

## 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	\$20/Month \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Group Guitar: Intermediate (I) Beginner (B)	\$78/Month	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	\$15/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: *Not available March 2024	\$24/Month \$14/ 2 Classes	David Davenport (239) 949-6988
Tang Soo Do	\$69/Month	Tim Murphy tmurphy754@gmail.com
Yoga	\$20/Month-M or W \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Zumba	\$15/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 MARCH 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](http://www.leeparks.org)



Announcements:

- March 01: Kids Pottery Paint Workshop, ages 8-12. \$15 Registration per child.
- March 02: Estero 5K and Health Fair. Check-in begins at 7a.m. Race begins at 8 a.m. \$5 Registration per participant.
- March 09: MS Estero Walk. Kickoff at 8:30 a.m.
- March 09-16: Early Voting 10 a.m.-6p.m.
- March 16: EsteroFest 1-9 p.m.
- March 18-22: Spring Break Camp. Gym closed 1-6 p.m.
- March 18-April 01: Donated Not Wasted! Seasonal residents are encouraged to donate unopened pantry items prior to returning North.
- March 20: SWFL Horseshoe Club Tournament begins at 8 a.m.
- March 30: Eggstravaganza begins at 10 a.m. Registration begins March 01. \$5 per child.
- March 31: Calvary Chapel

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
<b>Non-Fee Programs:</b> <ul style="list-style-type: none"> <li>• Art League: Contact David (339) 832-0478</li> <li>• Chess Club: Contact Kevin, kebeal@gmail.com</li> <li>• Parkinson's Program: Contact Michelle (239) 985-7727</li> <li>• Parkinson's Table Tennis: Contact Purvi (239) 272-8941</li> <li>• Woodcarvers: Contact Warren (239) 810-3488</li> </ul>					1 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. Functional Fitness: Noon-1 p.m. TKD: 5 p.m. or 6 p.m.	2 Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
3 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	4 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.	5 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.	6 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. Guitar (B): 5:30-6:30 p.m. Guitar (I): 6:30-7:30p.m. Kickboxing: 7:30-8:30 p.m.	7 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.	8 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S& T: 9:30-10:30 a.m. TKD: 5 p.m. or 6 p.m.	9 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.
10 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	11 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.	12 Stretch 101: 9:30-10:15 a.m. STEAM in Parks: 10-11a.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.	13 Jazzercise: 8-9 a.m. Cardio S& T: 9:30-10:30 a.m. Teen STEAM: 10-11 a.m. Parkinson's: 11-Noon Woodcarvers: Noon-2:30 p.m. Ceramics: 4:45-8 p.m. TKD: 5:30 p.m.; 6:30 p.m. Guitar (B): 5:30-6:30 p.m. Guitar (I): 6:30-7:30p.m. Kickboxing: 7:30-8:30 p.m.	14 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.	15 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. Functional Fitness: Noon-1 p.m. TKD: 5 p.m. or 6 p.m.	16 Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
17 Line Dancing: Beginner: 10 a.m. Intermediate: Noon	18 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. <b>Gym Closed (Ct 1&amp;2) 1-6 p.m.</b>	19 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. <b>Gym Closed (Ct 1&amp;2) 1-6 p.m.</b>	20 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. Guitar (B): 5:30-6:30 p.m. Guitar (I): 6:30-7:30p.m. Kickboxing: 7:30-8:30 p.m. <b>Gym Closed (Ct 1&amp;2) 1-6 p.m.</b>	21 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. <b>Gym Closed (Ct 1&amp;2) 1-6 p.m.</b>	22 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. Functional Fitness: Noon-1 p.m. TKD: 5 p.m. or 6 p.m. <b>Gym Closed (Ct 1&amp;2) 1-6 p.m.</b>	23 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.
24 Line Dancing: B- 10a.m. I- Noon <div> <div>31</div> <div>Line Dancing: B- 10a.m. I- Noon</div> </div>	25 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.	26 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.	27 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. Guitar (B): 5:30-6:30 p.m. Guitar (I): 6:30-7:30p.m. Kickboxing: 7:30-8:30 p.m.	28 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.	29 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio S& T: 9:30-10:30 a.m. TKD: 5 p.m. or 6 p.m.	30 Table Tennis: 11:30a.m.-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m. <b>Gym opens at 11:30 a.m.</b>