

St. Pete Beach Recreation

JANUARY - MAY 2019

PG. 2

**SPLASH INTO FUN
WITH AQUA CARDIO
BOXING**

PG. 4

**GET FIT
WITH CARDIO
DRUMMING**

(727) 363-9245

ST. PETE BEACH RECREATION 7701 BOCA CIEGA DR

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Hours of Operation

Community Center

January– May

Mon- Fri: 7am-8:30pm

Sat: 9am-1pm

Sun: Closed

Community Center

Holiday Closures

New Year's Day– Jan 1

MLK Day– Jan 21

President's Day– Feb 18

Memorial Day– May 27

Aquatic Center

January 1– March 31

Adult Lap Swim

Mon: 7am-11am / 11am-1pm & 3-6p

Tue- Thu: 7am-11am / 11am-1pm & 4-6pm

Fri: 7-12pm / 12-1pm & 3-6pm

April 1 – April 30

Adult Lap Swim

Mon: 7am– 11am / 11am-5pm

Tue- Thu: 7am-11am / 11am-3pm & 4-5pm

Fri: 7am-12pm / 12-6pm

May 1 - May 31

Adult Lap Swim

Mon: 7am– 11am / 11-6pm

Tue- Thu: 7am-10am / 11-6pm

Fri: 7-12pm / 12-6pm

Public Swim (Activity Pool)

Mon: 11am-1pm / 3-6pm

Tue- Thu: 11am-1pm / 4-6pm

Fri: 11am-1pm / 3-6pm

Sat: 10am-3pm

Public Swim (Activity Pool)

Mon: 11am-5pm

Tue-Thu: 11am-3pm / 4-5pm

Fri: 11am-6pm

Sat: 10am-3pm

Sun: 12pm-3pm

Public Swim (Activity Pool)

Mon: 11am-5pm

Tue-Thu: 11am-5pm

Fri: 11am-6pm

Sat: 10am-3pm

Sun: 12pm-3pm

Aquatic Center Closures:

Jan 1, Jan 21, Feb 18

****RED = LIMITED LANES****

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

Admission Fees

DAILY

\$3 Adult
\$2 Youth/Senior

PUNCH CARD

\$50.00 Adult
\$30.00 Youth/Senior
(20 SWIM PASSES)

YEAR-ROUND PASS		
	Resident	Non-Resident
Adult	\$192.60	\$219.35
Youth & Senior	\$144.45	\$165.85
Six-Month Pass		
	Resident	Non-Resident
Adult	\$107.00	\$133.75
Youth & Senior	\$80.25	\$101.65

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 swim 20 yards, surface dive and retrieve a 10 pound brick from bottom, resurface and swim back to the starting point and exit pool.

Date: I: Feb 16-17 & 23-24 **Time:** 8am-4pm
II: March 13-16
III: April 27-28 & May 4-5
Fee: \$200

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. Certification valid for 2 years. Students must complete a pre-requisite swim skills test.

Date: I: March 8-12 **Time:** 8am-4pm
II: April 6, 7, 13, 14, 19
Fee: \$225 & \$35 ARC registration fee

Classes

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 

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: 12-1pm **Fee:** \$6 


Aqua Cardio Boxing- All Ages

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 

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. Come have fun and limber up your body and mind.

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 using the natural resistance of the water and aided by resistance bells offering stretching, toning, range of motion, balance, strength training, and aerobics, and oh yes, FUN! It is designed for swimmers and non-swimmers alike, and 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 insure class will be in session.

Date: Tue, Wed & Thurs: 3-3:45pm
Starting April 30: Tue, Wed & Thur: 10-10:45am
Fee: \$6 

 All classes with this symbol are offered free to SilverSneakers and Optum members.

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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 plastic, poly baseball with holes.

Date: Mon & Tues: 6-8:30pm **Fee:** \$3 **⚡**
 Mon- Thu: 9:30am-12:30pm
 Fri: 9:45am-12:30pm

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/ 1st class free

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.

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.

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.

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

Table Tennis- 16 years and older

Come and play this fun and competitive sport.

Date: Mon: 5:30-8:30pm

Fee: \$2 per



Fitness

Body Overhaul- Adults

A program suited for seniors or those who need assistance with injury recovery and prevention. Includes muscle strengthening utilizing chair and low impact aerobic workout all while having a great time in a mutually supportive environment.

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

Total Body Strength- 16 years and older

This class integrates together a variety of cardio, body conditioning exercises, core and stretching exercises. This class will improve strength, balance and flexibility. Please bring mat, towel & water.

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

Cardio with Angie- Adults

A low impact exercise class which will improve your cardiovascular endurance while having fun making friends. The class will include rhythmic steps, strength and core training.

Date: Wed: 11am-12pm **Fee:** \$4 **⚡**

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.

