



THE GRAND  
DEL MAR  
SAN DIEGO



ACTIVITY CALENDAR • FEBRUARY 2012

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Cardio Core – 7 am Custom Club Fitting – 8:30 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Qigong Meditation – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	Boot Camp – 7 am Custom Club Fitting – 8:30 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Inspiring Yoga – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	Yoga Flow – 7 am Custom Club Fitting – 8:30 am Afternoon Tea – 2 pm Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Club "M"oves Class – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	Canyon to Waterfall Hike – 8 am Custom Club Fitting – 8:30 am Adult Cardio Tennis Clinic – 10 am Total Body Workout – 10:30 am Jr. Tennis Clinic – 1 pm Couples' Golf Clinic & Wine Tasting – 1 pm Afternoon Tea – 2 pm Titleist Jr. Golf Academy – 3 pm Happy Hour at Club M – 4 pm Sunset Yoga – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	
Zumba – 9:15 am Strong Yoga – 10:30 am Jr. Golf Clinic – 1 pm Afternoon Tea – 2 pm Happy Hour at Club M – 4 pm	Cardio Muscle – 8 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Vinyasa Flow Yoga – 5 pm	Spin & Sculpt – 7 am Adult Cardio Tennis Clinic – 8 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Restorative Stretch – 5 pm Amour in Le Salon – 5:30 pm	Cardio Core – 7 am Custom Club Fitting – 8:30 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Qigong Meditation – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	Boot Camp – 7 am Custom Club Fitting – 8:30 am Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Inspiring Yoga – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm Mixology Demo and Tasting – 7 pm	Yoga Flow – 7 am Custom Club Fitting – 8:30 am Afternoon Tea – 2 pm Titleist Jr. Golf Academy – 4 pm Happy Hour at Club M – 4 pm Club "M"oves Class – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	Canyon to Waterfall Hike – 8 am Custom Club Fitting – 8:30 am Adult Cardio Tennis Clinic – 10 am Total Body Workout – 10:30 am Jr. Tennis Clinic – 1 pm Couples' Golf Clinic & Wine Tasting – 1 pm Afternoon Tea – 2 pm Titleist Jr. Golf Academy – 3 pm Happy Hour at Club M – 4 pm Sunset Yoga – 5 pm Amour in Le Salon – 5:30 pm Evening Entertainment – 7 pm	
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## DINING & CULINARY EVENTS

### LOVE ON THE ROCKS MIXOLOGY DEMO & TASTING

Thursday, February 9, 7:00 pm – 9:00 pm

Shake things up this Valentine's Day when you uncover tips and tricks sure to make your sweetheart swoon from mixology expert, Adrian Biggs. Learn how to make a seductive selection of cocktails – each paired with a tempting hors d'oeuvre courtesy of Amaya's Chef Camron Woods.

Four cocktail and hors d'oeuvre pairings with recipes, \$45 per person

Reservations: 858.314.1996



### VALENTINE'S DAY AT ADDISON

Tuesday, February 14, 5:30 pm – 10:00 pm

Celebrate your passion for food (and each other) at Southern California's only Five-Star/Five Diamond restaurant. This Valentine's Day, Relais & Châteaux Grand Chef William Bradley prepares a sublime six-course prix fixe menu, including *Sea Bass Ceviche*, *Squab Rôti* and *Tarte au Chocolat*.

\$155 per person / \$255 with wine

Reservations: 858.314.1900

### VALENTINE'S DAY AT AMAYA

Tuesday, February 14, 5:30 pm – 10:00 pm

Let Chef Camron Woods romance your taste buds with a special four-course tasting menu. Savor a *Grilled Asparagus and Pickled Mushroom Salad*, *Roasted Quail Breast* or *Grilled Creekstone Prime Filet Mignon*. But most of all savor the romantic ambiance with your special someone.

\$125 per person / \$170 with wine

Reservations: 858.314.2727



### AMOUR IN LE SALON AT ADDISON

Tuesday – Saturday, 5:30 pm – 9:00 pm

Before dinner or for a quick lovers' escape, lounge in Le Salon featuring small bites created by Chef William Bradley along with two sexy champagne cocktails, such as the Amaretto-infused *Axis Kiss* and the tart *Fallen Angel*, sure to make you pucker up.

Cocktails start at \$16. Small plates start at \$12.

