**WEEKLY GUIDE TO RECREATION, ENTERTAINMENT AND DINING**

Reservations are required for most events and activities by 5 p.m. day prior. Programs not requiring reservations are noted with “▲.” Please refer to the Planning Guide for activity details and prices.

### For Dining and Most Activity Reservations:
- Resort Guests—912–638–5111 or ext. 5111
- Cottage Guests—912–634–4343
- Exclusive Resorts Guests—912–634–3957
- Sea Island Club Members—912–634–4444

### For Equestrian Reservations:
912–434–4760

### For Golf Performance Center Reservations:
912–638–5119

### Kids’ or Family Activities ★ Special Event ▲ Reservations not required ● Available with Sea Island Beach Club Access

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Sea Turtle Dawn Patrol</td>
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<tr>
<td>8 a.m.</td>
<td>Tennis Clinic: Intermediate to Advanced Hawk Walk with a Falconer</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Sunday Service in the Chapel</td>
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<tr>
<td></td>
<td>Beach Horseback Ride</td>
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<td></td>
<td>Tennis Clinic: Intermediate to Advanced Stand-Up Paddleboarding Salt Marsh</td>
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<tr>
<td></td>
<td>Nature Tour at Rainbow Island</td>
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<tr>
<td>9 a.m.–5 p.m.</td>
<td>Guided Kayak Fishing 2- and 3-Hour Tour at Rainbow Island</td>
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<tr>
<td>9:30 a.m.</td>
<td>Marsh Horseback Ride at Rainbow Island</td>
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<tr>
<td>10 a.m.</td>
<td>Tennis Clinic: Intermediate to Advanced Tiny Tykes Stable Tour &amp; Ride</td>
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<tr>
<td></td>
<td>Family Salt Marsh Kayaking Tour at Rainbow Island</td>
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<tr>
<td>10 a.m.–5 p.m.</td>
<td>Private Beach Set Ups Available Backwater Sunfish Sailing Hourly Lessons</td>
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<tr>
<td></td>
<td>• Hobie Cat Shelling Tour</td>
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<td></td>
<td>• Hobie Cat Open Ocean Dolphin Tour</td>
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<td></td>
<td>• Hobie Cat Gilligan’s Island Tour</td>
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<td>11 a.m.</td>
<td>Beach Horseback Ride</td>
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<td>11:30 a.m.</td>
<td>Marsh Horseback Ride at Rainbow Island</td>
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<tr>
<td>12 p.m.</td>
<td>Kayak Shore Lunch at Rainbow Island</td>
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<tr>
<td>1 p.m.</td>
<td>• Family Pool Games</td>
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<tr>
<td></td>
<td>Family Salt Marsh Kayaking Tour at Rainbow Island</td>
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<tr>
<td></td>
<td>Beach Horseback Ride</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island</td>
</tr>
<tr>
<td></td>
<td>• Family Swim in the Fitness Center Pool</td>
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<tr>
<td>1–3 p.m.</td>
<td>Marsh Horseback Ride at Rainbow Island</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Stand-Up Paddleboarding Lessons at Rainbow Island</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>• Family Sports Tournament at the Beach Club</td>
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<tr>
<td>3 p.m.</td>
<td>Family Salt Marsh Kayaking at Rainbow Island</td>
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<tr>
<td>3:30 p.m.</td>
<td>Tie Dye on the Beach Club Lawn</td>
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<tr>
<td>4 p.m.</td>
<td>• R&amp;R Yoga</td>
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<tr>
<td>7–8 p.m.</td>
<td>• Bagpiper at The Lodge</td>
</tr>
</tbody>
</table>
**MONDAY, JUNE 24**

| 6 a.m. | Sea Turtle Dawn Patrol  
| 8 a.m. | K1 Conditioning Fitness Class  
| 8:30 a.m. | Sea Turtle Tennis  
| 9 a.m. | Scenic Yacht Cruise  
| 10 a.m. | Mini Tykes Stable Tour & Ride  
| 10 a.m.–5 p.m. | Private Beach Set Ups Available  
| 10:15 a.m. | Junior Golf Clinic at the Golf Performance Center  
| 11 a.m. | Stand-Up Paddleboarding Lessons at Rainbow Island  
| 11:15 a.m. | Teen Golf Clinic at the Golf Performance Center  
| 11:30 a.m. | Marsh Horseback Ride at Rainbow Island  
| 12 p.m. | Kayak Shore Lunch on Rainbow Island  
| 1 p.m. | Sea Island Explorer  
| 3 p.m. | Family Salt Marsh Kayaking Tour at Rainbow Island  
| 4 p.m. | Sea Island Tennis Academy: Elite  
| 5:30 p.m. | Bingo in the Mizner Ballroom  

**Reservations are required for most events and activities by 5 p.m. day prior.**  
Please refer to the Planning Guide for activity details and prices.

