



Recreation Center Hours of Operation

Monday – Thursday: 6:30 a.m. – 8:00 p.m.
 Friday: 6:30 a.m. – 6:30 p.m.
 Saturday 8:00 a.m. – 5:00 p.m.
 Sunday Noon – 5:00 p.m.

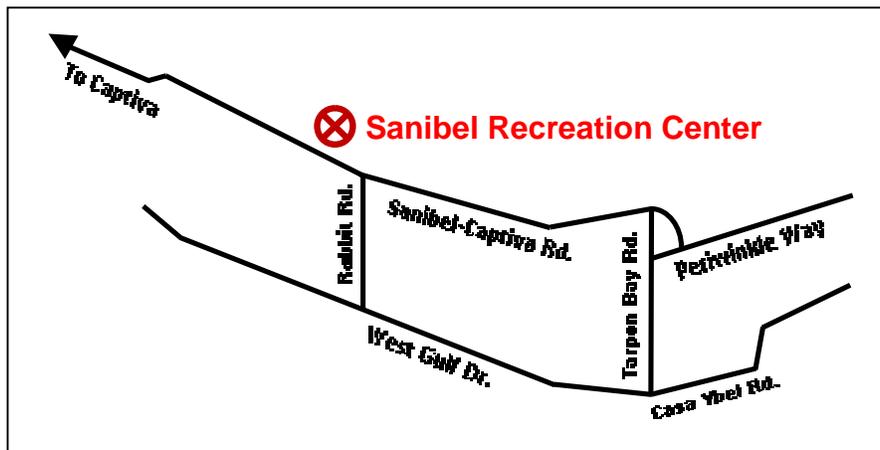
Center 4 Life Hours of Operation

Monday – Friday: 8:00 a.m. – 5:00 p.m.
 Saturday & Sunday: Closed

*For this week's program listings, please refer to the current [Week at a Glance](#)
 For upcoming program news, visit the City of Sanibel's website at www.mysanibel.com*

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Daily, Weekly, Semi-Annual and Annual Recreation Center passes are available.
 Please call the Recreation Center at (239) 472-0345 for membership details.

Fitness & Wellness Programs – Included with Membership

See **Fit & Funky Kids** in the [Youth Programs](#) section.

Zumba

Included with membership; day pass required for non-members

Zumba's use of pulsating Latin rhythms and easy-to-follow moves provide for an extremely fun, calorie-burning fitness experience! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is best suited for individuals who can perform cardio exercises and joint movements for an extended period of time. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Zumba Gold

Included with membership; day pass required for non-members

Zumba Gold offers the same exotic music and moves as regular Zumba, only at a pace suitable for individuals who are getting back into shape or need a slower-paced class. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Weight Room Orientation

Included with membership; day pass required for non-members

The new Weight Room Orientation class is perfect for individuals who want to learn how to properly use our weight room equipment and improve results. Participants learn stretching techniques to loosen up before working out, how to use the cardiovascular equipment and how to select and use the machines and free weights. Participants finish the class with enough knowledge to create their own exercise routines. Each class is limited to six participants ages 12 and over. Advanced registration is required. Register up to a week in advance by visiting the front desk or by calling the Recreation Center at (239) 472-0345.

Hi-Low Impact Aerobics

Included with membership; day pass required for non-members

A one hour high / low impact aerobics class presented in strength intervals, allowing for the use of tubing, leg bands, weights, fitness balls and BOSU platforms. Participants can choose to perform either high or low impact exercises, as both intensity variations are demonstrated. Classes conclude with abdominal, leg and arm floor work followed by a stretch / flexibility session. If you are looking for an overall body workout that will give you results, this is the class for you! Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Total Body Workout

Included with membership; day pass required for non-members

Total Body Workout offers an hour of low-impact, body sculpting exercises designed to increase strength, stamina and metabolic efficiency. Tone your trouble zones and burn calories through a combination of aerobic exercises! Participants are encouraged to bring a towel and water. Advanced registration is not required. All fitness classes at the Recreation Center are included with a membership. Participants must be age 12 or older.

