



Recreation Center Hours of Operation

Monday – Thursday: 6:30 a.m. – 8:00 p.m.
 Friday: 6:30 a.m. – 6:30 p.m.
 Saturday: 8:00 a.m. – 5:00 p.m.
 Sunday: Noon – 5:00 p.m.

Center 4 Life Hours of Operation

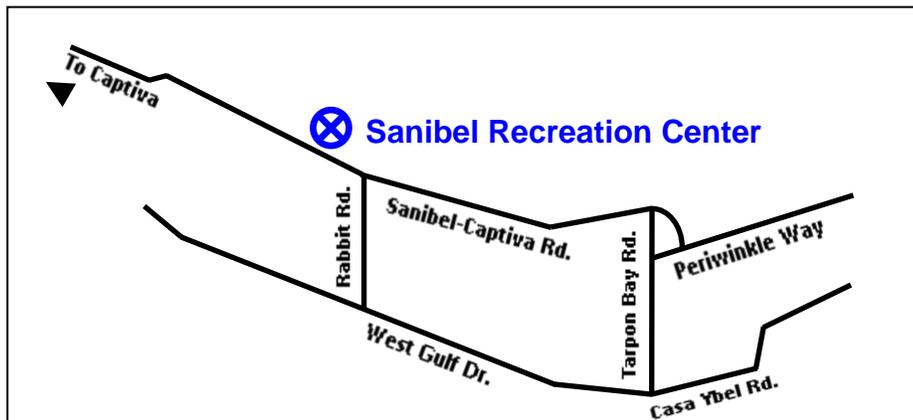
Monday – Friday: 8:00 a.m. – 4:30 p.m.
 Saturday & Sunday: Closed

All persons 18 years of age and over must present valid government issued photo identification.

*For this week’s program listings, please refer to the current [Week at a Glance](#)
 For upcoming program news, visit the City of Sanibel’s website at www.mysanibel.com*

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

Fitness & Wellness Programs – Included with Membership

Zumba

Included with membership; day pass required for non-members

Zumba's use of pulsating Latin rhythms and easy-to-follow moves provide for an extremely fun, calorie-burning fitness experience! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is best suited for individuals who can perform cardio exercises and joint movements for an extended period of time. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Cycle Zone

Included with membership; day pass required for non-members

Our cycling classes use Spinning® bikes that create a challenging, fat blasting workout! Our instructors will take participants on an exciting ride that mimics outdoor cycling, including hills, sprints, climbs and jumps all while listening to motivating and upbeat music that is guaranteed to keep the group going. Try your first cycling class and you'll be hooked! Participants are encouraged to bring a towel and water. Athletic footwear is required. This class is available to participants ages 12 and over. (Based on the Spinning® Guidelines)

Yogalates

Included with membership; day pass required for non-members

Yogalates combines the Pilates exercises with the posture and breathing techniques of Yoga. The exercises that are done are carefully coordinated with the breath in order to maximize the quality of the workout. Participants are encouraged to bring a towel and water. Advanced registration is not required. This class is available to participants ages 12 and over.

Low-Interval Training

Included with membership; day pass required for non-members

This low impact class is designed to increase energy output by alternating between cardiovascular work and strength training. A challenging and beneficial format for any age or fitness level. Participants are encouraged to bring a towel and water. Athletic footwear is required. This class is available to participants ages 12 and over.

Power Sculpting

Included with membership; day pass required for non-members

Get the results of a personal training session in a group setting in this high-intensity conditioning class. Shape and tone the entire body using a variety of fitness equipment including free weights, resistance bands and exercise balls to target various muscle groups. Benefits include improved strength, balance, and coordination while defining the muscles. Weight bearing exercise is known to increase bone density and help to prevent bone deterioration. Participants are encouraged to bring a towel and water. Athletic footwear is required. This class is available to participants ages 12 and over.

QiGong

Included with membership; day pass required for non-members

QiGong is a series of easy to do, non-strenuous techniques and movements that focuses breathing, activates the body's internal energy, fosters relaxation, clears the "monkey mind" and helps to reduce stress. When combined, these techniques lead to a meditation that generates a peaceful presence and an overall "good to be alive" feeling. Participants are encouraged to bring a towel and water. Non-skid, closed-toe shoes are required. This class is available to participants ages 12 and over.

