



# MORNINGSIDE NEWSLETTER



MAY 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

- May 30: Memorial Day  
Holiday Hours: 9 a.m. - 1 p.m.

## MAIN POOL

- Mon. - Fri.: 6 - 11 a.m., 4 - 8 p.m.  
Lap swimming only
- Sat. & Sun. 1 - 5 p.m.: Social Swim

Opening May 31

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

## ACTIVITY POOL

Opening May 31

- Mon. - Fri. 11 a.m. - 5 p.m.
- Sat. & Sun. 1 - 5 p.m.
- For rental information or to book birthday parties and events, please email [anisworth.johnson@myclearwater.com](mailto:anisworth.johnson@myclearwater.com).
- For large events, sports rentals or meetings, please email [macie.tripple@myclearwater.com](mailto:macie.tripple@myclearwater.com).



## AQUATICS ●

### DIVE-IN MOVIES

Bring your float, bring your friends and enjoy a movie with us in the pool!  
6:30 - 8:30 p.m.

**May 13:** Remember The Titans (2000)

**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)

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

Reservations Required

### SILVER SPLASH

Activate your aqua urge, this Silver Sneakers® class offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

**Mon., Wed., Fri. 8 - 8:45 a.m.**

FREE (Silver Sneakers®)

\$4 (W) / \$5 (W/O) per class

### SPLASHBALL

(ages 5-9)

"Splashball" is open to athletes of ALL levels, no experience required. We help develop comfort in the water while learning the basics of playing water polo. Polo! The "splashball" program is designed to bridge the gap between learn-to-swim and water polo basic skills in a fun, safe, recreational format.

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

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

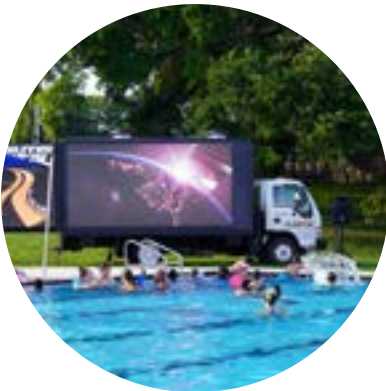
### YOUTH WATER POLO

(ages 10 - 14)

"Youth Water Polo" is open to athletes of ages 10 to 14 years of age with no experience required! We teach the basics of playing water polo while introducing real-game skills that can be used every time you play! The youth water polo program is designed to give athletes the tools to succeed in a safe, yet competitive environment. Learn how to play water polo at an introductory level.

**Mon., Wed., 4:30 - 5:30 p.m.**

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



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



## YOUTH PROGRAMS ●

### GYMNASTICS WITH DIANE

(ages 4-16)

Beginners to advanced students learn acrobatic floor work exercises to the latest pop music. Students will be divided into groups according to ability and age. Improve coordination, confidence and have fun.

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

**Beginner/Intermediate 30-minute class.**

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

**Advanced**

45-minute class. Times will vary depending on ability. Please contact Ms. Diane at (727) 422-4946 to see which class your child should attend.

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

### BALLET with Iliana

Learn this Vaganova technique with a former professional ballerina aimed to advance physical, emotional, and social skills while teaching discipline and artistry through dance. Email [ilianababa@gmail.com](mailto:ilianababa@gmail.com) for more details and placement.

**Pre-Ballet** (ages 3-5)

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

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

**Intermediate** (ages 8-12)

**Thu., 5 - 6 p.m.**

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

**PBT Progressing Ballet Technique**

(ages 6-18)

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

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

**Beginner** (ages 6-9)

**Tue., 5 - 6 p.m.**

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

**Advanced** (ages 12-18)

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

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

### MODERN DANCE with Kelly

Students will learn and explore fundamental concepts of modern dance through technical exercise and choreographed combinations. Technique will be balanced with creativity and freedom of expression through movement.

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

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

### FRIDAY NIGHT FRIENDZY

(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.

**May 6, June 3, July 1, Aug. 5**

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

### HOME SCHOOL PE

(ages 5-13)

Come make new friends and have fun participating in various physical education activities.

**Please call for more information.**

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

During the school year only.

### HOME SCHOOL KARATE

(ages 5-13)

Traditional martial arts taught weekly by a black belt instructor.

**Please call for more information.**

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

During the school year only.

### ELEMENTARY/MIDDLE SCHOOL TUTORING

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

**1-hour time slots between 3-6 p.m.**

Call to reserve a time slot.

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

During the school year only.

## CAMP PROGRAMS ●

### SCHOOLS DAY OUT CAMP

Grades K-8

No School, no problem. Hang out with friends, play games, swim, and have fun.

**7 a.m. - 6 p.m.**

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

### SUMMER CAMP

Grades K-8

Clearwater camps are the place to be for children to learn, grow and make memories! Small groups with safety and cleanliness are a top priority.

**Register now**

**Please call for more information.**



SCAN FOR MORE  
INFORMATION ABOUT  
MORNINGSIDE'S  
PROGRAMS AND  
AMENITIES



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## ADULT PROGRAMS ●

### YOGA

(ages 16 and older)

Emphasizes stretching, flexibility, breathing and relaxation techniques.

**Tue. & Thu., 10 - 11 a.m.**

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

### SILVER SNEAKERS® YOGA

Increase range of movement, strength, balance and restorative breathing to promote stress reduction. This class employs chair-based exercises. A yoga mat is not required.

