



Resort Activities

Shopping

Bougainvillea

This lovely store carries the finest lines of resort wear for ladies and gentlemen. The shop features a wonderful selection of swimsuits and sportswear, cotton and linen separates, accessories and shoes. **Open Every Day: 9:00 a.m. - 6:00 p.m. Located in the Courtyard Mall. Ext. 1784.**



Island Fancy Gallery & Kids Shop

Colorful Caribbean gallery filled with artwork and crafts by local artists and many special tropical gifts. Island Fancy also has a KIDS SHOP with swim wear, clothing, and accessories for kids of all ages. **Open Every Day: 9:00 a.m. - 6:00 p.m. Located in the Courtyard Mall upstairs in Bougainvillea. Ext. 1784.**

Little Switzerland

Little Switzerland is the premier luxury duty free retailer of the Caribbean, Key West and Alaska, showcasing the leading designer brands in watches, jewelry and giftware. Here at the Westin you can even visit the in-store Tiffany & Co boutique! And this year marks a very special year at Little Switzerland as they celebrate their 50th Anniversary! Be sure to stop by during your stay, you will enjoy the relaxed ambience of this very special store.

Visit their Westin Resort location Daily, 9:00 a.m - 6:00 p.m. Located in the Courtyard Mall. Call 715-5340.

Sea Side Shop

Offering a complete selection of newspapers, magazines, candy, suntan lotion, stamps, post cards, gift items and T-shirts. **Open Every Day: 8:00 a.m. - 9:00 p.m. Located behind the Beach Lobby, upstairs. Ext. 1835.**

Cruz Bay Watersports

Your one stop shop for all your Watersports needs. They stock a wide selection of masks, fins and snorkels for sale and rent, including prescription masks, dive skins, floats, beach accessories and everything you need for a day in the sun. **Open Every Day: 7:30 a.m - 6:00 p.m. Located behind the Beach Lobby. Ext. 1834.**

Westin Workout & Spa

Cardio Burn***

Intense, high-impact aerobics with a mixture of cardiovascular exercises. **Monday, Wednesday 8:00 a.m. Meet at Westin Workout. Ext 1903/1904.**

Water Aerobics**

Enjoy a lower-intensity aerobics class in our swimming pool! **Monday and Wednesday, 9:15 a.m. Meet at the pool. Ext. 1903/1904.**

Vinyasa Yoga*

A flowing style of yoga that improves flexibility, breathing and inner peace. **Tuesday and Thursday, 8:00 a.m. Saturday, 9:00 a.m. Meet at Westin Workout. Ext. 1903/1904.**

Kickboxing***

Improve strength, muscle tone, endurance. Reduce body fat and stress levels. **Wednesday, 5:30 p.m. Meet at Westin Workout. Ext. 1903/1904.**

Water Tai Chi*

A form of meditation in movement that involves gentle and fluid exercises that focus on the inherent flow of the limbs, arteries and muscles. It aims to reduce stress and still the mind, bringing balance, health and rejuvenation. **Friday, 9:00 a.m. Meet at the pool. Ext. 1903/1904.**

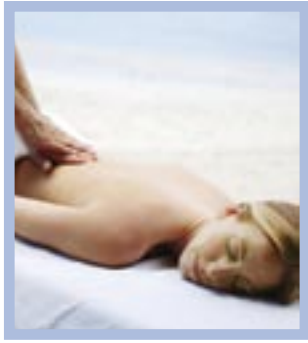
* Low Impact/Easy Cardiovascular
 ** Medium Impact/Mid-Range Cardiovascular
 *** High Impact/Fat Burning Cardiovascular
 There is a \$10/class per person participation fee

• Get Up and Go*

Join us for a morning walk around Chocolate Hole and Great Cruz Bay! Weather permitting. **Friday, 8:30 a.m. Meet at Westin Workout. Ext. 1903/1904.**

Massage Treatments

Therapeutic Massage, Aromatherapy or Reflexology. **Daily, 8:00 a.m - 8:00 p.m. Reservations Required. Spa, ext. 1903/1904.**



