



Sanibel Recreation Center Weekly Schedule

Coming Soon...

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

(239) 472-0345

WEEK OF:
May 31st – June 6th

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.

LEE MEMORIAL BLOOD MOBILE

Tuesday, June 10th from 8:30 a.m. – 2:00 p.m.

Take your fitness to the next level and help save a life! Blood donations are needed for the local community. Pre-register prior to June 10th at the Recreation Center or call 472-0345 to reserve a donation time.

DISCOVERING THE VALUE OF THE INTERNET

Call the Senior Center for more information at 472-5743

Thursday, June 19th from 1 p.m. – 3 p.m.

New to the Internet or want to brush up on basics? Topics cover: planning vacations, following sports teams, tracking investments, finding recipes, getting directions, and of course, online shopping! Find out the easiest and safest ways by attending this seminar.

I'VE GOT MAIL

Call the Senior Center for more information at 472-5743

Thursday, June 26th from 1 p.m. – 3 p.m.

Everything you need to know about e-mail: managing attachments, sharing photos, forwarding messages, opening documents, and blocking spam.



Youth Summer Program Signups

YOUTH SUMMER REC PROGRAM

Members: \$85 per child per 1 week session
Non-members: \$105 per child per 1 week session

Check with Front Desk Staff for Availability

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 a traditional camp setting. The program runs from June 16th to August 8th, Monday – Friday, from 8 a.m. – 5 p.m.



Summer Aquatic Opportunities...

YOUTH SWIM LESSONS

Members: \$15 per session
Non-members: \$19 per session



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...

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

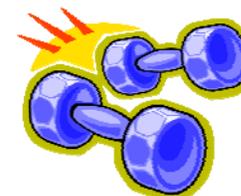
Tuesday & Thursday 10:15 a.m. and 5:30 p.m.

A one-hour class using mats, tubes, and bands with calisthenics and strength training. Includes warm-up and cool-down time.

WEIGHT ROOM

Monday through Friday 6 a.m. to 8 p.m.

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



Weekly Schedule of Events (Continued)...

PICK-UP VOLLEYBALL

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

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.

ADULT SOFTBALL

Season Begins May 28th
Games are Wednesdays evenings

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.

MARTIAL ARTS

Fees per 4-week session:

Members \$40

Non-members \$50

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

Session 3 Adult Classes: May 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. Register at the Recreation Center.

YOGA

Members: \$13

Non-members: \$15

*Call Dr. Susan Pataky at
(239) 738-3856 for class
registration & information*

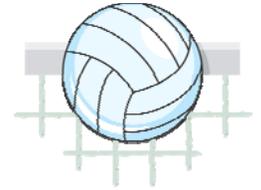
“Chi-Yoga” - Saturday at 9:00 a.m.

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.



Weekly Schedule of Events (Continued)...

SHALLOW WATER AEROBICS

Included with membership

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

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: \$5 per class

Non-members: \$6.25 per class

Thursday 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. *



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. *

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. **



WATER SLIDE

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

**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.*