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At Saddlebrook Resort, we're committed to the success of your entire meeting, and that includes what your group does outside the meeting rooms. Our resort features world-class golf courses and tennis courts, team building at our Executive Challenge Course, a Sports Village and a European-style Spa. In addition we offer an array of planned activities designed to make leisure time as rewarding as the meeting sessions for your group members.

Our dedicated Group Activities and Recreation Department has earned Saddlebrook the *Premier Recreation Operation Award*, a national recognition for providing the top resort recreation program in the country! So you know we're ready to serve you and your group in every way possible.

From meeting breaks to golf tournaments; from ice breakers to high level team building; from tennis matches to relaxing at the Spa, you'll find top-notch group recreation for every taste and situation. We can arrange one – or several – of these activities during your stay and with 480 gorgeous acres, almost everything you might want to do can be done right here on the property, eliminating additional transportation needs.

You'll find more information on a host of our recreational activities in this booklet, including off-site trips and special activities for spouses and children who may be coming along with group members. For more information or a consultation on developing activities to complement your meeting plans, call Saddlebrook Resort today or visit our Web site at www.saddlebrookresort.com.

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GOLF FOR GROUPS

CORPORATE OUTINGS

The golf staff at Saddlebrook is dedicated to making your corporate outing a success. Whether your group consists of 20 or 200 players, the professional staff is proficient at coordinating and conducting all aspects of tournament golf.

FORMATS

The following is a list of services and formats provided to help make your group golfing experience at Saddlebrook an enjoyable one.

Shotgun Tournament

A shotgun is when everyone in your group starts at the same time on different holes of the golf course. The maximum number of players allowed in a shotgun is 144 which is two foursomes on all 18 holes. To reserve either golf course for a shotgun start, a minimum of 100 participants must be guaranteed.

Tee Time Tournament

Tee times start at 8 am on both courses and are scheduled at seven and eight minute intervals. The Palmer course has a #1 tee start and runs continuously through the day. The Saddlebrook course has a #1 and a #10 tee start from 8 am until 10 am and from 12:30 pm until 2:30 pm. We recommend that groups larger than 40 schedule the Saddlebrook course which allows more people to start on the golf course during our peak times.

Scramble

A scramble is designed so that everyone may participate and have fun. Each player hits the first shot. The best shot is selected and then everyone hits again from that spot. This procedure is continued until the round is completed.

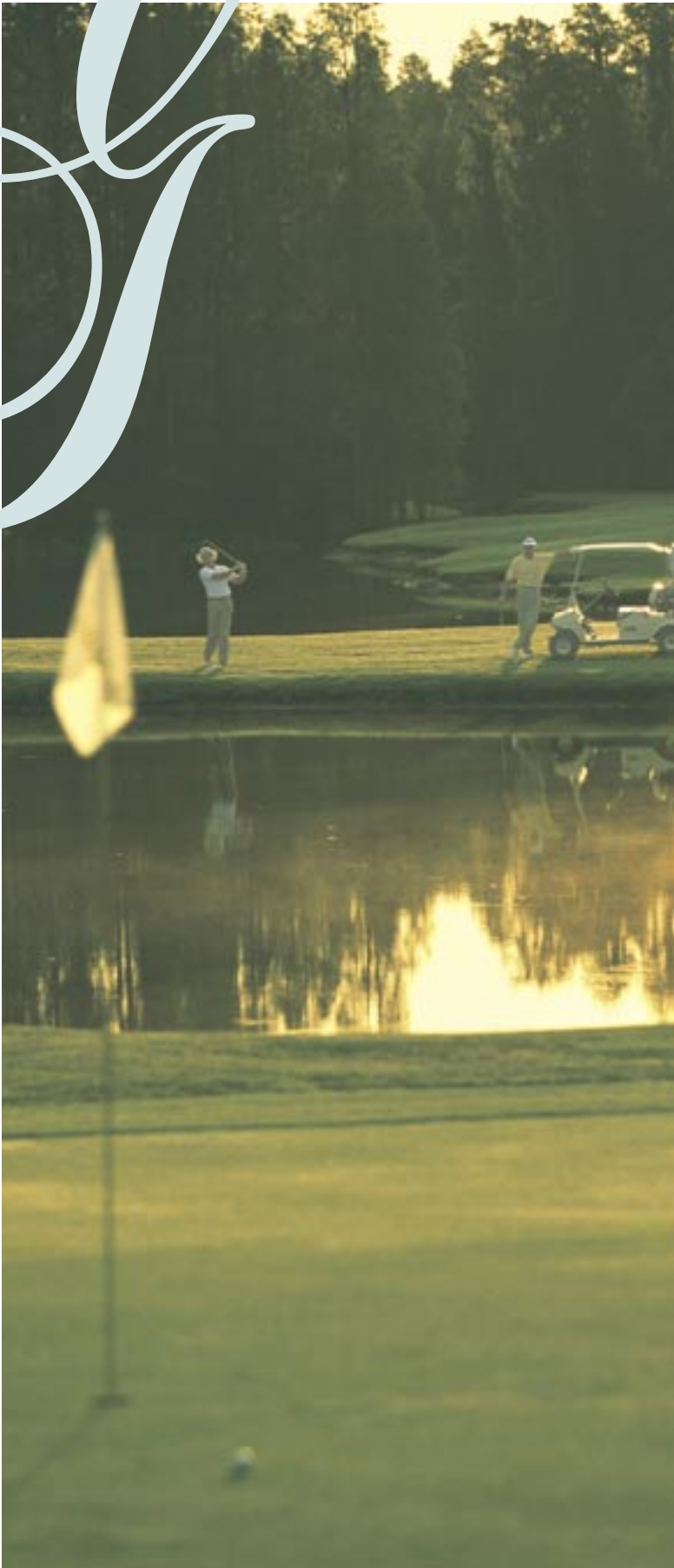
18 Hole Stroke Play: Net Callaway Scoring

Players play their own ball and a gross score for the 18 holes is recorded.

No score more than twice par for any hole will be accepted under the Callaway Format. Each player's gross score is then adjusted, using the Callaway scoring system to determine a NET score.

