



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

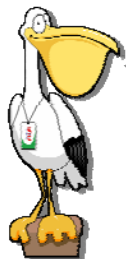
Effective:
July 6 – July 12

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

Senior Center
Hours of Operation
Monday – Friday
8 a.m. to 3:30 p.m.

Recreation Center t-shirts in youth and adult sizes are now on sale at the front desk. All proceeds support scholarships for children in working families.

Recreation Center Weekly Schedule



Air Boat Tour Included in Summer Camp Week Four!
Free Blood Pressure Screenings on Monday, July 6
Upcoming Lifeguard Class Expected to Fill Up Quickly – Register Now!

BLOOD PRESSURE SCREENINGS

A complimentary service provided by the Sanibel Fire District



SUMMER YOUTH DAY CAMP

Members:

\$85 / week per child

Non-members:

\$105 / week per child



AMERICAN RED CROSS LIFEGUARD COURSE

\$180 for members

\$225 for non-members

All materials included



Free blood pressure checks courtesy of the Sanibel Fire District!

Monday, July 6 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. Find out if you're at risk with a complimentary screening provided by the Sanibel Fire District. Screenings are offered as a first step in determining if professional health care is needed.



Registration is ongoing throughout the summer!

Operating June 15 to August 21, Monday – Friday, from 8 a.m. – 5 p.m.

Summer Youth Day Camp is a traditional 10-week day camp where attendees participate in activities such as swimming, arts and crafts, tennis and a variety of other recreational programs. Attendees will need to bring a bagged lunch, afternoon snack, swimsuit, towel, sunscreen and athletic footwear daily. Summer Camp is open to children entering grades one through eight and operates throughout the school's summer vacation. For a minimal fee, the Extended Care Program is available and provides childcare until 6:30 p.m. Individual weeks are available for purchase during the 10-week period. For more information, call the Recreation Center at (239) 472-0345.

Become a certified American Red Cross Lifeguard in three days!

Friday, July 17 from 4 p.m. – 8 p.m.

Saturday, July 18 & Sunday, July 19 from 8 a.m. – 5 p.m.

A 3-day course in which participants are trained as Professional Rescuers in lifeguarding, first aid, and adult, child and infant CPR / AED use. Registrants will receive a class textbook and itinerary for study. Must be at least 15 years old to register. Please call the Recreation Center at (239) 472-0345 for swimming ability prerequisites. Class size is limited; register now!

Current Facility Hours

WEIGHT ROOM

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

TENNIS COURTS

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

GYMNASIUM

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

GAME / TEEN ROOM

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

LAP POOL

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

EXERCISE POOL, INTERACTIVE POOL & SPLASH PAD

Monday – Sunday: Noon – 5 p.m.

SLIDE

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

Fitness & Wellness Programs

LOW-IMPACT LAND AEROBICS

Included with membership

STABILITY BALL STRENGTH TRAINING

Members: \$5 / class

Non-members: \$6.25 / class



Mondays, Wednesdays & Fridays, from 7:15 a.m. – 8:15 a.m.

A one-hour low-intensity class that focuses on maintaining one's target heart rate for maximum weight loss. Burn calories without all the jumping around and strenuous body movements! Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a towel.



Tuesdays, from 4:15 p.m. – 5:15 p.m.

Thursdays, from 5:30 p.m. – 6:30 p.m.

Bring your workout to the next level by utilizing free weights and a 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. Participants must be at least 14 years of age. Athletic footwear is required. Register at the Recreation Center's front desk. Call instructor Carolyn Cooper at (239) 454-1010 for class information.

Fitness & Wellness Programs

LAND AEROBICS

Included with membership



Mornings: Mondays, Wednesdays & Fridays, from 10:15 a.m. – 11:15 a.m.

Evenings: Mondays & Wednesdays, 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



Tuesdays & Thursdays 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. Individuals of all fitness levels are welcome to attend. Participants are encouraged to bring a towel.

DODGEBALL NIGHTS

Free for members; day pass required for non-members



Mondays, from 6 p.m. – 8 p.m.

Gather up your family, friends and coworkers for a night of dodgeball excitement! Enjoy light-hearted team battles with soft, foam balls as you jump, dive and duck your way to victory. Dodgeball is an excellent cardio workout, improving one’s stamina, reflexes and balance. Interested in league play? Then show your support by attending Dodgeball Nights! Participants must be at least 14 years old. All equipment is provided and registration is not required.

