

**FESTIVE**  
PROGRAMME  
2022

# *Sunrise to sunset*

A DASH OF SUN, A SPLASH OF SPARKLE,  
THE FUN TIMES SHALL ROLL &  
ADVENTURES WILL SURELY BLOSSOM.

WAVES HOTEL & SPA

# GENERAL MANAGER'S MESSAGE

This programme is designed specially for you to act as a helpful guide for all the special moments you may want to experience while on holiday.

Featuring mini-chronicles of some of Barbados' tropical blooms, we hope you find some interesting tidbits in these notes and discover some of this amazing flora on the hotel grounds.

Enjoy!

**The Holiday Programme and Activities are subject to change.**

**Face coverings are required in all indoor spaces.**

**Social distancing protocols are in effect.**

## Best Wishes This Holiday Season

Dear Waves Hotel & Spa Guests,

Welcome to our beautiful island Barbados! Thank you for making Waves Hotel & Spa your hotel of choice.

To have you and your family spend such a wonderful and joyous occasion with us is truly delightful.

We look forward to treating you to a festive season filled with Barbadian warmth and charm. We have therefore created our festive program with the entire family's enjoyment and safety in mind. This year's concept, "A Tropical Floral Adventure", will be brought alive through our concept "Tropical Flower Forest".

We trust that you will have a wonderful and enjoyable stay, with lots of memories to last a lifetime.

From the management and staff here at Waves Hotel & Spa, we wish you and your family a happy and prosperous 2023, whilst "smiling through our masks"

Warm Wishes,

**Kim Griffith-Lewis**  
General Manager

# FESTIVE HIGHLIGHTS

You'll be sure to get in the holiday spirit with these memorable festive highlights!

## Saturday 17th Dec 2022

**4:30 pm - 6:00 pm**

Sunset Rum Shop Beach Party - Local music, local food and drinks, a cultural experience not to be missed!

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## Sunday 18th Dec 2022

**7:00 am - 8:00 am**

Early Morning Beach Walk to our sister property Crystal Cove and back. Sign up with Guest Activities.

**4:30 pm - 6:00 pm**

Wine Sip, Paint Dip Art Class - Join our art class in Kýma Coffee Deli and learn how to create a masterpiece with the talented Maurice. Sign up with Guest Activities.

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## Monday 19th Dec 2022

**11:15 am - 1:00 pm**

Hunte's Garden Tours - Explore, Discover, Relax in the tropical oasis, the most enchanting place on earth. \$50USD per person. Fee applies, contact Guest Activities at ext. 3263 to make your reservations.

**4:30 pm - 5:30 pm**

Grow your own Rose - Come and learn how to start your very own rose garden from our lovely Pamela. Sign up with Guest Activities and find out more.

## Tuesday 20th Dec 2022

**3:30 pm - 4:30 pm**

Tie Dye Craft & Design - Let's create a beautiful array of colors using paint and fabric. Join us on the Seascope Deck. Sign up with Guest Activities and find out more.

**5:00 pm - 6:00 pm**

Tropical Booze & Bingo - Join us in Kýma for an exciting game of bingo. Prizes to be won. Sign up with Guest Activities.

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## Wednesday 21st Dec 2022

**10:30 am - 2:00 pm**

Scenic Island Tour & Picnic - Join us as we take you on a historic tour of our beautiful island. Capture the beautiful views at Bathsheba and Cherry Tree Hill and picnic at one of our picturesque locations! \$50USD per person, contact Guest Activities at ext. 3263 to make your reservations.

**4:30 pm - 5:30 pm**

Kids Christmas Carols Performance by the "Perfect Pitch Academy" in the Seascope Lounge.

## Thursday 22nd Dec 2022

**10:00 am - 12:00 pm**

Turtle Trip Thursdays - Let's go aboard the glass bottom boat as we go in search of turtles, fish and coral. Fees applies, contact Guest Activities at ext. 3263 to make your reservations.

**4:30 pm - 5:30 pm**

Frangipani Soap Making Class - Join us in the Seascope Restaurant for our creative soap making class where we incorporate the fragrance of the frangipani flower. Sign up with Guest Activities

**6:30 pm - 7:15 pm**

Hotel Leaders Cocktail Party - Come meet our leadership team and enjoy our delectable canapés and cocktails, while be serenaded by Zukeli on Sax.

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## Friday 23rd Dec 2022

**6:45 pm - 8:15 pm**

Guests & Wavettes Talent Show - Come and sing, dance, read a poem, whatever your talent is, let's show it off and have some fun, join us in the Seascope Lounge. Sign up with Guest Activities.

# FESTIVE HIGHLIGHTS CONT'D

You'll be sure to  
get in the holiday  
spirit with these  
memorable festive  
highlights!

## Saturday 24th Dec 2022

**7:45 pm - 9:00 pm**

Christmas Eve Family Movie Night Movie treats: popcorn, burgers, hotdogs, pizza, sweet treats. Join us on the Seascape deck.

## Sunday 25th Dec 2022

**11:00 am - 12:00 pm**

Watch as Santa skips across the sea, bringing gifts for you and me. There is no chimney, there is no snow but our Bajan Santa can surely put on a show.

Experience our "Tropical Flower Forest" Christmas 5 course à la carte dinner in the Seascape Restaurant and Deck.

## Monday 26th Dec 2022

**3:30 pm - 6:00 pm**

Sunset Cultural Bajan Extravaganza featuring Jamal on steel pan along with the delightful Christmas Dancers, Bajan Mother Sally, Limbo queen and more.