### WEEKEND BRUNCH AT AMAYA

Saturdays and Sundays, 11:00 am – 3:00 pm

Featuring an enticing array of options for both breakfast fans and lunch lovers, Amaya's "À La Carte Brunch" highlights include *Brioche French Toast topped with bananas and chocolate-hazelnut sauce*, *Classic Eggs Benedict*, refreshing salads, warm sandwiches and savory entrées, such as *Catalan Shrimp* and *Penne Pasta with Angus Beef Tips*.

Menu items start at \$12.

Reservations: 858.314.2727

### AFTERNOON TEA

Friday – Sunday, 2:00 pm – 4:00 pm

Enjoy an elegant afternoon honoring a timeless tradition in the charming setting of our Library.

Tea service starts at \$36.

Reservations: 858.314.1988

### HAPPY HOUR AT CLUB M

Sunday – Thursday, 4:00 pm – 6:00 pm

Friday – Saturday, 4:00 pm – 8:00 pm

Start your night with wine and cocktail specials – all at very "happy" prices.

## EVENING ENTERTAINMENT



### WEEKENDS AT CLUB M

Friday – Saturday, 7:00 pm – 1:30 am

Heat things up at The Grand Del Mar's hottest nightlife venue, featuring global fare, creative cocktails, live music, guest DJs and dancing.

### LOBBY LOUNGE

Wednesday – Saturday, 7:00 pm – 11:00 pm

Pair an expertly crafted cocktail with the popular hits performed by guitarist and singer Kenny Yarborough (Wednesdays). Enjoy the exotic fiery sounds of Flamenco guitarist Fred Benedetti (Thursdays). Or, groove to the jazz and contemporary music sounds of Rick Ross (Fridays) and pianist/vocalist Jon Sandoval (Saturdays).

## SHOPPING

### RESORT BOUTIQUES

Stroll through The Grand Del Mar's boutiques and shops, such as The Collection, featuring a selection of designer clothing and accessories, or the Spa Boutique, offering the resort's exclusive handmade organic skin care line, yoga and relaxed wear; candles, small gifts, robes and slippers.

Gift cards also available: 858.314.2000

## EXPLORER'S CLUB



### OPEN USE

Sunday – Thursday, 9:00 am – 5:00 pm

Friday – Saturday, 9:00 am – 10:00 pm

Enjoy the latest video game systems, including Nintendo Wii, Kinect for Xbox 360 and Playstation 3; traditional fun, such as board games, foosball, ping pong and air hockey; the Seewall – a floor-to-ceiling plasma mural illuminating life under the sea; and fully-stocked arts and crafts stations.

\$15 per hour per guest

Reservations required: 858.314.1988

### DAILY CHILDREN'S PROGRAMMING

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

5:00 pm – 10:00 pm\*\*: Games and Movies

\*\*Friday and Saturday only. Dinner is served 7:00 pm – 7:30 pm.

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. Each day of the week features unique themed activities and crafts, from "Under the Sea" on Mondays to "Going Green" on Saturdays.

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

Pricing is for consecutive use. Lunch and/or dinner are only available at the scheduled times and included in the pricing.

Reservations: 858.314.1988

## SPA, GOLF & TENNIS

### CUPID'S CLASSIC AT THE SPA

Indulge à deux at San Diego's only Five-Star/ Five Diamond spa with this romance-enhanced experience in the seductive couple's suite, compliments of Cupid himself. Available exclusively during the month of February, the *Cupid's Classic* package includes a mineral-rich bath for two accompanied by a bottle of Tarlant Champagne and chocolate-covered strawberries, a 30-minute wrap and a 60-minute *Therapeutic* massage. \$725 per couple, exclusive of tax and gratuity  
Reservations: 858.314.2020

### IMPROVE YOUR IMMUNITY AT THE SPA

Alleviate stress and boost your immunity during the winter cold and flu season. Manual Lymph Drainage (MLD) induces a deep state of relaxation and removes toxins through light, rhythmic motions in the direction of the lymph flow. Treatments are most effective in a series and can also be added to facial or massage therapies.  
Reservations: 858.314.2020



### SWEETHEARTS INDULGE AT HAIM SALON

Pamper yourself and your loved one with Haim Salon's *Sweethearts* package, including a relaxing spa manicure and pedicure, a glass of champagne and chocolate-covered strawberries. \$185 per person/\$370 per couple  
Reservations: 858.314.2732

