

MAX A. HASSE JR. COMMUNITY PARK

3390 GOLDEN GATE BOULEVARD WEST • NAPLES, FL 34120-3051 • 348-7500

FITNESS CENTER

The fitness center is located in the Louise Hasse Community Center. Fitness memberships include an equipment orientation at the Golden Gate Community Park and MHCP and full use of the Golden Gate Fitness and Aquatic Facilities. Memberships are transferable to all Collier County Fitness Centers. Fitness Center employees are fully certified personal trainers, available to assist you at all times.

Fitness Equipment: Treadmills, Recumbent Bikes, Cybex Resistance Equipment, Free Weights, Dumbbells, and Elliptical Trainers.

Membership Fees:

Year	\$250
	\$140 (spouse or additional adult family member)
Student (13 - 18)	\$100
College Student.....	\$140
3 Months.....	\$90
Month	\$33
Daily Walk In.....	\$7
<i>(All membership subject to 6% sales tax)</i>	
Personal Training	\$30/hour or \$100/4 sessions

Location:

Max Hasse Community Park

Hours of Operation:

Mon - Fri.....6:00am - 9:00pm

Sat.....8:00am - 2:00pm

Closed Sunday



FITNESS PROGRAMS

STEP AND SCULPT

This program is designed to sculpt and shape your entire body; especially those trouble areas, with limited stress and impact to joints. All skill levels welcome!

Ages: Adult

Dates & Days: Jun 3 - Aug 26 (Tu)

Jun 5 - Aug 28 (Th)

Time: 7:00pm - 8:00pm

Location: Room A

Cost: \$7/class, FREE with fitness center membership

Instructor: Kathy Long

Min/Max: 2/20

Benefits: Gross motor development, strength building, relaxation and socialization

ZUMBA

Program Description: 60 Minutes of heart pumping, cardiovascular, south beach aerobic work out to the hot sounds of Latin music. Learn to dance salsa, merenge, bachata, samba, reggaeton and more or just show off your own style and groove. Excellent for sweating off the inches while having fun. All levels welcome.

Ages: Adult

Dates & Days: Jun 4 - Aug 27 (W)

Jun 6 - Aug 29 (F)

Time: 6:00pm - 7:00pm (W)

7:00pm - 8:00pm (F)

Location: Room A

Cost: \$7/class, FREE with fitness center membership

Instructor: Kathy Long

Min/Max: 2/40

Benefits: Gross motor development, strength building, relaxation and socialization

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. Registration begins on August 1 at 9:00am. (License #086610)

Ages: 4 - 5

Dates & Days: Sep 8 - Oct 31;

Nov 3 - Jan 9

(no class Nov 21, Dec 22 - Jan 2)

Time: 9:00am - 12:00pm

Cost: \$200/8 weeks

Location: Room C

Instructor: Childcare Staff

Min/Max: 6/10

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. Registration begins on August 1 at 9:00am (License # 086610)

Ages: 3 1/2 - 5

Dates & Days: Sep 9 - Oct 30;

Nov 4 - Jan 8

(no class Nov 20, Dec 22 - Jan 2)

Time: 9:00am - 11:30pm

Cost: \$150/8 weeks

Location: Room C

Instructor: Childcare Staff

Min/Max: 6/10

Benefits: Development of social skills, academic preparedness, parental down time





AFTER SCHOOL PROGRAMS

AFTER SCHOOL ADVENTURES

This program will offer 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.

Registration begins on August 1 at 9:00am. (License #086610)

Ages: Grades K - 5

Dates & Days: Aug 18 - Dec 19

Time: 2:40pm - 6:00pm

Cost: \$500

Location: Room A

Instructor: Child Care Staff

Min/Max: 15/75

Benefits: Promotes social interaction; provides supervised fun and entertainment and provides a safe place to meet

MIDDLE SCHOOL R.A.P.

(Recreation After School Program)

This program will offer 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. Transportation is provided from Oakridge and Cypress Palm Middle Schools. Registration begins on August 1 at 9:00am.

