

VINEYARDS COMMUNITY PARK

6231 Arbor Blvd. W. • Naples, FL 34119 • 353-9669

EARLY CHILDHOOD PROGRAMS

PRE SCHOOL 3 DAY PROGRAM

Social play, arts and crafts, hands on creative learning in a small group setting. Child must be fully potty trained and have current immunizations and physical. Please bring a lunch/snack. (License # CO8C09930)

Ages: 4 - 5
 Dates & Days: Jan 14 - Mar 7 (M/W/F)
(No Class Jan 21; Feb 18; Mar 7)
 Mar 10 - May 9 (M/W/F)
(No Class Mar 31 - Apr 4)
 Time: 9:15am - 12:15pm
 Cost: \$175/8 weeks
 Location: Vineyards Park Community Center
 Instructor: Child Care Staff
 Min/Max: 6/12
 Benefits: Development of social skills, academic preparedness, parental down time

PRE SCHOOL 2 DAY PROGRAM

Social play, arts and crafts, hands on creative learning in a small group setting. Child must be fully potty trained and have current immunizations and physical. Please bring a lunch/snack. (License # C08C09930)

Ages: 4 - 5
 Dates & Days: Jan 15 - Mar 6 (Tu/Th)
 Mar 11 - May 8 (Tu/Th)
(No Class Apr 1 - Apr 3)
 Time: 9:30am - 12:00pm
 Cost: \$125/8 weeks
 Location: Vineyards Park Community Center
 Instructor: Child Care Staff
 Min/Max: 6/12
 Benefits: Development of social skills, academic preparedness, parental down time

NEW! LITTLE TYKES PROGRAMS

A series of programs designed to provide the opportunity to interact and play with other young children in the same age range as they are introduced to new environments, mediums and age appropriate tasks. Parents must accompany their children to each class and aid them with their progress. These classes will work on both gross and fine motor skills as well as social skills.

NEW! LITTLE TYKES - LET'S PLAY GAMES

Children will be introduced to a variety of age appropriate games and exposed to following directions, sharing, taking turns and socializing with others. Parents are required to attend each class with their child. Includes a t-shirt. Please specify t-shirt size when registering.

Ages: 0 - 5
 Dates & Days: Jan 8 - Jan 31; Mar 4 - Mar 27 (Tu/Th)
 Time: 9:00am - 10:00am
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Center Staff
 Min/Max: 8/15
 Benefits: Promotes listening skills & gross motor development; safe environment; supervised fun and entertainment; opportunity to make new friends

NEW! LITTLE TYKES - SING ALONG FUN

Your child will be excited to learn age appropriate songs and the hand movements that accompany them. Parents are required to attend each class with their child. Includes a t-shirt. Please specify size when registering and don't forget to bring your camera!

Ages: 0 - 5
 Dates & Days: Jan 8 - Jan 31; Mar 4 - Mar 27 (Tu/Th)
 Time: 10:00am - 11:00am
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Center Staff
 Min/Max: 8/15
 Benefits: Encourages participation in educational programs; promotes listening skills; develop and enhance socialization skills

NEW! LITTLE TYKES - COME & CRAFT

Come see all of the crafts we have lined up for your children to do! We will work on age appropriate projects as they develop their fine motor skills, and their ability to follow directions, use project materials and focus their attention. Includes a t-shirt. Please specify t-shirt size when registering.

Ages: 0 - 5
 Dates & Days: Feb 15 - Mar 7; Mar 14 - Apr 11 (F)
(No class Apr 4)
 Time: 10:00am - 11:00am
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Center Staff
 Min/Max: 8/15
 Benefits: Develop and enhance fine motor skills; encourages listening skills; opportunity to socialize with other children; safe environment

NEW! LITTLE TYKES - LET'S FLY A KITE

Remember when you were young and marveled at the site of a kite high in the sky? Delight your child with the opportunity to hold the kite string! The instructor (and volunteer parents) will demonstrate how to put a kite kit together and get it air-born. Children will take turns holding the kite string, with a little bit of help from their parent, and each child will get their own kite to take home with them.

