



COUNTRYSIDE RECREATION NEWSLETTER



October 2022

HOURS & CLOSURES

Mon.- Fri., 5 a.m. - 8:30 p.m.

Sat., 8 a.m. - 5 p.m.

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 the 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



COUNTRYSIDE'S "HALLOWS EVE"

Fri. October 28th; 6-9PM

Join Countryside Recreation Center in "mashing" your way through the candy trail. Games, live DJ, laser tag, costume contest, and plenty of more fun!

THE BIG CLEANUP

Nov. 12th

Countryside is a site for the upcoming City wide Big Cleanup. To sign up today, visit eventbrite.com and search Clearwater Beach Cleanup Series.

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.

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

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.

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

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 class

MIXED MARTIAL ARTS

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

Kickboxing, grappling, Kali/Eskrima, street oriented training.

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

DAY-OUT CAMPS

7a.m.-6p.m.; \$20(W)/\$22 (W/O); Oct. 17th

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

FUNTATSTIC FRIDAY NIGHTS

Oct. 7th; 6-9PM; \$5 (W)/ \$6 (W/O)

Parents, this is your opportunity to drop your children (ages 6-12) off at the Countryside Recreation Center and enjoy a few hours out!

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

Mon., 6:30-7:30PM

Active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

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

PERSONAL TRAINING

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.

2 classes or 2 people for \$20

Summer Special: 2 months for \$95

PICKLEBALL

Mon.-Fri. 8-11:30a.m.; Thurs. 6-8:30p.m.

For ages 18 years and older, pickleball is a fun, active game that is played on a badminton-sized court with the net lowered to 34 inches.

Free(PLUS/SS)/\$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.

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

BOOM MUSCLE WITH CHRISTINA

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

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

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

FITNESS ORIENTATION

By appointment; Call 686-9599

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