



THE LONG CENTER NEWSLETTER

October 2022

FACILITY HOURS

Mon.-Thu., 6 a.m. - 9 p.m.

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

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

Sun. and holidays, closed

CLOSURES & HOLIDAYS

October 15: Both Pools Closed

October 22: Both Pools Closed

October 28: Both Pools Closed

POOL

Mon.-Thu., 6 a.m. - 8:45 p.m.

Fri., 6 a.m. - 6:45 p.m.

Sat., 8 a.m. - noon

Closed on Sundays and holidays

Long Course

Mon., Tues., & Thurs., 6:00-8:30 a.m.

Small Pool Closed:

Mon.-Thurs., 11 a.m.-12:30 p.m.,
4:30-7:30 p.m.

ADULT CLASSES

PICKLEBALL

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

Played on a badminton court with a wooden paddle and whiffle ball.

Free (SilverSneakers/Plus)/ \$2(W) / \$3 (W/O)

BROWN BAG BASKETBALL

Mon., Wed., and Fri., 6-8:30 a.m.

For ages 18 and older, bring your coworkers or friends and get some exercise during your lunch hour.

Free (SilverSneakers/Plus)/ \$2(W) / \$3 (W/O)

TABLE TENNIS CLUB

Tue. & Thu., 8:30-noon, Sat., noon-4 p.m.

A friendly and experienced group of adult table tennis players that are eager to help you learn and improve. SunriseTableTennis.com

Free (SilverSneakers/Plus)/ \$2(W) / \$3 (W/O)

DROP-IN VOLLEYBALL

Sat., 8 a.m.-noon

For ages 16 and older, open drop-in volleyball program for medium to high skill level players.

Free (SilverSneakers/Plus)/ \$1(W) / \$2 (W/O)

ADAPTIVE KARATE

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

Increase self-esteem, independence, discipline, fitness, coordination. Program taught by Rick.

Pre-registration required.

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

FILIPINO MARTIAL ARTS

Thur., 7:30-9:30 p.m., Sat., 9:30-11:00 a.m.

For ages 12 and older, self defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.

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

YOGA

Tue. & Thu., 7-8:15 p.m.

Proper alignment of yoga postures and stress-reducing breathing techniques.

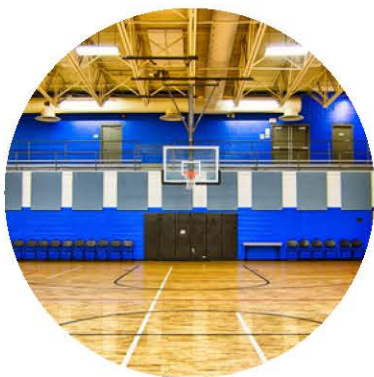
\$7 (W) / \$8 (W/O)

WE WANT YOUR FEEDBACK

CLEARWATER PARKS & REC 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





YOUTH PROGRAMS

SABER FENCING

Sat., 11 a.m. - 12:30 p.m.

For ages 12 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

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

KARATE/JIU-JITSU

Mon. & Wed., 5-5:45 p.m.

For ages 6 and older, martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends. All levels welcome.

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

FILIPINO MARTIAL ARTS

Thu., 7:30-9 p.m., Sat., 9:30 a.m.-11:00 a.m.

For ages 12 and older, self defense program utilizing Filipino and Southeastern Asian martial arts. Program taught by Rick.

\$9 (W) / \$10 (W/O)

OPEN GYM & BASKETBALL

Call 562-4905 for schedule.

Call in advance. Times are subject to change.

HOME SCHOOL ARCHERY

Tue., 9-9:50 a.m.

Children learn the basics of archery. Program taught by Rick. During school year only.

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

HOME SCHOOL PHYSICAL EDUCATION

Tue., 10-11 a.m.

Children participate in a variety of physical education activities. During school year only.

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

HOME SCHOOL KARATE/JIU-JITSU

Thu., 10-11:00 a.m.

