

# the bodyholiday

LeSPORT



Sports and Activities

Give us your body for a week  
and we will give you back your mind

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## What's included in your holiday price

Only you and your body know what you want from a holiday. At The BodyHoliday we give you the opportunity to create a truly personal holiday experience. And we start you off with the essentials for enjoying an active beach holiday. Ask about our BodyAware programme that you can pre-book.

If you feel the need for renewal, we've included rejuvenating body treats at the wellness centre. If you like exploring exotic landscapes set your compass on our walks and bike tours that will introduce you to hundreds of years of colourful history. If you like being on the go with sports, no resort in the Caribbean can surpass our variety. And if you simply seek pleasure as a way of life, you can look forward to indulging in the luxurious accommodation, food and drink.

And, by the way, it feels good to have no need for pockets!

### **The price of your room includes:**

- Unlimited use of all the facilities at the resort
- Breakfast, lunch and dinner daily, including afternoon tea
- All beverages including premium brand alcohol and wine by the bottle at dinner
- Fitness and relaxation classes including; step aerobics, tai chi, yoga, Pilates, meditation, master classes, studio circuit training, martial fun, morning walks, bike tours, gymnastics, BodySPIN, BodySPIN Beginners and BodySpinMax
- One (50-minute) spa treatment at the wellness centre, our award winning spa, daily except arrival and departure days. For more detailed information about your included treatments visit – <http://www.thebodyholiday.com/wellness-centre/inclusive-treatments>
- Land and water sports including motorized water sports and morning and afternoon shore dives
- On-property Golf Academy; Complimentary Golf Lesson
- Complimentary tennis lessons
- General Manager's Cocktail Party
- Nightly evening entertainment
- Taxes and gratuities
- One (30) minute complimentary personal training session per week



## BodyAware® Programme

### BodyAware® Programme

- 1 Lifestyle Consultation
- 1 Health and Fitness Assessment
- 4 Personal Training Sessions
- 2 Nutrition Consultations
- Take-home Health Plan
- Ongoing support

The ultimate lifestyle, nutrition and exercise guide for anyone who needs to kick start or simply re-focus on a new, educated mindset in exercise and dietary habits. This BodyAware® journey will last for 6 days and will leave no stone unturned in its quest to set realistic goals for you to implement and carry forward on your return home.

BodyAware® is unique to The BodyHoliday. We believe this truly encapsulates our mission to provide you with the tools, know-how and enthused momentum to take home and enhance the quality of your life. Please ask at the Activities desk for more details.

**Duration: 6 days US\$450**

### BodyGolf

If you are a keen golfer wanting to take your game to the next level, the BodyGolf strength and conditioning session is for you. After an initial assessment you will go through an individualised programme that is scientifically designed to improve integration and synchronisation of your whole body. Enhance your performance and reduce your risk of injury by improving your flexibility, stability, strength, and power.

**Duration: 1 hr 45 mins US\$95**

## BodyBox

Put some umph into your BodyHoliday and become one with the techniques needed to achieve boxing perfection. Learn the basics of the jab, cross and uppercut or take your skills up a level with elbows, body shots and finishers; once your punch packs enough power a cardio-vascular routine will finish the session with a bang.

**Duration: 60 mins US\$75**

## BodyStats

A comprehensive health and fitness assessment that enables you to review your current physical condition and helps ensure your continued health and wellbeing. You will find out your metabolic rate, body fat %, muscle mass, hydration levels, body mass index, waist-to-hip ratio, blood pressure, and cardiovascular fitness level.

