

IMMOKALEE SPORTS COMPLEX

505 ESCAMBIA STREET • IMMOKALEE, FL 34142 • 657-1951

FITNESS CENTER INFORMATION FACILITY SCHEDULE

Monday - Friday 6:30am - 9:00pm
 Saturday 7:00am - 3:00pm
 Sunday Closed

MEMBERSHIP FEES

(Price for 3 months or more includes entrance to fitness and pool)

Year \$160
 Spouse or additional adult family member in the same household \$100
 College 19-25 Years \$100
 Student 15-18 Years \$75
 3 Months \$50
 Month \$20
 Daily Walk-In Fee \$5

(All memberships subject to 6% sales tax)

Personal Training Sessions \$25
 5 Personal Training Sessions \$100

CORPORATE DISCOUNTS

5 - 9 Employees 10%
 10 - 24 Employees 20%
 25 - Plus Employees 40%
 All discounts are based on employee participation and only apply to annual passes.

AQUATIC FACILITY INFORMATION HOURS OF OPERATION

June - August
 Sunday 12:00pm - 7:00pm
 Monday - Saturday 10:00am - 7:00pm

POOL ENTRANCE FEES

Under 3 years Free
 Youth (3-17years) \$1.00
 Adult (18 & older) \$1.50
 Senior (60 & Older) \$1.00

POOL PASS FEES

	Youth	Adult	Senior	Family
3 Month	\$35	\$55	\$35	\$90
Annual	\$50	\$75	\$50	\$210

(All Memberships subject to 6% sales tax)

POOL RENTALS AND PARTIES

During Non-Business Hours Only
 Main Pool and Activity Pool \$50/first hour
 \$35/additional hour

Prices subject to 6% sales tax and include one lifeguard.
 Additional lifeguards \$15 per hour, two weeks notice needed.

RECREATION FACILITY INFORMATION HOURS OF OPERATION

Monday - Friday 10:00am - 9:00pm
 Saturday 10:00am - 7:00pm
 Sunday 10:00am - 5:00pm

GYMNASIUM RENTALS

Gymnasium \$60/hour
 \$80/hour after hours of operation

*Prices subject to 6% sales tax and include a staff member.
 Two-weeks notice needed.*

AQUATIC YOUTH PROGRAMS

SWIM LESSONS

This program will give participants the opportunity to learn basic swimming techniques.

Ages: 2 - Adult
 Dates & Days: Jun 6 - Jul 25 (W-F)
 Time: 5:30pm - 6:00pm
 Location: Main Pool
 Cost: Private Lessons \$15/half hour
 (Saturday & Sunday)
 Group Lessons: \$40/8 weeks
 Instructor: Cody Rodgers
 Min/Max: 1/10
 Benefits: Improves skills and abilities; develops a lifetime activity

TEEN DANCE - POOL SIDE JAMS

This program is designed to entertain participants with water activities, dancing, and music.

Ages: 13 - 17
 Dates & Days: Jun 15 (F)
 Jul 13 (F)
 Aug 10 (F)
 Time: 8:00pm - 10:30pm
 Location: Main Pool
 Cost: \$5/person
 Instructor: Cody Rodgers
 Min/Max: 10/150
 Benefits: Promotes social interaction; provides fun and entertainment

YOUTH WATER AEROBICS

This program is designed to provide the opportunity to socialize, relieve stress, tone the body, improve flexibility and gain a cardiovascular workout.

Ages: 10 - 17
Dates & Days: Jul 2 – Jul 26 (M/Th)
Time: 10:00am – 11:00am
Cost: \$20/4 weeks
Location: Swimming Pool
Instructor: Christie Betancourt
Min/Max: 5/20
Benefits: Promotes exercise; relieves stress; improves agility

ADULT PROGRAMS

ADULT WATER AEROBICS

The program is designed to provide the opportunity to socialize, relieve stress, tone the body, improve flexibility and gain cardiovascular workout.

Ages: 18 and older
Dates & Days: Jul 10 – Aug 2 (Tu/Th)
Time: 5:00 pm – 6:00 pm
Cost: \$20/4 weeks
Location: Swimming Pool
Instructor: Christie Betancourt
Min/Max: 5/20
Benefits: Promotes exercise; relieves stress; improves agility

RECREATION YOUTH PROGRAMS

POPCORN AND A MOVIE

Come to the park and have a great time with your friends watching a movie and eating popcorn.

