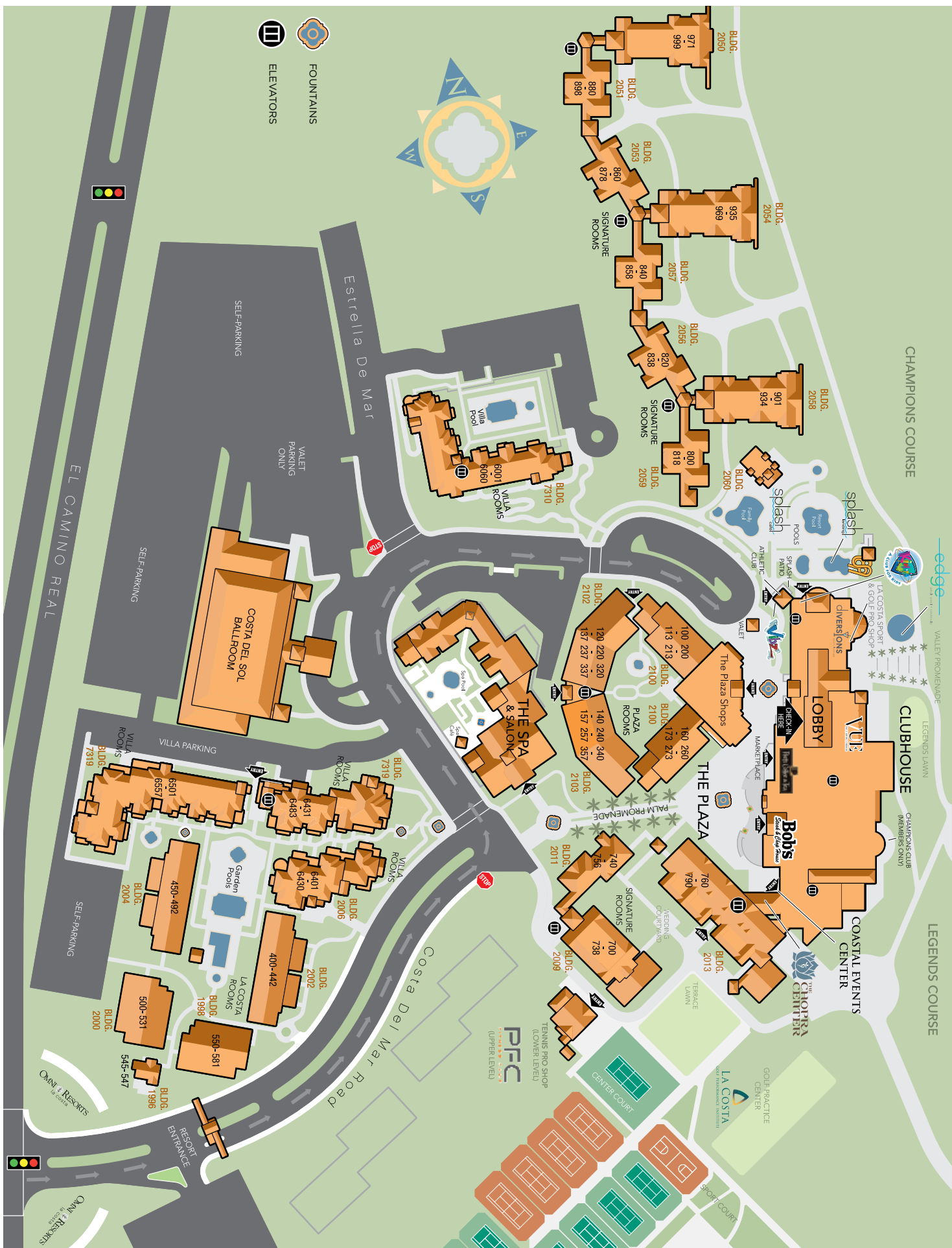