**Duration: 45 mins US\$50**

## NutriAware

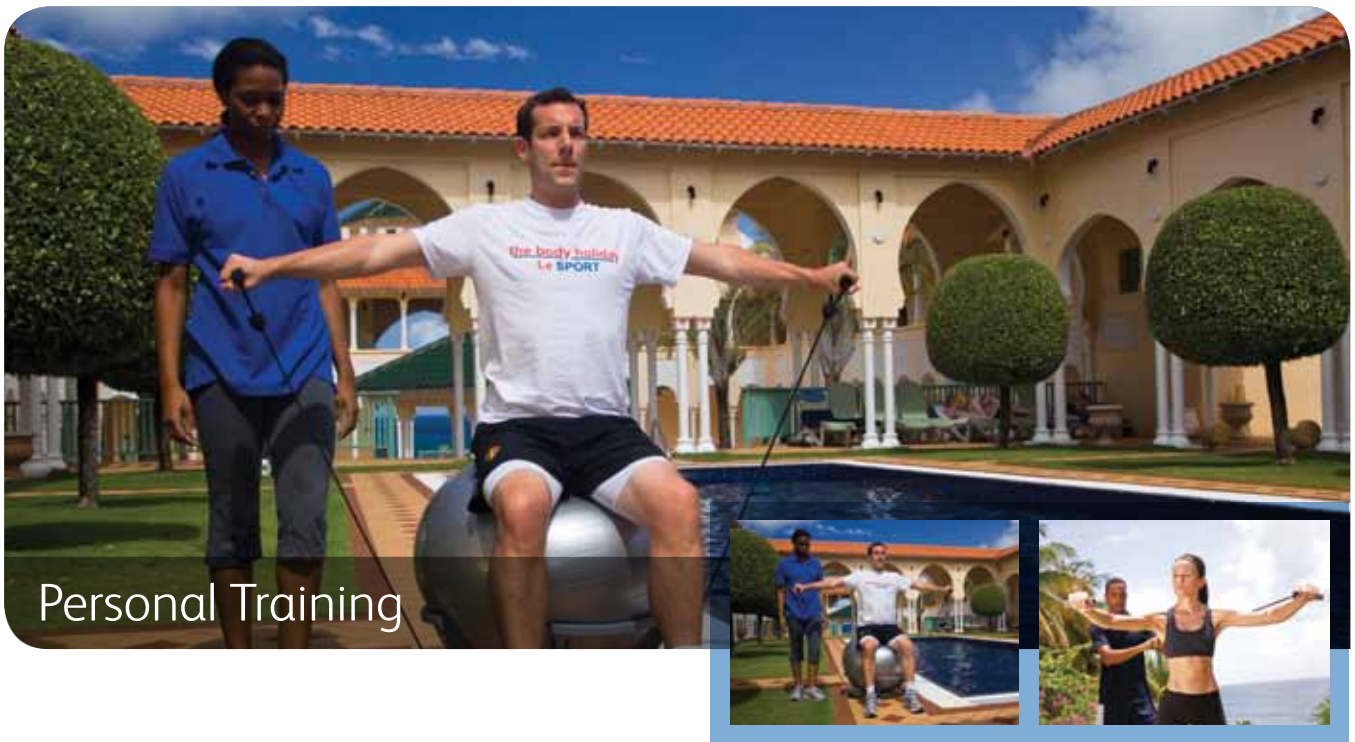
Nutrition and lifestyle consultation that will not only educate you about optimal nutrition, but more importantly, it will teach you how to incorporate healthy eating habits into your daily life. In addition to learning healthy alternatives when eating in or eating out, you will be given behavioural modification strategies necessary for long term success.

**Duration: 1 hr 30 mins US\$100**

## BodyFitness Session

Fat loss, toning, core strengthening and injury rehabilitation are just some of the goals these Personal Training Sessions can help you achieve. Don't feel like the gym? We offer fitness and boxing on the beach.

**Duration: 60mins US\$75**



## Personal Training

We are proud of all our personal trainers, all of whom understand how important it is to us to make you feel like the only guest having a one on one session. Felix, a past Mr. Commonwealth, truly knows how to have fun and enjoy an exhilarating session.

### Intro to Personal Training

Our Introductory session provides you with a mildly challenging workout combining elements of Cardiovascular, Resistance and Stretches. We pay special attention to your abilities, training needs, and weaknesses.

**60 minutes US\$65    30 minutes US\$45**

### Basic Resistance Training

This first step in resistance training is where we challenge your strength and endurance. They'll be worked almost to the point of resistance fatigue - but never to the point of overtraining. After the warm up, depending on your training level and experience, we will work through a range of resistance exercises including free weight, fixed weight and body weight that covers the entire body by utilizing compound exercises. The workout is followed by a comprehensive assisted stretch.

