



ACTIVITY GUIDE

MAY & JUNE 2019

Mother's Day

Sunday, May 12

Brunch & Bubbly in the Ballroom

10:00 am – 2:00 pm

Enjoy a lavish Mother's Day brunch, featuring Made-to-order Omelets, Seafood Display with Freshly Shucked Oysters, Sushi Bar, Carving Station, Decadent Pastries, Children's Buffet and more – all accompanied by live music.

\$138 per adult with complimentary sparkling wine

\$48 per child (ages 4 – 12)

Reservations: 858.314.1988

Brunch at Amaya

11:30 am – 2:30 pm

Celebrate with a three-course brunch handcrafted by Amaya's talented culinary team, featuring an Artisan Cheese and Charcuterie Board, Eggs Benedict and a Dessert Trio. Mothers may enjoy a complimentary glass of sparkling wine.

\$95 per person | \$20 per child (ages 4 – 12)

Reservations: 858.314.2727

Brunch at The Clubhouse Grill

7:00 am – 4:00 pm

Live Music, 10:00 am – 2:00 pm

Savor a delicious à la carte menu of morning classics and lunch favorites while enjoying live music on the patio. Mothers may enjoy a complimentary glass of sparkling wine.

Starters from \$9 | Entrées from \$12

Reservations: 858.314.2700

Father's Day

Sunday, June 16

Dining at The Clubhouse Grill

Sunday, June 16

Brunch, 11:00 am – 4:00 pm

Enjoy views of The Grand Golf Club's 18th green and satisfy Dad's appetite with a tempting assortment of à la carte options, such as Eggs Benedict, Chicken 'n' Waffles and Smoked Salmon Toast.

Reservations: 858.314.2700

Dining at Amaya

Sunday, June 16

Brunch, 11:30 am – 2:30 pm; Dinner, 5:30 pm – 10:00 pm

Dad always said "clean your plate". Now, he'll be happy to help.

Celebrate him with an enticing array of à la carte dishes, such as Steak & Eggs for brunch or Ribeye Steak & Truffle Potatoes for dinner.

Reservations: 858.314.2727

Free Golf for Dads

Sunday, June 16

For one day only, fathers can enjoy one free round of golf on our beautiful Tom Fazio-designed course, a value of \$250.

Tee times based on availability.

Advanced reservations required.

Open to Resort Guests only.

Reservations: 858.314.1930

Food & Spirit Events

19th Hole Happy Hour at The Clubhouse Grill

Thursday – Saturday, 4:00 pm – 7:00 pm

Relax on the terrace or in the bar and enjoy tee-rific specials, including select \$5 beers, \$7 wines and \$6 shareable bites.

Afternoon Tea

Friday – Sunday, 2:00 pm – 4:00 pm

Enjoy an elegant afternoon honoring a timeless tradition in our charming Library and Lobby.

Tea service starts at \$54.

24 hours' notice required.

Reservations: 858.314.1988

Weekend Brunch at The Clubhouse Grill

Saturday – Sunday, 7:00 am – 4:00 pm

Enjoy an à la carte menu of enticing options for both breakfast fans and lunch lovers while taking in views of The Grand Golf Club's 18th Green.

Reservations: 858.314.2700

Weekend Brunch at Amaya

Saturday – Sunday, 11:30 am – 2:30 pm

Make the most of your weekend with delicious à la carte options for both breakfast and lunch on the shaded terrace or within the relaxed yet refined dining room.

Reservations: 858.314.2727

Nightlife & Entertainment

Dueling Piano Show at Club M

Saturday, June 1

7:30 pm – 9:30 pm (followed by DJ until 1:30 am)

Sing, clap and dance to the musical talents of this interactive, comedic duo of dueling pianos – direct from Las Vegas.

\$10 cover charge

Table & Bottle Service Reservations: 858.314.2700

Sacha's Supper Club at Club M

Thursday, June 20, 8:00 pm – 9:30 pm

Delight in the sultry sounds of Grammy-nominated artist Sacha Boutros and her talented band.

From \$20 per person

\$35 food and beverage minimum for tables

For tickets,

Comedy Night at Club M

Thursday, June 27, 8:00 pm – 9:30 pm

Come prepared to laugh with our lineup of three very hilarious stand-up comedians.

