

Sept - Dec 2018

St. Pete Beach Recreation

Program Guide



Park Rentals • October Concerts • Holiday Events • Fitness Classes

7701 Boca Ciega Drive
www.spbrec.com 727-363- 9245



What's Inside:

General Information pg. 1

Aquatics pg. 2

Athletics pg. 3

Fitness pg. 3-4

Special Interest pg. 5

Special Events pg. 6

Hours of Operation

Community Center

September– December

Mon- Fri: 7am-8:30pm

Sat: 8am-1pm

Sun: Closed

Community Center & Aquatic Center

Holiday Closures

Labor Day- Sept 3

Veteran's Day Observed- Nov 12

Thanksgiving- Nov 22 & 23

Christmas Day- December 25

Aquatics July 30 - Oct 31

Nov 1 - Dec 31

	LAP	PUBLIC SWIM (Limited Lanes)	ACTIVITY POOL	LAP	PUBLIC SWIM (Limited Lanes)	ACTIVITY POOL	
MON	7-11am	11am-3pm	11am-6pm	7-11am	11am-1pm 3-6pm	11am-1pm 3-6pm	MON
TUE	7-10am	11am-3pm	11am-6pm	7-10am	10am-1pm 4-6pm	10am-1pm 3-6pm	TUE
WED	7-10am	11am-3pm	11am-6pm	7-10am	10am-1pm 4-6pm	10am-1pm 3-6pm	WED
THU	7-10am	11am-3pm	11am-6pm	7-10am	10am-1pm 4-6pm	10am-1pm 3-6pm	THU
FRI	7am-12pm	12-3pm	11am-6pm	7am-12pm	12-1pm 3-6pm	11am-1pm 3-6pm	FRI
SAT	X	10am-3pm	10am-3pm	X	10am-3pm	10am-3pm	SAT
SUN	X	12-3pm**	12-3pm**	X	X	X	SUN
Sept 30th last Sunday							

American with Disabilities Act

The City of St. Pete Beach strives to make its programs, services and activities accessible to qualified individuals with disabilities. In that regard, the City will make reasonable modifications to the programs, services and activities outlined in this brochure to ensure accessibility to such individuals. If you feel you need a particular modification to access any service, please call Jennifer McMahon at (727) 363-9274 at least 14 days prior to the first day of class for an assessment. We encourage all individuals to receive the benefits of recreation.

Credit Card Fee

All credit card transactions are subject to a 2.5% processing fee. No credit cards will be accepted for transactions under \$10.

Photo Policy

Photographs taken by the City of St. Pete Beach at programs and events are often used in marketing material including print, social media and web. If you do not wish to be photographed or have a family member photo-graphed, please let the photographer or a city staff know in advance. The photos are to be used solely for the City of St. Pete Beach's publications. All rights reserved.

Aquatic Center

727-363-9264

Admission Fees

DAILY

\$3 Adult
\$2 Youth/Senior

PUNCH CARD

(20 Swim Passes)
\$50.00 Adult
\$30.00 Youth/Senior

Ask about our six month and annual passes.

Training

Lifeguard Classes- 15 years and older

Participants must complete a pre-test in order to continue in the class. The pre-test consists of treading water for 2 minutes using legs only, swimming 300 yards without stopping and surface dive following a 20 yard swim and retrieve a 10 pound brick from bottom, resurface and swim back to the starting point and exit pool.

Date: I: Nov 17, 18, 24, 25 **Fee:** \$200
II: Dec 22, 23, 26, 27
Time: 8am-4pm

Water Safety Instructor-16 years and older

This is a blended learning course, combining online study and in class/pool work. Attendance at each class is mandatory. Participants will master the skills & knowledge to teach ARC swim lessons. Certifications valid for 2 years. Students must complete a pre-requisite swim skills test consisting of: 25 yards front/back crawl, elementary, backstroke, breaststroke, and sidestroke; 15 yard butterfly; tread water & back float for 1 minute

Date: I: Oct 13, 14, 15, 20, 21 **Fee:** \$225 & \$35 ARC fee
II: Nov 17, 18, 19, 20, 21
Time: 8am-4pm

Classes

LaBlast Splash- All Ages



LaBlast Splash is a low impact, cardio building, joint friendly, and outrageously fun new class! Splash celebrates the true beauty of dance in the water. Learn the Disco, Jive, Waltz and more through whole body movement in and above the water.

