



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

(239) 472-0345

WEEK OF:
June 28th – July 4th

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

Burn off those Independence Day Hot Dogs & Buns!

Recreation Center Open on July 4th!

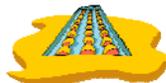
**Recreation Center Open 7 a.m. to 8 p.m. & Lap Pool Open 7 a.m. to 7 p.m.
Land AND Water Aerobics to be held!**

Summer Hours



GYM & WEIGHT ROOM

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



EXERCISE POOL, WATER FEATURES AREA & SPLASH PAD

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



SLIDE

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

Brand New Treadmills!



3 Cybex Pro+ Treadmills

Be among the first to try out our three brand new Cybex Pro+ treadmills! The treadmills are easy to operate and can be fully customized to your workout needs. Features include a soft landing deck, on-the-fly cardio programming, and safe deck accessibility. Treadmills were purchased with funds generated from Recreation Center membership fees.

Continuing This Week...

YOUTH SUMMER REC PROGRAM

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

** No Summer Youth Program on Friday, July 4th*

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

Coming Soon (Continued)...

ADULT KARATE CLASSES



All Classes are Saturdays from 10 a.m. – 11 a.m. at the Recreation Center

Session I: July 5, 12, 19, 26

Session II: August 2, 9, 16, 23, 30

Session III: September 6, 13, 20, 27

Learn the history and tradition of classic karate with its' modern day application in the authentic style of Shito Ryu. Sessions 1 & 3 are \$40 for members and \$50 for non-members. Session 2 is \$50 for members and \$62.50 for non-members. Call Kurokawa Martial Arts at (239) 482-4489 for class 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.



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. *

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. – 8 p.m.

Saturday: 9 a.m. – 5 p.m.

Sunday: Noon – 5 p.m.



PICK-UP VOLLEYBALL

Monday & Wednesday: 6 p.m. – 8 p.m.

Saturday: 3 p.m. – 5 p.m.

PICK-UP BASKETBALL

Tuesday: 6 p.m. – 8 p.m.

Thursday: 6 p.m. – 8 p.m.

Sunday: 1 p.m. – 3 p.m.

ADULT SOFTBALL

Games are Wednesday evenings

Red Cox @ Great White Grill – 6 p.m.

Bailey's @ Sons of American Legion – 7:15 p.m.

Sanctuary Island Electric @ All Island Glass – 8:30 p.m.



OPEN GYM

Monday – Friday: 7 a.m. – 9 a.m. & 5 p.m. – 8 p.m.

Saturday: 9 a.m. – 5 p.m.

Sunday: Noon – 5 p.m.

OPEN WALKING

Monday – Friday: 7 a.m. – 9 a.m.

TENNIS COURTS

4 lighted hard courts

Monday, Wednesday, Thursday & Friday: 7 a.m. – 8 p.m.

Tuesday: 7 a.m. – 9 a.m. & 11 a.m. – 8 p.m.

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

LEISURE POOL & SPLASH PAD

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

WATER SLIDE

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