

Town of Fort Myers Beach Parks & Recreation



March & April 2016 Newsletter





The Town of Fort Myers Beach Parks and Recreation Department

Meet the Staff

Bay Oaks Recreational Campus: (239) 765-4222

Beach Pool: (239) 463-5759

- Parks & Recreation Director:** Randy Norton
- Recreation Coordinator:** Sarah Mayher
- Recreation Coordinator:** Adam Leicht
- Recreation Coordinator:** Kyle Karczewski
- Recreation Coordinator:** Danielle Froystad

All Parks and Recreation Staff is CDC Concussion Safety, CPR, AED, and Emergency Management Certified

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Bay Oaks & Pool Closures

March 12 (Shrimp Festival)
Bay Oaks- Open at 2:00pm
Pool- Open at 10:00am

Established 1995



BAY OAKS
RECREATIONAL CAMPUS



Teen & Youth Programs



Fun Days

When school is out make it a Fun Day at Bay Oaks. Fun Days are open from 7:30am-6pm, and open to kids grades K-8. Fun Days offer a wide variety of activities so you know you won't get bored. All participants are asked to bring a lunch and arrive before 9am. Registration forms can be found online at www.fortmyerbeachfl.gov or by stopping by the Rec Center.

Registration Deadline: Preregistration is recommended.

When: Friday March 25th
Monday March 26th– Friday April 1st.
Monday, April 4th,



Club Rec

Spring Semester

January 25th-June 10th

\$100/ Bay Oaks Member per semester.

\$135/Non-Member per semester.

Club Rec is open to all students grade K-5.

Club Rec operates on all days that school is in session and not a

Toddler Tuesdays

This is a drop in program that allows parents and their little's a chance to explore and play in a fun and safe environment. Play with supplied toys, bring your own, color, read or explore a new project. Any parents interested in volunteering or coordinating activities please contact Sarah @ Bay Oaks. Toddler Tuesday is now held on the **FIRST TUESDAY OF THE MONTH.**

When: Tuesday, March 1st
Tuesday, April 5th.
10:00am-11:00am.

Fee: Free/Member. \$4/Non-Member.

Sarah Mayher
Program Coordinator
239-765-4222

Sarah@FortMyersBeachfl.gov
www.BayOaksRec.org

Traditional Summer Camp

The Bay Oaks Traditional Summer Camp runs from 7:30am-6pm, Monday-Friday Each week consists of a theme and an off campus field trip which is included into the weekly rate. Stay tuned for camp dates and registration.

Fee: \$75/Member. \$100/Non-Member.

Teen Programs



Summer Basketball

Interested in joining a basketball league outside of your school? Sign up today at Bay Oaks to be a part of the FMB team that plays in the Fort Myers YMCA teen basketball league. This is a great opportunity to learn leadership and fundamentals of the game. Practices will be on Wednesdays. Games will be played on Saturday nights at the YMCA. Practices to start June 22nd.

Practices: Wednesdays 5:00pm—6:00pm.

Fee: \$25/members, \$30/non-members.

NBA 2K16 Tournament

Think you can game? Come down to Bay Oaks and play in the video game tournament to see who is the ultimate gamer. **The game of the night will be NBA2K16.**

Games: Madden '16 Call of Duty.

When: Saturday, January 23rd 7:00-11:00pm.

Fee: \$2/Member, \$3/Non-Member.



Boston Red Sox Spring Training

Jet Blue Park in Fort Myers is home to the Boston Red Sox Spring Training. Come with us on Saturday, March 19th to watch the Red Sox take on the St Louis Cardinals. These will be lawn seats. First pitch at 1:05pm.

When: Saturday, March 19th

Van leaves at 11:00am returns at 6:00pm.

Fee: \$7/Member. \$10/Non-Member.



Adult Programs



Fitness Room

The Al Oerter Weight Room at Bay Oaks Recreation Center is the largest public workout facility on Fort Myers Beach. It offers all the exercise equipment you will need to achieve your fitness and wellness goals. The namesake Al Oerter is a four-time United States Olympic champion in the discus throw and was a Fort Myers Beach Resident who was very passionate and spent a lot of time at Bay Oaks before passing away in 2007.