Gator Ball Tournament

This format is designed to be a separate tournament along with any other format chosen. Each team is given a ball designated as the Gator Ball. The team chooses an order of play and begins on the first hole with the Gator Ball. Play continues following the order on each shot. The total strokes for each hole is recorded in the space provided on the scorecard. If the Gator Ball is lost, record the amount of strokes taken on that hole. The winner of the tournament is the team that completes the most holes or the team with the lowest score for 18 holes... with the Gator Ball!



GOLF COURSE EVENTS

Closest to The Pin

This special activity allows anyone to win an event. A marker is set green-side of a par 3 hole, which is selected by the group or the Golf Shop. The marker is moved to the spot where a member of the group hits their tee shot closer to the hole than the previous players. This process continues until the last members of your group play the hole.

Longest Drive

A special event that tends to favor the longer hitter, but also demands an accurate drive. A marker is placed at the selected hole and is moved to the spot on the fairway where the longest ball lands.

Most Accurate Drive

This event demands a straight tee shot. The hole selected is usually a straight par 4 that the group or Golf Shop selects. A white line is painted directly down the middle of the fairway, with a marker placed at the beginning of the line. The marker is moved when a member of the group hits a shot in the fairway closer to the painted line than the previous person.

Shoot Out

A Shoot Out is done at the conclusion of the event when each qualifier will be brought to a designated hole for a 'closest-to-the-pin' contest from 150 yards out to determine the winner!

Putting Tournament

A custom putting tournament can be arranged with prizes up to \$10,000.

Team 'Fore' Play

Sharpen your skills on the green while discovering how your beliefs, emotions and perceptions of other players can send what might have been a perfect shot into the sand trap. This is not just about the game of golf but the game of life. You'll gain insights, which will benefit you at home, work as well as at play.

Golf For Success

This unique program integrates golf with team building. By combining elements of the Executive Challenge Course with the Arnold Palmer Golf Academy, members of your organization can improve their game and the bottom line through the development of team building skills. Non-golfers will get just as much out of the program as they discover what the game of golf is all about.



ARNOLD PALMER GOLF ACADEMY

The staff of the Arnold Palmer Golf Academy wants to welcome your group to Saddlebrook Resort. More and more the game of golf is playing a vital role in the business world. Decisions are made and deals are closed on the golf course. While your group is meeting at Saddlebrook, you have the opportunity to learn more about this increasingly important sport. To help you accomplish this, we have created a 'Corporate Menu' of activities for your group to enjoy while meeting at Saddlebrook.

Golf 101

Our goal is to welcome all new players and break down the barriers of intimidation often found when entering the world of golf. This is a 2-hour clinic and coaching session with a participant to professional ratio of 8:1. Your group will experience a fundamental overview of the game of golf and of Arnold Palmer's teaching philosophy.

Arnold Palmer Briefcase Basics

This clinic consists of a 90-minute demonstration and practice, tailored to suit either the new or more advanced player. We'll demonstrate Arnold Palmer's five fundamentals: Grip, Address, One-piece Takeaway, Steady Head and Acceleration. Your group will then focus on implementing the techniques on the driving range.

Swing Solutions Computer Analysis

Let the Arnold Palmer Golf Instructors analyze your group's golf swing with our Swing Solutions Computerized Video system. Each participant will receive an instant evaluation and valuable tips on how to improve their swing through viewing side-by-side comparisons to proper swing techniques of the greatest players in the game.

Golf Talk LIVE!

Arnold Palmer Golf Academy co-founder and recipient of instructional awards by Golf Digest and Golf Magazine, Brad Brewer is available for a 60-minute seminar to complement your golf event. Brad conducts fun, energizing and educational seminars on various golf topics and shares stories gathered during his 20 years of playing, teaching and coaching the game's greatest players.

EXECUTIVE GOLF PROGRAM

Our Executive Golf Program was developed as an effective and fun way to enhance your relationship with clients, executives, board members or employees, in a relaxed atmosphere that accentuates team building and organizational unity.

It doesn't matter if your group is comprised of experienced golfers or novices, they will all benefit from the personalized attention of the Academy's seasoned team of instructors and, just as thousands of golfers before them, they too will improve their game the Arnold Palmer way.

Every Executive Golf Program is custom designed to meet your needs and time frame. Your group can devote an afternoon or multiple days to accomplish your goals or just learn how to enjoy the game of golf.

HOPMAN TENNIS CORPORATE MENU FOR GROUPS

The team at the Harry Hopman Tennis Academy offers a variety of events and programs to improve your game – and your meeting. For more than 20 years, the world-renowned techniques of our organization have helped tennis enthusiasts from around the world advance their skill.

Incorporating our group tennis activities is an ideal way to relieve meeting stress and build team spirit. The following programs have been designed to introduce your group members to the Hopman techniques, and offer a wonderful outlet for everyone, from novices to seasoned professionals.

Rent-A-Pro

Hopman Tennis offers you a chance to take a coach on court, in front of a group, or at your meeting break. Learn everything from ‘grips’ to ‘on-court strategy’ to ‘tips on playing better doubles’. Learn from the coaches that work with some of the world’s best players... right here! On court at your break or roving during a corporate meeting, a Hopman Rent-A-Pro could be for you!

Saddlebrook Round Robins

Arrange a Round Robin for your group with the Tennis Shop. It’s a mixed-up way for everybody to play with everybody! Available any time during the day.

Super Series

Get out on the court for an hour of drills where our pros will run you ragged. A great way to relieve stress. A description of the Hopman teaching method is included, along with a 20 minute video of the group’s hour on the courts. A fun souvenir. Available at 3:30 pm.

