



AMANYARA

President's Week Break 2026



## Welcome to Amanyara

We are pleased to share the tranquillity of Providenciales with you as you join us over this holiday week.

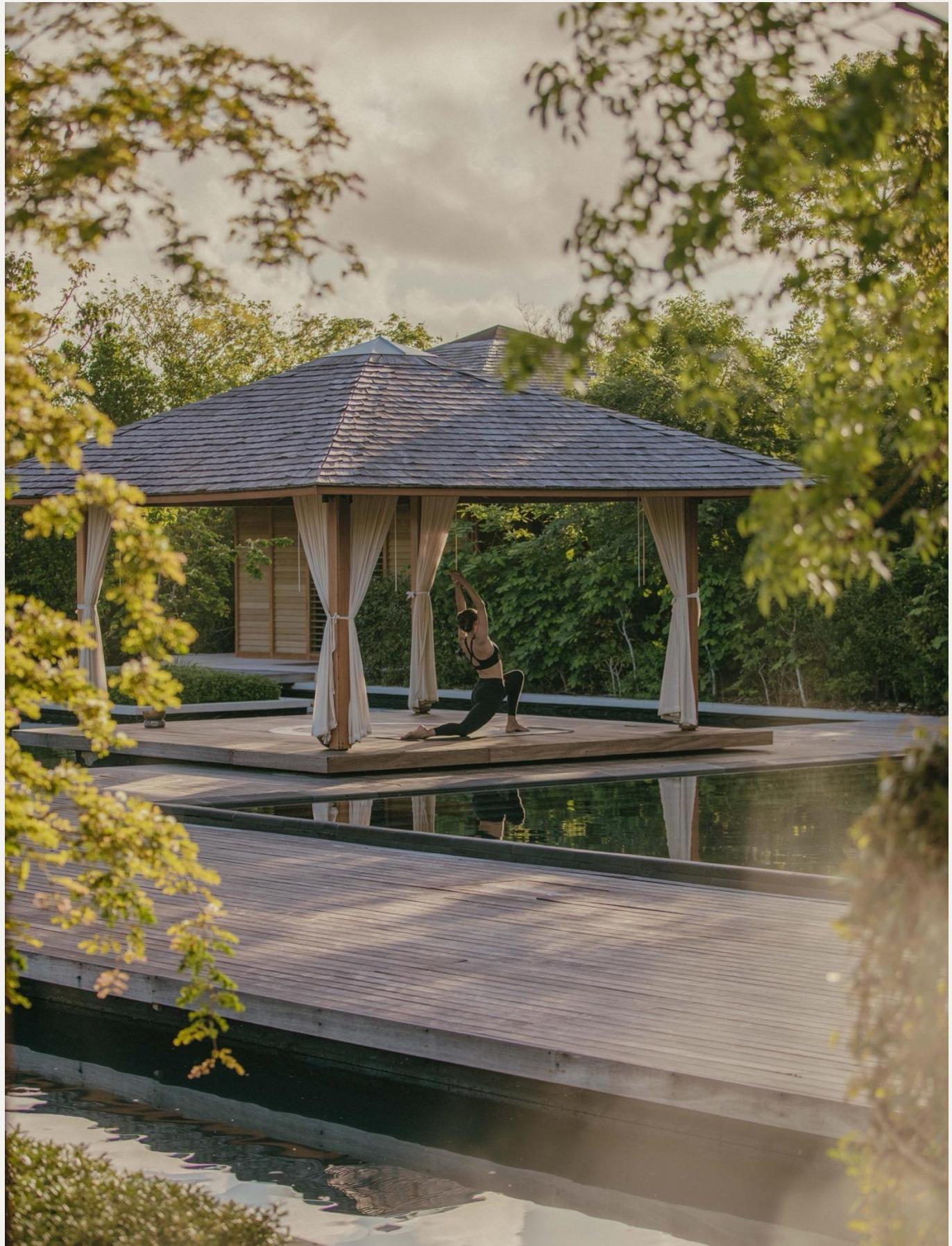
We have curated a calendar of events, including wellness rituals, family activities and culinary adventures to fill each day with a choice of fulfilling experiences.

To participate in any of these events, please contact our Reservations team, who are dedicated to making the coming days as enjoyable as possible. The team is also on hand to assist with any special requests to make your stay even more memorable.

Wishing you a relaxed and restful holiday,

Your Amanyara Family

Wellness Experiences	5 — 11
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Wellness Experiences

12 FEBRUARY 2026

**Total Body  
Conditioning**

BOXING STUDIO

9AM | RESERVATIONS REQUIRED

A dynamic, full-body workout blending strength training (weights, bands, bodyweight) with cardio and core work to improve overall fitness, endurance, and muscle tone in one session, often using circuit training or HIIT intervals to keep the heart rate elevated and challenge major muscle groups simultaneously. These classes are suitable for various fitness levels and aim for balanced, functional strength and improved cardiovascular health.