Power Pace Cycling

Included with membership; day pass required for non-members

Start pedaling and let go as your instructor takes you on the ride of your life! This intense workout is easy to follow and will give you fast results. It's perfect for fitness enthusiasts, recreational cyclists, or serious racers. Challenge both your aerobic and anaerobic thresholds through the use of interval training on a stationary bicycle! Participants are encouraged to bring a towel and water. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 14 and over.

Fitness & Wellness Programs – Included with Membership

BOSU, Ball & Strength

Included with membership; day pass required for non-members

Bring your workout to the next level by utilizing free weights, a BOSU ball and a stability ball to target all major muscle groups! This core workout class will improve your balance, flexibility and coordination. All balls, weights and mats are supplied. Participants are encouraged to bring a towel and water. Athletic footwear is required. Advanced registration is not required. This class is available to participants ages 12 and over.

BOSU Strength

Included with membership; day pass required for non-members

Take strength training to the next level with this total body workout using the BOSU balance trainer, a multidimensional training device that integrates core training, sports training and balance training. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Total Body Workout

Included with membership; day pass required for non-members

Total Body Workout offers an hour of low-impact exercises designed to increase strength, stamina and metabolic efficiency. Tone your trouble zones and burn calories through a combination of aerobic exercises! Participants are encouraged to bring a towel and water. Advanced registration is not required. All fitness classes at the Recreation Center are included with a membership. This class is available to participants ages 12 and over.

Power Lunch Aerobics

Included with membership; day pass required for non-members

Boost your energy with a 45-minute "Power Lunch" fitness class! Workouts are low-impact, yet high energy and filled with fun and exercise. Individuals of all fitness levels are welcome. Participants are encouraged to bring a towel and water. Advanced registration is not required. All fitness classes at the Recreation Center are included with a membership. Participants must be age 12 or older.

Low-Impact Aerobics

Included with membership; day pass required for non-members

Increase your cardio endurance in this easy-to-follow low-impact workout that is loaded with fun cardio moves like the grapevine, mambo and cha-cha. This class is perfect for seniors, beginners and those just getting back into exercise and looking for an easier pace. Individuals of all fitness levels are welcome. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Body Sculpting

Included with membership; day pass required for non-members

A one-hour class that focuses on strengthening and toning all major muscle groups using fitness bands, tubing and calisthenics. Exercises are based on resistance; geared to create a toned, sculpted body. Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Hatha Flow Yoga

Included with membership; day pass required for non-members

Hatha Flow Yoga is suitable for all experience levels. Students are guided through asanas (physical exercises), postures and breathing exercises to reduce stress and rejuvenate the body. Instruction is tailored for all skill levels, offering a personalized experience within a group setting. Participants are encouraged to bring a mat and towel. Advanced registration is not required. This class is available to participants ages 12 and over.

Fitness & Wellness Programs – Included with Membership

All-Level Yoga

Included with membership; day pass required for non-members

All-Level Yoga is based on the Iyengar tradition of alignment, prop work, and an in-depth understanding of the body, breath and mind. Students will experience an eclectic blend of yoga postures designed to invigorate the mind and spirit, build strength and improve flexibility. The instructor's guidance allows students to move at their own pace through a unique set of poses. Individuals of all skill levels and body types are welcome to attend. Participants are encouraged to bring yoga blocks, straps, a mat and a towel. Advanced registration is not required. This class is available to participants ages 12 and over.

Aqua-ritis

Included with membership; day pass required for non-members

Aqua-ritis is designed specifically for people with arthritis and other related diseases. Participants can work to improve joint flexibility and reduce pain and stiffness while supported by buoyancy and resistance. Individuals of all fitness levels may attend. This class is available to participants ages 12 and over.

Shallow Water Aerobics

Included with membership; day pass required for non-members

Our Water Aerobics classes are ideal for men and women of all fitness levels. Working out in the pool is a safe and effective choice of exercise using a variety of resistance equipment. This class is held in the leisure pool for participants who desire a low-impact workout in warmer, shallower water. Advanced registration is not required. This class is available to participants ages 12 and over.

Deep Water Aerobics

Included with membership; day pass required for non-members

Our Water Aerobics classes are ideal for men and women of all fitness levels. Working out in the pool is a safe and effective choice of exercise using a variety of resistance equipment. This class is held in the lap pool for participants who desire a low-impact workout in cooler, deeper water. Advanced registration is not required. This class is available to participants ages 12 and over.

