



**Sanibel Recreation Center**  
 3880 San-Cap Road  
 Sanibel, FL 33957  
 (239) 472-0345

**Sanibel Senior Center**  
 2401 Library Way  
 Sanibel, FL 33957  
 (239) 472-5743

**Effective:**  
**January 5<sup>th</sup> – January 11<sup>th</sup>**

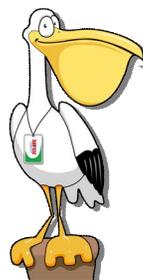
**Recreation Center  
 Hours of Operation**  
**Monday – Thursday**  
**7:00 a.m. to 8:00 p.m.**  
**Friday**  
**7:00 a.m. to 6:30 p.m.**  
**Saturday**  
**9:00 a.m. to 5:00 p.m.**  
**Sunday**  
**Noon to 5:00 p.m.**

**Daily, Weekly, Semi-Annual  
 and Annual passes available.**

**The Recreation Center is  
 now open until 6:30 p.m.  
 on Fridays**

**New hours for aquatics  
 programs – see page 5 for  
 details**

# Recreation Center Weekly Schedule



**Establish a Fitness Plan for the New Year:  
 Aerobics, Stability Ball, Karate & Yoga Classes Abound!  
 Weight Room, Tennis Courts & Pick-Up Athletics Included with Membership**

## Fitness & Wellness Programs

### STABILITY BALL STRENGTH TRAINING

*Members: \$5 / class*  
*Non-members: \$6.25 / class*  
*Call instructor Carolyn  
 Cooper at (239) 454-1010 for  
 class information.*



### RESTORATIVE YOGA MINI-RETREAT FOR CARE-GIVERS

*Members: \$35*  
*Non-members: \$45*  
*Call Dr. Susan Pataky at  
 (239) 738-3856 for class  
 information*



**Tuesdays, from 4:15 p.m. – 5:15 p.m.**

**Thursdays, from 5:30 p.m. – 6:30 p.m.**

Achieve your New Year's resolution by participating in a total-body workout! This class utilizes both free weights and the stability ball to target all major muscle groups. Benefits include improved balance, flexibility and coordination. Stability ball, weights and mats are supplied; please bring your own towel. Must be at least 14 years old to participate. Register at the Recreation Center's front desk.

**Sunday, January 11<sup>th</sup> from Noon – 2 p.m.**

Release stress and replenish vitality! Restorative Yoga is an especially nurturing and gentle practice and is very beneficial to those in caretaking positions or with special health needs or physical limitations. In this two-hour respite, you will learn to use pillows and props to support the body and discover restorative postures that are calming, soothing, and renewing adaptations of classic Hatha Yoga poses. Restorative Yoga postures melt away physical and mental tension and deeply rest the mind and body. Open yourself to a practice of "being" rather than "doing." Please bring one standard pillow, an eye pillow if possible and two blankets. Pre-registration at the Recreation Center's front desk is required.

# Current Facility Hours

## GYM & WEIGHT ROOM

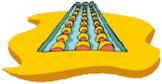
*\*Now with treadmills!*

Monday – Thursday: 7 a.m. – 8 p.m.  
Friday: 7 a.m. – 6:30 p.m.  
Saturday: 9 a.m. – 5 p.m.  
Sunday: Noon – 5 p.m.



## LAP POOL\*\*

Monday – Thursday: 7 a.m. – 4 p.m. & 5 p.m. – 7 p.m.  
Friday: 7 a.m. – 4 p.m. & 5 p.m. – 6:30 p.m.  
Saturday: 9 a.m. – 5 p.m.  
Sunday: Noon – 5 p.m.



## GAME / TEEN ROOM

Monday – Thursday: 7 a.m. – 2 p.m. & 6:30 p.m. – 8 p.m.  
Friday: 7 a.m. – 2 p.m.  
Saturday: 9 a.m. – 5 p.m.  
Sunday: Noon – 5 p.m.