## Tuesday 27th Dec 2022

**7:00 am - 8:00 am**

Early Morning Beach Walk and Clean up on Brandon's Beach. Transportation leaves at 6:45 am. Sign up with Guest Activities.

**4:00 pm - 7:00 pm**

Complimentary Repeat Guests' Cruise. Sail along the island's platinum coast with us (Meet in the Lobby for 3:00 pm. Reserve at Guest Activities).

## Wednesday 28th Dec 2022

**10:30 am - 2:00 pm**

Scenic Island Tour & Picnic- Join us as we take you on a historic tour of our beautiful island. Capture the beautiful views at Bathsheba and Cherry Tree Hill and picnic at one of our picturesque locations! \$50USD per person. Contact Guest Activities at ext. 3263 to make your reservations.

## Thursday 29th Dec 2022

**10:00 am - 12:00 pm**

Turtle Trip Thursdays!! Let's go aboard the glass bottom boat and go in search of turtles, fish and coral. \$50USD per person. Contact Guest Activities at ext. 3263 to make your reservations.

**4:00 pm - 5:30 pm**

Hibiscus Candle Making Class Come, be creative and learn how to make your very own candle. Join us in the Seascape Restaurant. Sign up with Guest Activities.

## Friday 30th Dec 2022

**10:00 am - 2:00 pm**

Complimentary "Coast to Coast" Bajan Bus tour will be travelling from North and East of the Island with photo stops at some of the island's most popular and breathtaking locations. Limited space available, so book early with Guest Activities.

## Saturday 31st Dec 2022

**7:00 pm - 8:00 pm**

"Wine before You Dine" Tapas Evening whilst listening to the silky smooth sounds of our saxophonist Zukeli.

**7:00 pm - 9:30 pm**

"In Full Bloom" New Year's Eve 6 Course Gala Dinner. The Waves culinary team have specially prepared a delectable 6 Course à la carte dinner for your enjoyment in the transformed "Array of Colour" Seascape Restaurant and Deck.

**9:30 pm - 1:00 am**

"Puff of Colour Dance Party" Dance the night away into year 2023, with our energetic live band Breaking Point Entertainment and DJ Neil on the wheels of steel to keep you partying all night long! Remember to stop by our photo booth and take a photo or two. It will be a night to remember!

## Sunday 1st Jan 2023

**5:00 pm - 6:00 pm**

Join us for a Cultural New Year's Sunset Celebration with the renowned Pantastic Youth Steel Orchestra on the Sunset Deck.

**SATURDAY 17**  
DECEMBER 2022

## BOUGAINVILLEA

Bougainvillea flowers were considered a symbol of passion to the Victorians. In other cultures, they symbolize welcome, peace, and the promotion of free trade.

It is also called 'Paper Flower' and Santa Rita.

Bougainvilleas can be grown in pots, as a bonsai, in hanging baskets, along walls, over trellises, as a hedge and other places in the garden. Bougainvilleas were first recorded by the Europeans, by French botanist Philibert Commerçon, in the 1760s.

The Bougainvillea was named by Commerçon, after the French Admiral, Louis-Antoine de Bougainville, who was an explorer, and whom Commerçon had joined for an expedition around the world.



### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

### **8:00 am - 2:30 am**

Waves Market Corner! Stuffed dolls and local craft by Antonia.

### **8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for a Restorative Yoga session.

### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee deli.

### **10:00 am - 11:00 am**

Water skiing clinic by the Water Sports team. Sign up by Water Sports to participate.

### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### **4:00 pm - 5:00 pm**

Festive afternoon Tea is served in Kýma Coffee Shop.

## *all about the adventures*

### **4:30 pm - 6:00 pm**

Sunset Rum Shop Beach Party!! Come and enjoy local music, local food and drinks.

### **6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascape restaurant. Please book your dinner reservation with Guest Activities.

### **6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

### **8:00 pm - 10:30 pm**

Live entertainment by the band Essence in the Seascape Lounge.

# SUNDAY 18 DECEMBER 2022

## PRIDE OF BARBADOS

This is the national flower of Barbados. Blossoming year-round, it's petals of bright orange, yellow and red are reminiscent of the sunset and add to the vibrant, tropical landscape across the island, providing a source of nectar for pollinating agents like bees, bats, and moths, so as to facilitate pollination

In other countries it is also known as Dwarf Poinciane; Red Bird of Paradise; Krere-Krere; Tabachin and Tabaquin. Sometimes it is referred to as the "Flame Tree" because it lights up the environment.

You can spot the Pride of Barbados flower on the Barbados Coat of Arms signifying the importance of it to Barbadian culture.



### 7:00 am - 8:00 am

Early Morning Beach Walk and Clean up on Brandon's Beach. Transportation leaves at 6:45 am. Sign up with Guest Activities.

### 7:30 am - 10:30 am

A heart healthy, nutritious breakfast awaits you in the Seascope restaurant. Enjoy our daily wellness juice!

### 8:30 am - 9:30 am

Join our Body & Mind classes on the Seascope Deck for a Vinyasa Yoga session.

### 9:00 am - 2:30 pm

Waves Market Corner!  
Art display by Maurice.

### 9:30 am - 10:00 am

Guest daily orientation in Kýma Coffee deli.