Aqua Jogging

Included with membership; day pass required for non-members

This specialized class is held in the lap pool for those who desire a low-impact cardiovascular workout in deeper water while utilizing aqua jogging equipment such as belts and ankle resistance. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 12 and over.

Water Pilates

Included with membership; day pass required for non-members

This program creatively adapts Pilates exercises for the pool. Build a stronger core (abdominals and back) by working from the inside out! Develop muscle strength and increased flexibility, improve posture and body awareness and learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness levels. Space is limited. Registration for this class begins 30 minutes before the scheduled start time. This class is available to participants ages 12 and over.

Special Events, Health Screenings & Certification Courses

Recreation Center Member & Island Cinema Movie Events

Reduced movie admission at \$7.50 per person for select shows for Recreation Center Members

Next movie event: True Grit (PG-13) – Thursday, January 6 (discount is valid for entire day for all three showings)

The Island Cinema of Sanibel, 535 Tarpon Bay Road, is offering "Sanibel Recreation Center Member Movie Rates" at discount ticket prices for all current City of Sanibel Recreation Center members. Admission for Sanibel Recreation Center members (adult, senior, youth) is reduced to \$7.50 dollars per person at "member movie viewings". A free, small popcorn is included. All participating members will need to show the Theater Box Office a valid Sanibel Recreation Center membership card (6 month or Annual) or receipt of a currently valid daily/weekly pass to the Recreation Center. Due to limited capacity in the theater, Recreation Center members wishing to utilize this discount are strongly urged to purchase their tickets at the Island Cinema in advance.

American Red Cross Pet First Aid Course – Available Sunday, January 9 from Noon – 4:00 p.m.

Members: \$50, Non-members: \$62.50

The American Red Cross Pet First Aid Course gives pet owners the confidence and skills necessary to tend to unexpected emergencies until they can get their pet to a veterinarian. Course participants will receive a dog first aid and cat first aid manual. Each manual contains a 30-minute DVD with step-by-step information on safety procedures and dealing with medical emergencies. Please leave your pets at home for this class. To find out the next available course, please call the Recreation Center at (239) 472-0345.

Free Diabetes Screenings – Available Friday, January 14, 2011 from 9:30 a.m. – 12:30 p.m.

A complimentary service for Recreation Center members and non-members.

Complimentary Sanibel-Captiva Lions Club Diabetes Screenings use a tiny drop of blood extracted with an almost painless prick of the finger, which is then read by a blood glucose meter within 10 seconds. Screeners have been trained and certified by a doctor and use all appropriate methods to insure antiseptic conditions and privacy during the screening. The test is appropriate for both children and adults. No appointment necessary – walk-ins are welcome!

Free Blood Pressure Screenings – Available the first Monday of every month

A complimentary service for Recreation Center members and non-members.

According to the American Heart Association, about one in three U.S. adults have high blood pressure and most are unaware of the condition. Find out if you're at risk with a complimentary screening provided by the Sanibel Fire District. Screenings are offered as a first step in determining if professional health care is needed. Please call the Recreation Center at (239) 472-0345 to find out the next session. No appointment necessary – walk-ins are welcome!

Free Body Composition Analysis – Available the last Wednesday of every month

A complimentary service for Recreation Center members and non-members.

Body composition is an important component in determining one's fitness level and overall health. Discover your body's ratio of body fat to lean body mass. Please schedule your appointment prior to working out to ensure accurate test results. Please call the Recreation Center at (239) 472-0345 to find out the next session and to reserve a screening time.

Athletic Programs

Pick-up Volleyball

Included with membership; day pass required for non-members

Pick-up Volleyball combines quick reflexes and legwork for an effective cardio workout. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.

Athletic Programs

Pick-up Basketball

Included with membership; day pass required for non-members

Pick-up Basketball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.

Men's Over 44 Pick-up Softball

Games are played at the Sanibel ball fields.

Games, subject to outdoor weather conditions, are held year-round at the Sanibel ball fields. Please bring a softball glove and athletic footwear to participate. Participants must be at least 44 years old.

