



PARKS AND RECREATION

# PROGRAM GUIDE

JANUARY - APRIL 2017





\* Chemical Engineering  
MOLECULE    Glue  
SOLUTION    Sticky  
POLYMER    Messy  
              White  
              Gooey  
              Liquid  
              Drippy

## ONLINE REGISTRATION



Registering for our programs is FREE and EASY using our online registration option. Simply log-in using your email address. New to Parks and Recreation? Create your family's household account online and get started today!

Check out [www.southmiamifl.gov](http://www.southmiamifl.gov) for more information.

Registration is also available in person at the Gibson-Bethel Community Center and Dante Fascell Park.



# CHILD CLASSES AND CAMPS

## ✓ *OUT-OF-SCHOOL TIMES*

The City of South Miami Parks and Recreation Department offers a safe, fun, and educational Out-of-School Time programs. Children will be able to participate in organized indoor and outdoor activities, field trips, reading, math, science, crafts, cultural development, fitness and nutrition, as well as other activities. The program follows the Miami-Dade County Public School (MDCPS) calendar. All students are divided into groups according to grade level (K thru 8) and will have various stations of programming throughout the day. The program is led by experienced recreation staff, education instructors and volunteers.

### ONE DAY CAMP

*Gibson-Bethel Community Center*

Fee ▶ Residents: \$10 | Non-Residents: \$30

DATES	DAYS	TIME
1/23/17	Mon	7:30am-6pm
3/24/17	Fri	7:30am-6pm

### SPRING BREAK CAMP

*Gibson-Bethel Community Center*

Fee ▶ Residents: \$30 | Non-Residents: \$75

DATES	DAYS	TIME
4/10-4/14	M-F	7:30am-6pm



## ✓ *WONDER WORKSHOPS* @ *Gibson-Bethel Community Center*

Free ▶ Thanks to a generous donation from Volksblast, Inc. | Ages: 5-14 \*unless otherwise noted

The Wonder Workshops focus on STEM (Science, Technology, Engineering, and Math) learning through dynamic and powerful applied science activities, inspiring hands-on and engaged learning. Children will work to design, create, test and improve experiments that explore what technology is and how it affects everyday life. All classes are offered on the last Saturday of the month and begin at 10:30 AM

DATE	TITLE	AGE	TIME	COURSE #
1/28/17	SumoBots	8-14	10:30 - 11:30am	WW17JAN
2/25/17	Soccer Bots	5-7	10:30 - 11:30am	WW17FEB
3/25/17	Team Treats	5-14	10:30 - 11:30am	WW17MAR
4/29/17	Natural Filtration	5-14	10:30 - 11:30am	WW17APR