### 10:30 am - 6:00 pm

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### 4:00 pm - 5:00 pm

Festive afternoon Tea is served in Kýma Coffee Shop.

### 4:30 pm - 6:00 pm

Wine Sip, Paint Dip Art Class - Join our art class in Kýma Coffee Deli and learn how to create a masterpiece with the talented Maurice. Sign up with Guest Activities.

## *colour and cuisine*

### 6:30 pm - 9:00 pm

À la carte Mediterranean inspired menu in Seascope restaurant. Please book your dinner reservation with Guest Activities.

### 6:30 pm - 9:30 pm

À la carte Asian Fusion inspired restaurant Shiso. Please book our dinner reservation with Guest Activities.

### 8:00 pm - 10:30 pm

Live entertainment by the amazing Ayo Musiq in Seascope Bar & Lounge

# MONDAY 19 DECEMBER 2022

## BIRD OF PARADISE

An exotic flower by all accounts, the Bird of Paradise is known as the ultimate symbol of paradise and freedom. Due to its tropical nature, this flower also symbolizes freedom and joy. Although birds of paradise are best known for their bright orange and blue colors, their flowers can also be white.

It acquired its playful name as it resembles a bird in flight.

Bird of Paradise can also represent excellence, magnificence, and success along with royalty and regality. It can symbolize faithfulness, particularly in romantic relationships, as well as optimism toward the future.

### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

### **8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for Block Yoga session.

### **9:00 am - 2:30 pm**

Waves Market Corner! View locally handmade jewelry by Silversmith Raquel.

### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **11:15 am - 1:00 pm**

Hunte's Garden Tours. Explore, discover, relax in the tropical oasis, the most enchanting place on earth. \$50USD per person. Fee applies, contact Guest Activities at ext. 3263 to make your reservations.

### **12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### **4:00 pm - 5:00 pm**

Festive Afternoon Tea is served in Kýma Coffee Shop.

*get back to  
nature*

### **4:30 pm - 6:00 pm**

Grow your own Rose - Come and learn how to start your very own rose garden from our lovely Pamela. Sign up with Guest Activities and find out more.

### **6:30 pm - 9:30 pm**

Taste of the Caribbean Buffet Dinner in the Seascape restaurant. Please book your dinner reservation with Guest Activities.

### **8:00 pm - 10:30 pm**

Live entertainment by Breaking Point Entertainment in the Seascape Bar & Lounge.



**TUESDAY 20**  
DECEMBER 2022

## ORCHID

Did you know that orchids are one of the oldest family of flowering plants. Orchid varieties have been found all over the world. This leads experts to believe they have been around since before the continents separated!

Orchids are the largest family of flowering plants. With more than 25,000 species, there are more orchids on the planet than mammals and birds!

A new species of orchid with flowers measuring just over 2mm across has been discovered in Cerro Candalaria Reserve, Ecuador. The largest weighs several hundred pounds and some specimens measuring up to 25 ft.

Mature Orchids grow upside down. The blooms are so heavy that the plants end up growing upside down.

Orchids are a favourite of all Barbadians, used on display in homes and gardens and also a popular wedding decor flower. The delicate, exotic and graceful orchid represents love, luxury, beauty and strength. In ancient Greece, orchids were associated with virility. In fact, Greek women believed that if the father of their unborn child ate large, new orchid tubers, the baby would be a boy.



### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascapes restaurant. Enjoy our daily wellness juice!

### **8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascapes Deck for a Pilates session.

### **9:00 am - 2:30 pm**

Waves Market Corner - View an array of locally made organic body oils, soaps, facial scrubs, lip balm and more by Nazinga's Treasures.

### **9:30 am - 10:00 am**

Guest daily orientation in Kyma Coffee Shop & Deli.

### **10:00 am - 12:00 pm**

Stand Up Paddling Clinic by the Watersports team. Sign up at Watersports to participate.

### **10:30 am - 6:00 pm**

All day dining in Kyma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **12:30 pm - 2:30 pm**

Lunch is served in Seascapes Restaurant. Kyma Deli is also available for sandwiches, wraps and salads

### **3:30 pm - 4:30 pm**

Tie Dye Craft & Design - Let's create a beautiful array of designs using paint and fabric. Join us on the Seascapes Deck. Sign up with Guest Activities and find out more

### **4:00 pm - 5:00 pm**

Festive Afternoon Tea is served in Kyma Coffee Shop & Deli.

## *movin' and shakin'*

### **5:00 pm - 6:00 pm**

Tropical Booze & Bingo - Join us in Kyma for an exciting game of bingo. Prizes to be won. Sign up with Guest Activities.

### **6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascapes restaurant. Please book your dinner reservation with Guest Activities.

### **6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

### **8:00 pm - 10:30 pm**

Live entertainment by the band Syndikyt in the Seascapes Lounge.



# WEDNESDAY 21 DECEMBER 2022

## HIBISCUS

The species name means rose of China, but experts believe that hibiscus more likely originates from India. An early hibiscus researcher, Ross Gast, sailed the world looking for the plant's true origin. He believed that people from India spread hibiscus south and into the Pacific Islands.

Hibiscus plants provide important ecological, aesthetic, culinary, and medicinal values. Many species are grown for their showy flowers or used as landscape shrubs, and are used to attract butterflies, bees, and hummingbirds.

A tea made from hibiscus flowers is known by many names around the world and is served both hot and cold. The beverage is known for its red colour and tart flavour. It is rich in vitamin C, minerals, and antioxidants.

