

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>South Miami THE CITY OF PLEASANT LIVING</p>	<p>Gibson-Bethel Community Center 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov</p>	<p>Facility Hours: M-F: 5 AM to 9 PM Saturdays: 9 AM to 6 PM Sundays: 10 AM to 2 PM</p>					
1 Jazzercise (10a) Open Gym (11:15a-2p)	2 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	3 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	4 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	5 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	6 Kickbox Rx (5-10a-hourly)	7 Jazzercise (9:15a) Open Gym (11:00a-5p)	
8 Jazzercise (10a) Open Gym (11:15a-2p)	9 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p)	10 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	11 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p)	12 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	13 Kickbox Rx (5-10a-hourly)	14 Jazzercise (9:15a) Open Gym (11:00a-5p)	
15 Jazzercise (10a) Open Gym (11:15a-2p)	16 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p)	17 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) 	18 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p)	19 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	20 Kickbox Rx (5-10a-hourly)	21 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p)	
22 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	23 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) Public Swim (12-4p) SPRING BREAK CAMP STARTS	24 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Public Swim (12-4p)	25 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) Public Swim (12-4p)	26 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) Public Swim (12-4p)	27 Kickbox Rx (5-10a-hourly) Public Swim (12-4p)	28 Jazzercise (9:15a) Open Gym (11:00a-5p) Public Swim (12-4p) Wonder Workshop 10:30am * preregistration required*	
29 Jazzercise (10a) Open Gym (11:15a-2p) Public Swim (12-4p)	30 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p)	31 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)					

Programs and Classes - March 2020

Open Gymnasium Hours

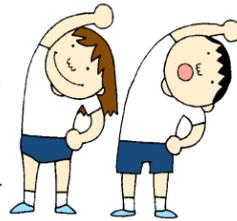
The basketball gymnasium is available for open gym during the following times:

- Mon/ Wed: 11 AM — 1:30 PM & 7:30 — 8:30 PM
- Tues/ Thurs/ Fri: 11 AM — 1:30 PM & 7:30 — 8:30 PM
- Sat: 11 AM— 5 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.



What's Happening in March?

Grey Ghost Football and Cheer Registration: Interested in signing up for Football or Cheerleading? March 3rd registration opens up for residents of South Miami. March 31st registration opens up for Non-residents. The prices are \$80 for Residents and \$160 for Non-residents.



STEM Wonder Workshop: Our next Wonder Workshop at Gibson-Bethel Community Center will be March 16th at 10:30am. Explore Simple Machines and explore Industrial Engineering.! This activity is for children ages 5 to 14. Preregistration is required, Register at recpro.southmiamifl.gov.



Aquatics Programming Starts APRIL

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.

Spring Break Camp

Spring Break Camp will run March 23-27 for students grades K thru 6. Children will enjoy trips to the Murray Park Aquatic Center along with other recreational and education activities. Registration forms can be filled out and turned in at the Gibson-Bethel Community Center.



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:

RECPRO.SOUTHMIAMIFL.GOV

Check it out!