\$10 cover charge, two drink minimum

Table & Bottle Service Reservations: 858.314.2700

Sunday Session at Club M

Sunday, June 30, 12:00 pm – 5:00 pm

Enjoy San Diego's endless sunshine with a rooftop day party, featuring a Taco Bar, premium Tito's Vodka and 1888 Rum tastings, raffle prizes, live music and a DJ.

No cover charge

Taco Bar, \$45 per person

RSVP: 858.314.2700

Weekends at Club M

Friday – Saturday

Entertainment, 8:00 pm – 1:30 am

Late-Night Happy Hour, 11:00 pm – 12:00 am

Dance the night away at Del Mar's hottest nightlife venue, featuring small plates, creative cocktails, live music, guest DJs and themed parties. The hour before midnight, enjoy happy hour specials on select spirits.

Table & Bottle Service Reservations: 858.314.2700

Lobby Lounge Entertainment

Friday – Saturday, 7:00 pm – 11:00 pm

Sip on an expertly crafted cocktail while you relax in the elegant surroundings of our Lobby Lounge and enjoy the musical talents of Debora Galan.

Golf

Junior Golf Day Camp

Monday, June 24 – Wednesday, June 26

8:30 am – 1:30 pm

Join us for an exciting three-day camp combining innovative fitness and golf skill development with daily instruction on our Tom Fazio -designed course. Each session offers a beginner, intermediate and advanced group.

Three-day camp: \$550 per child (ages 8 – 14), includes lunch, rental clubs and a gift

Reservations: 858.314.1930

Private Golf Instruction

Daily, by appointment

From one-on-one private instruction to a complete putting evaluation, featuring a SAM Putting Stroke Analysis used by the top players on the PGA, LPGA and Champions tours. The Grand Golf Performance Academy's unique approach to individual instruction is unparalleled in the golf industry.

Reservations: 858.314.1930

Custom Club Fitting

Wednesday – Saturday, 8:30 am – 3:30 pm

Drop in and test-drive the latest golf equipment from every major manufacturer on the market as you experience the most complete outdoor club fitting analysis available.

\$50 per person or complimentary with club purchase

Reservations: 858.314.1930

Full Swing Clinic

Fridays, 1:00 pm – 2:00 pm

After analyzing your full swing strengths and key areas of improvement, our PGA-certified pros develop a game plan made to build the confidence you need on the course.

\$50 per person, includes rental clubs

Reservations: 858.314.1930

Junior Varsity Golf Clinic

Fridays, 4:00 pm – 5:30 pm

Junior golfers learn the fundamentals of grip, posture, weight shift, speed and course etiquette. Golf attire is required.

\$50 per child (ages 5 – 12), includes rental clubs

Reservations: 858.314.1930

Putting Clinic

Saturdays, 1:00 pm – 2:00 pm

Master the greens, shave strokes off your next round and let experts customize a routine to improve your game and lower your score. Open to all levels.

\$50 per person, includes rental clubs

Reservations: 858.314.1930

All pricing is exclusive of tax and gratuity, unless otherwise noted.

Yoga & Fitness Classes

Complimentary for Resort Guests, Members and Villa Owners at The Center For Wellbeing.

Abs and Core

Sundays, 9:00 am – 10:00 am

Strengthen your core while specifically targeting the abs and glutes using a combination of body and free weight exercises.

Pilates

Mondays, 8:00 am – 9:00 am

Balance all muscle groups, strengthen and become more flexible while challenging your core muscles with each movement.

Cardio Muscle Circuit

Tuesdays, 8:00 am – 9:00 am

Fridays, 8:00 am – 9:00 am

Start your day energized with this full-body workout designed to improve strength and tone muscles while increasing your heart rate with intermittent cardio intervals.

Yoga Flow

Wednesdays, 8:00 am – 9:00 am

“Just breathe” with a series of yoga poses that flow and move with the breath and focus on overall strength.

Functional Fitness

Wednesdays, 9:30 am – 10:30 am

Increase core strength while improving balance, stamina and flexibility.

