

THE GRAND DEL MAR • MARCH 2010 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Golf Flex Fitness Walk Pi-Yo Titleist Jr. Golf Academy Zumba 1	Fitness Walk Yoga Golf Fitness 2	Fitness Walk Adult Cardio Tennis Clinic Titleist Jr. Golf Academy Evening Entertainment 3	Yoga Evening Entertainment 4	Fitness Walk Custom Club Fitting Mat Pilates Afternoon Tea Titleist Jr. Golf Academy Explorers' Night In Evening Entertainment 5	Canyon to Waterfall Hike Custom Club Fitting Yamuna Body Rolling Adult Cardio Tennis Clinic Body Rhythms Afternoon Tea Explorers' Night In Evening Entertainment 6
Yoga 3-2-1 Amaya Sunday Brunch Jr. Golf Clinic Afternoon Tea 7	Golf Flex Fitness Walk Pi-Yo Titleist Jr. Golf Academy Zumba 8	Fitness Walk Yoga Golf Fitness 9	Fitness Walk Adult Cardio Tennis Clinic Titleist Jr. Golf Academy Evening Entertainment 10	Yoga Evening Entertainment 11	Fitness Walk Custom Club Fitting Mat Pilates Afternoon Tea Titleist Jr. Golf Academy Explorers' Night In Evening Entertainment 12	Canyon to Waterfall Hike Custom Club Fitting Yamuna Body Rolling Adult Cardio Tennis Clinic Body Rhythms Afternoon Tea Explorers' Night In Evening Entertainment 13
Yoga 3-2-1 Amaya Sunday Brunch Jr. Golf Clinic Afternoon Tea 14	Golf Flex Fitness Walk Pi-Yo Titleist Jr. Golf Academy Zumba 15	Fitness Walk Yoga Golf Fitness 16	<i>ST. PATRICK'S DAY</i> Fitness Walk Titleist Jr. Golf Academy Evening Entertainment 17	Yoga Evening Entertainment 18	Fitness Walk Custom Club Fitting Mat Pilates Afternoon Tea Titleist Jr. Golf Academy Explorers' Night In Evening Entertainment 19	Canyon to Waterfall Hike Custom Club Fitting Yamuna Body Rolling Adult Cardio Tennis Clinic Body Rhythms Afternoon Tea Explorers' Night In Evening Entertainment 20
Yoga 3-2-1 Amaya Sunday Brunch Jr. Golf Clinic Afternoon Tea 21	Golf Flex Fitness Walk Pi-Yo Titleist Jr. Golf Academy Zumba 22	Fitness Walk Yoga Golf Fitness 23	Fitness Walk Adult Cardio Tennis Clinic Titleist Jr. Golf Academy Cocktail Party Cooking Class Evening Entertainment 24	Yoga Evening Entertainment 25	Fitness Walk Custom Club Fitting Mat Pilates Afternoon Tea Titleist Jr. Golf Academy Explorers' Night In Evening Entertainment 26	Canyon to Waterfall Hike Two-Day Short Game Program Custom Club Fitting Yamuna Body Rolling Adult Cardio Tennis Clinic Body Rhythms Afternoon Tea Explorers' Night In Evening Entertainment 27
Two-Day Short Game Program Yoga 3-2-1 Amaya Sunday Brunch Jr. Golf Clinic Afternoon Tea 28	Golf Flex Fitness Walk Pi-Yo Titleist Jr. Golf Academy Zumba 29	Fitness Walk Yoga Golf Fitness 30	Fitness Walk Adult Cardio Tennis Clinic Titleist Jr. Golf Academy Evening Entertainment 31			



DINING & CULINARY EVENTS

FIVE-STAR COCKTAIL PARTY – A CULINARY CLASS Wednesday, March 24, 6:30 pm – 8:30 pm

Inspired by Addison's new Le Salon menu, Chef William Bradley presents canapés for an elegant cocktail party, such as *Poached Prawns with passion fruit, Pistachio and Cremini Gratin*, and *Braised Short Ribs with horseradish and chives*. And what cocktail affair would be complete without a few libations? Addison mixologist, Mike Guest, shares signature cocktail recipes.

\$75 per person

Reservations: 858.314.1988

AWARD-WINNING DINING AT ADDISON

Tuesday – Saturday, 5:30 pm – 9:00 pm

Southern California's only Five-Star/Five Diamond restaurant, Addison features the contemporary French cuisine of talented Chef William Bradley. This winter, Chef highlights seasonal ingredients, such as Périgord black truffles, heirloom carrots and butternut squash. Upgrade your experience with expert pairings from Addison's *Wine Spectator* Grand Award-winning wine collection created by acclaimed Wine Director Jesse Rodriguez.