Grand Slam

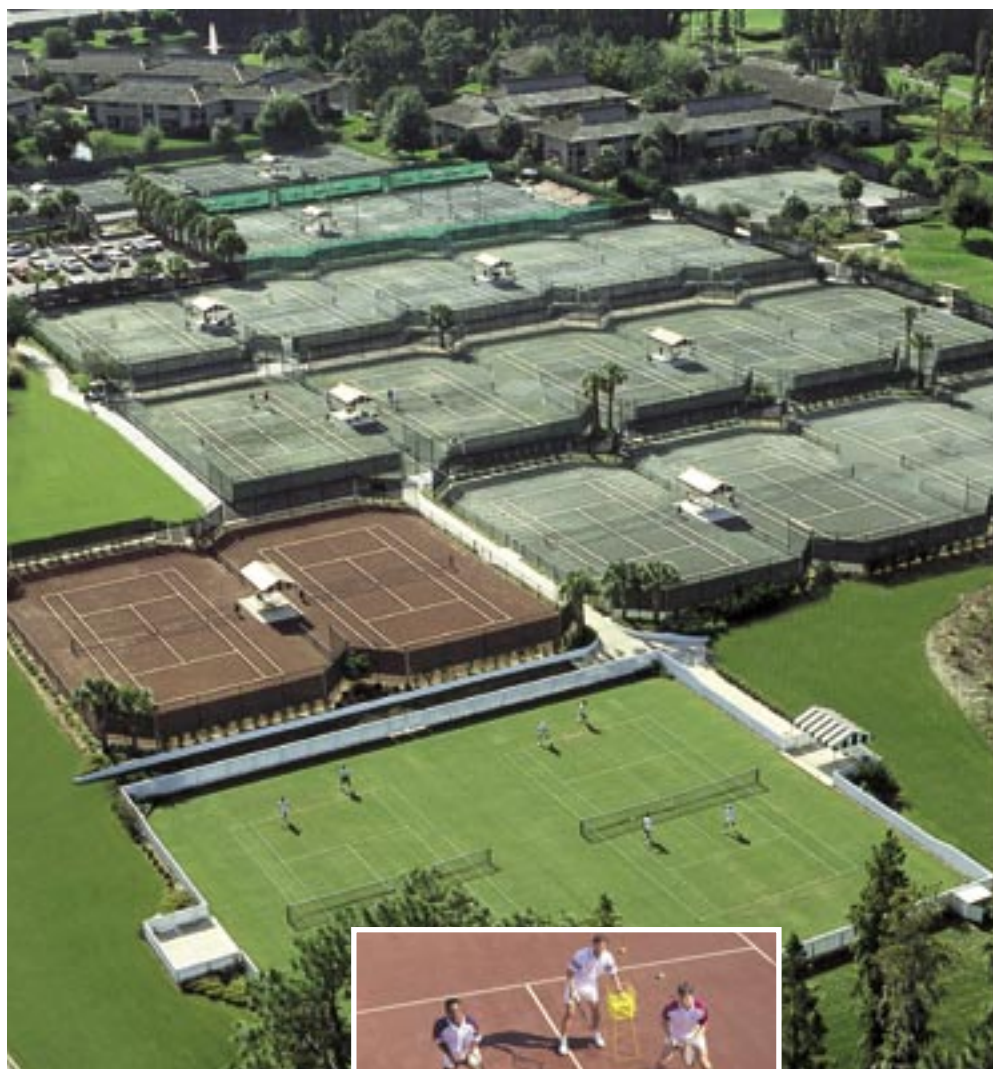
This includes the activities of the **Super Series** plus a tournament organized just for your group. We can be creative with handicapping options to ensure a fair and hilarious time. Also included is a speed serve contest. Unique prizes are awarded for the fastest serve! Must be in conjunction with the Super Series. Available at 3:30 pm.

Hopman Tennis

Join us for 2 1/2 hours of intensive tennis with never more than 4 students per court. Experience the successful Hopman method of practicing tennis and improve your game! It’s a great workout. Available at 8:30 am or 1 pm.

Private Lessons

Work 1-on-1 with an experienced pro and take home a whole new game.



All programs and prices are subject to change and are based on availability. A minimum and maximum number of participants is required for certain activities.



Do you have a special guest in your group that needs a little extra TLC?
How about a VIP Spa Gift!
Please inquire for further details.



THE SPA AT SADDLEBROOK RESORT: A PAMPERING OPTION FOR GROUPS

Right at the heart of beautiful Saddlebrook Resort, you'll find our luxurious European-style Spa. Your group can enjoy all the Spa has to offer starting at \$50 per person. Our services range from facials to massages, and from full body treatments to hair and nail treatments. All of our services are performed by trained and licensed therapists who know how to pamper your group. So, step through our lush Spa Terrace Garden into the Spa - a cool, inviting haven of elegance and relaxation.

Select from the following services for your group:

- Herbal Body Wrap
- Microderm Body Scrub
- Citrus Herbal Body Scrub
- Coconut Salt Scrub
- Swedish Massage
- Back, Neck & Shoulder Massage
- Manicure/Pedicure
- European Deep Cleansing Facial
- . . . And More!

We have the experience needed to make your group's Spa visit a memorable one. The following are three options developed specifically for offering Spa services to groups:

1. Based on your group's total number of attendees, a percentage of the Spa will be tentatively reserved (up to 14 days prior). Before their arrival, attendees pre-select a first and second choice of Spa treatments. Then, you send us a list of attendees, names and selected services. Once the appointments are confirmed, our Spa attendants provide a master list of all appointments and create appointment reminder cards for each Spa guest. These cards may be attached to each guest's resort registration packet to be received upon check-in, or may be delivered to you to be distributed at your conference registration desk. This option is preferred since it secures the best availability for your group and we can be best prepared to accommodate all your requests.
2. The Spa voucher is another great and simple option! You tell us the names of participants invited to use the Spa and the dollar amount you would like

to extend to them. The Spa will prepare personalized cards outlining the details which would then be issued to these guests. Individuals schedule their own appointments and the fees (up to the limit stated on the voucher) are charged to your master account. This option is great for meeting planners who prefer not to be too involved with Spa selections. The Spa can anticipate activity based on the number of vouchers distributed and adequate space will be held until 48 hours in advance.

3. The last option is to allow the individuals to be on their own for the Spa. This means they make their own appointments and pay for them as well.

Which ever option you choose, we are confident your guests will enjoy every indulgent service while visiting the Spa at Saddlebrook!

STAYING SANE AND HEALTHY IN A CHANGING WORLD

This motivational presentation will get people thinking about how they can change their outcomes not by changing the world, but by changing their perceptions of it. It is informative, entertaining, and will make a huge difference in how people approach uncertainty. It also can be combined with any of our team building events for a comprehensive program.

