

WEIGHT ROOM

Monday - Thursday: 6:30 a.m. - 8 p.m.

Friday: 6:30 a.m. - 6:30 p.m.

Saturday: 8 a.m. - 5 p.m., **Sunday** 12 p.m. - 5 p.m.

GYMNASIUM

Monday - Wednesday: 6:30 a.m. - 8 a.m. & 5 p.m. - 8 pm.

Thursday: 6:30 a.m. - 8 a.m. & 6 p.m. - 8 p.m.

Friday: 6:30 a.m. - 8 a.m.

Saturday: 8 a.m. - 5 p.m., **Sunday:** 12 p.m. - 5 p.m.

TENNIS COURTS

Monday - Wednesday: 6:30 a.m. - 8 p.m.

Tuesday & Thursday: 6:30 a.m. - 8 a.m.

Friday: 6:30 a.m. - 6:30 p.m.

Saturday: 8 a.m. - 5 p.m., **Sunday:** 12 p.m. - 5 p.m.

EXERCISE POOL, KIDDIE POOL & SPLASH PAD

Monday - Thursday: 6:30 - 7 p.m.

Friday: 6:30 a.m. - 6:30 p.m.

Saturday: 8 a.m. - 5 p.m., **Sunday** 12 p.m. - 5 p.m.

LAP POOL & SLIDE

Closed for Pool Leak Repairs by Contractor

GAME / TEEN ROOM

Monday - Thursday: 6:30 a.m. - 2 p.m. & 5:30 p.m. - 8 p.m.

Friday: 6:30 a.m. - 2:00 p.m. & 5:30 p.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 5 p.m., **Sunday:** 12 p.m. - 5 p.m.

SKATE PARK

Thursday: 2 p.m. - 4 p.m.

Activity Schedule

Monday, January 24

6:30 a.m. - FACILITY OPENS
*SWAT Youth Swim Team

7:15 a.m. - Low Impact Aerobics

8:30 a.m. - Power Pace Cycling

9:00 a.m. - Shallow Water Aerobics

10:00 a.m. - ***Hi-Low Impact Aerobics

10:30 a.m. - Shallow Water Aerobics
*Private Swim Lessons
*Private Water Fitness Lessons

12:00 p.m. - Aqua-ritis
Hatha Flow Yoga

5:30 p.m. - **Total Body Workout

6:00 p.m. - ***Pickup Volleyball

6:15 p.m. - Men's Pickup Softball (Over 44)

6:30 p.m. - **Zumba

8:00 p.m. - FACILITY CLOSES

Tuesday, January 25

6:30 a.m. - FACILITY OPENS
***BOSU Strength

8:00 a.m. - *Youth & Adult Tennis Lesson
(Until 10:00 a.m.)

8:30 a.m. - Power Pace Cycling

9:00 a.m. - ***Shallow Water Aerobics

10:00 a.m. - ***Round Robin Tennis

Body Sculpting

10:30 a.m. - Water Pilates

12:00 p.m. - **Zumba Gold

2:30 p.m. - Fit & Funky Kids
*SWAT Youth Swim Team

3:30 p.m. - *Youth Cheerleading

4:15 p.m. - ***BOSU, Ball & Strength

5:30 p.m. - Power Pace Cycling

6:00 p.m. - Pickup Basketball

8:00 p.m. - FACILITY CLOSES

Wednesday, January 26

6:30 a.m. - FACILITY OPENS
*SWAT Youth Swim Team

7:15 a.m. - Low Impact Aerobics

8:30 a.m. - Power Pace Cycling

9:00 a.m. - Shallow Water Aerobics

10:00 a.m. - Hi-Low Impact Aerobics

10:30 a.m. - Shallow Water Aerobics
*Private Swim Lessons
*Private Water Fitness Lessons
***Body Composition Analysis
(Until 2:00 p.m.)

12:00 p.m. - Aqua-ritis
***Weight Room Orientation

2:15 p.m. - ***Youth Clay Art

2:30 p.m. - ***Youth Karate

4:15 p.m. - ***BOSU, Ball & Strength

5:30 p.m. - All-Level Yoga

6:00 p.m. - Pickup Basketball

6:30 p.m. - **Zumba

8:00 p.m. - FACILITY CLOSES

Thursday, January 27

6:30 a.m. - FACILITY OPENS
***BOSU, Ball & Strength

7:15 a.m. - *Youth & Adult Tennis Lesson
(Until 10:00 a.m.)

8:00 a.m. - *Power Pace Cycling

8:30 a.m. - Shallow Water Aerobics

9:00 a.m. - ***Round Robin Tennis

10:00 a.m. - Body Sculpting

10:30 a.m. - Water Pilates

12:00 p.m. - **Zumba Gold

2:15 p.m. - ***Youth Clay Art

2:30 p.m. - Fit & Funky Kids
*Youth & Adult Tennis Lessons
*SWAT Youth Swim Team

Thursday, January 27

(Continued)

5:30 p.m. - ***BOSU, Ball & Strength

6:00 p.m. - Pickup Basketball

8:00 p.m. - FACILITY CLOSES

Friday, January 28

6:30 a.m. - FACILITY OPENS
*SWAT Youth Swim Team

7:15 a.m. - Low Impact Aerobics

8:30 a.m. - *Power Pace Cycling

9:00 a.m. - Shallow Water Aerobics

10:00 a.m. - ***Hi-Low Impact Aerobics

10:30 a.m. - Shallow Water Aerobics
*Private Swim Lessons
*Private Water Fitness Lessons

12:00 p.m. - Hatha Flow Yoga

6:30 p.m. - FACILITY CLOSES

Saturday, January 29

8:00 a.m. - FACILITY OPENS
Power Pace Cycling

8:30 a.m. - ***BOSU, Ball & Strength

9:00 a.m. - Shallow Water Aerobics

5:00 p.m. - FACILITY CLOSES

Sunday, January 30

12:00 p.m. - FACILITY OPENS
*Private Swim Lessons
*Private Water Fitness Lessons

1:00 p.m. - Pickup Basketball

5:00 p.m. - FACILITY CLOSES

[Click to see the Sanibel Recreation Department Program Guide with activity descriptions](#)

* Indicates program requiring registration ** Indicates new program or activity *** Indicates special boot camp fitness class
***Boot camp fitness classes introduce new exercises and quicker pacing during a select portion of regular instruction.
FREE ** Blood Pressure Screening are available Monday February 7 from 9:00 a.m. - 12:00 p.m. at the Recreation Center.