



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

(239) 472-0345

WEEK OF:
June 14th – June 20th

Hours of Operation
Monday – Friday
7:00 am to 8:00 pm

Saturday
9:00 am to 5:00 pm

Sunday
Noon 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

Sanibel Recreation Center Weekly Schedule

All New This Week

YOUTH SUMMER REC PROGRAM

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

Begins Monday, June 16th

Registration Information at Front Desk or call (239) 472-0345.

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.

DISCOVERING THE VALUE OF THE INTERNET



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. Call the Senior Center at (239) 472-5743 for more information.

New Summer Hours

With Extended Pool Availability!

June 9th - August 17th



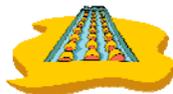
GYM & WEIGHT ROOM

Monday – Friday: 7 a.m. – 8 p.m.
Saturday: 9 a.m. – 5 p.m.
Sunday: Noon – 5 p.m.



EXERCISE POOL, WATER FEATURES AREA & SPLASH PAD

Monday – Friday: Noon – 5 p.m.
Saturday & Sunday: Noon – 5 p.m.



LAP POOL

Monday – Friday: 7 a.m. – 7 p.m.
Saturday: 9 a.m. – 5 p.m.
Sunday: Noon – 5 p.m.



SLIDE

Monday – Friday: 2 p.m. – 5 p.m.
Saturday & Sunday: Noon – 5 p.m.

All New This Week (Continued...)

YOUTH SWIM LESSONS

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

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. *

Coming Soon...

I'VE GOT MAIL



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. Call the Senior Center for more information at (239) 472-5743.

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...

NEW HOURS

LAND AEROBICS

Morning sessions: Monday, Wednesday and Friday from 10:15 a.m. – 11:15 a.m.

Evening sessions: Monday & Wednesday from 5:30 p.m. – 6:30 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.

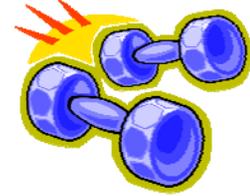
Weekly Schedule of Events (Continued...)

SENIOR AEROBICS

Call (239) 472-5743 for program details

Aerobics and Muscle Strengthening: Monday, Wednesday, and Friday from 9 a.m. – 10 a.m.
Cardio Step Classes: Tuesday & Thursday: 8:45 a.m. – 9:30 a.m.
Both classes are held at the Senior Center.

Monday through Friday: 7 a.m. to 8 p.m.
Saturday: 9 a.m. to 5 p.m.
Sunday: Noon to 5 p.m.



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

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

Sanctuary Island Electric @ Red Cox – 6 p.m.
Great White Grill @ Son of American Legion – 7:15 p.m.
Bailey's @ Wrecking Crew – 8:30 p.m.



Monday – Friday: 7 a.m. to 9 a.m. & 5 p.m. to 8 p.m.
Saturday: 9 a.m. to 5 p.m.
Sunday: Noon to 5 p.m.

Monday – Friday: 7 a.m. to 9 a.m.

Monday, Wednesday, Thursday & Friday: 7 a.m. to 8 p.m.
Tuesday: 7 a.m. to 9 a.m. & 11 a.m. to 8 p.m.
Saturday: 9 a.m. to 5 p.m.
Sunday: Noon – 5 p.m.
Members: reserve court time by calling 472-0345.



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. *

SHALLOW WATER AEROBICS

Included with membership

NEW HOURS

WEIGHT ROOM

PICK-UP VOLLEYBALL

PICK-UP BASKETBALL

ADULT SOFTBALL

Games are Wednesday evenings

NEW HOURS

OPEN GYM

NEW HOURS

OPEN WALKING

NEW HOURS

TENNIS COURTS

4 lighted hard courts

Weekly Schedule of Events (Continued)...

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 Noon – 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: 7 a.m. to 7 p.m.

Saturday: 9 a.m. to 5 p.m.

Sunday: Noon to 5 p.m. **

LEISURE POOL & SPLASH PAD

Monday through Friday: Noon to 5 p.m.

Saturday & Sunday: Noon to 5 p.m. **

WATER SLIDE

Monday through Friday: 2 p.m. – 5 p.m.

Saturday & Sunday: Noon to 5 p.m. **



Weekly Schedule of Events (Continued)...

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.

**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.*