

# Floral Park Recreation Session II Winter/Spring 2019

## REGISTRATION:

At the Recreation/Pool Complex

## DATES AND TIMES:

Wednesday, January 9 and Thursday, January 10

6:30 pm - 8:30 pm

## Senior Registration:

Wednesday, January 9 and Thursday, January 10

9:30 am - 1:30 pm

Adult/Youth program fees are \$50.00 for ten weeks (unless otherwise stated). Senior fees are \$30.00.

2018/2019 VFP Resident Leisure Pass or 2018 Resident Pool Pass is required for registration. Applications are available at the Recreation/Pool Building, Park's Shelter House or Village web site [www.fpvillage.org](http://www.fpvillage.org).

For more information call 326-6336.

*Classes are subject to change or cancellation.*

## YOUTH PROGRAMS

### FITNESS FUN

**First Class Feb. 9**

Saturday: 11:30pm - 12:20pm Pre-Teens Ages: 8 - 12  
Grow muscle, get stronger. Fun workouts that will give you strength, positive energy, and confidence.

### TINY TOTS GYMNASTICS

**First Class Feb. 9**

Saturday: 12:30pm - 1:20pm Ages: 3-4  
Saturday: 2:30pm - 3:20pm Ages: 5-7

Introduction to the art of gymnastics. Including stretching, low impact tumbling, and beginner gymnastic techniques.

### CREATIVE YOGA FOR KIDS

**First Class Feb. 9**

Saturday: 1:30pm - 2:20pm Ages: 4 - 7  
Creative thinking introduced by mind connection through yoga poses, then let the artistic paths flow.

### CARTOONING FOR KIDS

**First Class Feb. 4**

Monday: 4:00pm - 5:00pm  
Learn to draw cartoon characters, storylines, or create your own characters. Colored pencils required and not included.

### GARDENING FOR KIDS

**First Class March 2**

Saturday: 9:00am Ages: 3-10  
Held at Centennial Gardens (Rain Location: Pool Building). Children explore gardening, walks and crafts

## ADULT & SENIOR PROGRAMS

### AEROBICS (Adult Fee)

**First Class Jan. 21**

**Days:** Monday, Wednesday, & Friday **Fee \$90.00**  
8:30am - 9:30am or 9:45am - 10:45am

**Nights:** Monday & Wednesday

**Fee \$65.00**

8:00pm - 9:00 pm

17 week step aerobic/floor program to maintain good physical condition and instill the discipline of exercise.

### ADULT BOOT CAMP (Adult Fee)

**First Class Feb. 4**  
Monday & Wednesday: 6:00pm - 7:00pm **Fee \$60.00**  
Burn calories, build strength & muscle to get a healthy body and mind.

### ADULT YOGA (Adult Fee)

Tuesday: 7:45pm - 8:45pm **First Class Week of Feb. 5**  
Thursday: 4:15am - 5:15pm **First Class Week of Feb. 7**  
Saturday: 8:30am - 9:30am **First Class Week of Feb. 9**  
Learn to slow down and breathe deep while working on balance, flexibility, strength and relaxation.

### CARDIO & TONING (Adult Fee)

Tuesday: 6:30pm - 7:30pm **First Class Feb. 5**  
Half hour of upbeat dance fitness followed by toning with weights and elastic bands.

### ZUMBA (Adult Fee)

Saturday: 9:45am - 10:45am **First Class Feb. 9**  
Low and high intensity moves to pop and Latin music, for an interval-style, calorie burning hour of dance fitness.

### KNITTING (Adult or Senior Fee)

**First Class Feb. 5**  
Tuesday: 1:00pm - 3:00pm  
Expert needle worker teaches beginner and intermediate levels of the art of knitting and stitching.

### SENIOR AGILITY & STRENGTHENING (Senior Fee)

Friday: 12:30pm - 1:30pm **First Class Feb. 22**  
Includes a variety of indoor walking styles, as well as breathing and stretching techniques. Improves balance.

### SILVER SNEAKERS EXERCISE (Senior Fee)

Tuesday & Thursday: 9:30am-10:30am **First Class Feb. 5**  
12 week exercise program without leaving your seats. A benefit for beginning or experienced exercisers. Increases flexibility and muscle tone.

### SILVER SNEAKERS/GENTLE MOVEMENT

**(Senior Fee)** **First Class Feb. 5**  
Tuesday & Thursday: 10:30am - 11:30am

~ or ~

Tuesday & Thursday: 11:30am - 12:30pm  
A 12 week program including low impact and toning exercises designed specifically for older adults to improve your range of motion, balance and joint mobility.

### SPRING TENNIS LESSONS

Tuesday & Thursday: 11:00am **To Be Announced**  
~ or ~ **Fee:\$ 55.00**  
Saturday: 8:00am or 9:00am **Fee:\$ 45.00**

