

FLORAL PARK RECREATION SESSION I FALL 2020

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Wednesday, September 16 and Thursday, September 17
6:30 pm - 8:30 pm

Senior Registration:

Wednesday, September 16 and Thursday, September 17
9:30 am - 1:30 pm

Adult/Youth program fees are \$50.00 for ten weeks (unless otherwise stated). Senior fees are \$30.00. 2020/2021 VFP Resident Leisure Pass or 2020 Resident Pool Pass is required for registration. Applications are available at the Recreation/Pool Building, Park's Shelterhouse or Village web site www.fpvillage.org.

For more information call 326-6336.

Classes are subject to change or cancellation.

Program fees are non-refundable.

Class sizes are limited due to social distancing requirements.

If needed - classes will be held via ZOOM when the in-person session is not possible.

YOUTH PROGRAMS

KIDS ZUMBA

First Class Sept 26

Saturday: 11:00am - 11:45am

Ages: 4-7

Saturday Dance Party! High energy dances with kid friendly routines and music kids love.

TINY TOTS GYMNASTICS

First Class Sept 26

Saturday: 12:15pm - 1:00pm

Ages: 3-4

Saturday: 2:45pm - 3:30pm

Ages: 5-7

Develop coordination, balance and movement. Increase strength and endurance. **(Yoga mat required.)**

CREATIVE YOGA FOR KIDS **First Class Sept 26**

Saturday: 1:30pm - 2:15pm

Ages: 4 - 7

Yoga postures develop balance, energy and strength. Introduces calmness and creativity through projects.

GARDENING FOR KIDS

First Class Sept 26

Saturday: 9:00am - 9:45am

Ages: 3-10

Held at Centennial Gardens (Rain Location: Pool Building). Children explore gardening, walks and crafts

YOUTH TENNIS

Mondays: 4:00pm-5:00pm **Grades: 1-3 1st class: Sept 21**

Wednesday: 4:00pm-5:00pm **Grades: 4-8 1st class: Sept 23**

Saturday: 10:00am-11:00am **Grades: 7-12 1st class: Sept 26**

Learn the basic use of racket, serving and scoring.

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Sept 21

Days: Monday, Wednesday, & Friday **Fee \$90.00**

8:30am - 9:30am or 9:45am - 10:45am

Nights: Monday & Wednesday

Fee \$65.00

7:00pm - 8:00 pm

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

CARDIO KICKBOXING & TONING

First Class Sept 28

Monday & Wednesday: 8:00pm - 9:00pm

Fee \$60.00

Intense exercises, weights, stability ball, and stretching.

INTERVAL FITNESS TRAINING

(Outdoors in the Park)

First Class Sept 22

Tuesday & Thursday: 9:15am - 10:15am

Build a strong core! Interval training with bursts of activity alternated with intervals of lighter activity

Fee \$60.00

ADULT YOGA

Tues: 7:45pm - 8:45pm

First Class Sept 29

Thurs: 4:15pm - 5:15pm

First Class Oct. 1

Sat: 8:30am - 9:30am

First Class Sept 26

Learn to slow down and breathe deep while working on balance, flexibility, strength and relaxation. **(Bring a matt)**

ADULT ZUMBA

Tuesday: 6:30pm - 7:30pm

First Class Sept 29

Saturday: 9:45am - 10:45am

First Class Sept 26

Let the beats of Latin music get your heart pumping. Combines cardio, muscle conditioning, balance and flexibility, and enhanced energy every time you leave class.

KNITTING (Adult or Senior Fee)

First Class Sept 29

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)

Monday & Friday: 11:00am - 11:45am

First Class Nov 2.

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Includes a variety of indoor walking styles, as well as breathing and stretching techniques. Improves balance.

SILVER SNEAKERS EXERCISE (Senior Fee)

Tues & Thurs: 9:00am - 9:45am

First Class Sept 29

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 Sept 29

Tuesday & Thursday: 10:15am - 11:00am

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Tuesday & Thursday: 11:30am - 12:15pm

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.

FALL TENNIS LESSONS

First Class TBD

Tuesday & Thursday: 11:00am

Fee: \$ 55.00

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Saturday: 8:00am or 9:00am

Fee: \$ 45.00

Proper mechanics, use of racket, strategies and all the basics.