The health benefits of hibiscus tea include its ability to treat high blood pressure and high cholesterol, help in the treatment of hypertension and anxiety, help fight bacteria, disturbed digestive and immune system, inflammatory problems and liver diseases, as well as cancer. It can also speed up the metabolism and help in healthy, gradual weight loss.

A wide variety of hibiscus plants bloom year round on the island. They are symbols of happiness, good luck, love & passion.



### 7:30 am - 10:30 am

A heart healthy, nutritious breakfast awaits you in the Seascope restaurant. Enjoy our daily wellness juice!

### 8:30 am - 9:30 am

Join our Body & Mind classes on the Seascope Deck for a Restorative Yoga session.

### 9:00 am - 2:30 pm

Waves Market Corner! Wooden locally handmade craft and jewelry by Artisan Rebecca.

### 9:30 am - 10:00 am

Guest daily orientation in Kýma Coffee Shop & Deli.

### 10:30 am - 2:00 pm

Scenic Island Tour & Picnic- Join us as we take you on a historic tour of our beautiful island. Capture the beautiful views at Bathsheba and Cherry Tree Hill and picnic at one of our picturesque locations! \$50USD per person. Contact Guest Activities at ext. 3263 to make your reservations.

### 10:30 am - 6:00 pm

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### 12:30 pm - 2:30 pm

Lunch is served in Seascope Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### 3:30 pm - 4:15 pm

Bartender's Mixology Demonstration. Guests get the chance to create their very own special cocktail.

### 4:00 pm - 5:00 pm

Afternoon Tea is served in Kýma Coffee Shop & Deli.

## *movin' and shakin'*

### 4:30 pm - 6:00 pm

Kids Christmas Carols performance by the "Perfect Pitch Academy" in the Seascope Lounge.

### 6:30 pm - 9:30 pm

À la carte Mediterranean inspired menu in Seascope restaurant. Please book your dinner reservation with Guest Activities.

### 6:30 pm - 9:30 pm

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

### 8:00 pm - 10:30 pm

Live entertainment by Green Spice in the Seascope Lounge.

**THURSDAY 22**  
DECEMBER 2022

## FRANGIPANI

Known more widely as a Plumeria, the Frangipani has a delicate, almost citrus like scent.

The flowers are most fragrant at night; they use their scent to attract moths for pollination.

Modern florists often recommend the Plumeria as a gift for someone who has endured many challenges because this plant must be heated over 500 degrees F to catch alight and start burning. Aside from a natural toughness, the delicate look of the flower makes it a symbol of grace, wealth, and perfection across Asia.

Some cultures attribute a link between the flower and ghosts or other supernatural entities.

Meanwhile in Hawaii...when a plumeria flower is worn by a woman in the hair over the right ear, it means that she is single and looking; worn on the left side, she is taken.



**7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

**8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for a Pilates session.

**9:00 am - 2:30 pm**

Waves Market Corner! Organic Body Care products by Lieshuas Beauty Studio.

**9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

**9:30 am - 10:15 am**

Seaside Spa Sampler: Complimentary mini express spa treatments. Receive tips on the use and benefits of our signature organic Elemental Herbology spa product line.

**10:00 am - 12:00 pm**

Turtle Trip Thursdays!! Let's go aboard the glass bottom boat and go in search of turtles, fish and coral. \$50USD per person. Contact Guest Activities at ext. 3263 to make your reservations.

**10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

**12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

**4:00 pm - 5:00 pm**

Festive Afternoon Tea is served in Kýma Coffee Shop.

*Fun times  
only*

**4:30 pm - 5:30 pm**

Frangipani Soap Making Class - Join in the Seascape Restaurant for our creative soap making class where we incorporate the fragrance of the frangipani flower. Sign up with Guest Activities.

**6:30 pm - 7:15 pm**

Hotel Leaders' Party - Come meet our leadership team and enjoy our delectable canapés and cocktails.

**7:00 pm - 9:30 pm**

Mediterranean themed buffet dinner in the Seascape Restaurant. Please book your dinner reservation with Guest Activities

**8:15 pm - 10:45 pm**

Live entertainment by Zukeli on Sax in the Seascape Bar & Lounge.

**FRIDAY 23**  
DECEMBER 2022

## ANTHURIUM

The anthurium plant has more than 1000 species and can re-bloom all year. The colourful heart-shape is not a flower it is actually a spathe, or shield-like leaf. Its function is to protect the spadix, which contains several tiny flowers when in bloom. The spathe can come in many colors, such as pink, orange and white.

The name anthurium is Greek, meaning "Tail Flower". It is also commonly known as the Flamingo Flower, Hawaiian Heart, Painted Tongue and Painters Palette. Anthuriums symbolize hospitality.



### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

### **8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for a Block Yoga session.

### **9:00 am - 2:30 pm**

Waves Market Corner!  
Clothing and Textiles by  
Hott Stuff Designs.

### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

### **10:00 am - 11:00 am**

Water skiing clinic by the Water Sports team. Sign up by Water Sports to participate.

### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### **4:00 pm - 5:00 pm**

Festive afternoon Tea is served in Kýma Coffee Shop & Deli.

### **4:30 pm - 6:00 pm**

Guests & Wavettes Talent Show - Come and sing, dance, read a poem, whatever your talent is, let's show it off and have some fun, join us in the Seascape Lounge. Sign up with Guest Activities.