- Ages: 0 - 5
- Dates & Days: Feb 5 (Tu)
- Time: 10:30am - 12:00pm
- Cost: \$10
- Location: Vineyards Park Community Center
- Instructor: Center Staff
- Min/Max: 8/15
- Benefits: Promotes social interaction; develops balance and bodily awareness; creates memories

PEE WEE T-BALL

This program will teach basic T-ball skills such as hitting the ball, running the bases, game rules and sportsmanship. No equipment required.

- Ages: 3 1/2 - 5
- Dates & Days: Jan 5 - Feb 9; Feb 16 - Mar 29 (Sa)
- Time: 9:30am - 10:30am
- Cost: \$30/6 weeks
- Location: Vineyards Park Softball Park
- Instructor: Luis Cordova
- Min/Max: 10/15
- Benefits: Promotes personal development; builds self-esteem; promotes physical fitness

AFTER SCHOOL PROGRAMS

AFTER SCHOOL ADVENTURES

This program offers working parents a safe fun environment for their children when school is not in session. Activities include sports, story time, homework, arts & crafts and much more. Program includes all regular school days and early release school days. (License # C08C09930)

- Ages: Grades K - 5
- Dates & Days: Jan 7 - May 29 (M - F)
- Time: School Release - 6:00pm
- Cost: \$500 (*payment plan available*)
- Location: Vineyards Park Community Center
- Instructor: Child Care Staff
- Min/Max: 15/45
- Benefits: Promotes social interaction; provides supervised fun and entertainment; provides a safe place to meet

EARLY RELEASE DAYS

This program provides a safe environment for children of parents who require supervision of their children on days when school is dismissed early. (License # C080C09930)

- Ages: Grades K - 5
- Dates & Days: Feb 6 (W); Mar 6 (Th); Apr 23 (W); May 28 (W)
- Time: School Release - 6:00pm
- Cost: \$8/day
- Location: Vineyards Community Center
- Instructor: Child Care Staff
- Min/Max: 1/10
- Benefits: Promotes social interaction; provides supervised fun and entertainment; provides a safe place to meet

CAMP PROGRAMS

NO SCHOOL CAMP

Provides a safe place for children of working parents on days when school is not in session. Pre-registration required (no walk-ins). (License # C08C09930)

- Ages: Grades K - 5
- Time: 7:30am - 6:00pm
- Cost: \$15/day
- Dates & Days: Jan 21 (M); Feb 18 (M); Mar 7 (F); Mar 21 (F); May 30 (F)
- Location: Vineyards Park Community Center
- Instructor: Child Care Staff
- Min/Max: 15/45
- Benefits: Promotes social interaction; provides supervised fun and entertainment; provides a safe place to meet

SPRING FLING CAMP

Provides a safe place for children of working parents on days when school is not in session. Pre-registration required. (License # C08C09930)

- Ages: Grades K - 5
- Dates & Days: Mar 31 - Apr 4
- Time: 7:30am - 6:00pm
- Cost: \$85/week
- Location: Vineyards Park Community Center
- Instructor: Child Care Staff
- Min/Max: 15/45
- Benefits: Promotes social interaction; provides supervised fun and entertainment; provides a safe place to meet

YOUTH SPORTS

NEW! JUNIOR LEADERSHIP PROGRAM (formerly CIT's)

This program is designed to allow youth to develop the skills and knowledge necessary to become a Junior Leader for Camp Collier 2008. In addition, this program will begin to prepare the candidate as a future leader in the community. The 6-week course will include training and certification in CPR and First Aid, interviewing skills, Collier County policies, creativity, competitive play vs. non-competitive play, planning for age-appropriate activities, and more. All participants will attend the Camp Collier 2008 training day at North Collier Regional Park on May 17 (week 6). Successful completion of this program ensures a Junior Leader position at Camp Collier at no additional charge (must attend all six weeks to qualify)

Ages: 13 - 16
 Dates/Days: Apr 12 - May 17 (Sa)
 Times: 9:00am - 1:00pm (*most weeks*)
 9:00am - 5:00pm (*CPR/First Aid - week will vary by park*)
 8:00am - 1:00pm (*week 6 @ NCRP*)
 Cost: \$100 *includes lunch and 9 weeks of internship during Camp Collier upon successful completion of course*
 Locations: Vineyards Community Park 353-9669
 Instructor: Staff
 Benefits: Enhances knowledge and skills; social interaction; develops leadership skills

PANTHER SOCCER ACADEMY

This program focuses on individual ball skills with emphasis on balance and coordination. Small Sided Activities followed by Small Sided Scrimmage. Parent Volunteers needed. Water, shin guards and size 3 soccer ball required. Each child will receive a program T-shirt.