Private Tennis Instruction

\$30 for a half-hour lesson, \$60 for an hour lesson

Learn to improve stroke technique, footwork and overall strategy through professional instruction! Lessons are open to all ages. Sign up with your doubles partner, spouse, a friend or two, split the cost and increase the fun! Up to four individuals can be registered for a single lesson. Visit the Recreation Center or call (239) 472-0345 to find out about other possible lesson times and to register.

Round Robin Tennis – Resumes for the season on Tuesday, January 11, 2011

\$10 per person

Enjoy tournament-style play and meet fellow tennis players in the process! Tennis Pro Jeffrey Boston organizes all matches. Registration includes a demonstration of doubles tactics and doubles play. Please register in advance as space is limited.

Aquatic Programs

Recreation Center aquatic programs require a minimum air temperature of 65° and a minimum water temperature of 80°. The aquatics area, including open lap swim, will be closed when the air temperature is less than 60°.

See [Shallow Water Aerobics](#), [Deep Water Aerobics](#), [Aqua Jogging](#), and [Water Pilates](#) in the [Fitness Classes – Included with Membership](#) section.

SWAT Youth Swim Team

Members: \$125 per quarter, Non-members: \$156 per quarter

SWAT is a year round swim team program for ages 5 to 18 designed to improve stroke technique and to build endurance. Participants must be able to swim the length of the pool (25 yards) in order to participate. The first quarter spans from October 1, 2010 – December 31, 2010. The second quarter spans from January 3, 2011 – March 31, 2011. USA Swimming Memberships, team suits and caps can be selected at an additional cost. Please call the Recreation Center at (239) 472-0345 for program details.

Private Water Fitness Lessons

Members: \$20 per 30 min., Non-members: \$25 per 30 min.

Instruction is tailored to the participant's goals and needs: from basic to advanced shallow water aerobics, deep-water aerobics and aqua jogging. Private Water Fitness Lessons are available to all ages and are scheduled on an individual basis by the Recreation Department's Aquatics Staff.

Private Swim Lessons

Members: \$20 per 30 min., Non-members: \$25 per 30 min.

Instruction is available to all ages and is tailored to the participant's goals and needs: from basic swim instruction to improving stroke efficiency and endurance. Private swim lessons are scheduled on an individual basis by the Recreation Department's Aquatics Staff.

Aquatic Programs

Masters Swimming

Members: \$50 per year, Non-members: \$63 per year

Masters Swimming is a program for serious swimmers, ages 18 and over, designed to improve technique and build endurance.

Youth Programs

See the **SWAT Youth Swim Team** in the [Aquatic Programs](#) section.

Fun Day Youth Program

January 17, 21, February 18, 21, March 28, April 22.

One Fun Day: \$20 per child for members, \$25 per child for non-members

Join us for an exciting day of athletic games, craft projects and special entertainment! Enrollment is available for children in kindergarten through eighth grade. Fun Days operate from 8:00 a.m. – 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks are provided. Please register in advance at the Recreation Center's front desk.

Spring Break Youth Day Camp

One week enrollment: \$75 per child for members, \$94 per child for non-members

Spring Break Youth Day Camp offers seasonally themed games, crafts and special entertainment! The camp operates April 25 – April 29 from 8:00 a.m. – 5:30 p.m. Enrollment is available to youth in kindergarten through eighth grade. Each child needs to bring a lunch, swimsuit and towel. Light snacks are provided. Please register in advance at the Recreation Center's front desk.

Youth Karate

Winter Session I: Wednesdays, January 5 through January 26, 2010

Winter Session II: Wednesdays, February 2 through February 23, 2010

Members: \$40 per child, Non-members: \$50 per child

A fun, safe and structured martial arts program that focuses on more than self-defense: improve your child's health and self-confidence! Lessons are available to youth in grades K through 8. Kurokawa Martial Arts provides instruction. Register at the Recreation Center's front desk.