*this is how we  
play*

### **6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascape restaurant. Please book your dinner reservation with Guest Activities.

### **6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

### **8:00 pm - 10:30 pm**

Live entertainment by the band Virgo in the Seascape Lounge.

**SATURDAY 24**  
DECEMBER 2022

**CHRISTMAS  
CANDLE**

Known as Senna Alata, this plant is an important medicinal tree, as well as an ornamental flowering plant in the subfamily Caesalpinioideae. It is also known as Emperor's Candlesticks, Candle Bush, Candelabra Bush, Christmas Candles, Empress Candle Plant, Ringworm Shrub, or Candletree. It can also provide many health benefits, however, before you get too adventurous, be warned that parts of the plant are toxic so it would be advised to seek further information regarding the usage of this plant for medicinal purposes.

Christmas Eve at Waves Hotel & Spa

**7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascope.

**8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascope Deck for a Restorative Yoga session.

**9:00 am - 2:30 pm**

Waves Market Corner! Stuffed dolls and local craft by Antonia.

**9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

**10:00 am - 11:00 am**

Water skiing clinic by the Water Sports team. Sign up by Water Sports to participate.

**10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

**12:30 pm - 2:30 pm**

Lunch is served in Seascope Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

**4:00 pm - 5:00 pm**

Festive afternoon Tea is served in Kýma Coffee Shop.

**6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascope restaurant. Please book your dinner reservation with Guest Activities.

*finding  
inspiration*

**6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation during breakfast in the Seascope Restaurant.

**7:45 pm - 9:00 pm**

Christmas Eve Family Movie Night - Movie treats: popcorn, burgers, hotdogs, pizza, sweet treats. Join us on the Seascope deck.

**8:00 pm - 10:30 pm**

Live entertainment by the band Essence in the Seascope Lounge.

**SUNDAY 25**  
DECEMBER 2022

## HELICONIA

Common names for this flower include Lobster-Claws, Toucan Beak, Wild Plantain, or False Bird-Of-Paradise.

Heliconia is named after Mount Helicon, the seat of the Muses, the nine goddesses of the arts and sciences in Greek mythology.

It is a landscape plant and is found in varying species across the island. It's symbolism is to "keep you young and beautiful". What a fitting name for such a vibrant, exotic plant!



## Christmas Day at Waves Hotel & Spa

### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **11:00 am - 12:00 pm**

Watch as Santa skips across the sea, bringing gifts for you and me, there is no chimney, there is no snow, but our Bajan Santa can surely put on a show.

*have a happy  
christmas*

### **12:30 pm - 2:30 pm**

Celebrate with a Family Xmas Day Buffet Lunch in Seascape Restaurant or with the a la carte menu in Kýma, while being serenaded by the band Syndikyt.

### **4:00 pm - 5:00 pm**

Festive Afternoon Tea delights are served in Kýma Coffee Shop with Eggnog as a special Christmas treat.

### **6:30 pm - 9:00 pm**

Experience our "Tropical Flower Forest" Christmas 5 course à la carte dinner in the Seascape Restaurant and Deck. Please book your reservation by the 24th December with the Guest Activities Desk. Dress Code: Elegant

### **8:00 pm - 10:30 pm**

Live entertainment by the amazing Ayo Musiq & Soloist in the Seascape Bar & Lounge.

**MONDAY 26**  
DECEMBER 2022

**SNOW ON  
THE MOUNTAIN**

Though no snow falls in the Caribbean, our version of “snow on the mountain” is a beautiful plant weed, which is used mostly as ground cover as it has a lush full appearance adorned with beautiful white and green leaves and small white flowers that blossom at the tips. Amongst all the typical bright sunny colours of tropical plants, this plant is more simple in its colour palette yet strikingly charming.

Also known as Goutweed or Bishop's Weed, it can spread quite fast and needs little care or attention. It grows where most plants are doomed to fail and is not an invasive plant, so it is easy and manageable, which also makes it a favourite choice of property owners and can be seen in the form of hedges or as stand alone plants in many Barbadian properties.



## Boxing Day at Waves Hotel & Spa

**7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

**8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for a Vinyasa Flow Yoga session.

**9:00 am - 2:30 pm**

Waves Market Corner! View locally handmade jewelry by our Silversmith Raquel.

**9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

**10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

**12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

**3:30 pm - 6:00 pm**

Sunset Cultural Bajan Extravaganza featuring Jamal on steel pan along with the delightful Christmas Dancers, Bajan Mother Sally, Limbo queen and more.

*the fun's not  
over yet*

**4:00 pm - 5:00 pm**

Festive Afternoon Tea is served in Kýma Coffee Shop & Deli.

**6:30 pm - 9:30 pm**

Taste of the Caribbean buffet dinner in the Seascape restaurant. Please book your dinner reservation at the Guest Activities desk.

**8:00 pm - 10:30 pm**

Live entertainment by the band Sapphire in the Seascape Lounge.

**TUESDAY 27**  
DECEMBER 2022

## DESERT ROSE

The Desert Rose (*Adenium Obesum*) originates from Eastern Africa to Southern Arabia and is loved by many for its bright flowers and unique swollen stem. The Chinese named this plant the "Flower of Wealth", believing it brings good fortune and the caudex (swollen stem base) represents fertility. A succulent plant with pink, tubular flowers and a swollen, woody stem containing toxic, milky sap that is sometimes used for arrow poison.

