

DINING at The Del

Farmers Market Sustainability Dinner: Join The Del's top chefs and local farmers and artisans for a "Farmers Market" experience on the oceanfront Windsor Lawn, followed by an amazing outdoor family-style dinner utilizing the freshest ingredients. *Call Ext. 8490 for details and reservations.*

Family Beach Bash! All guests staying at The Del on July 2 are invited to join us on the sand for a **live band, yummy s'mores, cash bar, unsupervised kids' craft zone and a spectacular fireworks show.** *Event is 7pm to 10pm. Remember to make your dining reservations early. The Sun Deck will serve dinner starting at 5pm (no reservations required) and B&S Bar offers happy hour, 4-7pm. Wristbands and information for the event provided at the Front Desk.*

Dining Specials: Kids eat free* at 1500 OCEAN, Sheerwater and Sunday Brunch in the Crown Room (adults take 20% off brunch). Enjoy a **four-course chef's tasting menu for \$40 at 1500 OCEAN**, or savor Sheerwater's **three-course dinner for \$30** (tax & gratuity not included). At **ENO Wine Room**, get **10 wine tastings for \$10** on Tuesdays, or get a **glass of wine for \$5** on Fridays, 5-7pm.

**One paid adult entree per free entree from the kids menu required. For kids ages 12 & under accompanied by an adult.*

Come see why the Spa at The Del was named one of the **top 20 spas in the world** by *Travel + Leisure*.

Mimosa Mondays: From 10am to 1pm, get **20% off*** spa services, plus a complimentary mimosa and a muffin to enjoy on the oceanview terrace. *Entry is free with the purchase of a 50-min. spa treatment.*

\$99 Tuesdays and Wednesdays: Enjoy a variety of 50-minute services at this great price*.

Spa Soirée: On Thursday from 4pm to 7pm, enjoy **20% off treatments***, a glass of champagne, appetizers and free Feng Shui consultations by Yamaguchi Salon. *Entry is free with a 50-min. spa treatment.*

Summer Six-Packs: Choose six 50-minute body treatments, facials or massages for \$600. This special gift comes packaged in a beautiful basket filled with fabulous spa products.

**Not valid in conjunction with any other offers or packages. Tax & gratuity not included. Please call Ext. 8100 for reservations. Spa Hours: 9am-6pm (Sunday-Wednesday); 9am-7pm (Thursday-Saturday).*



There is something for everyone at the Shops at The Del with **over 15 shops and boutiques** featuring jewelry, home furnishings, collectables, logo-wear, bath and beauty products, toys, children's clothes, chic accessories and casual to elegant men's and women's apparel.

Please see the calendar side for this week's special deals.



Be in your element and experience Feng Shui beauty at **Yamaguchi Salon**, where celebrity stylist Billy Yamaguchi and his team of designers balance and harmonize your hair, makeup and personal style by applying the ancient principles of Feng Shui. **Complimentary Feng Shui beauty consultations available 7 days a week!**

Please see the calendar for other weekly specials.



The Del offers a variety of activities including **fitness classes***, **kayaking** and **surfing lessons**. Enjoy **FREE Family S'mores Night** on the beach (*see calendar*). Private bonfires can also be arranged (*Ext. 8815*).

Kidtopia and Vibz are now open! Kidtopia offers 3-hour camps (12:30pm and 6:30pm daily) and 1-hour crafts (9am, 10am and 4pm daily) for kids ages 4-12 (*visit the Concierge for a complete schedule*). Vibz is the new FREE hotspot for teens with computers, video games, billiards and more (*Ext. 8815*).