## EXERCISE POOL, INTERACTIVE POOL & SPLASH PAD\*\*

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



## SLIDE\*\*

Saturday & Sunday: Noon – 5 p.m.



## TENNIS COURTS

Monday – Thursday: 7 a.m. – 8 p.m.  
Friday: 7 a.m. – 6:30 p.m.  
Saturday: 9 a.m. – 5 p.m.  
Sunday: Noon – 5 p.m.



# Fitness & Wellness Programs

## ADULT KARATE CLASSES

*Session I:*

\$50 / adult members

\$62.50 / adult non-members

*Sessions II & III:*

\$40 / adult members

\$50 / adult non-members

**Session I: January 3, 10, 17, 24, 31**

**Session II: February 7, 14, 21, 28**

**Session III: March 7, 14, 21, 28**

Learn the history and tradition of classic karate with modern day application in the authentic style of Shito Ryu. Classes are held Saturdays from 9 a.m. – 10 a.m. at the Recreation Center. Call Kurokawa Martial Arts at (239) 482-4489 for class information.



## LAND AEROBICS

*Included with membership*



**Mornings: Monday, Wednesday & Friday, from 10:15 a.m. – 11:15 a.m.**

**Evenings: Monday & Wednesday, from 5:30 p.m. – 6:30 p.m.**

A one-hour cardiovascular workout set to lively music. The class is designed to get your heart rate to its “fat burning zone.” Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a towel.

# Fitness & Wellness Programs

## BODY SCULPTING

*Included with membership*



**Mornings: Tuesday & Thursday from 10:15 a.m. – 11:15 a.m.**

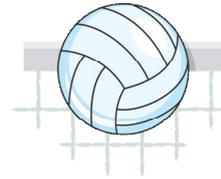
**Evenings: Tuesday, from 5:30 p.m. – 6:30 p.m.**

A one-hour class that focuses on strengthening and toning all major muscle groups using fitness bands, tubing and calisthenics. Exercises are based on resistance; geared to create a toned, sculpted body.

## PICK-UP VOLLEYBALL

**Monday & Wednesday, from 6 p.m. – 8 p.m.**

**Saturday, from 3 p.m. – 5 p.m.**



## PICK-UP BASKETBALL

**Tuesday & Thursday, from 6 p.m. – 8 p.m.**

**Sunday, from 1 p.m. – 3 p.m.**

## ADULT SOFTBALL LEAGUE

*Registration of \$495 per team due by Tuesday, January 20<sup>th</sup>*

**The season begins Wednesday, January 28<sup>th</sup>**

Games are held Wednesday evenings at the Sanibel ball fields. If you are looking for a team or need more information, please call the Recreation Center at (239) 472-0345.

# Yoga Opportunities

## CHI-YOGA

*Members: \$13 / class*

*Non-members: \$15 / class*

**Saturdays, from 9 a.m. – 10 a.m. & Tuesdays, from 1 p.m. – 2 p.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. Please visit the front desk for registration details. Call Dr. Susan Pataky at (239) 738-3856 for class information.

## POWER VINYASA YOGA

*Members: \$13 / class*

*Non-members: \$15 / class*

**Saturdays, from 10:15 a.m. – 11:15 a.m.**

This class offers a more athletic / aerobic approach: threading mind and body with breathing in 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. Call Dr. Susan Pataky at (239) 738-3856 for class information.

## SUN FLOW YOGA

*Members: \$13 / class*

*Non-members: \$15 / class*

**Wednesdays, from 5:30 p.m. – 6:30 p.m.**

In this fun and instructional class, learn Sun Salutation (Surya Namaskar) sequences that will take you from a slow burn warm-up into sustained heat. Appropriate for beginner and experienced students. Register at the Recreation Center's front desk. Call Dr. Susan Pataky at (239) 738-3856 for class information.