**For Dining and Most Activity Reservations:**  
Resort Guests—912–638–5111 or ext. 5111  
Cottage Guests—912–634–4343  
Exclusive Resorts Guests—912–634–3957  
Sea Island Club Members—912–634–4444

**For Equestrian Reservations:**  
912–434–4760  
For Golf Performance Center Reservations:  
912–638–5119

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**TUESDAY, JUNE 25**

| 6 a.m. | Sea Turtle Dawn Patrol  
| 8 a.m. | Intermediate Yoga  
| 8:30 a.m. | Shallow Water Aerobics in the Fitness Center Pool  
| 9 a.m. | Beach Horseback Ride  
| 9:30 a.m. | Camp Cloister (Ages 3–14)  
| 10 a.m. | Tennis Clinic: Intermediate to Advanced  
| 10 a.m. | Heated Yoga  
| 10 a.m.–5 p.m. | Private Beach Set Ups Available  
| 10 a.m.–5 p.m. | Private Beach Set Ups Available  
| 10:30 a.m. | The Cloister Hotel History Walking Tour  
| 11 a.m. | Sea Island Junior Naturalist  
| 11:30 a.m. | Marsh Horseback Ride at Rainbow Island  
| 1 p.m. | Sea Island Explorer Scenic Yacht Cruise  
| 1–3 p.m. | Family Swim in the Fitness Center Pool  
| 1:30 p.m. | Beginner’s Archery  
| 2 p.m. | Stand-Up Paddleboarding Lessons at Rainbow Island  
| 2:30 p.m. | The Cloister Hotel History Walking Tour  
| 3 p.m. | Family Salt Marsh Kayaking Tour at Rainbow Island  
| 3:30 p.m. | Under-the-Sea Workshop  
| 4 p.m. | Air Rifles Bull’s-Eye Hour  
| 4:30 p.m. | Sea Island Explorer Pre-Dinner Cocktail Cruise  
| 6:30 p.m. | Nocturnal Island Adventure  
| 7–8 p.m. | Bagpiper at The Lodge  

