



MORNINGSIDE NEWSLETTER

JUNE 2022

FACILITY HOURS

Mon. - Fri., 6 a.m. - 8 p.m.
Sat., 8 a.m. - 5 p.m.
Sun., 1 - 5 p.m.

CLOSURES & HOLIDAYS

June 20: Closed
Holiday Hours: 9 a.m. - 1 p.m.

POOLS

MAIN POOL

Lap swimming only: Mon. - Fri.: 6 - 11 a.m.,
4 - 8 p.m.

Social Swim: Sat. & Sun. 1 - 5 p.m.,
Mon. - Fri.: 6 a.m. - 8 p.m., Sat. & Sun.
1 - 5 p.m

ACTIVITY POOL

Mon. - Fri. 11 a.m. - 5 p.m.
Sat. & Sun. 1 - 5 p.m.

ADULT CLASSES

SELF DEFENSE

Fri., 6-7 p.m.
Learn practical self defense skills mixed with elements of kick-boxing.
\$20 (W) / \$22 (W/O)

SILVER SNEAKERS® BOOM MOVE!

Mon. & Wed. 9:45 - 10:30 a.m.
For ages 45 and older, Boom Move is a dance-based exercise class with easy to follow choreography combined with energizing music.
Free (SilverSneakers/Plus)/ \$4(W) / \$5 (W/O)

SILVER SNEAKERS® BOOM MUSCLE

Mon., Wed., & Fri. 9 - 9:45 a.m.
For ages 45 and older, improve your core muscular strength, flexibility, endurance, functional and cardio respiratory health.
Free (SilverSneakers/Plus)/ \$4(W) / \$5 (W/O)

ADULT RECREATIONAL COED VOLLEYBALL LEAGUE

April 23-June 25, Games between 8 a.m.-noon
For ages 18 and older, bump, set, spike for the love of the game - volleyball! Come and join our coed league for some fun and friendly competition.

Registration: Apr. 9 - June 22
\$300 per team

Please call 562-4280 for more information.

SILVER SNEAKERS® YOGA

Tue. & Thu., 9 - 9:45 a.m.
Increase range of movement, strength, balance and restorative breathing to promote stress reduction. This class employs chair-based exercises; no yoga mat.
Free (SilverSneakers/Plus)/ \$4(W) / \$5 (W/O)

ENHANCE® FITNESS

Times and dates to be determined
Use simple, easy-to-learn movements that motivate you to stay active. Each class is one-hour and held three times weekly. Provided by Pinellas County Social Action Funding. Pre-register as class size is limited.

SILVER SPLASH

Mon., Wed., Fri. 8 - 8:45 a.m.
Activate your aqua urge! Participate in lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance.
Free (SilverSneakers/Plus)/ \$4(W) / \$5 (W/O)

TRADITIONAL OKINAWAN KARATE

Mon., 7-8 p.m., Thu., 6-7:30 p.m., Sat., 10-11 a.m.
Learn traditional Okinawan Karate while developing confidence and a growth mindset. Students are responsible for bringing their own safety gear.
\$12 (W) / \$13 (W/O)

TRADITIONAL OKINAWAN KARATE KOBUDO

Sat., 11 a.m.-noon
Learn traditional Okinawan Karate Kubudo (with weapons) while developing confidence and a growth mindset. Students are responsible for bringing their own safety gear.
\$12 (W) / \$13 (W/O)





SELF DEFENSE

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PERSONAL TRAINING

PERSONAL TRAINING WITH HEATHER

By appointment; Call 744-2222

PT One-on-One 30 min.

Guided workout, myofascial, release and Stretching
\$30 (W) / \$33 (W/O) per 30 min. session

PT One on One 60 min.

Guided workouts

\$40 (W) / \$44 (W/O) per 60 min. session

CAMPS & COMMUNITY EVENTS

SUMMER & DAY-OUT CAMPS

For children entering grades K-8, Clearwater camps are the place to be for children to learn, grow and make memories!

DAY-OUT CAMPS

7 a.m.-6 p.m.

\$20 (W) / \$22 (W/O) per day

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

DIVE-IN MOVIES

One Friday a month, 6:30-8:30 p.m.

Bring your float, bring your friends and enjoy a movie with us in the pool!

\$2 (W) / \$3 (W/O)

Reservations Required

June 10: Clifford The Big Red Dog (2021)

July 8: The Lion King (2019)

Aug., 12: Pokemon Detective Pikachu (2019)

Sept., 9: Space Jam A New Legacy (2021)

Oct., 14: Tom And Jerry (2021)

Nov., 11: Frozen 2 (2019)

Dec., 9: The Grinch (2018)



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Times and dates to be determined

Use simple, easy-to-learn movements that motivate you to stay active. Each class is one-hour and held three times weekly. Provided by Pinellas County Social Action Funding. Pre-register as class size is limited.