The fitness room offers:

8 Piece weight circuit– Chest Press, Shoulder Press, Pec/Delt Fly, Abdominal Crunch, Lat/Tricep Pull-down, Bicep Curl, Leg Extension and Leg Curl.
2 Treadmills
1 Recumbent Bike
1 Stair-Stepper
2 Ellipticals
Smith Machine
Free Weight dumbbells, bars and attachments
50 inch flat screen T.V.

Fee: Free/Member. \$4/Non-Member.

Fitness Room Hours:

Monday - Friday: 7:30am - 9:00pm
Saturday: 10:00am - 9:00pm



Free Fitness Center Orientation

Just starting to learn how to workout? No problem! Bay Oaks offers a “free” weight room orientation to all members. In this class you will learn how to properly use each piece of equipment in the Fitness Center. The staff member leading the class will also give you tips and tricks on how to workout different parts of your body. Pre-registration is required., Call (239) 765-4222.

When: Mondays at 11:00am.

Fee: Free/Member. \$4/Non-Member.

Adult Programs



No charge cards accepted for fitness classes, cash only.

Yoga

Come experience the relaxation and fitness benefits of Yoga at Bay Oaks. No experience necessary. Learn the postures and techniques in a fun and friendly environment. Mats and hand weights are provided if needed.

When: Tuesday & Thursday at 9:00am.

Fee: Single Class- \$10/Member. \$12/Non-Member.
10 Class Punch Card- \$90/Member. \$110/Non-Member.



Body Sculpt

A great full body workout set to music that incorporates both bodyweight movements and light dumbbells to improve strength and fitness. Exercises are modifiable so participants can work at the level best suited to them. Whether you are new to strength training, or looking to increase the intensity for a good burn, there is something for everyone. Compare yourself only to the person you were yesterday!

When: Tuesday & Thursday at 9:00am.

Fee: Single Class- \$8/Member. \$10/Non-Member.
10 Class Punch Card- \$80/Member. \$100/Non-Member.

Aerobics

With this lightweight, low impact aerobics class you will not only get into shape but have a great time while doing so. Participants will experience high repetition exercises using light hand weights during a total body work out. Mats, weights and steps are all provided if needed.

When: Monday, Wednesday & Friday at 8:30am.

Fee: Single Class- \$7/Member. \$9/Non-Member.
12 Class Punch Card- \$48/Member. \$60/Non-Member.

Spin Fitness

If you are looking for a different way to exercise check out Bay Oaks Spin Fitness class Rpm Spin Class offers something for everyone. Ride a bike to tunes that will get your pulse racing. Each class offers a 45 minute ride.

When: Monday & Friday at 9:00am. Wednesday at 8:00am

Fee: Single Class- \$8/Member. \$10/Non-Member.
10 Class Punch Card- \$72/Member. \$90/Non-Member.

Abs Toner

Bay Oaks Abs Toner class is a short period, high intensity core workout class designed to burn fat and tone the midsection. Mats are provided if needed.

When: Monday & Friday at 8:00am.

Fee: \$5/Member. \$6/Non-Member.

Senior Fitness

Senior Cycling/Toning/Flexibility class is healthy fun way for seniors to stay in shape. It is a mix of our traditional RPM spinning classes with stretching exercises incorporated to help tone and tighten the body.

When: Monday & Friday at 10:30am.

Fee: Single Class- \$8/Member. \$10/Non-Member.
10 Class Punch Card- \$72/Member. \$90/Non-Member.

Line Dancing

The Tuesday class you will learn the cha-cha, the Charleston, waltz, and a few more favorites. The Thursday salsa class is a combination of Zumba, Line Dance, Salsa, Cha-Cha, Cumbia, and Meringue all performed to Latin music.

When: Tuesday & Thursday at 10:15am.

Fee: Single Class- \$6/Member. \$8/Non-Member.
8 Class Punch Card- \$48/Member. \$64/Non-Member.

Adult Programs



Personal Training

Are you looking for professional help while trying to achieve your fitness goals? Bay Oaks now offers certified personal trainers to help you along the way. Work one-on-one directly with a licensed fitness professional who will tailor sessions directly to your needs. Call or stop in today to find out more and schedule your sessions.

When: Based on Client Schedule

Fee: Single Session- \$35/Member. \$45/Non-Member
8 Session Pack- \$255/Member. \$325/Non-Member



Open Basketball

Enjoy some fun, friendly basketball on one of our open basketball nights! Come alone and join up with other players or bring a group of friends. Everyone is welcome!

