

## Town of Surfside Parks and Recreation Department Spring Mini Session 2024 Registration Begins Residents: March 25 Non-Residents: April 8 2024



**SCAN FOR FLYERS** 

## **ADULT AND SENIOR PROGRAMS**

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 4/29 - 5/20/24	9:00-10:00am	18-54yrs.	Residents \$48.00 Non-Residents \$68.00
Zumba Gold	<u>Mondays</u> 4/29 - 5/20/24	9:00-10:00am	55 & Over	Residents \$20.00 Non-Residents \$28.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 4/30 - 5/28/24	7:15-8:15pm	16 & Over	Residents \$60.00 Non-Residents \$85.00
Self Defense	<u>Tuesdays</u> 4/30 - 5/28/24 No Class: 5/7	7:15-8:15pm	16 & Over	Residents \$48.00 Non-Residents \$68.00
Senior Time	<u>Wednesdays</u> 5/1 - 5/29/24	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 5/2 - 5/30/24	8:45-9:45am	16 & Over	Residents \$60.00 Non-Residents \$85.00
Current Events	<u>Thursdays</u> 5/2 - 5/30/24	10:15-12:15pm	18 & Over	Free
Silver Sneakers: Cardio & Strength	<u>Tuesdays &amp; Fridays</u> 4/30 - 5/31/24	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$5.00



SCAN FOR ONLINE REGISTARTION For more information call the Surfside Community Center (305) 866-3635 Website: www.townofsurfsidefl.gov