HEALTHY OPTIONS

The following topics can easily be incorporated to enhance your Saddlebrook Resort Spa experience:

- Turn Stress Into Success
- Take Control so Anger and Fear Work For You – Not Against You
- Remain Healthy Even Though Your Schedule Isn't
- Optimize Your Immune System
- Handle Difficult People
- Use Beliefs to Achieve Your Goals

All programs and prices are subject to change and are based on availability. A minimum and maximum number of participants is required for certain activities.

FITNESS OPPORTUNITIES FOR GROUPS

“Health Menu”



FITNESS CENTER AND SERVICES

Our 3,300 sq. ft. Fitness Center and 3,000 sq. ft. Outdoor Activities Pavilion are the perfect places for individual and group activities. Add our internationally acclaimed fitness and movement trainer Pat Etcheberry and the Etcheberry Sports Performance staff, and you have the best of the best available for your group.

The former Olympian has trained some of the leading professional sports figures in the world, including tennis greats Andre Agassi, Pete Sampras, James Blake, and Justine Henin; golf pros Nick Faldo and Ernie Els; Charles Woodson and Jim Harbaugh of the NFL and top athletes from the NBA, LPGA and major league baseball.

Pat Etcheberry is available for you and your group as a consultant in fitness as well as a speaker before, during or after one of your meals or events. Pat’s innovative style can be adapted to your agenda to complement your meeting’s message.

In addition to Pat’s personal involvement, we also offer:

Warm-Up & Cool-Down Course

This 1/2 mile course has been specifically designed to both warm you up and cool you down to promote a safe workout session.

Cardiovascular Equipment

Our advanced stairclimbers, treadmills, stationary bikes, and Elliptical Crosstrainer provide many options for a great cardiovascular workout.

Resistance Weight Training and Freeweights

From heavy lifting to light repetitions, our Cybex equipment and freeweights allow you to build muscle strength and tone at your own pace.



HEALTHY MEETING BREAKS

Healthy Start

This is the perfect way to start the day with a full body work-out. Meet at the main pool for stretching and then walk or run along either the 1 or 2 mile route to the 5 acre wooded Saddlebrook Challenge Course. Climb the wall, run back for a refreshing dip in the pool and meet the day head on.

Rejuvenation Break

These body breaks are a fun way to re-energize group members and regain their attention. A facilitator leads your group in stimulating exercise and stretching movements accompanied by uplifting music in your meeting room.

Relaxation Break

A unique offering designed to reduce overall stress levels. A facilitator leads your group in mild stretching and breathing techniques set to soft music.

SMALL GROUP OPTIONS

Fitness Assessment (Comprehensive Fitness Evaluation)

A fitness assessment includes measurements of body composition, flexibility, cardiovascular endurance and muscular strength and endurance. An individual report is generated which indicates how results compare to recommended levels and includes a personalized training suggestion.

Fit or Fat

Individual body fat compositions can be taken with immediate feedback on your fitness level. Skin fold calipers determine the ratio of fat to lean body mass. Our specialists recommend the ideal body fat percentage and offer suggestions for reaching and maintaining a personal fitness level for each participant.

The Exercise Class - Select From:

- Low/High Impact
- Step Aerobics
- Tai Chi
- Water Aerobics.

TEAM BUILDING

EXECUTIVE CHALLENGE COURSE

Saddlebrook's Challenge Course is rapidly becoming one of the most popular courses in the country. It's being used by some of the most successful corporations in America along with law enforcement and military organizations. Adventure racing teams and families have also discovered the benefits. That's because the Executive Challenge Course is a highly successful learning tool for dealing with change which is the only constant in today's world. It seems that just about everything from the way we play to the way we work is different compared with just a few years ago. That's the way it is and if companies want to succeed, they'll provide opportunities for their key players to learn to adjust instead of resisting.

Yet most individuals – and by extension, the organizations they comprise - resist change. The tendency of the human body is to cling to familiar beliefs and ways of responding. A commitment to change is even more difficult in a culture where 'change' has become synonymous with 'downsizing'. It is for that reason that most change efforts fail.

Saddlebrook's Executive Challenge Course does not fail. It begins with a change of environment. Certificates of achievement, gold watches, and clothes prescribed by a dress-for-success formula have no meaning in the exquisite 5 acre tract of woods which houses our low and high ropes initiatives. Participants are on an even playing field as they have to think outside the box, learn to discard unjustified beliefs, and trust in the judgment of others in order to succeed. It's all safe, fun and educational. What's more, it's unforgettable. The exhilaration of shared success combined with the spirit of camaraderie leaves behind a memory that facilitates the implementation of the lessons long after the experience is over.

- Foster a sense of teamwork
- Develop leadership skills
- Improve communication
- Instill loyalty
- Improve motivation
- Learn from challenges
- Build trust



WHAT DO TRUST, LEADERSHIP, EFFECTIVE COMMUNICATION AND STRESS RECOVERY ALL HAVE IN COMMON?

You Can Learn to Do Them Better Through Saddlebrook's Team Building Programs.

The best part is you have choices. Spend all day creating an optimal team on our Executive Challenge Course or simply energize your group during a 20 minute break in your plenary session. We can even combine team building with cocktails or dinner. Tell us what you want to accomplish and we'll help you select the best program and within the time and budget you desire.



Fun With a Purpose

This energizing group activity has been designed to foster camaraderie yet in a manner that reinforces the need to function as a team. It can be staged indoors or out, daytime or at night and with as few as 6 to as many as 600 participants. We can even stack the deck and organize the teams based on personalities.

Survivor Factor

Traditional measures of success mean nothing as teams compete in a series of zany events. Ever balance eating utensils over the edge of a table without tape or any obvious means of support? How about transferring gummy worms from a plate to a container - without using your hands? Teams compete until just the champion remains.

Red, White or Brown Paper Bag?

This exercise allows you to combine your senses, work as a team, and learn something in the process. The body, nose and legs are more than who you are but help define what you drink as well. Work as a team to discern which wine is which with no other clues than sharing your sensory experiences. Works great with dinner but also can be a separate event.

The Perfect Product

This can be done anywhere and anytime - even in conjunction with dinner. Each table or group is given an assortment of supplies to create the perfect product. They first have to design and build it, then create a marketing plan in the form of a light-hearted skit or song, which is judged either by colleagues or designated judges. It builds camaraderie while getting your meeting off to a fun start.