# Youth Programs

## EXTENDED CARE YOUTH PROGRAM

Members: \$6 / child per week  
Non-members: \$7.50 / child per week

## AFTER-SCHOOL TEEN PROGRAM

Included with membership



## AFTER-SCHOOL PROGRAM

Members:  
\$530 / year per child  
Non-members:  
\$633 / year per child

## FUN DAYS YOUTH PROGRAM

Members:  
\$20 / child per day  
Non-members:  
\$25 / child per day

## YOUTH KARATE CLASSES

Session I:  
\$40 / child for members  
\$50 / child for non-members  
Session II:  
\$50 / child for members  
\$62.50 / child for non-members

### **Register now at the front desk**

Extended Care accommodates parents who are unable to pick their children up from the After-School program by 5:30 p.m. Children now have the option of participating in supervised activities with a counselor until 6:15 p.m. with a 15-minute grace period lasting until 6:30 p.m. Registration is offered on a weekly basis. Please stop by the front desk for more information.

### **Registration forms available at the front desk**

All 7<sup>th</sup> and 8<sup>th</sup> grade Recreation Center members are eligible to attend this program at no additional fee. The program operates every school day from 2:15 p.m. – 5:30 p.m. Attending children also have the opportunity to participate in structured games and athletics, complete homework, utilize the weight room and socialize with peers. Participants must have a signed release form to use the weight room with a supervising counselor.

### **Register at the front desk – space still available!**

Available to youth in grades K thru 8. Daily activities include indoor and outdoor sports, swimming, arts and crafts, and homework / snack time. The program operates on school days from 2:15 p.m. to 5:00 p.m. Children registered in the After-School program receive a one year complimentary Recreation Center membership. This membership can be upgraded to a family membership for an additional \$50.

### **Upcoming Fun Days: January 19<sup>th</sup> & January 20<sup>th</sup>**

Youth in grades K thru 8th now have the opportunity to participate in structured, fun activities during non-school days. Fun Days operate from 8 a.m. – 5:30 p.m. Daily activities include arts and crafts, athletics, group games and other counselor-led activities. Healthy snacks are provided; each child will need to bring his or her own lunch. Please register in advance for future dates.

### **Session I: January 26, February 2, 9, 23**

### **Session II: March 2, 9, 16, 23, 30**

A fun, safe, and structured martial arts program that focuses on more than self-defense: improve your child's health and self-confidence! Classes are held Mondays from 2:45 p.m. – 3:45 p.m. at the Recreation Center. Call Kurokawa Martial Arts at (239) 482-4489 for class information.



# Aquatic Programs

## YOUTH LAP SWIM PROGRAM

Members: \$50

Non-members: \$63

**Tuesday & Thursday from 4 p.m. – 5 p.m.**

The Youth Lap Swim Program provides instructional lap swimming for youth ages 5 thru 18. Participants must be able to swim 25 consecutive yards. The program is available from December 16<sup>th</sup> to May 1<sup>st</sup>.



## PRIVATE SWIM INSTRUCTION

All-ages

Members: \$20 per 30 min.

Non-members: \$25 per 30 min.

**Monday, Wednesday, & Friday from 10:30 a.m. – 12:30 p.m. & Sunday: Noon – 5 p.m.**

Instruction is tailored to the participant's goals and 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. \*

## PRIVATE WATER FITNESS INSTRUCTION

All-ages

Members: \$20 per 30 min.

Non-members: \$25 per 30 min.

**Monday, Wednesday, & Friday from 10:30 a.m. – 12:30 p.m. & Sunday: Noon – 5 p.m.**

Instruction is tailored to the participant's goals and needs: from basic to advanced shallow water aerobics, deepwater aerobics and aqua jogging. Private Water Fitness Instruction is scheduled on an individual basis by the Recreation Department's Aquatics Staff. \*

## SHALLOW WATER AEROBICS

Included with membership

**Monday, Wednesday & Friday from 10 a.m. – 11 a.m.**

**Tuesday, Thursday & Saturday from 1 p.m. – 2 p.m.**

This class is held in the exercise pool for attendees who desire a low-impact workout in warmer, shallow water. \*