When: Monday, Wednesday, Thursday & Friday
6:00pm-9:00pm
Saturday 1:00am - 9:00pm

Fee: Free/Member. \$4/Non-Member.

Open Volleyball

Bay Oaks offers open volleyball on Tuesday nights. Come and join us for a few games of friendly competition. All skill levels and abilities are welcome. There is no registration required.

When: Tuesday 6:00pm-9:00pm.

Fee: Free/Member. \$4/Non-Member.

Open Inline Hockey

A new program to Bay Oaks, Open Inline Hockey will be held for adults 18 and over on Tuesday at 6:00pm. Bring your own skates. Helmets and sticks are required. Some are available for loan but bringing your own is welcomed. It is played outside so if weather is in question please contact one of our staff members at (239) 765-4222 for an update on the playing status for that night.

When: Adults- Tuesday at 6:00pm.

Fee: Free

3 on 3 Basketball Tournament

This winter, compete in one of the areas only 3 on 3 basketball tournaments. This one day tournament will be packed with action as you and your team will play for the title of "3 on 3 Kings of the Beach." All teams are guaranteed at least 3 group play games followed by an opportunity to play in the championship knockout bracket. Teams may have a maximum of 5 players on their roster. Must be 18 years or older to participate.

When: Saturday, 3/5/16.
Games begin at 10:00.
All players must be present by 9:30.

Fee: \$75/Team.

Registration Ends: 2/27/16.



Senior Programs



Pickleball

Pickleball is a tennis-like game that is played indoors with paddles. This low-impact sport is perfect for seniors. Come grab a paddle and check it out!

When: Monday, Wednesday & Friday.
10:00am-1:00pm.
Saturday 10:30-1:00pm.
New! Monday 6:30pm-8:30pm.

Fee: \$1/Member. \$5/Non-Member.

Monthly Potluck

Potluck is back at **Chapel by the Sea.**

On **March 2nd and April 6th**, let's plan to come together for a time of socializing and some of the best home cooking around! We'll provide the fried chicken, **please** bring your favorite dish. The Town always provides all the place settings and drinks as well. Lunch will be served at **12:00**. We will have guest speakers!

Fee: Free/Member \$4/Non-Member

Mahjong

Consider Bay Oaks for some Mahjong. The game is played with 4 people and a set of 144 tiles based on Chinese characters and symbols. A volunteer will be there to teach the game to newcomers. Please call for start date.

When: Every Friday, 1pm-4pm.

Fee: Free/Member. \$4/Non-Member.

Dominos and Activities Day

Make sure to stop by Bay Oaks during the week to join in a game of Dominos or participate in our Activities Day program. Snacks and refreshments will be available.

When: **Dominos:** Mondays & Thursdays
at 12:00pm

Activities Day: Tuesday at 10:00am.

Fee: Free/Members. \$4/Non-Members.

BOCCE

Join us every Tuesday as we prepare your courts and a cup of coffee for you on the Bay Oaks baseball field. The BEST grass surface for BOCCE on the island. This is a "drop-in" activity and requires no pre-registration.

When: Tuesday, 9:00am-12:00pm.

Fee: Free.

Senior Programs



Bike Trips

Load up the bikes and head out with us to various locations around Southwest Florida for a biking adventure. All riders must have a bike. We will transport you and your bicycle or feel free to meet us at our destination. Please remember to bring a lunch, concessions available at some parks.

Van will leave at 9:30 am for these trips

Fee: \$10/Member. \$12/Non-Member .

Picayune Strand State Forest

Thursday, March 31st

Cape Haze Pioneer Trail

Tuesday, April 19th



Kayaking Trips

Kayaking is always a great time and very affordable at the Bay Oaks Rec Center. For every trip, be sure to bring sunscreen, water and pack a lunch (or at least a snack). Inexperienced at kayaking? No problem. All of our kayaks are tandem and we will match you with an experienced paddler.

Van will leave at 9:30am for these trips

Fee: \$25/Members. \$30/Non-Members.

Lovers Key

Tuesday, March 15

Imperial River

Thursday, April 21st

Walking Trips

Come and join us for a leisurely paced walk in scenic locations all around Fort Myers! Just wear your walking shoes and bring your binoculars if you'd like. We will stop for lunch after the walk.

