



VETERANS PARK RECREATION CENTER
55 Homestead Road South
Lehigh Acres, FL 33936
239-369-1521
DECEMBER 2018



WELCOME TO VETERANS PARK RECREATION CENTER!



CENTER HOURS

Monday-Thursday 7 a.m. -9 p.m. / Friday 7 a.m. -7 p.m.
Saturday & Sunday 9 a.m. -5 p.m.



All Lee County recreation centers are open to the public.

The center amenities include a fully equipped gymnasium with basketball and volleyball courts, a fitness center with locker room facilities, a game room and several large multi-purpose rooms for meetings and classes.

Lifetime membership rates are \$10 for individuals and \$25 for a family.

A \$5 day pass is available for visitors. Members are issued a member ID card to be presented at the main entrance to access the recreation center amenities. All members may enjoy the gymnasium and game room during available hours. Registration fees may apply to participate in some classes and programs. Children under the age of 13 must be accompanied by an adult, unless registered to participate in a supervised program or instructor-led class. Membership is valid at all

Lee County recreation center locations:

North Fort Myers Recreation Center, Veterans Park Recreation Center,
Wa-Ke Hatchee Recreation Center and Estero Recreation Center.

FITNESS CENTER / WEIGHT ROOM

There is an additional fee to access the Weight Room.

The Weight Room and Locker Rooms will remain open until 15 minutes prior to closing. Members 14-15 years old can use the Weight Room as part of a wellness program or if accompanied by an adult.



Fees Per Person

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



"Lee County Parks & Recreation...The Natural Place To Play"
WWW.LEEPARKS.ORG

Special Programs



Breakfast With The Kringles 624701

Saturday, December 15th
10 a.m. -1 p.m.

\$5 per child ~ Infant-11

(Includes breakfast, crafts, and present.)

\$3 per adult ~ 12 yrs & older (Breakfast only)

Limited space ~ Register early



FUN DAYS

No school? No problem!

Have your child spend their teacher in-service days having fun with friends.

Monday
01/07/19

Tuesday
01/08/19

\$15 per child per day ~ Ages 6-13 ~ 7:30 a.m. -6 p.m.

Please send your child with a lunch,
water bottle and snacks.



Community Yard Sale
Saturday, December 1st
8 a.m. - 1 p.m.



Although pre-registration is not required for all activities and programs, it is highly encouraged.

Instructors can better prepare the programs' schedule when they know how many participants are attending.

Otherwise, payment is required for the first day of class prior to participation.

Thank you for your assistance!!



December

The indoor courts will be closed December 15-19
The building will be closed December 20 - January 6
for maintenance and the holidays.
See you January 7, 2019!

All times are subject to change without notice.

Monday

Adult Basketball
&
Adult Volleyball
6:15-8:45 p.m.

Tuesday

Adult Basketball
7-11 a.m.
Teen Basketball
6:15-8:45 p.m.

Wednesday

Family Open Gym
6:15-8:45 p.m.

Thursday

Adult Basketball
7-11 a.m.
Adult Soccer
6:15-8:45 p.m.

Friday

Open Gym
6:15-6:45 p.m.

Saturday & Sunday

Family Open Gym
9 a.m.-Noon
Adult Basketball
Noon-2:30 p.m.
Teen Basketball
2:30-4:45 p.m.

GAME ROOM

Saturday & Sunday
9 a.m.-4:45 p.m.
Monday-Thursday 6-8:45 p.m.
Friday 6-6:45 p.m.



REGISTER FOR ACTIVITIES ONLINE



1. Online: www.leeparks.org

- ◆ Click Sub Menu (cell)/Online Registration on the left side of the page
- ◆ Sign in using your "User Name" and "Password" or
- ◆ Create an account by selecting "Click Here" next to "Need an Account?" Follow registration instructions
- ◆ Search - Activity. In the "Location" drop down menu select Veterans Rec Center then click on the gray "Search" button. This will load only activities and programs offered at the Veterans Park Rec Center.
- ◆ Click the "+" next to the desired activity.
- ◆ Click "Add to cart" at the bottom of the page and follow further instructions.