## DEEP WATER AEROBICS

Included with membership

**Monday, Wednesday & Friday from 11:30 a.m. – 12:30 p.m.**

**Tuesday & Saturday from 10 a.m. – 11 a.m.**

This class is held in the lap pool for participants who desire a low-impact workout in cooler, deeper water. \*

## AQUA JOGGING

Members: \$5 / class

Non-members: \$6.25 / class

**Thursday, from 10 a.m. – 11 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

Members: \$50 / year

Non-members: \$63 / year

**Monday, Wednesday, and Friday from 4 p.m. – 5 p.m.**

Masters Swimming is a program for serious swimmers, ages 18 and over, designed to improve technique and build endurance. \*

*\*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 guests, the pool is closed when the air temperature is less than 60 degrees.*

# Island Seniors' Programs

## SENIOR CENTER MAH-JONGG & BRIDGE

Call (239) 472-5743 for  
program details

## SENIOR CENTER AEROBICS

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

## SENIOR CENTER ADVANCED YOGA

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

## SENIOR CENTER CHAIR YOGA

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

## “WAIST MANAGEMENT” HEALTHY FOOD MEET

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

## SENIOR CENTER ALL-LEVEL YOGA

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

**Bridge for Fun – Monday & Wednesday at 1 p.m. at the Senior Center**  
**Mah-Jongg - Tuesday & Thursday at 1 p.m. at the Senior Center**  
Prizes are awarded! All materials are supplied.



**Monday, Wednesday & Friday at the Senior Center**  
**From 8 a.m. – 9 a.m. & 9:30 a.m. – 10:30 a.m.**

***Additional class at 11 a.m. available as of Monday, January 5<sup>th</sup>***

Recreation Center members may attend Senior Aerobics classes at no additional fee. Please bring your Recreation Center membership card to the class to participate.

**Tuesdays at 10 a.m. at the Senior Center**

For students with over a year of experience in Yoga; learn new asanas and practice more vigorous and challenging pose sequences. Dr. Susan Pataky teaches this class. All ages are welcome to attend Senior Center yoga classes.

**Wednesdays at the Senior Center, from 3:30 p.m. – 4:30 p.m.**

For individuals who want to do light exercising or gentle stretching but have limitations, balance issues or are recovering from illness or surgery. Chairs are used for all poses. Dr. Susan Pataky teaches this class. All ages are welcome to attend Senior Center yoga classes.

**Fridays at Noon at the Senior Center**

Eileen Kehoe and Sandi McDougall facilitate an information session discussing food selection to promote health and wellness. Through mutual support, attendees discover alternative food options to meet personal goals and maintain a healthier lifestyle.



**Thursdays at 10 a.m. at the Senior Center**

Learn Yoga techniques safely by attending this all-level class. Taught by Dr. Susan Pataky, instruction focuses on basic alignment principles, breathing techniques and relaxation. All ages are welcome to attend Senior Center yoga classes.

# Island Seniors' Programs

## WII SPORTS BOWLING LEAGUE

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

**Space still available in Wednesday, 12:30 p.m. league that begins January 7<sup>th</sup>**  
Team up with fellow Island Seniors and experience virtual bowling on Nintendo's latest video game system, the Wii. Four teams compete throughout the week to win prizes. Please call the Senior Center at (239) 472-5743 for bowling league days, times and availability.



## BEGINNERS BRIDGE INSTRUCTION

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

**Tuesday, January 6, 13, 20 & 27 from 9 a.m. – 12:30 p.m.**  
**Held at the Senior Center**

Learn how to play contract bridge, a social card game of skill and chance by attending this instructional course! Participants must be able to attend all four classes; class is limited to eight students.

## KAYAK OUTINGS

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

**Tuesday, January 6<sup>th</sup> at 8:30 a.m.**

**Meeting at the Senior Center prior to departure**

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 for each trip. Please call the Senior Center at (239) 472-5743 for trip requirements.

