

MLK, Jr. Recreation Center

Martin Luther King, Jr. Recreation Center

550 Laura Lane
Jocelyn Brodhead, Coordinator

738-2920

Monday	2 pm - 9 pm
Tuesday	2 pm - 9 pm
Wednesday	2 pm - 9 pm
Thursday	2 pm - 9 pm
Friday	2 pm - 10 pm
Saturday	Noon - 8 pm
Sunday	Noon - 6 pm

Holiday Closures:

Labor Day	Mon. 9/6
Veterans Day	Thurs. 11/11
Thanksgiving	Thurs. & Fri. 11/25-26
Christmas	Fri. & Sat. 12/24-25
New Year's	Fri. & Sat. 12/31 & 1/1
Martin Luther King, Jr.	Open Noon - 6 pm

- Computer Lab
- Game Room
- Gymnasium
- Stirling Skate Park

Basketball

Drop-In Basketball

Hours vary, see center for schedule.

\$1 / \$2

Youth Basketball Leagues

Recreational youth basketball league consisting of eight regular season games and playoffs. Evaluation clinics will be conducted to ensure balanced teams.

Ages 7-9 Dunedin Community Center
Games: Wednesdays Practices: Varies
Evaluations: Oct. 6 6:30-8 pm

Ages 10-12 MLK, Jr. Recreation Center
Games: Mondays Practices: Varies
Evaluations: Oct. 4 6:30-8 pm

Season: Oct. 18- Dec. 15 (next Apr - June)
\$75 / \$112 season

Cheerleading

Cheerleading 101

Join this action packed class with Coach Karen Hurd. Learn floor routines and tumbling, while improving flexibility, balance and coordination.

5-12 yrs Saturdays 12-2 pm
\$45 / \$67 month

Cooking

Date Night with Chef John **NEW!**

Couples will cook a four course dinner for two. This hands-on cooking experience includes instruction and preparation of meal followed by a romantic sit down dinner.

Saturday Oct. 23 6:30-9:30 pm

\$50.00 per person.

For registration and menu, please contact:

Chef John, phone 727-433-1889 or:

Email: jlewis282@tampabay.rr.com.

Kids Cooking with Chef John **NEW!**

Join Chef John Lewis for a hands-on cooking experience including cooking instruction, recipes and gourmet foods.

Monday 6:30-8:30 pm

Oct. 11 Kicked Up Comfort Foods

Dec. 13 Killer Desserts

\$40.00 per person.

For registration and menu, please contact:

Chef John, phone 727-433-1889 or:

Email: jlewis282@tampabay.rr.com.

\$50.00 per person.

Parent and Child Cooking Class with Chef John **NEW!**

Parents and children, spend quality time together with Chef John Lewis for a hands-on cooking experience including cooking instruction, recipes, and gourmet foods.

Monday 6:30-8:30 pm

Sept. 13 Family Dinners

Nov. 8 Special Holiday Foods

\$40.00 per person.

For registration and menu, please contact:

Chef John, phone 727-433-1889 or:

Email: jlewis282@tampabay.rr.com.

Dodgeball

Extreme Dodgeball

Drop in for some "in your face" extreme dodgeball. Games change each week; see who can survive the challenge!

11-15 yrs Wednesdays 8-8:45 pm
\$2 / \$3

Fitness

Hoop Dancing **NEW!**

Hooping, yes hoola hooping with professional dance hoops, is a great exercise class that speeds weight loss, increases energy, strengthens the core, tones the body, and promotes laughing. Get in the spin! Hoop rentals included.

16+ yrs Beginner Wed 5:30-6:30 pm
Intermediate Wed 6:45-7:45 pm

Punch Pass: \$80 for 8 classes
\$12 drop-in

Martial Arts

Tae Kwon Do

Classes focus on fitness, sparring and various forms of self defense. All instructors hold black belts. Head instructor, Paul Castricone Sr. is a 5th degree black belt and has trained and taught for thirty years.

8+ yrs Tues: 7-8 pm & Thurs 7-8:30 pm
\$35 / \$52 month

Wrestling

Talon Wrestling

Dunedin High Wrestling coaches offer instruction to all skill levels. Year round program.

8+ yrs Tues 5:30-7 pm &
Sunday 4-6 pm
\$35 / \$52 month