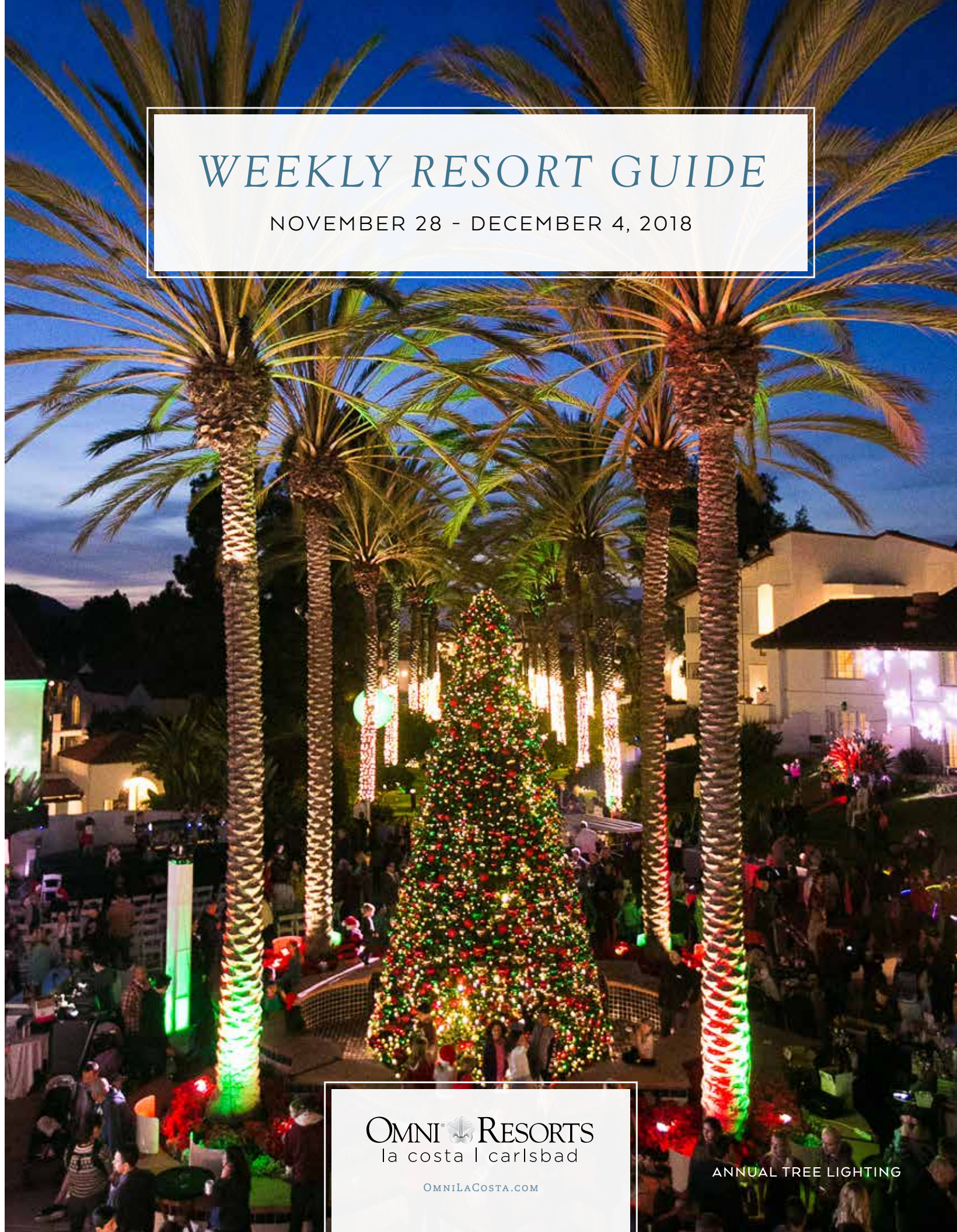