**US\$60**

## Functional Cardiovascular Training

This is a studio-based session, using a combination of exercises and drills to give you a medium-to-high intensity cardiovascular workout customised to your individual fitness level. This workout may include some body weight resistance exercises as well. The workout is finished with a comprehensive assisted stretch.

**US\$100**

## Total Body Assisted Stretch

After a gentle warm up and mobility session, you will receive a comprehensive full-body assisted stretch using the principles of PNF (Proprioceptive Neuromuscular Facilitation) in the developmental muscles.

**US\$60**

## Personal Challenge

Using the experience of the first four sessions, a final workout combines elements of Cardiovascular, Resistance and Stretches, based on your abilities, needs and weaknesses, and pushes them to their personal best.

**US\$60–100**



## Tennis at The BodyHoliday

Tennis lessons are held in groups of six (6) persons per 45 minute sessions

9:00 a.m. to 9:45 a.m. Monday to Friday for the Introductory Tennis Level

10:00 a.m. to 10:45 a.m. Mondays to Wednesdays plus Friday's for the Intermediate Tennis Level.

Additional 1/2 hour and 1 hour individual Tennis Sessions are available between 4:00 p.m. to 6:00 p.m. at US\$35 & US\$50 respectively; and must be booked at least 24 hours in advance.

Also available is one (1) Charged Introductory and Intermediate Tennis Group Lesson per week – maximum of six (6) persons – for guests on Saturday's between 09:00 a.m. to 10:00 a.m. and 10:30 a.m. to 11:30 a.m. respectively, at US\$20 per person.

A weekly tennis competition between guests is also held on Thursday's from 10:00 a.m. to noon.

One of the courts is reserved permanently for the tennis pro to conduct classes. However, if court is not booked, then guests are welcome to play.

Tennis attire must be worn at all times, i.e. Shorts (or Tennis Skirts), T-Shirts and Tennis Shoes or non-marking running shoes. This is to be strictly adhered to.

The courts are open 24 hours and are available for our guests at all times.



## Golf at The St Lucia Golf & Country Club



Play as much golf as you want at a terrific price.

Nine Holes of Golf - US\$75 includes transfers to and from the golf club, green fees and cart rental.

Play 18 Holes Pay for 9 holes receive the second nine FREE!

Regular price for players not staying at The BodyHoliday US\$135.

Additional group lesson on property US\$20 per person.

Driving Range lesson at Golf & Country Club 45mins – US\$50.

Putting and Chipping at Coubaril Valley – US\$40.

Course Management at Golf & Country Club 2 hours – US\$155 includes green fees, clubs and cart.

PLAYER	A	B	C	D	Handicap	Score	Net	Strokes	Par
PLAYER A									
PLAYER B									
PLAYER C									
PLAYER D									
WAVE FEE	044	070	102	068	000	000	000	000	000
GREEN FEE									
Cart									
Handicap									
Net									
Strokes									
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## Soft Adventure



## Walk on the Wild Side

Walk on the Wild Side is The BodyHoliday's Soft Adventure Programme.

These soft adventure escapades take you trekking through rivers, walks in the rain forest, hikes to view scenic island vistas, and up mountains because they're what we're most famous for! One truly memorable experience can include an overnight giant turtle spawning watch when in season.

You will be able to see parts of St Lucia many visitors miss, and enjoy the natural beauty of our island.

We provide you with all the equipment you will need including back packs, food containers and water bottles. Your guide will be equipped with first aid items, ropes and other necessary equipment. A full colour brochure will be placed in your room to set the scene. So come and explore the beauty of St Lucia and take a walk on the wide side!

## River Doree

This scramble has been called thrilling, inspiring, wild, exhilarating and awesome! You abseil (Rope down.) Our guides will instruct you into a 120 foot gorge onto the sand bank of a shallow river. You get closer to wild flora and hummingbirds on the way down.

What you should bring:

- Sneakers or running shoes
- Waterproof camera
- Small backpack for a towel

If you have second thoughts about doing the abseil, you can hike to the landing area. This 2-hour trek is adventurous and requires a high level of fitness.