LaStone Therapy

LaStone Therapy is one of the fastest growing forms of massage in spas today. Through the use of 54 hot basalt stones and 18 chilled marble stones, this ultimate thermotherapy massage eases tight muscles, relieves stress and alleviates tension. You are sure to be left in a state of relaxation that almost defies explanation. **Daily, 8:00 a.m - 8:00 p.m. Reservations Required. Spa, ext. 1903/1904.**

Body Treatments

Hydro-Active Mineral Salt Scrubs, Enzymatic Sea Mud Wraps, After Sun Aloe Wraps and Sunless Bronzing. **Daily, 8:00 a.m - 8:00 p.m. Reservations Required. Spa, ext. 1903/1904.**

Nail & Skin Care Treatments

Multi-Vitamin Power Facials, European Aromatherapy Deep-Pore Cleansing Facials, Mini Cleansing Facials, Environmental Control Facials, Back Facials, Medicated Cleansing Facial, Body Waxing, Manicures and Pedicures. **Daily, 8:00 a.m - 8:00 p.m. Reservations Required. Spa, ext. 1903/1904**

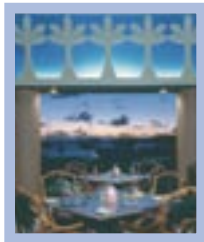
Food & Spirits

Room Service

Please refer to the compendium located in your guest room for the complete listing of all food and beverage services available 24 hours a day. Touch the Service Express button on your guest room telephone to answer your questions or place an order.

Beach Café & Bar

Enjoy casual dining in a beachside open-air setting:
Buffet or A la Carte
Breakfast: 7:00 a.m. - 11:00 a.m.
Beach Café Bar Menu: 5:00 p.m. - 6:00 p.m.
A la Carte Dinner: 6:00 p.m. - 9:30 p.m.
Beach Café Bar: 5:00 p.m. - Midnight.
Call Ext. 1761



Mango Deli

Located in the Courtyard Mall, adjacent to Westin Workout, the Mango Deli features garden fresh salads, assorted sandwiches, snacks and a wide range of beverages as well as island specialties. Proudly serving Chicago's famous Uno Pizza, with a variety of toppings to please everyone. **Open Daily: 7:00 a.m. - 9:00 p.m. Call ext. 1850**



Snorkels Pool Bar & Grill

Delicious appetizers, sandwiches, salads and ice cold beverages while you are relaxing and sunbathing at the poolside or on the beach:
Lunch: 11:00 a.m. - 5:00 p.m.
Snorkels Bar: 11:00 a.m. - 7:00 p.m.
Sunset Social: 4:00 p.m. - 6:00 p.m. Call ext. 1980

Chlöe & Bernard's

From the restaurateurs who brought you Asolare, Chateau Bordeaux and Paradiso, come experience the continued dining excellence of Chloe & Bernard's. Enjoy our surroundings of unsurpassed elegance, and lose yourself in an eclectic menu of world cuisine. We look forward to helping you plan your next catered event. Located upstairs in the main lobby:
Dinner: 6:00 p.m. - 9:30 p.m.
Chlöe & Bernard's Bar 6:00 pm. - 10:00 p.m. Call ext. 1861

Please join us at our Guest Orientation for all Activities, Mon. - Fri. at 10:30 a.m. at the Vacation Services Desk at the Marina Dock

Island Fun & Games

• Guest Orientation

Please join us at our guest orientation for all activities. Bring any questions you may have regarding on-property activities, the hotel or the island. We'd be glad to help! Own a piece of St. John—see Vacation Services for information about our vacation villas. **Monday through Friday, 10:30 a.m. Check in at the Vacation Services Desk at the Marina Dock.**



• Iguana Feeding

The elusive green marine Iguana loves to be fed. Learn all about these relatives of dinosaurs while they eat. Don't forget your cameras. **Monday through Friday, 3:00 p.m. Meet at the Gazebo.**

• Shoppportunities

Want to know the real scoop on Duty Free Shopping? Join Shelley, our resident shopping expert to learn the "best kept" secrets of St. John and St. Thomas duty free shopping. Learn what to buy and where to buy it, even get special offers and coupons! Come hear the inside information before hopping aboard the ferry to experience St. Thomas' shopping mecca or going to Cruz Bay. **Tuesday and Friday, 9:30 a.m. at the Beach Café Bar.**

