

# MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Gibson-Bethel Community Center</b> 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov	<b>Facility Hours:</b> <b>M-F: 5 AM to 10 PM</b> <b>Saturdays: 9 AM to 6 PM</b> <b>Sundays: 10 AM to 2 PM</b>			Kickbox Rx (5-10a-hourly)	Jazzercise (9:15a) Open Gym (11:00a-5p)
Jazzercise (10a) Open Gym (12-1:30p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Jazzercise (6:30p) SM Basketball (6:30-7:30p) Parks & Rec Adv. Board Mtg (6pm)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a)	Jazzercise (9:15a) Open Gym (11:00a-5p)  <b>Bikes, Books, &amp; BBQ</b> <b>11am @ Murray Park</b>
Jazzercise (10a) Open Gym (12-1:30p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a)	Jazzercise (9:15a) Open Gym (11:00a-5p) <b>Wonder Workshop</b> <b>10:30am</b> <b>* preregistration required*</b>
Jazzercise (10a) Open Gym (12-1:30p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim(12-4p)
	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Public Swim(12-4p) Swim Lessons (4-7p) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Public Swim(12-4p) Swim Lessons (4-7p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Public Swim(12-4p) Swim Lessons (4-7p) Jazzercise (6:30p)	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Public Swim(12-4p) Swim Lessons (4-7p)	Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Public Swim(12-4p) Swim Lessons (4-7p)	Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim(12-4p)
Jazzercise (10a) Open Gym (12-1:30p) Public Swim(12-4p)	Jazzercise (10a) Open Gym (12-1:30p) Public Swim(12-4p)	<b>SPRING BREAK STARTS</b>				

# Programs and Classes - March 2019

## Open Gymnasium Hours

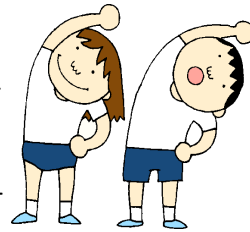
The basketball gymnasium is available for open gym during the following times:

- Mon/ Wed: 11 AM — 1:30 PM & 7:30 — 9:30 PM
- Tues/ Thurs/ Fri: 11 AM — 1:30 PM & 6:30 — 9:30 PM
- Sat: 11 AM— 5 PM
- Sun: 12 PM — 1:30 PM



## Health and Fitness

**Ed's Boot Camp:** South Florida's oldest and most effective boot camp provider. Unlimited classes year round, no contracts, no registration fees. Equipment provided. Check out [www.edsbootcamp.com](http://www.edsbootcamp.com) or call 305-613-9920.



**Kickbox Rx:** The combined elements of kickboxing, strength training and core conditioning in this class guarantee results. Check out [www.kickboxrx.com](http://www.kickboxrx.com) or call 305-613-9920.



**Jazzercise:** A pulse-pounding, beat-pumping fitness program that gets you results fast. Check out [www.jazzercise.com](http://www.jazzercise.com) for more information or call 305-666-5457.



**Silver Sneakers classes:** Silver Sneakers classes are offered Tuesdays and Thursdays at 11:15 AM at the Gibson-Bethel Community Center. These programs are free for Silver Sneakers Members. For more information call 305-668-3876 or visit [SilverSneakers.com](http://SilverSneakers.com) to check eligibility.



## Spring Break Camp

Spring Break Camp will run March 25-29 for students grades K thru 6. Children will enjoy trips to the Murray Park Aquatic Center along with other recreational and education activities. Registration forms can be filled out and turned in at the Gibson-Bethel Community Center.



## March Events

**Bikes Books and BBQ:** Join us for a Bike Rodeo on March 9 at Murray Park from 11am –1pm! This fun, family-friendly event will include a bike obstacle course, helmet fittings, giveaways, info booths, and food. See you there!



**STEM Wonder Workshop:** Our next Wonder Workshop at Gibson-Bethel Community Center will be March 16th at 10:30am. Explore Simple Machines and explore Industrial Engineering.! This activity is for children ages 5 to 14. Pre-registration is required, Register at [repro.southmiamifl.gov](http://repro.southmiamifl.gov).



## Aquatics Programming

**Group Swim Lessons:** Similarly skilled and aged students are groups together with an instructor. Group lessons require some knowledge of water safety, and swimming skills. Each lesson is 30 minutes long and a session of lessons is a total of ten classes (M-F for two weeks).

**Private Swim Lessons:** Private lessons begin as early as 6 months old with no upper age limit. Instructors gauge the student's skill level and determine advancement. Each lesson is 30 minutes long and a session of lessons is a total of five classes.

**Recreational Swim Team:** Students will refine technique and increase their fitness level while working out in a team setting. There are two team options, beginner meets two days a week and intermediate/advanced which meets three days a week.

**Aqua Fitness:** Aqua Fitness Classes operates Mondays, Wednesdays, and Fridays from 11am-11:50am. The cost to register for the month is \$35, or just drop-in for \$7 a class.

## Online Registration

Register for everything in South Miami Parks and Recreation online! From our after school program to pavilion rentals, everything is at your fingertips. The registration website is:

[REPRO.SOUTHMIAMIFL.GOV](http://REPRO.SOUTHMIAMIFL.GOV)

Check it out!