



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

(239) 472-0345

WEEK OF:
July 26th – August 1st

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

Back to After-School!

AFTER-SCHOOL PROGRAM

Current Fees:

Members:

\$264 / year per child

Non-members:

\$330 / year per child

**Scheduled to increase*

August 20, 2008

YOUTH SUMMER REC PROGRAM

Members: \$85 per child per 1 week session

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

RED CROSS LIFEGUARD CERTIFICATION COURSE

\$180 for members

\$225 for non-members

All materials included

After-School Registration Begins Friday, August 1st at 7 a.m. Register at the Front Desk

Available for children entering grades K through 6. After-school children participate in a variety of games and activities in a structured environment. The program operates Monday – Friday, from 2:15 p.m. to 5:00 p.m. Children registered in the After-School program will receive a one year complimentary membership. This membership can be upgraded to a family membership for an additional \$50. New fees for the 2008-2009 school year are scheduled to be effective August 20th.



Weeks 7 & 8 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.

All New This Week...

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 a textbook and itinerary upon registering for class. Must be at least 15 years old to register.



All New This Week (Continued...)

ADULT KARATE CLASSES



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

Session I: July 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.

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.

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. *

Summer Hours...



WEIGHT ROOM

Monday – Friday: 7 a.m. – 8 p.m.

Saturday: 9 a.m. – 5 p.m.

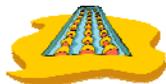
Sunday: Noon – 5 p.m.



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*

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 & Thursday: 6 p.m. – 8 p.m.
Sunday: 1 p.m. – 3 p.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.

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.



Weekly Schedule of Events (Continued...)

OPEN WALKING

Monday – Friday: 7 a.m. – 9 a.m.

ADULT SOFTBALL

Games are Wednesday evenings

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



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. *

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. **



Weekly Schedule of Events (Continued...)

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.*