It has a long life span of up to 500 years old! To identify the age of a desert rose, measure the diameter of the stem. This is a slow-growing plant, and every millimeter represents one year. It is a seasonal succulent that sheds leaves when not in season. The plant, interestingly, gets enough nutrients even when other plants start dying due to unbearable weather conditions.



**7:00 am - 8:00 am**

Early Morning Beach Walk and Clean up on Brandon's Beach. Transportation leaves at 6:45am. Sign up with Guest Activities.

**7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascope restaurant. Enjoy our daily wellness juice!

**8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascope Deck for a Restorative Yoga session.

**9:00 am - 2:30 pm**

Waves Market Corner: View an array of locally made organic body oils, soaps, facial scrubs, lip balm and more by Nazinga's Treasures.

**9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

**10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

**12:30 pm - 2:30 pm**

Lunch is served in Seascope Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

**4:00 pm - 5:00 pm**

Afternoon Tea is served in Kýma Coffee Shop & Deli.

**4:00 pm - 7:00 pm**

Complimentary Repeat Guests' Cruise. Sail along the island's platinum coast with us. (Meet in the Lobby for 3:00 pm. Book your spot with Guest Activities).

*some time to  
wind down*

**4:30 pm - 5:30 pm**

Flowers of Barbados Scavenger Hunt - Join us as we search for the local flowers of Barbados. Prize for the one who finds the Pride of Barbados flower. Walk with your cell phone. Sign up with Guest Activities.

**6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascope restaurant. Please book your dinner reservation with Guest Activities.

**6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

**8:00 pm - 10:30 pm**

Live entertainment by Ian on guitar and vocals in the Seascope Lounge.

# WEDNESDAY 28 DECEMBER 2022

## WATER LILY

Lily flower meanings include beauty, purity, fertility, transformation, rebirth, and devotion. It is also July's birth flower.

As water lilies live and die in water, they have connections to spirituality, renewal, life energy, and rebirth. They also embody the cycle of life, where they open during the day and close at night.

The water lily is a star in the art world. Impressionist Claude Monet was well renowned for painting this aquatic plant (almost 250 of his paintings featured water lilies! It has become a modern day symbol that depicts peace and is seen often in spa and holistic culture around the world.



### 7:30 am - 10:30 am

A heart healthy, nutritious breakfast awaits you in the Seascope restaurant. Enjoy our daily wellness juice!

### 8:30 am - 9:30 am

Join our Body & Mind classes on the Seascope Deck for a Block Yoga session.

### 9:00 am - 2:30 pm

Waves Market Corner! Wooden locally handmade craft and jewelry by Artisan Rebecca.

### 9:30 am - 10:00 am

Guest daily orientation in Kýma Coffee Shop & Deli.

### 10:30 am - 6:00 pm

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### 10:30 am - 2:00 pm

Scenic Island Tour & Picnic- Join us as we take you on a historic tour of our beautiful island. Capture the beautiful views at Bathsheba and Cherry Tree Hill and picnic at one of our picturesque locations! \$50USD per person. Contact Guest Activities at ext. 3263 to make your reservations.

### 12:30 pm - 2:30 pm

Lunch is served in Seascope Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### 4:00 pm - 5:00 pm

Festive Afternoon Tea is served in Kýma Coffee Shop & Deli.

## getting creative

### 6:30 pm - 9:30 pm

À la carte Mediterranean inspired menu in Seascope restaurant. Please book your dinner reservation with Guest Activities.

### 6:30 pm - 9:30 pm

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

### 8:00 pm - 10:30 pm

Live entertainment by Green Spice in the Seascope Lounge.

**Deadline for submitting  
Champagne Orders for  
New Year's Eve.**



# THURSDAY 29 DECEMBER 2022

## POINSETTIA

Widely known as December's birth flower, the Poinsettia is native to Mexico. The ancient Aztecs used poinsettias to make red dye, and they turned to poinsettia sap to control fevers.

Poinsettias aren't always red. The plant is grown in more than 100 varieties including shades of white, cream, pink, purple, orange and yellow. There are also marble and bi-color varieties.

Since these winter plants are often red and green, they fit right in with the holiday hues. Poinsettias also mean joy, cheer, and success, regardless of their color. As a shrub, it can grow as large as 15ft tall. The showy, colourful part of the poinsettia isn't a flower - it's a modified leaf.

Poinsettias are America's No. 1 selling potted plant, contributing a whopping \$250 million to their economy annually - even though the market for them is only about six weeks long.



### 7:30 am - 10:30 am

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

### 8:30 am - 9:30 am

Join our Body & Mind classes on the Seascape Deck for a Pilates session.

### 9:00 am - 2:30 pm

Waves Market Corner! Organic Body Care products by Lieshuas Beauty Studio.

### 9:30 am - 10:00 am

Guest daily orientation in Kýma Coffee Shop & Deli.

### 10:30 am - 6:00 pm

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### 10:00 am - 12:00 pm

Turtle Trip Thursdays!! Let's go aboard the glass bottom boat as we go in search of turtles, fish and coral. \$50USD per person. Contact Font Desk at ext. 3263 to make your reservations.

### 12:30 pm - 2:30 pm

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### 4:00 pm - 5:00 pm

Afternoon Tea is served in Kýma Coffee Shop.

*don't skip  
a beat*

### 4:30 pm - 5:30 pm

Hibiscus Candle Making Class - Come, be creative and learn how to make your very own candle. Join us in the Seascape Restaurant. Sign up with Guest Activities.

