



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

(239) 472-0345

**WEEK OF:**  
June 21<sup>st</sup> – June 27<sup>th</sup>

**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

## Upcoming Fitness Opportunities



### Additional Pickup Volleyball Day – Saturdays, from 3 p.m. – 5 p.m.

Enjoy an additional day of Pickup Volleyball beginning Saturday, June 21<sup>st</sup>. All skills levels welcome – serve, set, and score a healthier lifestyle!



### Treadmills Available as of Thursday, June 26<sup>th</sup>

Be among the first to try out our three brand new Cybex ProPlus treadmills! The treadmills are easy to operate and can be fully customized to your workout needs. The Weight Room will be closed Wednesday, June 25<sup>th</sup> from 10 a.m. to 8 p.m. due to treadmill delivery and equipment reorganization. The following day, the Weight Room will be open under normal summer hours.



### Adult Karate Classes

**Session 1: July 5, 12, 19, 26 from 10 a.m – 11 a.m.**

Learn the history and tradition of classic karate with its' modern day application in the authentic style of Shito Ryu. Call Kurokawa Martial Arts at (239) 482-4489 for class information. Session 1 is \$40 for members and \$50 for non-members.

## All New This Week...

### I'VE GOT MAIL



### Thursday, June 26<sup>th</sup> 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.

### YOUTH SUMMER REC PROGRAM

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

### Weekly Signups Available Register at the Front Desk

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 16<sup>th</sup> to August 8<sup>th</sup>, Monday – Friday, from 8 a.m. – 5 p.m. Call the Recreation Center for more information at (239) 472-0345.

# New Summer Hours

## With Extended Pool Availability!

### Now - August 17th



#### GYM & WEIGHT ROOM

Monday – Friday: 7 a.m. – 8 p.m.

Saturday: 9 a.m. – 5 p.m.

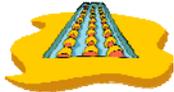
Sunday: Noon – 5 p.m.



#### 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.

## Coming Soon...

#### 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. \*

#### 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 1<sup>st</sup> from 4 p.m. – 8 p.m.**

**Saturday, August 2<sup>nd</sup> & Sunday, August 3<sup>rd</sup> 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

**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.

## 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.

## WEIGHT ROOM

**Monday through Friday: 7 a.m. to 8 p.m.**

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

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

*\* Closed Wednesday, June 25<sup>th</sup> from 10 a.m. – 8 p.m. for treadmill delivery \**



**NEW HOURS**

## PICK-UP VOLLEYBALL

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

**Saturday: 3 p.m. to 5 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

*Games are Wednesday evenings*

**Son of American Legion @ All Island Glass – 6 p.m.**

**Red Cox @ Bailey's – 7:15 p.m.**

**Great White Grill @ Wrecking Crew – 8:30 p.m.**



## OPEN GYM

**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.**

## OPEN WALKING

**Monday – Friday: 7 a.m. to 9 a.m.**

## TENNIS COURTS

*4 lighted hard courts*

**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.



# Weekly Schedule of Events (Continued...)

## YOGA

Members: \$13

Non-members: \$15

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



## SHALLOW WATER AEROBICS

Included with membership

## DEEP WATER AEROBICS

Included with membership

## AQUA JOGGING

Members: \$5 per class

Non-members: \$6.25 per class

## MASTERS SWIMMING

\$28 a year for members

\$35 a year for non-members

## SWAT SWIM TEAM

\$100 for members

\$125 for non-members

## PRIVATE SWIM LESSONS

All-ages

\$20 per 30 min. for members

\$25 per 30 min. for non-

## **“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.**

## **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. \*

## **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. \*

## **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. \*

## **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. \*

## **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. \*

## **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. \*



# Weekly Schedule of Events (Continued)...

## 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. \*\*



*\*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.*