**US\$120**

## En Bas Saut

Two hours drive into Fond St. Jacques (The Valley Of The Green Parrots). This hiking trail takes you into the interior of the island into the Edmund Rainforest where the challenge of the En Bas Saut (Under The Waterfall) trail begins. The hike will take about 40 minutes down-hill into the waterfall where you may have a refreshing swim before taking the exit trail for about 50 minutes.

This tour leaves the hotel at 7:00am and you should be back for 3:00pm.

What you should bring:

- hiking boots
- trainers or sneakers.

The cost includes:

- lunch
- transport
- admission fees.

You will need to be fit. Tours can be altered to suit your needs. US\$110

## Pitons

The Pitons are the famous landmark of the Caribbean and have been recently declared a World Heritage Site. The Twin Mountains, Gros and Petit Piton stand side by side on the island's west coast. Our tour ascends the majestic Gros Piton, the bigger of the two. At the summit, you will revel in the magnificent, breath-taking views.

**US\$130**

## Turtle Watch

Giant leather-back turtles come out of the sea to lay their eggs in the sand during the late spring and early summer. These giant turtles can grow up to 8 feet in length and 1,200 pounds. You will drive through the Grand Anse Reserve, to see the Leather-backs on a protected mile-long beach.

This is an interesting educational excursion that will provide memories to last your entire lifetime.

You will camp overnight under canvas and enjoy morning tea with the rising sun. Availability is seasonal.

**US\$120**



## Beautiful Oceans Coral Reef Biology Courses

As part of our commitment to the environment and our mission to provide dynamic new activities for our guests, we teach Beautiful Oceans Coral Reef Biology Courses.

Beautiful Oceans Coral Reef Biology Courses represent a new and exciting experience for scuba divers and snorkelers. Whether you are a budding marine biologist, or simply wish to understand a little more of what you see on your dives and snorkels, these courses will help you gain unique insight into the coral reef ecosystem, uncover hidden treasures, and help you enhance your in-water experiences.

### Beautiful Oceans course “Coral Reef Architecture & Organisms”

This course explains the typical zones of a coral reef, from the beach to the drop-off, helping you orient yourself as you explore the ecosystem. This course introduces 15 of the coral reef’s most interesting organisms, from sponges to stingrays, explaining where you should look for certain creatures and why they are located in these areas.

You will learn how important coral reefs are to our entire planet. You will learn how to help protect coral reefs. You will recognise unique behaviours, and understand the answers to questions, such as why fishes form schools, why corals change shape with depth, and why damselfishes are so aggressive towards other creatures, among many other things.

