

WEEKLY RESORT GUIDE

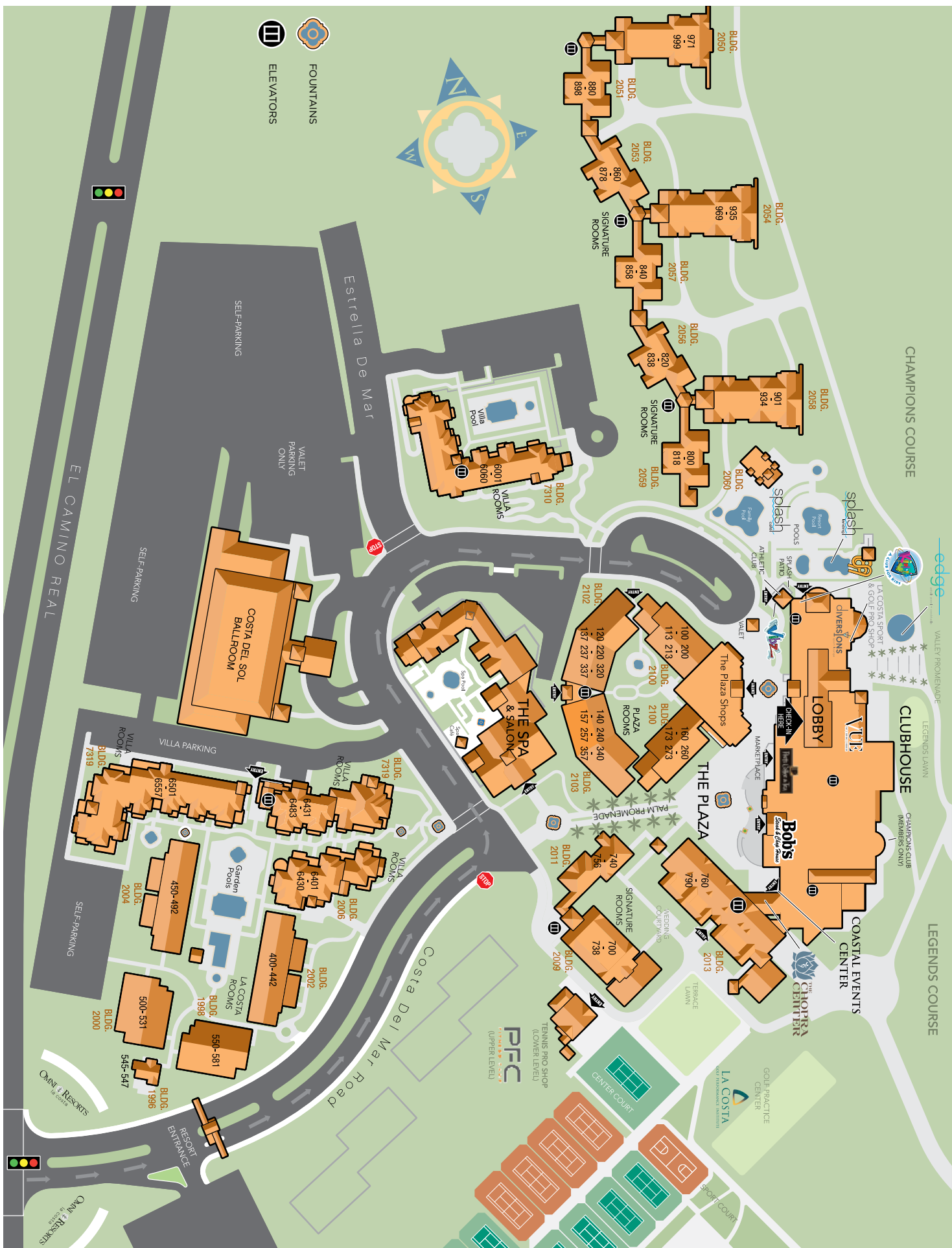
MEMORIAL DAY WEEKEND

MAY 23 - 29, 2018



OMNI RESORTS
la costa | carlsbad

OMNILACOSTA.COM



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

WEDNESDAY 5/23

THURSDAY 5/24

FRIDAY 5/25

SATURDAY 5/26

SUNDAY 5/27

MONDAY 5/28 MEMORIAL DAY

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 10-10:30am Free Throw Challenge @ Sport Court • Free
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free
 - 5-9pm Kidtopia After Dark • PV/RR

- GOLF | TENNIS | RR**
- 9-10am Adult Tennis Drill • \$30
 - 10-11am Adult Tennis Drill • \$30
 - 10-11am Tennis 101 (LVL 1) • \$30
 - 11-12pm Tennis 201 (LVL 2) • \$30
 - 2-3pm Adult Tennis Drill • \$30
 - 2:30pm-Dusk Free Golf for Kids* • w/ paying adult
 - 3:30-4:30pm Aces (ages 8-13) • \$25
 - 4-6pm High Performance Academy (ages 10+) • \$35
 - 4:30-5:30pm Little Pros (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 Pilates Yoga Fusion @ Athletic Club • \$10
 - 8-8:50am TRX • \$15
 - 9-9:50am Body Sculpt • \$15
 - 9-9:50am Vinyasa Flow Yoga @ Yoga Center • \$15
 - 9-9:50am Spin • \$15
 - 10-10:50am TRX • \$15
 - 10-10:50am Gentle Yoga @ Yoga Center • Free
 - 11-11:50am Deep Stretch • \$10
 - 12-12:50pm Cycle Interval • \$15
 - 5:30-6:20pm Gentle Yoga @ Athletic Club • Free