2. In person: Come into the center and register with the staff at the desk.

3. By phone using a major credit or debit card: call 239-369-1521.

All classes, times and prices are subject to change without notice.



Youth Classes



PEE WEE PICASSO 124501 Ages 3-5

12/6 to 12/13

Thursdays 10-11 a.m. \$20 per month

If painting and crafting are your preschooler's passion, then this class will help them discover their hidden talent.



PEE WEE GYM 124511 Ages 3-5

Thursdays 11 a.m.-Noon \$20 per month

This class will help your toddlers learn basic coordination skills and some tumbling exercises.

DANCE & TUMBLE 124120

11/5 to 12/3

Next session: 1/14 to 2/18

Learn the basics of tumbling, dance steps and movement.

Level 1 Ages 3-4

Mondays 5:15-5:45 p.m.

\$35 for five classes



Level 2 Ages 5-8

Mondays 6-6:45 p.m.

\$40 for five classes



CHEERNASTICS 124180

11/5 to 12/3

Next session: 1/14 to 2/18

Mondays for ages 8-15 7-7:45 p.m. \$40 for five classes

This is an exciting class based on preparing students for squads. It will stress the proper techniques for warm-ups, motion workshops, jumps, acrobatics and dance moves.



YOUTH ART 124622

Returning 1/10

Thursdays 4:30-5:30 p.m. Ages 6-11

\$50 for four classes, 2nd child \$40

Paint, draw and craft in different mediums. Instructor will supply materials. Bring your creative side and have fun learning new skills.



BASIC ARCHERY 124314

11/28 to 2/20

Next session: 2/27 to 5/22

Wednesdays 6-7:30 p.m.

Ages 6-17

\$35 for twelve weeks

The class meets at the lodge by the lake.
All equipment is supplied by SYAL



MIXED MARTIAL ARTS

11/27 to 12/19

Tuesdays & Wednesdays

S.E.M.B.A.C.T. Martial Arts consists of Mixed Martial Arts, Tae-Kwon-Do, Traditional and Olympic Style Sparring. The benefits of Martial Arts have been used to teach respect for oneself and toward others. Classes for both the young and old.

\$35 uniform cost paid to the instructor.

For more information call Master Larry Goethie at 239-357-1430.



LITTLE WARRIORS

124228

Ages 3-6

4:15-5 p.m.

\$55 1st child

\$40 2nd child

\$27.50 3rd or more

INTERMEDIATE WARRIORS

124231

Ages 7 & Older

5-6 p.m.

\$65 1st child

\$50 2nd child

\$32.50 3rd or more

ADVANCED WARRIORS

124237

Ages 7 & Older

6-7 p.m.

\$65 1st child

\$50 2nd child

\$32.50 3rd or more

HOME SCHOOL MIXED MARTIAL ARTS 124442

11/28 to 12/19

Wednesdays

S.E.M.B.A.C.T. Martial Arts consists of Mixed Martial Arts, Tae-Kwon-Do, Traditional and Olympic Style Sparring. The benefits of Martial Arts have been used to teach respect for oneself and toward others.

\$35 uniform cost paid to the instructor

HS LITTLE WARRIORS

Ages 3-6 1:30-2:15 p.m. \$35



HS INTERMEDIATE WARRIORS

Ages 7-18 2:15-3:15 p.m. \$35

For more information call Master Larry Goethie at 239-357-1430.

J ROSS SCHOOL OF ARTS

Returning 1/9 to 1/30

Wednesdays Ages 6-16

I ♥
DANCE

DANCEOGRAPHY 124130

4-5 p.m. \$45

Teaches choreography, urban ballet, interpretive jazz and theatrical dance. Includes learning how to create dance skits. A dance recital for parents will showcase what the students have learned.

TUMBLING 124130

5-6 p.m. \$55



Build physical endurance & fitness, coordination, self-esteem and promote healthy living while learning tumbling moves.

Register for **BOTH** programs per person for \$70 ~ \$10 discount for 2nd child.