Date: Fri: 11:15-12:00pm **Fee:** \$4 **⚡**

Fitness Center



Hours

Mon- Fri: 7am- 8:30pm
 Sat: 9am- 1pm
 Sun: Closed

Fees

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

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


We accept SilverSneakers® and Optum®

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.

Line Dancing— Adults

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

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."

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

SilverSneaker® Classic- Adults

Muscular Strength & Range of Movement – incorporates safe, fun & effective movements designed to improve overall functional conditioning and increase 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.

Date: Mon: 9-9:45am **Fee:** \$4 

Tue: 10-11am (ending April 24)

Wed: 10-11am

Fri: 9-10am (Jan, Feb, Mar only)

Fri: 10-11am



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


Strengthen and Lengthen Class- Adults

Pilates style class uses weights, bands, balls and mats for an incredible workout. Classes use basic pilates techniques to stretch and strengthen the whole body.

Date: Wed, Fri & Sat: 8-9am **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 

Tai Chi & Qigong: Awaken The Healer Within- Adults

Learn to access self healing tools that are easy to use and powerful medicine. Manage and eliminate pain without the use of dangerous addictive opioids drugs, improve balance and reduce risk of falling while slowing and often reversing the impact of aging. Learn how to reduce and manage stress with slow meditative movements, deep diaphragmatic breathing and a quieted mind with focused intention.

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

Thu: 12:30-1:30pm

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.

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

YogaDancing Tai Chi- Adults

Join Jan for a fun filled hour of building community and joy. Don't be surprised that you will find yourself dancing whenever you hear music! This is a fun hour of moving to music of the 50s, 60s and today's music.

Date: (January only) Tue: 1-2:00pm **Fee:** \$5



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.

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 

Bounce Fitness- Adults

This trampoline class is a fun and intense cardio workout that incorporates simple steps on and off the trampoline along side stimulating music to keep the adrenaline flowing for 30 minutes. No experience necessary.

Date: Tue: 10:30-11:15am **Fee:** \$8

(Starts in February)



Summer Camp Registration begins March 18th

Private Lessons on Piano, Accordion & Keyboard



Ages 5- adult: Practice incentives for all students. Fees vary according to lengths of lessons. Available by appointment only at the Community Center on Tue, Wed and Thu or by skype. For further information please call Eileen Mattioli at 727-481-5300 or 727-384-1361.

AARP Safe Driving Course- 50 years and older
AARP Safe Drivers is for drivers 50 and older to refresh their driving skills. Contact Donna Cooper from 9-5pm Mon-Fri only @ (727) 864-9095 to register.

Date: Jan 16, Feb 20, Mar 20, Apr 17: 9am-3pm

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.

Date: Mon & Wed: 1-4pm

Robotics After School Program- 8 years and older
Learn how to design, program and build a robot using the Lego Mindstorm Robotic kit. If you do not have any experience, you must register for the introductory course first.

Introductory- Date: Mon: 4:30-5:30pm

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

Advanced- Date: Tue & Thur: 5:00-6:00pm

Sessions:

Jan 7-31 (no class Jan 21) Mar 4-29 (no class Mar 11-14)

Feb 4-28 (no class Feb 18) Apr 1-26*

Fee: \$24 (*\$30)

Social Mah Jongg- Adults

Join this exciting tile game or just come and watch.

Date: Thu: 1-4pm

Workshops / Special Interest

Adult First Aid/CPR/AED- *Please bring a copy of your successful online completion certificate.* This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults. 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.

Date and Time TDB

Art Classes- Learn how to create unique pieces of hand-made art.

Fused Ornaments & Jewelry • Mosaics

Acrylic Pouring • Water Colors

Date and Time TDB

"Awaken The Healer Within" Tai Chi & Qigong Easy Interactive Workshop -Adults

Learn how to manage and eliminate pain, super charge your immunity, improve balance and reduce risks of falling while slowing and often reversing the impact of aging. We will learn how to activate The Relaxation Response, off setting the damaging effects of chronic stress. Learn why the National Institutes of Health, Harvard Medical and The Cleveland Clinic recommend learning these techniques for sustaining and improving health as we age. You will leave with new tools to enhance vitality, wellness and longevity.

Date: Feb 7 - Workshop will feature Tai Chi

March 28 - Workshop will feature Qi Gong

Time: 2-5:00pm **Fee:** \$15

Special Events



Chalk-Lit Fair

This new fair is a free, family friendly event that celebrates the art community with a twist. Register to participate in the book themed side walk chalk contest and visit local authors, watch live performances, carnival games, food, beer & wine. Winners of each age group will be awarded prizes! Spaces are 5X5 and limited, so register early. Registration begins Feb 20th.

