



# THE LONG CENTER NEWSLETTER

November 2022

## 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

November 5 & 12 : Both Pools Closed  
November 10: Courts Closed at 1p.m.  
November 11: Long Center Closed  
November 12-21 & 26: Courts Closed  
November 24-25: Long Center Closed

## 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](http://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)

## 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.

### 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)



## 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., Oct. 13th & 27th*  
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](http://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)

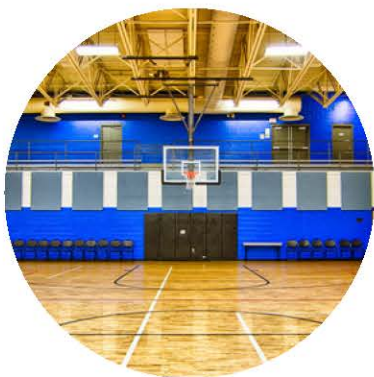
### LEARN TO SWIM PROGRAM

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](http://myclearwater.info/swimlessons).

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





## 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

### THANKSGIVING BREAK CAMP NOVEMBER 21-23

Mon., Tue. & Wed., 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 and crafts and sports.

Cost for 3 days (No camp, Nov. 24-25)

\$60 (W) / \$66 (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.



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727-562-4905 • Fax: 727-793-2328



SCAN FOR MORE INFORMATION