# WEEKLY RESORT GUIDE

NOVEMBER 28 - DECEMBER 4, 2018



POOL HOURS DAILY 8:30am-10pm | WATERSLIDE HOURS DAILY 10am-4pm, Subject to change



OMNI RESORTS  
la costa | carlsbad

OMNILACOSTA.COM

ANNUAL TREE LIGHTING

# WEDNESDAY 11/28

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR
  - 5-9pm **Kidtopia After Dark** • PV/RR

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 10-11am **Adult Tennis Drill** • \$30
  - 10-11am **Tennis 101 (beginners)** • \$30
  - 11am-12pm **Tennis 201 (advanced beginners to intermediate)** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult
  - 3:30-4:30pm **Junior Tennis Class (Ages 8-13)** • \$25
  - 4-6pm **Junior Tennis Class (ages 10+)** • \$40
  - 4:30-5:30pm **Junior Tennis Class (ages 6-7)** • \$25
  - 6-7:30pm **Int-Adv Adult Tennis Drill** • \$45

- ATHLETIC CLUB | Ext. 7474
- 6:30-7:20am **Plyometric Power** • \$10
  - 7-7:50am **Morning Walk & Stretch @ Plaza Fountain** • Free
  - 8-8:50am **TRX** • \$15
  - 9-9:50am **Body Sculpt** • \$15
  - 9-9:50am **Vinyasa Flow Yoga @ Yoga Center** • \$15
  - 9-9:50am **Spin** • \$10
  - 10-10:50am **TRX** • \$15
  - 10-10:50am **Gentle Yoga @ Yoga Center** • Free
  - 10-10:50am **Cardio Power** • \$10
  - 11-11:50am **Deep Stretch** • \$10
  - 12-12:50pm **Interval Spinning** • \$15

- CHOPRA CENTER | 760.494.1648
- 7:45-8:15am **Meditation** • Free
  - 6-6:30pm **Meditation** • Free

# THURSDAY 11/29

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR
  - 12-12:45pm **Art of Aromatherapy @ Spa** • Free

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 10-11am **Adult Tennis Drill** • \$30
  - 1-2pm **Cardio Tennis** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult
  - 3-3:45pm **Junior Tennis Class (ages 4-5)** • \$25
  - 3-5pm **Pickleball Open Play** • \$10
  - 4-4:45pm **Junior Golf Clinic (ages 4-14)** • \$30
  - 4-6pm **Junior Tennis Class (ages 10+)** • \$40

- ATHLETIC CLUB | Ext. 7474
- 6:30-7:20am **Spin** • \$10
  - 7-7:50am **Power Walk @ Plaza Fountain** • Free
  - 9-9:50am **Body Sculpt** • \$15
  - 9-9:50am **Outdoor Bootcamp** • \$15
  - 9-9:50am **Gentle Yoga @ Yoga Center** • Free
  - 10-10:50am **TRX** • \$15
  - 10:30-11:45am **Zumba™ Cardio & Core** • \$15
  - 12-12:50pm **Circuit Training** • \$10
  - 5:30-6:20pm **Performance Cycle** • \$15

- CHOPRA CENTER | 760.494.1648
- 7:45-8:15am **Meditation** • Free
  - 6-6:30pm **Meditation** • Free

# FRIDAY 11/30

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR
  - 5-9pm **Kidtopia After Dark** • PV/RR
  - 6-8pm **S'mores @ Plaza** • Free

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 9-11am **Tennis "Queen of the Court"** • \$25
  - 10-11am **Adult Tennis Drill** • \$30
  - 10-11am **Tennis 101 (beginners)** • \$30
  - 11am-12pm **Tennis 201 (advanced beginners to intermediate)** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult
  - 3:30-4:30pm **Junior Tennis Class (ages 6-7)** • \$25
  - 4:30-5:30pm **Junior Tennis Class (ages 8-13)** • \$25

- ATHLETIC CLUB | Ext. 7474
- 6:30-7:20am **Plyometric Power** • \$10
  - 7-7:50am **Spin** • \$10
  - 7-7:50am **Morning Walk & Stretch @ Plaza Fountain** • Free
  - 9-9:50am **Spin** • \$10
  - 9-9:50am **Body Sculpt** • \$15
  - 9-9:50am **Vinyasa Flow Yoga @ Yoga Center** • \$15
  - 10-10:50am **Gentle Yoga @ Yoga Center** • Free
  - 10-10:50am **Cardio Power** • \$10
  - 11-11:50am **Deep Stretch** • \$10
  - 11-11:50am **Aqua Tone @ Garden Pool** • Free

- CHOPRA CENTER | 760.494.1648
- 7:45-8:15am **Meditation** • Free
  - 6-6:30pm **Meditation** • Free

# SATURDAY 12/1

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR
  - 1-7pm **10th Annual Carols of Carlsbad & Tree Lighting @ Plaza** • Free
  - 6-8pm **S'mores @ Plaza** • Free

