



**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 19<sup>th</sup> – January 25<sup>th</sup>

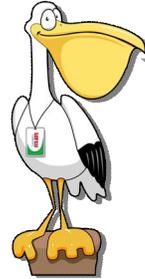
*The Recreation Center will be open with normal hours Monday, January 19<sup>th</sup>; the Senior Center will be closed.*

**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*

# Recreation Center Weekly Schedule



**The Sanibel Recreation Center:  
A Vacation In Itself!**

Access to weight room, two pools, four tennis courts and daily fitness classes all included with membership or visit!



## Volunteer Training Opportunity

### RECREATION CENTER VOLUNTEER TRAINING

*Training is complimentary – please call the Recreation Center at (239) 472-0345 to register*



**Two available dates:**

**Tuesday, January 20<sup>th</sup> from 8 a.m. – 3 p.m., or**

**Thursday, February 5<sup>th</sup> from 8 a.m. – 3 p.m.**

**Share your expertise!**

Volunteer opportunities at the Sanibel Recreation Center are available in a variety of areas such as conducting facility tours, assisting with fun special events and sharing your areas of expertise with the youngsters in the After-School programs. All current and future Recreation Center volunteers who need to be certified or recertified, should register by calling the Recreation Center at (239) 472-0345.

## 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.*

**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.

# 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.



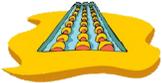
## LAP POOL\*\*

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

## BLOOD PRESSURE SCREENINGS

*A complimentary service provided the Sanibel Fire Department*

**Held the first Monday of every month, from 9 a.m. – Noon**

According to the American Heart Association, about one in three U.S. adults has high blood pressure, and most are unaware of the condition. High blood pressure increases the risk of stroke, heart attack, heart failure, kidney disease and even blindness in some cases. The Sanibel Fire Department's complimentary screenings are offered as a first step in determining if further examination by a health care professional is necessary.



## YOUTH KARATE CLASSES

*Session I:*

*\$40 / child members*

*\$50 / child non-members*

**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. Session II is \$50 per child for members and \$62.50 per child for non-members. Call Kurokawa Martial Arts at (239) 482-4489 for class information.



# Fitness & Wellness Programs

## ADULT KARATE CLASSES

*Session I:*

*\$50 / adult members*

*\$62.50 / adult non-members*



## LAND AEROBICS

*Included with membership*



## BODY SCULPTING

*Included with membership*



## PICK-UP VOLLEYBALL

## PICK-UP BASKETBALL

## ADULT CO-ED

## SOFTBALL LEAGUE

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

**Session I: January 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. Sessions II and III are \$50 per adult for members and \$62.50 per adult for non-members. Call Kurokawa Martial Arts at (239) 482-4489 for class information.

**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.

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

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

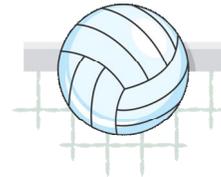
A one-hour class that focuses on strengthening and toning all major muscle groups using fitness bands, tubing and calisthenics. Exercises are based on resistance; geared to create a toned, sculpted body.

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

**Saturday, from 3 p.m. – 5 p.m.**

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

**Sunday, from 1 p.m. – 3 p.m.**



**The season begins Wednesday, January 28<sup>th</sup> – register your team now!**

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

## ALL-LEVEL YOGA

Members: \$13 / class

Non-members: \$15 / class

### **Mondays, from 10 a.m. – 11 a.m.**

Now available at the Recreation Center, All-Level Yoga teaches students of any skill level safe yoga modifications to match you and your present level for a personalized experience within a group setting. Taught by Dr. Susan Pataky, instruction focuses on alignment principles, breathing techniques and relaxation. All ages and skill levels are welcome to attend this class.

## 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.



## 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.

# Youth Programs

## AFTER-SCHOOL TEEN PROGRAM

Included with membership



### **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.

# Youth Programs

## AFTER-SCHOOL PROGRAM

*Members:*

*\$530 / year per child*

*Non-members:*

*\$633 / year per child*

## EXTENDED CARE YOUTH PROGRAM

*Members: \$6 / child per week*

*Non-members: \$7.50 / child per week*

## FUN DAYS YOUTH PROGRAM

*Members:*

*\$20 / child per day*

*Non-members:*

*\$25 / child per day*

### **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.

### **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.

### **Fun Days: January 19<sup>th</sup>, January 20<sup>th</sup>, February 16<sup>th</sup> & February 17<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.

# Aquatic Programs

## YOUTH LAP SWIM PROGRAM

*Members: \$50*

*Non-members: \$63*

## PRIVATE SWIM INSTRUCTION

*All-ages*

*Members: \$20 per 30 min.*

*Non-members: \$25 per 30 min.*

### **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 continues until May 1<sup>st</sup>.



### **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. \*

# Aquatic Programs

## PRIVATE WATER FITNESS INSTRUCTION

All-ages

Members: \$20 per 30 min.

