

FLORAL PARK RECREATION SESSION I FALL 2024

REGISTRATION:

At the Recreation/Pool Complex

DATES AND TIMES:

Tues 9/10 6:30pm—9:00pm

Ongoing - 9:30am-6:30pm Monday-Friday after 9/10

Senior Registration for SENIOR CLASSES ONLY

Tues 9/10 10:00am-2:00pm

Ongoing - 9:30am - 6:30pm Monday-Friday after 9/10

Fees are noted by each class.

2024/2025 VFP Resident Leisure Pass or 2024 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

Wed. and Fri. 9:15am at the park

Fee: \$75

Begins: Sept 13

ADULT YOGA

Tues: 7:30pm - 8:30pm

Saturday: 8:45am -9:45am

Fee: \$65

Begins Sept 24

Begins Oct 12

ADULT YO-CHI

Mondays: 4:15pm -5:15pm

Combining movement of tai-chi and balance of yoga

Fee: \$65

Begins Sept 30

ZUMBA

Saturday: 10:00am - 11:00am

Let the beats of Latin music get your heart pumping.

Fee: \$65

Begins Oct 12

ADULT PILATES

Tuesdays 6:15pm-7:15pm

Thursdays 4:15pm-5:15pm

Fee \$65

Begins Oct. 1

Begins Oct. 3

YOUTH PROGRAMS - \$65

KIDS ZUMBA

Saturday 11:15-12:00pm

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

Begins Oct. 12

Ages 4-10

TINY TOTS GYMNASTICS

Saturday: 12:15pm - 1:00pm

Saturday: 1:15pm - 2:00pm

Saturday: 2:15pm - 3:00pm

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

Begins Sept 28

Ages: 5-7

Ages: 4-5

Ages: 3-4

GARDENING FOR KIDS

Saturday: 9:00am

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

Begins Sept. 14

Ages: 3-10

YOUTH TENNIS

Mondays: 4:00pm—5:00pm Grades 1-3

Tuesdays: 4:00pm—5:00pm Grades 4-8

Begins Sept. 16

Begins Sept. 17

ADULT & SENIOR PROGRAMS

AEROBICS

Days: Monday, Wednesday & Friday

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

Begins Sept. 25

Fee \$100.00

Nights: Monday & Wednesday

7:00pm - 8:00 pm

Fee \$75.00

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

CARDIO KICKBOXING/TONING

Monday & Wednesday: 7:00pm - 8:00pm

Intense exercises, weights, stability ball, and stretching.

Begins Sept 23

Fee \$75.00

PICKELBALL

Saturday 10:00am

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

Fee: \$65

Begins Sept 14

WOMEN'S KICKBALL LEAGUE:

Saturdays 9:00am - 12:30pm

Thursdays 7:00pm - 9:45pm

Similar to baseball played on a diamond using a inflated rubber ball. Enjoy this nostalgic, recreational game open to participants from a wide range of skill levels.

Team Fee: \$100

Begins Sept 14