*Advance reservations are required for most activities. To receive dining specials, please present your room key card.
Dining: Ext. 8490, Spa: Ext. 8100, Salon: Ext. 8808, Recreation: Ext. 8815, Fitness: Ext. 7800 (*classes subject to change)
Please dial '0' to be connected to one of the shops*

WEEK OF: JUNE 29 - JULY 5, 2009

	29 MONDAY	30 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY	5 SUNDAY
EAT & DRINK:	<p>4-7pm: Happy Hour at B&S Bar</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater 	<p>6pm: Farmers Market Sustainability Dinner <i>(see front for details)</i></p> <p>5-8pm: Tasting Tuesday at ENO</p> <p>4-7pm: Happy Hour at B&S Bar</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater 	<p>4-7pm: Happy Hour at B&S Bar</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater & 1500 OCEAN 	<p>7-10pm: Family Beach Bash! <i>(see front for details)</i></p> <p>4-7pm: Happy Hour at B&S Bar</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater & 1500 OCEAN 	<p>5-7pm: \$5 Friday at ENO</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater & 1500 OCEAN 	<ul style="list-style-type: none"> • Kids eat free at Sheerwater & 1500 OCEAN 	<p>9:30am: Crown Room Sunday Brunch is 20% off for adults & kids eat free</p> <p>4-7pm: Happy Hour at B&S Bar</p> <ul style="list-style-type: none"> • Kids eat free at Sheerwater & 1500 OCEAN
RELAX & RENEW:	<p>10am-1pm: Mimosa Monday at the Spa <i>(see front for details)</i></p>	<p>Special: During \$99 Tuesday, get 50-min Spa services or a Spa Mani/Pedi at the Salon for \$99</p> <p>Salon Special: Styling Session for \$45.50</p>	<p>Special: During \$99 Wednesday, get 50-min Spa services or a Spa Mani/Pedi at the Salon for \$99</p> <p>Salon Special: Hayaku Mani/Pedi with a free paraffin dip (\$70)</p>	<p>4-7pm: Spa Soirée <i>(see front for details)</i></p> <p>Salon Special: Feng Shui cut, color and make-up touch-up (\$150-\$270)</p>	<p>Refresh your skin with the Vitamin Sea Facial, which uses vitamin serums to restore damaged skin and brighten the complexion</p>	<p>Treat your teen to the Salon Sampler: make-up lesson, hairstyling or manicure/pedicure <i>(call Ext. 8808)</i></p>	<p>Rejuvenate with a Goddess of the Sea body wrap, beginning with a sea salt exfoliation followed by a soothing body mask with blue/green algae</p>
STOP & SHOP:	<p>Special: Happy 2nd Birthday, Spreckels Sweets & Treats! Celebrate with us with free samples and specials throughout the store, including \$2 fudge slices, truffles and petit fours</p>		<p>Special: The Shops st The Del have a very special offer for you! Receive a \$50 voucher for ENO Wine Room when you spend \$200 in a single transaction at participating stores <i>(valid in The Signature Shop, Weekends, Hearts By The Sea, Set Sail, Babcock & Story Emporium, The Sea, Est. 1888, The Toy Castle, Isabel B., H.D. Kids & Co., Spreckels Sweets & Treats and Kate's)</i></p>			<p>Special: Celebrate Summer in Coronado! Throughout our stores we have a variety of sales and special offers this weekend to help you kick off your summer. For example, take 25% off at The Toy Castle when you purchase two beach toys. With our unique variety of shops, we're sure to have something for everyone in your family</p>	
FUN & FIT:	<p>6:30am: Spinning</p> <p>8:30am: Circuit</p> <p>9:30am: Pilates</p> <p>5pm: Yoga</p>	<p>6:30am: Super Spin</p> <p>7:30am: Core Conditioning</p> <p>9:30am: Pilates</p> <p>10:30am: Yoga</p> <p>5:30pm: Yoga</p>	<p>6:30am: Pilates</p> <p>8am: Beach Yoga</p> <p>8:45am: Circuit</p> <p>9:30am: Aqua Yoga</p> <p>9:45am: Core Conditioning</p> <p>4:15pm: Stretch & Roll</p> <p>5:15pm: Yoga</p>	<p>6:30am: Super Spin</p> <p>7:30am: Circuit</p> <p>8:30am: Core Conditioning</p> <p>9:30am: Shoreline Workout</p> <p>10:30am: Gentle Yoga</p> <p>4pm: Toning Moves</p> <p>5pm: Yoga</p>	<p>7:30am: Yoga for Strength</p> <p>8:30am: Circuit</p> <p>9:30am: Beach Pilates</p> <p>5:30pm: Yoga</p>	<p>8am: Beach Yoga</p> <p>9am: Spin</p> <p>9:15am: Fitness Walk</p> <p>10:15am: Body Sculpt</p>	<p>8am: Beach Yoga</p>
GO PLAY:	<p>2pm: Bean Bag Toss at the Main Pool</p> <ul style="list-style-type: none"> • Rent a portable cabana, lounge on the beach and watch your stress fade away <i>(Ext. 8815)</i> 	<p>10:30am: Del History Tour <i>(619.437.8788)</i></p> <p>Sunset: Dive-In Movie Night at the Main Pool</p> <p>Special: Enjoy 20% off boogie board rentals</p>	<p>2pm: Shuffleboard Tournament at the Main Pool</p> <ul style="list-style-type: none"> • A variety of beach rentals are available at Boardwalk and Cabana Beach Rentals 	<p>10:30am: Kids Boot Camp</p> <ul style="list-style-type: none"> • Learn to surf in a quick 1.5 hour lesson or at an intensive day camp <i>(Ext. 8815)</i> 	<p>10:30am: Kids Beach Yoga</p> <p>2pm: Bingo Tournament at the Main Pool</p> <p>2pm: Del History Tour <i>(619.437.8788)</i></p>	<p>It's 4th of July! See the Concierge for your guide to all of Coronado's holiday activities</p> <p>2pm: Beaded Necklaces at the Main Pool</p>	<p>8pm: FREE Family S'mores on the beach</p>

