

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.

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



Community Center

Music

City of Dunedin Pipe Band

The Pipe Band, sponsored by the City of Dunedin Parks & Recreation Department, is a decades-old program and one of the most decorated in the country. The group is always welcoming new members.

18+ yrs
Practices: W/Th 7-9 pm
Sat 9 am-Noon
Performances: 1st Sunday each month
1:30 pm @ Pioneer Park

For more information, stop in during a rehearsal or visit www.CityofDunedinPipeBand.com.

Dunedin Community Chorus

The Dunedin Community Chorus is under the direction of Jan O'Connor-Sharkey, Don Jones and accompanied by Melanie McWilliams, Betty Dethmers, and JoAnn Metropoulos.

18+ yrs Tuesdays 1-3 pm
\$30 registration
Chorus program runs October-April

Concerts: Sunday, Dec. 11, 2011 3 pm
Sunday, Feb. 26, 2012 3 pm
Sunday, Apr. 15, 2012 3 pm

Dunedin Concert Band

Under the direction of Dr. Louis Zagar, the Dunedin Concert Band is an eclectic group of musicians from all over the area who volunteer their time for several performances each year. The group is always looking for new members, stop by a rehearsal and check them out!

15+ yrs Rehearsals Tues 7:15-9:15 pm

Concerts: Friday, Dec. 16, 2011 8 pm
Sunday, Dec. 18, 2011 3 pm
Friday, Mar. 16, 2012 8 pm
Sunday, Mar. 18, 2012 3 pm
Friday, May 18, 2012 8 pm
Sunday, May 20, 2012 3 pm

Piano - Adults

Learn to play the piano or sharpen up your skills. This class is for the beginner to advanced piano player. Instructor, Melanie McWilliams.

18+ yrs Tuesdays 11 am-Noon
\$30 / \$45 month

Piano - Kids & Teens

Always wanted to learn the piano? These private lessons are great for all levels, from the beginner to the advanced player. Instructor Meghan Lance will work with each student to develop a course designed specifically for them.

3+ yrs By appointment
Contact: Meghan Lance at 727-744-6205 or
MeghanLance_Piano@yahoo.com
\$35 / hour or \$18 half-hour

Recording Studio

The Recording Studio at the Dunedin Community Center is available for usage by individuals or groups looking to create CDs for any reason!

For booking information call 727-812-4530

Voices of Jazz

The City of Dunedin Parks & Recreation Department has recently partnered with this all-volunteer jazz ensemble with over 20 members. The band is always welcoming new members .

Practices: Mondays 7-9 pm
For more information: call 727-804-9144
E-mail: VoicesOfJazzInc@aol.com
For performance information see "Special Events" section on page 9
No rehearsal 7/4

Voice - Adult

Join Melanie McWilliams as she teaches you voice training and music reading skills. Great for the beginner or advanced singer.

18+ yrs Tuesdays 10-11 am
\$30 / \$45 month

Preschool

Karate - Dragons

See Martial Arts, page 7

Piano - Preschool

Private lessons with Instructor Meghan Lance.

3+ yrs By appointment
Contact: Meghan Lance at 727-744-6205 or
MeghanLance_Piano@yahoo.com
\$35/hour or \$18/half-hour

Tiny Tales

Tiny Tales is an interactive story time using books, puppets and songs. Dunedin Public Library staff will entertain your child with themes bound to capture your little one's imagination. This is a parent and child program.

1-5 yrs 1st Tues / month 10 am
\$ Free
Program runs September - May

Teens

Young Life Club

A non-denominational high-school outreach ministry group. A night of fun, games and lots of laughs.

14-18 yrs Mondays 7-8 pm
\$ Free
Program runs September - May



Community Center / Events

Theater

Dunedin Showcase Theater

This great all-volunteer group is the perfect place for someone who wants to take an active role either on stage or backstage! Volunteers are needed year-round for acting as well as many backstage needs, such as sound/lighting, costume and set design and more.

Visit www.DunedinShowcaseTheater.org or call Mike Cote, Director: 727-417-0035
For show information see "Special Events" section on page 9

DST Kids Theater

Hey, kids! Join the wonderful world of theatre while having fun and building confidence. No experience necessary. Basics of stagecraft will be taught during rehearsals. 7-18 yrs

Tammy Folstad: tallharper@excite.com
727-744-9236

Mike Cote: magickmanfl11@yahoo.com
727-417-0035

For show information see "Special Events" section on page 9

Special Events

July

Dunedin Showcase Kids Theater "TK and the Twins" by Diane Purdy

The Gang is preparing for its annual Spring Fling show. They decide to convince Tiffany Farrell, a top teenaged model to make a guest appearance to drive ticket sales. Meanwhile, a kid brother and the Little Kids put on a show of their own as The Gang has never let them perform in the Spring Fling. The competition proves formidable, bedlam quickly reins, and everyone in town takes sides.

Saturday July 9 2 pm
Sunday July 10 2 pm

Show Tickets: \$5

Doors open 30 minutes prior to show time.
Seats are first-come, first-served.