Golf For Success

This unique program integrates golf with team building. By combining elements of the Executive Challenge Course with the Arnold Palmer Golf Academy, members of your organization can improve their game and the bottom line through the development of team building skills. Non-golfers will get just as much out of the program as they discover what the game of golf is all about.

Extreme Team Building With The Florida Watertribe

The high ropes course is just a warm-up for this adrenaline pumping, life changing adventure. Learn from highly experienced adventure racers how to function on just 3 hours sleep a day as you negotiate up to 300 miles of ocean and swamp in a kayak.

- Discover how different foods can lift or sink your spirits as you and your team overcome adversity to cross the finish line together.
- Train yourself to handle any form of stress.
- Experience the realization that nothing is impossible if you are properly prepared.

But most importantly, you and your team will learn to deal with adversity and the unexpected in the only proven way - *by experiencing it.*

LIGHT HEARTED TEAM BUILDING

The Group Recreation Department at Saddlebrook Resort offers many unique programs, including just that special something you are looking for! The following group activities are 'light-hearted' team building events; They encourage camaraderie and boost morale. Many meeting planners use these more as 'mixers' or networking opportunities, even though they do have underlying aspects related to teamwork. The following programs generally range from 2 to 3 hours in length and can be integrated into meal programs.

Build-A-Boat & Hope-It-Floats Regatta

Your group is divided into teams which design and build boats that float...out of cardboard and duct tape! Competition is down played; getting people involved is the primary focus. The teams develop creative problem-solving techniques and forge new relationships that will endure well beyond the moment the last boat crosses the finish line.

Each group is provided with the materials, the tools and the challenge to build a 'floating device.' Imagination and teamwork are the keys to success as the individual personality of each team member comes across in their creation. After the boats are completed, it's off to the pool to test their cardboard inventions in this hilarious regatta.

In keeping with the spirit of the event, prizes can be awarded if you desire.



Build-A-Car

Your group is divided into teams formed to design and build a car that will race against their opponents' vehicular creations. Getting people involved as a team is the primary focus of this event. Imagination and teamwork are the keys to success as the individual personality of each team member comes across in their creation. After the cars are complete, it's off to the races to test their inventions in the Saddlebrook Resort Road Review!

Night Golf Scramble

After dark, test golf skills on four of our luminary-lined golf holes. Each player is provided with glow-in-the-dark golf balls and necklace. Teams are given only four golf clubs and must work together to win in this unique Night Golf Scramble. This event is designed for groups of 48 participants or less. Please inquire about evening golf activities for larger groups.

'Not Necessarily Official' Olympics

Go for the glory with these outrageously funny games designed to warm-up conference attendees to one another and make them stronger team members, while having fun.

Select traditional team building challenges like The Boardwalk Relay, Chariot Races or Team Cheer. Or go for something outrageous like The Super Duper Sling Shot, Anything Goes Relay or Pie Diving to boost laughter and promote camaraderie.

Inquire for a full list of games available for this event. Your customized Olympics will include a decorated playing area, recreation facilitators, supplies and equipment and all the team spirit you can muster.

SuperSports

The ULTIMATE event for sports enthusiasts! Each team earns points as they compete in a series of challenges at various sports stations.

Stations are selected from:

Pass the Pigskin - Attempt your best shot at throwing a football through a target.

B-Ball Free Throw - The entire teams works together to make as many baskets in a limited amount of time.

Successful Soccer Shots - Make the best kick into the soccer goal while another team defends.

Pitch, Hit 7 Catch - An event for baseball buffs. All team members rotate through each phase of pitching, hitting and catching. Points are earned for each successful play.

Volleyball - A must in team sports! Put a twist on the regular game by trying Bedsheet or Sit-down versions.

Golf Chipping Challenge - Challenge yourself and your team to make the most chips into the net.

Your SuperSports event consists of a decorated playing area, recreation facilitators, all supplies and equipment for the events listed above... and a whole lot of enthusiasm!

Saddlebrook Softball

Everyone can participate in this fun American game! Your softball game can range from casual play to competitive tournaments depending on group size. There are positions for everyone to fill with team sizes ranging from nine to eleven active players on the field at all times.

Large cushioned 16" softballs are used in this slow pitch game. Seven fun-filled and action-packed innings are played at our Sports Village field. Teams are encouraged to build team spirit and camaraderie by cheering each other on! Trophies are available to award to the best team.

So get your corporate team ready for some fun in the sun - and PLAY BALL!



SPORTS VILLAGE ACTIVITIES



The Sports Village and Fitness Center at Saddlebrook is one of the most complete sports complexes at any resort. There's something to appeal to every person and every group, including a 1.3 acre soccer and softball field, one sand and two grass volleyball courts, a regulation-size basketball court, a 3,000 sq. ft. open-air pavilion for fitness classes and group events, a 3,300 sq. ft. Fitness Center with state-of-the-art exercise equipment and free weights, an outdoor swimming pool and Jacuzzi.

All this is just minutes from the center of the Walking Village via a short, winding trail, so it's easy to make these outstanding facilities and resources part of your group's experience. And with so many activities available in one location, the possibilities for creating memorable events are endless.

Our Group Activities and Catering Departments will work with you to plan unique and fun-filled group events at the Sports Village incorporating coordinated activities, food, refreshments, entertainment and decorations to assure success.

Add Some Action To Your Agenda

Nothing brings people together like outdoor activities, from team competitions and sports to picnics and barbecues. They give groups an opportunity to mingle in a casual, relaxed environment of good fun and camaraderie. When it comes to the perfect setting for these events, you can't top the Sports Village. Here are just a few of the Sports Village group activities programs you can include as part of your meeting or conference - to make your event your best ever.

Glowing Frisbee Golf

An already exciting game just gets better when you add glow-in-the-dark frisbees and props that are marked with glow-in-the-dark equipment! Guests are invited to throw glowing frisbees at targets and score it like golf.

Saddlebrook Putting Challenge

A miniature set of the actual layout of each hole of Saddlebrook's front nine, including water areas and bunkers, is used to create this sophisticated miniature putting course. Your event consists of a decorated playing area, recreation facilitators, all supplies and a whole lot of fun.

This event also can be held in the dark using glow-in-the-dark equipment for an additional fee.