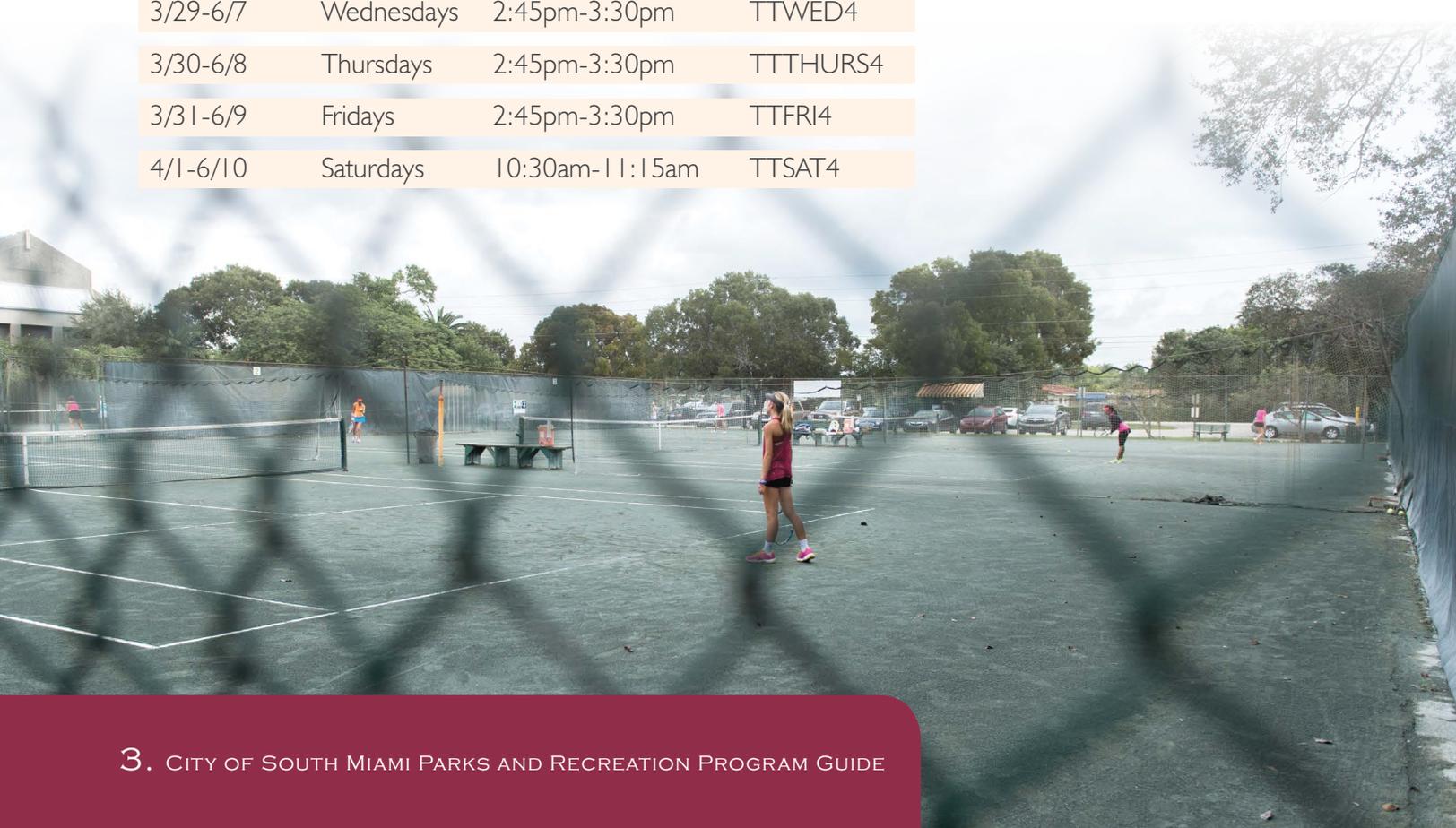
# ✓ TENNIS AFTER-SCHOOL PROGRAM

Fee ▶ Tiny Tots: \$180/session | Beginners: \$180/session | Intermediate/Advanced: \$270/session

The tennis program at Dante Fascell Park provides tennis instruction in an after school setting to students of varying skills. The curriculum and groups are level-based with the ability to accommodate players from first time youngsters up to tournament level. Student to instructor ratio is set at a maximum of 6:1 which enables individualized instruction. Skills learned now will enable students to embrace an active lifestyle. This program fosters cooperative and competitive skill development in a safe and enjoyable environment.

## TINY TOTS \*No class on 1/16, 2/20 and the week of spring break

DATES	DAYS	TIME	COURSE #
1/9-3/20	Mondays	2:45pm-3:30pm	TTMON3
1/10-3/21	Tuesdays	2:45pm-3:30pm	TTTUES3
1/11-3/22	Wednesdays	2:45pm-3:30pm	TTWED3
1/12-3/23	Thursdays	2:45pm-3:30pm	TTTHURS3
1/13-3/24	Fridays	2:45pm-3:30pm	TTFRI3
1/14-3/25	Saturdays	10:30am-11:15am	TTSAT3
3/27-6/5	Mondays	2:45pm-3:30pm	TTMON4
3/28-6/6	Tuesdays	2:45pm-3:30pm	TTTUES4
3/29-6/7	Wednesdays	2:45pm-3:30pm	TTWED4
3/30-6/8	Thursdays	2:45pm-3:30pm	TTTHURS4
3/31-6/9	Fridays	2:45pm-3:30pm	TTFRI4
4/1-6/10	Saturdays	10:30am-11:15am	TTSAT4