**Pickleball  
Open Play**

CLUBHOUSE

11AM | RESERVATIONS REQUIRED

Pickleball is suitable for all levels. The rules are simple, and the game is easy for beginners to learn, but it can develop into a fast-paced competitive game for experienced players.

**Billiards**

CLUBHOUSE

2PM | RESERVATIONS REQUIRED

Join in a friendly competition of classic Billiards. Finesse, agility, and calculation will be needed to navigate the felt in sequence.

13 FEBRUARY 2026

### Lymphatic Flow

SPA

9AM | RESERVATIONS REQUIRED

The lymphatic flow experience incorporates tapping, breath work and gua sha techniques to stimulate & awaken the body's natural rhythmic pumping mechanisms to clear blockages and reset the flow to restore a healthy lymphatic system. Expand your daily movement practice to awaken the senses and allow the body to flush, drain & eliminate.

### Basketball Drills

CLUBHOUSE

11AM

Innovative and professional basketball drills with our clubhouse coaches to help improve your technique and offer great exercise.

### Table Tennis

CLUBHOUSE

2PM

Prepare for a workout that will supercharge your hand-eye coordination and reflexes as you level up in this friendly competition.

### Dynamic Stretch

CLUBHOUSE STUDIO

4PM | RESERVATIONS REQUIRED

Join our wellness specialist in a dynamic stretch session designed to reduce stiffness and unlock range of motion through dynamic and static exercises.

The lengthening and expansion ultimately encourages improved freedom of movement and flexibility throughout the body.

14 FEBRUARY 2026

**Healing from  
the Core**

SPA

9AM | RESERVATIONS REQUIRED

Learn how to relieve abdominal tension and bloating, let out stress and promote deep relaxation with this oil-free abdominal massage workshop combining techniques that target the most common gut pain points.

**Cardio Tennis**

CLUBHOUSE

11AM | RESERVATIONS REQUIRED

Combine a warm-up with dynamic movement, catching and tossing skills and light hitting, followed by a variety of games, activities and a much needed cool down.

**Shuffleboard**

CLUBHOUSE

2PM

This enjoyable and interactive game requires the skillful maneuvering of weighted discs down a narrow board to see them land within a marked scoring area.

**Myofascial Roll  
and Release**

CLUBHOUSE STUDIO

4PM | RESERVATIONS REQUIRED

Applying gentle sustained pressure to soften restrictions in the body's connective tissue network, this wellness modality is ideal for unwinding, grounding and re-patterning movement for those with chronic tightness or holding patterns.

15 FEBRUARY 2026

**Bocce Ball**

CLUBHOUSE

11AM

Similar to British bowls and French pétanque, bocce ball is an outdoor, court-based game that is fun for the whole family.

**Thai Partner/Couples Stretch Class**

SPA

11AM | RESERVATIONS REQUIRED

This active stretch session combines partner-assisted stretching, gentle pressure, and movement. Sometimes described as “passive yoga” as one partner relaxes, the other partner helps to guide their body into the stretch.

**Padel Open Play**

CLUBHOUSE

2PM

The fastest growing racquet sport combines elements of tennis and squash for a fast-paced game that is easy to learn and enjoy at every skill level. Often played in a doubles configuration on an enclosed court, players can utilize the walls for strategic ricochet shots reminiscent of squash.

**Gyrokinesis Class**

CLUBHOUSE STUDIO

4PM | RESERVATIONS REQUIRED

A unique movement method that addresses the entire person by opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength and movement efficiency. These carefully crafted sequences create balance, efficiency, strength and flexibility.

16 FEBRUARY 2026

**Joint Health**

CLUBHOUSE STUDIO

9AM | RESERVATIONS REQUIRED

This active class combines exercises that increase range of motion, encourage stability, and build control within your joints and surrounding muscles with the goal of increasing resilience and body awareness.

**Cornhole**

CLUBHOUSE

11AM

Cornhole requires hand-eye coordination to toss bean bags accurately. By practicing this skill, players can test their fine motor skills, which can in turn, help to improve balance and dexterity.

**Guest VS Staff**

**Soccer Tournament**

CLUBHOUSE

4PM

Join us at the Clubhouse for a friendly afternoon soccer match between guests and hotel staff.

17 FEBRUARY 2026

## Muay Thai

BOXING STUDIO

9AM | RESERVATIONS REQUIRED

Also known as Thai boxing, this martial art involves striking with the fists, elbows, knees and shins, as well as clinching and sweeping techniques.

As a combat sport, Muay Thai training is a complete wellness modality encouraging endurance, conditioning, balance and mobility.

