



WEEK AT A GLANCE February 6 – February 12, 2012

Sanibel Recreation Center | 3880 Sanibel-Captiva Rd. | Sanibel, FL 33957 | (239) 472-0345

February is Healthy Heart Month at the Sanibel Recreation Center!

WEIGHT ROOM & LAP POOL

Monday – Thursday: 6:30 a.m. – 8 p.m. (Lap Pool closes at 7 p.m.)
Friday: 6:30 a.m. – 6:30 p.m.
Saturday & Sunday: 8 a.m. – 5 p.m.

GYMNASIUM

Monday – Thursday: 6:30 a.m. – 8 a.m. & 5 p.m. – 8 p.m.
(Gym closed Tuesday, February 7th 10 a.m. – 4 p.m.)
Friday: 6:30 a.m. – 8 a.m. & 5 p.m. – 6:30 p.m.
Saturday & Sunday: 8 a.m. – 5 p.m.

TENNIS COURTS

Monday – Thursday: 6:30 a.m. – 8 p.m.
Friday: 6:30 a.m. – 6:30 p.m.
Saturday & Sunday: 8 a.m. – 5 p.m.

EXERCISE POOL, KIDDIE POOL & SPLASH PAD

Monday – Friday: 2 – 5 p.m.
Saturday: 10 a.m. – 5 p.m.
Sunday: 12 p.m. – 5 p.m.

SLIDE

Saturday & Sunday: 12 p.m. – 5 p.m.

GAME / TEEN ROOM

Monday – Thursday: 6:30 a.m. – 2 p.m. & 5:30 p.m. – 8 p.m.
Friday: 6:30 a.m. – 2 p.m. & 5:30 p.m. – 6:30 p.m.
Saturday & Sunday: 8 a.m. – 5 p.m.

SKATE PARK

Thursday: 2 p.m. – 4 p.m.

UPCOMING SPECIAL EVENTS

Please remember that when purchasing a membership you must present valid photo identification.

*****Ballet for adults and youth will be on Mondays at 3:30 p.m. and 4:30 p.m. beginning on February 6th. Please see the front desk for more information.**

Healthy Heart Month Week 2

See the full schedule for more information at the front desk

Monday, February 6th – Aerobics: Oldies 10 a.m. – 11 a.m.

Tuesday, February 7th – Blood Pressure Screenings 9 a.m. – Noon

***Wednesday, February 8th – SCCF Guided Walk Tour “Exploring Wetlands” 10 a.m.**

Thursday, February 9th – Intro to Chair Yoga 12:30 p.m. – 1 p.m.

***Friday, February 10th – Alzheimer Screening provided by Dubin Alzheimer Resource Center 9 a.m. – 11 a.m.**

Saturday, February 11th – Power Sculpt Boot Camp 9:30 a.m. – 10:30 a.m.

***Sunday, February 12th – 1 Mile Fun Run at the Sanibel Ball Fields 11 a.m.**

Activity Schedule

See reverse side for fitness class schedule

Monday, February 6

6:30 a.m. – FACILITY OPENS
10:30 a.m. – *Private Aquatic Instruction
2:15 p.m. – *Youth After School Program
4:00 p.m. – ***Swim Gym
6:00 p.m. – **Adult Pickup Indoor Soccer
8:00 p.m. – FACILITY CLOSES

Tuesday, February 7

6:30 a.m. – FACILITY OPENS
10:00 a.m. – ***Round Robin Tennis
11:00 a.m. – **Toddler Time
2:15 p.m. – *Youth After School Program
2:30 p.m. – ***Youth Lap Swim
6:00 p.m. – Pickup Basketball
8:00 p.m. – FACILITY CLOSES

Wednesday, February 8

6:30 a.m. – FACILITY OPENS
10:30 a.m. – *Private Aquatic Instruction
1:00 p.m. – ***Hope HealthCare System
Parkinson’s Exercise Class
2:15 p.m. – *Youth After School Program
4:00 p.m. – ***Swim Gym
8:00 p.m. – FACILITY CLOSES

Thursday, February 9

6:30 a.m. – FACILITY OPENS
10:00 a.m. – ***Round Robin Tennis
11:00 a.m. – **Toddler Time
2:15 p.m. – *Youth After School Program
2:30 p.m. – ***Youth Lap Swim
3:30 p.m. – ***Youth Cheerleading
6:00 p.m. – Pickup Basketball
8:00 p.m. – FACILITY CLOSES

Friday, February 10

6:30 a.m. – FACILITY OPENS
10:30 a.m. – *Private Aquatic Instruction
2:15 p.m. – *Youth After School Program
6:30 p.m. – FACILITY CLOSES

Saturday, February 11

8:00 a.m. – FACILITY OPENS
10:00 a.m. – ***Youth Basketball Clinic
(until 12:30 p.m.)
5:00 p.m. – FACILITY CLOSES

Sunday, February 12

8:00 a.m. – FACILITY OPENS
*Private Aquatic Instruction
1:00 p.m. – Pickup Basketball
5:00 p.m. – FACILITY CLOSES

[Click to see the Sanibel Recreation Department Program Guide with activity descriptions.](#)

*Indicates program requiring registration and or fee

**Indicates new program or activity



Sanibel Recreation Center Fitness Class Schedule

All listed fitness classes are included with membership.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 a.m.	 Power Sculpting	Flow Yoga	 Power Sculpting	Flow Yoga		
7:15 a.m.	Low-Impact Aerobics	 Cycle Zone	Low-Impact Aerobics	 Cycle Zone	Low-Impact Aerobics	
8:15 a.m.						 Cycle Zone
8:30 a.m.	Cycle Zone	Cycle Zone	Cycle Zone	Cycle Zone	Cycle Zone	
9:00 a.m.	Shallow Water Aerobics	Deep Water Aerobics	Shallow Water Aerobics	Aqua Jogging	Shallow Water Aerobics	Deep Water Aerobics
9:30 a.m.						 Power Sculpting
10:00 a.m.	Hi-Low Impact Aerobics	Power Sculpting	Hi-Low Impact Aerobics	Power Sculpting	Hi-Low Impact Aerobics	Flow Yoga
10:30 a.m.	Deep Water Aerobics	Water Pilates	Deep Water Aerobics	Water Pilates	Deep Water Aerobics	
12:00 p.m.	Hatha Flow Yoga	Aquaritis ----- Zumba Gold	Flow Yoga	Aquaritis ----- Zumba Gold	Hatha Flow Yoga	
1:00 p.m.			 Weight Room Orientation			
4:15 p.m.		BOSU, Ball & Strength	BOSU Pilates			Recreation Center closes at 5:00 p.m.
5:15 p.m.	BOSU Pilates					
5:30 p.m.		Cycle Zone	All-Level Yoga	 Flow Yoga ----- BOSU, Ball & Strength		
6:00 p.m.		 Flow Yoga				
6:30 p.m.	Zumba		Zumba		Recreation Center closes at 6:30 p.m.	

[See the Sanibel Recreation Department Program Guide for activity descriptions.](#)

Daily, Weekly, Semi-Annual and Annual passes are available. Please call the Recreation Center at (239) 472-0345 for membership details.

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