Three-course menu, \$80 / Four-course menu, \$98

Small plates in Le Salon start at \$12.

Reservations: 858.314.1900

AMAYA'S THREE-COURSE TASTING MENU

Nightly, 5:30 pm – 10:00 pm

Inspired by the local markets' freshest ingredients, Chef Camron Woods creates a nightly three-course tasting menu of his American cuisine with Mediterranean influences.

\$40 per person / \$65 with wine pairings

Reservations: 858.314.2727

AFTERNOON TEA

Friday – Sunday, 2:00 pm – 4:00 pm

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

Tea service starts at \$36.

Reservations: 858.314.1988

HAPPY HOUR AT THE GRILL

Daily, 4:00 pm – 7:00 pm

The Clubhouse Grill offers draft beers for \$3, wines by the glass from \$4, select premium wines by the bottle starting at \$20, and a menu of classic bar bites and Baja favorites on the breezy patio overlooking The Grand Golf Club.

SUNDAY BRUNCH AT AMAYA

Sundays, 11:00 am – 3:00 pm

Featuring an enticing array of options for both breakfast fans and lunch lovers, Amaya's "A La Carte Brunch" highlights include *Brioche French Toast topped with bananas, Nutella and toasted hazelnuts*, *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

COMPLIMENTARY FITNESS CLASSES AT THE SPA

GOLF FLEX

Mondays, 7:00 am – 7:45 am

Improve your game with seven stretches essential for golf.

FITNESS WALK

Mondays – Wednesdays and Fridays, 8:00 am – 9:00 am

Experience the resort's beautiful setting and learn fitness walking techniques on this heart-healthy walk.

PI-YO

Mondays, 9:15 am – 10:15 am

This fusion of yoga and Pilates creates a combination of inner core strength, controlled breathing, flexibility and general wellness.

ZUMBA

Mondays, 4:00 pm – 5:00 pm

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

YOGA

Tuesdays, 9:15 am – 10:15 am, Thursdays, 3:00 pm – 4:00 pm

Sundays, 9:00 am – 10:00 am

Yoga postures and breathing revitalize the body physically, mentally and spiritually.

GOLF FITNESS

Tuesdays, 6:00 pm – 7:00 pm

This overall fitness class includes cardio, weights and stretching, all designed to benefit your golf game.

MAT PILATES

Fridays, 9:15 am – 10:15 am

Alleviate stress and increase flexibility while focusing on a strong core.

YAMUNA BODY ROLLING

Saturdays, 9:15 am – 10:15 am

Combine the stretching techniques of yoga with the muscular release of a massage.

BODY RHYTHMS

Saturdays, 10:30 am – 11:30 am

Dance and fitness blend into a fun and invigorating mind and body movement class for everyone.

3-2-1

Sundays, 10:30 am – 11:30 am

Three parts muscle conditioning, two parts cardio and one part flexibility provide the perfect total body workout.

SPA, GOLF & TENNIS

RENEW AT THE SPA

Relax and detoxify your body with March's featured treatment of the month. The 90-minute *Sculpted Beauty Touch Therapy* combines mineralizing seaweed clay with a contouring body massage to encourage elimination and tone the skin.

Reservations: 858.314.2020

SOOTHE YOUR EXTREMITIES AT HAIM SALON

Enjoy a complimentary luxurious Meltology soyaffin hand or foot treatment – up to a \$30 value – with any manicure or pedicure appointment at Haim Salon at The Spa at The Grand Del Mar. Choose from the signature herbal Spa Manicure/Pedicure or a warm Stone Manicure/Pedicure experience. Then, enjoy the additional 30 minutes of rejuvenating care for your hands or feet.

Appointments: 858.314.2732

TWO-DAY SHORT GAME PROGRAM AT THE GRAND GOLF PERFORMANCE ACADEMY

Saturday, March 27 – Sunday, March 28, 8:00 am – 4:00 pm
Improve consistency from inside 100 yards with 2009 SoCal Section PGA Teacher of the Year, Derek Uyeda. Designed to lower handicaps and rapidly improve scores, the program offers an in-depth look at your putting utilizing SAM PuttLab technology; tips on green reading and strategy; an emphasis on chipping, pitching, bunker and lob shots; and short-game practice techniques and drills.

\$1,595 per person, includes daily lunch

Advanced registration required: 858.314.1940

COMPLIMENTARY CUSTOM CLUB FITTING

Friday – 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. Using a state-of-the-art launch monitor and Titleist Pro VI or other premium balls, our golf team discerns what works best for your game.

Inquire at the Golf Shop.