• Sandcastle Building

Playing in the sand is fun for kids of all ages. Please join us to create your sand masterpiece. Prizes will be awarded for the most unique and impressive castles. **Tuesday and Thursday, 11:00 a.m. Meet at the Pool Hut.**

• Float Races

Jump on a raft and join races the whole family can be a part of. **Tuesday, 2:00 p.m. Meet at the Pool Hut. Prizes awarded.**



• Beach Volleyball

Gather your friends and family for a fun game of volleyball!!! **Every day at 4:00 p.m. Meet at the beach volleyball court near the Beach Café.**

• Pirate's Treasure Hunt

Find the clues that lead to a buried treasure!
Friday, 11:00 a.m. Meet at the Pool Hut.

• Family Olympics

Gather your family to compete with other families in these light-hearted games. Prizes awarded!
Thursday, 1:00 p.m. Meet on the lawn next to the tennis courts.

Activities may incur a fee.
 • Activities are free.
 Most activities are weather permitting. Activities may change without notice and are based on guest participation level.

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• Dive-In Movies

Relax on a float in the pool while watching your favorite movie classics. **Sunday and Wednesday, 8:00 p.m. at the swimming pool.**

• Adult Island Scavenger Hunt

Stop by the Pool Hut Saturday or Sunday at 11:00 a.m. to pick up a list of items and questions that need to be completed and turned in by Wednesday at 10:00 a.m. Prizes will be awarded to the person or team completing the hunt. Have fun! **Saturday and Sunday, 11:00 a.m. Meet at the Pool Hut.**

• Kids Scavenger Hunt

Take a tour of the resort while looking for a wide variety of island treasures. Each person or team collecting all items on the list wins! Prizes awarded. **Wednesday, 11:00 a.m. Meet at the Pool Hut.**

• Bobbing for Sodas & Beers

Dive to the bottom of the pool and try to find the can with the black smiley face on the bottom. Prizes are awarded to the winner. **Wednesday, 2:00 p.m. Meet at the Pool Hut.**

• Family Bingo

This game allows kids and adults of all ages to play Bingo with their peers. **Monday, 11:00 a.m. Meet at the Gazebo.**

• Hermit Crab Races

Pick a crab, and see if it's a winner. Prizes awarded to the person who picks the fastest crab. **Sunday, 1:00 p.m. Meet at the beach hut.**

• Water Volleyball

Meet your peers at the pool and start up a fun game!
Every day, 1:00 p.m. Meet at the pool.

Island Tour

Take a tour of St. John and learn about its history, secrets and beauty. A two hour tour. **Daily 9:30 a.m. and 1:30 p.m. Reservations required. Call Westin Vacation Services, ext. 1702 or 1751. Meet at Main Lobby.**



• Westin Recreational Amenities

Stop by the pool or beach hut to sign out a wide array of games, and toys. There are ping pong paddles, board games, volleyballs, and more. Feel free to stop by and check them out.

Watersports

Cruz Bay Watersports Co.

with 22 years of experience, employs over 25 professionals, including US Coast Guard licensed captains, PADI & NAUI certified scuba instructors and dive masters. All beach staff members are certified in CPR and first aid. The team of CBW is committed to meeting and exceeding your needs during your stay at the Westin Resort!



WORLD FAMOUS "BATHS" aboard the Island Time

The most extraordinary trip in the Virgin Islands! Visit incredible boulder formations and unique grottoes, and snorkel crystal clear waters. Finish out the day with a stop at Norman Island and snorkel the Caves. **Included is a continental breakfast, lunch, beverages, and open**

bar, snorkel gear & instruction. 7:45 a.m. – 4:00 p.m. Passports or Birth Certificates with Photo ID required. Departs from Westin Dock. For reservations call Cruz Bay Watersports at ext. 1831 or 1834.

Jost Van Dyke/Foxy's aboard the sailing catamaran Island Spirit

Stepping off the dock in Jost Van Dyke is like stepping back in time. Until recently, Jost didn't have telephones or electricity. This destination has long been a legend among sailors and Caribbean travelers alike.