## Harmonic Healing

SPA SALA

11AM | RESERVATIONS REQUIRED

Harmonic Healing is a gentle wellness practice that uses sound vibrations—often created with Tibetan singing bowls, gongs, or chimes—to promote relaxation and balance. The harmonic tones and rhythms help calm the mind, release tension in the body, and support a meditative state. As the sounds resonate through the space, they encourage deep relaxation, mindfulness, and a sense of inner harmony, making Harmonic Healing a soothing experience for stress relief and emotional well-being.

## Darts and Spritz

CLUBHOUSE

11AM

Join us at the Clubhouse for a classic game of darts that is simple to learn but will challenge even the most seasoned of players. Refreshing spritz cocktails will be available.

## Padel Open Play

CLUBHOUSE

2PM

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Family Experiences

12 FEBRUARY 2026

**Design your  
own Tee-Shirt**

NATURE DISCOVERY CENTRE

10AM

Using paints, tie-dye, and other artistic methods, show off your creativity as you craft and decorate your own Tee-shirt.

**Extreme Keepy Uppy**

NATURE DISCOVERY CENTRE

11AM

Don't let the balloon hit the floor. Sounds simple right? But in this challenging game, strategic moves, athletic ability and tactical awareness will float you to the top!

**Snowcones & Games**

NATURE DISCOVERY CENTRE

1PM

Join us at the Nature Discovery Centre for a series of games of all types. There will be something for everyone from trivia to classic lawn games and more. Refreshing and colorful snow cones will be ready to keep you cool under the afternoon sun while you compete.

**Open Call  
Kids Sports**

SPORTS FIELD

1PM

Join in on some sports and games for kids! Soccer, Football, Basketball, Wiffleball, And More! The sports field is our canvas, and we will get creative! Come join the Fun!

**Pizza Making Class**

THE BEACH CLUB

5-5:30PM

Chopped junior meets the Amanyara pizza oven! Join our staff and pizza chefs to create your perfect pizza while enjoying one of the most amazing views of the Caribbean Sea.

13 FEBRUARY 2026

**President's Day Youth  
Olympics**

SPORTS FIELD

10AM

Join us for some timely celebrations of the Olympics! There may be no snow or ice, but we'll find ways to keep our cool as the competition heats up!

**DIY Slime**

NATURE DISCOVERY CENTRE

1PM

Ewwy, Gooey, slippery and slimy! Come join us at the NDC and learn how to make one of our favorite hands-on crafts!

**Kids Bucket  
Golf Open**

SPORTS FIELD

3PM

Move over mini-golf, Bucket Golf is here and has turned Amanyara into Turks and Caicos' newest golf course. Ready to see if you have what it takes to become the next Scottie Scheffler?

**Pyjama Party  
& Movie Night**

CINEMA

5:30-7PM

Younger guests are invited to wear their PJs and join us for a fabulous evening at the Cinema with a movie, popcorn and other snacks and drinks.

14 FEBRUARY 2026

**Nature Walk**

MEET AT NATURE DISCOVERY CENTRE

10AM

Discover the island and the species that call Turks and Caicos home on a scenic walk along the shoreline leading to an amazing view over the rocky coast.

**Steal my Heart!**

**Valentine's Day**

**Capture The Flag**

SPORTS FIELD

11AM

Two teams are each in possession of three socks, with the ultimate objective to be the holder of all the HEARTS. If you are tagged by the other team while stealing their HEART, they must be returned to their original hoop. Get excited to slip into this fun and strategic game.

**Cookie Decorating –**

**Valentine's Day**

**Edition**

NATURE DISCOVERY CENTRE

1PM

Join us at the NDC to turn your sweet treat into a work of art and heart with colorful frosting, sprinkles and more!

**Painting**

NATURE DISCOVERY CENTRE

3PM

Walking around Amanyara and can't help but be inspired by the natural beauty? Us either! Let's put brush to paper and capture that memory together!

**Glow In**

**The Dark Party**

NATURE DISCOVERY CENTRE

5:30 - 7PM

End your day with one of the most unique events of the week. Join us as we light up the night with neon and music.

15 FEBRUARY 2026

**President's Day  
Gaga Tournament**

NATURE DISCOVERY CENTRE SPORTS COURT

10AM

The ultimate game of speed, awareness and coordination.. Gaga-ball is here and ready to take your Festive week to the next level! Join in on a tournament style set up of Gaga-ball while enjoying some of our favorite music and pop-hits!

**Children's Snorkelling**

MEET AT NATURE DISCOVERY CENTRE

11AM

Ready to see life under the gentle waves of Amanyara's shores? Join us at the beach and get ready to explore the beauty that lies just below the surface.

