



# MORNINGSIDE NEWSLETTER

FALL 2022

## FACILITY HOURS

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

## POOLS

MAIN POOL  
Starting Oct. 17

Mon. - Fri.: 6 - 11a.m. Lap Swim Only

## CLOSURES & HOLIDAYS

Nov. 11 - Veteran's Day

Nov. 24 & 25 Thanksgiving

Dec. 26 Christmas Observed

Jan. 2 New Years Day Observed

## ACTIVITY AREA

Activity area is closed for the season.  
Reopening May 2023

## RENTAL INFORMATION

For rental information or to book birthday parties and events please email  
[ariana.amoroso@myclearwater.com](mailto:ariana.amoroso@myclearwater.com)

For large events, sports rentals or meetings please email  
[macie.tripple@myclearwater.com](mailto:macie.tripple@myclearwater.com)

## CAMPS

### MORNINGSIDE CAMPS

Morningside camps are the place to be for children to learn, grow and make lifetime friends and memories! Come join us for a variety of entertaining activities, such as structured games, sports, swimming, arts and crafts and so much more!

School's Day Out: Oct. 17, Dec. 23 7a.m.-6 p.m.  
\$20 (W) / \$22 (W/O) per day

Thanksgiving Camp: Nov. 21-23 7a.m.-6p.m.  
\$60 (W) / \$66 (W/O)

Holiday Camp: Wk 1- Dec. 27-30 - no camp Dec. 26 7a.m. - 6p.m.  
Wk 2- Jan. 3-6 - no camp Jan. 2 7a.m. - 6p.m.  
\$80 (W) / \$88 (W/O) per week

Open for children in grades K - 8th





## YOUTH ACTIVITIES

### BEGINNER GYMNASTICS WITH DIANE

*Wed., 5:15 - 6:45 p.m.*

For ages 4-16, beginners to advanced students learn acrobatic floor work exercises to the latest pop music. Call 422-4946 for class placement information.  
\$7 (W) / \$8 (W/O) per class

### ADVANCED GYMNASTICS WITH DIANE

*Wed., 6:45-7:30p.m.*

For ages 4-16, this is an advanced 45-minute gymnastics class. Call 422-4946 for class placement information.  
\$8 (W) / \$9 (W/O) per class

### PRE-BALLET

*Tue., & Thu., 4:30 - 5:15 p.m.*

Children ages 4-5 will learn the basic steps of ballet, spatial awareness, balance, coordination and more. Email: [Stephanie.kantchev@gmail.com](mailto:Stephanie.kantchev@gmail.com) for placement.  
\$11 (W) / \$12 (W/O) per class

### BEGINNER BALLET

*Tue., & Thu., 5:30 - 6:30 p.m.*

For ages 6-9, introduces students to the basic positions of ballet and steps at a slow tempo to ensure proper understanding. Email: [Stephanie.kantchev@gmail.com](mailto:Stephanie.kantchev@gmail.com).  
\$12 (W) / \$13 (W/O) per class

### PRIVATE BALLET LESSONS

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

For ages 10 and older. Please contact Iliana at [ilianababa@gmail.com](mailto:ilianababa@gmail.com) for more information and to set up your private lesson.  
\$20 (W) / \$22 (W/O)

### HOME SCHOOL KIDS FITNESS

*Day and time to be determined*

Kids ages 5 and older will experience a variety of age appropriate martial arts, fitness, athletic cross training, yoga and stretching.  
\$8 (W) / \$9 (W/O)

### OKINAWAN KARATE

*Thu., 6 - 7p.m.*

For ages 5 and older. Learn traditional Okinawan Karate while developing confidence and a growth mindset while learning to apply these skills in the real world.  
\$12 (W) / \$13 (W/O)

## ADULT & YOUTH DROP-IN ACTIVITIES

### VOLLEYBALL DROP-IN

*Mon., 1 - 4p.m. & Sat. 12 - 4p.m.*

Bump, set, spike for the love of the game. Join our adult drop-in group for some fun.  
Free (SilverSneakers/Plus) / \$2 (W) / \$3 (W/O)

### TABLE TENNIS

*Sun. 1 - 4 p.m. (ages 10 and older)*

Drop in for some fun and friendly competition.  
Free (SilverSneakers/Plus) \$2 (W) / \$3 (W/O)  
Ages 10 - 15 must be accompanied by a guardian.