### 6:30 pm - 7:15 pm

Hotel Leaders' Cocktail Party - Come meet our leadership team and enjoy our delectable canapés and cocktails.

### 7:00 pm - 9:30 pm

Mediterranean inspired International themed buffet dinner in the Seascape Restaurant. Please book your dinner reservation with Guest Activities

### 8:00 pm - 10:30 pm

Live entertainment by Big Voices in the Seascape lounge.

**FRIDAY 30**  
DECEMBER 2022

BLUE LOTUS

“Blue Lotus” (*Nymphaea Caerulea*). The lovely Blue Lotus! Standing proudly just above the water bearing its beauty is an exquisite little light-blue blooming water-lily with delicate narrow petals. The large floating leaves are glossy green. This captivating “blue lotus” is certainly one of the most beautiful tropical water-lilies.



**7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascape restaurant. Enjoy our daily wellness juice!

**8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascape Deck for a Vinyasa Flow Yoga session.

**9:00 am - 2:30 pm**

Waves Market Corner! Clothing and Textiles by Hott Stuff Designs.

**9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

**10:00 am - 2:00 pm**

Complimentary “Coast to Coast” Bajan Bus tour will be travelling from North and East of the Island with photo stops at some of the island’s most popular and breathtaking locations. Limited space available, so book early with Guest Activities.

**10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

**12:30 pm - 2:30 pm**

Lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

**4:00 pm - 5:00 pm**

Afternoon Tea is served in Kýma Coffee Shop.

*good for the  
soul*

**6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascape restaurant. Please book your dinner reservation with Guest Activities.

**6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

**8:00 pm - 10:30 pm**

Live entertainment by Virgo in the Seascape Lounge.

**Please book your New Year’s Eve dinner reservation with Guest Activities.**

**SATUDAY 31**  
DECEMBER 2022

## BUSH BALL

Often seen on the side of roadways, Bush Ball Wild is a weed that grows in abundance and is often used in flower arranging when they dry out and turn brown.

## New Year's Eve at Waves Hotel & Spa

### **7:30 am - 10:30 am**

A heart healthy, nutritious breakfast awaits you in the Seascapes restaurant. Enjoy our daily wellness juice!

### **8:30 am - 9:30 am**

Join our Body & Mind classes on the Seascapes Deck for a Restorative Yoga Session.

### **9:00 am - 2:30 pm**

Waves Market Corner! Stuffed dolls and local craft by Antonia.

### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

### **12:30 pm - 2:30 pm**

Lunch is served in Seascapes Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

### **4:00 pm - 5:00 pm**

Festive Afternoon Tea is served in Kýma Coffee Shop.

### **7:00 pm - 8:00 pm**

Join us in the Seascapes Lounge for a New Year's Eve pre-dinner "Wine Before You Dine" Tapas Evening whilst listening to the silky smooth sounds of our Saxophonist Zukeli.

*whatever  
you do today,  
do it with  
a bang*

### **7:00 pm - 9:30 pm**

"In Full Bloom" New Year's Eve 6 Course Gala Dinner. The Waves culinary team have specially prepared a delectable 6 Course à la carte dinner for your enjoyment in the transformed "Array of Colour" Seascapes Restaurant and Deck.

### **9:30 pm - 1:00 am**

"Puff of Colour Dance Party" - Dance the night away into year 2023, with our energetic live band Breaking Point Entertainment and DJ Neil on the wheels of steel to keep you partying all night long! Remember to stop by our photo booth and take a photo or two. It will be a night to remember!

**Dress Code: Elegant.**

# SUNDAY 01

## JANUARY 2023

### THE QUEEN'S CROWN

The Queen's Crown, 'Petrea Volubilis,' is a stunning tropical vine resembling wisteria with fallen lavender flowers. This beautiful plant is part of the living collections of gardens and greenhouses around the world. Its attractive blue cascading flowers make it perfect for fences, pergolas, or arches.



#### **7:30 am - 10:30 am**

Start the New Year right with a heart health nutritious breakfast in the Seascape restaurant. Enjoy our daily wellness juice!

#### **9:30 am - 10:00 am**

Guest daily orientation in Kýma Coffee Shop & Deli.

#### **10:30 am - 6:00 pm**

All day dining in Kýma Coffee Shop & Deli. Come try our selection of coffees and teas, sandwiches, salads, ice creams and pastries.

#### **12:30 pm - 2:30 pm**

New Year's Buffet lunch is served in Seascape Restaurant. Kýma Deli is also available for sandwiches, wraps and salads.

#### **4:00 pm - 5:00 pm**

New Year's Afternoon Tea is served in Kýma Coffee Shop.

#### **5:00 pm - 6:00 pm**

Join us for a Cultural New Year's Sunset Celebration with the renowned Pantastic Youth Steel Orchestra on the Seascape Deck.

#### **6:30 pm - 9:30 pm**

À la carte Mediterranean inspired menu in Seascape restaurant. Please book your dinner reservation with Guest Activities.

#### **6:30 pm - 9:30 pm**

À la carte Asian Fusion inspired restaurant Shiso. Please book your dinner reservation with Guest Activities.

#### **8:00 pm - 10:30 pm**

Live Entertainment by Essence in the Seascape Lounge.

*getting  
creative*

Today's mantra:

Set new goals & aspirations for yourself and take a moment to acknowledge the ultimate gift of a life well lived.