Ages: 12 – 17
Dates & Days: Jun 2 – Aug 11 (Sa)
Time: 5:00pm – 7:00pm
Location: Gymnasium
Cost: \$3/person
Instructor: Joseph Boney
Min/Max: 10/75
Benefits: Helps children build self esteem with themselves and others; a safe place to make new friends

RECREATION YOUTH SPORTS

MIDDLE SCHOOL SPORTS CAMP

This program is designed to offer participants the opportunity to socialize in a safe and fun environment. There will be activities throughout the day.

Ages: Grades 6 - 8
Dates & Days: Jun 4 – Aug 3 (M-F)
Time: 8:00am – 5:00pm
Location: Varies
Cost: \$40/9 weeks
Instructor: Joseph Boney
Min/Max: 5/35
Benefits: Promotes self-confidence and self expression; improves gross motor skills, good sportsmanship

KARATE

This program is designed to teach participants self-defense techniques and coordination while building individual agility and strength. Uniform and testing fees not included.

Ages: 5 – Adult
Dates & Days: May 5 – May 26 (Sa)
Jun 9 – Jun 30 (Sa)
Jul 7 – Jul 28 (Sa)
Aug 4 – Aug 25 (Sa)
Time: 10:00am – 12:00pm
Location: Gymnasium
Cost: \$45/4 weeks
Instructor: Florida Karate Center - Lisa
Min/Max: 8/40
Benefits: Promotes self-confidence and self expression, improve gross motor skills, teaches values and discipline

FOOTBALL CAMP

This program is designed to offer kids the opportunity to learn the fundamentals of football through individual and team drills.

Ages: 11 - 15
Dates & Days: Jun 2 – Jul 7 (Sa)
Time: 9:00am – 11:00am
Location: Field 2
Cost: \$15/6 weeks
Instructor: Joseph Boney
Min/Max: 5/30
Benefits: Improves coordination, promotes good sportsmanship

BASKETBALL NIGHTS

This program is designed to provide youth with a safe and cool environment to play full court, timed basketball games.

Ages: 16 - Adult
 Dates & Days: Jun 5 – Aug 16 (T/Th)
 Time: 6:00pm – 9:00pm
 Location: Gymnasium
 Cost: Free
 Instructor: Staff
 Min/Max: 10/100
 Benefits: Promotes health, fitness and good sportsmanship

ADULT PROGRAMS**VOLLEYBALL TOURNAMENT**

This program is designed to give adults the opportunity to compete with others who share their interest in the sport of volleyball. Winners will receive a trophy in this double elimination competition.

Ages: Adult
 Dates & Days: Aug 4 (Sa)
 Time: 12:00pm – 6:00pm
 Location: Gymnasium
 Cost: \$50/team
 Instructor: Joseph Boney
 Min/Max: 12/60
 Benefits: Promotes social interaction, health and fitness

CO-ED VOLLEYBALL NIGHTS

This program is designed to provide a safe and cool environment to play volleyball games. Bring a team or pick players when you get there.

Ages: 16 - Adult
 Dates & Days: Jun 4 – Aug 3 (F)
 Time: 6:00pm – 9:00pm
 Location: Gymnasium
 Cost: Free
 Instructor: Staff
 Min/Max: 12/60
 Benefits: Promotes social interaction, health and fitness

**SPECIAL PROGRAMS
LEAGUES****ADULT SOCCER**

This league is designed to provide an opportunity to play soccer with other adults and improve soccer skills.

Ages: Adult
 Dates & Days: Aug 18 (Sa)
 Time: 6:00pm – 10:00pm (Sa)
 10:00am – 4:00pm (Su)
 Location: Field 1 and 2
 Cost: \$30/player
 \$250/team fee
 Instructor: Staff
 Min/Max: 8/16 teams
 Benefits: Promotes health and fitness, good sportsmanship

**FITNESS
ADULT PROGRAMS****TREADMILL CLASS**

This treadmill program is designed help clients build endurance.

Ages: 18 and older
 Dates & Days: May 7– May 30 (M/Th)
 Time: 10:00am – 11:00am
 Cost: \$20/4 weeks
 Location: Aerobic Room
 Instructor: Christie Betancourt
 Min/Max: 2/6
 Benefits: Promotes health and fitness

WALK INDOORS

This program offers participants the opportunity to walk in a safe and cool environment.

Ages: 18 and older
 Dates & Days: May 1– Aug 31 (M-F)
 Time: 6:30am – 11:00am
 Cost: Free
 Location: Aerobic Room
 Instructor: Christie Betancourt
 Min/Max: 2/30
 Benefits: Promotes health and fitness

LUNCH RUN

This program offers participants the opportunity to walk jog, or run during their lunch hours in a safe and cool environment.