Date: Fri: 12:15-1:00pm **Fee:** \$6

Aquatic Fitness- All Ages



Join us for a fun and invigorating exercise session. Aquatic Fitness offers a great muscle toning and cardio workout with the benefits and support of water.

Date: Mon/Tues/Wed: 11am-12pm
Fee: \$6

Aquatic Yoga- Teens & Adults



Aqua yoga has all the benefits of land-based yoga such as stress reduction, better body awareness, and increased flexibility. Being in the water adds an increase in your range of motion, decompresses your spine, reduces the weight on your joints and is accessible to everyone.

Date: Thu: 11-11:45am **Fee:** \$8

St. Pete Beach Masters

Maintain a healthy physical condition and positive mental well-being, enhance and revitalize fitness regimens or train for a special event. New members are accepted throughout the year. The team invites all swimmers to attend a practice and learn more about St. Pete Beach Masters.

Date: Mon & Thu: 5-7am **Fee:** \$40 month or \$5 drop in

Complete Aquatic Work Out- 16 years and older
With Norma



This class is designed for a complete work-out for swimmers & non-swimmers using the natural resistance of the water and aided by resistance bells. The class offers stretching, toning, range of motion, balance, strength training, aerobics, and oh yes, FUN! Class is conducted in both shallow and deeper water (noodles are used) for a total body experience. If air temperature is below 75 ° please call ahead to ensure class will be in session.

Date: Tue, Wed & Thurs: 10-10:45am
Starting Nov 1: Tue, Wed & Thurs: 3-3:45pm
Fee: \$6

Aqua Cardio Boxing



Aqua Boxing is an innovative class, using the benefits of water resistance with the fun and energy of cardio boxing. This lively aerobic workout combines strength training with self defense motions. The water provides extra resistance as well as the opportunity for modifications to reduce the risk of impact injury. You will increase your endurance, agility and coordination as well as balance and core stability.

Date: Sat 10:15-11:15am **Fee:** \$6

PeeWee Sports- 3-5 years old

Our peewee sports programs are designed to introduce sports to your child. These fun, co-ed classes teach the fundamentals of baseball, soccer, basketball and more. Each session, staff will help to coach your youngster using games, drills and lots of fun. These programs are ideal in keeping your little one active and moving.

Date: Thu: 6-6:30pm **Fee:** \$20 (*\$15 for 3 week session)

Sessions: Soccer: Sept 6, 13, 20, 27

Basketball: Oct 4, 11, 18, 25

T-Ball: Nov 1, 8, 15, 29

Multi Sports*: Dec 6, 13, 20



Pickleball- 18 years and older

This racquet sport is played by 2 or 4 people on a badminton-sized court using wood or composite paddle racquets and a perforated polymer ball similar to a wiffle ball. (Closed: Sept 3, Oct 15, Nov 12, Nov 19-23, Dec 24, 25, Jan 7)

Date: Mon & Tues: 6-8:30pm

Mon– Thu: 9:30am-12:30pm • Fri: 9:45am-12:30pm

Fee: \$3 or \$50 for a 20 punch card

Tae Kwon Do- 6 years and older

Learn this form of martial arts in a fun and a safe manner. This class is traditional and Olympic style Martial Arts from Korea taught by Grandmaster "J" – 9th Dan Black Belt in the art of Tae Kwon Do.

Date: Mon/Wed: 5:30-6:30pm **Fee:** \$60 per month

Superkicks Karate

Mini-Kicks- 4-6 years old

Pre-skills program to help students build skills necessary to join the basic karate program. Advancement is based on time served. (No class Nov 22, Dec 25, Jan 1)

Date: Tue/Thu: 5:30-6:00pm **Fee:** \$59.00 per month

Beginners Karate- First grade and up

This is the basic skills class to act as a gateway course to the Advanced Program. Advancement is based on both time served and skills acquired. Ranks include White, Yellow and Gold. (No class Nov 22, Dec 25, Jan 1)

Date: Tue/Thu: 6:00-6:45pm **Fee:** \$69.00 per month

Advanced Karate

This program is designed to earn a Black Belt and higher Black Belt Ranks. Advancement is based on time served and skills acquired. Ranks include Orange, Green, Blue, Purple, Red, Brown and Black. Each belt has a written curriculum. (No class Nov 22, Dec 25, Jan 1)