Non-members: \$25 per 30 min.

## SHALLOW WATER AEROBICS

Included with membership

## DEEP WATER AEROBICS

Included with membership

## AQUA JOGGING

Members: \$5 / class

Non-members: \$6.25 / class

## MASTERS SWIMMING

Members: \$50 / year

Non-members: \$63 / year

**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. \*

**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. \*



**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. \*

**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. \*

**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 AEROBICS

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

**Monday, Wednesday & Friday at the Senior Center from 8 a.m. – 9 a.m. & 9:30 a.m. – 10:30 a.m. Additional Monday class at 11 a.m. also available**

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

# Island Seniors' Programs

## SENIOR CENTER MAH-JONGG & BRIDGE

Call (239) 472-5743 for program details

## 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.

## SENIOR CENTER ALL-LEVEL 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.

## KAYAK OUTINGS

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.



### **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.

### **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.

### **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.

### **Tuesday, January 20<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.



# Island Seniors' Programs

## AARP DRIVER SAFETY COURSE

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

## COPING WITH LIFE SERIES

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

## PC SAVVY COMPUTER WORKSHOP

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

## NORTON MUSEUM OF ART/IKEA FURNISHINGS TRIP

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

## COPING WITH LIFE SERIES

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

**Thursday, January 22<sup>nd</sup> & Thursday, January 29<sup>th</sup> from 12:30 p.m. – 4:30 p.m. at the Senior Center**  
The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. This two-day course has helped millions of drivers remain safe on today's roads. Become a safer driver and save on auto insurance as a course graduate! Participants must be able to attend both days. Register in person at the Senior Center, 2401 Library Way.

### **Friday, January 23<sup>rd</sup> at 2 p.m. at the Senior Center**

Rachel Tritaik, registered physical therapist, will present "Walking Tall: Strengthen Your Bones and Fight Gravity!" She will speak about what you can do to protect your bones from fractures and improve your posture – without medication. Seating is limited; register in advance by calling the Senior Center at (239) 472-5743.

### **Wednesday, January 28<sup>th</sup> from 1 p.m. to 3 p.m. at the Senior Center**

A two-hour hands-on workshop full of tips on mastering Microsoft Windows and keeping track of documents. As a great refresher course for PC novices who need a few shortcuts! Includes reference materials to take home. Register in advance by calling the Senior Center at (239) 472-5743.



### **Thursday, January 29<sup>th</sup>**

#### **Departing from the Senior Center at 7:15 a.m. and returning by 7:30 p.m.**

Participants will journey to West Palm Beach to tour the Norton Museum of Art. The museum features a variety of worldly paintings and sculptures, including a special exhibit of Georgia O'Keefe paintings and Ansel Adams photographs. Afterwards, attendees will have lunch at Norton's Café 1451. Before returning to the Senior Center, the charter bus will stop at IKEA Sunrise, an immense retail store offering well-designed, affordable home furnishings. IKEA features 50 room settings, three model homes, and a restaurant and food market, complete with an assortment of Swedish delicacies. Register in advance at the Senior Center, 2401 Library Way.

### **Friday, January 30<sup>th</sup> at 2 p.m. at the Senior Center**

Deborah Butler, a former Edison College professor and experienced traveler, will give a short presentation entitled "Traveling Light." Find out smarter ways to pack in order to save money and bypass the new baggage fees. Discussion will cover essential travel items, packing efficiently and choosing the right luggage. Seating is limited; register in advance by calling the Senior Center at (239) 472-5743.



# Island Seniors' Programs

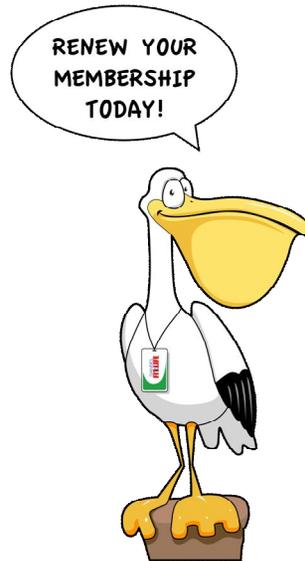
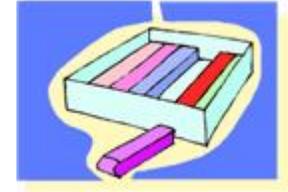
## DRAWING WITH PASTELS

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

**Begins Wednesday, February 4<sup>th</sup>**

**Wednesdays, from 1 p.m. – 3 p.m. at the Senior Center**

A four-class workshop taught by award-winning artist and Island Senior member Carol Berman. Learn how to create still-life drawings using pastel and charcoal blending, texturing and shading techniques. Register in advance by calling the Senior Center at (239) 472-5743.



*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*