



*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**

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



7/30/2024