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

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12-12:45pm Art of Aromatherapy @ Spa • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free
 - 5-9pm Kidtopia After Dark • PV/RR
 - 6-6:30pm Candy Bingo @ Splash Patio • Free

- GOLF | TENNIS | RR**
- 9-10am Adult Tennis Drill • \$30
 - 10-11am Adult Tennis Drill • \$30
 - 1-2pm Cardio Tennis • \$30
 - 2-3pm Adult Tennis Drill • \$30
 - 2-3pm Intermediate Pickleball Clinic • \$20
 - 2:30pm-Dusk Free Golf for Kids* • w/ paying adult
 - 3-3:45pm Tennis Tots (ages 4-5) • \$25
 - 3-5pm Pickleball Open Play • \$10
 - 4-4:45pm Junior Golf Clinic (ages 4-14) • \$30
 - 4-6pm High Performance Academy (ages 10+) • \$35

- ATHLETIC CLUB | Ext. 7474**
- 6:30-7:20am Spin • \$10
 - 7-7:50am Power Walk @ Plaza Fountain • Free
 - 8-8:50am Functional Training • \$15
 - 9-9:50am Body Sculpt • \$15
 - 9-9:50am 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 • \$10
 - 5:30-6:20pm Performance Cycle • Free

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

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 10-10:30am Free Throw Challenge @ Sport Court • Free
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free
 - 2-2:45pm Sliders Dash Races @ Splash Landing • Free
 - 3-5pm VIK @ Lobby • Free
 - 5-9pm Kidtopia After Dark • PV/RR
 - 5-9pm Food Trucks @ Plaza • PV
 - 6-7pm Glow in the Dark Crafts @ Plaza • Free
 - 6-8pm S'mores @ Plaza • Free
 - 6-9pm Live Music @ Bob's • PV
 - 8-10pm Dive In Movie @ Splash Landing • Free

- GOLF | TENNIS | RR**
- 9-10am Adult Tennis Drill • \$30
 - 9-11am Tennis "Queen of the Court" • \$25
 - 10-11am Adult Tennis Drill • \$30
 - 10-11am Tennis 101 (LVL 1) • \$30
 - 11-12pm Tennis 201 (LVL 2) • \$30
 - 2-3pm Adult Tennis Drill • \$30
 - 2:30pm-Dusk Free Golf for Kids* • w/ paying adult
 - 3:30-4:30pm Little Pros (ages 6-7) • \$25
 - 4:30-5:30pm Aces (ages 8-13) • \$25

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

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

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 9-2pm Sue's One Off Jewelry Trunk Show @ Plaza • PV
 - 9:30-10:30am Radical Reptiles @ Plaza • Free
 - 9:30-10:30am Mermaid Experience @ Splash Landing • PV/RR
 - 10:30-11am Family Scavenger Hunt @ Plaza • Free
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free
 - 2-2:45pm Sliders Dash Races @ Splash Landing • Free
 - 3-5pm VIK @ Lobby • Free
 - 5-9pm Kidtopia After Dark • PV/RR
 - 5-9pm Food Trucks @ Plaza • PV
 - 6-9pm S'mores @ Plaza • Free
 - 8-10pm Live Music @ Bob's • PV
 - 8-10pm Dive In Movie @ Splash Landing • Free

- GOLF | TENNIS | RR**
- 9-10am Adult Tennis Drill • \$30
 - 9-10am Tennis Tots (ages 4-5) • \$25
 - 9-11am Tennis "King of the Court" • \$25
 - 10-11am Adult Tennis Drill • \$30
 - 1-2pm Aces (ages 8-13) • \$25
 - 2-2:45pm Junior Golf Clinic (ages 4-14) • \$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**
- 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

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 8-10am Lawn Games @ Plaza Lawn • Free
 - 9-2pm Sue's One Off Jewelry Trunk Show @ Plaza • PV
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free
 - 5-9pm Food Trucks @ Plaza • PV

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

- ATHLETIC CLUB | Ext. 7474**
- 9-9:50am Pilates Yoga Fusion @ Athletic Club • \$10
 - 10-10:50am Aqua Tone @ Garden Pool • Free

FOR MORE INFORMATION

Call the concierge at Ext. 23.

KEY

PV= Prices Vary

RR= Reservations Required

Schedule is subject to change.