Ages: Grades K - 3 (*School ID Required*)
 Dates & Days: Jan 9 - Feb 13; Feb 27 - Apr 9 (W)
 Time: 5:30pm - 6:30pm
 Cost: \$40/6 weeks
 Location: Vineyards Soccer Field
 Instructor: Paul Nyce, GCASC Training Director
 Min/Max: 10/30
 Benefits: Introduction of new skills & abilities; promotes health & fitness; increase endurance; promotes social interaction; promotes self-esteem and personal development

HOMESCHOOL TENNIS

This program is designed to introduce the basic techniques and fundamentals of tennis

Ages: 6 - 17
 Dates & Days: Jan 8 - Feb 12; Feb 26 - Apr 8 ;
 Apr 22 - May 27 (Tu)
 (*No class on Feb 19; Apr 1; Apr 15*)
 Time: 3:00pm - 4:00pm
 Cost: \$35/6 weeks
 Location: Vineyards Park Tennis Courts
 Instructor: Spike Gonzales
 Min/Max: 6/15
 Benefits: Builds self esteem; promotes personal development; promotes physical fitness

FUNDAMENTALS OF TENNIS

Introduces participants to the fundamental of tennis by teaching stroke technique and game etiquette.

Ages: 4 - 5
 Dates & Days: Jan 8 - Feb 12; Feb 26 - Apr 8;
 Apr 22 - May 27 (Tu)
 (*No class on Feb 19; Apr 1; Apr 15*)
 Time: 4:00pm - 5:00pm
 Cost: \$35/6 weeks
 Location: Vineyards Park Tennis Courts
 Instructor: Spike Gonzales
 Min/Max: 6/15
 Benefits: Builds self esteem; promotes personal development; promotes physical fitness

KARATE

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

Ages: 6 - Adult
 Dates & Days: Jan 8 - Jan 31; Feb 5 - Feb 28;
 Mar 4 - Mar 27; Apr 8 - May 1 (Tu/Th)
 Time: 6:30pm - 7:30pm
 Cost: \$45/4 weeks
 Location: Vineyards Park Community Center
 Instructor: David Fox
 Min/Max: 8/40
 Benefits: Promotes self-confidence and self expression; improves gross motor skills; teaches values and discipline

JUNIOR TENNIS

This program is designed to introduce the basic techniques and fundamentals of tennis

Ages: 6 - 12
 Dates & Days: Jan 8 - Feb 12; Feb 26 - Apr 8 ;
 Apr 22 - May 27 (Tu)
 (No class on Feb. 19; Apr 1; Apr 15)
 Time: 5:00pm - 6:00pm
 Cost: \$35/6 weeks
 Location: Vineyards Park Tennis Courts
 Instructor: Spike Gonzales
 Min/Max: 6/15
 Benefits: Builds self esteem; promotes personal development; promotes physical fitness

RALLEYBALL

This program is for beginners and advanced beginner tennis players in a lesson-and-league format. Designed to be a safe, healthy and fun way to learn tennis. Sign ups will be done with the instructor only: Spike Gonzales 248-0894

Ages: 6 - 15
 Dates & Days: Jan 7 - Feb 15; Feb 25 - Apr 11;
 Apr 21 - May 30
 Time: (Day & Time Will Vary)
 Cost: \$75/session
 Location: Vineyards Park Tennis Courts
 Instructor: Spike Gonzales
 Benefits: Program is designed to develop a lifetime activity, promotes tennis and good health

NEW! PEE WEE BASKETBALL

Participants will learn the fundamentals of basketball including dribbling, passing and shooting. Pee wee size basketball required.

Ages: 3 1/2 - 5
 Dates & Days: Jan 9 - Feb 13; Feb 20 - Mar 26 (W)
 Time: 5:30pm - 6:30pm
 Cost: \$30/6 weeks
 Location: Vineyards Elementary School Basketball Courts
 Instructor: Jerry Phillips
 Min/Max: 6/10
 Benefits: Develop individual and team skills; builds self-esteem; promotes physical fitness; develops gross motor skills

YOUTH PROGRAMS

CHEERLEADING

Participants will learn various cheers to include jumps, tumbling, dance, stunting and conditioning.

