



**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 16<sup>th</sup> – March 22<sup>nd</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***



**Celebrate St. Patrick's Day with a  
 Water Pilates & Stability Ball Class!**  
**Discover a Full Spectrum of Fitness Opportunities!**



**SPRING BREAK  
 YOUTH CAMP**

*Members: \$75 / child  
 Non-members: \$94 / child*



**WATER PILATES**

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



**STABILITY BALL  
 STRENGTH TRAINING**

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

**Registration begins Monday, March 16<sup>th</sup>**

**Monday, April 6<sup>th</sup> through Friday, April 10<sup>th</sup> from 8 a.m. – 5:30 p.m.**

Spring Break Youth Camp “hits the charts” with music fun all week long! Youth in grades K through 8 will enjoy a medley of musically-themed activities including karaoke, professional dance demonstrations, electronic games and a “Name That Tune” music challenge on the big-screen TV! Other daily activities include athletics, arts and crafts and swimming. Please send your child with a bagged lunch, sunscreen, swimsuit and towel each day.

**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.

**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



## 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

## 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*



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

*Session III:*

*\$50 / adult members*

*\$62.50 / adult non-members*

**Saturdays, from 9 a.m. – 10 a.m.**

**Session III: March 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.

## 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.

## BLOOD PRESSURE SCREENINGS

*A complimentary service  
provided the Sanibel Fire  
Department*

**Monday, April 6<sup>th</sup> 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.



# 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.

## CHI-YOGA

Members: \$13 / class  
Non-members: \$15 / class

### **Tuesdays, from 1 p.m. – 2 p.m. & Saturdays, from 9 a.m. – 10 a.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.

## 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.



## 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

## FUN DAYS YOUTH PROGRAM

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

### **Upcoming Fun Days: Friday, March 27<sup>th</sup>, Monday, April 13<sup>th</sup> & Tuesday, April 14<sup>th</sup>**

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.



# Youth Programs

## TEEN AFTER-SCHOOL PROGRAM

*Included with membership*



## AFTER-SCHOOL PROGRAM

*Members:*

*\$530 / year per child*

*Non-members:*

*\$633 / year per child*

## YOUTH KARATE CLASSES

*Session II:*

*\$50 / child members*

*\$62.50 / child non-members*

## EXTENDED CARE YOUTH PROGRAM

*Members: \$6 / child per week*

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

### **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.

### **Mondays, from 2:45 p.m. – 3:45 p.m.**

#### **Session II: March 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.

### **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

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

# Aquatic Programs

## SPRING YOUTH SWIM LESSONS

*Session I:*

*Members: \$40*

*Non-members: \$50*



## 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*

**Registration continues this week**

**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. 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.

**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. \*

# Aquatic Programs

## 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, pools are 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

### 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.

# Island Seniors' Programs

## SENIOR CENTER ALL-LEVEL YOGA

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

## 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.*

## DISCOVERING THE VALUE OF THE INTERNET

*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.*

### **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, March 17<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 and registration.

### **Thursday, March 19<sup>th</sup> 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.



### **Thursday, March 19<sup>th</sup> & Thursday, March 26<sup>th</sup>**

#### **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 VanderHey at (239) 472-3623.

# Island Seniors' Programs

## FIRST STEPS WITH DIGITAL PHOTOS

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

**Two identical classes available to meet demand:  
Tuesday, March 24<sup>th</sup> from 1 p.m. – 3 p.m. at the Senior Center or  
Thursday, March 26<sup>th</sup> from 1 p.m. – 3 p.m. at the Senior Center**

In this “first look” seminar, learn how to print and share digital photos with friends and family! This one-session seminar will also cover managing memory cards, transferring files off the camera and organizing image files on your computer. Register in advance at the Senior Center, 2401 Library Way.

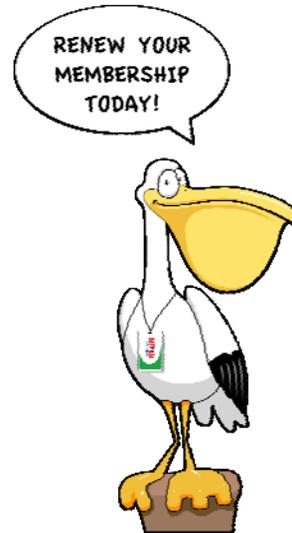


## COPING WITH LIFE SERIES

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

**Friday, March 27<sup>th</sup> at 2 p.m. at the Senior Center**

Island Seniors Inc. member Carolyn Ann Fallon will be presenting “Laughter,” a discussion about the health benefits of laughing and the importance of maintaining an upbeat outlook on life. Carolyn’s background as a former Hope Hospice nurse provides a unique perspective on staying positive. Seating is limited; 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***