



Sanibel Recreation Center
3880 San-Cap Road
Sanibel, FL 33957

(239) 472-0345

WEEK OF:
May 10th - May 16th

Hours of Operation
Monday – Friday
6:00 am to 8:00 pm

Saturday & Sunday
9:00 am to 5:00 pm

Daily, Weekly, Semi-Annual, and Annual passes available.

Volunteer Opportunities are now available at the Recreation Center. Join your friends and neighbors who serve as Recreation Center Volunteers by calling the Recreation Center at (239) 472-0345.

This week at the Sanibel Recreation Center.... Summer's Almost Here!

YOUTH SUMMER REC PROGRAM

Members: \$85 per child per 1 week session
Non-members: \$105 per child per 1 week session
Field trip admissions included

Registration Begins Monday, May 19th at 8 a.m. at the Recreation Center Running from June 16th to August 8th, Monday – Friday, 8 a.m. – 5 p.m. This year, children going into grades 1 through 8 will have the opportunity to participate in a variety of classic camp activities ranging from arts & crafts and aquatics to athletics in traditional camp setting. Field trip admission costs are included with session purchases.

LUAU TEEN NIGHT

Grades 6, 7, & 8
No fee for members
Day rate for non-members

Friday, May 16th from 8 p.m. – 10 p.m. at the Recreation Center Celebrate the end of the school year in style with this classic Teen Scene event! Enjoy tropical games and goodies at the Luau pool party. DJ Chad G. will be on hand to play an eclectic blend of top-40 tunes mixed with old favorites. Various contests will take place including best-dressed (Hawaiian- style). Remember to bring a swim suit and towel!



All New This Week...

SHALLOW WATER AEROBICS

Included with membership

Starting Monday, May 12th
Monday, Wednesday, and Friday from 9 a.m. – 10 a.m.
This class will be held in the exercise pool for attendees who desire a low-impact workout in warmer, shallow water. *

DEEP WATER AEROBICS

Included with membership

Starting Tuesday, May 13th
Tuesday & Saturday from 9 a.m. – 10 a.m.
This class will be held in the lap pool for participants who desire a low-impact workout in cooler, deeper water. *

AQUA JOGGING

Members: \$20 for a 4 week session
Non-members: \$25 for a 4 week session

Starting Thursday, May 15th, from 9 a.m. – 10 a.m.
This specialized class will be 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. *



All New This Week (Continued)...

SENIOR CENTER COMPUTER COURSE

Call the Senior Center at 472-5743 for fee and enrollment information

Introducing PC's & Windows for the Novice User

May 15, 20, 22, 27, 29 from 1 p.m. – 3 p.m.

This five-session course will teach you how to click, create, save and print a document. A fun and friendly overview that will get you feeling more confident about the computer! You will be able to compose documents, save them (and get them back later!), understand Windows basics and hardware components...without all the jargon!



SANIBEL POLICE DEPARTMENT WORKSHOP

Thursday, May 15th, 6:00 p.m. “Stranger Danger”

Learn what you need to know about protecting your child(ren) from strangers and how to teach your child(ren) to protect themselves. Admission is free and the workshop will take place in the Recreation Center's Pelican Room.

Summer Aquatic Opportunities

YOUTH SWIM LESSONS

Members: \$15 per session

Non-members: \$19 per session

Registration and In-Water Screening on Saturday, May 24th from 9:00 am to 1:00 pm.

Session I: June 9, 10, 11, 12, 16, 17, 18, 19

Session II: August 4, 5, 6, 7, 11, 12, 13, 14

A new approach to swim lessons: group lessons based around the swimming abilities of your child. Skill levels will be assessed during the in-water screening. Specific times for each level will be announced. Call the Recreation Center's aquatics department for more information. *

JUNIOR LIFEGUARDING PROGRAM - GUARD START

\$100 for members

\$125 non-members

All materials included

Instructional Week: July 14, 15, 16, 17, 18

Mentor Week: July 21, 22, 23, 24, 25

During the Instructional Week, participants will explore water safety, rescues, CPR, First Aid, the role of a Lifeguard, fitness training, as well as other aquatic related topics. Mentor Week involves following a lifeguard for real-world training. Participants must be between 11 and 14 years of age and able to swim 50 yards without resting, recover a 10 lb brick from 6 feet of water, tread water for 1 minute without using hands. *

RED CROSS LIFEGUARD CERTIFICATION COURSE

\$180 for members

\$225 for non-members

All materials included

Friday, August 1st from 4 p.m. – 8 p.m.

Saturday, August 2nd & Sunday, August 3rd from 7 a.m. – 4 p.m.

In this 3-day course, participants will be trained in lifeguarding, first aid, and adult, child, and infant CPR / AED for the Professional Rescuer. Participants will receive textbook and itinerary upon registering for class. Must be at least 15 years old to register.



