



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

(239) 472-0345

**WEEK OF:**  
July 19<sup>th</sup> – July 25<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

## End Your Summer With a Splash!

**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 a 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. \*

## 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 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.

**HELLO EBAY**

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

Tuesday, July 24 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!



# Coming Soon...

## CHRISTMAS IN JULY POTLUCK DINNER

For details, including fees,  
call the Senior Center at  
(239) 472-57

## "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...



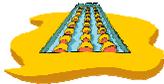
## WEIGHT ROOM

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



## EXERCISE POOL, INTERACTIVE POOL & 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.



## GAME / TEEN ROOM

Monday – Friday: 7 a.m. – 9 a.m., 12 p.m. – 1 p.m., 5 p.m. – 8 p.m.  
Saturday: 9 a.m. – 5 p.m.  
Sunday: Noon – 5 p.m.

# 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 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 August 22 & August 25***

# Weekly Schedule of Events (Continued...)

## SENIOR CENTER MAHJONGG & BRIDGE

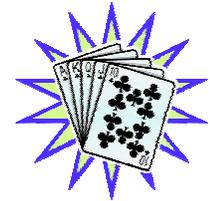
Call (239) 472-5743 for  
program details

“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

Red Cox @ All Island Glass – 6 p.m.

Sons of American Legion @ Wrecking Crew – 7:15 p.m.

Sanctuary Island Electric @ Great White Grill – 8:30 p.m.

## OPEN GYM

Monday – Friday: 7 a.m. – 9 a.m., 12 p.m. – 1 p.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  
Reserve court time by calling  
(239) 472-0345

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.



# 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.**

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

## 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.

## 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. \*

# Weekly Schedule of Events (Continued...)

## 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. – 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.*