PICK-UP VOLLEYBALL

Free for members; day pass required for non-members

Wednesdays, from 6 p.m. – 8 p.m.

Saturdays, from 3 p.m. – 5 p.m.



PICK-UP BASKETBALL

Free for members; day pass required for non-members

Tuesdays & Thursdays, from 6 p.m. – 8 p.m.

Sunday, from 1 p.m. – 3 p.m.

MEN’S PICK-UP

SOFTBALL

Mondays, from 6:15 p.m. – 8 p.m.

Year-round and weather permitting at the Sanibel ball fields. Must be over 44 years of age to play. Bring a softball glove and athletic footwear.

WOMEN’S PICK-UP

SOFTBALL



Wednesdays, from 6 p.m. – 8 p.m.

Play in casual pick-up softball games with your female friends and neighbors in a comfortable and relaxed setting! Games are held year-round and weather permitting at the Sanibel ball fields. Bring a softball glove and athletic footwear.

Yoga Opportunities

CHI-YOGA

Members: \$13 / class

Non-members: \$15 / class

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.

Tennis Opportunities

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. – 9 a.m. & 11 a.m. – Noon

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

Wednesdays, from 8 a.m. – 10 a.m.

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.



Extended Summer Camp Child Care

EXTENDED CARE YOUTH PROGRAM

Members:

\$6 / week per child

Non-members:

\$7.50 / week per child

Monday – Friday, from 5:30 p.m. – 6:15 p.m.

Extended Care accommodates parents who are unable to pick their children up from Summer Day Camp 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.



Aquatic Programs

MASTERS SWIMMING

Members: \$50 / year

Non-members: \$63 / year

Mondays, Wednesdays, and Fridays from 5 p.m. – 6 p.m.

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

SWAT SWIM TEAM

\$100 for members

\$125 for non-members

Mondays, Wednesdays & Fridays, from 7:30 a.m. – 9 a.m.

Tuesdays & Thursdays, from 3:30 p.m. – 5 p.m.

SWAT is a summer swim team program for ages 5 to 18 designed to improve stroke technique and to build endurance. Registrants will receive a complete schedule of practice and meet times. Register now at the Recreation Center's front desk.

SUMMER YOUTH SWIM LESSONS

Members: \$40

Non-members: \$50

Saturdays: July 11, 18, 25, August 1, 8, 15

Improve your child's comfort level and abilities in the water! Group lessons are available to youth from 6 months to 15 years of age. Register for nine lessons that match your child's skill level; from Baby Bubblers to Stroke Refinement. 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.

PRIVATE SWIM INSTRUCTION

All-ages

Members: \$20 per 30 min.

Non-members: \$25 per 30 min

Mondays, Wednesdays, & Fridays 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

WATER PILATES

Members: \$5 / class

Non-members: \$6.25 / class

Mondays, Wednesdays, & Fridays 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.

Mondays, Wednesdays & Fridays from 9 a.m. – 10 a.m.

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

Mondays, Wednesdays & Fridays from 10:30 a.m. – 11:30 a.m.

Tuesdays & Saturdays from 9 a.m. – 10 a.m.

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

Thursdays, from 9 a.m. – 10 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.

Tuesdays & Thursdays, from 10:15 a.m. – 11:15 a.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.



Island Seniors' Programs

SENIOR CENTER AEROBICS

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

Mondays, Wednesdays & Fridays, from 9 a.m. – 10 a.m. at the Senior Center

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 – Mondays & Wednesdays at 12:30 p.m. at the Senior Center

Mah-Jongg - Tuesdays & Thursdays at 12:30 p.m. at the Senior Center

Prizes are awarded! All materials are supplied.



Island Seniors' Programs

SENIOR CENTER ALL-LEVEL YOGA

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

CINEMA THERAPY

*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.*

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.

Friday, July 10 at 1:30 p.m. at the Senior Center

Get out of the heat and humidity and join friends for a fun Friday movie! Relax and enjoy popcorn in front of the big-screen TV. AARP's Movies for Grownups list will play a role in DVD selection. A listing of movie titles and show dates is available at the Senior Center in the kitchen area. Requests and recommendations are welcome!



Tuesday, July 14 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.



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.

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

Please call the Recreation Center at (239) 472-0345 for membership details.