**Jewellery Making**

NATURE DISCOVERY CENTRE

2PM

Take home one of the most meaningful handmade souvenirs anywhere while you make a memory under the paradise skies

**Wiffleball**

SPORTS FIELD

4PM

This backyard classic has found its way to the beautiful shores of Amanyara! Grab your friends and family for a friendly game of this baseball spin off!

**Outdoor Movie Night**

NATURE DISCOVERY CENTRE

5:30PM

The sun is fading, the stars are coming out and we're settling in for a movie outside. The perfect way to wind down after a long day in paradise!

16 FEBRUARY 2026

**Junkanoo  
Museum Tour**

MEET AT NATURE DISCOVERY CENTRE  
10AM-12PM

Take a trip to explore the Junkanoo Museum. This small museum is packed with information, costumes, instruments and props used by the local junkanoo band, "We Funk." Learn about the history surrounding this colorful festival, and the vibrant music that is shared during the Junkanoo parades.

**Water Balloon  
Show Down**

NATURE DISCOVERY CENTRE  
2PM

Get ready to get wet! This wild activity will cool you off for sure but not before you get to enjoy one of the most fun and memorable moments of the week!

**Lawn Games**

NATURE DISCOVERY CENTRE  
4PM

Bring a friend or make new one and come enjoy a calm, relaxing afternoon playing your favorite lawn games with us.



Culinary Experiences

12 FEBRUARY 2026

**Chef's Barbecue Lunch  
Special**

BEACH CLUB

Noon - 4PM

Savor the aroma of a fire-grilled barbecue lunch on Thursday, Friday and Saturday. Each day a different selection will be prepared by the Beach Club chefs ranging from roasted meats to fresh seafood cooked perfectly over open flame.

**Asian Dinner**

THE RESTAURANT

6 - 10PM

Honoring AMAN's eastern origins, the menu at the Restaurant shares pan-Asian flavors, from sushi and seared wagyu to southeast Asian curries like Beef Rendang, or fragrant parcels of delicate fish steamed in banana leaves.

**Caribbean Night**

BEACH CLUB

6 - 10PM

A Culinary showcase of the varied cuisines of the Caribbean including dishes from the Turks & Caicos Islands, Antigua, Bahamas and more.

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**Ibérico Ham & Cheese  
Pop Up**

THE BAR

5 – 7:30PM

Explore this Spanish cured ham with its nutty and salty flavors derived from the acorns that are primarily fed to these specialty pork breeds. Pairings with select cheeses and wines are the perfect accompaniment to enjoy as the sun sets.

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**Italian Dinner**

BEACH CLUB

6 - 10PM

Regional Italian flavors converge at the Beach Club, where dinners are enjoyed with the ocean waves whispering in the distance. Here the best regional products are shared from creamy Burrata and vibrant heirloom tomatoes, to handmade pastas that comfort the soul. Choice cuts of meat and fresh seafood are grilled to perfection offering an enticing menu to share as the sun sets along the beach.

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**Valentine's Day Dinner**

THE RESTAURANT & BEACH CLUB

6 - 10PM

A special menu for two to celebrate an evening of romance. This four-course sharing menu is the perfect way to celebrate love, available in both the Restaurant and the Beach Club.

15 FEBRUARY 2026

**Mediterranean Lunch**

BEACH CLUB

Noon - 4PM

At Lunch, the Beach Club offers a menu inspired by Mediterranean and coastal cuisines. A wood-fired oven means a selection of pizzas, casse croute, alongside a selection of seafood, grilled vegetables and beachside classic fare.

**Bluefin Tuna  
Pop Up**

THE BAR

5 – 7:30PM

Discover the delicate and rich flavors of bluefin tuna. Masterfully carved by our in-house sushi expert, delight in the balance and silky texture of chutoro, or the creamy and decadent cuts of otoro. Savor this culinary treat with a sake or perfectly paired cocktail designed by our mixologists.

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**President's  
Day BBQ**

BEACH CLUB

6 - 10PM

Enjoy a casual All-American Barbecue featuring meats and seafood grilled perfectly over open flame along with vegetables and classic side dishes served with sunset beach views, and live musical performances.



## Culinary Adventures

In this mesmerising setting, dining is never limited to the tables within our restaurants. Ideal for a romantic Valentine's dinner for two or any special gathering, bespoke gastronomic experiences can be enjoyed in some of the most secluded spots on the resort's dramatic coastline.

Enjoy an evening overlooking the sea, as a pastel pink sky turns to a starry night. Our team will be on hand to create an unforgettable backdrop, warmly lit by the soft glow of torchlight and bonfires as you dine on expertly prepared cuisine, tailored to suit your preferences.

Culinary Adventures can be arranged in unique oceanfront locations including the Ocean Edge, Ocean Cove or along the beach. A private dinner can also be served in your Pavilion or Villa.

Contact our team to design your own culinary adventure.

Advanced reservations are required.

Please contact:

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