

## Available Programs with Facility Membership:

Class	Price	Contact
Cardio, Strength, and Tone (Cardio S&T) M, W, F	Monthly Price Varies \$10/Drop-in Fee	Heather Simpson (239) 888-2866
Ceramics T, W, F	\$15/Month *Workshop Prices Vary	Esteroceramics @yahoo.com
Chair Yoga W	Monthly Price Varies \$15/Drop-in Fee	Tracy Cox (240) 308-9034
Dancing Little Stars T	\$65/Month \$20/Drop-in Fee	Amanda Davis dancinglittlestarsswfla@gmail.com
Functional Fitness W	Monthly Price Varies	Tracy Cox (240) 308-9034
Jazzercise M, W, F	\$72/12 Classes \$45/6 Classes \$40/4 Classes \$12/Drop-in Fee	Mary Morton Mmmorton6670@gmail.com
LaBlast Dance Fitness W	Monthly Price Varies \$10/Drop-in	Tracy Cox (240) 308-9034
Line Dancing AB-Absolute Beginner, B- Beginner, A-Advanced U	*Please contact instructor \$10/Drop-in Fee	Valerie Soares (941) 769-5008
Little Ninjas (ages 4-6) S	\$75/Month \$60 for add. family	Justin Barrett (941) 421-8922
Mat Pilates T, R	\$60/Month \$30/4 Classes \$10/Drop-in Fee	Meredith Cavalieri (239)309-9389
Stretch 101 R	\$30/Month \$10/Drop-in Fee	Heather Simpson (239) 888-2866
Table Tennis T, S	\$60/hour Private Sessions *Appointment only	Purvi Naik (239) 272-8941
Table Tennis for Parkinson's/Health S	\$15/Session	Purvi Naik (239) 272-8941
Tae Kwon Do (TKD) M, W, F, S	\$100/Month \$75/Month for additional family	Justin Barrett (941) 421-8922 jbarrett1283@gmail.com
Tang Soo Do T, R	\$69/Month	Tim Murphy tmurphy754@gmail.com
Tai Chi Intermediate-I, Beginner- B T	\$24/4 Classes \$18/3 Classes \$14/2 Classes	David Davenport (239) 949-6988
Total Body Wellness T	\$30/4 Classes \$10/Drop-In Fee	Meredith Cavalieri (239)309-9389
Yoga M,F	Monthly Price Varies \$15/Drop-in Fee	Tracy Cox (240) 308-9034
Zumba M,R	Monthly Price Varies \$10/Drop-in Fee	Tracy Cox (240) 308-9034

(M-Mon, T-Tue, W-Wed, R-Thu, F-Fri, S-Sat, U-Sun)

## Open Recreation Schedule

**Coaching/Paid instruction is not permitted.**  
**Please see inside of Trifold for any Gym Closures**

### Sunday:

Pickleball: 9 a.m.-12:30 p.m. (3 courts)  
Open Gym Volleyball: 1-4:45 p.m. (Ct. 1 & 2)  
USA South Volleyball: 9 a.m.-4:45 p.m. (Ct. 3)

### Monday:

Open Gym Basketball: 7-8:30 a.m. (Ct. 1 & 2)  
Senior Basketball: 10:35 a.m.-1 p.m. (Ct. 1 & 2)  
Senior Volleyball: 10:35 a.m.-1 p.m. (Ct. 3)  
Open Gym Basketball: 1:00-4:45 p.m. (Ct. 1 & 2)  
USA South Team Practice: 4-8:45 p.m. (Ct. 3)  
Adult Basketball (18+): 5-8:45 p.m. (Ct. 1 & 2)

### Tuesday:

Pickleball: 7 a.m.-2 p.m. (9 courts)  
USA South Team Practice: 4-8:45 p.m. (Ct. 3)  
Open Gym Volleyball: 4-8:45 p.m. (Ct. 1 & 2)

### Wednesday:

Open Gym Basketball: 7-8:30 a.m. (Ct. 1 & 2)  
Senior Basketball: 10:35 a.m.-1 p.m. (Ct. 1 & 2)  
Senior Volleyball: 10:35 a.m.-1 p.m. (Ct. 3)  
Open Gym Basketball: 1-4:45 p.m. (Ct. 1 & 2)  
USA South Team Practice: 4-8:45 p.m. (Ct. 3)  
Pickleball: 5-8:45 p.m. (3 courts)

