



*Town of Surfside Parks and Recreation Department
 Fall Session II 2024 Registration Begins
 Residents: September 23 Non-Residents: October 7 2024*



SCAN FOR FLYERS

ADULT AND SENIOR PROGRAMS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 11/4 - 12/16/24 No Class: 11/11 & 11/25	9:00-10:00am	18-54yrs.	Residents \$60.00 Non-Residents \$85.00
Zumba Gold	<u>Mondays</u> 11/4 - 12/16/24 No Class: 11/11 & 11/25	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> 11/5 - 12/17/24 No Class: 11/26	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Senior Time	<u>Wednesdays</u> 11/6 - 12/18/24 No Class: 11/27	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 11/7 - 12/19/24 No Class: 11/28	8:45-9:45am	16 & Over	Residents \$72.00 Non-Residents \$102.00
Round Table Discussion	<u>Thursdays</u> 11/7 - 12/19/24 No Class: 11/28	10:15-11:15am	18 & Over	Free
Self Defense	<u>Thursdays</u> 11/7 - 12/19/24 No Class: 11/28	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 11/5 - 12/20/24 No Class: 11/26 & 11/29	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*



9/10/2024