



The Sanderling



Labor Day Weekend September 3-6, 2010

Daily

The Sand Bar - Grab a refreshing drink or cold beer before heading to the beach. 12 - 7 p.m. (Saturday bar closes at 4pm)

First Flight - Visit the Blonde Onyx Bar at The Left Bank for an informal tasting of our current wines by the glass. 5 - 6pm; \$14/adult

Afternoon Tea - Join us on the second level of the Main Building each day from 3:30 - 5 p.m. for complimentary homemade cookies and tea and coffee.

Friday, September 3, 2010

Pine Island Racquet and Fitness Center - Join Tennis Pro Rick Ostlund and his experienced staff for these events. Contact PIRC at 252.453.8525 to reserve.

Intermediate/Advanced Adult Clinic- 10:00 - 11:30 a.m. \$20/pp
Children's Clinic (ages 6 -10 years old) - 11:30 - 1:00 p.m. \$20/pp
Intermediate/Advanced Adult Clinic- 5:00 - 6:30 p.m. \$20/pp

Slow Vinyasa Flow Yoga - Class consists of one hour for asana followed by 15 minute savasana with yoga nidra and a soothing head massage. 11:00 - 12:15 p.m. \$17/pp. Contact the spa at 252.261.7744 to reserve.

Yogilates - Join us for this refreshing combination using stretching yoga postures and strengthening Pilates movements. 2 - 2:50 p.m. \$17/pp. Contact the spa at 252.261.7744 to reserve.

Saturday, September 4, 2010

Saturday Buffet - Visit the Upper Deck in the Lifesaving Station for a Buffet style breakfast from 7 - 12noon.

Pine Island Racquet and Fitness Center - Join Tennis Pro Rick Ostlund and his experienced staff for these events. Contact PIRC at 453.8525 to reserve.

Intermediate/Advanced Adult Clinic- 10:00 - 11:30 a.m. \$20/pp

Gentle Beginner's Yoga - Perfect for beginners and seasoned practitioners alike, this class explores postures that relax the body, calms the mind and strengthens the immune system. A soothing head massage and guided relaxation follow the asana practice. 11:00 - 12:15pm; \$17/pp. Contact the spa at 252.261.7744 to reserve.

Yogilates - Join us for this refreshing combination using stretching yoga postures and strengthening Pilates movements. 2 - 2:50 p.m. \$17/pp. Contact the spa at 252.261.7744 to reserve.

Sunday, September 5, 2010

Sunday Brunch & Buffet - Visit the Lifesaving Station on Sunday morning between 11:30 - 2:30 p.m. for an a la carte menu or join us in the Upper Deck for a Buffet style breakfast from 7 - 12noon. Reservations Recommended.

Beachside BBQ - Join us after a day at the beach for a family BBQ on the back deck of the Main Inn. 5 - 8 p.m. Contact the concierge at 252.255.4880 to reserve your spot.

RESERVATIONS AND INQUIRIES

Please contact the concierge at 252.255.4880 with additional questions on the holiday events and to sign-up when indicated to do so.

Schedule and Rates Subject to Change