Snorkel in the morning, lunch at Foxy's, visit White Bay in the afternoon. **Included is a continental breakfast, beverages, and open bar, snorkel gear & instruction. 7:45 a.m. – 4:00 p.m. For reservations call Cruz Bay Watersports at ext. 1831 or 1834.**

Waterlemon Cay Snorkel/Sail

Enjoy a full day of sailing & snorkeling the local waters off St. John, including the National Park's premier snorkel destination, "Waterlemon Cay". **Included is a continental breakfast, beverages, lunch, open bar, snorkel gear & instruction. 8:00 a.m. - 3:30 p.m. For reservations call Cruz Bay Watersports ext. 1831 or 1843.**

Sunset Sail

Watch a Caribbean sunset and experience the most relaxing time of the day aboard the sailing catamaran, Island Spirit. **Includes; open bar, champagne, hor d' oeuvres. Departure times vary depending on season. For more information and reservations call Cruz Bay Watersports at ext. 1831 & 1834.**

Snorkel Tours Daily

We provide a look at the underwater world unlike any other. Snorkel pristine off shore reefs. Includes Beverages, Custom fitted Gear and professional instruction. Fun and enjoyment for all ages and experience levels. **Call Cruz Bay Watersports at ext. 1831 or 1834.**



Scuba for Certified Divers

2 tank, two location dives. Wreck, reef and ledges. **Daily, 8:15 a.m. - 12:00 p.m. Reservations and Certification Required. Call Cruz Bay Watersports at ext. 1834 or 1831.**

Scuba Warm Up

A guided tour with an instructor for those who haven't had a chance to dive in the last 12 months. **Daily, 12:45 p.m. - 4:30 p.m. Reservations and Certification Required. Call Cruz Bay Watersports at ext. 1834 or 1831.**

Scuba for non-certified divers

Safe, fun and easy, experience a shallow reef dive with the direct supervision of an instructor. **Daily, 12:45 p.m. - 4:30 p.m. Reservations Required. Call Cruz Bay Watersports at ext. 1834 or 1831.**

Rental Dinghies

Be your own captain and set your own course. Visit secluded beaches and bays accessible only by water, like Mermaid's Chair in Hawksnest Bay or Honeymoon Beach! **Half Day, 9:00 a.m. - 12:30 p.m. or 1:00 p.m. - 4:30 p.m.; Full day 9: a.m. - 4:30 p.m. Reservations required. Call Cruz Bay Watersports at ext. 1834 or 1831.**



Parasail

Experience the thrill of flying high above the crystal clear Caribbean waters. Fun for the entire family. **Reservations Required. Call Cruz Bay Watersports at ext. 1834 or 1833.**



Wave Runner Tours

Exhilarating and Exciting. Pilot your own personal watercraft to nearby islands and cays. **Reservations Required. Call Cruz Bay Watersports at ext. 1834 or 1833.**



NautiNymph Power Boat Rentals

Voted best powerboat rental of the VI by the readers of the Daily News. For the absolute best day of your vacation, rent a vessel from Nauti Nymph and explore the incredible beauty of the British and US Virgin Islands away from the crowd and at your own pace. Virgin Gorda, Norman Island, Jost Van Dyke and much more; the options are countless. As the largest and most experienced rental company of the USVI, Nauti Nymph will assist in designing your personal itinerary for a bareboat or captained daytrip. The large selection of top-of-the-line vessels available are unsurpassed in their standard of safety, comfort and performance. 25' to 31' Fountain centerconsoles and cuddy cabins, powered by reliable single or twin Yamaha engines. All boats are Coast Guard approved and fully equipped with many extras. **Available daily, right here at the Westin Resort. Reservations Required. Call ext. 1820.**

Magic Moments Luxury Excursions

Treat yourself to a true Luxury Excursion. This is a vacation experience you will never forget. The Yacht of choice is a 45' Sea Ray. Vast cockpit space for lounging and dining, cushioned tanning areas, elegantly appointed



interior with wood finish, leather upholstery, full bathrooms with corian vanity and shower. Feast on a French style continental breakfast, gourmet lunch with lobster etouffee, open bar, champagne, vintage wines and a large selection of non-alcoholic drinks. Discover the 5 most beautiful destinations in the British and US Virgin Islands. Itineraries include Tortola, Norman Island, the Baths on Virgin Gorda, Jost Van Dyke, Sandy Cay. Sightsee, snorkel, swim, relax. Allow us to infuse Magic into your vacation. Create a Moment so special that it will last a lifetime. Regular and exclusive charters available. **Available daily, right here at the Westin Resort. Reservations Required. Passports or Birth Certificates with Photo ID required. Call ext. 1820.**

