



*Town of Surfside Parks and Recreation Department
Winter Session 2024 Registration Begins
Residents: November 27 Non-Residents: December 11 2023*



SCAN FOR FLYERS

ADULT AND SENIOR PROGRAMS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 1/8 - 2/12/24 No Class 1/15	9:00-10:00am	18-54yrs.	Residents \$60.00 Non-Residents \$85.00
Zumba Gold	<u>Mondays</u> 1/8 - 2/12/24 No Class 1/15	9:00-10:00am	55 & Over	Residents \$25.00 Non-Residents \$35.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 1/16 - 2/20/24	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Self Defense	<u>Tuesdays</u> 1/16 - 2/20/24	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
Senior Time	<u>Wednesdays</u> 1/10 - 2/21/24	10:00-12:00pm	18 & Over	Free
Yoga	<u>Thursdays</u> 1/18 - 2/22/24	8:45-9:45am	16 & Over	Residents \$72.00 Non-Residents \$102.00
Current Events	<u>Thursdays</u> 1/11 - 2/22/24	10:15-12:15pm	18 & Over	Free
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 1/9 - 2/23/24	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$5.00



SCAN FOR ONLINE
REGISTRATION

*For more information call the
Surfside Community Center (305) 866-3635
Website: www.townofsurfsidefl.gov*



11/2/2023