Ages: 5 - 11
 Days & Dates: Jan 17 - Feb 7; Feb 14 - Mar 6;
 Mar 13 - Apr 10; Apr 17 - May 8 (Th)
 (No class Apr 3)
 Time: 4:00pm - 5:00pm (Beginner)
 5:00pm - 6:00pm (Advanced)
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Laura Cecil, Fusion Cheer & Dance
 Min/Max: 10/20
 Benefits: Enhances learning and directional skills; builds self-esteem; promotes physical fitness and personal development

NEW! BEGINNER TUMBLING

This gymnastic class will focus on strengthening and conditioning the large muscle groups and introduce handstands, cartwheels and kick-overs.

Ages: 5 - 11
 Days & Dates: Jan 9 - Jan 30; Feb 6 - Feb 27;
 Mar 5 - Mar 26; Apr 9 - Apr 30 (W)
 (No class Apr 2)
 Time: 4:00pm - 5:00pm
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Laura Cecil, Fusion Cheer & Dance
 Min/Max: 8/15
 Benefits: Promotes physical fitness; develops agility and strength; opportunity to make new friends

NEW! ADVANCED TUMBLING

This is an advanced gymnastic class in which participants will already need to know how to do handstands, cartwheels and kick-overs. Advanced stunts such as back hand springs will be introduced.

Ages: 5 - 11
 Days & Dates: Jan 9 - Jan 30; Feb 6 - Feb 27;
 Mar 5 - Mar 26; Apr 9 - Apr 30 (W)
 (No class Apr 2)
 Time: 5:00pm - 6:00pm
 Cost: \$40/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Laura Cecil, Fusion Cheer & Dance
 Min/Max: 8/15
 Benefits: Promotes physical fitness; enhances agility and strength; opportunity to advance existing skills and abilities

NEW! KIDS CRAFT NIGHT

Another Friday night and the kids are driving you up the wall again! Sign your kids up for an evening of crafting. We will be making three different projects to take home.

Ages: 5 - 10
 Days & Dates: Jan 25 (F)
 Time: 6:30pm - 8:00pm
 Cost: \$10
 Location: Vineyards Community Center
 Instructor: Center Staff
 Min/Max: 10/15
 Benefits: Promotes social interaction; builds self esteem and encourages personal development

NEW! KIDS GAME NIGHT

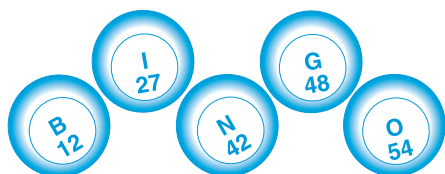
Something fun to do on a Friday night! The evening will include a variety of indoor and outdoor games according to the weather.

Ages: 5 - 10
 Days & Dates: Feb 22 (F)
 Time: 6:30pm - 8:30pm
 Cost: \$10
 Location: Vineyards Community Center
 Instructor: Center Staff
 Min/Max: 10/20
 Benefits: Promotes social interaction; promotes self confidence and self expression; improves gross motor skills

NEW! KIDS BINGO NIGHT

This game is just for kids! We will play a variety of different games that will include prizes for winners.

Ages: 7 - 11
 Days & Dates: Apr 11 (F)
 Time: 6:30pm - 8:00pm
 Cost: \$10 (Includes cards)
 Location: Vineyards Community Center
 Instructor: Center Staff
 Min/Max: 15/20
 Benefits: Provides supervised fun and entertainment; promotes social interaction; provides parental down time



PARENTS NIGHT OUT

This program is a good one for both parents and kids! The parents get some time to themselves and the kids get to party and have fun with their friends. Includes pizza & soda, a movie, and games.

