



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

**WEEK OF:**  
**July 5<sup>th</sup> – July 11<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

## All New This Week...

**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.

**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.

## Upcoming Senior Center Programs...

**ISLAND SENIOR PROGRAM**

*For details, including fees, call the Senior Center at (239) 472-5743.*

**“Out to Lunch Bunch”**

**Tuesday, July 8 at 11:30 a.m. at Bell Tower’s Café Napoli**

This year's event includes dining at the Bell Tower's La Trattoria Café Napoli followed by a movie at the Bell Tower 20. Treat yourself to lunch and an afternoon in front of the big screen! Sign up in person at the Senior Center, 2401 Library Way.

**ISLAND SENIOR PROGRAM**

*For details, including fees, call the Senior Center at (239) 472-5743.*

**“Kayak Outings”**

**Tuesday, July 8 at 8 a.m. at the Senior Center**

An excellent way to get exercise and enjoy Sanibel's beauty from the water! Bring your own kayak or borrow one from the Senior Center. An on-island kayaking location will be announced. Please call the Senior Center at (239) 472-472-5743 for trip requirements.



# Upcoming Senior Center Programs (Continued)...

## ISLAND SENIOR PROGRAM

For details, including fees, call the Senior Center at (239) 472-5743.

### "Color Us Beautiful"

**Wednesday, July 16 at 10:30 a.m. at the Senior Center**

Design your perfect summer wardrobe with advice from a professional image consultant. Find what colors work best for you, from cosmetics to picking out that perfect tie! This 45 minute workshop is available to Island Senior members and the general public - men and women. Call (239) 472-5743 for more information.

## ISLAND SENIOR PROGRAM

For details, including fees, call the Senior Center at (239) 472-5743.

### "Hello eBay"

**Tuesday, July 24 at 11:30 a.m. from 1 p.m. - 3 p.m. at the Senior Center**

Curious about eBay? In this beginner-level seminar, learn the risks and rewards about sellers, shipping, and the possible savings!



## ISLAND SENIOR PROGRAM

For details, including fees, call the Senior Center at (239) 472-5743.

### "Christmas in July Potluck Dinner"

**Sunday, July 27 at 5:30 p.m. at the Senior Center**

Island Senior members are invited to a "cool" supper and a night of Wii Sports! After dining, the Robust Reds will face the Gung-Ho Greens in Wii bowling and baseball. Gamers - please wear red and green! Sign up in person at the Senior Center, 2401 Library Way.

# 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.

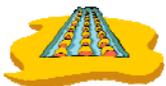


## EXERCISE POOL, WATER FEATURES

### 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.

# Upcoming Aquatic Opportunities...

## 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.



## 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. \*

## 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.

# Weekly Schedule of Events (Continued...)

## SENIOR CENTER 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*

*\*Classes will not be held July 11, July 14, August 22 & August 25*



## SENIOR CENTER MAHJONGG & BRIDGE

Call (239) 472-5743 for  
program details

**“Bridge for Fun” – Monday at 1 p.m. & Wednesday at 12:45 p.m.**

**Mahjongg - Tuesday & Thursday: 1 p.m.**

Prizes are awarded! All materials are supplied.

*\* Both activities 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.**

Now with 3 brand new Cybex Pro+ treadmills!

## 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

**Wrecking Crew @ Sanctuary Island Electric – 6 p.m.**

**All Island Glass @ Bailey’s – 7:15 p.m.**

**Red Cox @ Sons of American Legion – 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 (239) 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-  
members

## **“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.**

***\*Last class is Saturday, July 19 until classes resume for the season in October***

## **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.*