November

Dunedin Showcase Theater "Nightfall with Edgar Allan Poe" by Eric Coble

Edgar Allan Poe stands alone in the flickering darkness of his mind, trying desperately to convince himself, and us, that he's not mad. The spell he weaves bring us a highly theatrical adaptation of four tales: *The Raven*, *The Fall of the House of Usher*, *The Pit and the Pendulum* and *The Tell-Tale Heart*. Enter the world of Poe and check your heartbeat at the door.

Thursday November 10 7:30 pm
Friday November 11 7:30 pm
Saturday November 12 7:30 pm
Sunday November 13 2 pm

Show Tickets: \$10

Doors open 30 minutes prior to show time.
Seats are first-come, first-served.



What this means to you?

City of Dunedin Solid Waste Division
Residential only

YARD/BULK DEBRIS COLLECTION GOING TO ONCE A WEEK PICKUP

Effective Monday, July 4th 2011



(Green barrels remain 2 X weekly)

This is not a Service Reduction
it's a Service Change to
Keep Dunedin Green

KNOW YOUR NEW PICKUP DAY

New Solid Waste Maps available
after June 1st at:

- City Hall
- Community Center
- Dunedin Library
- Hale Activity Center
- Martin Luther King Jr. Recreation Center
- Solid Waste Division
- www.Dunedingov.com



(Yard/bulk goes to 1X weekly)



Information (727) 298-3215 EXT 21



Community Center / Fitness

Fitness Center

1920 Pinehurst Road
812-4530

Rob Mirlenbrink, Fitness Specialist

- Nautilus Nitro Strength Equipment
- Nautilus Free Weights
- Precor Cardio Equipment
- Fitness Center Orientations
- Free Personal Workout Prescription
- Personal Training

Hours of Operation

Monday-Thursday 6 am - 9 pm
Friday 6 am - 6 pm
Saturday 7 am - 4 pm
Sunday 10 am - 2 pm
See Community Center for holiday closures, pg 6.

Fitness Admission

Ages 14 and up only. Ages 14-15 must be accompanied by an adult. Ages 14-17 MUST attend a "Fitness Safety Orientation" prior to using the fitness center.

Fitness Center

Daily Admission \$5
Monthly Pass \$15 w/ Rec ID Card
Yearly Pass \$150 w/ Rec ID Card

Combo Packages

Group Exercise (GEX) Combo

The "Group Exercise Combo" allows you to take advantage of most of the group exercise classes for one monthly fee. Please see our monthly schedule for more information.

\$30 / \$45 per calendar month
\$5 / \$7 drop-in

Fitness + GEX Combo

Get the best of two worlds with unlimited access to both the Fitness Center and all GEX Group Exercise classes at a discounted rate.

Fitness Center + GEX \$35 month
Yearly Pass Add-on \$20 month
Recreation ID Card required

Total Fitness Pass

Add even more variety to your workouts with unlimited visits to the Fitness Center, GEX Combo Fitness Classes and the Pool for Lap Swim, Open Swim, and Water Wellness at a greatly discounted rate!

\$60 / per calendar month Rec ID Card required

Group Exercise

(GEX) Combo Classes

Enjoy unlimited access to the following classes with the GEX Combo or:

\$5 / \$7 Drop-in No classes on 7/4

6 Pack Abs

Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

12+ yrs Tues/Thurs 6:25-6:45 pm
\$ Free to Fitness Center & GEX Members

Build A Better You

Strengthen your body, improve balance, increase flexibility and enhance stamina using hand weights, exercise tubing and exercise balls. A great place for those just starting out or for those looking for a gentle, yet effective workout.

12+ yrs Tues/Thurs 8-8:50 am

Cardio Combo

A little spin, a little step, and some floor exercises combined with bootcamp, plyometrics, and kick-boxing only begin to describe this class. Build stamina and muscular endurance. Cardiovascular training with Hi/Lo, Step, Spin, and other resistance type training.

12+ yrs Mon/Wed 6:30-7:30 pm

Fitness Trilogy

A combination of brief cardio intervals, strength training with light hand weights, and Pilates-inspired core training. Designed to be a perfect complement to our popular Yoga-lates class. All levels welcome!

12+ yrs Thurs 1-1:50 pm

Indoor Cycling

Train for a triathlon or channel your inner Lance. Our instructors will push you toward fitness unlike your average spin/cycling class.

12+ yrs Tues/Thurs 7-8 pm
6-7 pm class resumes in September

Nia

Nia blends classic movement forms including: martial arts, dance and healing arts. Free dance is added so each individual can move in their own way for maximum benefit.

12+ yrs Mon/Wed 9-10 am
No class 6/27 - 9/7 Class resume Mon. 9/12

Pilates

Build strength without "bulking up". Pilates elongates and strengthens muscles, improving flexibility and joint mobility. Increase strength throughout the "core" muscles to help improve posture and balance.

12+ yrs Tues/Thurs 7-8 pm

Tone Up / Tone Down

Incorporates cardio training with toning exercises for the upper and lower body. This calorie burning class will help you get into your fat burning zone and will be followed by a relaxing full body stretch.

