



# CARLISLE BAY TIME

YOUR GUIDE TO THE PERFECT HOLIDAY - ENTERTAINMENT, ACTIVITIES & EXCURSIONS



# MONDAY 19th AUGUST

## Sunrise Pilates

On the Jetty  
7:00am – 8:00am  
Complimentary

Sign up at Blue Spa by 6:00pm, the day prior

## Nature Walk

A guided tour of our exquisite tropical gardens with one of our landscapers  
10:00am – 11:00am

Sign up at Front Desk



# TUESDAY 20th AUGUST

## Rejuvenate at Blue Spa

Enjoy 50% off Voya Facials and 20% off all massages in the month of August. Renew the body and revive the soul today.

Sign up at Blue Spa

## Reef Snorkelling

Head out on the boat to see Cades Reef  
Min 2 people / Max 12 people  
3:00pm – 4:00pm  
(Min age 12yrs) Complimentary

Sign up at Water Sports



# WEDNESDAY 21st AUGUST

## Fitness Approach to Yoga

On the Jetty  
7:00am – 8:00am  
Complimentary

Sign up at Blue Spa by 6:00pm, the day prior

## Tennis Clinic

Complimentary  
9:00am – 9:40am  
Minimum 2 people  
(All Skill Levels)

Sign up at Blue Spa

## Managers' Cocktails

All guests are invited for Rum Punch and canapés at Coconut Grove.  
5:45pm – 6:30pm

## Sunset Cruise

Romantic Sunset Cruise along Antigua's south-western coastline with wine & canapés  
Minimum 4 People / Maximum 10 People | 4:30pm until Sunset | US\$140 p/p

## DAILY ACTIVITIES

### Afternoon Tea

Ask our food service team for our delicious complimentary Afternoon Tea. Served from 3:30pm until 5:00pm on the Beach & in the Pavilion.

### Gift Shop

Open daily | 8:00am – 4:30pm

### Bay Boutique

Open daily | 10:00am – 6:30pm  
Enjoy 50% off selected merchandise at the Bay Boutique during the month of July.

### Tennis & Tuition

Private Coaching - US\$84\* for 1 hour  
Tennis Taster Package - US\$220\*  
Tennis Week Package - US\$368\*  
Further info is available at the Tennis Shop

### Blue Spa

Private Yoga Session  
US\$100 (Incl. tax & service)  
(1-4 person, US\$25 per additional person)

## RESTAURANTS

### Indigo on the Beach

Breakfast: 7:00am – 10:00am  
(Last seating 10:00am)

Lunch: 12 noon – 3:00pm  
(Last seating 2:30pm)

Dinner: 6:00pm – 11:00pm  
(Last seating 9:00pm)

\*Dinner - Reservations Only\*

### OTTIMO!

Lunch: Monday & Wednesday  
12:00pm – 6:00pm  
(Last seating 5:30pm)

Dinner: Monday & Tuesday  
7:00pm – 9:00pm  
(Last seating 9:00pm)



## ENTERTAINMENT

Wednesday: Gavin Francis on Solo  
Pan ~ Coconut Grove

# THURSDAY 22nd AUGUST

## Sunrise Massage

7:00am – 9:00am

Monday - Saturday

On the Beach | US\$130 + 25% tax and service p/p

**Sign up at Blue Spa by 6:00pm, the day prior**

## Nature Walk

A guided tour of our exquisite tropical gardens with one of our landscapers

10:00am – 11:00am

**Sign up at Front Desk**

# WATER SPORTS & EXCURSIONS

## Meet the team!

Drop by water sports & learn about the natural reef life in our bay & on the shores of Antigua.



## Learn to sail

Private lessons are available from US\$80 per person per hour.

# FRIDAY 23rd AUGUST

## Sunrise Pilates

On the Jetty 7:00am –

8:00am Complimentary

**Sign up at Blue Spa by 6:00pm, the day prior**

## Tennis Tournament

Complimentary

4:00pm – 5:00pm

**Sign up at Blue Spa**

## Available Water Sports:

- Stand up Paddle Board
- Windsurf
- Kayak
- Two-seater Kayak
- Hobie Cat
- Sun Fish
- Snorkel gear
- Water ski (2 laps) US\$45

# SATURDAY 24th AUGUST

## End of Season

On behalf of the entire team thank you for choosing Carlisle Bay. It has been a pleasure having you here, and we trust that you have had a very relaxing and most memorable stay. We look forward to serving you in the new season.

## ½ Day Private Picnic

Cruise to some of our favourite beaches for snorkelling, a sumptuous picnic with a fully stocked bar 10:00am – 2:00pm  
US\$800 up to 6 persons  
US\$50 each additional person

## Full Day Private Picnic

All day private charter cruise to some of our favourite beaches for snorkelling, a sumptuous picnic with a fully stocked bar 10:00am – 4:00pm  
US\$1500 for 8 persons  
US\$50 each additional person



