

# APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>2</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>3</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p) Parks & Rec Adv. Board Mtg (6pm)	<b>4</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>5</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	<b>6</b> Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)	
	<b>7</b> Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	<b>8</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>9</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>10</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>11</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>12</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	<b>13</b> Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)
<b>14</b> Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	<b>15</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>16</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>17</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)  <b>EASTER EGG HUNT (4-6p)</b> 	<b>18</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>19</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)   <b>ONE DAY CAMP</b>	<b>20</b> Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)	
<b>21</b> Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	<b>22</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>23</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p) FC Basketball (6:30-9:30p)	<b>24</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>25</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	<b>26</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	<b>27</b> Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)  <b>Wonder Workshop</b> <b>10:30am</b> * preregistration required*	
<b>28</b> Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	<b>29</b> Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	<b>30</b> Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p) FC Basketball (6:30-9:30p)	<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>			<b>Gibson-Bethel Community Center</b> 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov	

# Programs and Classes – April 2019

## Open Gymnasium Hours

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

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



## April Events

**STEM Wonder Workshop:** Our next Wonder Workshop at Gibson-Bethel Community Center will be April 27th at 10:30am. Explore Environmental Engineering with the focus of Mining Mountains! This activity is for children ages 5 to 14. Preregistration is required, Register at [repro.southmiamifl.gov](http://repro.southmiamifl.gov).

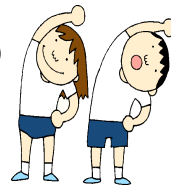


**Easter Egg Hunt:** Join us for an Easter Egg Hunt on April 17 at Marshall Williamson Park at 4:30! This fun, family-friendly event will include a visit from the Easter bunny, games, music and, an Easter egg hunt. See you there!



## 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.



## Aquatics Programming

**Group Swim Lessons:** Similarly skilled and aged students are grouped 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 operate 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.

**Adult Swim Training:** Come workout with others and get coached training to help improve your endurance and stroke technique. Practice runs Tues/Thurs from 6:15 PM to 7 PM and cost \$75/month.



ollow Us

Did you know that the South Miami Parks and Recreation Department has a Facebook page? Follow and like us to stay up to date on all the great things happening in and around your city! @southmiamiparksandrec

## One Day Camp

School's out on April 19th. Sign your kids up for One Day Camp at the Gibson-Bethel Community Center. We will have programming from 7:30 AM to 6 PM. One Day Camp is \$10 for residents and \$30 for non-residents.

