



WEEK AT A GLANCE August 7 – August 13, 2017

Sanibel Recreation Center | 3880 Sanibel Captiva Rd. | Sanibel, FL 33957 | (239) 472-0345

Register Now for Youth Fun Days and After School Program!

WEIGHT ROOM & LAP POOL

Monday - Thursday: 6:30 a.m. – 8 p.m.
Monday - Thursday: Lap Pool closed due to maintenance
Friday: 6:30 a.m. – 6:30 p.m.
Saturday: 8 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

GYMNASIUM

Monday - Thursday: 5:30 p.m. – 8 p.m.
Friday: 5:30 p.m. – 6:30 p.m.
Saturday: 8 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

TENNIS COURTS

*Check with front desk for availability
Monday - Thursday: 6:30 a.m. – 8 p.m.
Friday: 6:30 a.m. – 6:30 p.m.
Saturday: 8 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

SKATE PARK

Thursday: 2 p.m. – 4 p.m.

EXERCISE POOL, KIDDIE POOL

Monday - Thursday: Closed due to maintenance
Friday: 12 p.m. – 5 p.m.
Saturday: 10 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

WATER SLIDE

Saturday - Sunday: 12 p.m. – 5 p.m.

GAME / TEEN ROOM

Monday - Wednesday: 6:30 a.m. – 8 a.m. & 5:30 p.m. – 8 p.m.
Thursday: 6:30 a.m. – 2:30 p.m. & 5:30 p.m. – 8 p.m.
Friday: 6:30 a.m. – 2:30 p.m. & 5:30 p.m. – 6:30 p.m.
Saturday: 8 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

PLAYGROUND

Monday - Wednesday: 7 a.m. – 7:30 p.m.
Thursday: 2:30 p.m. – 6:30 p.m.
Friday: 2:30 p.m. – 6:30 p.m.
Saturday: 8 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

All persons 18 years of age and over must present valid government issued photo identification

UPCOMING SPECIAL EVENTS

***Registration now available for Youth Fun Days on August 7th, 8th and 9th.

*** Registration now available for the After School Program beginning on August 10th.

***Register now for the Youth Basketball Program beginning on August 11th.

***Triathlon Prep Training is back. The program will be offered on Mondays, Wednesdays and Thursdays at 7 – 8:30 a.m. beginning August 14th.

Activity Schedule

See reverse side for the fitness class schedule

Monday, August 7

6:30 a.m. – FACILITY OPENS
8:00 a.m. – *Youth Fun Day Program
10:30 a.m. – *Private Aquatic Instruction
2:30 p.m. – *SWAT
5:30 p.m. – Pickup Pickleball (3 courts)
6:00 p.m. – Pickup Volleyball/Open Gym
8:00 p.m. – FACILITY CLOSES

Tuesday, August 8

6:30 a.m. – FACILITY OPENS
8:00 a.m. – *Youth Fun Day Program
2:30 p.m. – *SWAT
6:00 p.m. – Pickup Basketball
8:00 p.m. – FACILITY CLOSES

Wednesday, August 9

6:30 a.m. – FACILITY OPENS
8:00 a.m. – *Youth Fun Day Program
10:30 a.m. – *Private Aquatic Instruction
2:30 p.m. – *SWAT
5:30 p.m. – Pickup Pickleball (3 courts)
8:00 p.m. – FACILITY CLOSES -----

Thursday, August 10

6:30 a.m. – FACILITY OPENS
2:10 p.m. – *Youth After School Program
2:30 p.m. – *SWAT
6:00 p.m. – Pickup Basketball
8:00 p.m. – FACILITY CLOSES

Friday, August 11

6:30 a.m. – FACILITY OPENS
10:30 a.m. – *Private Aquatic Instruction
2:10 p.m. – *Youth After School Program
2:30 p.m. – *SWAT
5:30 p.m. – ***Youth Basketball League
6:30 p.m. – FACILITY CLOSES

Saturday, August 12

8:00 a.m. – FACILITY OPENS
1:00 p.m. – Pickup Pickleball (6 courts)
5:00 p.m. – FACILITY CLOSES

Sunday, August 13

12:00 p.m. – FACILITY OPENS
12:30 p.m. – *Private Aquatic Instruction
1:00 p.m. – Pickup Basketball
5:00 p.m. – FACILITY CLOSES

[Click to see the Sanibel Recreation Department Program Guide with activity descriptions.](#)

*Indicates program requiring registration and or fee **Indicates new program or activity



Sanibel Recreation Center Fitness Class Schedule

All listed fitness classes are included with membership.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m.	50/50 Cardio-Sculpt	Boot Camp	50/50 Cardio-Sculpt	Cycle Zone	Low-Interval Training		
8:00 a.m.		Slow Flow Yoga		Slow Flow Yoga		Recreation Center opens at 8:00 a.m.	
8:30 a.m.	Cycle Zone	Cycle Zone		Cycle Zone	Cycle Zone	Cycle Zone	
9:00 a.m.	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Aqua Jogging	Shallow Water Aerobics	Deep Water Aerobics	
10:00 a.m.	Zumba	Power Sculpting	Zumba	Power Sculpting	Zumba	Power Sculpting	
10:30 a.m.	Deep Water Aerobics	Yogalates H2O	Deep Water Aerobics	Yogalates H2O	Deep Water Aerobics		
11:30 a.m.						Yogalates	
12:00 p.m.	Basic Yoga	Zumba	Vinyasa Flow Yoga	Zumba	Basic Yoga		Recreation Center opens at 12:00 p.m.
12:30 p.m.							Vinyasa Flow Yoga
5:30 p.m.	Slow Flow Yoga	Cycle Zone	Restorative Yoga	Mat Pilates	Recreation Center closes at 6:30 p.m.	Recreation Center closes at 5:00 p.m.	Recreation Center closes at 5:00 p.m.

*Class schedule is subject to change

[See the Sanibel Recreation Department Program Guide for activity descriptions.](#)

Sanibel Recreation Center | 3880 Sanibel-Captiva Rd. | Sanibel, FL 33957 | (239) 472-0345 | www.mysanibel.com