### Thursday:

Pickleball: 7 a.m.-1 p.m. (9 courts)  
USA South Team Practice: 4-8:45 p.m. (Ct. 3)  
Open Gym Basketball: 3-4:45 p.m. (Ct. 1 & 2)  
Adult Basketball (18+): 5-8:45 p.m. (Ct. 1 & 2)

### Friday:

Open Gym Basketball: 7-8:30 a.m. (Ct. 1 & 2)  
Senior Basketball: 10:35 a.m.-1 p.m. (Ct. 1 & 2)  
Senior Volleyball: 10:35 a.m.-1 p.m. (Ct. 3)  
Family Basketball & Volleyball: 1-6:45 p.m. (Ct. 1 & 2)  
USA South Team Practice: 4-6:45 p.m. (Ct. 3)

### Saturday:

Open Gym Basketball: 9 a.m.-4:45 p.m. (Ct. 1 & 2)  
USA South Team Practice: 9 a.m.-4:45 p.m. (Ct. 3)

## Estero Park & Recreation Center DECEMBER 2025

### Hours of Operations:

Monday-Thursday 7 a.m.-9 p.m.

Friday 7 a.m.-7 p.m.

Saturday & Sunday 9 a.m.-5 p.m.

Workout & Locker Room open during business hours-  
closing 15 minutes prior to building closure

### Memberships:

#### Lifetime Facility Membership:

This membership entitles the individual to  
general use of the facility including:  
gymnasium activities, locker rooms, and  
game room.

\$10 Individual | \$25 Family

#### Workout Room Membership:

1 month - \$20  
6 months - \$80  
1 year - \$120



Scan our QR Code with your  
mobile device to be brought  
to our webpage.



Estero Park & Recreation Center  
9200 Corkscrew Palms Blvd  
Estero, FL 33928  
(239) 533-1470 | [www.leeparks.org](http://www.leeparks.org)



# DECEMBER 2025

## Announcements:

- Dec 02: Club Bash 4-5 p.m. Join the fun with Brush Hour, Lego, and Board Game Club all in one fun hour!
- Dec 06: Winter Yard Sale. 7-11 a.m.
- Dec 06: Santa Fest 10 a.m.-Noon: Come meet Santa, make crafts, take holiday photos, and have fun!
- Dec 09: Lee Health Bloodmobile in the park Noon-4 p.m.
- Dec 12: No Family Night.
- Dec 13-14: Gymnasium Closure: Tony Perkins Boys & Girls Spalding Volleyball.
- Dec 17: SWFL Open #1 Horseshoe Tournament in the Park
- Estero Recreation Center will be closed from Dec 22, 2025-Jan 04, 2026.

