



Sports and Activities Fact Sheet

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When it comes to sports and activities, Couples Resorts provides its guests with a variety of options. From waterskiing, snorkeling and beach volleyball to golfing, tennis and premier fitness centers, visitors to any of the four Couples Resorts properties have access to some of the best activities Jamaica has to offer.

Below is a list of exclusive activities and entertainment broken down by property:

Couples Swept Away

Water Activities

- Pool volleyball
- Water Skiing
- Snorkeling
- Windsurfing
- Catamaran Cruise
- Glass Bottom Boat
- Aquasize
- Sunfish / Hobie Cat Sailing

Land Sports

- Beach Volleyball
- Pool
- Basketball
- Body Pumping
- Beach Power Walk
- Squash
- Cardio Groove
- Gym Demonstration
- Hot Step
- Nature Tour
- Beach Soccer
- ABS Class on the Beach
- Croquet
- Golf
- Racquet Ball
- Tennis
- Reggae ABS
- Yoga

Entertainment

- Happy Hour
- Honeymooners Party
- Bonfire
- One Man Band
- Fashion Show
- Margaritaville Party
- Talent Show

Land Activities

- Scrabble Tournament
- Hat Making
- Taboo Tournament
- Tie Dye class
- Staff & Guest Games
- Speak Jamaican
- Basket Weaving
- Beach Movie
- Jamaican Music
- Martini Mixology
- Margarita Mixology
- Tarot Card Reading
- Casino & Auction
- Jamaican Cooking
- Sand Sculpting
- Couples Massage

Couples Negril

Water Activities

- Pool Volleyball
- Scuba Diving
- Catamaran Cruise
- Snorkeling
- Diving Lessons
- Glass bottom boat ride
- Kayaking & Pedal Boats
- Fish for Cash

Entertainment

- Margaritaville Shuttle
- Fashion Show
- Beach Party
- Steel Band at Dinner
- Musical Trivia
- Jungle (local bar) Shuttle
- Resident Band at Dinner
- Sing-Along in the Piano

Hobie Cat Sailing	Waterskiing	Karaoke	Bar
Windsurfing		Jeopardy	Ultimate Dance Party
			Casino and Auction
Land Sports		Land Activities	
Beach Volleyball	Horseshoes	Jamaican Market Trip	Shopping Shuttle
Bocce Ball	Billiards	Speak Jamaican	Art N Craft Demo
3 on 3 Basketball	Nature Walk	Ice Carving Demo	Dart Tournament
Tennis	Guest vs. Staff Basketball	Lover's Knot	Rum Mixology
Ping Pong	Golf	Wine & Cheese	Scavenger Hunt
Table Tennis		Jamaican Cooking	Board Games
		Treasure Hunt	Bingorama

Couples Sans Souci

Water Activites		Entertainment	
Fishing	Pool Olympics	Resident Band	Sing-along
Aquacise	Pool Volleyball	Sunset Hour	Game Show
Scuba	Night Dive	Serenity Performance	Limbo Contest
Snorkeling	Glass Bottom Boat	Steel Band	Fashion Show
Hobie Cat Sailing	Private Charters	Caribbean Showcase	After Party Disco
Waterskiing	Windsurfing	Cocktail Party	Gala Showcase
Pedal Boats	Kayaking	Gala after Party	Karaoke
Deep Sea Fishing		Margaritaville Trip	

Land Sports		Land Activities	
Tennis Lessons	Beach Volleyball	Feed Charlie (Turtle)	Bingo
Aerobics	Beach Soccer	Trivia	Live Portrait Session
Beach Cricket	Table Tennis	Scavenger Hunt	Chess Tournament
Yoga Class	Soca Dance Class	Music Trivia	Hat Making Class
Croquet	Bocce Ball	Tarot Card Reading	Wood Carving Class
Golf	Reggae Dance Classes	Shell Painting	Jamaican History
Pool Tournament		Shots Bingo	Mini Pottery
		Rock Painting	Jewel Box Raffle

Couples Tower Isle

Water Activities		Entertainment	
Dunn's River Falls	Pool Volleyball	Resident Band	Jamaican Flavors Show
Snorkeling	Pool Olympics	Game Show	Piano Bar Sing a Long
Catamaran Cruise	Acquacise	Patio Disco	Cocktail Party
Scuba	Night Dive	Grand Gala Buffet	Caribbean Steel Band
Hobie Cat Sailing	Glass Bottom Boat Trips	Talent Show	Beach Jam Session
Windsurfing	Kayaking	Fashion Showcase	Price Is Right
Pedal Boats	Waterskiing	Beach Buffet	Beach Party Showcase
Ring Toss		Margaritaville Trip	
Land Sports		Land Activities	
Table Tennis	Beach Volleyball	Bamboo Carving	Basket Weaving
Jogging	Tennis	Bingo Bonanza	Tie Dye Class
Nature Walk	Yoga	Scavenger Hunt	Shopping to Ocho Rios

Squash
Power Walk
Poolside Games
Golf
Pool Volleyball

ABS Workout
Taebo
Beach Olympics
Reggae Dance Class
Poolside Soca Dance Class

Craft Market Tour
Clay doll Making
Tarot Card Reading
Ceramic Shop Trip
Soni's Plaza Trip

Margaritaville Trip
Tour to Island Village
Couples Casino
Hat Weaving Class
Speak Jamaican