**Tue. & Thu., 9 - 9:45 a.m.**

Free (Silver Sneakers® )

\$4 (W) / \$5 (W/O) per class

### SILVER SNEAKERS® BOOM MOVE!

(ages 45 and older)

Boom Move is a dance-based exercise class designed for the active older adult, with easy to follow choreography combined with energizing music giving you a great cardio workout.

**Mon. & Wed. 9:45 - 10:30 a.m.**

Free (Silver Sneakers® )

\$4 (W) / \$5 (W/O) per class

### SILVER SNEAKERS® BOOM MUSCLE

(ages 45 and older)

The class is for older adult to improve their core muscular strength, flexibility, endurance, functional and cardio respiratory health.

**Mon., Wed., & Fri. 9 - 9:45 a.m.**

Free (Silver Sneakers® )

\$4 (W) / \$5 (W/O) per class

### ENHANCE® FITNESS

(ages 55 and older)

This program is held in partnership with the YMCA of the Suncoast. This evidence-based group exercise program uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active. Each session includes cardiovascular, strength training, balance and flexibility exercises. The program is provided by Pinellas County Social Action Funding. One-hour class held three times weekly for 16 weeks.

Class size is limited. Pre-registration is required. Times and dates to be determined. Free



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### FILIPINO MARTIAL ARTS

(ages 14 and older)

Filipino Martial Arts also known as Kali emphasizes a weapon based fighting style utilizing impact weapons, bladed weapons and empty hand techniques. Kali is one of the most comprehensive fighting styles with battle proven methods used during conflict.

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

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

### SABER FENCING

(ages 12 and older)

Learn the basics of historical saber fencing while you develop strength, balance, increased physical and mental agility while getting a whole body workout! Limited amount of fencing equipment will be available to beginners.

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

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

### TRADITIONAL OKINAWAN KARATE/KOBUDO (WEAPONS)

Blackbelts and leaders are created from the inside out. Learn traditional Okinawan Karate and Kobudo (weapons) while developing confidence and a growth mindset while learning to apply these skills in the real world. Classes are available for all ages. Students are responsible for bringing their own safety gear.

### TRADITIONAL OKINAWAN KARATE

#### KIDS

(ages 5-14)

**Thu., 6 - 7:30 p.m.**

**Sat., 10 - 11 a.m.**

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

#### ADULTS

(ages 15 and older)

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

**Thu., 6 - 7:30 p.m.**

**Sat., 10 - 11 a.m.**

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

### TRADITIONAL OKINAWAN KOBUDO (weapons)

(ages 10 and older)

**Sat., 11 a.m. - noon**

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

### SELF DEFENSE

(ages 15 and older)

Learn practical self defense skills mixed with elements of kick boxing.

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

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



## ADULT DROP-IN ●

### BROWN BAG BASKETBALL PICK UP

(ages 18 and older)

Bring your coworkers and get some exercise during lunch.

**Mon. - Fri., 11:30 a.m. - 2:30 p.m.**

Daily Fee: Free (Silver Sneakers® )

\$1 (W) / \$2 (W/O) daily fee

### TABLE TENNIS

(ages 10 and older)

Drop in for some fun and friendly table tennis competition.

**Sun., 1 - 4 p.m., MPR**

Daily Fee: Free (Silver Sneakers® )

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

Ages 10 to 15 must be accompanied by guardian.



## SPORTS ●

### MORNINGSIDE COED YOUTH VOLLEYBALL LEAGUE

The Morningside Coed Youth Volleyball League is an instructional league with Pinellas Heat Elite. Players are familiarized with the fundamentals of the game and all positions on the volleyball court in a fun and safe recreational setting with a small tournament at the end of the season. This league is open to girls and boys between the ages of 8 to 14. Registration Deadline: **Aug. 6 - Sept. 16**

League dates: **Sept. 17 - Dec. 10**

(ages 8-10)

**9-10 a.m.**

(ages 11-14)

**10-11 a.m.**

**Sat., 10 to 11:30 a.m.**

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

Please call for more information.

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



### ADULT RECREATIONAL COED VOLLEYBALL LEAGUE

(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.

League Dates: **Saturdays, Apr. 23 - June 25**

Game times are between **8 a.m. and noon.**

Fee: Pre-registration now through **Apr. 8**

\$200 per team

Registration: **Apr. 9 - June 22**

\$300 per team

Please call 562-4280 for more information.



### PICKLEBALL

Pickleball is a paddle sport for all ages and skill levels combining many elements of tennis, badminton and table tennis. It's easy to start, but hard to stop. Get started on your new obsession today!

**Mon. - Fri., 6 - 11:30 a.m.**

Daily Fee: Free (Silver Sneakers® )

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



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### YOUTH BASKETBALL DROP-IN

(ages 19 and under)

Shoot some hoops, work on your skills, meet some new friends, have fun.

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

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

**Sat & Sun, 1 to 5 p.m.**

Youth Daily Fee:

Free (Plus) \$2 (W) / \$4 (W/O)

Adult Daily Fee:

Free (Plus) \$3 (W) / \$6 (W/O)

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

## OTHER PROGRAMS & EVENTS ●

### PERSONAL TRAINING with Heather

**PT One on One 30 min.**

Guided workouts or 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

Please contact Heather at (727) 744-2222 to set up your session today.