Ages: 4 - 10
 Days & Dates: Mar 14 (F)
 Time: 6:00pm - 9:00pm
 Cost: \$15
 Location: Vineyards Community Center
 Instructor: Center Staff
 Min/Max: 12/20
 Benefits: Promotes social interaction; opportunity to make new friends; safe environment; supervised fun and entertainment

MARCIA GALLE PERFORMING ARTS DANCE CLASSES

DIRECTOR, CHOREOGRAPHER, MARCIA GALLE

43 years teaching experience. Certified by and a member of "Dance Educators of America" for over 35 years! Owner, Director and Choreographer of "M.G. Professional Dance Company" for 7 years, including Dance, Modeling and Commercial work. Owner and Director of "Compete America" Dance Competition for 11 years. Marcia's students have won Hundreds of Top Honors, High Scores and Scholarships at Local, Regional, and National Competitions across the Country. To Register or for more information, please call Marcia at 239-775-1279.

MARCIA GALLE PERFORMING ARTS KID DANCE

Introduction to dance for boys and girls in an encouraging, supportive, and fun environment.

Ages: 3 - 5; 6 - 9
 Days & Dates: Jan 8 - Jan 22; Feb 5 - Feb 19 (Tu)
 Mar 4 - Mar 18; Apr 8 - Apr 21 (Tu)
 (No class Apr 1 - Makeup Date TBA)
 Time: 4:00pm - 5:00pm (Ages 3 - 5)
 5:00pm - 6:00pm (Ages 6 - 9)
 Cost: \$55/4 weeks
 Location: Vineyards Park Community Center
 Requirements: Additional \$35 annual royalties and materials fee. Costume cost is additional as well. Proper dance shoes must be approved by instructor.

Children ages three and four must be tested the first class of the session before the child can be registered.

Instructor: Marcia Galle 775-1279
 Min/Max: 5/20
 Benefits: Age appropriate music and movement, improves coordination and self-confidence; small class size

DANCE TECHNIQUE

Designed for the dancer who would like to learn or review dance technique without the commitment to perform, compete or participate long term. Instruction in ballet, tap, jazz, hip-hop and musical theater technique and terminology.

Ages: 7 - 10; 11+
 Days & Dates: Jan 7 - Jan 21; Feb 4 - Feb 18 (M)
 Mar 3 - Mar 17; Apr 7 - Apr 20 (M)
 (No Class Mar 31 - Make Up Date TBA)
 Time: 4:00pm - 5:30pm (Ages 7 - 10)
 5:30pm - 7:00pm (Ages 11+)
 Cost: \$75/4 weeks
 Location: Vineyards Park Community Center
 Requirements: Additional \$35 annual royalties and materials fee. Costume cost is additional as well. Proper dance shoes must be approved by instructor.
 Instructor: Marcia Galle 775-1279
 Min/Max: 5/20
 Benefits: Strong foundational instruction without performance costs or obligation

COMPETITION DANCE - GROUP

Instruction in ballet, tap, jazz, hip-hop, musical theater, Pointe, lyrical with a strong focus on technique, terminology and preparation for regional and national competition. Audition, prior experience and full season commitment required.

Ages: 8 & Up
 Dates & Days: Jan 7 - Jan 21; Feb 4 - Feb 18 (M/W/F)
 Mar 3 - Mar 19; Apr 7 - Apr 20 (M/W/F)
 (No Class Mar 31; Apr 2; Apr 4
 Make Up Dates TBA)
 Time: 5:30pm - 7:00pm (M)
 4:00pm - 5:30pm (Diamonds Team) (W/F)
 5:30pm - 7:00pm (Teens) (W/F)
 Cost: 120/4 weeks
 Location: Vineyards Park Community Center
 Instructor: Marcia Galle 775-1279
 Requirements: Proper dance shoes must be approved by instructor, additional \$35 annual royalties and materials fee required. Costuming and competition cost is additional.
 Min/Max: 5/35
 Benefits: Improved coordination, flexibility, team work and performance skills

ADULT PROGRAMS

JAZZERCISE©

This program is designed to promote fitness and a health lifestyle.

Ages: Adult
 Dates & Days: Starting Jan 2 (Ongoing)
 Time: 6:15pm - 7:15pm (M/Tu)
 6:15pm - 7:00pm (Th)
 9:00am - 10:00am (Sa)
 Cost: \$10/class or packages available
 Location: Vineyards Park Community Center
 Instructor: Steve Styles
 Min/Max: 6/35
 Benefits: Improves coordination and fitness while making new friends

ZUMBA©

Dance your way to a fitter you! Exciting and unique Latin moves and rhythms.