CORONADO 4TH OF JULY EVENTS

Saturday, July 4th

7:00am: 34th ANNUAL INDEPENDENCE DAY 15K RUN/5K WALK

5:30am: Registration Begins

Tidelands Park: Head North on Orange Avenue. Turn right onto 2nd Street. Tidelands Park is at the end of 2nd Street, overlooking downtown San Diego (approximately 16 blocks).

Information: 619.298.7400 or www.kathylopererevents.com

8:00am - 4:00pm: ART IN THE PARK

Spreckels Park: Head North on Orange Avenue. The Park is on the corner of Orange and 6th (approximately 7 blocks).

9:00am: 50th ANNUAL ROUGH WATER SWIM

7:30am: Check-in Begins

Central Beach: Head North on the Beach for approximately 1/4 mile.

Information: 619.709.0210

10:00am- 12:00pm: 61st ANNUAL INDEPENDENCE DAY PARADE "THE AMERICAN DREAM"

Orange Avenue: The Parade runs between 1st Avenue and Churchill Place.

Please arrive early as space/seating is limited.

Navigating the Island between 9:00am and 12:00noon can be difficult due to the parade. To leave the hotel during this time, turn right onto Orange Avenue and then immediately left onto Glorietta Boulevard. Follow Glorietta all the way to 4th Street/Coronado Bridge.

2:30pm - 4:00pm: ADRIAN EMPIRE DEMONSTRATION (Western European culture, 1066 - 1603)

Spreckels Park: Head North on Orange Avenue. The Park is on the Corner of Orange and 6th (approximately 7 blocks).

4:30pm: CONCERT IN THE PARK

Spreckels Park: Head North on Orange Avenue. The Park is on the Corner of Orange and 6th (approximately 7 blocks).

Please arrive early as space/seating is limited.

9:00pm: FIREWORKS

Glorietta Bay: Located directly across from The Del on the East side of Orange Avenue.

Best view is from the Coronado Golf Course.

Please note that the Coronado Golf Course will be closed on July 4th and most Coronado restaurants will not be taking reservations. The Del's restaurants will take reservations. However, space will fill up quickly, so please make them in advance.