

Available Programs with Facility Membership

Class	Price	Contact
Adult Tap	\$15/Drop-in Fee	Marilyn DiEnno (239) 498-2022
Cardio, Strength, and Tone (Cardio S&T)	\$61.75/Month \$10/ Drop-in Fee	Heather Simpson (239) 888-2866
Ceramics	\$15/Month *Workshop Pricing Varies	esteroceramics@yahoo.com
Functional Fitness Not available April 2024	\$20/Month \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Group Guitar: Intermediate and Beginner	\$78/Month *Wednesday evenings at 5:30 p.m. by appointment only	Dennis Cassella (239) 785-4823
Jazzercise	\$54/Month \$38/ 4 Classes \$10/Drop-in Fee	Mary Morton mmmorton6670@gmail.com
Kickboxing	\$50/Month	Sheila Hyde (239) 273-2939
LaBlast Dance Fitness	\$20/Month-M or W \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Line Dancing	\$10 Drop-in Fee	Valerie Suares (941) 769-5008
Personal Training	*Pricing Varies. Please contact instructor	Heather Simpson (239) 888-2866
Stretch 101	\$30/Month	Heather Simpson (239) 888-2866
Table Tennis	\$60/hour Private Sessions *By appointment only	Purvi Naik (239) 272-8941
Tae Kwon Do (TKD)	\$75/Month	Sheila Hyde (239) 273-2939
Tai Chi: Intermediate (I)	\$24/Month \$14/ 2 Classes	David Davenport (239) 949-6988
Tang Soo Do	\$69/Month	Tim Murphy tmurphy754@gmail.com
Yoga	\$32/Month-M or W \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Zumba	\$20/Month \$10/Drop-in Fee	Tracy Cox (240) 308-9034

Open Recreation Schedule

Please see inside of Trifold for any Gym Closures

Sunday:

Pickleball: 9:00 a.m.- 12:30 p.m. (Ct. 1 & 2)
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)
Open Gym Volleyball 7-8:30 a.m. (Ct. 3)
Senior Basketball: 10:35 a.m.-1 p.m. (Ct. 1 & 2)
Senior Volleyball: 10:35 a.m.-1 p.m. (Ct. 3)
*Homeschool P.E. (Reg req): 1-2 p.m. (Ct. 1 & 2)
Open Gym Volleyball 2:30-5:30 p.m. (Ct. 1&2)
USA South Team Practice: 4-8:45 p.m. (Ct. 3)
Adult Basketball (18+): 6-8:45 p.m. (Ct. 1 & 2)

Tuesday:

Pickleball: 7 a.m.-1 p.m. (Ct. 1 & 2)
Open Gym Basketball: 1-4 p.m. (Ct. 1 & 2)
*Sports Fundamentals (Reg req): 5-6 p.m. (Ct. 1 & 2)
USA South Team Practice: 4-8:45 p.m. (Ct. 3)
Family Night: 6-8:45 p.m. (Ct. 1 & 2)

Wednesday:

Open Gym Basketball: 7-8:30 a.m. (Ct. 1 & 2)
Open Gym Volleyball: 7-8:30 a.m. (Ct. 3)
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: 1-5 p.m. (Ct. 1 & 2)
USA South Team Practice: 4-8:45 p.m. (Ct. 3)
Pickleball: 6-8:45 p.m. (Ct. 1 & 2)

Thursday:

Pickleball: 7 a.m.-1 p.m. (Ct. 1 & 2)
*Teen Homeschool P.E. (Reg req): 1-2 p.m. (Ct. 1 & 2)
USA South Team Practice: 4-8:45 p.m. (Ct. 3)
Adult Basketball (18+): 6-8:45 p.m. (Ct. 1 & 2)

Friday:

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

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

APRIL 2024

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:

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



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



APRIL 2024

Announcements:

- April 01: Gymnasium closure: Noon-6 p.m.
- April 05: Kids Pottery Paint Workshop 2-3 p.m., ages 8-12. \$15 Registration per child.
- April 06: Gigi Fit Dash for Down Syndrome 9 a.m.-Noon.
- April 09: Gymnasium closed for facility maintenance.
- April 12: Gymnasium Closure: No Family Night
- April 13-14: Gymnasium Closure: AAU Volleyball
- April 17: Hazardous Waste Collection in the park 9a.m.-Noon.
- April 20: Community Yard Sale 7:30-11:30 a.m.
- April 20-21: SWFL Disc Golf Tournament
- April 27: Best Buddies Friendship Walk 9 a.m.-Noon.

