



THE LONG CENTER NEWSLETTER

January 2023

FACILITY HOURS

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

CLOSURES & HOLIDAYS

January 2: Long Center Closed
January 13 & 14: Both Pools Closed
January 16: Long Center Closed
January 28: Courts & Both Pools Closed

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., & Thurs., 6:00-8:30 a.m.

Small Pool Closed:

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

ADULT CLASSES

PICKLEBALL

Mon., 5:30-8:30 p.m.
Played on a badminton court with a wooden paddle and
whiffle ball.
Free (SilverSneakers/Plus)/ \$2(W) / \$3 (W/O)

BROWN BAG BASKETBALL

Mon., Wed., and Fri., 6-8:30 a.m.
For ages 18 and older, bring your coworkers or friends
and get some exercise during your lunch hour.
Free (SilverSneakers/Plus)/ \$2(W) / \$3 (W/O)

TABLE TENNIS CLUB

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

DROP-IN VOLLEYBALL

Sat., 8 a.m.-noon
For ages 16 and older, open drop-in volleyball program
for medium to high skill level players.
Free (SilverSneakers/Plus)/ \$1(W) / \$2 (W/O)

ADAPTIVE KARATE

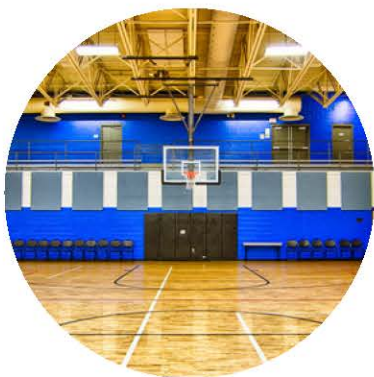
Thur., 6:30-7:30 p.m.
Increase self-esteem, independence, discipline, fitness,
coordination. Program taught by Rick.
Pre-registration required.
\$11 (W) / \$12 (W/O)

FILIPINO MARTIAL ARTS

Thur., 7:30-9:30 p.m., Sat., 9:30-11:00 a.m.
For ages 12 and older, self defense program utilizing
Filipino and Southeastern Asian martial arts. Program
taught by Rick.
\$11 (W) / \$12 (W/O)

YOGA

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



YOUTH PROGRAMS

SABER FENCING

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

For ages 12 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

\$14 (W) / \$16 (W/O)

KARATE/JIU-JITSU

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

For ages 6 and older, martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends. All levels welcome.

\$8 (W) / \$9 (W/O)

FILIPINO MARTIAL ARTS

Thu., 7:30-9 p.m., Sat., 9:30 a.m.-11:00 a.m.

For ages 12 and older, self defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.

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

OPEN GYM & BASKETBALL

Call 562-4905 for schedule.

Call in advance. Times are subject to change.

YOUTH SWIM WORKSHOP

Tue. & Thu., 11:15 a.m.-12:15 p.m.

Taught by Cliff, participants will learn to develop stamina and improve strokes. Must be able to swim 25 yards. Program during school year only.

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

YOUTH CAMPS & SPECIAL EVENTS

SPRING BREAK CAMP

Mar. 13-17 7:30 a.m.-5:30 p.m.

School's out and the fun is in at the Long Center. Campers entering Kindergarten through seventh grade will enjoy structured activities like field trips, daily swimming, games, arts & crafts and sports.

Cost for 5 days

\$100 (W) / \$110 (W/O)

HOME SCHOOL ARCHERY

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

Children learn the basics of archery. Program taught by Rick. During school year only.

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

HOME SCHOOL PHYSICAL EDUCATION

Tue., 10-11 a.m.

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

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

HOME SCHOOL KARATE/JIU-JITSU

Thu., 10-11:00 a.m.

Martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends. All levels welcome.

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

HOME SCHOOL SABER FENCING

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

For ages 10 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

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

3RD FRIDAYS

6-10 p.m.

For children in grades K-8, 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 is between 6-7 p.m. and pick-up is between 9-10 p.m.

\$10 (W) / \$11 (W/O)

DAY-OUT CAMPS

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

Throughout the school year, offer day-camps and week-long camps during Pinellas County in-service days and breaks.



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



SCAN FOR MORE INFORMATION



FITNESS & PERSONAL TRAINING PROGRAMS

PERSONAL TRAINING

Mon.-Sat. by appointment; Call 686-9599
Looking for a more individualized fitness experience? Personal Trainer, Christina Wilkinson can help you develop a new workout routine or work on a specific fitness goal with a 30-60 minute session.

1 Hour Session: \$50 (W) / \$55 (W/O)
1/2 Hour Session: \$25 (W) / \$27 (W/O)

Call Christina Wilkinson at 686-9599 for more information.

FITNESS ORIENTATION

Call 686-9599 to make an appointment
Take this free 15 minute course on how to operate the basic equipment in the Long Center Fitness Room.

HEALTH HIKE

Thu.
8-8:45 a.m.
Join Christina Wilkinson on a morning walk, adding in gentle exercises along the way. \$4(W)/\$5(W/O)

AQUATIC CLASSES

CLEARWATER AQUATIC TEAM (CAT)

Join 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. For more information, call 791-9542 or visit clearwateraquatics.com

YOUTH SWIM WORKSHOP

Tue. & Thu., 11:15 a.m.-12:15 p.m.
Taught by Cliff, participants will learn to develop stamina and improve strokes. Must be able to swim 25 yards. Program during school year only.
\$5 (W) / \$6 (W/O)

AQUA ZUMBA

Thu., 10:30-11:30 a.m.
Aqua Zumba is a fun dance workout with challenging water resistance and soul Zumba rhythm in the water.
\$5 (W) / \$6 (W/O)

LEARN TO SWIM PROGRAM

Each swim class includes six 30 minute sessions. Contact Jillian Sparks at 562-4905 for any questions. All classes are offered on either Mon. & Wed. OR Tue. & Thur. You cannot switch between the two days and must pick one time slot.

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. Find swim lessons schedule online, visit myclearwater.info/swimlessons.

Private swim lessons are also available for children, teens and adults. Call 562-4905 or email Jillian.Sparks@myclearwater.com for more information.

Silver Splash

Fri., 11:45a.m.-12:30p.m.
Activate your aqua urge, this SS class offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance.
FREE (Silver Sneakers) \$4 (W)/ \$5 (W/O)