



COUNTRYSIDE RECREATION NEWSLETTER



January 2023

HOURS & CLOSURES

Mon.- Fri., 5 a.m. - 8:30 p.m.
Sat., 8 a.m. - 5 p.m.
Closed: New Year's- 1/2 (observed)
1/16- MLK Jr. Day
Gymnasium: Please call for open gym information.



Scan for more information
about Countryside
Recreation Center

MEMBERSHIP INFO RECREATION CARD

	Resident	Non-Resident
Individual	\$7	\$180
Family	\$35	\$450

ANNUAL PLUS

Individual	\$100
Additional Family Member	\$50

PRICING CODE

(W) - with card or pass
(W/O) - without card or pass

PROGRAM FEATURE & COMMUNITY EVENTS

TAKE OUR COMMUNITY NEEDS SURVEY

Clearwater Parks & Recreation is researching a variety of topics to ensure our current operating hours and activities match the community's needs. Take our survey and share your feedback at myclearwater.info/recreationcentersurvey.



Mighty Ballers

Tuesday nights- 5:15-6:15 p.m.

Coached by Lyann Santana; co-ed basketball skills program. Learn the basics of basketball, dribbling, rebounding, shooting, and more!

Spring Break Camp

7 a.m.-6 p.m. March 13-17

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

YOUTH PROGRAMS

BEGINNER, INTERMEDIATE GYMNASTICS WITH DIANE

Thu., 4 - 6:45 p.m., Sat., 9:15 a.m. - 12:15 p.m.
Beginners students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$28 (W) / \$32 (W/O) average monthly fee

ADVANCED GYMNASTICS WITH DIANE

Thu., 4 - 6:45 p.m., Sat., 9:15 a.m. - 12:15 p.m.
Advanced students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$32 (W) / \$36 (W/O) average monthly fee

KARATE

Mon., Wed., 6 - 7 p.m.

Traditional martial arts taught by a black belt instructor for ages 6 and older. Learn discipline and respect while having fun and making friends.
\$8 (W) / \$9 (W/O) per hour

MIXED MARTIAL ARTS

Mon., Wed., 7 - 8 p.m.

Kickboxing, grappling, Kali/Eskrima, street oriented training.
\$8 (W) / \$9 (W/O) per hour

DAY-OUT CAMPS- March 20th, 2023

7 a.m.-6 p.m.; \$20(W)/\$22 (W/O)

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

Funtastic Friday Nights

Jan. 27, Feb. 17, Mar. 24; Apr. 28

6-9 PM; \$5 (W)/ \$6 (W/O); Join us for a night of fun, games, and crafts!

ADULT PROGRAMS ●

JAZZERCISE®

Mon. thru Sat., 9 - 10 a.m., Mon. thru Thu., 4:45 - 5:45 p.m.

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class. Contact Kelly at 560-3563 for info on specials.
\$15 per class.
\$59 monthly fee for unlimited classes.

PILATES

Tue., 6 - 7 p.m.

For ages 18 and older, enhance your mind and body while increasing physical strength and flexibility. Bring floor mat.
\$5 (W) / \$6 (W/O) per hour

ZUMBA GOLD

Mondays: 6:30-7:30 p.m.

Active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.
\$4(W)/\$5(W/O)

YOGA WITH PEGGY

Thu., 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques.
FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

BOOM MUSCLE WITH PEGGY

Tue., 10:30 - 11:15 a.m., Thu., 10:30 - 11:15 a.m., Fri., 11:30 a.m. - 12:15 p.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.
FREE (PLUS/SilverSneakers)/\$4 (W) / \$5 (W/O) per class

ONE-ON-ONE PERSONAL TRAINING WITH CHRISTINA

By appointment; Call 686-9599

Focus on your individual needs with a private session.
\$50 (W) / \$54 (W/O) per 60 min. session
\$25 (W) / \$27 (W/O) per 30 min. session

PERSONAL TRAINING- Small group

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.
\$25 (W) / \$27 (W/O) per hour

Call Christina Wilkinson at 686-9599 for more information.

BEGINNER'S JAZZERCISE®

Tue. & Thu., 6 - 7 p.m.

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class. Contact Kelly at 560-3563 for info on specials.

\$15 per class

\$120 for 10-class pass

OR \$59 monthly fee for unlimited classes

Pickleball

Mon.-Fri., 8 - 11:30 a.m.

Thursday nights- 6-8:30pm.

FREE (PLUS/SilverSneakers)/\$2 (W)/ \$3 (W/O)

YOGA WITH BARBARA

Mon & Wed., 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques.

FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

BOOM MUSCLE WITH BARBARA

Mon., 10:30 - 11:15 a.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.

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BOOM MUSCLE WITH CHRISTINA

Wed., 10:30 - 11:15 a.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.

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FITNESS ORIENTATION

By appointment; Call 686-9599

Take this free 15 minute course on how to operate the basic equipment in the Fitness Room.