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**Kids’ or Family Activities**  
★ Special Event  
▲ Reservations not required  
● Available with Sea Island Beach Club Access
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<tbody>
<tr>
<td>6 a.m.</td>
<td>Sea Turtle Dawn Patrol</td>
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<tr>
<td></td>
<td>Wake-Up Call Fitness Class</td>
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<tr>
<td>8 a.m.</td>
<td>Straight-Up Circuit Fitness Class</td>
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<td></td>
<td>Tennis Clinic: Intermediate to Advanced</td>
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<tr>
<td></td>
<td>Hawk Walk with a Falconer</td>
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<tr>
<td>8:30 a.m.</td>
<td>Aqua Fit at the Sea Island Beach Club</td>
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<tr>
<td>9 a.m.</td>
<td>Power Flow Yoga Fitness Class</td>
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<td>Adult Golf Clinic at the Golf Performance Center</td>
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<td></td>
<td>Birding Tour on Golf Cart</td>
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<td>History Bike Tour at The Lodge</td>
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<td></td>
<td>Beach Horseback Ride</td>
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<td></td>
<td>Pilates Reformer Class</td>
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<td>Tennis Clinic: Intermediate to Advanced</td>
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<tr>
<td></td>
<td>Air Rifles Bull’s-Eye Hour</td>
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<td>Stand-Up Paddleboarding Nature Tour at Rainbow Island</td>
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<td>9 a.m.–5 p.m.</td>
<td>Guided Kayak Fishing 2- and 3-Hour Tour at Rainbow Island</td>
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<tr>
<td>9:30 a.m.</td>
<td>Camp Cloister (Ages 3–14)</td>
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<tr>
<td></td>
<td>Marsh Horseback Ride at Rainbow Island Beginner’s Archery</td>
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<tr>
<td>10 a.m.</td>
<td>Tennis Clinic: Intermediate to Advanced</td>
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<tr>
<td></td>
<td>Multi-Level Yoga</td>
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<tr>
<td>10 a.m.</td>
<td>Tiny Tykes Stable Tour &amp; Ride</td>
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<td>Family Salt Marsh Kayaking at Rainbow Island</td>
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<tr>
<td>10:15 a.m.</td>
<td>Junior Golf Clinic at the Golf Performance Center</td>
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<tr>
<td>11 a.m.</td>
<td>Annie Oakley Shooting Hour for Ladies</td>
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<tr>
<td></td>
<td>Air Rifles Bull’s-Eye Hour</td>
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<td></td>
<td>Pilates Reformer Class</td>
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<td></td>
<td>Beach Horseback Ride</td>
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<td></td>
<td>Cloister Kitchen and Wine Cellar Tour</td>
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<td></td>
<td>Pathfinder Program</td>
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<tr>
<td></td>
<td>Stand-Up Paddleboarding Lessons at Rainbow Island</td>
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<tr>
<td>11:15 a.m.</td>
<td>Teen Golf Clinic at the Golf Performance Center</td>
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<tr>
<td></td>
<td>Barre Fitness Class</td>
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<tr>
<td>11:30 a.m.</td>
<td>Marsh Horseback Ride at Rainbow Island Beginner’s Archery</td>
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<tr>
<td>1 p.m.</td>
<td>Family Salt Marsh Kayaking at Rainbow Island</td>
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<tr>
<td>1 p.m.</td>
<td>Beach Horseback Ride</td>
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<td>Family Swim in the Fitness Center Pool</td>
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<td>Marsh Horseback Ride at Rainbow Island Beginner’s Archery</td>
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<td>2 p.m.</td>
<td>Air Rifle Bull’s-Eye Hour</td>
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<td>2 p.m.</td>
<td>Stand-Up Paddleboarding Lessons at Rainbow Island</td>
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<tr>
<td>3 p.m.</td>
<td>Introduction to Falconry at Summit Park</td>
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<tr>
<td>3:30 p.m.</td>
<td>Tie Dye on the Beach Club Lawn</td>
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<tr>
<td>4 p.m.</td>
<td>Air Rifles Bull’s-Eye Hour</td>
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<tr>
<td>4 p.m.</td>
<td>Sea Island Tennis Academy: Rising Stars</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Restorative Stretch Fitness Class</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Kids’ Night Out</td>
</tr>
<tr>
<td>7–8 p.m.</td>
<td>Bagpiper at The Lodge</td>
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Kids’ or Family Activities ★ Special Event ▲ Reservations not required ● Available with Sea Island Beach Club Access
## Guided Kayak Fishing 2- and 3-Hour

### SUNDAY, JUNE 30
- **9 a.m.** Guided Kayak Fishing 2- and 3-Hour Tour at Rainbow Island
- **10 a.m.** Guided Kayak Fishing 2- and 3-Hour Tour at Rainbow Island

## Scenic Yacht Cruise

### SATURDAY, JUNE 29
- **6 p.m.** Sunset Kayaking at Rainbow Island
- **7 p.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island

## Rainbow Island

### FRIDAY, JUNE 28
- **8 a.m.** Family Salt Marsh Kayaking Tour at Rainbow Island
- **10 a.m.** Family Salt Marsh Kayaking Tour at Rainbow Island
- **10:30 a.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island

### SATURDAY, JUNE 29
- **7 a.m.** Guided Kayak Fishing 2- and 3-Hour Tour at Rainbow Island
- **10:30 a.m.** Family Salt Marsh Kayaking Tour at Rainbow Island

### SUNDAY, JUNE 30
- **9 a.m.** Marsh Horseback Ride at Rainbow Island
- **10 a.m.** Tiny Tykes Stable Tour & Ride

## Tennis Clinic: Intermediate to Advanced

### FRIDAY, JUNE 28
- **3 p.m.** Tennis Clinic: Intermediate to Advanced
- **5 p.m.** Tennis Clinic: Intermediate to Advanced

### SATURDAY, JUNE 29
- **3:30 p.m.** Under-the-Sea Workshop
- **4 p.m.** Targets for Teens

### SUNDAY, JUNE 30
- **11:15 a.m.** Barre Fitness Class
- **12 p.m.** Kayak Shore Lunch on Rainbow Island

## Nature Tour at Rainbow Island

### FRIDAY, JUNE 28
- **9:30 a.m.** Nature Tour at Rainbow Island
- **10:15 a.m.** Nature Tour at Rainbow Island

### SATURDAY, JUNE 29
- **10 a.m.** Nature Tour at Rainbow Island
- **11:30 a.m.** Nature Tour at Rainbow Island

### SUNDAY, JUNE 30
- **10 a.m.** Nature Tour at Rainbow Island
- **11 a.m.** Nature Tour at Rainbow Island

## Beach Horseback Ride

### FRIDAY, JUNE 28
- **3 p.m.** Beach Horseback Ride
- **4 p.m.** Beach Horseback Ride

### SATURDAY, JUNE 29
- **10 a.m.** Beach Horseback Ride
- **11:15 a.m.** Beach Horseback Ride

### SUNDAY, JUNE 30
- **9 a.m.** Beach Horseback Ride
- **10 a.m.** Beach Horseback Ride

## Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island

### FRIDAY, JUNE 28
- **2 p.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island
- **6 p.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island

