

FLORAL PARK RECREATION SESSION II WINTER 2021

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Wednesday, February 10 and Thursday, February 11
6:30 pm - 8:30 pm

Senior Registration:

Wednesday, February 10 and Thursday, February 11
9:30 am - 1:30 pm

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 Pool Building, Shelterhouse or Village web site www.fpvillage.org, or call 326-6336.

Classes are subject to change or cancellation.

Program fees are non-refundable.

All indoor classes are available via ZOOM, unless when held outdoors.

YOUTH PROGRAMS

KIDS ZUMBA

First Class Feb. 27

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 Feb. 27

Saturday: 12:15pm - 1:00pm Ages: 3- 5
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 Feb. 27

Saturday: 1:30pm - 2:15pm Ages: 4 - 7
Yoga postures develop balance, and strength with creativity through projects. **(Yoga mat required.)**

GARDENING FOR KIDS

First Class March 20

Saturday: 9:00am - 9:45am Ages: 3-10
Held at Centennial Gardens (Rain Location: Pool Building). Children explore gardening, walks and crafts.

YOUTH TENNIS

SPRING

Mondays: 4:00pm-5:00 Grades: 1-3 1st class: April 12
Wednesday: 4:00pm-5:00 Grades: 4-8 1st class: April 14
Saturday: 10:00am-11:00 Grades: 7-12 1st class: April 17
Learn the basic use of racket, serving and scoring.

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Feb. 15

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 Feb. 22

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 March 24

Wednesday & Friday: 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 Feb. 23

Thurs: 4:15pm - 5:15pm First Class Feb. 25

Sat: 8:30 - 9:30am First Class Feb. 27

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

ADULT ZUMBA

Saturday: 9:45am - 10:45am First Class Feb. 27

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 Feb. 23

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 Feb. 15
8 week program 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 Feb. 23
12 week exercise program without leaving your seats. A benefit for beginning or experienced exercisers. Increases flexibility and muscle tone. **(Weights & bands not included)**

SILVER SNEAKERS/GENTLE MOVEMENT

(Senior Fee) First Class Feb. 23

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. **(Weights & bands not included)**

SPRING TENNIS LESSONS

Tuesday & Thursday: 11:00am First Class April 13
Fee: \$ 55.00

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Saturday: 8:00am or 9:00am First Class April 17
Fee: \$ 45.00

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