## GENERAL INFORMATION CONT'D

Enjoy a  
fabulous dining  
experience at any  
of our sister hotels  
on the island.

### Dinner Reservations

Please note that reservations for dinner must be booked daily at the Guest Activities desk. Dinner reservations can be made two days in advance, however, reservations for the same night must be booked no later than 5:30pm the same evening.

### Dining Attire

Please note that attire for dinner is elegantly casual. Tailored knee length shorts and jeans are accepted. No caps, armholes shirts, tee shirts, beachwear, board shorts, cargo shorts or flip flops are allowed.

### TASTE OF ELEGANCE EXCHANGE DINING PROGRAMME

Waves Hotel & Spa guests can enjoy free exchange dining between the other all-inclusive hotels. To dine between the other all-inclusive properties, guests simply need to speak with the Front Desk in order to make reservations at the property they wish to dine at. For properties which are not all inclusive you will need to purchase a voucher, the voucher price may vary based on the theme dinners at the BP hotels.

<b>Voucher</b>	<b>BDS \$60.00 per adult</b>
	<b>BDS \$30.00 per child</b>

The Exchange Dining Scheme is subject to availability and reservations are required in advance. When visiting an All Inclusive Property, guests will not be charged for house drinks and glass wines. Guests will be charged for Premium Wines, Champagne, and Bottle Water. Please note that during festive season additional charges will apply to dine at all properties for their Christmas Gala Dinner and New Year's Eve Dinner.

### Dining

#### BREAKFAST

##### Seascope Restaurant

Opening Hours: 7:30 am - 10:30 am daily.

##### Kýma Coffee Shop & Deli

Opening Hours: 10:30 am - 6:00 pm daily.

#### LUNCH

##### Seascope Restaurant

Opening Hours: 12:30 pm - 2:30 pm daily.

#### DINNER

##### Seascope Restaurant

Opening Hours: 6:30 pm - 9:00 pm daily.

##### Shiso Restaurant

Opening Hours: 6:30 pm - 9:00 pm  
(Closed Mondays and Thursdays).

## CHURCH SERVICES

Influenced by Georgian and Jacobean architecture, churches are a huge part of Barbadian heritage and history.

Barbados has more than 100 religious sects and more churches than days in a year. Churches are found everywhere, in all shapes and sizes, from stately stone Anglican ones, with stained glass windows and piped organs, to tiny wooden structures containing little more than a few benches for their revivalist congregation.

During the Christmas period the Churches of Barbados have several services that you can attend. Listed here are some services near to Waves Hotel & Spa.

For further information on other religious services please contact Guest Activities Desk.

### Anglican Services

**St. James Parish Church** – Holetown (believed to be one of the first churches in Barbados, built over three hundred years ago).

Sundays: 7:15 am & 9:00 am  
Midnight Mass – Christmas Eve: 12:00 Midnight  
Christmas Day: 7:15 am & 9:00 am  
New Year's Eve: Please contact Guest Activities Desk

### Catholic Services

**St. Francis of Assisi** – Mount Standfast, St. James  
Christmas Day: 8:00 am & 10:30 am

### Methodist Services

**Holetown Methodist Church**  
Christmas Day: 5:00 am  
New Year's Eve 11:00 pm

**Payne's Bay Methodist Church** – Payne's Bay, St. James  
Christmas Day: 5:00 am  
New Year's Eve: 11.00 pm

## MEET THE TEAM

We like to treat our guests like family and endeavour to make your stay as enjoyable and memorable as possible.

### Meet the Team

**General Manager**

**Financial Controller**

**Property Manager**

**Executive Housekeeper**

**Human Resources Manager**

**Senior Head Chef**

**Service Delivery Manager**

**Front Office Manager**

**Guest Activities & Relations Manager**

**Restaurant Managers**

**Head Spa Therapist**

**Operations Support Assistant**

Kim Lewis

Nicole Squires

Jared Babb

Marsha Walcott

Lakita Sobers

Oliver Hinds

Tracy-Anne Bostic

Crystal Amedee

Ryan Rayside

Taminta Boyce

Jennifer Thomas

Debra Wickham

Shanette Price

*at your  
beckon call*

# WATER TAXI SCHEDULE

Please sit back,  
relax & enjoy  
the view.

The water taxi cruises daily  
(weather permitting).

Please do not forget your  
hotel ID and beach towels.



MOVING UP THE WEST COAST  
SOUTH → NORTH

MOVING DOWN THE WEST COAST  
NORTH → SOUTH

## WATER TAXI SCHEDULE

Waves	Crystal	Tamarind	Colony
09:15	→ 09:25	→ 09:35	→ 09:55
10:35	→ 10:45	→ 10:55	→ 11:15
11:55	→ 12:05	→ 12:15	→ 12:35
13:50	→ 14:00	→ 14:10	→ 14:30
15:10	→ 15:20	→ 15:30	→ 15:50

  

Colony	Tamarind	Crystal	Waves
09:55	→ 10:15	→ 10:25	→ 10:35
11:15	→ 11:35	→ 11:45	→ 11:55
13:10	→ 13:30	→ 13:40	→ 13:50
14:30	→ 14:50	→ 15:00	→ 15:10
15:50	→ 16:10	→ 16:20	→ 16:30





*wishing you the best*  
*Bajan welcome*

WE HOPE YOUR STAY IS  
EVERYTHING YOU IMAGINE  
AND MORE.

VISIT US ONLINE