Martial arts taught by black belt instructor, Rick. Learn discipline and respect while having fun and making friends. All levels welcome.

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

HOME SCHOOL SABER FENCING

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

For ages 10 and older, develop fencing attributes, timing, distancing, speed, flexibility, coordination and good sportsmanship.

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

YOUTH CAMPS & SPECIAL EVENTS

FESTIVAL OF FRIGHTS

5:30-9:00 P.M.

Join us for a fright night of fun including Halloween carnival games, haunted train ride, spooktacular food trucks and a family friendly spine chilling movie out on the field.

5:30-7:15 p.m.

Food trucks, carnival games, face painting, petting zoo, haunted train ride & more.

Movie begins at 7:15 p.m.

Movie: The Addams Family

FREE

3RD FRIDAYS

6-10 p.m.

For children in grades K-8, drop off your children for a night of games, swimming, pizza and fun. Students must be registered by the Thu. prior to the event. Drop-off is between 6-7 p.m. and pick-up is between 9-10 p.m.

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

DAY-OUT CAMPS

Clearwater camps are the place to be for children to learn, grow and make memories!

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



1501 N. Belcher Road, Clearwater FL, 33765
727-562-4905 • Fax: 727-793-2328



SCAN FOR MORE INFORMATION



FITNESS & PERSONAL TRAINING PROGRAMS

PERSONAL TRAINING

Mon.-Sat. 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.

1 Hour Session: \$50 (W) / \$55 (W/O)
1/2 Hour Session: \$25 (W) / \$27 (W/O)

Call Christina Wilkinson at 686-9599 for more information.

FITNESS ORIENTATION

Call 686-9599 to make an appointment
Take this free 15 minute course on how to operate the basic equipment in the Long Center Fitness Room.

HEALTH HIKE

Thu., Oct. 13th & 27th
8-8:45 a.m.

Join Christina Wilkinson on a morning walk, adding in gentle exercises along the way. \$5(W)/\$6(W/O)

AQUATIC CLASSES

CLEARWATER AQUATIC TEAM (CAT)

Join a year-round competitive swim program under the United States and Florida Swimming organizations. CAT provides a positive learning environment for children wishing to get involved in competitive swimming.

Swimmers are grouped according to age and ability. For more information, call 791-9542 or visit clearwateraquatics.com

YOUTH SWIM WORKSHOP

Tue. & Thu., 11:15 a.m.-12:15 p.m.
Taught by Cliff, participants will learn to develop stamina and improve strokes. Must be able to swim 25 yards. Program during school year only.
\$5 (W) / \$6 (W/O)

AQUA ZUMBA

Thu., 10:30-11:30 a.m.
Aqua Zumba is a fun dance workout with challenging water resistance and soul Zumba rhythm in the water.
\$5 (W) / \$6 (W/O)

LEARN TO SWIM PROGRAM

Each swim class includes six 30 minute sessions. Contact Jillian Sparks at 562-4905 for any questions. All classes are offered on either Mon. & Wed. OR Tue. & Thur. You cannot switch between the two days and must pick one time slot.

Thanks to a generous donation from The Long Center Foundation, all beginner Parent/Child and Level 1 and 2 sessions will be \$10 for all children. Find swim lessons schedule online, visit myclearwater.info/swimlessons.

Private swim lessons are also available for children, teens and adults. Call 562-4905 or email Jillian.Sparks@myclearwater.com for more information.

SILVERSPASH

Fri., 11-11:45 a.m.
Activate your aqua urge! This shallow water class improves agility, flexibility and cardiovascular endurance. No swimming ability required.
FREE (SilverSneakers/PLUS) / \$4 (W) / \$5 (W/O)

SIGN UP FOR OUR EMAIL & TEXT INFORMATION & ALERTS

The city has a new email and text notification system. Sign up today at myclearwater.info/alerts.

You can choose to sign up with your email address or phone number and can specify which recreation center you'd like to receive information from.