## READ ALOUD

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

**Wednesday, January 7<sup>th</sup> from 2 p.m. – 3 p.m. at the Senior Center**

Carole Anne Fallon will be reading books aloud in the Kraft Room at the Senior Center for people who have sight difficulties such as macular degeneration. Please call the Senior Center at (239) 472-5743 if you plan on attending or if you'd like to volunteer as a reader.

## LEISURE LUNCHERS

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

**Meeting Thursday, January 8<sup>th</sup> at the European-American Baking Company at 11:30 a.m.**

This month's lunch takes place at the European American Baking Company restaurant in Fort Myers. After lunch, there will be a stop at the Elite Repeat Consignment store. Treat yourself to a social lunch and shopping with friends! A restaurant menu is available at the Senior Center, 2401 Library Way. Please let the Center know in advance if you plan on attending.

## COPING WITH LIFE SERIES

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

**Friday, January 9<sup>th</sup> at 2:30 p.m. & 3:30 p.m. at the Senior Center**

The Senior Center kicks off its Coping with Life Series with performer Damaris Peters-Pike of Women of Note. Damaris will be presenting a one-person drama about the famous pianist's sister entitled "Frankie Gershwin: We Let George Do It!" Seating is limited; please register in advance at the Senior Center, 2401 Library Way.



# Island Seniors' Programs

## FLORIDA REPERTORY THEATER TRIP – “DANCING AT LUGHNASA”

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

## CAPTIVA KAYAK COMPANY KAYAKING SEMINAR

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

## SENIOR CENTER BOOK CLUB

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

## SANIBEL BEACH HIKING ORIENTATION MEETING

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

## “I’VE GOT MAIL” COMPUTER WORKSHOP

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

### **Meeting Saturday, January 10<sup>th</sup> at Senior Center before departure**

Meet up with fellow Island Seniors’ members to see Brian Friel’s play, “Dancing at Lughnasa,” brought to life! This trip includes a possible lunch or dinner stop. Please call the Senior Center at (239) 472-5743 for ticket and transportation details.



### **Tuesday, January 13<sup>th</sup> at 9 a.m. at the Senior Center**

Join your fellow kayakers for an informative seminar on kayaking with Barb Renneke from the Captiva Kayaking Company. Whether you’re a seasoned kayaker or a novice, you’ll surely pick up some new tips on proper technique and handling. Muffins, coffee and juice provided. Please call the Senior Center at (239) 472-5743 to register as seating is limited.

### **Tuesday, January 13<sup>th</sup> from 2:30 p.m. – 4:00 p.m. at the Senior Center**

This month’s selection is entitled "The Namesake" by Jhumpa Lahiri. Readers are invited to bring notes for discussion in the Senior Center’s Kraft room. Please call the Senior Center at (239) 472-5743 to register.

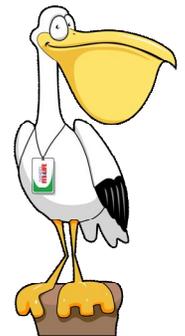


### **Orientation meeting is Thursday, January 15<sup>th</sup> at 8:15 a.m. at the Senior Center**

The Sanibel Beach Hiking group meets once a week at 8:15 a.m. for five consecutive Thursdays to walk the perimeter of Sanibel. Each week’s two to three mile hike begins where the previous hike left off. By the fifth week, participants will have hiked around the entire Island. Attend this meeting if you’re interested in participating or volunteering as a group leader.

### **Thursday, January 15<sup>th</sup> from 1 p.m. – 3 p.m. at the Senior Center**

Learn e-mail basics including general composition, forwarding and setting up an e-mail account in this one-time computer workshop. Keep in touch with family members, send digital photos and learn how to avoid spam messages by attending this class. Register in person at the Senior Center, 2401 Library Way.



***Volunteer Opportunities are now available at the Recreation Center. Join your friends and neighbors who serve as Recreation Center Volunteers by calling Jai at the Recreation Center: (239) 472-0345***