



*Town of Surfside Parks and Recreation Department
Spring Session 2025 Registration Begins
Residents: January 20 Non-Residents: February 3 2025*



SCAN FOR FLYERS

ADULT AND SENIOR PROGRAMS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 03/3 - 04/21/25 No Class: 03/24 & 04/14	9:00-10:00am	18-54yrs.	Residents \$72.00 Non-Residents \$102.00
Zumba Gold	<u>Mondays</u> 03/3 - 04/21/25 No Class: 03/24 & 04/14	9:00-10:00am	55 & Over	Residents \$30.00 Non-Residents \$42.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 03/4 - 04/22/25 No Class: 03/25 & 04/15	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Senior Time	<u>Wednesdays</u> 03/5 - 04/23/25 No Class: 03/26 & 04/16	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 03/6 - 04/24/25 No Class: 03/27 & 04/17	8:45-9:45am	16 & Over	Residents \$72.00 Non-Residents \$102.00
Current Events	<u>Thursdays</u> 03/6 - 04/24/25 No Class: 03/27 & 04/17	10:15-12:15am	18 & Over	Free
Self Defense	<u>Thursdays</u> 03/6 - 04/24/25 No Class: 03/27 & 04/17	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 03/4 - 04/25/25 No Class: 03/25, 03/28, 04/15 & 04/18	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$10.00



SCAN FOR ONLINE
REGISTRATION

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



01/03/2025