Weekly Schedule of Events...

WEIGHT ROOM

Monday through Friday 6 a.m. to 8 p.m.
Saturday & Sunday 9 a.m. to 5 p.m.

LAND AEROBICS

Monday, Wednesday and Friday 10:15 a.m. and 5:30 p.m.
A one-hour cardio to music class including stretching, warm-up and cool down.
Members are encouraged to bring a mat or towel.

BODY SCULPTING

Tuesday & Thursday 10:15 a.m. and 5:30 p.m.
A one-hour class using mats, tubes, and bands with calisthenics and strength training.
Includes warm-up and cool-down time.

PICK-UP BASKETBALL

Tuesday 6 p.m. to 8 p.m.
Thursday 6 p.m. to 8 p.m.
Sunday 1 p.m. to 3 p.m.

PICK-UP VOLLEYBALL

Monday & Wednesday 6 p.m. to 8 p.m.

ADULT SOFTBALL

Registration is \$300 per team

Season Begins May 28th
Games are Wednesdays at 6 p.m.

OPEN GYM

Monday – Thursday 6 a.m. to 9:45 a.m., Friday 6 a.m. to 2 p.m.
Saturday & Sunday 9 a.m. to 5 p.m.

OPEN WALKING

Monday – Friday 8:45 a.m. to 9:45 a.m., Friday 11:15 a.m. to 12:15 p.m.

TENNIS COURTS

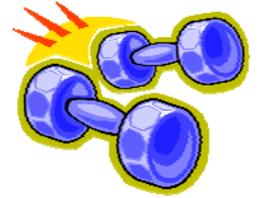
4 lighted hard courts

Monday through Friday from 6 a.m. to 8 p.m.
Saturday & Sunday from 9 a.m. to 5 p.m.
Members: reserve court time by calling 472-0345.

YOUTH DANCE CLASSES

*Call BIG ARTS at
395-0900 to register.*

Ballet and Basic Tap (Preschool) – Thursday 1:30 p.m. to 2:25 p.m.
Ballet and Basic Tap (K-2nd) – Thursday 2:45 p.m. to 3:40 p.m.
Hip-Hop – Thursday 3:45 p.m. to 4:40 p.m.



Weekly Schedule of Events (Continued)...

MASTERS SWIMMING

\$28 a year for members
\$35 a year for non-members

Practices are Mondays, Wednesdays, and Fridays from 5 p.m. – 6 p.m.

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

SWAT SWIM TEAM

\$100 for members
\$125 for non-members

Practices are Monday – Friday from 3 p.m. – 4:30 pm in the Lap Pool

SWAT is a summer swim team program for ages 5 to 18 designed to improve stroke technique and to build endurance.*

PRIVATE SWIM LESSONS

All-ages
\$20 per 30 min. for members
\$25 per 30 min. for non-members

Sundays, from 9 a.m. – 5 p.m.

Instruction is tailored to the participant's 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. *

WATER SLIDE

Saturday and Sunday 9 a.m. to 5 p.m.

LAP SWIM

Monday through Friday 6 a.m. - 2 p.m. and 5 p.m. - 8 p.m.

Saturday & Sunday 9 a.m. to 5 p.m. **



LEISURE POOL & SPLASH PAD

Monday through Friday 2 p.m. to 5 p.m.

Saturday & Sunday 9 a.m. to 5 p.m. **

MARTIAL ARTS

Register at the
Recreation Center -
472-0345
Fees per 4-week session:
Members \$40
Non-members \$50

Session 3 Youth Classes: May 19 & June 2 from 2:45 p.m. – 3:45 p.m.

Session 3 Adult Classes: May 17, 29, 31 & June 7 from 9 a.m. – 10 a.m.

Learn the history and tradition of classic karate with its modern day application in the authentic style of Shito Ryu. Adult and youth classes available. Call Kurokawa Martial Arts at 482-4489 for class information.



***Aquatic programs require that the air temperature is greater than 65 degrees and the water temperature greater than 80 degrees.**

****For the health and safety of our members, the pool is closed when the air temperature is less than 60 degrees.**

Weekly Schedule of Events (Continued)...

YOGA

Members \$13

Non-members \$15

Call Dr. Susan Pataky at
(239) 466-1558 for class
registration & information



Choose from 2 different programs:

“Chi-Yoga” - Saturday at 9:00 a.m.

Gently build strength and stamina from the inside out. Invoke vital energy to reduce pain, heal and irrigate dry and tightly bound areas (trouble spots). Improve breathing patterns and posture.

“Power / Vinyasa” - Saturday at 10:15 a.m.

This class offers a more athletic / aerobic approach: threading mind and body using breathing and continuous movements. Fold, arch, twist, bend, invert, and leap as your rhythmic breathing sets the speed at which you move from pose to pose.

Pre-registration is not required – pay instructor in person before each class begins.