



THE LONG CENTER NEWSLETTER

MARCH 2022

HOURS OF OPERATION

Mon.-Thu., 6 a.m. - 9 p.m.
Fri., 6 a.m. - 7 p.m.
Sat., 8 a.m. - 5 p.m.
Sun. and holidays, closed

MARCH CLOSURES


March. 4, 18, 25: Courts close at 4 p.m.
March. 5: Courts and pool closed
March. 11-12: Pool closed
March 19-22, 26: Courts closed

ADULT CLASSES ●


ADAPTIVE KARATE

► with Rick
Increase self-esteem, independence,
discipline, fitness, coordination.
Thu., 6:30 - 7:30 p.m.
Pre-registration required
\$11 (W) / \$12 (W/O)


BROWN BAG BASKETBALL

(ages 18 and older)
Mon., Wed., and Fri., 6-8:30 a.m.
Free (Silver Sneakers /Plus)
\$2 (W) / \$3 (W/O)

SENIOR BROWN BAG BASKETBALL

(ages 55 and older)
Mon., Wed., and Fri., 9 - 11:30 a.m.
Free (Silver Sneakers /Plus)
\$2 (W) / \$3 (W/O)

DROP-IN VOLLEYBALL

(ages 16 and older)
Open drop-in volleyball program for medium
to high skill level players.
Mon., 9 a.m. - 1 p.m.
Sat., 8 a.m. - noon
Free (Silver Sneakers /Plus)
\$1 (W) / \$2 (W/O) per class

KALI/ ESKRIMA

► with Rick
An ancient martial art from the Philippines
that emphasizes the use of weapons.
Wed., 9:30 - 10:30 a.m.
\$11 (W) / \$12 (W/O)

POOL

Mon.-Thu., 6 a.m. - 8:45 p.m.
Fri., 6 a.m. - 6:45 p.m.
Sat., 8 a.m. - noon
Closed on Sundays and holidays

Long Course:

► Mon., Tues., and Thurs.,
6 - 8:30 a.m.

Small Pool Closed:

► Mon.-Thurs.:
11 a.m. - 12:30 p.m.,
4:30 - 7:15 p.m.

FILIPINO MARTIAL ARTS

► with Rick
(ages 12 and older)
Self defense program utilizing Filipino and
Southeastern Asian martial arts.
Thu., 7:30 - 9 p.m.
Sat., 9:30 a.m. - noon
\$9 (W) / \$10 (W/O)

PICKLEBALL



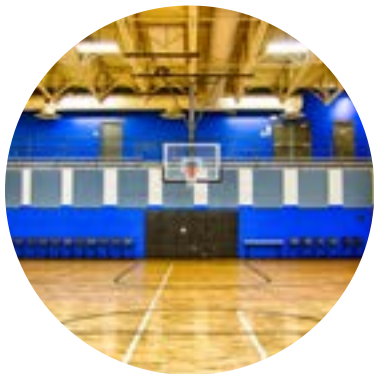
Played on a badminton court with a wooden
paddle and whiffle ball. During school year
only
Tue. & Thu., 9 a.m. - 1 p.m.
Mon., 5:30 - 8:30 p.m.
Free (Silver Sneakers /Plus)
\$2 (W) / \$3 (W/O) per day

TABLE TENNIS CLUB

A friendly and experienced group of adult
table tennis players that are eager to help you
learn and improve. (SunriseTableTennis.com)
Tue. & Thu., 8:30 a.m. - noon
Sat., noon - 4 p.m.
Free (Silver Sneakers /Plus)
\$2 (W) / \$3 (W/O) per day

YOGA

► with Julie
Proper alignment of yoga postures and
stress-reducing breathing techniques.
Tue. & Thu., 7 - 8:15 p.m.
\$7 (W) / \$8 (W/O) per class



YOUTH CLASSES ●

3RD FRIDAYS

Grades K-8

March 18

Drop off your children for a night of games, swimming, pizza and fun. Students must be registered by the Thu. prior to the event.

Drop-off: 6-7 p.m. • Pick-up: 9-10 p.m.

\$10 w/ rec card • \$11 w/o rec card

March Theme: Pajama Party

Come dressed in your favorite pajamas.

Contact Courtney Schultz for more information at Courtney.Schultz@MyClearwater.com

SPRING BREAK CAMP

School's out but the fun is "in" at our camps. Children will participate in games, crafts, sports and lots of fun! Camps are for children K-8th grade and run **7:30 a.m. to 5:30 p.m.** each day. To sign up, please see our front desk staff.

SUMMER CAMP

Grades K-8

Clearwater camps are the place to be for children to learn, grow and make memories!

Clearwater Resident Registration: **March 17**

Open Registration: **March 18**

CLASSIC BALLET ▶ with Iliana

Vaganova technique with former professional ballerina aimed at advancing physical, emotional, and social skills while teaching discipline and artistry through dance. Please contact **Iliana at ilianababa@gmail.com** for details, placement & private lessons.