HOME SCHOOL ARTS & CRAFTS 124419

12/4 to 12/11

Tuesdays 10-11 a.m. \$25/month Ages 6-14

Come join other homeschoolers for arts & crafts.
All materials will be supplied

HOME SCHOOL PE 124402

12/4 to 12/11

Tuesdays 11 a.m.-Noon \$20/month Ages 6-14

This is your opportunity for your homeschooled child to get out, get active, and make new friends.

Physical games and lots of activities played both in and outdoors.



YOUTH INDOOR SOCCER

Ages: 3-10

Season Dates: 10/6 to 12/9

3-4 years old ~ Saturdays 9:30-11:30 a.m.

5-6 years old ~ Saturdays 11:30 a.m.-1:30 p.m.

7-8 years old ~ Saturdays 1:30-4:30 p.m.

9-10 years old ~ Sundays 12:30-3:30 p.m.



Registration Closed

Exercise Classes



FREE INSANITY FITNESS 124263

Sundays 12/2 & 12/16 Noon-1 p.m.

All ages welcome

All muscle workout with intense cardio.
Have fun while getting back in shape! Two Sundays each month.



YOGA 124251

12/4 to 12/13

Ages 18 & older Tuesdays & Thursdays 5:15-6:15 p.m.

\$30 for four classes or drop-in for \$10 per class

This yoga class is perfect for beginners as well as those with some experience.

Wear comfortable workout attire & sandals to kick off.



ZUMBA GOLD 124265

GET GROOVIN' AT YOUR OWN PACE
12/4 to 12/13

Ages 13 & older
Tuesdays & Thursdays 7:45-8:45 p.m.
\$5 Drop in

1st Class
Always FREE

PELE FITNESS BOOTCAMP 124208

12/1 to 12/31

Mondays & Wednesdays 6-7 p.m. Saturdays 9-10 a.m.

Open to Men & Women - Ages 15 and older
All fitness levels welcome - class will meet out on the central lawn.

Wear comfortable clothing, tennis shoes and bring a water bottle.

Affordable packages available

\$30 / six classes - \$40 / eight classes - \$50 / 12 classes

Teens ONLY \$30 / 12 classes

Membership is not required to participate.



NO CLASS
12/15 & 12/24

PELE FITNESS BODY SCULPTING 124210

12/4 to 12/28

Tuesdays & Fridays 9:30-10:30 a.m.

\$25 / month

NO CLASS
12/25



Open to Men & Women - Ages 12 and older

All fitness levels welcome - class will meet out on the central lawn.

Wear comfortable clothing, tennis shoes and bring a water bottle.

Membership is not required to participate.

PERSONAL TRAINING

12/1 to 12/13

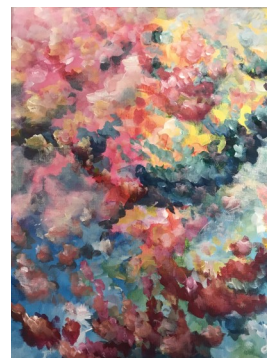
Veterans Park Rec Center has a Personal Trainer to help you achieve your goals by creating a fun workout with you in mind.

Call 239-218-1491 to schedule with Jerri \$45 per session

Facility membership and a Weight Room pass are required to participate.



Happy Holidays



ABSTRACT ART WORKSHOP 124623

FREE DEMO 12/11

Come out and see what this class has to offer.

Ages 6+ 4-6 p.m.

(10 and under must be accompanied by an adult)

\$35 per class

Next class: 1/15

Abstract art is an art that does not attempt to represent external reality, but seeks to achieve its effect using shapes, forms, colors, and textures.

Youth Sports



SYAL Spring Basketball League

January 15 - April 24, 2019

Ages: 8 -15

\$40 per player (includes game jersey)

Check or Money Order ONLY payable to SYAL ~ NO CASH

Deadline for sign up is January 15, 2019—limited spots available



COMING IN 2019

Pilates

Tutoring

Art

Sit & Be Fit

WE ARE CURRENTLY LOOKING FOR INDEPENDENT CONTRACTORS
FOR SUCH ACTIVITIES AS VOLLEYBALL & CERAMICS.