### SATURDAY, JUNE 29
- **7 a.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island
- **9 a.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island

### SUNDAY, JUNE 30
- **9 a.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island
- **10 a.m.** Stand-Up Paddleboarding Salt Marsh Nature Tour at Rainbow Island
**SPECIAL EVENTS**

**★ Bingo in the Mizner Ballroom**  
**Monday, June 24 and Thursday, June 27, 5:30 p.m.**  
A Sea Island tradition continues! Card sales begin at 4:30 p.m.; game begins at 5:30 p.m. $5/card. A jacket, collared shirt, slacks or well-kept denim are required for gentlemen and boys over eight. Jackets are requested to remain on for the duration of the Bingo experience. Cocktail attire is recommended for ladies. Guests under the age of 18 must be accompanied by an adult. (Card sales will stop at 5:30 p.m. to comply with Georgia State Law.) **Reservations required.**

**★ Bingo in The Cloister Ballroom**  
**Thursday, June 27, 9 p.m.**  
A Sea Island tradition continues! Card sales begin at 8 p.m.; game begins at 9 p.m. $5/card. A jacket, collared shirt, slacks or well-kept denim are required for gentlemen and boys over eight. Jackets are requested to remain on for the duration of the Bingo experience. Cocktail attire is recommended for ladies. Guests under the age of 18 must be accompanied by an adult. (Card sales will stop at 9 p.m. to comply with Georgia State Law.) **Reservations required.**

**★ Beat the Frizz with Davines in The Salon**  
**Friday, June 28–Saturday, June 29, 10 a.m.–4 p.m.**  
Receive a complimentary product consultation and styling tutorial from Davines haircare professional, Ashley Bonavito, with the purchase of two Davines or Amika haircare products. **Reservations not required.**

**★ The Beach Bar**  
**Saturday, June 29–Sunday, June 30, 5–8 p.m.**  
From the moment you arrive you will be met with panoramic views ocean breezes. Choose a table by the Beach Bar and relax while the kids enjoy the outdoors. À la carte menu.  
**Reservations not required.**

**★ Rainbow Island Supper**  
**Saturday, June 29, 6:30–8:30 p.m.**  
Rainbow Island plays host to a relaxed and rustic family dining feast of authentic Southern cooking. $68/adult, $30/child. **Reservations required.**

**★ Summer Re-Boot Yoga Workshop**  
**Sunday, June 30, 10–11:30 a.m.**  
Join us in this 90-minute essential oil yoga workshop aimed to awaken your senses while stimulating an energetic increase. The use of essential oils during your practice aids by re-booting your energy and helps to calm the mind. Start your summer off with this fusion of vinyasa flow, pranayama, oils, and guided relaxation. Each participant will receive their own Naturopathica Re-Boot Aromatic Alchemy to take with them along with information on other essential oils that can help to increase health and vitality. Appropriate for all levels. $40/person. **Reservations required.**

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**NOW OPEN!**

**Beach Club Nature Center**  
**Monday–Saturday, 11 a.m.–1:45 p.m.**  
Closed Sunday

**Soul of the South Cookbook Set**  
**Featuring the recipes, history, and traditions of Sea Island and our sister resort, The Broadmoor.**  
See back page for hours of operation. Open 24 hours at shop.seaisland.com.
Dining Guide for June 23–30

From casual to fine dining, Sea Island’s exceptional dining venues offer cuisine to satisfy every taste.

**The Cloister**
- **Georgian Room $$$$ R**
  - A Southern–Refined Dining Experience
  - Dinner: 6–9 p.m., Tuesday–Saturday
- **Georgian Room Lounge $$**
  - Small Bites and Cocktails
  - Dinner: 6–9 p.m., Tuesday–Saturday
- **Tavola $$$ Δ**
  - An Authenticly Rustic Italian Eatery
  - Dinner: 5:30–10 p.m., daily
  - Bar: 5:30–11 p.m., daily
- **Tavola Breakfast $$**
  - 7–11 a.m., daily
- **River Bar and Lounge $$$**
  - A Classic–Style Braserie
  - Lunch: 11 a.m.–5 p.m., daily
  - Dinner: 5–10 p.m., daily
  - Late–Night Bites: 10–11 p.m., daily
  - Bar: 11 a.m.–12 a.m., daily (Sundays until 11 p.m.)