ADVANCED BALLET

Ages 13-18

Sat., 9 - 11 a.m.

\$21 (W) / \$23 (W/O)

HOME SCHOOL PHYSICAL EDUCATION

▶ with Rick

Children participate in a variety of physical education activities. Held during school year only.

Tue., 10 - 11 a.m.

\$5 (W) / \$6 (W/O)

HOME SCHOOL SABER FENCING

(ages 10 and older)

Develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

Thu., 11 a.m. - noon.

\$11 (W) / \$12 (W/O)

SABER FENCING

(ages 12 and older)

Sat., 11 a.m. - 12:30 p.m.

\$14 with card

\$16 without card

Learn the basics of historical saber fencing while increasing physical and mental attribute.

HOME SCHOOL ARCHERY ▶ with Rick

Basics of archery.

Tue., 9 - 9:50 a.m.

During school year only.

\$5 (W) / \$6 (W/O)

HOME SCHOOL KARATE/JIU-JITSU ▶ with Rick

Martial arts taught by black belt instructor.

Thu., 10 a.m. - 11:30 a.m.

\$11 (W) / \$12 (W/O)

KARATE/JIU-JITSU ▶ with Rick

Ages 6 and older.

Learn discipline and respect while having fun and making friends.

All levels

Mon. & Wed., 5 - 5:45 p.m.

\$7 (W) / \$8 (W/O)

FILIPINO MARTIAL ARTS ▶ with Rick

Ages 12 and older.

Self defense program utilizing Filipino and Southeastern Asian martial arts.

Thu., 7:30 - 9 p.m.

Sat., 9:30 a.m. - noon

\$9 (W) / \$10 (W/O)

BASKETBALL SCHEDULE ●

Please call in advance for open gym times

Times are subject to change.

Please call 562-4905 in advance to confirm open gym times.



1501 N. Belcher Road, Clearwater FL, 33765
727-562-4905 • Fax: 727-793-2328



SCAN FOR MORE INFORMATION



PERSONAL TRAINING ●

Need a new workout routine? Have you been coming to the Long Center for awhile and are getting bored of doing the same things all the time? Do you have a specific goal and would like some new exercises to train a specific muscle group? Why not schedule a one time 30-60 minute session with a personal trainer? Contact Christina Wilkinson. She can help you develop a workout routine, or just add a few new moves to freshen up your current workout.

FITNESS ORIENTATIONS

► With Christina, 686-9599
Learn how to operate the "basic" equipment in the Long Center Fitness Room.
By appointment only.
Free (15 Minutes)

AQUATIC CLASSES ●

Unless noted contact Mark Roberson for aqua class information: 562-4905
mark.roberson@myclearwater.com

CLEARWATER AQUATIC TEAM (CAT)

A year-round competitive swim program under the United States and Florida Swimming organizations. CAT provides a positive learning environment for children wishing to get involved in competitive swimming. Swimmers are grouped according to age and ability. CAT office, 791-9542
clearwateraquatics.com

CITY OF CLEARWATER LEARN TO SWIM PROGRAM

Call Jillian Sparks at 562-4905
Ages 6 months and older.
Offering Parent/Child and
Levels 1, 2, 3, & Adult
(6 classes per session)

Find swim lessons schedule online, visit
<https://myclearwater.info/longcenterswim>



SCAN HERE TO
REGISTER



Thanks to a generous donation from The Long Center Foundation, all beginner Parent/Child and Level 1 and 2 sessions will be \$10 for all children.

PRIVATE SWIM LESSONS

Children, teens and adults, one-on-one instruction with certified instructor. Call Jillian Sparks at 562-4905 or Jillian.Sparks@myclearwater.com for prices and more information.


INITIAL CONSULTATION WITH A 30 MINUTE FOLLOW-UP SESSION

► With Christina
To create a basic routine for anyone to follow on their own time.
Mon. - Sat. by appointment.
\$60 (W) / \$66 (W/O)

ONE-ON-ONE PERSONAL TRAINING

► With Christina
Focus on your individual needs with a private session. Call Christina for more information.
Mon. - Sat. by appointment.
\$40 (W) / \$44 (W/O)
per session (1 Hour)
\$20 (W) / \$22 (W/O)
per session (1/2 Hour)

SILVER SPLASH

► with Antonina
Activate your aqua urge, this SS class offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.
Fri., 11 - 11:45 a.m.
FREE (Silver Sneakers® )
\$4 (W) / \$5 (W/O)

YOUTH SWIM WORKSHOP

► with Cliff
Activities to develop stamina and improve strokes. Participants must be able to swim 25 yards.
During school year only
Tue. & Thu., 11:15 a.m. - 12:15 p.m.
\$5 (W) / \$6 (W/O)

DIVE IN MOVIES ●

Bring your float, bring your friends and enjoy a movie with us in the pool!
March 18, 7-9 p.m.
Movie: Shark Tale
\$2 (W) / \$3 (W/O)
Reservations recommended



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