## BEGINNERS \*no class on 1/16, 2/20 and the week of spring break

DATES	DAYS	TIME	COURSE #
1/9-3/20	Mondays	3:30pm-4:30pm	BEGMON3
1/10-3/21	Tuesdays	3:30pm-4:30pm	BEGTUES3
1/11-3/22	Wednesdays	3:30pm-4:30pm	BEGWED3
1/12-3/23	Thursdays	3:30pm-4:30pm	BEGTHURS3
1/13-3/24	Friday	3:30pm-4:30pm	BEGFRI3
1/14-3/25	Saturdays	10:30am-12pm	BEGSAT3
3/27-6/5	Mondays	3:30pm-4:30pm	BEGMON4
3/28-6/6	Tuesdays	3:30pm-4:30pm	BEGTUES4
3/29-6/7	Wednesdays	3:30pm-4:30pm	BEGWED4
3/30-6/8	Thursdays	3:30pm-4:30pm	BEGTHURS4
3/31-6/9	Friday	3:30pm-4:30pm	BEGFRI4
4/1-6/10	Saturdays	10:30am-12pm	BEGSAT4

## INTERMEDIATE/ADVANCED

\*no class on 1/16, 2/20 and the week of spring break

DATES	DAYS	TIME	COURSE #
1/9-3/20*	Mondays	4:30pm-6pm	ADVMON3
1/10-3/21	Tuesdays	4:30pm-6pm	ADVTUES3
1/11-3/22	Wednesdays	4:30pm-6pm	ADWWED3
1/12-3/23	Thursdays	4:30pm-6pm	ADVTHURS3
1/13-3/24	Friday	4:30pm-6pm	ADVFRID3
1/14-3/25	Saturdays	10:30am-12pm	ADVSAT3
3/27-6/5	Mondays	4:30pm-6pm	ADVMON4
3/28-6/6	Tuesdays	4:30pm-6pm	ADVTUES4
3/29-6/7	Wednesdays	4:30pm-6pm	ADWWED4
3/30-6/8	Thursdays	4:30pm-6pm	ADVTHURS4
3/31-6/9	Friday	4:30pm-6pm	ADVFRID4
4/1-6/10	Saturdays	10:30am-12pm	ADVSAT4



# MOVIES IN THE PARK

2017 Spring Lineup



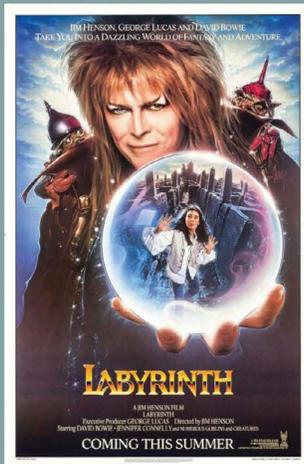
January 13<sup>th</sup>

6:00pm - Dante Fascell Park



February 10<sup>th</sup>

6:30pm - Dante Fascell Park



March 10<sup>th</sup>

6:30pm - Dante Fascell Park



April 7<sup>th</sup>

7:30pm - Palmer Park

Parks and Recreation Department

(305) 668-3876 | [southmiamifl.gov](http://southmiamifl.gov) | [parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)

# AQUATICS AT MURRAY PARK AQUATIC CENTER

## ✓ WATER EXERCISE & FITNESS

Water aerobics begins in February.

*Please Note: classes must meet the minimum enrollment levels. Classes will be cancelled prior to the start date if minimum enrollment is not met (4 participants).*

*Fees: Monthly pre-registration is recommended, \$35 a month.  
Drop-in Fees: \$7 per class, space permitting. | Ages: 13 and Up*

### SHALLOW WATER AEROBICS

**Fee ▶ \$35**

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning.

DATES	DAYS	TIME	COURSE #
2/6-3/3*	M/W/F	11am-11:45am	WA17FEB
3/6-3/31	M/W/F	11am-11:45am	WA17MAR
4/3-4/28	M/W/F	11am-11:45am	WA17APR

\* No class Monday, February 20, 2017



## ✓ WATER SAFETY CLASSES

### LIFEGUARD CERTIFICATION CLASS

**Fee ▶ \$175**

The American Red Cross lifeguard training and certification course is imperative to the process of getting hired on as an official Red Cross lifeguard. Training includes both testing of hands-on skills as well as comprehension on written tests. The certification, which includes First Aid, CPR and AED training, is valid for two years upon completion and is accepted nationwide. Students must be at least 15 years old by the last day of class and must pass a pre-course swimming skills test of the first day of class in order to continue in the course.

