

Recreation Center Weekly Schedule



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:
February 9th – February 15th

**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*



This Valentine's Week, Be Good to Your Heart!

Improve your health with our 25-piece Cybex weight room, 25-yard heated pool and stability ball classes!

All New Tennis Programs

ROUND ROBIN TENNIS

\$10 per person



Begins Tuesday, February 10th

Tuesdays & Thursdays from 10 a.m. – Noon

Enjoy tournament-style play and meet fellow tennis players in the process! Tennis Pro Jeffrey Boston organizes all matches. Registration includes a demonstration of doubles tactics and doubles play. Please register in advance at the Recreation Center's front desk as space is limited.

PRIVATE TENNIS INSTRUCTION

\$30 for a half-hour lesson

\$60 for an hour lesson

*Maximum of four students
per lesson*

Begins Wednesday, February 11th

Wednesdays from 5 p.m. – 8 p.m. & Fridays from 2:30 p.m. – 5:30 p.m.

Learn to improve stroke technique, footwork and overall strategy through professional instruction! Lessons are open to all ages. Sign up with your doubles partner, spouse, a friend or two, split the cost and increase the fun! Register at the Recreation Center's front desk.

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.

Take your workout to the next level! 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. Athletic footwear is required. Register at the Recreation Center's front desk.

Current Facility Hours

GYM & WEIGHT ROOM

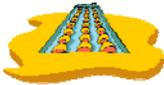
**Now with treadmills!*

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



Next screening will be Monday, March 2nd

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.

ADULT KARATE CLASSES

*Sessions II & III:
\$50 / adult members
\$62.50 / adult non-members*

Session II: February 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.



Fitness & Wellness Programs

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.

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 CO-ED

SOFTBALL LEAGUE

Games continue this week and are open to spectators

Games are held Wednesday and Thursday 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. Game schedules are available at the front desk.

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.

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.

Youth Programs

YOUTH KARATE CLASSES

Session II:

\$50 / child members

\$62.50 / child non-members

Session I: February 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.

YOUTH CLAY ART

Register now!

Lessons conclude April 1st

\$200 / child

Registration and lessons continue this week

Wednesdays, from 2:15 p.m. – 4 p.m. at The Sanibel School's art room

A hands-on instructional program that lets your child's imagination take shape! Clay Art offers new and exciting techniques to help your child create a masterpiece. Available to youth in grades 3 through 8. Register at the Recreation Center's front desk.

PRESIDENT'S BOWL TEEN NIGHT

For details, including fees, call the Recreation Center at (239) 472-0345.

Departing from the Recreation Center Monday, February 16th at 6 p.m.

Join your fellow Teen Scene members for a presidential game of bowling! Open to grades six through eight, the trip includes a dinner stop along the way. Please send your child with dinner money, socks and \$10 for bowling (covers shoe rental and two games). Non-members are required to purchase a day pass. Register in advance at the Recreation Center, 3880 Sanibel-Captiva Road.



Youth Programs

TEEN AFTER-SCHOOL PROGRAM

Included with membership



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

YOUTH LAP SWIM PROGRAM

Members: \$50

Non-members: \$63

Registration forms available at the front desk

All 7th and 8th 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.

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.



Upcoming Fun Days: Monday, February 16th & Tuesday, February 17th

Youth in grades K thru eight 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.

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 1st. *



Aquatic Programs

PRIVATE SWIM INSTRUCTION

All-ages

Members: \$20 per 30 min.

Non-members: \$25 per 30 min.

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 swim instruction to improving stroke efficiency and endurance. Private swim lessons are scheduled on an individual basis by the Recreation Department's Aquatics Staff. *

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, deep water 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 class at 11 a.m. also available Mondays, Wednesdays & Fridays

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

SENIOR CENTER

MAH-JONGG & BRIDGE

Call (239) 472-5743 for program details

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.



SENIOR CENTER

ADVANCED YOGA

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

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.

SENIOR CENTER

CHAIR YOGA

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

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.

SENIOR CENTER

ALL-LEVEL YOGA

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

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.



WAIST MANAGEMENT

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

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.

Island Seniors' Programs

KAYAK OUTINGS

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.

LEISURE LUNCHERS

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

"HELLO EBAY" COMPUTER WORKSHOP

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

HIKING THE BEACHES OF SANIBEL

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.

Tuesday, February 10th 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 and registration.

Tuesday, February 10th from 2:30 p.m. – 4 p.m. at the Senior Center

This month's selection is entitled "Lying on the Couch" by Irvin Yalom. Readers are encouraged to read the book in advance and bring notes for discussion. Please call the Senior Center at (239) 472-5743 to register.



Meeting Thursday, February 12th at Icabod's Wicked Food & Drink at 11:30 a.m.

This month's lunch takes place at Icabod's in Fort Myers. After lunch, there will be a stop at the Only Imagine 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.

Thursday, February 12th from 1 p.m. – 3 p.m. at the Senior Center

Curious about eBay? In this beginner-level seminar, travel to the worldwide mall and learn the risks and rewards of buying, selling, shipping and the possible savings! Register in advance by calling the Senior Center at (239) 472-5743.



Meeting at the Senior Center Thursday, February 12th at 8:15 a.m.

The Sanibel Beach Hiking group meets once a week to walk the perimeter of Sanibel. Each week's two to three-mile hike begins where the previous hike left off. By the last week, participants will have hiked around the entire Island! Register in advance by calling the Senior Center at (239) 472-5743.

Friday, February 13th at 2 p.m. at the Senior Center

Christine Sherlock, Kelly Walsh and Lisa Kitner of *Image Matters* will be presenting "Discover Your Style Personality." Improve your wardrobe and sense of style to reflect your unique personality! From dramatic to classic appearances, obtain fashion advice from professional image consultants. Men and women can both benefit from this seminar. Seating is limited; register in advance by calling the Senior Center at (239) 472-5743.



Island Seniors' Programs

FLORIDA REPERTORY THEATER TRIP – “ALONE TOGETHER”

*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.*

SPREADSHEET COMPUTER WORKSHOP

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

Performed Saturday, February 14th at 2 p.m. at the Florida Repertory Theater

Meet up with fellow Island Seniors' members to see Lawrence Roman's play, "Alone Together" brought to life! In the play, a middle-aged couple whose children have left the nest are surprised when all three sons return home, unable to cope with real-life. This trip includes a possible lunch or dinner stop. Please call the Senior Center at (239) 472-5743 for ticket and carpooling options.

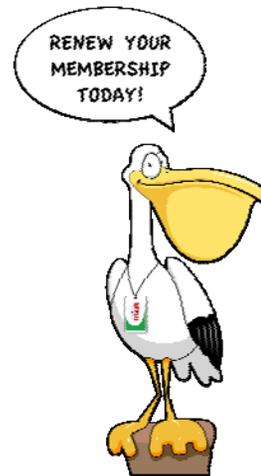


Friday, February 20th at 2 p.m. at the Senior Center

The professionals from *Image Matters* are back to help you find your most flattering styles by presenting "Balancing Act". If you've ever copied a look from a fashion magazine and had less than ideal results, this seminar is for you! Seating is limited; register in advance by calling the Senior Center at (239) 472-5743.

Wednesday, February 25th & Thursday, February 26th from 1 p.m. – 3p.m. at the Senior Center

Organize your finances for tax season! In this two-session course for the novice Excel user, discover how useful and fun spreadsheets can be! Work with rows, columns and formulas to keep track of assets. Participants must be able to attend both classes. 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