DownTown Fort Myers, Art Exhibit - Monday, March 21st

Briggs Nature Center, Naples - Thursday, April 14th

Van will leave at 9:30 for these trips

Fees: \$4/Member. \$6/Non-Member.



Senior Programs



Seminole Hollywood Casino

Experience the thrill of 24/7 gaming action at Seminole Hard Rock Hotel & Casino in Hollywood, Florida, South Florida's largest casino. Play high-energy slots and tables games at our 140,000 square foot casino situated in the heart of it all. Signature Hard Rock music memorabilia lining the casino walls and sound of classic and modern music videos will infuse a high energy vibe perfect for getting lucky. We will eat lunch at the Casino when we arrive. We will be leaving Bay Oaks at 10am. We will plan to return to Bay Oaks around 4:30pm.

When: Thursday, March 10th.

Fee: \$5/Member. \$7/Non-Member.



Broadway Palm Theater

Tribute To Frank Sinatra!
Rick Michel does a spectacular interpretation of Frank Sinatra. Rick, along with a seven piece big band, will pay homage to one of the greatest singers of all-time performing

Registration Deadline: *Monday March 7th*

When: Monday, March 14th. Leaving at 11:15am

Fee: \$45/Member. \$48/Non-Member.

Out to Brunch Bunch

New! The Out to Brunch Bunch will meet for earlier lunches for the month of March. Come Join us for breakfast or lunch treats at some of the areas highest rated spots!

Van will leave at 10:15am

When: Wednesday March 30th– Dollys
Wednesday April 27th– Heidis Bistro

Fee: \$2/Member. \$3/Non-Member..

BOSS Social and Duplicate Bridge

Play **Social Bridge** at Chapel by the Sea every Monday and Thursday from 12:30pm-3:30pm and **Duplicate Bridge** on Tuesdays from 6pm-9pm when we have enough participants signed up.

Fee: Donation/Members. \$4/Non-Members.



Minnesota Twins vs. Baltimore Orioles

Join us at the CenturyLink Sports Complex For an exciting game of Baseball! There is a limited number of tickets, so sign up today!

When: Tuesday, March 22nd, Leaving at 10:30am.

Fee: \$35/Member. \$40/Non-Member.



Senior Programs



The BOSS of Field Trips

Naples Zoo - In this tropical setting, you can take delight at seeing many of your favorite animals like lions, giraffes, monkeys, pythons, and bears. In addition, you'll also discover feature exhibits and an array of more rarely seen creatures like the Fossa of Madagascar or an Asian deer that barks and eats meat.

When: Thursday, March 24th, 9:30 am.

(Deadline to Register: March 17th)

Fee: \$20/Member \$22/Non-Member

Tampa Aquarium

It is a large scale, 250,000-square-foot aquarium and is home to more than 20,000 aquatic plants and animals from Florida and all over the world- Get face to face with hissing cockroaches, see colorful chameleons, and immerse yourself into the colorful world of an Indian Ocean coral reef - all within our newest exhibit!

When: Tuesday April 26th, 9:00am

(Deadline to Register: April 12th)

Fee: \$25/Member. \$30/Non-Member.

Learn to Paint!

Come along as we take a trip to a private studio in Cape Coral that's been reserved just for us! We will all have the same image to paint in our own style, with guidance and instruction from a skilled artist. The class is 2 hours and you get to keep your work of art when your done!

When: Monday April 11th. Leaving at 1:00pm.

(Deadline to Register March 28th)

Fee: \$28/Member. \$32/Non-Member.

Bok Tower Gardens

Is a Historic Landmark, Contemplative Garden and a Bird Sanctuary! The beautifully landscaped garden is 250 acres and the 205-foot tall Tower "Sings" daily with its carillon bells.

We will have a guided tour and a boxed lunch provided for us!

When: Tuesday April 5th, 9:00am

(Deadline to Register: March 22nd)

Fee: \$36/Member. \$40/Non-Member.

Smugglers Cove Adventure Golf

Lets go play Putt-putt!

We will get lunch afterwards.

In the event of bad weather- we will go see a matinee movie at Belltower Theater

When: Monday March 7th. Leaving at 9:30

Fee: \$8/Member. \$10/Non-Member.



Beach Pool



Pool Passes and Memberships

Come and enjoy Fort Myers Beach's only community pool for the day. Spend time going down the waterslide, playing on our Obstacle Course, playing pool basketball, or just swimming around our wonderful lap pool. We also have a kiddie pool for our younger guest. There is something for everyone.

