

Available Programs with Facility Membership

Class	Price	Contact
Adult Tap	\$15/Drop-in Fee	Marilyn DiEnno (239) 498-2022
Cardio, Strength, and Tone	\$52.25/month \$10/ Drop-In Fee	Heather Simpson (239) 888-2866
Ceramics	\$15/month *Workshop Pricing Varies	Email estero ceramics@yahoo.com
Functional Fitness	\$15/month \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Jazzercise	\$54/month \$18/Drop-in	Mary Morton mmmorton6670@gmail.com
Gentle Flow Yoga	\$32/4 Classes \$10/Drop-in	Tracy Cox (240) 308-9034
Group Guitar	\$78/month	Dennis Cassella (239) 785-4823
Kickboxing	\$50/month	Sheila Hyde (239) 273-2939
LaBlast Dance Fitness	\$15/month \$10/Drop-in Fee	Tracy Cox (240) 308-9034
Personal Training	*Pricing Varies. Please contact instructor	Heather Simpson (239) 633-0125
Table Tennis	\$80/month \$15/Drop-in Fee \$15/Parkinson's TT \$60/hour Private Sessions	Purvi Naik (239) 272-8941
Tae Kwon Do	\$75/month	Sheila Hyde (239) 273-2939
Tang Soo Do	\$69/month	Tim Murphy (570) 815-3715
Tai Chi	\$24/month \$14/ 2 Classes	David Davenport (239) 949-6988
Outdoor Conditioning	\$30/month	Heather Simpson (239) 633-0125
Zumba	\$15/month \$10/Drop-in	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)
Cardio, Strength, & Tone: 9:30-10:30 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)
*Homeschool P.E. (Registration required): 1-2 p.m. (Ct. 1 & 2)
Club Rec Program: 2-6 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: 1-2 p.m. (Ct. 1 & 2)
Club Rec Program: 2-5 p.m. (Ct. 1 & 2)
*Sports Fundamentals (Registration required): 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)
Cardio, Strength, & Tone: 9:30-10:30 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: 1-2 p.m. (Ct. 1 & 2)
Club Rec Program: 2-6 p.m. (Ct. 1 & 2)
USA South Team Practice: 4-8:45 p.m. (Ct. 3)
Pickleball: 6:15-8:45 p.m. (Ct. 1 & 2)

Thursday:

Pickleball: 7 a.m.-1 p.m. (Ct. 1 & 2)
Open Gym Basketball 1-2 p.m. (Ct. 1 & 2)
Club Rec Program: 2-6 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)
Cardio, Strength, & Tone: 9:30-10:30 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: 1-2 p.m. (Ct. 1 & 2)
Club Rec Program: 2-6 p.m. (Ct. 1 & 2)
USA South Team Practice: 4-6:45 p.m. (Ct. 3)
Family Night Basketball & Volleyball: 6-6:45 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 OCTOBER 2023

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



OCTOBER 2023



Announcements:

- Gymnasium Closure: October 4-8, 2023: Netball Tournament
- Event: October 14, 2023 7:30-11:30 a.m.: Fall Yard Sale. Registration Opens Thursday, September 14, 2023. \$5 per spot. Register via www.leeparks.org or calling the (239) 533-1470.
- Event: October 18, 2023: Hazardous Waste Collection 9 a.m.-Noon
- Event: October 28, 2023 from 5-8:45 p.m.: Spooktacular Night at Estero. Trunk-or-Treat and Food Trucks start at 5 p.m. and the Movie in the Park featuring "Halloweentown" starts at 7:15 p.m.