Tennis

Ranked on Tennisresortsonline.com as one of the top 5 Caribbean tennis destinations in 2003, the six court artificial grass facility is managed by Peter Burwash International (PBI). PBI is the world's largest tennis management company catering to tennis enthusiasts with a unique, informative and service oriented style. They have served over 3 million loyal customers and look forward to meeting and exceeding all your tennis needs.

Adult Doubles Mixer

Monday & Wednesday 4:30 p.m. - 6:00 p.m. Friday 5:00 p.m. - 6:30 p.m. Saturday 8:00 a.m. - 9:30 a.m. 15 years and up.

Kids Clinic (Beginner classes)

For children 7 -10 years old Monday 10:00 a.m. - 11:00 a.m. Saturday 9:30 a.m. - 10:30 a.m. Maximum of eight Children.

Young Teens Clinic (Beginner classes)

For young teens 11-14 years old Wednesday 10:00 a.m. - 11:00 a.m. Maximum of eight participants.



The Westin courts are open from 7:00 a.m. - 10:00 p.m. Rackets and balls are available at the Pro Shop. After the Pro Shop closes, raquets and balls are available at the Westin Workout & Spa until 10:00 p.m.

The Pro Shop is open Daily from 8:00 a.m. - 4:30 p.m. for court reservations, clinic sign-up, event registration and rentals. Please contact us for any of your tennis requests at Ext. 1740. All events are subject to change or cancellation due to weather, participation or health constraints.

Activities may incur a fee.

• Activities are free.

Most activities are weather permitting. Activities may change without notice and are based on guest participation level.

Fun for the Kids!



Come spend a day at the Westin Kids Club, Club Coqui, a fun way to allow escape time for both parents and children. The Kids Club offers a wide variety of activities, rotating daily, including arts and crafts, indoor/outdoor games, iguana hunts, seashell hunts, sandcastle building, pool time, movies and more. Our wonderful facilities include a movie room with a large selection of movies, a wide variety of games including Playstation and foosball, and many arts and crafts projects.

There are five different sessions and rate plans available at the Kids Club. They are as follows:

Hourly	9 a.m. - 10 a.m. or 1 p.m. - 2 p.m.	\$15.00
Half Day	9 a.m. - 12 Noon or 1 p.m. - 4 p.m.	\$30.00
Half Day with lunch	9 a.m. - 1 p.m. or 12 Noon - 4 p.m.	\$40.00
Full Day	9 a.m. - 4 p.m.	\$60.00
Evening Night Camp	6 p.m. - 10 p.m.	\$50.00

All Sessions are based on availability. For children ages 3 to 12. Child must be potty trained to participate. 24 hour advance registration required. Call to register, ext. 2267. Located across from Westin Workout & Spa.

BABY SITTING SERVICES

Available with 24 hour advance registration. The Kids Club also coordinates in room babysitting on property for those who are interested. For further information please contact the Kids Club directly at ext. 2267.

Westin Teen Center

The Westin Teen Center has been created to give teens a space of their own to relax and make new friends. This 1200 square foot space located in the Courtyard Mall features a air hockey, video games, foosball, flat screen tv and surround sound speakers. Open daily. Touch 2267

Use your vacation as a special time!

Let the Westin Vacation Services staff help you make the most of it.

Our Island Specialists know the best beaches, hiking trails, day trips and great places to eat.



Stop by our vacation planning desks located in the Main Lobby from 8:30 a.m. - 9:30 p.m. or our other location, next to the Marina Desk, seven days a week, or call ext. 1751 or 1752.

Please join us at our Guest Orientation for all Activities, Mon. - Fri. at 10:30 a.m. at the Vacation Services Desk at the Marina Dock