Restorative Stretch

Included with membership; day pass required for non-members

Treat your mind and body to a full body stretch. Stretching increases your flexibility and range of motion while elongating the muscles and improving posture. Participants are encouraged to bring a towel and water. This class is available to participants ages 12 and over.

Fitness & Wellness Programs – Included with Membership

Restorative Yoga

Included with membership; day pass required for non-members

This class offers a blend of vinyasa and restorative yoga. A flowing vinyasa is followed by breathing and meditative techniques to quiet the mind, calm the body, and rejuvenate the soul. The class aims to support conscious mind/body relaxation practice and promote well-being. Essential Oils are used as part of the teachings in this class. Participants are encouraged to bring a towel and water. This class is available to participants ages 12 and over.

Slow Flow Yoga

Included with membership; day pass required for non-members

This class offers a balanced sequence of Hatha Postures, breathing techniques and meditation to achieve a full yoga experience, appropriate for all levels. Participants will go beyond the physical body of yoga and into the heart of yoga. Because it is gradual and progress is individualized, it can be started at any age; Slow Flow yoga strengthens and stretches the entire body. Participants are encouraged to bring a towel and water. This class is available to participants ages 12 and over.

Basic Yoga

Included with membership; day pass required for non-members

This class will take participants through a wide range of Yoga poses that can help an individual attain a high level of self-awareness, balance, and strength. Participants will gain insight into the fundamentals of yoga through a slower paced flow with appropriate modification and detailed description of poses. Experience transformation, empowerment and acceptance at any level of practice. Participants are encouraged to bring a towel and water. This class is available to participants ages 12 and over.

Vinyasa Flow Yoga

Included with membership; day pass required for non-members

This fun, engaging class teaches the fundamentals of Vinyasa Yoga including sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening. Special emphasis is placed on moving into and out of postures safely, correct alignment, using the breath, and learning to quiet the chatter of the mind to find peace and inner stillness. Participants are encouraged to bring a towel and water. This class is available to participants ages 12 and over.

Recreation Center aquatic programs require a minimum air temperature of 60° for cardio-based programming such as Deep Water Aerobics, Shallow Water Aerobics, Aqua Jogging, Youth Lap Swim and Swim Gym and a minimum air temperature of 65° for swim lessons and Yoyalates H2O. The aquatics area, including open lap swim, will be closed when the air temperature is less than 60°.

Shallow Water Aerobics

Included with membership; day pass required for non-members

Shallow water aerobics provides a low-impact, cardiovascular workout that is beneficial to joints and muscles. Water makes standing exercise easier on the hip and knee joints due to its buoyancy, and allows for muscle strengthening due to its resistance. Whether considered a novice or a veteran, shallow water exercises are adaptable to any ability level. Classes are held in the warmer, shallower leisure pool and utilize water weights and noodles. This class is available to participants ages 12 and over.

Deep Water Aerobics

Included with membership; day pass required for non-members

Deep water aerobics is a cardio filled workout that is ideal for all age groups and ability levels. It is a non-impact class that utilizes water belts as well as water weights. It can also help improve flexibility and circulation. According to the American Council on Exercise water can reduce your weight by as much as 90 percent, meaning that stress on weight-bearing bones, joints and muscles is reduced. Nevertheless, the water creates resistance that can help with strength training and improve muscular endurance. This class is available to participants ages 12 and over.

Fitness & Wellness Programs – Included with Membership

Aqua Jogging

Included with membership; day pass required for non-members

Aqua Jogging is a dynamic exercise that utilizes the deep and shallow ends of the pool. It is a nonstop, full body workout that transitions between intervals of jogging and stationed exercises focusing on different areas of the body. Due to the nature of the class, progress can be easily measured by keeping track of distance. A variety of equipment is used to enhance the workout, and improve endurance. This class is available to participants ages 12 and over.

Yogalates H2O

Included with membership; day pass required for non-members

This program combines the principles of Yoga and Pilates with benefits of the water. Develop muscle strength, increase flexibility, improve posture and learn how to move the body as an integrated whole. Blending the best of both practices allows the participant to gain body awareness, breath control and cultivate mindfulness. This workout appeals to a wide spectrum of ages and fitness levels. Space is limited. This class is available to participants ages 12 and over.

Special Events, Health Screenings & Certification Courses

Free Blood Pressure Screenings – Available the first Monday of every month

A complimentary service for Recreation Center members and non-members.