Restorative Yoga

Thursdays, 8:00 am – 9:00 am

Start the day balanced and refreshed with our Restorative Yoga designed to increase flexibility and align posture.

Tai Chi Meditation

Thursdays, 4:00 pm – 4:30 pm

Meditate, rejuvenate and energize with an easy array of Tai Chi modalities that will strengthen your breathing, core and posture.

Body Sculpt

Fridays, 9:15 am – 10:15 am

Tone, tighten and strengthen with this high energy workout. Hit all the major muscle groups using weights, resistance bands and your own body weight.

Morning Meditation

Saturdays, 8:30 am – 9:00 am

Deepen body awareness, calm the mind and connect to inner peacefulness as you flow into tranquility with guided breath and meditation. Reduce stress, anxiety and insomnia while heightening clarity, concentration and creativity. Come with an open mind and heart. Beginners and established meditators are welcome.

Hatha Yoga

Saturdays, 11:00 am – 12:00 pm

Practice asanas (postures) and pranayama (breath control) to bring peace to the mind and body.

Personal Fitness Training

Daily, by appointment, 7:30 am – 6:00 pm

Get swimsuit ready with the expert guidance of our personal trainers who will create a custom program, specifically tailored to your fitness level and goals.

Single session, \$100. Eight sessions, \$700.

Spa & Wellbeing

Rose Petal Pedicure

Daily in May, by appointment

Sip Prosecco and nibble on chocolate-covered strawberries while indulging in a warm rose petal foot bath with Epsom salt, exfoliating sugar scrub, and rose-infused mask and body butter application with a massage. We can't think of a better gift for Mom! 90 minutes: \$150 per person
Reservations: 858.314.2020

Golf Revitalization Massage & Craft Beer

Daily in June, by appointment

This Dad-approved treatment is designed to alleviate neck and shoulder pain, relax the hips and lower back, and increase range of motion, this treatment promotes pain-free play and a lower handicap. Stretching, a cold or hot clay wrap, and aromatic oils are used on key parts of the body associated with the sport of golf to leave the muscles and mind revitalized for your next round. Afterwards, continue to unwind with a refreshing craft beer. 60 minutes: \$195 Monday – Thursday, \$215 Friday – Sunday
Reservations: 858.314.2020

Global Wellness Day Guide

Saturday, June 8, beginning at 11:00 am

Take time to focus on your wellbeing with a complimentary Hatha Yoga class at 11:00 am, followed by a chosen nourishing Grand Wrap experience. Afterwards, lounge poolside. \$215 per person
Reservations: 858.314.2020

Mindfulness for Athletes with Mindfully Empowered

Saturday, June 8, 10:00 am – 12:00 pm

It is often said that in sports, 90% of performance is mental and 10% is physical. Yet many athletes spend a considerable amount of time focused on physical and technical training, leaving little time to attend to one's mental mindset. Learn mindfulness strategies and take away tools to elevate your game to the next level. Discussions Topics:

- Improved adaptability, resilience and self-compassion
- Increased emotional balance in times of difficulty
- Increased connection between the mind and body, enhancing physical efficiency
- Improved ability to stay in the present moment and harness attention, concentration and focus

\$75 per person

Comfortable attire recommended.

Reservations: 858.314.2020

Mindfulness Retreat

Saturday, June 8, 10:00 am – 3:00 pm

Enjoy a full day of mindfulness at The Center For Wellbeing. First, take part in the Mindfulness for Athletes teaching. Next, recharge with a wellness-inspired lunch at our serene Relaxation Pool. Your retreat concludes with access to the spa's luxurious facilities for an afternoon of complete relaxation.

\$150 per person

Comfortable attire recommended.

Reservations: 858.314.2020

Just For Kids & Family Fun

Explorer's Club

Friday – Saturday, 9:00 am – 10:00 pm

Sunday – Thursday, by appointment with 24 hours' notice

Enjoy the latest video game systems, including Nintendo Wii, Kinect for Xbox One and PlayStation 4; traditional fun, such as board games, foosball, ping pong and air hockey; the Seawall – a floor-to-ceiling plasma mural illuminating life under the sea; and fully-stocked arts and crafts stations.