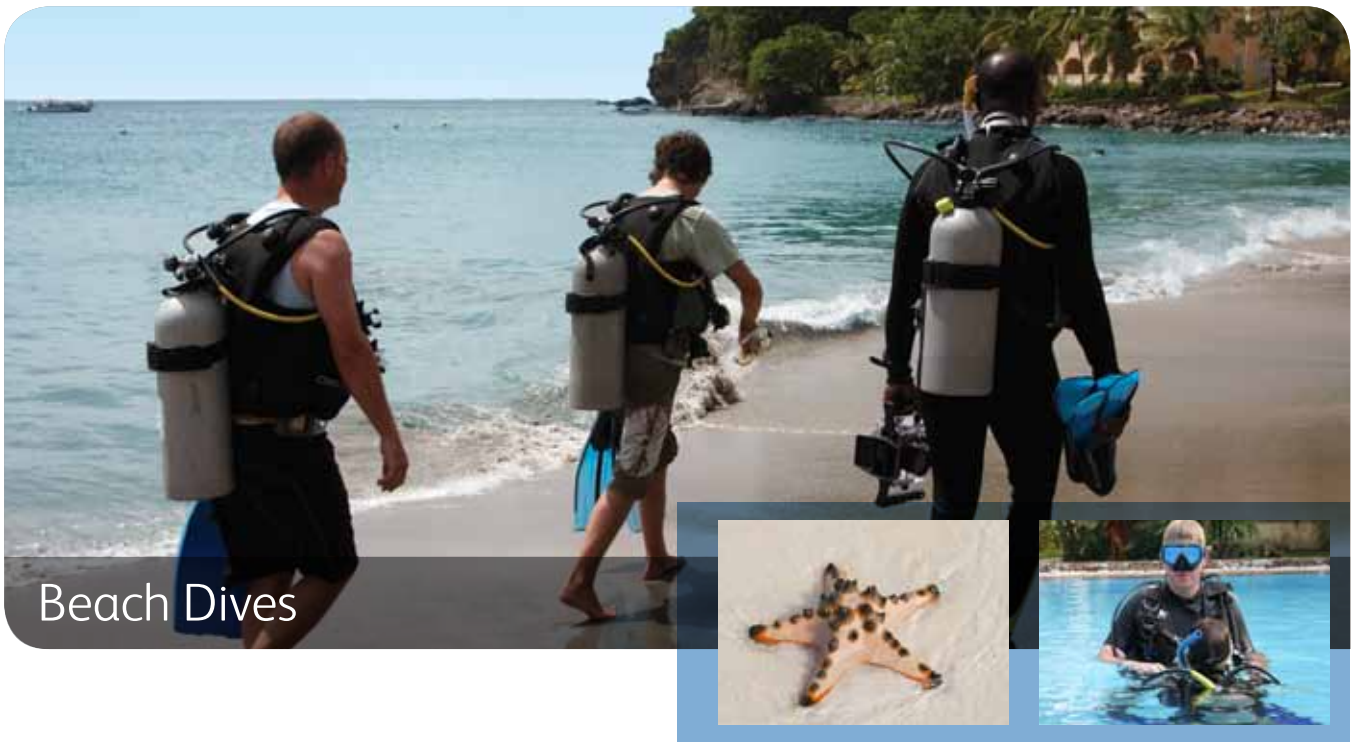
This course includes:

- In-class tuition
- Beautiful Oceans full-colour manual
- Three water resistant dive slates with species and their behaviour
- One year access to Beautiful Oceans’ Academy – an online learning environment with interactive quizzes and underwater video footage.
- Guided open water dive (or guided snorkel for non-divers)
- Plastic certification card

Minimum Age: 12 years. Schedule: Two and a half hour morning session in-class, plus afternoon dive/snorkel

**US\$160 (snorkel US\$140)**

Beautiful Oceans courses are for the whole family, not just the certified scuba divers; the in-water component of each course can include a guided snorkel, rather than dive if you prefer. Beautiful Oceans courses are included in our FastTrack system. Your full-colour manual and online access codes can be delivered to your door before you travel to St. Lucia.



## Beach Dives

Daytime beach dives are included in the price of your holiday.

## Discover Scuba Diving

For those who are not certified divers, we offer a PADI (Professional Association of Diving Instructors) programme. It includes a 45-minute classroom session, 45 minutes in the pool, then an ocean dive to a maximum depth of 20ft /6m on our beautiful reef right in front of the resort. An instructor will accompany you at all times. The dive is very safe and loads of fun! Included in the price of your holiday

## Non-Certified Diver Special – Fast Track

We offer the PADI Open Water Certification programme. Your cost includes: All course material, 5 dive session videos, 5 pool sessions, and 4 open water sessions.

**US\$600**

## Certified 3-Dive Special

Our 3-dive special for certified divers includes: All equipment, wet suit rental, three 2-tank boat dives and a BodyHoliday t-shirt.

**US\$325**

## Certified 4 – Dive Special

Our 4-dive special for certified divers includes: All equipment, wet suit rental, four 2-tank boat dives and a BodyHoliday polo shirt.

**US\$400**

## Non Certified Diver Special

- PADI Open Water Certification
- All course material
- 5 video knowledge dive sessions
- 5 pool sessions
- 4 open water sessions
- Two 2-tank boat dives

**US\$600**

## PADI Scuba Diver

Once you have completed the Discover Scuba Diving program, you can become a certified diver by enrolling in the PADI Scuba Diver course, which is only ONE extra day.

The PADI SCUBA DIVER Certification is the perfect course if you want to dive but don't want to spend too much time reading. This course gives you a worldwide license to go diving. Max 40ft /12 m but you must be accompanied by a PADI Professional. This certification carries a supplementary charge.