### STYLED TO SEDUCE

Before your evening of romance, let Haim Salon's talented team of professionals primp your look to perfection with the *Pure Bliss* package, including a Hot Tools hair styling, makeup application and glass of bubbly. \$160 per person  
Reservations: 858.314.2732

### COUPLES' GOLF CLINIC & WINE TASTING

Saturday, February 4 and 11, 1:00 pm – 2:30 pm  
Couples who play together, stay together! Bring your loved one and join The Grand Golf Club pros and The Grand Del Mar's wine experts for an afternoon of robust reds, crisp whites and lush greens, featuring a 75-minute full swing and short game clinic followed by wine and cheese tasting. \$60 per couple  
Reservations: 858.314.1930



### DAVE PELZ ONE-DAY GOLF SCHOOLS

February 14, 15 and 16, 8:00 am – 4:30 pm  
A great gift for your golf lover! The acclaimed Dave Pelz Scoring Game School focuses strictly on "The Scoring Game," an exacting combination of the short game (distance wedges, pitching, chipping, sand play) and putting, which comprises 60 to 65 percent of the total number of shots played per round. \$425 for each one-day school  
Reservations: 800.833.7370

### COMPLIMENTARY 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.  
Reservations: 858.314.1930

### JUNIOR GOLF CLINIC

Sundays, 1:00 pm – 2:30 pm  
Junior golfers join The Grand Golf Club pros to learn both short game techniques and how to swing like a "Tiger." \$30 per child (ages 5 – 16)  
Reservations: 858.314.1930

### TITLEIST JUNIOR PERFORMANCE ACADEMY

Monday – Friday, 4:00 pm – 5:30 pm  
Saturdays, 3:00 pm – 4:30 pm  
Top experts from the Titleist Performance Institute (TPI) instruct junior golfers in an innovative program held exclusively at The Grand Golf Club. This unique approach to golf and golf fitness instruction helps develop rotational velocity and teaches golf in a fun and engaging format. The 90-minute sessions include warm-up, cool-down, team-building activities and skills stations. \$40 per child (ages 5 – 13)  
Reservations: 858.314.1930

### JUNIOR TENNIS CLINIC

Saturdays, 1:00 pm – 2:00 pm  
Junior tennis enthusiasts (ages 5 – 12) are invited to learn the basics or sharpen their tennis skills. Tennis racquets are provided. \$25 per child  
Reservations required: 858.314.1988  
Register by 7:00 pm on Friday.  
Two-hour cancellation notice required

### ADULT CARDIO TENNIS CLINIC

Tuesdays, 8:00 am – 9:00 am  
Saturdays, 10:00 am – 11:00 am  
Elevate your heart-rate, reach your aerobic training zone, and do it on the court instead of in the gym. \$30 per person  
Reservations required: 858.314.1988  
Register by 7:00 pm the night before.  
Two-hour cancellation notice required.

### PRIVATE TENNIS LESSONS

Improve your game or learn the basics with former top-seeded tennis players. Singles, doubles, groups of up to six and families are welcome. Singles rates: \$50, 30 minutes / \$90, one hour  
Doubles/Group rates start at \$100 per hour  
Family rate: \$150, 90 minutes  
Reservations required: 858.314.1988  
Two-hour cancellation notice required.



## COASTAL ACTIVITIES

### THE GRAND BEACH SERVICE

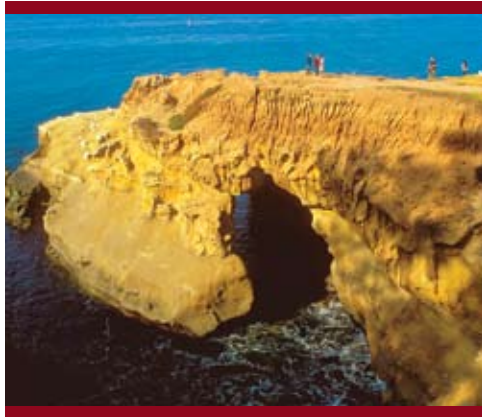
The alluring Pacific Ocean – a mere five miles away – beckons, and The Grand Del Mar's beach service offers an easy way to soak up the San Diego sun. Service includes round-trip transportation to/from Del Mar's 18th Street beach; set-up of beach chairs and umbrellas; beach towels and bottled waters. Complimentary for resort guests; based on availability. 24-hour advanced notice preferred: 858.314.1988

### KAYAK THE SEVEN CAVES OF LA JOLLA\*

Experience amazing ocean and wildlife views on a two-hour kayak tour of the La Jolla Sea Caves and the fascinating marine paradise of the La Jolla Ecological Reserve. Guided by a passionate and well-trained kayak enthusiast, even first-time kayakers are welcome for a chance to see seals, sea lions and sometimes dolphins in the gentle waves of the Pacific.