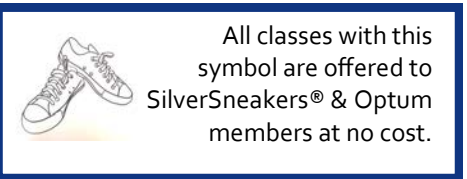
Date: Tue/Thu: 6:45-7:45pm **Fee:** \$79.00 per month

Youth Basketball League- Grades 2nd-7th

This coed league will run from Sept 15—Nov 17 including an 8 game schedule plus a tournament. Grades 2-4 will play on Saturday. Grades 5-7 will practice one day a week with games on Saturday.

Date: Registration Aug 1-Aug 31

Fee: \$100



Fitness

Body Overhaul- Adults



A program suited for seniors or those who need assistance with injury recovery and prevention. Includes muscle strengthening utilizing a chair and low impact aerobic workout all while having a great time in a mutually supportive environment. (No class Sept 3, Nov 12, 22)

Date: Mon & Thu: 9:30-10:30am **Fee:** \$6

Total Body Strength- 16 years and older



This class integrates a variety of cardio, body conditioning exercises and fun together, as well as core and stretching exercises. Will improve strength, balance and flexibility. Please bring mat, large towel and water. (no class Dec 25, Jan 1)

Date: Tue & Thu: 8:00am-9:00am **Fee:** \$5

Cardio with Angie- Adults



This is a low impact exercise class improving your cardiovascular endurance while having fun making friends. The class will include rhythmic steps, strength and core training.

Date: Wed: 11am-12pm **Fee:** \$3

Line Dancing- 18 years and older



Experience the feeling of accomplishment after successfully mastering a dance. Students develop strength, coordination and balance while experiencing the joy of dancing.

(No class Sept 3, Nov 12, 22)

Date: Mon & Thu: 10:45-11:45am **Fee:** \$6

Qi Gong: Healing Body/Mind/Spirit- Adults



Qi Gong is an ancient Chinese health care system that integrates slow graceful movements, breathing techniques and deep relaxation. Movements can be done either sitting or standing. The practice of Qi Gong improves balance and flexibility while reducing stress. "If you want to be healthy and live to 100, do Qi Gong!--Dr.Oz." (No class Dec 25, Jan 1)

Date: Tue: 9-10am **Fee:** \$5



SilverSneakers® Classic- Adults



Muscular Strength & Range of Movement – incorporates safe, fun and effective movements designed to improve strength and flexibility. A variety of support positions with a chair make this a perfect class for fit and active adults as well as those who are new to exercise. (No class Sept 3, Nov 12, Nov 23)

Date: Mon: 9-9:45am / Wed: 10-11am / Fri: 10-11am **Fee:** \$3

Cardio Boxing with Aneta- 18 years and older



Sports scientists agree that cardio-boxing is one of the best forms of exercise, because it conditions the total body and provides a complete workout for your cardiovascular and endurance systems. The major benefits of cardio-boxing include: Increased Stamina. Increased Strength and burn lots of calories.

Date: Tue: 6:30-7:30pm **Fee:** \$6

SilverSneakers® Yoga- Adults



Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (No class Nov 23)

Date: Fri: 11am-11:45pm **Fee:** \$3

Tai Chi & Qigong: Awaken The Healer Within- Adults



Rejuvenate and reclaim life at any age! This class is designed to reduce stress, inflammation and disease associated with stress as well as improve postural alignment and flexibility. With specific movements, coordinated breathing and a calm focused mind used in traditional Chinese medicine. No prior experience necessary.

(No class Sept 3, Nov 12, 22)

Date: Mon: 11am-12pm **Fee:** \$5

Thu: 12:30-1:30pm

Strengthen and Lengthen Class- Adults

This pilates style class uses weights, bands, balls and mats for a fun workout, using basic pilates technique to stretch and strengthen the whole body. (No class Sept 3, Nov 12)

Date: Wed, Fri & Sat: 8-8:45am **Fee:** \$4

Zumba with Terri- 16 years and older



Zumba is International music fused with an aerobic workout and basic dance steps to give an hour of a full body workout combined with a party-like yet relaxed atmosphere.