Wacky Putting Challenge

Wacky Putting is a nine-hole miniature golf course set-up with many fun obstacles. Some of these obstacles include (but are not limited to) athletic equipment, hula hoops, plants, janitorial equipment, and more. Players must overcome obstacles in order to putt their way to the hole. An additional challenge is the tool the player must use to putt, which varies at each hole. This event also can be held in the dark using glow-in-the-dark equipment for an additional fee.

Aqua Golf

Three floating greens with flags are placed in the pool. Guests attempt to chip wiffle balls from a mat at the edge of the pool onto the floating greens. Velcro plays an important role in this game! Our staff will retrieve balls from the pool.

Available Extras

We also provide volleyballs, horseshoes and basketballs with the booking of any of our other events. Referees available for an additional charge.

Additional lighting for the Sports Village area evening functions is available. Glow-in-the-Dark events such as the Putting Challenge and Frisbee Golf do not need additional lighting, but others may, depending on the time of day.

ADDITIONAL ACTIVITY OPTIONS

ICEBREAKERS & MIXERS

Whether you're planning a reception for co-workers, or for a group of people who haven't met, one of our Mixer Games can be just the right ingredient to make the first impression a success!

When guests arrive and are given simple, quick instructions, a pencil or other game-playing props, they are immediately involved and your reception is off to a great start.

The games below are designed to get everyone mingling, meeting new people and discovering some unknown bits of information about old or new friends.

Human Bingo

This is definitely NOT the sit-down version. Completed light-hearted questionnaires are used to create a 'Human Bingo' card in which guests must mingle with one another, introduce themselves, and match up information tidbits on the card with the persons they relate to. First person to fill in their card with all the correct names is the winner!

Time frame: 1 hour.

Hermit Crab Races

'Specially trained' hermit crabs create an evening of 'fun at the races'! Guests are invited to sponsor and name a crab, which will race against other crabs in a frenzied game! Multiple races are held to accommodate all guests.

Time frame: 1 hour.



TOURNAMENTS

The Guest Activities Department can arrange and officiate a wide range of tournament sports events including:

- Basketball
- Softball
- Volleyball
- Water Volleyball
- Horseshoes
- Ping Pong

Your single elimination tournament would consist of professional recreation facilitators or officials, all supplies and equipment for your event, and a whole lot of enthusiasm.



DAILY ON-PROPERTY ACTIVITIES AVAILABLE AT THE SWIM SHOP

Bicycling - Rent a bike for a scenic ride around Saddlebrook Resort's 480 acre site.

Fishing - All ponds are stocked with largemouth bass and catfish. Fishing equipment is available for rent.

SMALL GROUP & SPOUSE PROGRAMS



Chef's Table

Ballotine! Julienne! Anglaise! Those are some of the culinary terms you may encounter when you participate in our Chef's Table. Learn cooking techniques alongside our award-winning chefs and then enjoy the fruits of your labor with the chefs at your table.

The Food/Mood Connection

You are what you eat - in mind, body and spirit. Some foods will lift you out of the blues, while others will help you sleep. A steak may sound good after a long day negotiating airport concourses, but it may not be what you need to be at your mental best with a client the next day. Are you susceptible to colds or allergies? Then you may be interested in knowing that in addition to the standard fare of meats and veggies, there's an apothecary of other ingestible options. Find out which nutritional options may be the answer to your specific problems, and which may actually cause them. This is a 20 to 60 minute presentation suitable for any group.

Cross-Stressing for Success

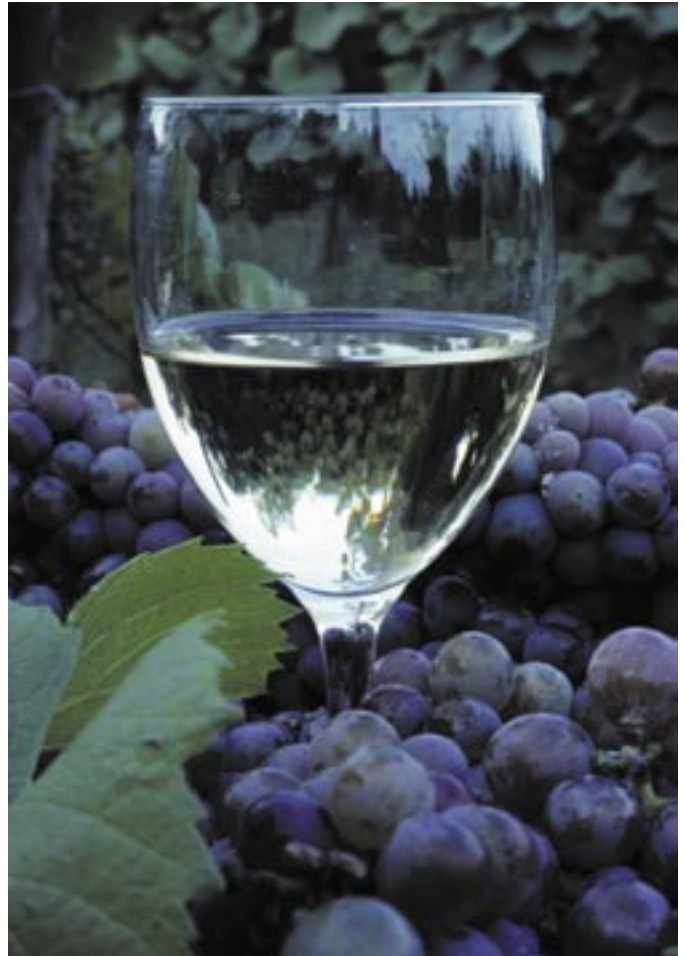
This experimental program teaches you to remain healthy, wealthy and wise in a rapidly changing environment. The information will be presented in an entertaining, yet informative manner enabling you to not only enrich your own life, but to teach these valuable skills to others. This 20 to 60 minute program is suitable for any group.

Choose from one or more of the following:

- Stress and Memory
- Overcoming stress-induced fatigue
- Protecting the immune system from stress
- Hidden stressors and how to spot them
- What's your stress personality?
- Where are you? A simple, self-scoring burnout test.
- What are your beliefs? Find out by taking the Belief Challenge test.
- Why you develop multiple personalities under pressure

Wine Tasting

Saddlebrook's very own wine expert explains where certain wines originate and the subtle differences between them. Learn the correct form and various steps when tasting wine. The wine tasting experience is complemented by a gourmet variety of cheeses. Guests will leave with warm memories and useful information.