Ages: 18 and older
 Dates & Days: May 1 – Aug 31 (M-F)
 Time: 12:00pm – 1:00pm
 Cost: Free
 Location: Aerobic Room
 Instructor: Christie Betancourt
 Min/Max: 2/30
 Benefits: Promote health and fitness

FIT FOR LIFE

Fitness attendant will assist you in keeping records of your progress as you walk, lift, and push your way to a stronger and healthier you.

- Ages: 16 and older
- Dates & Days: May 1– Aug 31 (M-F)
- Time: 6:30am – 12:00pm
- Cost: Free (*must be a fitness member*)
- Location: Aerobic Room
- Instructor: Christie Betancourt
- Min/Max: 5/50
- Benefits: Promotes health and fitness

STEP AEROBICS

In this program the participant will perform aerobics moves.

- Ages: 18 and older
- Dates & Days: Jun 4 – Jun 27 (M/W)
- Time: 10:00am – 11:00am
- Cost: \$20/4 weeks
- Location: Aerobic Room
- Instructor: Christie Betancourt
- Min/Max: 5/20
- Benefits: Increases flexibility and promotes fitness

CIRCUIT TRAINING

This program allows the participant to incorporate cardio and weight training together.

- Ages: 18 and older
- Dates & Days: May 2 – May 25 (W/ F)
Aug 1- Aug 31 (W/ F)
- Time: 11:00am – 12:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Christie Betancourt
- Min/Max: 5/20
- Benefits: Promotes health and fitness

YOUTH PROGRAMS

AEROBICS

In this program the participant will perform aerobic moves.

- Ages: 10 - 17
- Dates & Days: Jun 4 – Jun 27 (M/W)
- Time: 1:00pm – 2:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Christie Betancourt
- Min/Max: 5/20
- Benefits: Promotes health and fitness

YOUTH TONE IT UP

In this program the participant will do isolated exercises on upper and lower body.

- Ages: 10 - 16
- Dates & Days: Jul 4 – Jul 27 (W/F)
- Time: 1:00pm – 2:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Christie Betancourt
- Min/Max: 5/20
- Benefits: Promotes health and fitness

MAX OUT

This program will assist the participant with increasing muscular strength.

- Ages: 13 and older (*parent participation required for 13 & 14 year olds*)
- Dates & Days: May 2 – May 23 (M/W)
- Time: 6:00pm – 7:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Yoshi Smith
- Min/Max: 5/20
- Benefits: Promotes health and fitness

DEADLIFT TRAINING

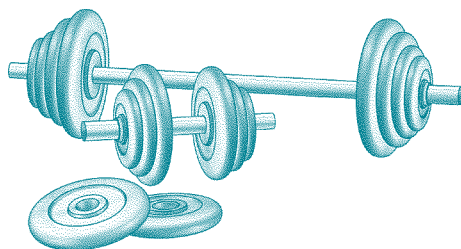
This program will offer participants the opportunity to learn the proper lifting techniques.

- Ages: 13 and older (*parent participation required for 13 & 14 year olds*)
- Dates & Days: Jun 5 – Jun 28 (T/Th)
- Time: 4:00pm – 5:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Yoshi Smith
- Min/Max: 5/20
- Benefits: Promotes health and fitness

COOL DOWN PROGRAM

This will assist the participant with cooling down after workouts.

- Ages: 13 and older (*parent participation required for 13 & 14 year olds*)
- Dates & Days: Jul 2 – Jul 25 (M/W)
- Time: 7:00pm – 8:00pm
- Cost: \$20/4 weeks
- Location: Fitness Center
- Instructor: Yoshi Smith
- Min/Max: 5/20
- Benefits: Promotes health and fitness



POWERLIFTING COMPETITION

This competition promotes good sportsmanship while improving your strength and endurance.

Ages: 16 and older
 Dates & Days: Aug 4 (Sa)
 Time: 10:00am – 3:00pm
 Cost: \$20/person
 Location: Fitness Center
 Instructor: Christie Betancourt
 Min/Max: 5/20
 Benefits: Promotes health and fitness

YOUTH CIRCUIT TRAINING

This program allows the participant to incorporate cardio and weight training together.

Ages: 10 - 17
 Dates & Days: Jun 5 – Jun 28 (Tu/Th)
 Time: 11:00am – 12:00pm
 Cost: \$20/4 weeks
 Location: Fitness Center
 Instructor: Christie Betancourt
 Min/Max: 5/20
 Benefits: Promotes health and fitness