Teach a skill and
earn some extra
\$\$\$



Contact us for
details and
information



I Want to Volunteer
Teen Opportunities Also Available



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Game Room 9 a.m.-4:45 p.m. Family Open Gym 9 a.m.-Noon Adult Basketball Noon-2:30 p.m. Teen Basketball 2:30-4:45 p.m.	Game Room 7 a.m.-2 p.m. 6-8:45 p.m. Adult Basketball / Adult Volleyball 6:15-8:45 p.m.	Adult Basketball 7-11 a.m. Game Room 7 a.m.-2 p.m. 6-8:45 p.m. Teen Basketball 6:15-8:45 p.m.	Game Room 7 a.m.-2 p.m. 6-8:45 p.m. Family Open Gym 6:15-8:45 p.m.	Adult Basketball 7-11 a.m. Game Room 7 a.m.-2 p.m. 6-8:45 p.m. Adult Indoor Soccer 6:15-8:45 p.m.	Game Room 7 a.m.-2 p.m. 6-6:45 p.m. Open Gym 6:15-6:45 p.m.	Game Room 9 a.m.-4:45 p.m. Family Open Gym 9 a.m.-Noon Adult Basketball Noon-2:30 p.m. Teen Basketball 2:30-4:45 p.m.
CENTER HOURS Monday-Thursday 7 a.m.-9 p.m. Friday 7 a.m.-7 p.m. Saturday & Sunday 9 a.m.-5 p.m.	All activities, times and programs are subject to change without notice and at the discretion of the center.	FITNESS CENTER WEIGHT ROOM & LOCKER ROOMS are open until 15 minutes prior to closing.		Children <u>under</u> 13 must be accompanied by an adult at all times in the facility unless part of a program.		1 Youth Indoor Soccer Pele Bootcamp (park)  8 a.m. to 1 p.m.
2 Youth Indoor Soccer FREE Insanity Fitness	3 Dance & Tumble 1 Dance & Tumble 2 Cheernastics Pele Bootcamp (park)	4 HS Arts & Crafts HS PE Martial Arts-Warriors Yoga Zumba Gold Pele Body Sculpting (park)	5 HS Martial Arts Martial Arts-Warriors JRoss Danceography JRoss Tumbling Archery (park) Pele Bootcamp (park)	6 Pee Wee Picasso Pee Wee Gym Yoga Zumba Gold	7 Pele Body Sculpting (park)	8 Pele Bootcamp (park)
9 Youth Indoor Soccer	10 Pele Bootcamp (park)	11 HS PE HS Arts & Crafts Martial Arts-Warriors Yoga Zumba Gold Pele Body Sculpting (park) Abstract Art - Demo	12 HS Martial Arts Martial Arts-Warriors Archery (park) Pele Bootcamp (park)	13 Pee Wee Picasso Pee Wee Gym Yoga Zumba Gold	1 Pele Body Sculpting (park)	15 NO Pele Bootcamp (park)  Breakfast with the Kringles 10 a.m. - 1 p.m. Indoor Courts Closed
16 FREE Insanity Fitness Indoor Courts Closed	17 Pele Bootcamp (park) Indoor Courts Closed	18 Martial Arts-Warriors Pele Body Sculpting (park) Indoor Courts Closed	19 HS Martial Arts Martial Arts-Warriors Pele Bootcamp (park) Indoor Courts Closed	20 Club Rec (park) Building Closed Annual Maintenance	21 Pele Body Sculpting (park) Club Rec (park) Building Closed Annual Maintenance	22 Pele Bootcamp (park) Building Closed Annual Maintenance
23 / 30 Building Closed Building Closed	24 / 31 No Pele Bootcamp Building Closed Holiday  Building Closed Holiday	25 No Pele Body Sculpting (park) Building Closed for the Holiday 	26 Building Closed for Annual Maintenance	27 Building Closed Annual Maintenance	28 Pele Body Sculpting (park) Building Closed Annual Maintenance	29 Pele Bootcamp (park) Building Closed Annual Maintenance



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55 Homestead Road South
Lehigh Acres, FL 33936
(239) 369-1521



List of Classes with Times, Ages and Prices - 2018

ALL CLASSES, TIMES AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

ZUMBA CLASSES

Ages 13 & older

GOLD

Tuesdays & Thursdays 7:45-8:45 p.m.

