



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	2 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (8:15a)	3 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	4  CLOSED	5 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	6 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)
7 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	8 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	9 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (8:15a)	10 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	11 Ed's Boot Camp (5-10a-hourly) Jazzercise (8:15a) SS Circuit (11:15a) Swim Lessons (4-7p)	12 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	13 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)
14 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	15 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	16 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (8:15a)	17 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	18 Ed's Boot Camp (5-10a-hourly) Jazzercise (8:15a) SS Circuit (11:15a) Swim Lessons (4-7p)	19 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	20 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)
21 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	22 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	23 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (8:15a)	24 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	25 Ed's Boot Camp (5-10a-hourly) Jazzercise (8:15a) SS Circuit (11:15a) Swim Lessons (4-7p) Back to School Giveaway 11am-1pm	26 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	27 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p) Wonder Workshop 10:30am <i>*preregistration required</i>
28 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	29 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	30 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (8:15a)	31 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	Facility Hours: M-F: 5a to 10p Saturdays: 9a to 6p Sundays: 10a to 2p		Gibson-Bethel Community Center 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov

Programs and Classes - July 2019

Open Gymnasium Hours

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

Monday/Wednesday Youth Basketball Practices 6:30-7:30pm

- 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



Upcoming July Events

4th of July Celebration: The annual 4th of July celebration will be held at Palmer Park located at 6100 67th Ave. The event will begin at 5pm and features bands, concessions, a kid's zone, and end with a spectacular fireworks display show at 9pm.



STEM Wonder Workshop: Our next Wonder Workshop at Gibson-Bethel Community Center will be July 27th at 10:30am. Explore Aerospace Engineering with the focus of Helicopters! This activity is for children ages 5 to 14. Preregistration is required, Register at repro.southmiamifl.gov.

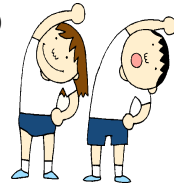


Back to School Giveaway: Join us at the Gibson Bethel Community Center on Thursday July 25th at 11am to receive a free backpack with school supplies sponsored by the City of South Miami and local businesses.



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 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 or call 305-613-9920.



Jazzercise: A pulse-pounding, beat-pumping fitness program that gets you results fast. Check out 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 to check eligibility.



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.

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/



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