



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:
 March 2nd – March 8th

**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



**Exercise Your Body's Core Muscles:
 Water Pilates Class Now Available on Tuesdays!**
 Combat Heart Disease with Karate Classes and Free Blood Pressure Screenings!

This Week's All-New Programs



WATER PILATES

Members: \$5 / class
 Non-members: \$6.25 / class



BLOOD PRESSURE SCREENINGS

A complimentary service
 provided the Sanibel Fire
 Department



ADULT KARATE CLASSES

Session III:
 \$50 / adult members
 \$62.50 / adult non-members

Classes begin Tuesday, March 3rd
 Tuesdays, from 11:15 a.m. – 12:15 p.m.

This program creatively adapts Pilates exercises for the pool. Build a stronger core (abdominals and back) by working from the inside out! Develop muscle strength and increased flexibility, improve posture and body awareness and learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness levels. Please register in advance at the Recreation Center's front desk.

Monday, March 2nd 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 District's complimentary screenings are offered as a first step in determining if further examination by a health care professional is necessary.

Saturdays, from 9 a.m. – 10 a.m.

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. Call Kurokawa Martial Arts at (239) 482-4489 for class information.

Current Facility Hours



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.



TENNIS COURTS

Monday & Wednesday: 7 a.m. – 8 p.m.
Tuesday & Thursday: 7 a.m. – 10 a.m. & Noon – 8 p.m.
Friday: 7 a.m. – 6:30 p.m.
Saturday: 9 a.m. – 5 p.m.
Sunday: Noon – 5 p.m.



GYMNASIUM

Monday – Thursday: 7 a.m. – 10 a.m., 11:30 a.m. – 2 p.m. & 5 p.m. – 8 p.m.
Friday: 7 a.m. – 10 a.m., 11:30 a.m. – 2 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.



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.



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.

All New Tennis Programs

PRIVATE TENNIS INSTRUCTION

\$30 for a half-hour lesson
\$60 for an hour lesson
Maximum of four students
per lesson

Tuesdays & Thursdays from 8 a.m. – 10 a.m.

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.



ROUND ROBIN TENNIS

\$10 per person



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.

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.

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.

LEE MEMORIAL

BLOOD DRIVE

Open to Recreation Center members and non-members

Tuesday, March 10th from 8:30 a.m. – 2:30 p.m.

Take your fitness to the next level and help save a life! Blood donations are needed for the local community. Donating is quick and safe – donors receive complimentary tests for blood pressure, iron level, cholesterol and blood typing. Donors receive a Blood Center gift plus a restaurant food coupon. Pre-register by calling the Recreation Center at (239) 472-0345.

Fitness & Wellness Programs

SKIN CANCER SCREENING

A complimentary service provided by Harris Dermatology

Friday, March 13th from 9 a.m. – 11 a.m.

Harris Dermatology will be offering a FREE skin cancer screening at the Sanibel Recreation Center. Screenings are quick and easy. The exam is a non-invasive, visual inspection of exposed areas of the body that will be done after a brief medical history is completed. No appointment or registration necessary – walk-ins are welcome.



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

YOUTH KARATE CLASSES

Session II:

\$50 / child members

\$62.50 / child non-members

FUN DAYS

YOUTH PROGRAM

Members:

\$20 / child per day

Non-members:

\$25 / child per day

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

Mondays, from 2:45 p.m. – 3:45 p.m.

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! Call Kurokawa Martial Arts at (239) 482-4489 for class information.

Upcoming Fun Days: Friday, March 27th, Monday, April 13th & Tuesday, April 14th

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.



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.



Aquatic Programs

SPRING YOUTH SWIM LESSONS

Session I:

Members: \$40

Non-members: \$50



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.

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

Registration begins Monday, March 9th

Session I: March 23, 24, 25, 26, 27, 30, 31, April 1, 2

Session II: April 20, 21, 22, 23, 24, 27, 28, 29, 30

Improve your child's comfort level and abilities in the water! Group lessons are offered for youth of all ages: from 6 months to 15 years. The Baby Bubblers and Little Skippers lessons cover basic skills such as breath control and flotation. More advanced classes, offered as six lesson types, teach bobbing, floating, kicking and stroke techniques. The most advanced class, Lifeguard Readiness, prepares the swimmer for the American Red Cross Guard Start Program. A class schedule with detailed lesson information is available at the Recreation Center's front desk. Please call the Recreation Center at (239) 472-0345 for requirements and class options.

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. *

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. *

Aquatic Programs

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

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. & 11 – Noon

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

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.

Island Seniors' Programs

WAIST MANAGEMENT

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.

HIKING THE BEACHES OF SANIBEL

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

LIONS CLUB FREE VISION & HEARING SCREENING

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.

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, March 3rd 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.

Meeting at the Senior Center Thursday, March 5th 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.

Tuesday, March 10th from 1 p.m. – 4 p.m. at the Senior Center

Complimentary vision and hearing screenings are offered to adults and children as a first step in determining if professional care is needed. Screenings are comprehensive; they include checks for visual acuity, glaucoma, amblyopia and refractive index testing. Please call the Senior Center in advance at (239) 472-5743 to make an appointment.

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

This month's selection is entitled "Freakonomics" by Stephen Dubner and Steven Levitt. 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, March 12th at The Blarney Stone restaurant at 11:30 a.m.

This month's lunch takes place at The Blarney Stone in Fort Myers. After lunch, there will be a stop at the Classy Exchange 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 call the Senior Center if you plan on attending and for carpooling options.



Island Seniors' Programs

COPING WITH LIFE SERIES

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

AARP DRIVER SAFETY COURSE

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

DISCOVERING THE VALUE OF THE INTERNET

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

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

Stay sharp by playing Sudoku, a popular number-placement puzzle. You may have seen the grid-based puzzles in the newspaper or on your mobile phone. Glenda Campbell, an Island Seniors Inc. member, will be providing instruction for beginners. Find out what all the fuss is about!

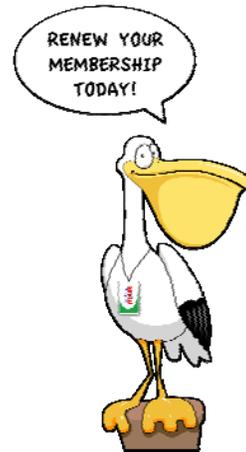
Thursday, March 19th & Thursday, March 26th From 12:30 p.m. – 4:30 p.m. at the Senior Center

The AARP Driver Safety Course is the nation's first and largest refresher program for drivers age 50 and older. This two-day workshop 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. To register, call Ed Vander Hey at (239) 472-3623.



Thursday, March 19th from 1 p.m. – 3 p.m. at the Senior Center

If you have had little to no experience using the Internet, this workshop is for you! Discover how to book a flight, order tickets, track finances, follow sports teams, find recipes, and of course, shop online! Learn the safest and easiest ways to surf the web by attending this informative seminar. 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