Date: Sat: March 30th **Fee:** FREE

Community Yard Sales Date: Sat, Jan 19: 8am-12pm

Beach Clean Up- Upham Beach Date: Sat, Mar 16: 9-11am

Family Fun Days at the Pool

Come and enjoy music, family fun, slides, pool basketball, games, prizes and much more. This is a family friendly event.

Date: Sun, May 12 : 12-3pm

Fee: \$3 adults, \$2 youth/senior

Music in the Afternoon

Enjoy live music, dancing, refreshments, and great company on a Sunday afternoon.

Date: Sun: Feb 3rd, Feb 24, March 31: 2-4pm

Fee: FREE

Underwater Egg Hunt & EGGstravagansa

Dip & Dive for Easter eggs in the pool! The egg hunt begins at 10am, to participate be here no later than 10:30am. Stay and play in the park with Eggcellent activities like egg races, egg decorating, egg toss, egg rolling & even meet Peter Rabbit! **Date:** Sat: April 20 10-12 **Fee:** \$5

Senior Excursions Saturdays

Cost is \$15 per person. Cost covers transportation only. All admission or lunch are extra and the responsibility of the participants.

Time of trips are 9am - 4pm.

Jan 5th- St. Armand's Circle ++

Jan 12th - North Tampa Market ++

Jan 19th - Marie Selby Botanical Gardens ++ (additional fee for admission)

Jan 26th - Yuengling Tour & Lunch at Shells +

Feb 2nd - Localtopia "A Community Celebration of All Things Local" followed by the Dali Museum and lunch at 4th St Shrimp Store ++ (additional fee for Dali admission)

Feb 9th - Florida State Fair ++ (additional fee for admission)

Feb 16th - Beer, Bourbon & BBQ Festival ++ (additional fee for admission)

Feb 23rd - 72nd Annual Fiesta Day ++

Mar 2nd - Florida Strawberry Festival ++ (additional fee for admission)

Mar 9th - 2019 Tarpon Springs Fine Arts Festival ++ (additional fee for admission)

Mar 16th - Ikea, Ybor City and The Columbia Restaurant ++

Mar 23rd - Tampa Premium Outlet Mall ++

Mar 30th - Dunedin Downtown Market ++

Mobility Rating Guide- For those with limited mobility, you will find a symbol by each trip.

+ Door to door destination ++ Continuous standing & walking +++ Stairs, incline and distance

Lunch & Learn Wednesdays

Join us on the following Wednesdays from 12-1pm for our free lunch and learn series. Lunch will be provided. Space is limited so call ahead to reserve your seat, 727-363-9245.

Jan 9 – Boosting the Immune System Naturally

Jan 30 – What is Postural Restoration Therapy: how it can make you move & feel better

Feb 13 – Cancer Prevention

Feb 27 – Outsmart the Scammers

Mar 6 – Lowering Blood Pressure & Cholesterol Naturally

Mar 27 – Sleep Better

LIVE IT!

Event Calendar



January

- 5th Senior Excursion - St. Armand's Circle
- 12th Senior Excursion - North Tampa Market
- 12th 8th Ave Block Party - Pass-a-Grille
- 12-13th Corey Ave Art & Craft Show - Corey Ave
- 19th Senior Excursion - Marie Selby Botanical Gardens
- 19th Community Yard Sale - Community Center
- 19-20th St. Pete Beach Classic
- 26th Senior Excursion - Yuengling Tour

February

- 2nd Senior Excursion - "Localtopia" & Dali Museum
- 3rd Music In The Afternoon - Community Center
- 9th Senior Excursion - Florida State Fair
- 16th Senior Excursion - BBQ, Bourbon and Beer Festival
- 23rd Senior Excursion - 72nd Annual Fiesta Day
- 23-24th Art Splash - Horan Park
- 24th Music In The Afternoon - Community Center

March

- 2nd Island Festival - Gulf Beach Historical Museum
- 2nd Senior Excursion - Florida Strawberry Festival
- 9th Senior Excursion - 2019 Tarpon Springs Fine Art Festival
- 16th Senior Excursion - Ikea & Ybor City
- 16th Beach Cleanup - Upham Beach
- 23rd Senior Excursion - Tampa Outlets
- 23rd Cupcake 5K - Pass-a-Grille
- 23-24th Corey Ave Art & Craft Show - Corey Ave
- 30th Senior Excursion - Dunedin Downtown Market
- 30th Chalk Lit Fair - Horan Park
- 31st Music In The Afternoon - Community Center

April

- 6th Beach Goes Pop - Pass-a-Grille
- 13th Salute to Veterans - Horan Park
- 20th Underwater Egg Hunt - Aquatic Center

May

- 11th 8th Ave Block Party - Pass-a-Grille
- 12th Family Fun Day at the Pool - Aquatic Center

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