DATES	DAYS	TIME	COURSE #
3/25-4/2	Sat/Sun	9am-5pm	ARC17LGI

# ✓ LEARN TO SWIM CLASSES

## GROUP LESSONS

Fee ▶ \$60

Group swim lessons are conducted by experienced and trained instructors. The instructor to student ratio is 1:3-5. Similarly skilled and aged students are groups together, allowing students to accomplish more skill work per class. Group lessons require some knowledge of water, safety, and swimming skills. At a minimum, students should not fear the water and be able to independently swim at least five feet. Each lesson is 30 minutes long, 10 lessons per session.



### ■ GUPPIES (PARENT & ME CLASS): (6 - 36 months old)

This class is designed to have a parent (or designated adult) in the pool with child for all classes. Parents are taught important water safety for infants and toddlers. Children will practice how to properly enter the water and float as well as other survival skills.

DATES	DAYS	TIME	COURSE #
4/17-4/28	M-F	5:30pm-6pm	SIG1701

### ■ SEAHORSES: (3 - 5 year olds)

This class is for beginners who are confident being without a parent in the water and are able to follow direction. Students do not need to have high levels of water confidence but must be willing to submerge their face without fear. Students will focus on improving basic swimming and survival skills. Students will also learn to jump into the pool and swim to the instructor as well as swim to the bottom.

DATES	DAYS	TIME	COURSE #
4/17-4/28	M-F	6pm-6:30pm	SISE1701

### ■ DOLPHINS: (6 - 8 year olds)

This class is for beginners who are confident being without a parent in the water and are able to follow direction. Students do not need to have high levels of water confidence but must be willing to submerge their face without fear. Students will focus on improving swimming skills and begin working on stroke development.

DATES	DAYS	TIME	COURSE #
4/17-4/28	M-F	5pm-5:30pm	SIDI1701

## RECREATIONAL SWIM TEAM

Fee ▶ \$75 (6+ year olds)

This class is for strong swimmers who have knowledge of all four competitive (freestyle, backstroke, butterfly, and breaststroke) strokes and are ready to become proficient in all strokes. Students will refine strokes, learn turns, and increase their fitness level while working out in a team environment. The team runs Monday through Friday for 6 weeks and will include stretching before practice as well as an introduction to biking and running.

