

FLORAL PARK RECREATION SESSION I FALL 2021

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Tuesday, September 14 - 6:30 pm - 8:30 pm
Wed 9/15 & Thurs 9/16 12:00pm - 6:00pm

Senior Registration:

Tuesday, September 14 - 9:30am - 1:30pm
Wed 9/15 & Thurs 9/16 - 12:00pm - 6:00pm

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 2021 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.

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

YOUTH PROGRAMS

KIDS ZUMBA

First Class Oct 2

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 Oct 2

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 Oct 2

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 25

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 20**
Wednesday: 4:00pm-5:00pm **Grades: 4-8 1st class: Sept 22**
Saturday: 10:00am-11:00am **Grades: 7-12 1st class: Sept 25**
Learn the basic use of racket, serving and scoring.

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Sept 20

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 27

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 27

Monday evenings
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 Sept 21

Thurs: 4:15pm - 5:15pm

First Class Sept 23

Sat: 8:30am- 9:30am

First Class Oct 2

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 28

Saturday: 9:45am - 10:45am

First Class Oct 2

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.

SENIOR AGILITY & STRENGTHENING (Senior Fee)

Monday 12:00pm - 12:45pm

First Class Sept 27

Friday: 9:00am - 9:45am

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 28

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 28

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 1st class: Sept 21**

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Saturday: 8:00am or 9:00am **Fee: \$ 45.00 1st class: Sept 25**
Proper mechanics, use of racket, strategies and all the basics.