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: 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio S&T: 9:30-10:30 a.m. Parkinson's: 11-Noon TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m. Gym Closed Noon-6 p.m.	2 Tai Chi (I): 9-9:45 a.m. Stretch 101: 9:30-10:15 a.m. Canasta: Noon-2 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	3 Jazzercise: 8-9 a.m. Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11-Noon Yoga: Noon-1 p.m. Woodcarvers: Noon-2:30 p.m. Ceramics: 4:45-8 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	4 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tang Soo Do: 5-6:30 p.m. No Teen Homeschool P.E.	5 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. Kids Ceramics: 2-3 p.m. TKD: 5 p.m. or 6 p.m. Gym Closed	6 Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
7 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	8 Jazzercise: 8-9 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-Noon Yoga: Noon-1 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	9 STEAM in Parks: 10-11a.m. Canasta: Noon-2 p.m. Ceramics: 4:45-8 p.m. Gym Closed 102 A/B Closed 103 A/B Closed	10 Jazzercise: 8-9 a.m. Cardio S&T: 9:30-10:30 a.m. Teen STEAM: 10-11 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11-Noon Yoga: Noon-1 p.m. Woodcarvers: Noon-2:30 p.m. Ceramics: 4:45-8 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	11 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tot Time: 10-10:45 a.m. Tang Soo Do: 5-6:30 p.m.	12 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. TKD: 5 p.m. or 6 p.m. No Family Night	13 TKD: 9-11 a.m. Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m. Gym Closed
14 Line Dancing: Beginner: 10 a.m. Intermediate: Noon Gym Closed	15 Jazzercise: 8-9 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-Noon Yoga: Noon-1 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	16 Tai Chi (I): 9-9:45 a.m. Stretch 101: 9:30-10:15 a.m. Canasta: Noon-2 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	17 Jazzercise: 8-9 a.m. Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11-Noon Yoga: Noon-1 p.m. Woodcarvers: Noon-2:30 p.m. Ceramics: 4:45-8 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	18 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tang Soo Do: 5-6:30 p.m.	19 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. TKD: 5 p.m. or 6 p.m.	20 Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
21 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	22 Jazzercise: 8-9 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-Noon Yoga: Noon-1 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	23 Tai Chi (I): 9-9:45 a.m. Stretch 101: 9:30-10:15 a.m. Canasta: Noon-2 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	24 Jazzercise: 8-9 a.m. Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. Parkinson's: 11-Noon Yoga: Noon-1 p.m. Woodcarvers: Noon-2:30 p.m. Ceramics: 4:45-8 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	25 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tot Time: 10-10:45 a.m. Tang Soo Do: 5-6:30 p.m.	26 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S&T: 9:30-10:30 a.m. LaBlast: 10:45-11:45 a.m. TKD: 5 p.m. or 6 p.m.	27 TKD: 9-11 a.m. Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
28 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	29 Jazzercise: 8-9 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-Noon Yoga: Noon-1 p.m. TKD: 5:30 p.m.; 6:30 p.m. Kickboxing: 7:30-8:30 p.m.	30 Tai Chi (I): 9-9:45 a.m. Stretch 101: 9:30-10:15 a.m. Canasta: Noon-2 p.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	Non-Fee Programs: <ul style="list-style-type: none"> • Art League: Contact David (339) 832-0478 • Chess Club: Contact Kevin, kebeal@gmail.com • Parkinson's Program: Contact Michelle (239) 985-7727 • Parkinson's Table Tennis: Contact Purvi (239) 272-8941 • Woodcarvers: Contact Warren (239) 810-3488 			