OFF PROPERTY PROGRAMS & UNIQUE TOURS

Tampa Bay Performing Arts Center (25 mins. 1-way / varies by event)

Have your group enjoy the best of Broadway, sample intimate cabaret shows or take in the hottest concerts at the Tampa Bay Performing Arts Center in downtown Tampa. One of the top 10 arts centers in the country, four-theater complex offers productions of all types and price ranges all year long. Your group will benefit from special group pricing and seating and may even schedule a pre-event cocktail party overlooking the Hillsborough river and the downtown skyline.

A Visit to The Tampa Museum of Art (25 mins. 1-way / 2 hr. event)

Visit Tampa's art museum, featuring a nationally-renowned permanent collection of classical antiques, plus traveling exhibits of photography, contemporary art and sculpture. Guest will enjoy the experience and knowledge of a docent-led tour through this modern museum. Inquire about the specific exhibits that will be on display during your group's visit.

Dade City Antique Shopping (15 mins. 1-way / 3 hr. event)

Not far from Saddlebrook is the historic town of Dade City set against rolling hills and green pastures. It's just a short trip, but you'll feel like you've traveled back in time. Discover the treasures of Dade City. Explore its quaint antique shops, side by side with contemporary galleries and stores. An optional lunch is available for group members in this charming Florida town.

Shopping at Old Hyde Park Village (30 mins. 1-way / 3 hr. event)



This unusual shopping village near downtown Tampa offers a number of outstanding shops in a quaint, turn-of-the-century style. Explore shops such as Polo/Ralph Lauren, Ann Taylor, Sharper Image, Anthropologie,

Banana Republic, Godiva Chocolatier's, Williams-Sonoma, Chico's and many more. This program is great in conjunction with "Tea On The Verandah."

Tea on the Verandah at the H. B. Plant Museum

(25 mins. 1-way / 2 hr. event)

Enjoy a warm welcome with tea and pastries at the historic Tampa Bay Hotel, now home of the H.B. Plant Museum. After introductions, your guests enter the museum to watch the award-winning video, "Tampa Bay Hotel, Florida's First Magic Kingdom." Following the video, enjoy a docent-led tour which explains the hotel's design in the Moorish Revival style by architect John A. Wood during the late 1800s. The one and a half hour tour concludes with a bit of shopping in the award-winning Museum Store.

The Museum curator offers workshops at an additional charge with two to three weeks' prior notice. Workshops include: Art & Architecture of the Tampa Bay Hotel, Behind the Scenes With the Curator, Clothing Styles From the Turn of the Century, and The Victorian Age: Mores and Morals. Additional workshops requiring four weeks' notice are: The Gardens of the Tampa Bay Hotel, Antique Appraisal Clinics and Boat Tour Along the Hillsborough River.

This program works well in conjunction with "Designer Shopping at Old Hyde Park Village."



Wilderness Canoe Experience (3 hr. event)

Discover nature's magic while paddling through a spectacular preserve and go back to the OLD Florida. This downstream, quiet-water trip (suitable for beginners as well as experienced paddlers) is an adventure through time.

The Hillsborough waterway is the most important resource in Tampa Bay, so its watershed has been protected. The 16,000-acre reserve is home to some of the best wildlife observation in the state with alligators, turtles, and numerous bird species ranging from the Great Blue Heron to the rare and endangered Roseate Spoonbill.

Guides will educate you on canoe paddling techniques and the wildlife you will encounter. In all seasons the Hillsborough River astounds with its beauty, serenity and abundant wildlife. This trip is about 70% shade so even on a hot summer day, the 4½ mile trip is cool. Soft drinks and fresh fruit are provided.

Ask about how your trip can be combined with team building • Evening trips also available.

Ybor City Tour (30 mins. 1-way / 3 hr. event)

Ybor (pronounced EE-Bor) City is a district alive with vintage clothing stores, art galleries, delightful bistros and a relaxed atmosphere that's bathed in a rich and proud history. This century-old Tampa neighborhood always provides an unforgettable time. The tour begins with a visit to the Ybor City State

Museum with demonstrations of the art of hand-rolling cigars and baking of authentic Cuban bread. Guests then enjoy a personal walking tour of Ybor City ending with a visit (and perhaps lunch) at the Columbia Restaurant, one of America's finest and oldest Spanish restaurants. Inquire about lunch options.



OFF PROPERTY PROGRAMS & UNIQUE TOURS CONTINUED



Busch Gardens - Tampa Theme Park (30 mins. 1-way / 4-5 hr. event)

Busch Gardens-Tampa Bay is much more than just a thrilling combination of rides and entertainment. In fact, it's the nation's fourth-largest, open-air zoo, and provides a rare glimpse into the lives of exotic creatures, especially in the *Edge of Africa*. However, roller coaster enthusiasts have found heaven when they reach Busch Gardens. It's home to *Montu*, the tallest and longest inverted roller coaster in the world, and *Gwazi*, the Southeast's largest and fastest double wooden roller coaster. This and more makes an afternoon at Busch Gardens one your group will long remember.

Shopping Options Around Saddlebrook (35-60 mins. 1-way / 3 hr. event)

Saddlebrook is conveniently located close to a variety of shopping venues. Tampa's Old Hyde Park Village, offers a number of outstanding boutiques in a quaint, turn of the century setting. Explore shops such as Polo/Ralph Lauren, Ann Taylor, Sharper Image, Williams-Sonoma, Godiva Chocolatier's and more.

Only at International Plaza will you find Nordstrom, Neiman Marcus, Lord & Taylor, Tiffany's and nearly 200 specialty stores. And only at Bay Street, an open-air village, will you enjoy a collection of unique restaurants and boutiques.

Prime Factory Outlet Shops, with 100 upscale shops offering discounts of 25-70% off full retail prices.

Lunch and Dinner Cruises (30-60 mins. 1-way / 2-3 hr. event)

Cruise Tampa Bay or the Gulf of Mexico aboard a paddlewheeler or a modern yacht and see Greater Tampa from a totally different perspective. Your group can choose from day or night cruises and enjoy casual or elegant dining while you cruise. The Tampa Bay area provides a variety of cruising options based on your available time and budget and we'll make all the arrangements.