**US\$275**

## PADI Open Water

This course is conducted over a 3 to 4 day period. You will need to attend a four-hour session each day, which can be organized to fit your schedule. Once you become certified, you will receive a certification card, which will allow you to dive with any dive operation around the world with no further training.

**US\$450**

## Other Courses

**We offer:** Advanced, Open Water Rescue, Dive Master Courses and eleven Specialties.

All Scuba, air fill and regulators, bcDs, weights and boat trips are inclusive with the cost of each dive certification course. Wet suits are US\$10.00.

The Scuba Diving team will need to check your fitness level using a medical questionnaire in order to determine that you have no contra-indications, which could create a health hazard during your dive.

**Clothing:** Swimsuit, 'T' shirt, shorts or personal wet suit. The BodyHoliday LeSPORT also offers a Fast Track Scuba Training course for most levels of certification.

**Night dives off-shore are US\$65.00**

**Night dives via boat are US\$75.00**



## Dive Sites in Saint Lucia

### Virgin's Cove

Is a sheltered lagoon, with a fantastic coral garden with a resident 4-foot Barracuda. The The dive site starts with a plateau around 40 feet – 12 metres but it slopes down to 100 feet – 30 meters. Here we will see big Yellow tale Snappers and fabulous coral formations.

### La Roche (Barrel 'O' Beef)

Is a small island a quarter mile off Pigeon Island and ten minutes from the resort. See enormous lobsters and big schools of Southern Senetts, which are the same family as the Barracuda. The maximum depth here is 50 feet – 15 meters and the landscape is like small canyons.

### Petit Trou (the small hole)

Is one of the dive sites that offers the most variety of fish, from the small damselfish to the Southern Sting ray. There are a lot of moray eels and scorpion fish around; there are also a lot of different Snappers here. If we are lucky we can also see a Frogfish. The dive sites range from around 15 feet – 5 meters to around 40 feet – 12 meters.

### Secret Garden

Five minutes from the resort, is part of an area covered in coral that lies just above Pigeon Island. Maximum depth is 40 ft /12 m. Here we see hundreds of sea fans and sea plums following the gentle movement of the sea. This "secret" holds many crevices in the rocks for divers to explore. Amongst the normal species are lobsters, octopus, flamingo tongue, and colourful yellowtail damsel fish or disco fish as we call them.

## Turtle Reef

This crescent-shaped reef on the west coast of the island is a favourite with many divers. It drops quickly from a plateau area of around 40 feet to over 150 feet. From the spectacular pillar coral and barrel sponges in the shallows, to the deeper soft corals and ledges, this reef has a lot to offer. The occasional turtle has been known to visit, but even if not in evidence, there will be plenty of other creatures to keep divers happy.

## Fairy Land

Adjacent to the Turtle reef, starting at the West Point, is the beautiful location of Fairyland. This area on a major headland is subject at times to very strong currents; this has the benefit of giving the site excellent visibility, and keeping the corals and sponges very clean so that they sparkle with their vibrant colours. The plateau area slopes gently from 40 to 60 feet; the dives are usually 50 feet and shallower on this site. Large boulders offer a number of nooks and crannies in which fish shelter. All over the reef are large numbers of schooling fish, particularly chromes and creole wrasse. Turtles are occasionally seen on Fairyland.

## Key Hole Pinnacles

This is probably the most visually stunning dive site. Four spectacular volcanic peaks rise dramatically from the depths to within a few feet of the surface. These are encrusted with a profusion of black and orange gorgonia, and this lacy network provides shelter for trumpet fish, filefish, and sometimes seahorses. Larger fishes such as grouper, jack and snapper, can be spotted around the Pinnacles.

## Superman's Flight

Located right at the base of the spectacular Petit Piton Mountain, whale-shark and humpback-whales have been observed passing by. The cliff face here was used as a setting for the film Superman 2, where Superman was filmed flying down the cliff face down above water, while divers fly along it below the surface. There are often strong currents on this site, which help to give it good visibility. The steep slope here is covered with beautiful soft corals, and there is a great profusion of fish life.

