

THE LONG CENTER NEWSLETTER

JULY 2024

FACILITY HOURS

Mon.-Thu., 6 a.m. - 9 p.m.
Fri., 6 a.m. - 7 p.m.
Sat., 8 a.m. - 5 p.m.
Sun. and holidays, closed

CLOSURES & HOLIDAYS

Courts Closed: July 6th, 13th & 20th

Pool Closed: July 13th & 27th

Facility Closed: July 4th

ADULT PROGRAMS

PICKLEBALL

Mon., 5:30 p.m.-8:30 p.m.
Played on a badminton court with a wooden paddle and whiffle ball.
Free (SilverSneakers/Plus) / \$2(W) / \$3 (W/O)

BROWN BAG BASKETBALL

Mon., Wed., and Fri., 6-8:30 a.m.
For ages 18 and older, bring your coworkers or friends and get some exercise during your lunch hour.
Free (SilverSneakers/Plus) / \$2(W) / \$3 (W/O)

TABLE TENNIS CLUB

Tues. & Thur., 8:30 a.m.-noon, Sat., noon-4p.m.
A friendly and experienced group of adult table tennis players that are eager to help you learn and improve.
SunriseTableTennis.com
Free (SilverSneakers/Plus) / \$2 (W) / \$3 (W/O)

DROP-IN VOLLEYBALL

Sat., 8a.m.- noon
For ages 16 and older, open drop-in volleyball program for medium to high skill level players.
Free (SilverSneakers/Plus) / \$1(W) / \$2 (W/O)

POOL

Mon.-Thu., 6 a.m. - 8:45 p.m.
Fri., 6 a.m. - 6:45 p.m.
Sat., 8 a.m. - noon
Sun. and holidays, closed

Long Course:
Mon., Tues., & Thurs., 6 a.m.- 10:00 a.m.
Lane Change: 10:00 a.m. -10:30 a.m.

Small Pool Closed:
Mon.-Thurs., 11 a.m. -12:30 p.m.,
4:30 - 7:30 p.m.

ADAPTIVE KARATE

Thur., 6:30 p.m. -7:30 p.m.
Increase self-esteem, independence, discipline, fitness, coordination. Program taught by Rick.
Pre-registration required.
\$11 (W) / \$12 (W/O)

FILIPINO MARTIAL ARTS

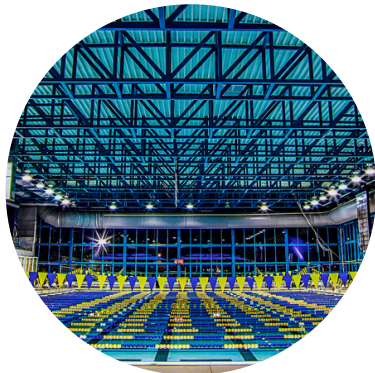
Thur., 7:30 p.m. -9:30 p.m., Sat., 9:30-11:00 a.m.
For ages 12 and older, self-defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.
\$11 (W) / \$12 (W/O)

YOGA

Tues. & Thur., 7-8:15p.m.
Proper alignment of yoga postures and stress-reducing breathing techniques.
\$7 (W) / \$8 (W/O)

KALI

Wed., 9:30 a.m. -10:30 a.m.
For ages 12 and older, self defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.
\$11(W) / \$12 (W/O)



YOUTH PROGRAMS



SABER FENCING

Sat., 11 a.m. - 12:30pm

For ages 12 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

\$14 (W) / \$16 (W/O)

KARATE/JIU-JITSU

Mon. & Wed., 5-5:45p.m.

For ages 6 and older, martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends.

All levels welcome.

\$8 (W) / \$9 (W/O)

FILIPINO MARTIAL ARTS

Thu., 7:30-9p.m., Sat., 9:30a.m.-11:00a.m.

For ages 12 and older, self defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.

\$9 (W) / \$10 (W/O)

YOUTH SWIM WORKSHOP

Tue. & Thu., 11:15a.m. -12:00p.m.