\$50 per person / \$80 double kayak  
Includes kayak rental.

Reservations required: 858.314.1988



### LA JOLLA SEGWAY® TOUR\*

Discover La Jolla on a Segway® Personal Transporter, the "Bike of the Future." During your two-hour guided tour, you will learn how to ride a Segway® and explore popular sites, such as Seal Beach, Sonny Jim's Cave, Windansea Beach and more. Comfortable attire and suitable footwear recommended.

\$149 per person

Reservations required: 858.314.1988

Seven-day cancellation notice required.

### DAILY SUNSET SAIL\*

There's simply no better way to take in the beauty of San Diego's downtown skyline than from the water. Embark on a three-hour sail and take in the sights, including Cabrillo National Monument, possible wildlife and a beautiful sunset – California style.

\$85 per person

Complimentary beverages and snacks are provided.

Reservations required: 858.314.1988

48-hour cancellation policy.



### SURF'S UP\*

Whether you are a beginner who wants to try surfing for the first time or an advanced surfer looking to take it to the next level, head to the beach for a private surf lesson. Adult, kids, family and group lessons are all available; surf board and wet suit rentals included.

Private lessons start at \$85 per hour.

Reservations required: 858.314.1988

### TORREY PINES CLIFF TOP TO THE PACIFIC

A descent from the famous cliff top groves of Torrey Pines State Reserve to the pristine beach below offers a unique perspective of the area's mysterious coastal ecosystems. This private guided two-hour, moderate downhill hike is approximately 2.5 miles with sweeping vistas of the Pacific Ocean. Suitable footwear recommended.

\$75 adults / \$35 youth (ages 12 – 17)

Reservations required: 858.314.1988



### CLIFFSIDE WALK

Enjoy a two-hour guided coastal hike along La Jolla's historic Cliffside Trail. You'll learn about sea life, nesting birds, Native American lore and beach culture on this moderate three-mile tour. The trail is mostly paved with some hilly sections; suitable footwear recommended.

\$75 adults / \$35 youth (ages 12 – 17)

Reservations required: 858.314.1988

## CANYON ADVENTURES

### CANYON TO WATERFALL HIKE

Saturdays, 8:00 am – 10:00 am

Discover prehistoric pasts, an abundance of flora, wildlife communities, flowing creeks and waterfalls, and scenic vistas along this guided hike. The tour is four miles and moderately strenuous. Suitable footwear recommended.

Complimentary for resort guests (ages 12 and up).

Reservations required: 858.314.1988

Please register by 7:00 pm Friday. Limited availability.

Daily private hikes are also available; pricing varies.



### CYCLING ADVENTURES\*

Cycling and mountain biking provide fast-paced outdoor adventures in an environment tailor-made for two wheels. Bike the scenic paved trails located conveniently next to the resort, or for the more adventurous, enjoy the more than 37 miles of mountain biking trails located in Los Peñasquitos Canyon. Suitable footwear recommended.

Bike rentals: \$45 per day

Private guided 2-hour canyon tours:

\$105 adults / \$65 youth (ages 12 – 17)

24-hour advanced reservations required: 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.

\*Service provided by outside vendor.

## EQUESTRIAN CENTER



### HORSEBACK RIDING\*

Tuesday – Sunday, 9:00 am – 4:30 pm

Saddle up your little ones for a pony ride, or take to the trails on a memorable adventure through Los Peñasquitos Canyon Preserve.

Hand-lead pony ride (ages 2 – 6), \$35 per child.

Trail Rides: 1 hour, \$135 / 1.5 hours, \$170 /

2 hours, \$205

24-hour advanced reservations required: 858.314.1988

Limited availability. All levels welcome. Riders

must be at least 7 years old and at least 50

inches tall. Pony rides for ages 2 – 6 and up to

140 pounds.