DATES	DAYS	TIME	COURSE #
4/17-5/26	M-F	5:30pm-6:30pm	REC1701

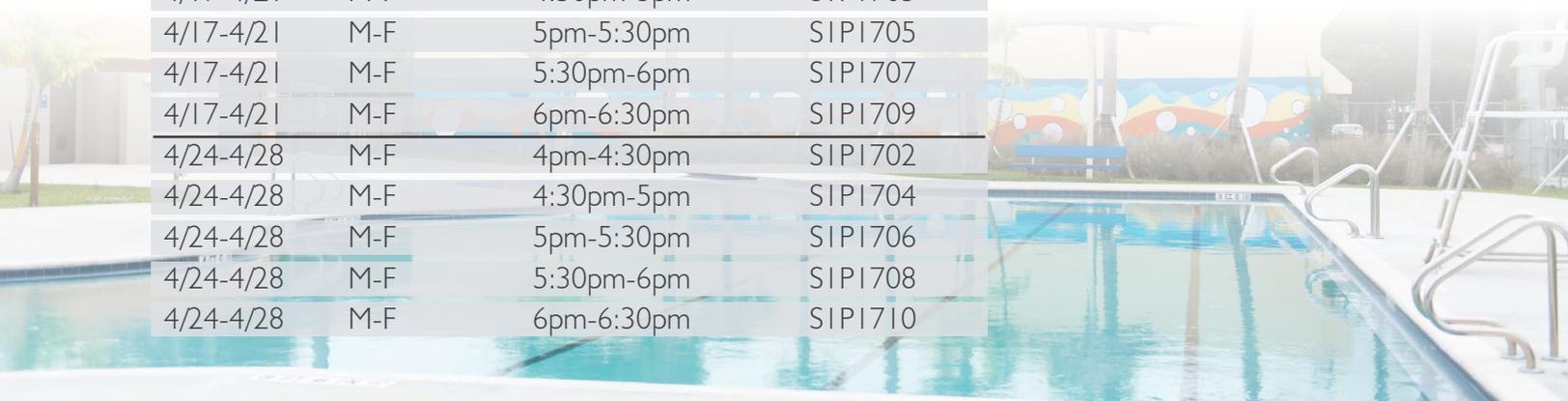


## PRIVATE LESSONS

Fee ▶ \$200

Private lessons begin as early as 6 months old with no upper age limit. Instructors gauge the student's skill level and determine advancement. With new swimmers, the instructor will focus on survival swimming. For the student who is a swimmer, the instructor will work on stroke improvement. The advancement throughout the week varies with each student. Each lesson is 30 minutes long, 5 lessons per session.

DATES	DAYS	TIME	COURSE #
4/17-4/21	M-F	4pm-4:30pm	SIP1701
4/17-4/21	M-F	4:30pm-5pm	SIP1703
4/17-4/21	M-F	5pm-5:30pm	SIP1705
4/17-4/21	M-F	5:30pm-6pm	SIP1707
4/17-4/21	M-F	6pm-6:30pm	SIP1709
4/24-4/28	M-F	4pm-4:30pm	SIP1702
4/24-4/28	M-F	4:30pm-5pm	SIP1704
4/24-4/28	M-F	5pm-5:30pm	SIP1706
4/24-4/28	M-F	5:30pm-6pm	SIP1708
4/24-4/28	M-F	6pm-6:30pm	SIP1710





## Group classes offered here

With SilverSneakers FLEX®, you can get moving outside of the traditional gym. Convenient and close to home, the classes are also a great way to make connections with people in your community. Plus, they're free for SilverSneakers members. Just bring your member ID number to class to get started.

### CLASS IS IN SESSION

Class: Chair Aerobics, Strength & Balance

Location: Gibson-Bethel Community Center

Day(s)/Time(s): Mon-Fri. from 10AM-11AM

### QUICK TIP:

Visit [silversneakers.com](http://silversneakers.com) to check your eligibility and find your ID number.

### QUESTIONS?

Visit [silversneakers.com](http://silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. EST.



# FITNESS CLASSES

Fee ▶ Bootcamp: \$99/month | Kickbox Rx: \$120/month | Drop-in Rate: \$15/visit  
 10 visit pass for \$120 (Bootcamp and Kickbox Rx only)

## BOOTCAMP

*Gibson-Bethel Community Center*

Bootcamp delivers results by targeting specific areas. Class focuses on a combination of speed and agility work through a variety of movements while also adding in moves Yoga, Pilates & Kickboxing. The class takes advantage of the outdoors and changes our routines on a daily basis making it effective and fun! Classes are unlimited for the month. Classes begin on the hour, every hour, starting at 5am with the last class ending at 10am.

DATES	DAYS	TIME	COURSE #
1/3-1/31	T/TH	5am-10am	BC17JAN
2/1-2/28	T/TH	5am-10am	BC17FEB
3/1/3/31	T/TH	5am-10am	BC17MAR
4/1-4/30	T/TH	5am-10am	BC17ARP

## KICKBOX RX

*Gibson-Bethel Community Center*

Kickbox Rx is designed to give you a total body workout. Whether you are trying to get in shape, stay in shape or improve your athletic performance. Get results by targeting specific areas. Hips, glutes, thighs, abs & arms are the focus but there is still plenty of toning and strength work for the lower and upper body. Classes are unlimited for the month. Classes begin on the hour, every hour, starting at 5am with the last class ending at 10am.

DATES	DAYS	TIME	Course #
1/3-1/31	M/W/F	5am-10am	KBI7JAN
2/1-2/28	M/W/F	5am-10am	KBI7FEB
3/1/3/31	M/W/F	5am-10am	KBI7MAR
4/1-4/30	M/W/F	5am-10am	KBI7ARP

## YOGA IN THE PARK

*Fuchs Park*

Yoga in the Park is a 60-minute outdoor, low impact fitness class which offers a unique and relaxing atmosphere that focuses on improving flexibility and muscle strength, respiration, energy and overall wellness. All skill/fitness levels welcome. Classes are taught at Fuchs Park (6445 SW 81st Street) on Tuesday evening at 6pm and Saturday mornings at 9am.