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Activate your aqua urge! Participate in lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance.

Free (SilverSneakers/Plus)/ \$4(W) / \$5 (W/O)

PT Small Group 60 min. (minimum of 2)

Guided workouts

\$20 (W) / \$22 (W/O) per 60 min. session

PT Plus One on One 60 min.

\$50 (W) / \$55 (W/O) per 60 min. session

FRIDAY NIGHT FRIENDZY

June 3, July 1, Aug. 5

For children entering grades 1-8, Morningside Recreation Complex is the place to be for an exciting evening of games, activities and pizza, so bring your friends and let the Friendzy begin. Students must be registered by Thu. prior to the event.
\$5 (W)/ \$6 (W/O)

MORNINGSIDE MARKET

June 4, 10 a.m. to 2 p.m.

Come support local artists and vendors at Morningside's Dog Days of Summer Craft Fair facilitated by Market Marie! There will be homemade crafts, food trucks, dog accessories, dog treats, and so much more. Let the summer festivities begin!

FATHER'S DAY BARBECUE

June 18, 1-4 p.m.

Can't have Father's Day without an old-fashioned barbecue! Come out to play in the pools, enjoy some hamburgers and hotdogs and celebrate all dads with us! Reservation is required. Call 727-562-4280 to RSVP.

YOUTH CLASSES

BEGINNER GYMNASTICS WITH DIANE

Wed., 5:15 - 7:45 p.m.

For ages 4-16, beginners to advanced students learn acrobatic floor work exercises to the latest pop music. Students will be sorted based on ability and age.

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

ADVANCED GYMNASTICS WITH DIANE

To be determined

For ages 4-16, this is an advanced 45-minute gymnastics class. Call 422-4946 for placement information.

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

PRE-BALLET

Tue., 4 - 4:45 p.m.

Taught by a professional ballerina, children ages 3-5 will learn the basic steps of ballet, spatial awareness, balance, coordination and more.

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

INTERMEDIATE BALLET

Thu., 5 - 6 p.m.

For ages 8 to 12, this class builds on the basics, pushes flexibility and expands further into learning via the Vaganova method.

\$12 (W) / \$13 (W/O) per class

PROGRESSING BALLET TECHNIQUE (PBT)

Thu., 6 - 6:30 p.m.

For ages 12 and older, students will improve their technique by building on their existing flexibility and muscle awareness.

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

BEGINNER BALLET

Tue., 5 - 6 p.m.

For ages 6-9, this basic class introduces students to the basic positions of ballet and steps at a slow tempo to ensure proper understanding.

\$12 (W) / \$13 (W/O) per class

ADVANCED BALLET

Thu., 6:30 - 8:30 p.m.

For ages 8 to 12, this class is designed for those who want to advance and refine their technique.

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

MODERN DANCE WITH KELLY

Tues., 6 - 7:30 p.m.

Students will learn and explore fundamental concepts of modern dance through technical exercise and choreographed combinations.

\$17 (W) / \$18 (W/O) per class

HOME SCHOOL KARATE

Please call for more information.

For ages 5 to 13, Traditional martial arts taught weekly by a black belt instructor. Program held during school year only.

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

HOME SCHOOL PHYSICAL EDUCATION

Tue., 10-11 a.m.

Children participate in a variety of physical education activities. Program held during school year only and taught by Rick.

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

ELEMENTARY/MIDDLE SCHOOL TUTORING

Call to reserve a 1-hour time slots, 3-6 p.m.

Need a tutor? Local, private, one-on-one tutoring is available for elementary and middle-school age children. Program held during school year only.

\$2 (W) / \$3 (W/O) per hour

MORNINGSIDE COED YOUTH VOLLEYBALL LEAGUE (HEAT)

For ages 8-14, this league lets players get familiarized with the fundamentals of the game and all positions.

Cost: \$80 (W) / \$88 (W/O)

Ages 8-10: 9-10 a.m.

Ages 11-14: 10-11 a.m., Sat., 10 to 11:30 a.m.

Registration Deadline: Aug. 6-Sept. 16

League Dates: Sept. 17-Dec. 10

Call for more information. Copy of child's birth certificate is needed when registering for the first time.

YOUTH BASKETBALL DROP-IN

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

For ages 19 and younger, shoot some hoops, work on your skills, meet some new friends and have fun.

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

SPLASHBALL

Mon., Wed., 4 - 4:30 p.m.

For ages 5 to 9, no experience necessary. Splashball bridges the gap between learn to swim and basic water polo skills.

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

YOUTH WATER POLO

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

For ages 10 to 14, no experience required. We teach the basics of the game and skills that can be used anytime you play.

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



2400 Harn Blvd. Clearwater, FL 33764
(727) 562-4280



SCAN FOR MORE INFORMATION