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 Line Dancing: Noon-3 p.m.	2 Jazzercise 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Tae Kwon Do: 5:30 p.m.; 6:30 p.m. Kickboxing 7:30-8:30 p.m.	3 Intermediate Tai Chi: 9-9:45 a.m. Beginner's Tai Chi: 10-10:45 a.m. Tang Soo Do: 5-6:30 p.m. Ceramics: 4:45-8 p.m. Table Tennis: 6-8:30 p.m.	4 Jazzercise 8-9 a.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Woodcarvers Noon-2:45 p.m. Ceramics: 4:45-8 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m. Guitar Beginners: 5:30 p.m.; Intermediate 6:30 p.m. Gym Closed	5 Art League: 9 a.m.-3 p.m. Tang Soo Do: 5-6:30 p.m. Gym Closed	6 Jazzercise: 8-9 a.m. LaBlast Dance Fitness: 10:45-11:45 a.m. FUNctional Fitness: Noon-1 p.m. Tang Soo Do: 5-6:30 p.m. Tae Kwon Do: 5 p.m. or 6 p.m. Gym Closed	7 Table Tennis: 11:30-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
8 Line Dancing: Noon-3 p.m. Gym Closed	9 Jazzercise 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Tae Kwon Do: 5:30 p.m.; 6:30 p.m. Kickboxing 7:30-8:30 p.m.	10 Intermediate Tai Chi: 9-9:45 a.m. Beginner's Tai Chi: 10-10:45 a.m. Tang Soo Do: 5-6:30 p.m. Ceramics: 4:45-8 p.m. Table Tennis: 6-8:30 p.m.	11 Jazzercise 8-9 a.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Woodcarvers Noon-2:45 p.m. Ceramics: 4:45-8 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m. Guitar Beginners: 5:30-6:30 p.m.; Intermediate 6:30-7:30 p.m.	12 Art League: 9 a.m.-3 p.m. Tang Soo Do: 5-6:30 p.m.	13 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio, Strength, and Tone: 9:30-10:30 a.m. LaBlast Dance Fitness: 10:45-11:45 a.m. FUNctional Fitness: Noon-1 p.m. Tang Soo Do: 5-6:30 p.m. Tae Kwon Do: 5 p.m. or 6 p.m.	14 Tae Kwon Do: 9:30 a.m. Chess Club: Noon-4 p.m. Table Tennis: 11:30-2 p.m. TT Parkinson's: 2-4 p.m.
15 Line Dancing: Noon-3 p.m.	16 Jazzercise 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Tae Kwon Do: 5:30 p.m.; 6:30 p.m. Kickboxing 7:30-8:30 p.m.	17 Intermediate Tai Chi: 9-9:45 a.m. Beginner's Tai Chi: 10-10:45 a.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	18 Jazzercise 8-9 a.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Woodcarvers Noon-2:45 p.m. Gentle Yoga Noon-1 p.m. Ceramics: 4:45-8 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m. Guitar Beginners: 5:30-6:30 p.m.; Intermediate 6:30-7:30 p.m.	19 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tang Soo Do: 5-6:30 p.m.	20 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio, Strength, and Tone: 9:30-10:30 a.m. LaBlast Dance Fitness: 10:45-11:45 a.m. FUNctional Fitness: Noon-1 p.m. Tang Soo Do: 5-6:30 p.m. Tae Kwon Do: 5 p.m. or 6 p.m.	21 Table Tennis: 11:30-2 p.m. TT Parkinson's: 2-4 p.m. Chess Club: Noon-4 p.m.
22 Line Dancing: Noon-3 p.m.	23 Jazzercise 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m.	24 Intermediate Tai Chi: 9-9:45 a.m. Beginner's Tai Chi: 10-10:45 a.m. Ceramics: 4:45-8 p.m. Tang Soo Do: 5-6:30 p.m. Table Tennis: 6-8:30 p.m.	25 Jazzercise 8-9 a.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Woodcarvers Noon-2:45 p.m. Ceramics: 4:45-8 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m. Guitar Beginners: 5:30-6:30 p.m.; Intermediate 6:30-7:30 p.m.	26 Art League: 9 a.m.-3 p.m. Adult Tap: 9:30-11:45 a.m. Tang Soo Do: 5-6:30 p.m.	27 Jazzercise: 8-9 a.m. Ceramics: 9 a.m.-Noon Cardio, Strength, and Tone: 9:30-10:30 a.m. LaBlast Dance Fitness: 10:45-11:45 a.m. FUNctional Fitness: Noon-1 p.m. Tang Soo Do: 5-6:30 p.m. Tae Kwon Do: 5 p.m. or 6 p.m.	28 Tae Kwon Do: 9:30 a.m. Chess Club: Noon-4 p.m. Table Tennis: 11:30-2 p.m. TT Parkinson's: 2-4 p.m.
29 Line Dancing: Noon-3 p.m.	30 Jazzercise 8-9 a.m. Art League: 9 a.m.-3 p.m. Cardio, Strength, and Tone: 9:30-10:30 a.m. Zumba 10:45-11:45 p.m. Parkinson's 11-Noon Gentle Yoga Noon-1 p.m. Tae Kwon Do: 5:30 PM; 6:30 p.m. Kickboxing 7:30-8:30 p.m.	31 Intermediate Tai Chi: 9-9:45 a.m. Beginner's Tai Chi: 10-10:45 a.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 (239) 832-0478 Chess Club: Contact Kevin kebeal@gmail.com Woodcarvers: Contact Warren (239) 810-3488 			