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.

YOUTH PROGRAMS - \$65

KIDS ZUMBA

Begins Oct. 12

Saturday 11:15-12:00pm Ages 4-10 Saturday Dance Party! High energy dances with kid friendly routines and music kids love.

TINY TOTS GYMNASTICS **Begins Sept 28**

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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

Begins Sept. 14 Ages: 3-10

Saturday: 9:00am 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 Sept. 16 Tuesdays: 4:00pm—5:00pm Grades 4-8 Begins Sept. 17

ADULT & SENIOR PROGRAMS

AFRORICS

AEROBICS	Begins Sept. 25
Days: Monday, Wednesday & Friday	Fee \$100.00
8:30am - 9:30am or 9:45am - 10:45	5am

Nights: Monday & Wednesday Fee \$75.00 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 **Begins Sept 23**

Monday & Wednesday: 7:00pm - 8:00pm Fee \$75.00 Intense exercises, weights, stability ball, and stretching.

INTERVAL FITNESS

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

Begins: Sept 13

Fee: \$75

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

Fee: \$65 **Begins Sept 30**

Combining movement of tai-chi and balance of yoga

ZUMBA

Fee: \$65 Saturday: 10:00am - 11:00am **Begins Oct 12** Let the beats of Latin music get your heart pumping.

ADULT PILATES	Fee \$65
Tuesdays 6:15pm-7:15pm	Begins Oct. 1
Thursdays 4:15pm-5:15pm	Begins Oct. 3

SENIOR AGILITY & STRENGTHENING Fee: \$40

Monday & Friday **Begins Sept 16** Monday: 12:00pm - 1:00pm 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: \$40 Tues & Thurs: 9:15am-10:00am **Begins Sept 24** or

Tues & Thurs: 10:15am - 11:00am 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	Fee: \$70	Begins Sept 17
Saturday:	Fee: 65	Begins Sept 14
8:00am Intermediate		
9:00am Advanced Beginner;		

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

Fee: \$65 PICKELBALL Saturday 10:00am **Begins Sept 14** Learn the basics of the game including scoring, serving and proper mechanics

WOMEN'S KICKBALL LEAGUE:	Team Fee: \$100
Saturdays 9:00am - 12:30pm	Begins Sept 14
Thursdays 7:00pm - 9:45pm	

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