Date: Fri 8:30-9:30am **Fee:** \$5



Toning and Fat Burning- 16 years and older

People of all ages and skill-levels can lose weight and inches while revving up their energy and improving their overall health. Burn & Tone class is like having your own personal trainer without the costly investment. Get healthy and most importantly have fun doing it. (No class Sept 3, Nov 12, Nov 23)

Date: Mon- Fri: 7-7:45am **Fee:** \$5

Cardio Drumming- Adults

Cardio Drumming is a new dimension in fitness training. This high-energy dance rhythm program will be a workout for your body, mind and spirit! Finish the workout with a refreshing smoothie brought to you by Lean & Fit Nutrition.

Date: Mon & Wed 7pm-8pm **Fee:** \$7

Zumba with Magda - 16 years and older

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness class that's moving millions of people toward joy and health. Come join the fun. (No class Dec 25, Jan 1)

Date: Tue: 5:30-6:30pm **Fee:** \$6

LaBlast -LaBlast is a low impact, cardio building,



joint friendly and outrageously fun workout. Learn the Disco, Jive, Viennese Waltz, Lindy Hop and more through whole body movements. The easy to learn patterns and music selections from all genres and eras, welcome any age and fitness level **Date:** Wed: 6:30-7:30pm **Fee:** \$6

Personal Training

Meet your individual fitness goals by booking a session with one of our personal trainers. You schedule the date and time that is convenient to you. They will work with up to 4 people in a session at the same cost, so you can split the cost with your friends! The cost for a one hour session is only \$40. More information is available at the front desk.

Fitness Center

Hours

Mon- Fri: 7am- 8:30pm Sat: 8am– 1pm Sun: Closed

Fees

Monthly: \$10 SPB Residents
\$16 Non Residents

Daily: \$1 SPB Residents
\$2 Non Residents

We accept SilverSneakers® and Optum

Special Interest

Duplicate Bridge- 18 years and older

Play the world's most popular card game with a fun group of people. Call Betsy at 727-360-9689 ahead of time to reserve your seat. (No bridge Sept 3, Nov 12)

Date: Mon & Wed: 1-4pm **Fee:** \$1

Robotics After School Program- 8 years and older

Students will learn from an experienced instructor how to design, program and build a robot using the Lego Mindstorm Robotic kit. If you have experience in Mindstorm Lego® Robotics in a camp or instructional program, you qualify for the Intermediate course. If you do not have any experience, you must register for the introductory course first. (No class Nov 20)

Intro to Robotics- Date: Mon: 4:30-5:30pm

Intermediate- Date: Mon: 5:30-6:30pm

Advanced- Date: Tues & Thurs 5 pm-6pm

Sessions Sept 10-24 Nov 5-26 (no class Nov 12)

*Oct 1-29 Dec 3-17

Fee: \$24 (*\$40)

Social Mah Jongg- Adults

Join this exciting tile game or just come and watch.

Date: Thu: 1-4pm

Table Tennis- 16 years and older

Come and play this fun and competitive sport.

(Closed: Sept 3, Nov 12)

Date: Mon: 5:30-8:30pm **Fee:** \$2

Adult First Aid/CPR/AED

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a digital certificate for Adult First Aid/CPR/AED valid for two years. Please bring a copy of your successful completion with you to the class. For more information please call 727-363-9216

Date: Number of people interested will determine dates

Fee: \$30

Private Lessons on Piano, Accordion & Keyboard



All ages and levels welcome from ages 5 through adult. Practice incentives for all students. Fees vary according to lesson length. Discount for community center students. Available by appointment only at the community center on Tuesdays, Wednesdays, and Thursdays or by Skype. Free accordion band monthly for enrolled students. For further information please call Eileen Mattioli at 727-481-5300 or 727-384-1361.

Senior Excursions

Let us do the driving while you relax and enjoy some great trips. Come with friends or meet new ones; either way you will have a great time. Time of trip varies by excursion. Cost covers transportation ONLY. All admission and lunch is extra and the responsibility of the participant.

