

# Community Center

## Dunedin Community Center

1920 Pinehurst Road  
812-4530

Jorie Peterson, Coordinator

Monday-Thursday 6 am - 9 pm  
Friday 6 am - 6 pm  
Saturday 7 am - 4 pm  
Sunday 10 am - 2 pm

### Holiday Closures:

Independence Day Mon. 7/4

- Boundless Playground
- Fitness Center
- Game Room
- Nessie Café
- Theater / Auditorium

## Nessie Café

Are you on the go? Need a quick snack? Visit the Nessie Café located in the lobby of the Dunedin Community Center. Delectable bites and frosty drinks, all at affordable prices!

## Youth Guild Game Room

Enjoy a good game of pool on a top of the line table, challenge a friend to table tennis, practice your hand at air hockey or foosball, or just relax and hang out with your friends. Sponsored by the Dunedin Youth Guild!

\$ Free / \$1

## Babysitting Training

### American Red Cross Babysitter's Training Course

Current or future babysitters, learn the best ways to keep the children in your care safe. You'll learn rescue breathing for infant and child, and receive a certification. Please bring lunch and dress comfortably. To register call the American Red Cross at 727-446-2358 or 1-877-741-1444, then choose option 1 to register for a class or visit the website at [www.FLWestCoastRedCross.org](http://www.FLWestCoastRedCross.org).

11-16 yrs Saturday 9 am - 4 pm  
7/16, 9/17, 11/19  
\$50 class - paid to Red Cross

## Basketball

### Basketball - Adult Pick-Up

Come on in to the Community Center for a great game of pick-up basketball.

16+ yrs Mondays 6:15 - 8:45 pm  
\$1 / \$2

Schedule may vary depending on events, call 727-812-4530 for availability.

## Camps

### Summer Camp 2011

Many specialty themed camps will entertain your child throughout the summer, no matter their interests! Day camps, sports, sailing, nature to name a few. Look at Summer Camp Guide for complete details.

Entering Kindergarten - 8th Grade

Registration has already begun and is limited, "first-come, first-served". Some programs may have already filled.

## Dance

### Ballet

**NEW!**

The focus of this classical ballet class is a fun high-energy introduction that will also teach a foundation in French terminology. Barre, center and across the floor exercises. Leather ballet slippers required.

7+ yrs Wednesdays 4:00-4:45 pm  
\$52 / \$78 month  
Classes begin in August

### Pre-Ballet

**NEW!**

This fun, high energy class is a combination of creative movement and classical ballet technique. French terminology is learned. Barre, center and across the floor exercises. Leather ballet slippers required.

2-3 yrs Wednesdays 2:30-3:00 pm  
Fridays 10:30-11:00 am  
4-6 yrs Wednesdays 3:00-3:30 pm  
\$38 / \$57 month  
Classes begin in August

### Ballroom / Latin Dance

Learn the Waltz, Fox Trot, Tango and Quickstep, as well as the basic elements of walking turns, leading and following, and posture. Partner is not required. Please wear comfortable shoes, no sneakers.

16+ yrs Tuesdays 7:30-8:30 pm  
\$38 / \$57 month





# Hale Senior Activity Center

## Dance

### Ballroom / Latin Dance

Learn the Cha-Cha, Rumba, Salsa, Waltz, Swing and Tango! Please wear comfortable shoes and attire. All levels welcome. Instructor Arielle was a professional dancer for Busch Gardens.

50+ yrs Monday 5:30-6:30 pm  
\$36 / \$54 month No class 7/4

### Line Dance

Learn Kansas City, Electric Slide, Boot Scoot & Boogie, Elvira, Alley Cat, Bosanova, Spanish Eyes, New York New York, I Feel Lucky, Gypsy Rose, some old-some new, just to name a few.

50+ yrs Wed / Fri 10:30-11:30 am  
\$3 / \$4 class

### Snell's Square Dancing

A fun evening of Square Dancing with Allen and Rosie Snell. Allen is a professional caller. Beginners and experts are welcome!

50+ yrs Thursday 6:30-9:00 pm  
\$6

### Starlight Dance Series

Enjoy an evening of dancing and live music with the sounds of the "Ellis Hale Band." Co-sponsored by Mease Manor Retirement Community.

50+ yrs Monday 7-9 pm  
\$5 No dance 7/4

Every other Monday during summer beginning 6/6

## Fitness

### Chair Volleyball

It's just like volleyball, but caters to the activity level of older adults. This is a great way to enjoy some exercise and socialize. Wednesday class added by popular demand!

50+ yrs Mon. / Wed. 1-3 pm  
\$1 / \$2 class  
No class 7/4 or during Luncheons

### Chair Yoga

Where the yoga mat is replaced with a chair. Restore and maintain strength, flexibility and range of motion. Deepen breathing and learn relaxation techniques. Overall, improve your sense of well-being, renew energy, decrease pain, blood pressure and cholesterol.

50+ yrs Thursday 9:30-11 am  
\$22 / \$33 month or \$7 / \$10 drop-in

### Exercise Room - Drop In

No contracts or monthly fees. Become a member of the Hale Center and you are on your way to getting in shape.

50+ yrs Mon-Fri During open hours  
\$ Free / \$1 day

## Senior Exercise

This is a low-impact workout focusing on strength, stamina, flexibility, and balance. Participants may choose to sit throughout the class.

50+ yrs Mon / Fri 9-10 am  
\$3 / \$4 class No class 7/4

## Tai Chi

Learn the movements of Tai Chi at a relaxed pace. This is an exercise class consisting of slow, graceful movements that relax and strengthen both mind and body, led by the Taoist Tai Chi Society.

50+ yrs Tues / Thurs 9:30-11 am  
\$3 / \$4 class

## Walking Club

Join this friendly, energetic club and see how fun walking and exercise can be! Our walkers meet at the Hale Activity Center and head out on the Pinellas Trail.

50+ yrs Tues / Thurs 8:30 am  
\$5 / \$8 annual fee (October - September)

### Did You Know?

Citizens who visit parks more frequently make fewer visits to their doctor!

Good Health...  
It Starts In Parks!