Airboating (60 mins. 1-way / 4 hr. event)

Board an airboat and cruise at various speeds across Lake Panasoffkee and into tiny tributaries. Stop and visit Johnny Galvin's "Old Amos," a 13 ft., 1,322 lb. alligator, seen on TV commercials and documentaries. You can even hold a baby alligator or crocodile, and later see them in their natural habitat.

Offshore Fishing (Deep Sea) (60 mins. 1-way / 4 hr. event)

Feel the excitement of catching the big one on the Gulf of Mexico! Privately chartered 35'-45' boats (all with interior cabins and heads) sail 8-14 miles off the coast. Fish for *groupers*, *snappers*, *mackerel*, and sometimes *shark* and *barracuda*! Each boat holds up to 6 passengers, with an experienced Captain guiding even the novice angler. A few larger boats are available with seating 10 to 20 passengers. Please inquire regarding availability and pricing.



Inshore-Backcountry-Flats Fishing (45 mins. 1-way / 4 hr. event)

Don't miss some of the finest sportfishing in Florida. Experience the thrill and excitement of inshore-backcountry fishing while admiring Florida's natural beauty. Catch *giant tarpon*, *wily snook*, *elusive red fish*, *cobia* and many other species. See *porpoise*, *manatee*, *stingrays*, *blue herons*, *hawks*, *eagles* and many other of Florida's magnificent wildlife. Each boat holds between 2 to 4 anglers with an experienced fishing Captain/Wildlife Guide.

Trophy Bass Fishing (60 mins. 1-way / 4 hr. event)

Groups of two share a boat and stories of the one that got away. Each boat comes with an experienced guide/Captain to assist with location selection for the best possible results and to assist novices. Charters depart from Lake Panasoffkee.

Pine Creek Sporting Clays (15 mins. 1-way / 2-5 hr. event)

An exciting and fun alternative in recreational sport activities. Take one shot at Sporting Clays and you'll be hooked. Every shot is different. It's challenging. It's fun. It will hone your hunting and shooting skills. And it's a great way to spend an afternoon with family and friends.

Sporting Clays is the most exciting shooting sport in America today. Whether it's the 10-station 100-round course or the 5-stand practice area, they have facilities to suit everyone. Group or private instruction is available.



CHILDREN'S ACTIVITIES

This Kids (S'Kids) Club is a program designed for children 4 - 12 years old, offering a variety of fun and stimulating supervised activities from 9 am to 4 pm each day. So while their parents are in meeting sessions or involved in adult recreational activities, kids can have a great time with our experienced counselors. Just make sure they come equipped with swimsuits, sneakers and sunscreen!

ANIMAL ADVENTURE MONDAY - Experience a day all about animals!

DINOSAUR TUESDAY - Take a trip 'back in time' to the Stone Age.

WEATHER WEDNESDAY - A whirlwind of fun learning about weather!

UNDERWATER THURSDAY - An adventure into our lakes and oceans.

FINALLY FRIDAY - Anything-goes-day of fun and surprises!

SPORTS SATURDAY - A whole day devoted to sports.

SCIENCE SUNDAY - A day of experiments and excitement!

Children's Theme Parties

Theme parties, complete with decorations, coordinated games, activities and crafts, add extra excitement to a day or evening function. Recommended age breakdown is 4-6 year olds with one counselor for every six children, and 7-12 year olds with one counselor for every ten children. Minimum 20 children.



Alien Adventure Party - Come join us in Outer Space! Children will be able to watch out-of-this-world movies while making creations that are not found here on earth. Participants will create alien masks, space suits and flying saucers, along with glow-in-the-dark bookmarks. To top it all off, they will play a game of Space Pictionary and Musical Stars.

Everybody's Birthday Party - We're having a Birthday Party and everyone gets to celebrate! Kids participate in pool games like Clothespin Drop, Move Your Body and 1 if by Land, 2 if by Sea. Participants will also make souvenirs like clown face magnets and bookmarks. Before the celebration ends, we will watch some exciting movies.

Backyard Camping Party - It will be a night of adventure at our Backyard Camping Party. Children will participate in Apple Bobbing, Caterpillar Races and Board Games. Later on we will watch some camping movies while making paper lanterns and caterpillar magnets. The night will be topped off with a Watermelon Seed Spitting Contest.

Saddlebrook Buccaneer's Party - Pirates are invading Saddlebrook and they want everyone to join them. Kids join the crew in watching movies while making spy glasses and pirate shields. Later on we will see which crew member can break a Pirate Pinata. The night will end with Musical Islands, Pirate Pictionary and Board Games.



Children's Movie Nights

Looking for something to occupy the kids while your group enjoys the evening festivities? We've got just what you need! Children ages 4-12 are invited to join us for a themed night of movies, fun and games coordinated specifically for your group. We'll provide the movie and popcorn. Dinner also can be arranged with our Catering Department. Minimum 10 children.



A Buggy Movie Night - Participants will make crafts including Caterpillar magnets and Dragonflies. There will be a game of Caterpillar races and popcorn to top the night off.

Alien Adventure Movie Night - Come to this adventurous night where we will make flying saucers and alien masks. Before the movie there will be an out-of-this-world alien hunt and popcorn.

Magical Movie Night - Join us in eating magical popcorn and making magical star bottles and glow-in-the-dark pictures. We also will play Pass The Star.

Extra Terrestrial Movie Night - Come to outer space with us while watching the movie 'E.T.'. We will join E.T. and make space suits and play Star Drop. Popcorn will be provided.

Aussie Adventure Movie Night - Join us down under making Australian boomerangs, safari pictures and eating popcorn.

Mad Scientist Movie Night - A night of experiments and popcorn. Kids will marvel at the reaction between baking soda and vinegar and will be amazed at their creation of 'oobleck'. Children will also make a bottle of waves to take home.

African Safari Movie Night - Kids can have fun in an adventurous animal game and creating a lion face mask. They also will make a jungle picture and enjoy fresh popcorn.

For those Saddlebrook guests too young to participate in the S'Kids Club, babysitting information is available at the Concierge Desk, ext. 4450.

All programs and prices are subject to change and are based on availability. A minimum and maximum number of participants is required for certain activities.



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