### BROWN BAG BASKETBALL PICK-UP

*Mon.-Fri., 11:30a.m-2:30p.m. ages 19 and up*

Bring you coworkers and get some exercise during lunch.  
Free (SilverSneakers/plus) \$1 (W) / \$2(W/O)

### PICKLEBALL DROP-IN

*Mon., - Fri., 6 - 11:30a.m., Sun., 1 - 4p.m.*

For all ages and skill levels. It's easy to start, but hard to stop. Get started on your new obsession today!  
Free (SilverSneakers/Plus) / \$2 (W) / \$3 (W/O)

### YOUTH BASKETBALL DROP-IN

*For ages 19 and younger*

*Mon., - Fri., 2:30 - 5:30 p.m. 1/2 court*

Daily Fee: Free (plus) / \$1 (W) / \$2 (W/O)

Fee is for Basketball only. Patrons will not have use of the fitness room or pool.

*Sat. & Sun. 1 - 5 p.m.*

Youth Fees: Free (plus) / \$2 (W) / \$4 (W/O)

Adult Fees: Free (plus) / \$3 (W) / \$6 (W/O)



**SCAN FOR MORE  
INFORMATION  
ABOUT MORNINGSIDE'S  
PROGRAMS AND  
ONLINE REGISTRATION**



**CLEARWATER**  
PARKS & RECREATION

Morningside Recreation Center | 2400 Harn Blvd., Clearwater, FL 33764  
**(727) 562-4280**



## ADULT ACTIVITIES

### SILVER SPLASH

*Mon., Wed., Fri. 8 - 8:50 a.m.*

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

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

### SILVER SNEAKERS® BOOM MOVE!

*Mon., Wed., Fri. 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) / \$4(W) / \$5 (W/O)

### 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) / \$4(W) / \$5 (W/O)

### YOGA

*Tue. 10 - 11a.m*

Emphasizes stretching, flexibility, breathing and relaxation techniques.

\$6 (W) / \$7 (W/O)

### TRADITIONAL OKINAWAN KARATE

*Thu., 6 - 7 p.m. & Sat. 10 - 11a.m.*

Ages 5 and older. Learn traditional Okinawan Karate while developing confidence and a growth mindset while learning to apply these skills in the real world.  
\$12 (W) / \$13 (W/O)

### SABER FENCING

*Tue. 6 - 8p.m.*

Ages 12 and older. Learn the basics of historical saber fencing while you develop strength, balance, increased physical and mental agility.

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

### FILIPINO MARTIAL ARTS

*Fri., 6 - 8 p.m.*

Ages 14 and older. Weapon based fighting style utilizing impact weapons, bladed weapons and empty hand techniques.

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

### SILVER SNEAKERS® STABILITY

*Mon. & Wed. 10:45 - 11:30a.m.*

For ages 45 and older. Seated or standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

Free (Silver Sneakers) / \$4 (W) / \$5 (W/O)

## LEAGUES

### MORNINGSIDE COED YOUTH VOLLEYBALL LEAGUE

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: Sat., 9-10 a.m.

Ages 11-14: Sat., 10-11 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.

### ADULT RECREATIONAL COED VOLLEYBALL LEAGUE

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.

Please call 562-4280 for more information.



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## COMMUNITY EVENTS

### HALLOWEEN JUBOOLEE

*Oct. 21 5:30-8:30 p.m.*

Come join us at Morningside for a hauntingly good time! Bring the family, dress up, play carnival games, and much much more.

Free Event

Have a beautiful day!!

### FRIDAY NIGHT FRIENDZY

*Sept. 2, Oct. 7, Nov. 4, Dec. 2*

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 Friendly begin. Students must be registered by Thu. prior to the event.

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

### Morningside Challenges 2022

October - Pickleball

November - Fitness Room

December - Volleyball Drop-In

Please see staff for more information.

### HO HO HOLIDAY PARTY AND HAYRIDE

Fri. Dec. 9 5:30 - 8:30 p.m.

Come join us for some holiday spirit. Take your picture with Santa, create a take home craft, play on inflatables, win prizes playing games and end your evening with a hayride.

Free Event

### DIVE-IN MOVIES

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

6:30-8:30p.m.

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

Reservations Required

Nov., 11: Frozen 2 (2019)

Dec., 9: The Grinch (2018)

### SWEET SWAP

Nov. 1 - 7 Facility Hours

Donate some of your Halloween candy or make a donation of item(s) to our service members overseas through "Our Troops Online".

For every pound of candy donated, you will earn one ticket for a chance to win amazing prizes!

Earn bonus tickets for letters to our troops (1 ticket) or a donation (2 tickets).

The top requested donation items are:

- ground coffee
- tooth paste, tooth brushes
- razors
- white tube socks
- beef jerky, gum

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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

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