**In–Room Dining**
- Available 24 hours, daily

**The Cloister Adult Pool**
- 11 a.m.–dusk, daily

**The Solarium**
- Complimentary morning coffee: 6–10 a.m., daily
- Complimentary afternoon refreshments, 3–5 p.m., daily

**Resort Dress Code & Cancellation Policy**

**Dress Code for The Cloister: Tavola, River Bar and Cloister Breakfast**
Before 5 p.m., casual attire is acceptable. Tank tops and swim attire are not permitted. After 5 p.m., a collared shirt is required for gentlemen. Well–kept denim is acceptable. Tank tops and swim and fitness attire are not permitted.

**Dress Code for Southern Tide**
All Day: Casual, dry beach or swim attire is acceptable. Shirts, swimsuit cover–ups and footwear are required.

**Dress Code for The Lodge and Retreat: Oak Room Bar, Men’s Locker Room, and Davis Love Grill**
Before 5 p.m., casual attire is acceptable. Tank tops and swim attire are not permitted. After 5 p.m., a collared shirt is required for gentlemen. Well–kept denim and Bermuda shorts are acceptable. Tank tops, swim and fitness attire are not permitted.

**Appropriate Attire for Georgian Room, Colt & Alison, and Bingo**
- **Georgian Room**: a jacket, collared shirt, slacks or well–kept denim, are required for gentlemen and boys over eight. Jackets are requested to remain on for the duration of the dining or event experience. Cocktail attire is recommended for ladies.
- **Colt & Alison**: a collared shirt, slacks or well–kept denim is required for gentlemen and boys over eight. Jackets are recommended, but not required. Cocktail attire is recommended for ladies.
- **Bingo**: a jacket, collared shirt, slacks or well–kept denim is required for gentlemen and boys over eight. Jackets are requested to remain on for the duration of the Bingo experience. Cocktail attire is recommended for ladies.

**Appropriate Hat Wear**
Gentlemen’s hats and caps are not permitted in any of the indoor dining or bar venues. Gentlemen are permitted to wear hats in outdoor bar venues. Women are permitted to wear venue–appropriate hats and caps, e.g. athletic caps, prior to 5 p.m., and dressier hats before or after 5 p.m.

**Resort Cancellation Policy:**
- Events and activities (including Yacht Club, Fitness, Tennis, Spa, Golf, Shooting School, Camp Cloister, Bingo, and Equestrian) require 24–hour notice of cancellation.
- Dining requires cancellations to be made 6 hours prior to reservation. Failure to cancel within the noted time will result in a $25/person charge.
- Broadfield requires cancellations to be made 72 hours prior to reservation. Failure to cancel within the noted time frame will result in a $25/person charge (horseback riding and Broadfield will be charged the full cost of the activity).
- Restaurant reservations will be honored for a maximum of 15 minutes after the reserved time. After the additional 15 minutes have passed, the table will be released and your party will be placed on the list to be seated at the next available table.
- All no-show reservations, that are not canceled, will be charged the full rate of the event or activity (dining, fitness classes, and Bingo will be charged $25/person).

**Hours of Operation**

**Beach Club Nature Center**
Monday–Saturday: 11 a.m.–1:45 p.m.

**Cottage Rentals**
Daily, 8:30 a.m.–5 p.m.

**Fitness Center**
Monday–Thursday, 6 a.m.–8 p.m.
Friday–Saturday, 6 a.m.–7 p.m.
Sunday, 7 a.m.–7 p.m.

**Fit Fuel Café**
Monday–Saturday, 8 a.m.–2 p.m.

**Golf Pro Shop at the Lodge**
Daily, 7 a.m.–7 p.m.

**Golf Pro Shop at Retreat**
Daily, 7 a.m.–6 p.m.

**Golf Performance Center**
Daily, 7:30 a.m.–6:30 p.m.

**Peter Millar Collection**
Daily, 10 a.m.–6 p.m.

**Sea Island Properties**
Monday–Saturday, 9 a.m.–5 p.m., Sunday, 1–5 p.m.

**Sea Island Tennis Center**
Daily, 8:30 a.m.–6 p.m.

**Shooting School**
Daily, 9 a.m.–5 p.m.

**Sea Island Kids’ Shop**
Daily, 9 a.m.–7 p.m.