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 9-10am **Junior Tennis Class (ages 4-5)** • \$25
  - 9-11am **Tennis "King of the Court"** • \$25
  - 10-11am **Adult Tennis Drill** • \$30
  - 1-2pm **Junior Tennis Class (ages 8-13)** • \$25
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2-2:45pm **Junior Golf Clinic (ages 4-14)** • \$30
  - 2-5pm **Pickleball Open Play** • \$10
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult

- ATHLETIC CLUB | Ext. 7474
- 8-8:50am **Circuit Training** • \$10
  - 9-10:15am **Interval Spinning** • \$15
  - 10:30-11:20am **TRX** • \$15

- CHOPRA CENTER | 760.494.1648
- 9-10am **Intro to Meditation** • Free
  - 10:30-11:30am **Chopra Yoga** • Free

# SUNDAY 12/2

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 10-11am **Adult Tennis Drill** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2-5pm **Pickleball Open Play** • \$10
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult

- ATHLETIC CLUB | Ext. 7474
- 9-9:50am **Body Sculpt** • \$15
  - 10-10:50am **Pilates Yoga Fusion @ Athletic Club** • \$10

# MONDAY 12/3

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 10-11am **Adult Tennis Drill** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult
  - 3-3:45pm **Junior Tennis Class (ages 4-5)** • \$25
  - 4-6pm **Junior Tennis Class (ages 10+)** • \$35

- ATHLETIC CLUB | Ext. 7474
- 6:30-7:20am **Plyometric Power** • \$10
  - 7-7:50am **Morning Walk & Stretch @ Plaza Fountain** • Free
  - 7-7:50am **Spin** • \$10
  - 8-8:50am **Mat Pilates** • \$10
  - 9-9:50am **Body Sculpt** • \$15
  - 9-9:50am **Vinyasa Flow Yoga @ Yoga Center** • \$15
  - 9-9:50am **TRX** • \$15
  - 10-10:50am **Zumba™** • \$15
  - 10-10:50am **Gentle Yoga @ Yoga Center** • Free
  - 11-11:50am **Deep Stretch** • \$10
  - 12-12:50pm **Interval Spinning** • \$15
  - 5:30-6:20pm **Gentle Yoga @ Athletic Club** • Free

- CHOPRA CENTER | 760.494.1648
- 6-6:30pm **Meditation** • Free

**FOR MORE INFORMATION**

Call the concierge at Ext. 23.

**KEY**

PV= Prices Vary  
RR= Reservations Required  
\*Golf and tennis activities require advanced reservations.

Schedule is subject to change.

Must be 12 years or older to attend group classes at Athletic Club.

Children must be 48" or taller to ride the two large waterslides and 36" or taller to ride our toddler slide.

# TUESDAY 12/4

- RESORT ACTIVITIES | Ext. 29
- 8am-3pm **Kidtopia Kids Club** • PV/RR

- GOLF | TENNIS | \*Reservations Required
- 9-10am **Adult Tennis Drill** • \$30
  - 10-11am **Adult Tennis Drill** • \$30
  - 1-2pm **Cardio Tennis** • \$30
  - 2-3pm **Adult Tennis Drill** • \$30
  - 2:30pm-Dusk **Free Golf for Kids\*** • w/ paying adult
  - 3-5pm **Pickleball Open Play** • \$10
  - 3:30-4:30pm **Junior Tennis Class (ages 6-7)** • \$25
  - 3:30-4:30pm **Junior Tennis Class (ages 14-18)** • \$25
  - 4-4:45pm **Junior Golf Clinic (ages 4-14)** • \$30
  - 4:30-5:30pm **Junior Tennis Class (ages 8-13)** • \$25
  - 5:30-7pm **Tennis Men's Night** • \$25

- ATHLETIC CLUB | Ext. 7474
- 6:30-7:20am **Spin** • \$10
  - 7-7:50am **Power Walk @ Plaza Fountain** • Free
  - 9-9:50am **Body Sculpt** • \$15
  - 9-9:50am **Outdoor Bootcamp** • \$15
  - 9-9:50am **Gentle Yoga @ Yoga Center** • Free
  - 10-10:50am **TRX** • \$15
  - 10:30-11:45am **Zumba™ Cardio & Core** • \$15
  - 12-12:50pm **Circuit Training** • \$10
  - 5:30-6:20pm **Performance Cycle** • \$15

- CHOPRA CENTER | 760.494.1648
- 7:45-8:15am **Meditation** • Free
  - 6-6:30pm **Meditation** • Free



**EXPERIENCE RELAXATION LIKE NEVER BEFORE**  
Treat yourself at the world-renowned Spa at La Costa. Reach deeper levels of relaxation and radiant skin with innovative new treatments, monthly specials, weekly aromatherapy classes and a refreshed café menu.