Individual Pool Memberships

Adult Day Pass: \$4/Member. \$5/Non-Member
Child Day Pass: \$2/Member. \$3/Non-Member
Annual Pass: \$50/Member. \$75/Non-Member
Seasonal Pass: \$30/Member. \$40/Non-Member

Family Pool Memberships

Annual Pass: \$100/Member. \$125/Non-Member
Seasonal Pass: \$55/Member. \$65/Non-Member

Aqua Jogging

Aqua Jogging is a dynamic exercise that utilizes the pool for more resistance and a harder workout. It is a nonstop full body workout that transitions between jogging and stationed exercise focusing on different muscle groups.

When: Saturday. 9:00am-10:00am.

Fee: \$4/Member. \$5/Non-Member.

100 Mile Club

New to the Beach Pool is the 100 mile club. This club is for Member Lap Swimmers. Each time you come to the pool we will record your total distance and keep track of it throughout the year. At the end of the year if you reached a total distance of 100 miles you will receive a t-shirt and your name and picture on the 100 Mile Board. There will be monthly postings and updates on everyone's total distance.

Fee: Free for Pool Members.



Water Aerobics

Water Aerobics consists of large rhythmic movements, performed in water to increase heart rate and improve cardiovascular fitness. The resistance of water adds toning and strengthening to major muscle groups, while the water decreases impact to the joints. There is bouncing and jumping in the class.

When: Monday, Wednesday & Friday.
9:00am-10:00am.

Fee: \$4/Member. \$5/Non-Member.
Punch Cards: \$40/Member. \$50/Non-Member.



Swim Club

Swim Club is back at the FMB Pool for kids that might be interested in swimming at the next level. From the Freestyle stroke to the hard but effective Butterfly stroke, you will be a swimming machine by the time you are done here. Just remember to bring Goggles and a towel.

When: Saturdays. 10:00am-11:00am.

Fee: \$20/school semester.

Pool Hours March and April

Sunday:	12:00pm-6:00pm
Monday:	10:00am-6:00pm
Tuesday:	CLOSED
Wednesday:	10:00am-6:00pm
Thursday:	CLOSED
Friday:	10:00am-6:00pm
Saturday:	10:00am-6:00pm

Beach Pool



American Red Cross Swim Lessons Fort Myers Beach Community Pool

Session	Days of Week	Session Dates
Weekday Session 5	Monday and Wednesday	March 14 th -April 6 th
Level	Weekday Times	Fees
Preschool Level 1-2	2:40pm-3:20pm	\$20.00 per child
Learn to Swim Level 1	3:20pm-4:00pm	\$20.00 per child
Learn to Swim Lvl. 2-3	3:20pm-4:00pm	\$20.00 per child

Weekday Classes consist of eight 30 minute classes.

Weekday classes are group classes with no more than 6 kids in each level. This is a good way for your child to learn how to swim in a group setting.

Private Swim Lessons: This is a good way to get your child one on one time with one of our swim instructors. Consist of 8 sessions that are 30 minutes long for a total of 4 hours. Cost is \$40 per child. To reserve a day and time just call 239-463-5759 or come in and register.

Please Contact the Pool for Registration details.

Fort Myers Beach Community Pool

2600 Oak Street

Fort Myers Beach, FL 33931

(239) 463-5759

www.fortmyersbeachfl.gov

March & April 2016

Bay Oaks Hours of Operation

Sunday: Closed

Monday: 7:30am-9pm

Tuesday: 7:30am-9pm

Wednesday: 7:30am-9pm

Thursday: 7:30am-9pm

Friday: 7:30am-9pm

Saturday: 10am-9pm

Beach Pool Hours of Operation

Sunday: 12pm-6pm

Monday: 10am-6pm

Tuesday: Closed

Wednesday: 10am-6pm

Thursday: Closed

Friday: 10am-6pm

Saturday: 10am-6pm

Bay Oaks Recreation Center

2731 Oaks St.

Fort Myers Beach, FL 33931

239-765-4222

Fort Myers Beach Community Pool

2600 Oak St.

Fort Myers Beach, FL 33931

239-463-5759

Town of Fort Myers Beach

2523 Estero Blvd.

Fort Myers Beach, FL 33931

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