Ages: Adult
 Dates & Days: Ongoing
 Beginning Jan 3 (Th); Jan 5 (Sa);
 Jan 8 (Tu)
 Time: 10:30am - 11:30am (Sa)
 7:30pm - 8:30pm (Tu/Th)
 Cost: \$12/class or \$40/5 classes;
 \$70/10 classes; \$90/15 classes
 Location: Vineyards Park Community Center
 Instructor: Luz Marina 598-9957
 Min/Max: 6/35
 Benefits: Improves coordination; provides stress reduction; increases energy; promotes self-expression and self confidence

KARATE

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

Ages: Adult
 Dates & Days: Jan 8 - Jan 31; Feb 5 - Feb 28;
 Mar 4 - Mar 27; Apr 8 - May 1 (Tu/Th)
 Time: 6:30pm - 7:30pm
 Cost: \$45/4 weeks
 Location: Vineyards Park Community Center
 Instructor: David Fox
 Min/Max: 8/40
 Benefits: Promotes self-confidence and self expression; improves gross motor skills; teaches values and discipline

ADVANCED LINE DANCE

This class provides advanced instruction on the latest dance steps, dances, and practice the oldies but goodies.

Ages: Adult
 Dates & Days: Jan 4 - May 30 (M/F)
 Time: 11:00am - 2:00pm
 Cost: \$5/class
 Location: Vineyards Park Community Center
 Instructor: Nancy Delaney
 Benefits: Promotes social interaction, fitness and health

ADULT TENNIS

This program is designed to introduce the basic techniques and fundamentals of tennis.

Ages: Adult
 Dates & Days: Jan 8 - Feb 12; Feb 26 - Apr 8; Apr 22 - May 27 (Tu)
 Time: 6:00pm - 7:00pm
 Cost: \$45/6 weeks
 Location: Vineyards Park Tennis Courts
 Instructor: Spike Gonzales
 Min/Max: 6/15
 Benefits: Builds self esteem, promotes personal development; promotes good physical fitness

NEW! BALLROOM DANCING I (American Style)

Fun and easy technique for everyone to learn. Feel confident on the dance floor at weddings, parties and corporate functions. For those with little or no experience. Rhythms include the Fox Trot, Waltz, Tango and Jitterbug. Singles welcome. Small class sizes.

Ages: Adult
 Dates & Dates: Jan 4 - Feb 15 (F) (No class Jan 18)
 Time: 6:00pm - 7:00pm
 Cost: \$60/6 weeks (\$52 if enrolled for both Ballroom & Latin Dance)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 10/26
 Benefits: Encourages social interaction; improves coordination and promotes self-expression

NEW! BALLROOM DANCING II - INTERMEDIATE

This class is a follow up to Ballroom Dancing I. Instructor will have a quick review the first week and then new dance steps will be introduced.

Ages: Adult
 Days & Dates: Feb 22 - Mar 28 (F)
 Time: 6:00pm - 7:00pm
 Cost: \$60/6 weeks (\$52 if enrolled for both Ballroom & Latin Dance)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 10/26
 Benefits: Encourages social interaction; improves coordination and promotes self-expression

NEW! LATIN DANCING I

Did you know that dancing provides physical, emotional and social benefits? Latin dancing can be fun, quick and easy to learn. Join in and learn the rhythms of the Cha Cha, Salsa, Rhumba, Tango and Meringue. Small class sizes.

Ages: Adult
 Days & Dates: Jan 4 - Feb 15 (F) (No Class Jan 18)
 Time: 7:00pm - 8:00pm
 Cost: \$60/6 weeks (\$52 if enrolled for both Ballroom & Latin Dance)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 10/26
 Benefits: Opportunity to make new friends; improve existing skills; promote self-expression

NEW! LATIN DANCE II - INTERMEDIATE

This is a continuation of Latin Dancing I. More advanced steps will be introduced for the Cha Cha, Salsa, Rhumba, Tango and Meringue.

