hobie Cat Sailing Regatta  
11:00am – 12:00pm  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Pickleball  
10:00am – 11:00am | 2:00pm – 3:00pm  
Tennis Court

Circumnavigation Tour  
12:00pm – 1:00pm | 2:00pm – 3:00pm  
22 Knots - Jumby Bay Watersports

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Beach Cricket  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Gin & Golf  
5:00pm – 6:00pm  
The Pool Grille

Core Max  
5:00pm – 6:00pm  
The Wellness Pavilion

HIIT Training  
6:30pm – 7:15pm  
The Fitness Centre

### Dinner

Dinner at The Jumby Bay Farm  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:00pm  
*Live Entertainment*

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
*Live Entertainment*





## Sunday 31<sup>st</sup> December 2023

### Morning Activities

New Year's Resolutions Sunrise Yoga  
6:30am – 7:15am  
Pasture Beach

Zen Abs  
8:00am – 8:45am  
The Wellness Pavilion

Beach Boot Camp  
9:30am – 10:15am  
Jumby Bay Beach

Apothecary Class: Massage Oil  
11:00am – 12:00pm  
The Wellness Pavilion

Kayaking Tour  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Turtle Watching Boat Tour  
2:00pm – 3:30pm  
22 Knots - Jumby Bay Watersports

Vinyasa Yoga  
4:00pm – 4:45pm  
The Wellness Pavilion

Beach Boules  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

The Last Sunset Meditation  
5:00pm – 6:00pm  
The Wellness Pavilion

### Dinner

New Year's Eve at Jumby Bay  
Cocktail Reception 7:00pm – 8:00pm  
Buffet hours 7:30pm – 10:00pm  
Live Entertainment

## Monday 1<sup>st</sup> January 2024

### Morning Activities

New Year's Morning Meditation  
7:00am – 7:45am  
The Wellness Pavilion

Morning Stretch  
10:00am – 10:45am  
The Wellness Pavilion

Adult Tennis Clinic  
10:00am – 11:00am  
Tennis Court

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

Cornhole on the Beach  
10:30am – 12:00pm  
Jumby Bay Beach

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

New Year's Recovery Beach Party  
1:00pm – 4:00pm  
The Beach Shack

Children's Tennis Clinic  
3:00pm – 4:00pm  
Tennis Court

Beach Boules  
4:00pm – 5:00pm  
Jumby Bay Beach

New Year's Day Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Functional Training  
5:00pm – 6:00pm  
The Fitness Centre

### Dinner

Dinner at the Jumby Bay Farm  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:00pm  
Live Entertainment

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
Live Entertainment

## Tuesday 2<sup>nd</sup> January 2024

### Morning Activities

Morning Run  
7:15am – 8:00am  
Jumby Bay Beach

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Aqua Fit  
10:45am – 11:30am  
The Pool Grille Infinity Pool

Circumnavigation Tour  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

Sailing Clinic  
10:00am – 11:00am  
22 Knots - Jumby Bay Watersports

Beach Boules  
10:00am – 12:00pm  
Jumby Bay Beach

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Taste of the Caribbean  
12:00pm – 3:00pm  
The Beach Shack

Circumnavigation Tour  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Beach Cricket  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

Holiday Cooking Demonstration  
4:00pm – 5:00pm  
The Veranda Display Kitchen

Sound Healing  
6:30pm – 7:15pm  
Jumby Bay Beach

### Dinner

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
Live Entertainment

## Wednesday 3<sup>rd</sup> January 2024

### Morning Activities

Morning Yoga  
8:00am – 8:45am  
The Wellness Pavilion

Morning Mat Pilates  
9:30am – 10:15am  
The Wellness Pavilion

Snorkelling Trip  
10:00am – 11:30am  
22 Knots - Jumby Bay Watersports

Cornhole on the Beach  
10:30am – 12:00pm  
Jumby Bay Beach

Apothecary Class: Make Your Own Candle  
11:00am – 12:30pm  
The Wellness Pavilion

### Afternoon Activities

Pickleball  
12:00pm – 3:00pm  
Tennis Court

Snorkelling Trip  
12:15pm – 1:45pm | 2:30pm – 4:00pm  
22 Knots - Jumby Bay Watersports

Barre Body  
4:00pm – 4:45pm  
The Wellness Pavilion

Beach Volleyball  
4:00pm – 5:00pm  
Jumby Bay Beach

Afternoon Tea  
4:00pm – 5:00pm  
The Veranda Bar

### Dinner

West Indian Hangout at The Pool Grille  
Pre-dinner Cocktails 6:00pm – 7:00pm  
Dinner 7:00pm – 9:30pm  
Live Entertainment

The Veranda  
6:30pm – 10:00pm

The Estate House  
6:30pm – 9:30pm  
Live Entertainment

# Description of Activities

## **White Night Beach Party**

Join us for a picturesque party on our powder soft shores. The all-white dress code allows the captivating sunset and sensational blue of the sea to take centre stage as mixologists at The Veranda Bar concoct tantalising tipples.

