



MORNINGSIDE NEWSLETTER

WINTER 2023

FACILITY HOURS

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

CLOSURES & HOLIDAYS

Jan. 2, New Years Day Observed

Jan. 16, Martin Luther King Jr.

Feb. 20, President's Day

Mar. 3 & 4, No classes or gymnasium

POOLS

MAIN POOL

Main pool is closed for the season.
Reopening March 2023

ACTIVITY AREA

Activity area is closed for the season.
Reopening May 2023

Please call the center 562-4280 for more information.

RENTAL INFORMATION

For rental information or to book birthday parties and events please email ariana.amoroso@myclearwater.com

For large events, sports rentals or meetings please email 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! Open for children in grades K - 8th

School's Day Out
7a.m. - 6p.m.
March 20, April 7
\$20 (W) / \$22 (W/O) per day

Spring Break Camp
7 a.m. - 6 p.m.
March 13 - 17 (M-F)
\$100 (W) / \$110 (W/O)

Summer Camp Registration will begin on Thursday March 9th.
More information to come

ADULT ACTIVITIES

SILVER SPLASH - Returning March 2023

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)

SILVER SNEAKERS® STABILITY

Mon. & Wed. 10:45 - 11:30 a.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)

TRADITIONAL OKINAWAN KARATE

Thu., 6 - 7 p.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 - 8 p.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)

YOGA

Tue. 10 - 11 a.m

Emphasizes stretching, flexibility, breathing and relaxation techniques.

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

Have a Beautiful day!

LEAGUES

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 the center 562-4280 for more information.

COMMUNITY EVENTS

POLAR PLUNGE

Sat. Jan. 21 9a.m.

Are you brrr-ave enough to participate in Morningsides Polar Plunge? Brave the cold water for a minute and win a prize, or stay in the longest and win the grand prize. After, warm up with a cup of hot cocoa and enjoy music by the pool.

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

SMILE :)

FRIDAY NIGHT FRIENDZY

Jan.6, Mar.3, Apr.7

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.

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

CUPID SHUFFLE VALENTINE'S DANCE

Fri. Feb.3 6 - 9p.m.

Bring your family and friends and dance the night away at our Cupid Shuffle Valentine's dance. There will be a DJ, food, drink, games, prizes, a photo booth, and fun for all. Attire will be nice, casual clothing.

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

DIVE-IN MOVIES

Restarting in May

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)

May 12

June 9

July 14

August 11

September 8

Reservations Required

MORNINGSIDE CHALLENGES 2023

Please see staff for more information

EGGQUATIC EGG HUNT

Sat. April 8 Times will vary-see below

Have you ever tried to hunt for eggs in a pool before? Join us for a wild and wet time hunting for eggs in our pools. Bring your family and friends to this FREE event. We will have a bounce house, live music, prizes and an appearance by the Easter Bunny.

Ages 2 and under - 2p.m.

Ages 3 to 5 - 2:45p.m.

Ages 6 to 9 - 3:30p.m.

Ages 10 and older - 4:15p.m.

Have a Beautiful day!

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





YOUTH ACTIVITIES

PRE-BALLET

Please call for more information

Children ages 4-5 will learn the basic steps of ballet, spatial awareness, balance, coordination and more. Email: 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. \$12 (W) / \$13 (W/O) per class

BEGINNER GYMNASTICS WITH DIANE

Please call for more information

For ages 4-16, beginners to advanced students learn acrobatic floor work exercises to the latest pop music.

ADVANCED GYMNASTICS WITH DIANE

Please call for more information

For ages 4-16, this is an advanced 45-minute gymnastics class.

PRIVATE BALLET LESSONS

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

For ages 10 and older. Please contact Iliana at 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 - 7 p.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 - 4 p.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