Ages: Adult
 Days & Dates: Feb 22 - Mar 28 (F)
 Time: 7:00pm - 8:00pm
 Cost: \$60/6 weeks (\$52 if enrolled for both Ballroom & Latin Dance)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 10/26
 Benefits: Opportunity to make new friends; improve existing skills; promote self-expression



SENIOR PROGRAMS

SENIOR TENNIS CLINIC

This program is designed to orient participants to the fundamentals of tennis by teaching stroke technique and game etiquette. Tennis racquets and balls provided.

Ages: 55 & Up
 Dates & Days: Beginning Jan 7 (M)
 Time: 8:30am - 10:00am
 Cost: \$8/clinic
 Location: Tennis Courts
 Instructor: Spike Gonzales
 Min/Max: 4/32
 Benefits: Develops a lifetime activity; improves health, skills and ability

BONE BUILDERS

This program uses weights to increase, muscular strength to help prevent stress fractures caused by osteoporosis.

Ages: Seniors
 Dates & Days: Jan 8 - May 29 (Tu/Th)
 Time: 9:00am - 10:00am
 Cost: FREE
 Location: Vineyards Park Community Center
 Instructor: Nancy Hughes
 Min/Max: 6/35
 Benefits: Improves coordination and fitness while making new friends

NEW! YOGA STRETCH FOR SENIORS

This class will show participants how to move your whole body though a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.

Ages: Adult
 Dates & Dates: Jan 7 - Feb 15; Feb 18 - Mar 28 (M/W/F)
(No class Jan 18)
 Time: 10:00am - 11:00am
 Cost: \$72/twice per week/6 weeks
 \$90/M/W/F/6 weeks
(or \$7/class - P.O.S.)
(no refunds for sliding scale)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 6/20
 Benefits: Opportunity to develop a lifetime activity; reduce stress and anxiety; promotes health and fitness

NEW! GOLDEN SNEAKERS

Designed for older adults who are fit and active as well as those who are sedentary, unfamiliar or intimidated by exercise. Participants will choose whether to stand or use a chair for support while using aids such as weights, rubber tubing and a rubber ball to achieve improvement in daily living activities. Exercise to the beat of some fun music!

Ages: Adult
 Days & Dates: Jan 7 - Feb 11 (M); Feb 18 - Mar 24 (M)
 Jan 11 - Feb 22 (F); Feb 29 - Apr 4 (F)
(No Class Jan 18)
 Time: 9:00am - 10:00am
 Cost: \$56/8 weeks (M or F) or
 \$100/8 weeks (M & F)
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 6/20
 Benefits: Promotes health and fitness; improve coordination and strength; opportunity to make new friends

NEW! CHAIR DANCING

A new fitness option for active people or those whose physical condition, restricted mobility or age limits their participation in conventional forms of exercise. Excellent for people with arthritis and knee problems. Dance to the Can Can, the Rhumba and Cha Cha, etc., all while seated.

Ages: Adult
 Days & Dates: Jan 9 - Feb 13; Feb 20 - Mar 26 (W)
 Time: 9:00am - 10:00am
 Cost: \$56/8 weeks or \$8/class
 Location: Vineyards Park Community Center
 Instructor: Maggie Campopiano
 Min/Max: 6/20
 Benefits: Promotes health and fitness; improve coordination and strength; opportunity to make new friends

SPECIAL PROGRAMS

DADDY-DAUGHTER VALENTINE DANCE

This annual dance will be an evening of entertainment for fathers and daughters. Disc Jockey, light snacks and punch will be provided. Traditional dress is semi-formal. Registration for this event will end on February 2nd.

Ages: 4 - 11
 Date & Day: Feb 8 (F)
 Time: 7:00pm - 9:00pm
 Cost: \$12/couple,
 \$5/each additional daughter
 Location: Vineyards Park Community Center
 Min/Max: 45/120
 Benefits: Builds family unity; provides entertainment and social interaction

OUTDOOR COMMUNITY YARD SALE

This program will allow participants to come and buy “treasures” or sell their “junk”! The party is in the parking lot! Spaces are available to rent. For more information, call 353-9669

Days & Dates: Mar 29 (Sa)

Time: 8:00pm - 12:00pm

Cost: \$10/space

Location: Vineyards Community Park

Min/Max: 12/40

Benefits: Promotes social interaction; provides opportunity for community to sell their goods; provides a creative outlet