## **Dinner at The Farm**

All through the festive season, each Dinner at the Farm will follow a different Caribbean theme. Pre-dinner cocktails begin at 6pm, followed by a 7pm seating. Dinner, prepared with the farm's freshly harvested ingredients and served family style, will delight your senses in the sublime natural setting.

## **Gin & Golf**

Tee off from the sand, straight into the sea, with biodegradable golf balls as you enjoy a G&T just the way you like it — your choice of gin and garnishes.

## **Holiday Cooking Demonstration**

Solo, as a couple, or with the entire family, discover new cooking techniques and delicious recipes — either savoury or sweet — with a cooking class hosted by one of our talented chefs in The Veranda Display Kitchen.

## **Taste of the Caribbean**

Beginning at noon, savour the robust flavours of a Caribbean influenced menu with your toes in the sand at the Beach Shack.

## **Rum Voyage**

This happy hour at the Beach Shack is the perfect combination of the Jumby Bay Island sunset and Caribbean rum cocktails— served up with seafood fritters, Johnny cakes and a jammin' playlist.

## **West Indian Hangout**

Relax and enjoy authentic dishes from Antigua and our Caribbean neighbours as the soothing rhythms create a true sense of place in this family-friendly gathering at the Pool Grille.

## **Afternoon Tea**

Take a respite from the sun with a relaxing afternoon tea in The Veranda Bar. Both restaurants feature open-air seating—perfect for enjoying the breeze while indulging in a selection of decadent treats, freshly brewed tea or a flute of bubbly.

## **New Year's Recovery Beach Party**

After a rollicking New Year's Eve party, get 2024 off to a great start the Jumby Bay way: on the beach, of course! Against the soothing background of the Caribbean, we'll help you recover from the previous evening's festivities and set you up for a year to remember.

**Limited spaces are available, please reserve with the Concierge by dialing '0'.**

## **22 Knots - Jumby Bay Watersports**

### **Beach Spikeball Challenge**

A game of spikeball on Jumby Bay Beach is a great way to spend an afternoon. Play one on one or as a team of two.

### **Circumnavigation (max 12 persons per trip)**

Discover all of Jumby Bay Island from the water on this 45-minute boat tour and spot some of the most coveted natural landscapes, Villas and Private Residences in the Caribbean.

### **Kayaking Tour (max 12 persons)**

Embark on an adventure exploring the coastline while paddling the waves with a member of our 22 Knots team.

### **Snorkelling Trip (max 12 persons)**

Enjoy a boat ride and explore the enchanting marine life of nearby Bird Island.

## **RS Elite Sailing Regatta (max 8 persons)**

Experienced sailors can take to the seas in one of our four RS Elite keelboats in a friendly battle to be crowned Jumby Bay's top sailor. Pick your 2–3-person crew to enjoy fast sailing, smooth handling, and an enjoyable tactical race.

## **Hobie Cat Sailing Regatta**

Spend a day sailing our stunning coastline in one of our classic Hobie Cat catamarans. Recognized as one of the most enduring models in sailing, these boats are sure to deliver a memorable day of smiles and fun for the whole family.

## **Kayak Race (max 12 persons)**

Paddle your worries away in the crystalline Caribbean while competing in an energizing kayak race with or against a member of our 22 Knots team. The calm waters are the perfect setting to hone your skill and push your limits.

## **Sailing Clinic**

Whether you're just dipping your toes into the world of sailing or you're ready to take your racing to the next level, learn the ropes with our highly-skilled team of experienced sailors on one of our Hobie Cats or an RS Elite watercraft.

## **Beach Volleyball**

Enjoy a thrilling volleyball match on soft, powder-white sand, if you can take your eyes away from the magnificent ocean view that is! Bump, set, spike your way to a lively afternoon of friendly competition and beautiful scenery.

## **Stand Up Paddle Board Race**

Challenge yourself to the mentally and physically stimulating sport of stand-up paddle boarding. From the vertical vantage point, look down into the crystal-clear waters that surround Jumby Bay. Maybe you'll even catch a glimpse of a parrot fish or sea turtle swimming next to you.

## **Pickleball**

Pickleball has exploded in popularity around the world in recent years and for good reason. This easy-to-learn, family-friendly game combines elements of tennis, ping-pong and badminton. Fun for all ages!

## **Turtle Spotting Boat Tour (max 12 persons)**

Enjoy a short boat ride to the nearby waters of Bird Island to spot the resident sea turtles in their natural habitat.

