

FLORAL PARK RECREATION SESSION II - WINTER/SPRING 2023

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Tues 1/17 7:00pm—9:00pm

Wed 1/18 & Thurs 1/19 11am-6pm

Senior Registration for SENIOR CLASSES ONLY

Tues 1/17 9:30am-1:30pm

Wed 1/18 & Thurs 1/19 11am-6pm

Fees are noted by each class.

2022/2023 VFP Resident Leisure Pass or 2022 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.

For more information call 326-6336.

Classes are subject to change or cancellation.

Program fees are non-refundable.

INTERVAL FITNESS TRAINING

Fee: \$70

(Outdoor in the Park)

First Class April 12

Wednesday 6:45pm & Friday 9:15am

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

ADULT YOGA

Fee: \$60

Tues: 7:45pm - 8:45pm

First Class Jan 31

Thurs: 4:15pm - 5:15pm

First Class Feb 2

Sat: 9:00am- 10:00am

First Class Feb 11

Learn to slow down and breathe deep while working on balance, flexibility, strength and relaxation.

ZUMBA

Fee: \$60

Saturday: 11:00am - 12:00am

First Class March 4

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.

YOUTH PROGRAMS - \$60

Kids Jazz/Hip Hop

First Class Jan 28

Saturday: 10:00am—11:00am

Ages: 7-12

Saturday Dance Party! Will learn jazz/hip hop dances to music kids love!

TINY TOTS GYMNASTICS

First Class Jan 28

Saturday: 12:15pm - 1:00pm

Ages: 5-7

Saturday: 1:15pm - 2:00pm

Ages: 4-5

Saturday: 2:15pm - 3:00pm

Ages: 3-4

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

GARDENING FOR KIDS

First Class March 18

Saturday: 9:00am

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 **Begins April 10**

Tuesdays: 4:00pm—5:00pm Grades 4-8 **Begins April 11**

Saturdays: 10:15am—11:00am Grades 7-12 **Begins 4/15**

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Jan 23

Days: Monday, Wednesday & Friday

Fee: \$100

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

Nights: Monday & Wednesday

Fee: \$75

7:00pm - 8:00pm

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

CARDIO KICKBOXING/TONING **First Class Feb 27**

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

Fee: \$70

Intense exercises, weights, stability ball, and stretching.

SENIOR AGILITY & STRENGTHENING **Fee: \$35**

Monday & Friday

First Class Feb 27

Monday: 12:30 pm - 1:30pm

Friday: 11:00am - 11:45am

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

SILVER SNEAKERS EXERCISE

Fee: \$35

Tues & Thurs: 9:15am-10:00am

First Class Feb 28

12 week exercise program without leaving your seats. A benefit for beginner or experienced exercisers. Increases flexibility and muscle tone.

SILVER SNEAKERS/GENTLE MOVEMENT **Fee: \$35**

Tues & Thurs: 10:15am - 11:00am

First Class Feb 28

~ or ~

Tues & Thur: 11:15am - 12:00pm

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

Tues & Thurs: 11:00am

First Class April 11 / Fee: \$65

~ or ~

Saturday:

First Class April 15 / Fee: \$60

8:00am Intermediate; 8:45am Advanced Beginner;

9:30am Beginner: Proper mechanics, use of racket, strategies and all the basics.

PICKELBALL

First Class April 14

Friday 11:00am

Fee: \$60

Learn the basics of the game including scoring, serving and proper mechanics.