## Reminders:

- Calendar and Schedule are subject to change without notice.
- Family Night is for youth 17 and under. Ages 12 and under must have an adult present.
- Workout Room: Children ages 14 & 15 years old must be accompanied by an adult 18 years or older. Children 13 and under are not permitted in the Workout Room.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Jazzercise: 7:45- 8:45 a.m. Art League: 9 a.m-3 p.m. Cardio S&T: 9:30-10:30 a.m. Zumba: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Yoga: Noon-1 p.m. TKD: 5 p.m. / 7:30 p.m.	2 Tai Chi I: 9-9:45 a.m. Tai Chi B: 10-10:45 a.m. Total Body Wellness: 11:15 a.m.-12:15 p.m. Mat Pilates 12:30-1:30 p.m. Dancing Little Stars: 3:10-5:35 p.m. Club Bash: 4-5 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:00 p.m.	3 Jazzercise: 7:45-8:45 a.m. Cardio S&T: 9:30-10:30 a.m. Chair Yoga: 9:45-10:30 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Functional Fitness: Noon-1 p.m. Woodcarvers: Noon-3 p.m. Ceramics: 4:45-8 p.m. TKD: 5 p.m. / 7:30 p.m.	4 Art League: 9 a.m-3 p.m. Stretch 101 9:30-10:15 a.m. Tot Time: 10-10:45 a.m. Mat Pilates 12:30-1:30 p.m. Tang Soo Do: 5-6:00 p.m. Zumba: 5:30- 6:30 p.m.	5 Jazzercise: 7:45-8:45 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. Yoga: 10:45-11:45 a.m. TKD: 5 p.m. / 6 p.m.	6 Little Ninjas: 9-9:45 a.m. TKD: 10-11:30 a.m. *Table Tennis: 11:30 a.m.-2 p.m. TT Parkinson's: 2-3:30 p.m.
7 Line Dancing AB 10-10:30 a.m. Line Dancing B 10:30-11 a.m. Line Dancing A: Noon-3 p.m.	8 Jazzercise: 7:45-8:45 a.m. Art League: 9 a.m-3 p.m. Cardio S&T: 9:30-10:30 a.m. Zumba: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Yoga: Noon-1 p.m. TKD: 5 p.m. / 7:30 p.m.	9 Tai Chi I: 9-9:45 a.m. Tai Chi B: 10-10:45 a.m. Total Body Wellness: 11:15 a.m.-12:15 p.m. Mat Pilates 12:30-1:30 p.m. Dancing Little Stars: 3:10-5:35 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:00 p.m. *Table Tennis: 6-8:30 p.m.	10 Jazzercise: 7:45-8:45 a.m. Cardio S&T: 9:30-10:30 a.m. Chair Yoga: 9:45-10:30 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Functional Fitness: Noon-1 p.m. Woodcarvers: Noon-3 p.m. Ceramics: 4:45-8 p.m. TKD: 5 p.m. / 7:30 p.m.	11 Art League: 9 a.m-3 p.m. Stretch 101 9:30-10:15 a.m. Tot Time: 10-10:45 a.m. Mat Pilates 12:30-1:30 p.m. Tang Soo Do: 5-6:00 p.m. Zumba: 5:30- 6:30 p.m.	12 <b>No Family Night</b> Jazzercise: 7:45-8:45 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. Yoga: 10:45-11:45 a.m. TKD: 5 p.m. / 6 p.m.	13 <b>Gym Closed</b> Little Ninjas: 9-9:45 a.m. TKD: 10-11:30 a.m. *Table Tennis: 11:30 a.m.-2 p.m. Chess Club: Noon-4 p.m. TT Parkinson's: 2-3:30 p.m.
14 <b>Gym Closed</b> Line Dancing A: Noon-3 p.m.	15 Jazzercise: 7:45-8:45 a.m. Art League: 9 a.m-3 p.m. Cardio S&T: 9:30-10:30 a.m. Zumba: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Yoga: Noon-1 p.m. TKD: 5 p.m. / 7:30 p.m.	16 Tai Chi I: 9-9:45 a.m. Tai Chi B: 10-10:45 a.m. Total Body Wellness: 11:15 a.m.-12:15 p.m. Mat Pilates 12:30-1:30 p.m. Dancing Little Stars: 3:10-5:35 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:00 p.m. *Table Tennis: 6-8:30 p.m.	17 Jazzercise: 7:45-8:45 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11 a.m.-Noon Functional Fitness: Noon-1 p.m. Woodcarvers: Noon-3 p.m. Ceramics: 4:45-8 p.m. TKD: 5 p.m. / 7:30 p.m.	18 Art League: 9 a.m-3 p.m. Tot Time: 10-10:45 a.m. Mat Pilates 12:30-1:30 p.m. Tang Soo Do: 5-6:00 p.m.	19 Jazzercise: 7:45-8:45 a.m. Ceramics: 9 a.m.-Noon Yoga: 10:45-11:45 a.m. TKD: 5 p.m. / 6 p.m.	20 Little Ninjas: 9-9:45 a.m. TKD: 10-11:30 a.m. *Table Tennis: 11:30 a.m.-2 p.m. TT Parkinson's: 2-3:30 p.m.
21 Line Dancing AB 10-10:30 a.m. Line Dancing B 10:30-11 a.m. Line Dancing A: Noon-3 p.m.	22 <b>Facility Closed</b>	23 <b>Facility Closed</b>	24 <b>Facility Closed</b>	25 <b>Facility Closed</b>	26 <b>Facility Closed</b>	27 <b>Facility Closed</b>
28 <b>Facility Closed</b>	29 <b>Facility Closed</b>	30 <b>Facility Closed</b>	31 <b>Facility Closed</b>	<b>Non-Fee Programs Contacts</b> Chess Club: Kevin, kebeal@gmail.com Parkinson's: Michelle (239) 366-9400 Woodcarvers: Warren (239) 810-3488 Art League: David (339) 832-0478		

## South County Regional Library events here at ERC:

Book Discussion: The God of the Woods by Liz Moore: Dec 03: 2-3 p.m.  
Estero Historical Society: Dec 04: 2-3 p.m.  
Family Storytime: Dec 09: 10-10:30 a.m.  
Family Storytime: Dec 16: 10-10:30 a.m.