



*Town of Surfside Parks and Recreation Department  
Winter Session 2025 Registration Begins  
Residents: November 25 Non-Residents: December 9 2024*



SCAN FOR FLYERS

**ADULT AND SENIOR PROGRAMS**

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 01/6 - 02/10/25 No Class: 01/20	9:00-10:00am	18-54yrs.	Residents \$60.00 Non-Residents \$85.00
Zumba Gold	<u>Mondays</u> 01/6 - 02/10/25 No Class: 01/20	9:00-10:00am	55 & Over	Residents \$25.00 Non-Residents \$35.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 01/7 - 02/18/25	7:15-8:15pm	16 & Over	Residents \$84.00 Non-Residents \$119.00
Senior Time	<u>Wednesdays</u> 01/8 - 02/19/25	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 01/9 - 02/20/25	8:45-9:45am	16 & Over	Residents \$84.00 Non-Residents \$119.00
Current Events	<u>Thursdays</u> 01/9 - 02/20/25	10:15-12:15am	18 & Over	Free
Self Defense	<u>Thursdays</u> 01/9 - 02/20/25	7:15-8:15pm	16 & Over	Residents \$84.00 Non-Residents \$119.00
Silver Sneakers: Cardio & Strength	<u>Tuesdays &amp; Fridays</u> 01/7 - 02/21/25	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)*



10/29/2024