According to the American Heart Association, about one in three U.S. adults have high blood pressure and most are unaware of the condition. Find out if you're at risk with a complimentary screening provided by the Sanibel Fire District. Screenings are offered as a first step in determining if professional health care is needed. Please call the Recreation Center at (239) 472-0345 to find out about the next session. No appointment necessary – walk-ins are welcome!

Free Diabetes, Glaucoma, Hearing and Blood Pressure Screening provided by Sanibel-Captiva Lions Club

Monday, January 13th, Monday, February 10th & Tuesday, March 10th from 9:30 a.m. – 12:30 p.m.

A complimentary service for Recreation Center members and non-members at the Sanibel Recreation Center.

The complimentary Sanibel-Captiva Lions Club Diabetes, Glaucoma, Hearing and Blood Pressure Screenings will be performed from 9:30 a.m. to 12:30 p.m. on Monday, January 13th, Monday, February 10th & Tuesday, March 10th at the Sanibel Recreation Center. The diabetes test uses a tiny drop of blood extracted with an almost painless prick of the finger, which is then read by a blood glucose meter in 5 seconds. The glaucoma test checks peripheral vision and eye pressure, which can detect existing eye damage and/or provide predictive information. The Lion screeners have been trained and certified by a doctor and use all appropriate methods to insure antiseptic conditions and privacy during the screening. Screenings are performed on a first come, first serve basis. Finding and treating eye disease early is the best way to limit the effects of glaucoma and diabetic eye disease. If left untreated, they may cause severe vision loss or even blindness. No appointment necessary – walk-ins are welcome!

Radiology Regional Center's Mobile Mammo Coach

Tuesday, January 14th, Tuesday, February 25th & Tuesday, March 24th from 9 a.m. – 1 p.m.

Please contact Radiology Regional Center for pricing information and to schedule your appointment (239) 936-4068

The Sanibel Recreation Center will be hosting Radiology Regional Center's Mobile Mammo Coach on **Tuesday, January 14th, Tuesday, February 25th & Tuesday, March 24th** from 9:00 a.m. – 1:00 p.m. The Mobile Mammo Coach is a customized, mobile breast imaging clinic, providing state of the art full field digital mammography which will be analyzed by computer-aided detection, and read by local, board-certified radiologists, including fellowship-trained women's imagers.

Special Events, Health Screenings & Certification Courses

Lee Memorial Blood Center's Bloodmobile

Thursday, March 5th from 8:30 a.m. to 2:30 p.m.

Please pre-register at the Recreation Center or call 472-0345 to reserve your donation time.

The City of Sanibel is sponsoring the Lee Memorial Blood Center's Bloodmobile at the Sanibel Recreation Center located at 3880 Sanibel-Captiva Road. Almost 40,000 Americans need blood transfusions each and every day. One in three people will need blood in their lifetime. The Lee Memorial Health System is currently in need of blood to meet local area needs. The Lee Memorial Blood Center's Bloodmobile regularly visits the Sanibel Recreation Center in conjunction with the City's "Fit-4-Life" initiative. Help ensure adequate supplies of blood are available for you, your family and others in our community.

Athletic Programs

Pick-up Pickleball

Mondays & Wednesdays at 5:15 p.m. (6 courts)

Saturdays at 12:00 p.m. (6 courts)

Included with membership; day pass required for non-members

Pick-up Pickleball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.

Pick-up Basketball

Tuesdays and Thursdays at 6:00 p.m. and Sundays at 1:00 p.m.

Included with membership; day pass required for non-members

Pick-up Basketball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.

Round Robin Tennis

Tuesdays and Thursdays from 10:00 a.m. – 12:00 p.m.

\$13.25 for members, \$17.50 for non-members

Enjoy tournament-style play and meet fellow tennis players in the process! Tennis Pro Joe McEntyre organizes all matches. Registration includes a demonstration of doubles tactics and doubles play. Please register in advance as space is limited.

Adult Co-Ed Pick-up Softball

Wednesday nights at 6 p.m.

Played at the Sanibel ball fields. Membership not required.

Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Softball! All skill levels welcome. Participants must be at least 18 years old. There is no fee to participate. Just bring your glove! Players MUST wear closed toe shoes. No metal cleats of any type may be worn. No sandals or bare feet. Pick-up games are weather permitting. For more information or if you are looking for a team, contact the Recreation Center at (239) 472-0345.