## Piton Wall

Also at the base of Petit Piton, this dramatic wall falls from the surface to many hundreds of feet below. Sea whips, gorgonia, delicate soft corals and lots of large feather dusterworms, make this a colourful location.

## Coral Gardens

Further south is the Petit Piton's sister mountain, Gros Piton. At the base of this is Coral Gardens, a steep slope with a variety of coral species and large barrel sponges. The unusual sargassum-trigger-fish can be spotted in the deeper areas here, and occasionally large schools of barracuda take up residence. As with many of the dive sites, divers must be careful to monitor their depths, as the slope continues for hundreds of feet.

## Grande Caille

Patois for “Great House,” Grande Caille has long been known as home for big fish. Unfortunately, few of these remain due to extensive fishing, but this is still a very dramatic dive site, with large boulders in the shallows, and a sheer wall below. The wall has many deep-water gorgonia and sea whips. Occasionally a large barracuda will inspect the divers.

## Trou Diable

The “Devil’s Hole” is a fascinating location. At 40 to 60 feet, there is a steep slope with large barrel sponges and well-developed coral heads, with schools of chromis and grunts in abundance. The shallower section at 20 to 30 feet, offers an intricate maze of channels around large boulders covered in a profusion of coral and sponges. This is a great spot for finding gold spotted eels and spotted drums. If you’re lucky, you may be able to spot the rare sunfish.

## Malgretoute

Under the Petit Piton Mountain, Malgretoute, which means “Despite Everything”, is a steep slope with large rocky outcrops, encrusted in colourful sponges and a variety of corals. Among these are the large barrel sponges and bright yellow tube sponges – check inside these for crabs and basket stars.

## Gros Piton Reef

At the base of the Gros Piton Mountain, the mountain slope continues down underwater, and the diver will find lots of schooling fish, particularly creole-wrasse, bar jack and the occasional southern-sennet. There is a great range of coral species and sponges, and plenty of hiding place for moray eels, reef crabs, lobsters and other critters.

## Anse La Raye

Located to the northwest of St. Lucia, there is a shallow wall at Anse La Raye, and below this is a slope covered in huge boulders, making way for an interesting terrain. The shallow areas have lots of brightly coloured fire coral, while deeper, there are iridescent purple vase sponges, barrel sponges, and soft coral. There is a lot of fish life on this dive-look out particularly for jacks, Bermuda chub and spotted drums. This is probably the best place for spotting turtles.



## Lesleen M

Also located at Anse La Raye, the 165-foot freighter was sunk in October 1986, as part of a project by the Department of Fisheries to provide artificial reefs. Already it is covered with soft corals, sponges and hydroids, and provides an ideal habitat for many juvenile fishes such as Nassau grouper, Queen and French Angel fishes. The wreck sits on an even keel on the sand. It is 30 feet to the sand deck, and 65 feet at the deepest point. It is possible to explore the hold and the engine room.

## DainiKoyoMaru

This Japanese Dredge was sunk in the south end of Anse Cochon in Anse La Raye, in September 1996, by the Department of Fisheries. Deliberately, most of the interior was left intact, offering an endless source of exploration to advanced divers. The vessel is a 16,000-ton metal structure, 244 feet long and approximately 80 feet high, which extends to a maximum depth of 108 feet. The vessel is a habitat for a number of fish species, including eels and barracudas, many of which accompanied the vessel on its journey from the southern end of the island. The fact that the vessel landed on its side means that the coral growth on its bottom is preserved for your enjoyment. It has been said that the position of the structure lends an aura of mystery to it.

Only advanced level divers are allowed.

## Saline Point

This site is located directly in front of the resort. There is the north side and the south side. On the north side the reef starts in as little as ten feet and progresses gradually to sixty-five feet. On this side can be seen lobsters, octopus, flying granades, barracudas, morays, frogfish and seahorses. Stingrays have also been spotted in this area. The south side also starts in approximately fifteen feet and gently slopes to a maximum depth of thirty feet. There is an abundance of huge sea whips, barrel sponges and the occasional turtle. Both these sites are suitable for beginners and certified divers who have not dived for quite some time.



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