Experience true tranquility and immerse yourself into a luxurious spa experience unlike any other.



**SHOP OUR HOLIDAY MARKET**  
On December 1, shop our holiday market during our annual Tree Lighting event, featuring brands like Cassiano Designs, UNIKO, Bella Grace and more.

Discounts apply to regularly priced merchandise only. Exclusions apply.



**GOLF PERFORMANCE INSTITUTE**  
Surf the Earth and get around the course in style with these new electric vehicles. Golfboard upgrades start as low as \$20 for nine holes. To experience a Golfboard, you must first view a safety video and sign the liability waiver.

Play on our championship courses with lush fairways and smooth greens suited for all ages and ability levels. La Costa guests may take advantage of preferred rates starting as low as \$75/player.

\* Grab a 4-seater golf cart and take advantage of our Family Golf Program. When you book your tee time after 2:30pm, your kids 15 and under can rent complimentary clubs, plus learn and play with you for free. Visit the Golf Pro Shop or call for details.



**10<sup>TH</sup> ANNUAL CAROLS OF CARLSBAD & TREE LIGHTING**  
SATURDAY, DECEMBER 1, 1-7PM  
Celebrate the beginning of the holiday season with a festive tree lighting plus a visit from our skydiving Santa (weather permitting).  
Sip hot chocolate and cider, and enjoy Carols of Carlsbad, a showcase of holiday music performed by children from the Carlsbad School District on the festive Plaza. You can also enjoy food, crafts and fun for the whole family.

**SCHEDULE OF EVENTS**  
1-4pm: Holiday market  
Carolers performances  
Cookie decorating  
4pm: Santa arrives  
4-5pm: Pictures with Santa  
5:15pm: Tree lighting



**BOB'S STEAK & CHOP HOUSE**  
Bob's is known for its flavorful filets, the iconic, larger than life, glazed carrot, stiff drinks, and impressive wine list. Reservations highly recommended. Join us Fridays and Saturdays for live music on Bob's patio.  
**DINING** MON-SAT 5-10pm  
**SUN** Closed  
**LOUNGE** MON-THURS 4:30-10pm  
**FRI-SAT** 4:30-11pm  
**SUN** Closed

**VUE**  
A lively and contemporary restaurant with an outdoor dining patio and magnificent "VUEs" of championship golf courses and lush green rolling hills. This signature restaurant features creative dishes, a unique selection of craft brews, wines and cocktail offerings. Enjoy a sunrise breakfast or check out the all day dining menu for a leisurely meal the whole family will enjoy.  
**BREAKFAST** Mon-Fri 7-11am, Sat-Sun 7-10am  
**BRUNCH** Sat-Sun 10am-3pm  
**ALL DAY DINING** Mon-Fri 11am-9pm, Sat-Sun 3-9pm

**DIVERSIONS**  
For a nightcap, refreshing draft beer, and cocktails Diversions is the perfect place to watch top sporting events. Catch your favorite team on the big screen while you enjoy Chef's signature menu, and on Sundays check out the "Sunday Fanday" menu with game day grub like Mile High Steak Nachos. Guests under 21 years of age are welcome until 7pm.  
**ALL DAY DINING** MON-FRI 4pm-10pm  
**SAT-SUN** 10am-10pm  
**BAR & LOUNGE** MON-FRI 4pm-12am  
**SAT-SUN** 10am-12am

**MARKETPLACE**  
Offering a unique assortment of grab-and-go gourmet sandwiches, wraps and house made pizzas. With Peet's Coffee®, sweet treats like ice cream, chocolates, cocktails and wine to-go, it's also the perfect place to shop for one-of-a-kind La Costa gifts and travel essentials.  
**OPEN 24 HOURS, DAILY**