Taught by Cliff, participants will learn to develop stamina and improve strokes. Must be able to swim 25 yards. Program during school year only.

\$5(W) / \$6(W/O)

OPEN GYM & BASKETBALL

Call 562-4905 for schedule

Call in advance. Times are subject to change.



HOME SCHOOL ARCHERY

Tues., 9-9:50 a.m.

Children learn the basics of archery. Program taught by Rick. During school year only.

\$5 (W) / \$6 (W/O)

HOME SCHOOL PHYSICAL EDUCATION

Tues., 10-11a.m.

Children participate in a variety of physical activities. During school year only.

\$5 (W) / \$6 (W/O)

HOME SCHOOL KARATE/JIU-JITSU

Thu., 10-11:00a.m.

Martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends. All levels welcome.

\$11 (W) / \$12 (W/O)

HOME SCHOOL SABER FENCING

Thu., 11a.m. -12:30 p.m.

For ages 10 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

\$11 (W) / \$12 (W/O)

YOUTH CAMPS & SPECIAL EVENTS

3RD FRIDAYS

6-10 p.m.

For children in grades K-8, drop off your children for a night of games, swimming, pizza and fun. Students must be registered by the Thu. prior to the event. Drop-off is between 6-7 p.m. and pick-up is between 9-10p.m.

\$10 (W) / \$11 (W/O)

DAY-OUT CAMPS

During school year only

Clearwater camps are the place to be for children to learn, grow and make memories!

Throughout the school year, day-camps and week-long camps are offered during Pinellas County in-service days and breaks.

FITNESS & PERSONAL TRAINING PROGRAM

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Mon.-Sat. by appt., Call 686-9599

Looking for a more individualized fitness experience? Personal Trainer, Christina Wilkinson can help you develop a new workout routine or work on a specific fitness goal with a 30-60 minute session.

1 Hour Session: \$50 (W) / \$55 (W/O)

1/2 Hour Session: \$25 (W) / \$27 (W/O)

Call Christina Wilkinson at 686-9599 for more information.

FITNESS ORIENTATION

Call 686-9599 to make an appointment

Take this free 15 minute course on how to operate the basic equipment in the Long Center Fitness Room.

HEALTH HIKE

Thu., 8-8:45 a.m.

Join Christina Wilkinson on a morning walk, adding in gentle exercises along the way.

\$4 (W) / \$5 (W/O)

AQUATIC CLASSES

CLEARWATER AQUATIC TEAM (CAT)

Join a year-round competitive swim program under the United States and Florida Swimming organizations. CAT provides a positive learning environment for children wishing to get involved in competitive swimming.

Swimmers are grouped according to age and ability. For more information, call 791-9542 or visit clearwateraquatics.com

LEARN TO SWIM PROGRAM

Each swim class includes six 30 minute sessions. Contact Jillian Sparks at 562-4905 for any questions. All classes are offered on either Mon. & Wed. OR Tue. & Thur. You cannot switch between the two days and must pick one time slot.

Thanks to a generous donation from The Long Center Foundation, all beginner Parent/Child and Level 1 and 2 sessions will be \$10 for all children. Find swim lessons schedule online, visit myclearwater.info/swimlessons.

Private swim lessons are also available for children, teens and adults. Call 562-4905 or email Jillian.Sparks@myclearwater.com for more information.

YOUTH SWIM WORKSHOP

Tue. & Thur., 11:15 a.m.- 12:00 p.m.

Taught by Cliff, participants will learn to develop stamina and improve strokes. Must be able to swim 25 yards. Program during school year only.

\$5 (W) / \$6 (W/O)

SILVER SPLASH

Tue. 11a.m.-11:45a.m. & Fri. 11:30a.m.-12:15p.m.

Activate your aqua urge, this SS class offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance, FREE (Silver Sneakers) \$4 (W) / \$5 (W/O)



FOR MORE INFORMATION OR
TO REGISTER FOR PROGRAMS:

(727) 562-4905
1501 N. Belcher Road
Clearwater, FL 33765



CLEARWATER
PARKS & RECREATION