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

Mondays, Wednesdays and Fridays, 4:00 pm – 5:30 pm
Top experts from the Titleist Performance Institute (TPI) – the world's leader in golf health and fitness – instruct junior golfers in an innovative, first-of-its-kind 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, teambuilding activities and skills stations.

\$40 per child (ages 5 – 13)

Reservations: 858.314.1930

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 Club's unique approach to individual instruction is unparalleled in the golf industry.

Reservations required: 858.314.1930

ADULT CARDIO TENNIS CLINIC

Wednesdays, 8:00 am – 9:00 am, Saturdays, 10:00 am – 11:00 am
The Grand Tennis Pavilion features two championship courts and sets the scene for a fast-paced cardio tennis workout. Elevate your heart-rate, reach your aerobic training zone, and do it on the court instead of in the gym. Open to anyone looking for good fun and a great workout.

\$30 per person

Register by 7:00 pm on Tuesday and Friday.

Two-hour cancellation notice required.

Note: No clinic on Wednesday, March 17.

FAMILY TENNIS

Daily, by appointment
Experience the sport of a lifetime – family style! Former top-seeded tennis pro, Lynn Lewis, personalizes a 90-minute session to accommodate any skill level and desired intensity with a variety of elements, such as games and music, to make it fun for the whole family.

90-minute session, \$150

Reservations required: 858.314.1988

Two-hour cancellation noticed required.

*Service provided by outside vendor.

PRIVATE TENNIS LESSONS

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

Singles rates: \$50, 30 minutes / \$90, one hour

Doubles/Group rates start at \$100 per hour

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 roundtrip transportation to/from Del Mar's 15th 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

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 with locally-acclaimed Surf Diva. 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

MESA TO SEA HIKE

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 guided two-hour, moderate downhill hike is approximately 2.5 miles with sweeping vistas of the Pacific Ocean. Suitable footwear recommended.

\$65 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.

\$65 adults / \$35 youth (ages 12 – 17)

Reservations required: 858.314.1988

THE EXPLORER'S CLUB

CLUB HOURS & 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, Xbox 360 and Playstation 3; traditional fun, such as board games, foosball, ping pong and bumper pool; the Seewall – a floor-to-ceiling plasma mural illuminating life under the sea; and fully-stocked arts and crafts stations.

\$15 per hour

HALF-DAY AND FULL-DAY PROGRAMS

Four-hour and eight-hour children's programs are available for guests ages 5 to 12. San Diego's warm weather allows for outdoor sports, such as baseball, soccer and flag football. Or, take a journey into Los Peñasquitos Canyon Preserve along exciting trails to discover the natural wonderland.

\$50, 4-hour program / \$90, 8-hour program.

All programs include lunch and are available daily during regular club hours.

MARCH ACTIVITIES

March Explorers can create St. Patrick's Day four-leaf clovers and springtime favorites, such as colorful blooms and decorated eggs. Other activities include Yoga and Tae Bo classes or discovering the unseen using hi-tech, mini microscopes.

Fridays: Pastry Chef for a Day

Saturdays: Fun with Balloons

Sundays: Ice Cream Social

EXPLORERS' NIGHT IN

Fridays and Saturdays, 5:00 pm – 10:00 pm

Watch a movie on the big screen and enjoy themed activities and crafts.

\$50 per person, includes dinner

Advance 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 4 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.

ADVENTURES ON WHEELS*

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

Guided 2-hour canyon tours: \$90 adults / \$60 youth (ages 12 – 17)

Reservations required: 858.314.1988

HORSEBACK RIDING*

Explore Los Peñasquitos Canyon Preserve's scenic terrain and unique landmarks.

Professional riding instruction provided.

Per person: \$95, one hour / \$155, two hours

Limited availability. Up to four riders per group.

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.

EVENINGS IN THE LOBBY LOUNGE

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

Pair an expertly crafted cocktail with the exotic and fiery sounds of Flamenco guitarists Fred Benedetti (Thursdays) and Javid (Fridays). Or, enjoy popular hits and contemporary favorites performed by guitarist and singer Kenny Yarborough (Wednesdays) and pianist/vocalist Jon Sandoval (Saturdays).

BOCCE AND CROQUET

Play a leisurely game of bocce or croquet on the expansive Aria Lawn – great for the entire family or a little friendly competition among friends!

Complimentary for resort guests and members.

Reservations required: 858.314.1988

THE GRAND DEL MAR GIFT CARDS

Give the gift of every grand indulgence, from award-winning dining and rejuvenating spa experiences to personalized golf instruction and luxurious getaways.

Gift cards are available online or at the resort shops.

*Service provided by outside vendor.