Ages: Grades 6 - 8

Dates & Days: Aug 18 - Dec 19

Time: 3:40pm - 6:00pm

Cost: \$308 (with transportation)

Location: Room A

Instructor: Child Care Staff

Min/Max: 6/20

Benefits: Promotes social interaction, provides supervised fun and entertainment and provides a safe place to meet

YOUTH PROGRAMS

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: 6 - Adult

Dates & Days: May 28 - Jun 18,

Jun 23 - Jul 16, Jul 21 - Aug 13,

Aug 18 - Sep 11 (Class make-ups at Vineyards Park)

Time: 7:00pm - 8:00pm and

8:00pm - 9:00pm

Cost: \$45/4 weeks

Location: Room A

Instructor: Fox Martial Arts

Min/Max: 8/40

Benefits: Promotes self-confidence and self expression, improve gross motor skills, and teaches values and discipline.



DANCE CLASS WITH MICHELE RYAN

Certified by Dance Masters and Dance Educators of America with over 20 years experience. Michele has performed in commercials at concert venues, with dance companies and in music videos with top recording artists. Her work and her students have been featured on NASCAR, MTV, VH-1, Las Vegas, On Broadway, NBA, NFL Dance Teams, and College Football Bowl Games. Please contact Michele Ryan at Studio1DC@aol.com or 262-1748 for class information.

MOVE TO THE GROOVE!

Jazz/Tap/Ballet/Hip-Hop. Focusing on the popular styles of dance and having fun! Added technique, proper stretch and progressions explores the expressive styles of dance, enhance rhythm and motor skills. Pre registration is necessary class size limited. Tan slip on jazz boot, black tap shoes and dance attire required, please contact instructor for information. Registration begins on August 1 at 9:00am.

Ages: 6 - 8

Dates & Days: Aug 8 - 29 (F)

Time: 3:30pm - 4:30pm

Cost: \$55/4 weeks

Location: Room A2

Instructor: Michele Ryan

Min/Max: 5 /15

Benefits: Improves balance, agility and bodily awareness as well as social interaction and discipline. Performance opportunities.

HIP-HOP / MUSIC VIDEO DANCE

Learn the latest moves! This class is FUN, HOT and PROGRESSIVE! Learn New York and LA style. Using the latest trends in choreography, each move is broken down to create the ultimate hip-hop routine, taught in add-on format. Guest Instructors are brought in for added flair! Pre registration is necessary class size limited. Sneakers/Tennis shoes, comfortable clothing. Registration begins on August 1 at 9:00am.

Ages: 9 - 13

Dates & Days: Aug 8 - 29 (F)

Time: 4:30pm - 5:30pm

Cost: \$55/4 weeks

Location: Room A2

Instructor: Michele Ryan

Min/Max: 5 /20

Benefits: Improves balance, agility and bodily awareness as well as social interaction and discipline. Performance and Competition opportunities.

PIANO LESSONS

Have fun and learn to make music! Piano lessons can help you more than computer classes with some math tests. Headphones provided for each student's one on-one- learning. Registration begins on August 1 at 9:00am.

Ages: 5 - 12

Dates & Days: Aug 7 - Sep 11 (Th),

Aug 8 - Sep 12 (F)

Time:

Beginner: 6:00pm - 6:30pm (Th),

6:30pm - 7:00pm (Th),

3:30pm - 4:00pm (F),

4:00pm - 4:30pm (F),

4:30pm - 5:00pm (F)

Intermediate: 7:00pm - 7:30pm (Th),

7:30pm - 8:00pm (Th),

Location: Room B

Cost: \$75 and \$5 payable to instructor per session for lesson book

Instructor: Diana Ryan

Min/Max: 2/4

Benefits: Improve and develop fine motor skills, math/music reading skills, self-expression and development of artistic skills

ADULT PROGRAMS

KARATE

This program is designed to teach participants self defense techniques and coordination while building individual agility and strength.

Ages: Adult

Dates & Days: May 28 - Jun 18,

Jun 23 - Jul 16, Jul 21 - Aug 13,

Aug 18 - Sep 11 (*Class make-ups at Vineyards Park*)

Time: 7:00pm - 8:00pm and

8:00pm - 9:00pm

Cost: \$45/4 weeks

Location: Room A

Instructor: Fox Martial Arts

Min/Max: 8/40

Benefits: Promote self-confidence and self expression, improve gross motor skills, teaches values and discipline