Adult Co-Ed Pick-up Soccer

Wednesday nights at 5:30 p.m.

Played at the Sanibel ball fields. Membership not required.

Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Soccer! All skill levels welcome. Participants must be at least 18 years old. There is no fee to participate. Players MUST wear closed toe shoes. No metal cleats of any type may be worn. No sandals or bare feet. Pick-up games are weather permitting. For more information or if you are looking for a team, contact the Recreation Center at (239) 472-0345.

Athletic Programs

Private Tennis Instruction

Call the Sanibel Recreation Center for pricing and availability.

Learn to improve stroke technique, footwork and overall strategy through professional instruction! Lessons are open to all ages. Sign up with your doubles partner, spouse, a friend or two, split the cost and increase the fun! Up to four individuals can be registered for a single lesson. Visit the Recreation Center or call (239) 472-0345 to find out about other possible lesson times and to register.

Aquatic Programs

Recreation Center aquatic programs require a minimum air temperature of 60° for cardio-based programming such as Deep Water Aerobics, Aquajogging, Youth Lap Swim and Swim Gym and a minimum air temperature of 65° for swim lessons, Shallow Water Aerobics and Yogalates H2O. The aquatics area, including open lap swim, will be closed when the air temperature is less than 60°.

See Shallow Water Aerobics, Deep Water Aerobics, Aqua Jogging, and Water Pilates in the [Fitness Classes – Included with Membership](#) section.

Private Water Fitness Lessons

Call the Sanibel Recreation Center for pricing and availability.

Instruction is tailored to the participant's goals and needs: from basic to advanced shallow water aerobics, deep-water aerobics and aqua jogging. Private Water Fitness Lessons are available to all ages and are scheduled on an individual basis by the Recreation Department's Aquatics Staff.

Private Swim Lessons

Call the Sanibel Recreation Center for pricing and availability.

Instruction is available to all ages and is tailored to the participant's goals and needs: from basic swim instruction to improving stroke efficiency and endurance. Private swim lessons are scheduled on an individual basis by the Recreation Department's Aquatics Staff.

SWAT Youth Swim Team

Call the Sanibel Recreation Center for more information on practice times and fee options.

SWAT is a youth swim team program for ages 5 to 18 designed to improve stroke technique and to build endurance. Participants must be able to swim the length of the pool (25 yards) in order to participate. In addition to becoming members of Sanibel Water Attack Team, swimmers will get a chance to join Swim Florida for competitions. Stop by or call the Sanibel Recreation Center at (239) 472-0345 for more information on practice times and fee options.

Youth Programs

After-School Youth Program (grades K – 5)

Contact the Sanibel Recreation Center for information on dates and fees

The After School Program operates every school day from 2:10 p.m. to 5:30 p.m. The After School Program is available for children in kindergarten through fifth grade. Youth enrolled in the After-School Program participate in athletic games, arts and crafts, and other counselor-led activities on a daily basis. Two After-School payment options are available: the entire school year and trimester payments, occurring three times throughout the school year. The Financial Assistance program is available to qualifying families. Please visit the Recreation Center's front desk to obtain a copy of the registration packet. Register in advance and receive an "Early Bird" rate.

Youth Programs

After-School Teen Program (grades 6 - 8)

Contact the Sanibel Recreation Center for information on dates and fees

The Teen Scene After School program runs Monday through Friday from 2:10 p.m. to 5:00 p.m. throughout the school year. It is available for children in sixth through eighth grade. Teens will enjoy a variety of on and off property activities throughout each school week including but not limited to: homework research time at the Sanibel Library, Island Cinema film series presentations, educational island beach days in collaboration with the Sanibel Sea School, local pizza and frozen yogurt treat days. Transportation for island activities will be provided via the City Teen Scene van. A full schedule will be available at the Recreation Center front desk. Two After-School payment options are available: the entire school year and trimester payments, occurring three times throughout the school year. The Financial Assistance program is available to qualifying families. Please visit the Recreation Center's front desk to obtain a copy of the registration packet. Register in advance and receive an "Early Bird" rate.

Fun Day Youth Program

One Fun Day: \$30.50 per child for members, \$40.75 per child for non-members

Monday, February 10th, Monday, February 12th, Friday, March 13th, Friday, April 10th & Monday, April 13th

Join us for an exciting day of athletic games, craft projects and special entertainment! Enrollment is available for children in kindergarten through eighth grade. Fun Days operate from 8:00 a.m. – 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks are provided. Register in advance and receive an "Early Bird" rate.