12+ yrs Tues/Thurs 5:30-6:20 pm

Yoga

Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

12+ yrs Tues/Thurs 9-10 am

Yoga Basics

Explore the basic principles, postures, alignments, breathing practices, and theory of yoga. Yoga beginners and people with limited flexibility are welcome to give Yoga Basics a try!

12+ yrs Wed 5:30-6:30 pm

Yoga-lates

Can't decide between Yoga and Pilates? Try Yoga-lates, a blend of the two methods that involve specific postures and emphasize correct breathing.

12+ yrs Mon/Wed 8-8:50 am

Zumba Gold

The newest fitness dance routine created by Alberto Beto Perez for participants with little experience, physical limitations or older adults. Easier than basic Zumba but just as much fun with easy to follow moves for individuals of any age.

12+ yrs Tues/Thurs 10-11 am
Fri 9-10 am

Zumba Toning

Takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light-weight toning sticks to improve overall performance.

12+ yrs Mon 5:30-6:30 pm

Community Center / Fitness



Did You Know?

Since 1991, obesity rates has increased 74% and diabetes 61%
 Good Health...
 It Starts In Parks!

Fitness Classes

20-20-20 Workout

NEW!

Join certified personal trainer Michele Clark in this complete morning workout. Start with mind body stretching exercises followed by interval circuit, a lot of variety to challenge your body.

12+ yrs Wed 6:45-7:45 am
 \$12 / \$15

6 Pack Abs

Approximately 20 minutes of abdominal and low back exercises designed to increase core strength and flexibility.

12+ yrs Tues/Thurs 6:25-6:45 pm
 \$ Free to Fitness Center & GEX Members

Jazzercise

When you love your workout, the results come easy. Jazzercise blends aerobics, yoga, pilates and kickboxing into fun dance routines set to fresh and modern music. All fitness levels are welcome.

14+ yrs Mon/Tues/Thurs 6-7 pm
 Sat 10-11 am

Sign up with the instructor
 Contact: 727-408-1751 by phone or e-mail
 kdenote2@tampabay.rr.com

Laughter Yoga

Laughter Yoga promotes a strong union between those who laugh together resulting in a family-like bond. Laughing also helps boost the immune system and helps increase circulation. Laughter makes us feel good, creates positive energy, and helps build self-confidence. Give Laughter Yoga a try today!

12+ yrs Wed 6-6:30 pm
 \$4 / \$5 class

Pilates in the Park

A fun day starting with a Pilates mat class in the shade at Edgewater Park in Downtown Dunedin. After the class, we will head over to a local restaurant for refreshments. Check the monthly calendar or call 812-4530 for dates and times.

12+ yrs One Saturday or Sunday per month
 \$5 / \$7 class

StrollFIT by Baby Boot Camp



Designed specifically to help new moms get back into shape after having a baby. Strength-training exercises with cardiovascular drills, core exercises, and stretching will strengthen and tone your body. Have fun with your child (ages range 6 weeks to 4 years old) while getting fit. All fitness levels are welcome.

Mon/Wed/Fri 9:30-10:30 am
 Register with Morton Plant Mease at
 www.mpmhealth.com or call 1-877-692-2922

Tai Chi

Tai Chi Chuan is a Chinese art practiced slowly. Moving Meditation teaches us to relax and to connect with our body allowing spirit and body to become one. Tai Chi enables us to leave our routine and slow down, deliberately exhaling stress, tension, and fear. We may then inhale light, beauty, peace, and love.

12+ yrs Mon/Wed 7:45-8:45 pm
 Tues/Thurs 11 am - Noon
 Saturday 8:30-9:30 am

Mon/Wed: \$55 / \$75 month
 Tues/Thurs: \$55 / \$75 month
 Saturday: \$27 / \$37 month
 \$8 / \$10 drop-in

Zumba

A Latin inspired dance/fitness class for anyone. Cardio program utilizes interval training with fun and easy dance moves to work the core muscles and improve balance, stability and movement.

12+ yrs Sat 9-10 am
 \$50 / \$70 10 Class Punch Pass (*Sat class only*)
 When card is full redeem for 11th class free
 Good for 6 months from date of purchase
 \$5 / \$7 drop-in

Personalized Programs

Exercise Prescription

Is the scale just not moving? Are you looking to spice up your workout?

Rob Mirlenbrink, your Fitness Specialist, will complete a body composition analysis to calculate total body fat and lean tissue weight. Your prescription will include a basic nutrition overview and a personalized exercise program designed to fit your unique fitness needs.

Appointments scheduled every 3-4 months.
 14+ yrs By appointment, call 812-4530
 FREE with Fitness Center Membership

Personal Training

Get fit with a buddy, small group, or by yourself with a personal trainer. Our nationally certified and highly educated trainers are here to tailor your workout to fit your needs. Identify your goals as well as any weaknesses in your physical conditioning.

14+ yrs By appointment, call 812-4530
 Private Hour \$44
 Private 1/2 Hour \$32
 Bring-A-Buddy (1 hr) \$32 (each, 2 people)
 Group (1 hr) \$22 (each / min 3 people)