## **Beach Boule**

Relax by the water with a leisurely game of boule on the beach. Team up with your family, friends or fellow guests and practice your throw. It's all about closeness in this classic French pastime, reimagined in the sand.

## **Beach Cricket**

Try your hand at cricket with a low-stakes match in the sand. Not confident in your swing? Join as a spectator and cheer on the teams!

## **Tennis Clinic**

Whether you're a novice or a semi-pro, our resident tennis pro Jerry Williams teaches the game of tennis.

## **Cornhole on the Beach**

Kick back with this popular pastime that will delight the whole family. Pick teams to encourage some friendly competition or simply challenge your own solo skills during a laid-back afternoon.

**For all Watersports Activities please meet at 22 Knots - Jumby Bay Watersports.**

**Limited spaces are available, please reserve with the Concierge by dialing '0'.**

## The Jumby Bay Spa

### **Apothecary Class (max 15 persons)**

Create your own spa essentials by formulating infused oils, scrubs, soaks and candle making.

### **Aqua Fit (max 15 persons)**

This is a low impact water session that adds resistance and gradually builds in intensity. You will tone your muscles, increase your range of movement and improve your endurance, balance and flexibility.

### **Boxing Class (max 6 persons)**

This high energy class will focus on speed, co-ordination, balance, and agility. It's an intense whole-body workout, targeting all major muscles.

### **Barre Body (max 6 persons)**

This is a unique workout which incorporates Yoga, Tai Chi and Pilates to help improve flexibility, build strength and leave you feeling relaxed and calm. The class will help you learn how to control your breathing, focus your mind and improve your posture.

### **Core Max (max 8 persons)**

This class combines movement and static poses to help engage, tone and tighten your core, while helping to improve your posture.

### **Meditation (max 8 persons)**

This mind and body practice is rooted in the belief of increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

### **Pilates (max 6 persons)**

This mat Pilates session is a low-impact class that aims to strengthen muscles while improving postural alignment and flexibility.

### **Sound Healing (max 15 persons)**

This deeply immersive full-body listening experience will help to ground and centre you. Feel your body relax to the healing sound waves while you re-connect with your inner being.

### **Yoga (max 6 persons)**

This class combines a continuous flow of Asana poses that incorporate breath, movement, and strengthening poses.

### **Jumby Island Run**

Our island runs are designed for all experience levels to get those hearts pumping in a challenging yet fun way. What better opportunity to get to know the island and improve your physical fitness than a guided tour through carefully designed scenic routes with a friendly group of motivated runners?

### **Stretch Class (max 6 persons)**

Our relaxing stretch class is a welcome break to soothe any tightness from all the sun and fun, or as an antidote to travel fatigue. Unwind in a peaceful environment where you'll learn techniques to release tension, melt away stress and gently enhance your flexibility. Your body will thank you.

### **Functional Training (max 6 persons)**

Prepare your body for whatever life throws at you with our functional training class—the revolutionary exercise craze that primes your body for its daily activities. Everyone can benefit from the diverse range of exercises designed to increase strength, agility, stability and flexibility, all in one class.

### **Cycling**

Likely the most beautiful tour you'll ever have on two wheels! Cycle along Jumby Bay's glittering coastline and past swaying palm trees while increasing your heart rate in a pleasant manner. An invigorating way to discover the island's 300 acres of natural splendour.

### **Zen Abs (max 8 persons)**

Discover our core and stretch class that promotes both mental and physical wellness. Taught by skilled trainers, a portion of the class is dedicated to sculpting the midsection through a series of challenging exercises before transitioning to calm stretching exercises that will balance the body and soothe the mind.

### **Beach Bootcamp**

Push your limits and feel the burn in our popular outdoor Beach Bootcamp class led by CJ. Move your body through a highly engaging and dynamic routine that incorporates strength training and cardio, all while enjoying stunning ocean views. When it's time to cool down, a refreshing swim is merely steps away.

### **HIIT Circuit (max 8 persons)**

Challenge your fitness with a fun and sweaty HIIT Circuit class. Our expert trainers will motivate you to succeed during this fast-paced, intense workout. The short class alternates periods of vigorous cardio with brief recovery phases to increase metabolism and melt fat. It may be the most efficient workout you'll ever do.

### **Vinyasa Yoga (max 6 persons)**

Soothe the senses with a flowing vinyasa yoga class, a great complement to the more energetic activities available. You'll be led through an all-levels class that will recharge and restore you, leaving you with a feeling of peace and tranquility.

**Limited spaces are available, please reserve with the Spa by dialing ext. 4423/24 48hrs in advance.**

**Kindly note that outlet operating times and activities may be subject to change.**



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