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 10-10:30am Free Throw Challenge @ Sport Court • Free
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free

- GOLF | TENNIS | RR**
- 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 Tennis Tots (ages 4-5) • \$25
 - 3-3:45pm High Performance Academy (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 Pilates Yoga Fusion @ Athletic Club • \$10
 - 8-8:50am TRX • \$15
 - 9-9:50am Body Sculpt • \$15
 - 9-9:50am Vinyasa Flow Yoga @ Yoga Center • \$15
 - 9-9:50am TRX • \$15
 - 10-10:50am Cardio Circuit • \$10
 - 10-10:50am Gentle Yoga @ Yoga Center • Free
 - 11-11:50am Deep Stretch • \$10
 - 12-12:50pm Cycle Interval • \$15
 - 5:30-6:20pm Gentle Yoga @ Athletic Club • Free

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

TUESDAY 5/29

- RESORT ACTIVITIES | Ext. 29**
- 8-3pm Kidtopia Kids Club • PV/RR
 - 11-11:30am Kids Crafts @ Vibz Patio • Free
 - 11:45-12:15pm Hula Hoop Competition @ Splash Landing • Free
 - 12:45-1:15pm Limbo Competition @ Splash Landing • Free

- GOLF | TENNIS | RR**
- 9-10am Adult Tennis Drill • \$30
 - 10-11am Adult Tennis Drill • \$30
 - 1-2pm Cardio Tennis • \$30
 - 2-3pm Adult Tennis Drill • \$30
 - 2-3pm Beginners Pickleball Clinic • \$20
 - 2:30pm-Dusk Free Golf for Kids* • w/ paying adult
 - 3-5pm Pickleball Open Play • \$10
 - 3:30-4:30pm Little Pros (ages 6-7) • \$25
 - 4:30-4:30pm Beg Teen Tennis (ages 14-8) • \$25
 - 4-4:45pm Junior Golf Clinic (ages 4-14) • \$30
 - 4:30-5:30pm Aces (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
 - 8-8:50am Functional Training • \$15
 - 9-9:50am Body Sculpt • \$15
 - 9-9:50am 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 • \$10
 - 5:30-6:20pm Performance Cycle • Free

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



MEMORIAL DAY WEEKEND AT LA COSTA
Kick off summer with a weekend of family fun. Spend your days splashing around eight pools, three waterslides and splash pad area. Enjoy a variety of family fun activities like kids crafts, limbo competitions, dive in movies, food trucks in The Plaza and more.

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 promotions and a refreshed café menu. Experience true tranquility and immerse yourself into a luxurious spa experience unlike any other.

SOMETHING SPECIAL FOR THE WHOLE FAMILY
Visit Lilly Pulitzer for modern resort-ready dresses, printed sportswear and colorful accessories. Look chic and trendy all year long when you shop at Audrey's and Coastal Dunes. Shop top athletic brands and the latest fitness apparel and accessories at LiveWell, the Golf Pro Shop and the Tennis Pro Shop, or visit Marketplace, our 24-hour shop, to find one-of-a-kind La Costa gifts and other travel essentials.

GOLF PERFORMANCE INSTITUTE
Take your game to the next level with Roger Federicks Golf Instruction & Flexibility Programs. A world-renowned instructor, flexibility and posture expert, Roger has helped thousands of golfers with golf swing analysis, flexibility programs, seminars and workshops at our Golf Performance Institute.
You can also 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.

FOOD TRUCKS IN THE PLAZA
Join us in The Plaza for delectable meals from local food trucks including organic cuisine and lobster dishes.
FRI-SUN 5-9pm

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 TUES-SUN 5-10pm
MON Closed
LOUNGE TUES-THURS 4:30-10pm
FRI-SAT 4:30-11pm
SUN 4:30-10pm
MON 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 7am-11am
ALL DAY DINING Mon-Fri 11am-10pm, Sat-Sun 3-10pm
BRUNCH Sat-Sun 10am-3pm

DIVERSIONS
For a nightcap or the perfect place to watch the big game, there's no better destination than Diversions. Catch your favorite team on the big screen while you enjoy Chef's signature menu, refreshing draft beer, cocktails and more. Guests under 21 years of age are welcome until 7pm.
ALL DAY DINING WED-THURS 4pm-10pm
FRI-TUES 11am-10pm
BAR & LOUNGE WED-THURS 4pm-12am
FRI-TUES 11am-1am

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

POOLSIDE DINING
Offering refreshing and satisfying fare, poolside dining is conveniently located at our Edge pool & Splash Landing.
SPLASH Fri-Mon 11am-4pm
EDGE Fri-Mon 11am-7pm

MERMAID EXPERIENCE
Let your inner mermaid make a splash! Ages 6-18 are invited to Splash Landing on May 26 from 9:30-10:30am for a FINTastic Mermaid Experience. To participate, reserve your spot at Kidtopia at (760) 804-7419.

You're also invited to join us on Thursday at 12pm for our Art of Aromatherapy class to discover the healing benefits of our May aromatherapy highlights.

SUE'S ONE OFF JEWELRY TRUNK SHOW
Join us in The Plaza on May 26 & 27, 9am-2pm for an exclusive new look at all the latest designs from Sue's One Off unique jewelry collection.

See schedule for dates and times.