

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Facility Hours: M-F: 5 AM to 10 PM Saturdays: 9 AM to 6 PM Sundays: 10 AM to 2 PM		1 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p) Parks & Rec Adv. Board Mtg (6pm)	2 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	3 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	4 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p) Bark in the Park 10:00 am
5 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	6 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	7 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	8 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	9 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	10 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	11 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)
12 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	13 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	14 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	15 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	16 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	17 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	18 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p) Kids to Parks Day Wonder Workshop 10:30am
19 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	20 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	21 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p) FC Basketball (6:30-9:30p)	22 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	23 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	24 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	25 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p) Wonder Workshop 10:30am
26 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	 Facility Hours (10a-4p)	28 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p) FC Basketball (6:30-9:30p)	29 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p) Jazzercise (6:30p)	30 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Swim Lessons (4-7p)	31 Kickbox Rx (5-10a-hourly) Aqua Fitness (11a) Swim Lessons (4-7p)	Gibson-Bethel Community Center 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov

Programs and Classes – May 2019

Open Gymnasium Hours

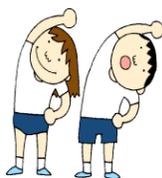
The basketball gymnasium is available for open gym during the following times:

- Mon/Wed/ Thurs/ Fri: 11 AM — 1:30 PM & 6:30 — 9:30 PM
- Tues: 11 AM — 1:30 PM
- Sat: 11 AM— 5:30 PM
- Sun: 11:30 AM — 1:30 PM



Health and Fitness

Ed's Boot Camp: South Florida's oldest and most effective boot camp provider. Unlimited classes year round, no contracts, no registration fees. Equipment provided. Check out www.edsbootcamp.com or call 305-613-9920.



Kickbox Rx: The combined elements of kickboxing, strength training and core conditioning in this class guarantee results. Check out www.kickboxrx.com or call 305-613-9920.



Jazzercise: A pulse-pounding, beat-pumping fitness program that gets you results fast. Check out www.jazzercise.com for more information or call 305-666-5457.



Silver Sneakers classes: Silver Sneakers classes are offered Tuesdays and Thursdays at 11:15 AM at the Gibson-Bethel Community Center. These programs are free for Silver Sneakers Members. For more information call 305-668-3876 or visit SilverSneakers.com to check eligibility.



May Events

Bark in the Park: Bring your furry friend to the Dog Park on May 4th. Enjoy a fun day at the park interacting with pet businesses and rescue organizations. The event will consist of multiple dog activities including a walk, fetch hour, and treats. The event starts at 10:00 AM.

Kids to Parks Day : In observation of National Kids to Parks Day, the Parks and Recreation Department is offering STEM classes as well as a fun Bingo game. Pick up your free t-shirt and Bingo card at the Gibson-Bethel Community Center. Complete all the boxes on the bingo card, win a prize! #SoMiKidsToParksDay

Aquatics Programming

Group Swim Lessons: Similarly skilled and aged students are groups together with an instructor. Group lessons require some knowledge of water safety, and swimming skills. Each lesson is 30 minutes long and a session of lessons is a total of ten classes (M-F for two weeks).

Private Swim Lessons: Private lessons begin as early as 6 months old with no upper age limit. Instructors gauge the student's skill level and determine advancement. Each lesson is 30 minutes long and a session of lessons is a total of five classes.

Recreational Swim Team: Students will refine technique and increase their fitness level while working out in a team setting. There are two team options, beginner meets two days a week and intermediate/advanced which meets three days a week.

Aqua Fitness: Aqua Fitness Classes operates Mondays, Wednesdays, and Fridays from 11am-11:50am. The cost to register for the month is \$35, or just drop-in for \$7 a class.



ollow Us

Did you know that the South Miami Parks and Recreation Department has a Facebook page? Follow and like us to stay up to date on all the great things happening in and around your city! @southmiamiparksandrec

Online Registration

Register for everything in South Miami Parks and Recreation online! From our after school program to pavilion rentals, everything is at your fingertips. The registration website is:

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