

Sunshine Center

October Registration Session

330 5th Street North, St. Petersburg, Florida 33701

(727) 893-7101

Hours: Mon - Fri 8:30 am - 4:00 pm



Get Connected - Stay Connected
Parks & Rec Connect

Online Registration & Facility Availability
www.stpeteparksrec.org/ParksRecConnect


Registration Process

The following information or a current ADVANTAGE membership is required for registration in most classes and camps.

- **Valid Driver License or State ID** - For minor participants, the Driver License or State ID of a parent or legal guardian.
- **Completed Hold Harmless Agreement** - Form may be obtained in advance by visiting www.stpeteparksrec.org.
- **Participant Photo** - Photo will be taken by Parks and Recreation personnel if a membership card is requested.



Arts & Crafts

| Activity/Course Title | Barcode | Ages | Days | Dates | Times | Classes | Fee |
|---|---------|----------------|------|--------------------------|------------------------|---------|---------|
| Oil & Acrylic Painting  | 183794 | 18 yrs & older | Fri | 06 Oct 2017 to 27 Oct | 12:30 pm to 2:30 pm | 4 | \$28.00 |

Education

| Activity/Course Title | Barcode | Ages | Days | Dates | Times | Classes | Fee |
|---------------------------|---------|----------------|-------------|--------------------------|-------|---------|---------|
| Technology Lessons | 183849 | 18 yrs & older | M,Tu,W,Th,F | 02 Oct 2017 to 31 Oct | | | \$20.00 |

Private 1 hour technology lessons. Please call (727) 893-7074 to schedule.

Exercise

| Activity/Course Title | Barcode | Ages | Days | Dates | Times | Classes | Fee |
|--|---------|----------------|-------------|--------------------------|-------------------------|----------|-------------------|
| Arthritis Strength and Balance Class | 183851 | 21 yrs & older | M,Tu,W,Th,F | 02 Oct 2017 to 31 Oct | 9:30 am to 10:30 am | 22 | \$0.00 |
| Fitness Center | 183855 | 55 yrs & older | M,Tu,W,Th,F | 02 Oct 2017 to 03 Nov | 9:00 am to 3:00 pm | 23 Daily | \$1.00 \$14.00 |
| Low Impact Aerobics <i>Zooming to the Oldies</i> | 183866 | 55 yrs & older | Tue,Thu | 03 Oct 2017 to 31 Oct | 11:00 am to 12:00 pm | 9 Daily | \$5.00 \$35.00 |

Low Impact Aerobics moving to the music we grew up with. You will gain balance, core strength and pain relief.


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|-------------|--------|----------------|-----|--------------------------|-------------------------|---------|-------------------|
| Yoga | 183883 | 55 yrs & older | Tue | 03 Oct 2017 to 31 Oct | 11:00 am to 12:00 pm | 5 Daily | \$6.00 \$20.00 |
|-------------|--------|----------------|-----|--------------------------|-------------------------|---------|-------------------|

Instructor Dominick will teach Integral Hatha yoga postures and breathing practices designed to help maintain strength, flexibility, and relaxation.

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|-------------|--------|----------------|-----|--------------------------|-----------------------|---------|-------------------|
| Yoga | 183884 | 18 yrs & older | Thu | 05 Oct 2017 to 26 Oct | 1:00 pm to 2:00 pm | 4 Daily | \$6.00 \$20.00 |
|-------------|--------|----------------|-----|--------------------------|-----------------------|---------|-------------------|

Integral Hatha chair yoga postures and breathing practices designed to help maintain strength, flexibility, and relaxation.

Therapeutic Recreation

| Activity/Course Title | Barcode | Ages | Days | Dates | Times | Classes | Fee |
|---|---------|------|------|--------------------------|-----------------------|---------|---------|
| Theater - TR  | 183930 | | Mon | 02 Oct 2017 to 30 Oct | 7:00 pm to 8:30 pm | 5 | \$20.00 |

Additional Information

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|---|---------|-------------------|------|
| Computer Lab (Based on Availability) | Mon-Fri | 8:30 am - 3:30 pm | Free |
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Fee Waiver Program - Take advantage of this program! The Office on Aging offers a fee waiver program for low income seniors to receive free classes, activities, and day trips (meals excluded). Please contact (727) 893-7102 to see if you qualify.

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|--------------------|---------|-------------------|--|
| Resale Shop | Mon-Fri | 9:30 am - 1:30 pm | |
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Agencies and Services

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| AARP Senior Employment | Varies | By Appt. Only | (727) 552-1835 |
| Information and Referral Services | Mon-Fri | 9:00 am - 4:00 pm | (727) 893-7102 |
| Kids and Kubs ¾ Century Softball | Mon, Wed, Fri | 9:00 am - 12:00 pm | (727) 893-7108 |
| Lions Club Eye Clinic Referrals | Mon, Wed, Thu, Fri | 8:30 am - 11:00 am | (727) 892-5512 |
| Neighborly Meals on Wheels & Congregate Dining | Mon-Fri | 9:00 am - 12:00 pm | (727) 893-7136 |
| Seniors in Service | Mon-Fri | 9:00 am - 3:00 pm | (727) 551-3312 |
| Seniors vs. Crime (Attorney General) | Mon, Thu | 9:00 am - 1:00 pm | (727) 552-1807 |
| Shuffleboard (Individual \$30.00/year; Family \$50.00/year) | email board@stpeteshuffle.com | | |
| St. Pete International Folk Fair Society (SPIFFS) | Mon-Fri | 9:00 am - 4:00 pm | (727) 552-1896 |
| Voices of Hope for Aphasia | Mon-Fri | 10:00 am - 2:00 pm | |

Arts & Crafts

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| Creative Writing | Thursday | 10:00 am -11:30 am | Free |
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Health and Wellness

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| Ballroom Dance | Tuesday | 1:00 pm - 3:00 pm | \$3.00 |
| Health Education Series | Wednesday | Varies | Free |

Games

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| Bingo | 4th Monday | 10:30 am - 12:00 pm | \$2.00 |
| Canasta | Tuesday | 12:30 pm - 3:00 pm | \$1.00 |
| Dominoes | Friday | 12:30 pm - 2:00 pm | Free |
| Hand and Foot Card Games | Thursday | 12:30 pm - 3:00 pm | \$1.00 |
| St. Pete. Shuffle (Family Friendly) | Friday | 7:00 pm - 11:00 pm | Free |
| Table Games | Mon-Fri | 8:30 am - 3:00 pm | Free |
| Wii Bowling & Games | Mon-Wed | 10:30 am | Free |

Music and Theater

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| Country Classics (Interactive Live Music) | 1st Friday | 1:00 pm | Free |
| Karaoke | Varies | 1:00 pm | Free |
| Profiles in Jazz (Live Band) | 2nd Monday | 1:00 pm | Free |

Support Groups

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|---|-----------|---------------------|------|
| Aphasia Memory Support Group | Mon & Wed | 10:00 am - 2:00 pm | Free |
| Lesbian, Gay, Bi-Sexual, Transgender Support Group | Friday | 11:00 am - 12:00 pm | Free |

Give the Gift of Fun! Parks and Recreation Gift Cards in any amount available in the office.

Our Mission: To preserve, protect, maintain and enhance the city's parklands and recreational facilities and engage people in leisure activities that contribute to their quality of life.

The Americans with Disabilities Act (A.D.A.) guarantees equal opportunity for people with disabilities. Special accommodation requests such as sign language interpreters, taped or Braille materials, assistive listening devices, etc., should be made at least one week prior to the activity or program. Individuals using TTD devices, please contact us using the Florida Relay Service at (800) 955-8771.