Youth Clay Art

Winter Session: Wednesdays, from January 12 through March 16, 2011

Lessons are \$200 per child

Let your child's imagination take shape through sculpting clay creations! Each lesson has a goal in mind; students mold and sculpt clay with the help of professional instruction to achieve unique masterworks. Lessons take place in The Sanibel School's art room and are available to youth in grade four through eight. Junior artists of all experience levels are welcome. Register at the Recreation Center's front desk.

Fit & Funky Kids

Included with membership; day pass required for non-members

A workout to music, especially designed for youth ages 8 through 12. Fit & Funky Kids provides a fun way to keep fit in a non-competitive environment through games, the use of athletic equipment and fitness challenges. Advanced registration is not required.

After-School Teen Program (grades 7 & 8) – [Download Registration Packet](#)

Included with membership; day pass required for non-members

The After School Teen Program operates every school day from 2:15 p.m. to 5:30 p.m. The After School Teen Program is available for children in grades seven and eight. Youth enrolled in the After-School Teen Program participate in athletic games, arts and crafts, and other counselor-led activities on a daily basis. Please visit the Recreation Center's front desk to obtain a copy of the registration packet.

Youth Programs

[After-School Youth Program \(grades K – 6\) – Download Registration Packet](#)

One school year (payment in full): \$530 per child for members, \$633 per child for non-members

One trimester (approximately 60 days): \$176 per child for members, \$211 per child for non-members

The After School Program operates every school day from 2:15 p.m. to 5:30 p.m. The After School Program is available for children in kindergarten through sixth grade. Youth enrolled in the After-School Program participate in athletic games, arts and crafts, and other counselor-led activities on a daily basis. Every child registered in the After School Program receives a one-year complimentary Recreation Center membership. This membership can be upgraded to a family membership for an additional \$50. Two After-School payment options are available: the entire school year and trimester payments, occurring three times throughout the school year. The Financial Assistance program is available to qualifying families. Please visit the Recreation Center's front desk to obtain a copy of the registration packet.

Center 4 Life Programs

Center 4 Life fitness classes are included with a Recreation Center membership.

Please call the Center 4 Life at (239) 472-5743 for program details.

The Center 4 Life is located at 2401 Library Way.

See the [Center 4 Life Program Calendar](#) for information on other Center 4 Life programs, including guest presenters in the Coping with Life Series, complimentary health screenings, Discovering Florida Day Trips and other off-island events, potluck dinners, driver safety courses, kayaking, beach hiking, a book discussion group, bazaars and other sales events, computer workshops and more!

[H.A.P.P.Y. Hour Fitness / Essential Total Fitness](#)

For details, including fees, call the Center 4 Life at (239) 472-5743.

This class is the way to start your day on the right track! Class begins with a joke from one of the participants to put you in the right frame of mind and ends with a positive thought for the day. The class is approximately 40 minutes of low-impact aerobics, five minutes of balance exercises and 25 minutes of strength and flexibility. Sandi McDougall is the instructor. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

[Gentle Yoga](#)

For details, including fees, call the Center 4 Life at (239) 472-5743.

Gentle Yoga is designed to stretch, tone and strengthen the body while improving flexibility, proper alignment and circulation. Class exercises make use of chairs and mats in order to meet the needs of varying experience levels. Participants are encouraged to bring a mat and towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

[Kayak Outings](#)

For details, including fees, call the Center 4 Life at (239) 472-5743.

An excellent way to get exercise and enjoy Sanibel's beauty – from the water! Bring your own kayak or borrow one from the Center 4 Life. An on-island kayaking location will be announced for each trip. Please register a day before the scheduled Outing date as listed in the Center 4 Life Program Calendar.

[Bridge, Hand and Foot & Mahjong](#)

For details, including fees, call the Center 4 Life at (239) 472-5743.

Test your abilities in strategic, social card and tile games with friends! Prizes are awarded. All materials are supplied.

Center 4 Life Programs

Leisure Lunchers Thrift & Consignment Shopping

For details, including fees, call the Center 4 Life at (239) 472-5743.

Join us to explore new restaurants. We will order from the menu and pay for our own meal. It's a fun way to meet people, visit with friends and enjoy lunch. You may join others to carpool. Sign up at the Center and view the menu. Preregistration is required. Find out when the next outing is by calling the Center 4 Life at (239) 472-5743.