

# FLORAL PARK RECREATION SESSION II - WINTER/SPRING 2025

## REGISTRATION:

At the Recreation/Pool Complex

## DATES AND TIMES:

**Wednesday January 8th 6:00pm - 9:00pm**

Ongoing - After January 8th Mon - Thurs 9:30am - 6:30pm

## Senior Registration for SENIOR CLASSES ONLY

**Wednesday January 8th 9:30am - 1:30pm**

Ongoing - After January 8th Mon - Thurs 9:30am - 6:30pm

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](http://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 Jan 25**

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 Jan 25**

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 March 15**

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 Apr 14**

Tuesdays: 4:00pm—5:00pm Grades 4-8

**Begins Apr 15**

## ADULT & SENIOR PROGRAMS

### AEROBICS

**Begins Jan 13**

**Days:** Monday, Wednesday & Friday

**Fee \$100.00**

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

**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 Feb 3**

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

**Fee \$75.00**

Intense exercises, weights, stability ball, and stretching.

### ADULT YOGA

Tues: 7:30pm - 8:30pm

**Fee: \$65**

**Begins Feb 4**

### ADULT YO-CHI

**Fee: \$65**

Mondays: 4:30pm -5:30pm

**Begins Feb 3**

Combining movement of tai-chi and balance of yoga

### ZUMBA

**Fee: \$65**

Saturday: 10:00am - 11:00am

**Begins Jan 25**

Let the beats of Latin music get your heart pumping.

### ADULT PILATES

**Fee \$65**

Tuesdays 6:15pm - 7:15pm

**Begins Feb 4**

Saturday 7:45am - 8:45am

**Begins Jan 25**

### SENIOR AGILITY & STRENGTHENING

**Fee: \$40**

Monday & Friday

**Begins Feb 3**

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 Feb 18**

or

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

or

Tues & Thurs: 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.

### SPRING TENNIS LESSONS

Tues & Thurs 11:00am

**Fee: \$70**

**Begins Apr 15**

Saturday:

**Fee: 65**

**Begins Apr 12**

8:00am Intermediate

9:00am Advanced Beginner;

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

### PICKELBALL

Saturday 10:00am

**Fee: \$65**

**Begins Apr 12**

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