Drop-in for \$5 a class

DANCE & TUMBLE Levels I & II Ages 3-8

Mondays LEVEL I

3-4 year olds 5:15-5:45 p.m. \$35 for five classes

Mondays LEVEL II

5-8 year olds 6-6:45 p.m. \$40 for five classes

CHEERNASTICS Ages 8-15

Mondays 7-7:45 p.m. \$40 for five classes

ARCHERY Ages 6-17

Wednesdays 6-7:30 p.m. \$35 for twelve classes

PEE WEE PICASSO Ages 3-5

Thursdays 10-11 a.m. \$20 per month

PEE WEE GYM Ages 3-5

Thursdays 11 a.m.-Noon \$20 per month

MIXED MARTIAL ARTS Ages 3 & older

Tuesdays & Wednesdays

LITTLE WARRIORS 3-6 year olds 4:15-5 p.m. \$55

INTERMEDIATE WARRIORS 7 & older 5-6 p.m. \$65

ADVANCED WARRIORS 7 & older 6-7 p.m. \$65

See staff for multi-family discount

HOME SCHOOL MIXED MARTIAL ARTS Ages 3-18

Wednesdays

\$35 per month

LITTLE WARRIORS

3-6 year olds 1:30-2:15 p.m.

INTERMEDIATE WARRIORS

Ages 7-18 2:15-3:15 p.m.

YOGA Ages 18 & older

Tuesdays & Thursdays 5:15-6:15 p.m.

\$55 for eight classes, \$30 for four classes or

drop-in for \$10 per class

PELE FITNESS

PERSONAL TRAINING BOOTCAMP

FOR MEN AND WOMEN AGES 15 & OLDER

Mondays & Wednesdays 6-7 p.m.

Saturdays 9-10 a.m.

Six classes for \$30

Eight classes for \$40 (2 x week)

12 classes for \$50 (3 x week)

Teens ONLY 12 classes for \$30 (3 x week)

BODY SCULPTING

FOR MEN AND WOMEN AGES 12 & OLDER

Tuesday & Friday 9:30-10:30 a.m.

\$25 per month

**Happy Holidays
see you next year!**



J ROSS SCHOOL OF ARTS Ages 6-16

Returning 1/9/19

Wednesdays 4-5 p.m. \$45

DANCEOGRAPHY 5-6 p.m. \$55

TUMBLING

Register for **BOTH** programs for \$70/month

Second child save \$10 off original price

YOUTH ART Ages 6-11 **Returning 1/10/19**

Thursdays 4:30-5:30 p.m. \$50 per month

2nd child \$40

YOUTH INDOOR SOCCER Ages 3-10

Registration Closed

Season Dates: 10/6-12/9

Saturdays

Ages 3-4 ~ 9:30-11:30 a.m.

Ages 5-6 ~ 11:30 a.m.-1:30 p.m.

Ages 7-8 ~ 1:30-4:30 p.m.

Sundays

Ages 9-10 ~ 12:30-3:30 p.m.

FREE INSANITY FITNESS CLASS All ages

Two Sundays each month **12/2 & 12/16**

Noon - 1 p.m.

HOME SCHOOL ARTS & CRAFTS Ages 6-14

Tuesdays 10-11 a.m. \$25 per month

HOME SCHOOL PE Ages 6-14

Tuesdays 11 a.m.-Noon \$20 per month

ABSTRACT ART WORKSHOP Ages 6+

12/11 Demo - Stop in & Check it out

4-6 p.m.

Next class 1/15 \$35

"Lee County Parks & Recreation...The Natural Place To Play"

WWW.LEEPARKS.ORG

Veterans Community Yard Sale

Saturday, December 1



8 am-1 pm



Come shop 'til you
drop!

Rec Center Parking Lot



Breakfast With The Kringles

Come join us for a continental style breakfast,
holiday crafts and a special visit with
"Mr. and Mrs. Kringle"

Saturday, December 15th
10 a.m.-1 p.m.



Space is limited ~ Register early.



\$5 per child ~ Infant-11 (Includes breakfast, crafts, and present.)

\$3 per adult ~ 12 yrs & older (Breakfast only)