**The class is \$35/month or \$7 for each drop-in class.**

DATES	DAYS	TIME	Course #
1/3-1/28	T/Sat	6pm/9am	YOGA01
2/4-2/28	T/Sat	6pm/9am	YOGA02
3/4-3/28	T/Sat	6pm/9am	YOGA03
4/1-4/29	T/Sat	6pm/9am	YOGA04





PARKS AND RECREATION DEPARTMENT

# EASTER EGG HUNT

MARSHALL WILLIAMSON  
PARK

6125 SW 68<sup>TH</sup> STREET

WEDNESDAY, APRIL 5<sup>TH</sup>  
4:00 PM

GAMES, PRIZES & FUN  
FOR ALL AGES

ENJOY A VISIT FROM THE  
EASTER BUNNY

**FREE!**



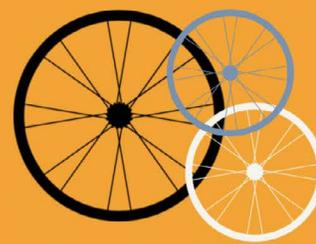
BRING YOUR CAMERA  
AND A BASKET



(305) 668-3876

[parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)

[www.southmiamifl.gov](http://www.southmiamifl.gov)



Monthly rides starting on the first Saturday of the month at 8:00 AM through the winter and spring. Hope to see you there!

**LET'S RIDE!**

Upcoming  
Bike Rides



- January 7 @ Dante Fascell Park
- February 4 @ Gibson-Bethel Community Center
- March 11 @ Fuchs Park (Bike Rodeo)



Stay up to date with what's happening in South Miami.  
Text SOMIPARKS to 22828.

[www.southmiamifl.gov](http://www.southmiamifl.gov)

305-668-3876

[parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)



# JAZZERCIIZE JAZZERCIIZE JAZZERCIIZE



**Gibson-Bethel Community Center**  
5800 SW 66th Street  
South Miami, FL 33143

**\$45 monthly**  
**\$25 joining fee**  
**\$15.00 single visit price**

**Saturday-Thursday**  
**morning & evening classes**  
**register at [jazzercise.com](http://jazzercise.com)**  
**(305) 666-5451**

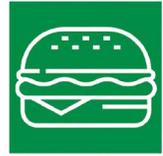
**BIKES**



**BOOKS**



**BBQ**



## Fuchs Park

6445 SW 81<sup>st</sup> Street

Saturday, March 11<sup>th</sup> | 11am-1pm

Ride your bike to Fuchs Park and enjoy an afternoon of helmet fittings, bike safety information, and more. Come for the bike obstacle course and family fun ride at 11:30, stay for the free food and music!



[www.southmiamifl.gov](http://www.southmiamifl.gov) | (305) 668-3876 | [parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)



# YOGA in the PARK



**Yoga in the Park @ Fuchs Park | 6445 SW 81st Street**

Join your neighbors for yoga every Tuesday and Saturday

Tuesdays @ 6pm and Saturdays @ 9am

**\$35/month or \$7/class**

**Begins January 3, 2017**

[www.southmiamifl.gov](http://www.southmiamifl.gov)

305-668-3876

[parks@southmiamifl.gov](mailto:parks@southmiamifl.gov)

**CITY OF SOUTH MIAMI**  
**PARKS & RECREATION FACILITIES**

- ① SOUTH MIAMI PARK
- ② BREWER PARK
- ③ PALMER PARK
- ④ ALL-AMERICAN PARK
- ⑤ MARSHALL WILLIAMSON PARK
- ⑥ SOUTH MIAMI SENIOR CENTER
- ⑦ GIBSON-BETHEL COMMUNITY CENTER
- ⑧ MURRAY PARK
- ⑨ MURRAY AQUATICS CENTER
- ⑩ JEAN WILLIS PARK
- ⑪ DOG PARK
- ⑫ VAN SMITH PARK
- ⑬ FUCHS PARK
- ⑭ DISON PARK
- ⑮ DANTE FASCELL PARK
- ⑯ THE UNDERLINE
- ⑰ LUDLAM TRAIL