Spring Break Youth Day Camp

One week enrollment: \$135 per child for members, \$174 per child for non-members

March 16th – 20th, 2020

Spring Break Youth Day Camp offers seasonally themed games, crafts and special entertainment! The camp operates March 16th – March 20th from 8:00 a.m. – 5:30 p.m. Enrollment is available to youth in kindergarten through eighth grade. Each child needs to bring a lunch, swimsuit and towel. Light snacks are provided. Register in advance and receive an "Early Bird" rate.

Center 4 Life Programs

The Fitness Programs at the Center 4 Life are operated through a partnership with the Island Seniors Inc. and the City of Sanibel Recreation Department. By becoming a member of the Island Seniors Inc. for only \$20 a year you can enjoy discounted classes, trips and more! Center 4 Life fitness classes are included with a Recreation Center membership. Please call the Center 4 Life at (239) 472-5743 for program details. The Center 4 Life is located at 2401 Library Way.

See the [Center 4 Life Program Calendar](#) for information on other Center 4 Life programs including; guest presenters in the Coping with Life Series, complimentary health screenings, Discovering Florida Day Trips and other off-island events, potluck dinners, driver safety courses, kayaking, beach hiking, a book discussion group, bazaars, sales events, computer workshops and more!

Happy Hour Fitness

For details, including fees, call the Center 4 Life at (239) 472-5743.

This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics, muscle conditioning exercises and balance. Hand weights, stretch cords, and your body weight will be used to keep you strong to do what you want to keep doing. The class begins with a joke from one of the participants to set the mood for the entire class hour. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

Center 4 Life Programs

Essential Total Fitness (ETF)

For details including fees, call the Center 4 Life at (239) 472-5743.

This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

Power Hour

For details including fees, call the Center 4 Life at (239) 472-5743.

Hand weights, stretch cords and stability balls along with mats are used to strengthen your muscles, improve your core strength and balance. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

Gentle Yoga

For details including fees, call the Center 4 Life at (239) 472-5743.

Gentle Yoga is designed to stretch, tone and strengthen the body while improving flexibility, proper alignment and circulation. Class exercises make use of chairs and mats in order to meet the needs of varying experience levels. Participants are encouraged to bring a mat and towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

Chair Yoga

For details including fees, call the Center 4 Life at (239) 472-5743.

Similar to Gentle Yoga, Chair Yoga is designed to stretch, tone and strengthen the body while improving flexibility, proper alignment and circulation but all poses are done in a chair. Participants are encouraged to bring a towel. Recreation Center members may attend this class at no additional fee. Please bring your Recreation Center membership card to the class to participate.

Kayak Outings

For details including fees, call the Center 4 Life at (239) 472-5743.

An excellent way to get exercise and enjoy Sanibel's beauty – from the water! Bring your own kayak or borrow one from the Center 4 Life. An on-island kayaking location will be announced for each trip. Please register a day before the scheduled outing date as listed in the Center 4 Life Program Calendar.

Bridge, Hand and Foot, Mahjong & Mexican Train

For details including fees, call the Center 4 Life at (239) 472-5743.

Test your abilities in strategic, social card and tile games with friends! Prizes are awarded. All materials are supplied.

Leisure Lunchers Thrift & Consignment Shopping

For details including fees, call the Center 4 Life at (239) 472-5743.

Join us to explore new restaurants. We will order from the menu and pay for our own meal. It's a fun way to meet people, visit with friends and enjoy lunch. You may join others to carpool. Sign up at the Center and view the menu. Pre-registration is required. Find out when the next outing is by calling the Center 4 Life at (239) 472-5743.

Discovering Florida Daytrips

For details including fees, call the Center 4 Life at (239) 472-5743.

Join us as we travel to a new location in Florida monthly. Pre-registration is required with fees due upon registering. Find out about the next day trip by calling the Center 4 Life at (239) 472-5743

Center 4 Life Programs

Theater Trips

For details including fees, call the Center 4 Life at (239) 472-5743.

Join us as we attend shows at the Naples Philharmonic Theater, Barbara B Mann Theater, Florida Rep and Herb Strauss Theater. Pre-registration is required with fees due upon registering. Find out what shows we'll be attending by calling the Center 4 Life at (239) 472-5743