### RIDING LESSONS\*

Tuesday – Sunday, 9:00 am – 4:30 pm

Riders of all levels are invited to learn from seasoned trainers at The Grand Del Mar's on-site Equestrian Center. Lessons include riding, grooming and tacking/untacking.

1.5 hours, \$135

24-hour advanced reservations required: 858.314.1988

Riders must be at least 5 years old.

\*Service provided by outside vendor.

## PERSONAL FITNESS TRAINING

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

Whether designing a series of yoga poses to ease troubled muscles or building a strength training plan to improve target areas, our instructors provide a personalized fitness session just for you.

One 50-minute session, \$100

Reservations required: 858.314.2020



## COMPLIMENTARY FITNESS CLASSES AT THE SPA

Note: 7:00 am classes, meet in Fitness Center.

All other classes, meet in The Spa lobby.

### CARDIO MUSCLE

Mondays, 8:00 am – 9:00 am

Burn fat, blast calories and tone up to today's hottest tunes with body sculpting moves combining weights, cardio and plyometric drills.

### VINYASA FLOW YOGA

Mondays, 5:00 pm – 6:00 pm

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



### SPIN & SCULPT

Tuesdays, 7:00 am – 8:00 am

This interval training alternates three to five minutes of spin with three to five minutes of upper and lower body exercises. (Class limited to eight people.)

### RESTORATIVE STRETCH

Tuesdays, 5:00 pm – 6:00 pm

Melt away the stress of the day with deep head-to-toe stretching, increasing flexibility and aligning posture.

### CARDIO CORE

Wednesdays, 7:00 am – 8:00 am

Practiced barefoot with a focus on foot and posture strength and alignment, this cardiovascular class involves calisthenic drills, dance principles, yogic postures and finishes with Mat Pilates.

### QIGONG MEDITATION

Wednesdays, 5:00 pm – 6:00 pm

Meditate, rejuvenate and energize with an easy array of Qigong (pronounced chē-gūn) modalities, and strengthen your breathing, core and posture.

### BOOT CAMP

Thursdays, 7:00 am – 8:00 am

Discover the beauty of The Grand Del Mar with this high-intensity class involving a combination of running, interval training and full-body movements.

### INSPIRING YOGA

Thursdays, 5:00 pm – 6:00 pm

Uplift your spirits with a challenging and creative series of poses designed to calm, strengthen and inspire. All levels are welcome.

### YOGA FLOW

Fridays, 7:00 am – 8:00 am

Flow with your body, breath and music, as you move and stretch through different postures and poses.

### CLUB "M"OVES CLASS

Fridays, 5:00 pm – 6:00 pm

Before you head to Club M, learn a variety of dance floor skills, including ballroom, Latin and salsa basics; body movement; and solo, partner and group moves.

### TOTAL BODY WORKOUT

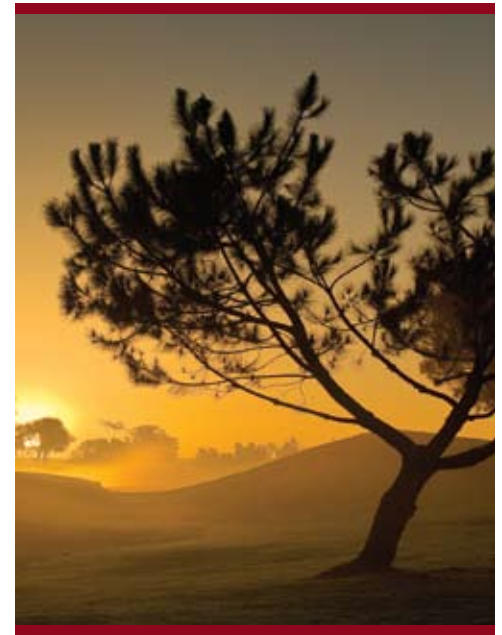
Saturdays, 10:30 am – 11:30 am

This class provides a total body workout utilizing your own body weight, exercise balls and resistance bands.

### SUNSET YOGA

Saturdays, 5:00 pm – 6:00 pm

Experience the Grand outdoors and a beautiful sunset during Inspiring Yoga.



### ZUMBA

Sundays, 9:15 am – 10:15 am

High-energy music combines with unique cardio combinations, including salsa and merengue dance moves.

### STRONG YOGA

Sundays, 10:30 am – 11:30 am

Practice yoga techniques incorporating hand-held weights to challenge your balance, firm your muscles and increase flexibility.