\$15 per hour per child

Explorer's Club is open to children 5 – 12 years of age.

Children under 5 years of age may participate when accompanied by an adult.

Scheduled Programming

Inspired by the resort's setting and in the spirit of adventure, the Explorer's Club offers flexible four-hour and eight-hour explorations for guests ages 5 to 12.

- 9:00 am – 12:30 pm: Crafts and Activities
- 12:30 pm – 1:00 pm: Lunch
- 1:00 pm – 5:00 pm: Crafts and Activities
- After 5:00 pm: Games, Movies and Dinner

\$50, four hours; \$90, eight hours

Pricing is for consecutive use and includes lunch and/or dinner at scheduled times.

Reservations: 858.314.1957

Memorial Day Weekend Outdoor Adventures

Friday, May 24 – Sunday, May 26

10:00 am – 11:00 am

Get outside and join us for an exciting array of activities that celebrate the great outdoors.

- Friday: Obstacle Course
- Saturday: Scavenger Hunt
- Sunday: Hula Hoop Contest

Applicable Explorer's Club fees apply. Meet at Explorer's Club.

Reservations: 858.314.1957

Roasting S'mores

Friday, May 24 – Sunday, May 26

8:00 pm – 9:30 pm

Families can indulge in an all-American pastime – roasting yummy, gooey s'mores at the fire pits by the Resort Pool.

Complimentary for Resort Guests.

Dive-In Movie Night – Incredibles 2

Sunday, May 26, 8:00 pm

Enjoy a family-friendly movie in the Manchester Salon followed by a Fireworks Finale! Refreshments available for purchase.

Complimentary for Resort Guests.

Tennis

Private Tennis Lessons

Daily, by appointment

Improve your game or learn the basics with former top-seeded tennis players. Singles, doubles, groups of up to six and families are welcome.

Lessons start at \$100 per hour.

Reservations and two-hour cancellation notice required:

858.314.1988

Canyon & Coastal Activities

Canyon to Waterfall Hike

Saturdays, 8:00 am – 10:00 am

Discover prehistoric pasts, an abundance of flora, flowing creeks and waterfalls, wildlife communities and scenic vistas along this guided four-mile hike.

Complimentary for Resort Guests (ages 12 and up).

Suitable footwear recommended.

Register by 7:00 pm on Friday.

Reservations: 858.314.1988

Cliffside Walk

Enjoy a two-hour guided coastal hike along La Jolla's Cliffside Trail. You'll learn about sea life, nesting birds, Native American lore and beach culture on this moderate three-mile tour.

\$75 per adult, \$35 per child (ages 12 – 17)

24 hours' notice required.

Reservations: 858.314.1988

Self-Guided Scenic Trails

Visit the Concierge for a Resort Trail Map, featuring three self-guided walking or jogging routes along the resort's perimeter with views of the beautiful canyon.

The Grand Beach Service

The alluring Pacific Ocean – a mere five miles away – beckons. Soak up the San Diego sun with roundtrip transportation to/from Del Mar's 18th Street beach; access to beach chairs and umbrellas; beach towels and bottled waters.

Complimentary for Resort Guests; based on availability.

24 hours' notice required.

Reservations: 858.314.1988

Kayak the Seven Caves of La Jolla*

Experience amazing ocean and wildlife views on a guided two-hour kayak tour of the La Jolla Sea Caves and the fascinating marine paradise of the La Jolla Ecological Reserve.

From \$60 per person, \$90 for double kayak

Reservations: 858.314.1988

Boating Excursions*

From dinner cruises and whale watching to speedboat thrill rides and sunset sails, an array of scenic adventures awaits on San Diego's beautiful harbor.

Reservations: 858.314.1988

**Service provided by an outside vendor.*

Adult Cardio Tennis Clinic

Wednesdays, 8:00 am – 9:00 am

Saturdays, 10:00 am – 11:00 am

Additional clinic on May 26 at 10:00 am.

No clinic on June 1 and 12–22.

Elevate your heart rate, reach your aerobic training zone and do it on the court instead of in the gym.

\$35 per person

Reservations and two-hour cancellation notice required:

858.314.1988