



*Town of Surfside Parks and Recreation Department
 Fall Session I 2024 Registration Begins
 Residents: July 22 Non-Residents: August 5 2024*



SCAN FOR FLYERS

ADULT AND SENIOR PROGRAMS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 9/9 - 10/21/24	9:00-10:00am	18-54yrs.	Residents \$84.00 Non-Residents \$119.00
Zumba Gold	<u>Mondays</u> 9/9 - 10/21/24	9:00-10:00am	55 & Over	Residents \$35.00 Non-Residents \$49.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 9/3 - 10/22/24	7:15-8:15pm	16 & Over	Residents \$96.00 Non-Residents \$136.00
Senior Time	<u>Wednesdays</u> 9/4 - 10/23/24 No Class: 10/2	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 9/5 - 10/24/24 No Class: 10/3	8:45-9:45am	16 & Over	Residents \$84.00 Non-Residents \$119.00
Self Defense	<u>Thursdays</u> 9/5 - 10/24/24 No Class: 10/3	7:15-8:15pm	16 & Over	Residents \$84.00 Non-Residents \$119.00
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 9/3 - 10/25/24 No Class: 10/4 & 10/11	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*



6/26/2024