Dates & Times: **Fee: \$15**

Oct 20: Oldsmar Oktoberfest 10am-4pm

Dec 15: Holiday Lights in the Gardens 4:30-9:30pm

Camps/Schools Day Out

Afterschool Program— K– 5th grade

The program will include games, sports, homework time, swimming and more. Transportation is provided from Azalea Elementary, Gulf Beaches Elementary, and Pasadena Fundamental. Enrichment activities available at an additional cost include: karate, robotics, swim lessons/team & tae kwon do.

Date: Mon-Fri until 6pm

Fee: Please visit www.spbrec.com for fee schedule

Day Out Camp

Date: Oct 15 x

Time: 7am-6pm **Fee:** \$30 per child

Thanksgiving Camp

Date: Nov 19-21 (closed Nov 22, 23)

Time: 7am-6pm **Fee:** \$30 per day

Holiday Camp

Date: Dec 24, 26, 27, 28, 31(closed Dec 25, Jan 1)

Jan 2-4, 7

Time: 7am-6pm **Fee:** \$30 per day

Special Events

Community Yard Sale

Come and shop over 75 vendors at the Community Center. Someone's trash is another's treasure. Call 363-9245 for more information. Vendor space is limited.

Date: Sat, Sept 22: 8am-12pm **Fee:** \$15 per space

Beach Clean Up

Semi-Annual event held at Upham Beach. Join us to help beautify our local beach.

Date: Sat, Oct 20: 9-11am **Fee:** Free

Location: Upham Beach

October Concert Series

Come and relax in Horan Park and enjoy some local bands, food, fun zone and more. Bring your own chair or blanket every Friday in October.

Dates: Oct 5: Reverend Barry and the Funk
 Oct 12: Trae Pierce and the T-Stone
 Oct 19: Horny Toads
 Oct 26: The Wildflowers

Time: Fri: 7-9pm **Fee:** Free

Trunk or Treat

Come trick or treating in our parking lot from the trunks of cars to get in the Halloween spirit.

Date: Thu, Oct 25: 5:30-7pm **Fee:** Free

Need Trunkers

Boat Parade and Winter Festival in the Park

Boat Parade Viewing Party to include: music, art projects for children, and a special visit from SANTA!!!

Date: Fri, Dec 7: 6pm **Fee:** Free

Need Boats & Floats

Christmas Parade & Santa's Visit to Whoville

Join Santa along this years Christmas parade route! The parade starts at St Pete Beach City Hall (155 Corey Ave) and heads west down Corey Ave, south on Blind Pass Rd, east on 73rd to Bay Street and back to City Hall. There will be art projects, movie and a special visit from Santa at the end of the parade so be sure to follow Santa to the fun!!

- Best parade viewing areas will be along Corey Ave
 - Parking available at the Community Center

Date: Sat, Dec 8: 11am **Fee:** Free

LIVE IT!

Volunteers Needed

- "Trunkers" for Trunk-or-Treat!
- Boats for our Boat Parade!
- Floats for the Land Parade!
- Call (727) 363-9245 for more information



Join us every Friday night in October at 7pm for our **FAMILY FRIENDLY** Concerts in Horan Park, 7701 Boca Ciega Dr.

FOOD, BEER, WINE
50/50 RAFFLE
FREE VALET PARKING

Oct 5th: Reverend Barry and the Funk

Oct 12th: Trae Pierce and the T-Stone

Oct 19th: Horny Toads

Oct 26: The Wildflowers Tom Petty Tribute

Event Calendar



September

22nd Community Yard Sale 8am-12pm

October

5th October Concert Series—
Reverend Barry and the Funk 7-9pm

7th Corey Ave Sunday Market Opening Day 10am-2pm

12th October Concert Series—
Trae Pierce and the T-Stone Band 7-9pm

19th October Concert Series—
Horny Toads 7-9pm

20th Beach Cleanup - Upham Beach 9-11am

20th Senior Excursion - Oldsmar Oktoberfest 10am-4pm

25th Trunk or Treat 5:30-7pm

26th October Concert Series—
The Wildflowers—Tom Petty Tribute 7-9pm

November

10th Robofest Parade 9am

24th-25th 100 Artist Show 10am-5pm

December

7th Boat Parade & Winter Festival in the Park 6pm

8th Christmas Parade
& Santa's Visit to Whoville 11am

15th Senior Excursion
Holiday Lights in the Gardens 9am-4pm