

COUNTRYSIDE RECREATION CENTER

Summer 2024

We Accept Visa, MC or Checks Only



RECREATION CENTER HOURS

- Mon.- Fri., 5 a.m. - 8:30 p.m
- Sat., 8 a.m. - 5 p.m

Facility Closures:

Juneteenth: 6/19/24
Independence Day 7/4/24
Labor Day 9/2/2024

GYMNASIUM

- Please call (727)562-1914 for open gym availability.



SCAN TO LEARN MORE
INFORMATION ABOUT THE
RECREATION CENTER



PROGRAM FEATURES & COMMUNITY EVENTS

FUNTASTIC FRIDAYS

Jun. 21, Jul. 26, Aug. 23 6-9 p.m.
Drop your kids off for a fun night of pizza, games, and excitement! Children grades 1-8.
Must be registered by Thurs. before event.
\$7 (W) / \$8 (W/O)



YOUTH PROGRAMS

BEGINNER & INTERMEDIATE GYMNASTICS WITH DIANE

Thu. 4 - 7:45 p.m, Sat. 9:15 a.m. - 12:15 p.m
Beginners students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$28 (W) / \$32 (W/O) Average monthly fee

ADVANCED GYMNASTICS WITH DIANE

Thu. 4 - 7:45 p.m, Sat. 9:15 a.m. - 11:15 a.m
Advanced students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$32 (W) / \$36 (W/O) Average Monthly Fee



DAILY DROP-IN FEES

(+7% tax)

Youth (age 18 and under)

- Free (plus/ Silver Sneakers )
\$1.87(w/v) / \$3.74(w/o)

Adult (ages 19 and older)

- Free (plus/ Silver Sneakers )
\$2.80(w/v) / \$5.61(w/o)

(W) with Recreation Card

(W/O) No Recreation Card

(Silver Sneakers ) Silver Sneakers Card

SUMMER CAMP

Countryside Recreation is the place to be this summer! Kids will enjoy structured games, crafts, STEM activities, field trips and more! Grades 1-7th
June 3 - August 9, 7:30-5:30 p.m.
(No Camp 6/19 or 7/4)

Full Summer Fees:

\$900 (W/ Rec PLUS) / \$1,000 (W/ Rec) \$1,100 (W/O)
Space is limited, visit the facility to register.

MIXED MARTIAL ARTS

Mon., Wed., 7 - 8 p.m.

Kickboxing, grappling, Kali/Eskrima, street oriented training. Ages 14+
\$64 (W) / \$72 (W/O) Average Monthly Fee

KARATE

Mon., Wed., 6 - 7 p.m.

Traditional martial arts taught by a black belt instructor for ages 6 and older. Learn discipline and respect while having fun and making friends.
\$64 (W) / \$72 (W/O) Average Monthly Fee



FOR MORE INFORMATION OR
TO REGISTER FOR PROGRAMS:

(727)669-1914

2640 Sabal Springs Drive
Clearwater, FL 33761

ADULT PROGRAMS



DROP-IN PICKLEBALL

Morning play returns Mon. August 19th

Thursday nights: 6-8:30pm. (up to 2 nets)

Bring your paddle & play others in this addictive sport. Once you start you can't stop!

Indoor Play only.

FREE (PLUS/ Silver Sneakers )/\$2 (W)/ \$3 (W/O)

ZUMBA GOLD

Mon. 6:30-7:15 p.m.

Active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

\$4(W/ Silver Sneakers  PLUS) / \$5(W/O)

YOGA WITH PEGGY

Thu. 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques.

FREE (Silver Sneakers )/\$4 (W/PLUS) / \$5 (W/O)

per class

BOOM MUSCLE WITH PEGGY

Fri. 11:30-a.m. - 12:15 p.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.

FREE (Silver Sneakers )/\$4 (W/PLUS) / \$5 (W/O)

per class

JAZZERCISE®

Mon. thru Sat., 9 - 10 a.m.

Mon. thru Thu., 4:45 - 5:45 p.m.

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class.

Contact Kelly at 560-3563 for info on specials.

\$20 per class.

\$150 for 10-class pass

\$64 monthly fee for unlimited classes.



PERSONAL TRAINING

FITNESS ORIENTATION

By appointment; Call 686-9599

Take this free 15 minute course on how to operate the basic equipment in the Fitness Room.

ONE-ON-ONE PERSONAL TRAINING WITH CHRISTINA

By appointment; Call 686-9599

Focus on your individual needs with a private session.

\$50 (W) / \$54 (W/O) per 60 min. session

\$25 (W) / \$27 (W/O) per 30 min. session

PILATES

Tue. 6 - 7 p.m.

For ages 18 and older, enhance your mind and body while increasing physical strength and flexibility.

Bring floor mat.

\$5 (W/ Silver Sneakers  or PLUS) / \$6 (W/O) per class

LINE DANCING WITH PEGGY

A creative way to get your body moving, learn fun line dances along the way.

\$5 (W/ Silver Sneakers  or PLUS) / \$6 (W/O) per class

YOGA WITH BARBARA

Mon & Wed., 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques.

FREE (Silver Sneakers  or PLUS) /\$4 (W/PLUS) / \$5 (W/O)

per class

BOOM MUSCLE WITH BARBARA

Mon. 10:30 - 11:15 a.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.

FREE (Silver Sneakers )/\$4 (W/PLUS) / \$5 (W/O)

per class

BOOM MUSCLE WITH CHRISTINA

Wed. 10:30 - 11:15 a.m.

An action-based, functional and strength-conditioning class that provides a dynamic workout.

FREE (Silver Sneakers )/\$4 (W/PLUS) / \$5 (W/O)

per class

JAZZERCISE® STRETCH

Sat. 10-10:30 a.m.

Increase flexibility and relieve soreness in this 30-minute dance-based restorative class. With dynamic and static stretching, you'll stabilize your joints, lengthen your muscles, and promote physical & mental balance.

\$15 per class

PERSONAL TRAINING: SMALL GROUP

By appointment; Call 686-9599

Looking for a more individualized fitness experience? Personal Trainer, Christina Wilkinson can help you develop a new workout routine or work on a specific fitness goal with a 30-60 minute session.

\$25 (W) / \$27 (W/O) per hour

Call Christina Wilkinson at 686-9599 for more information.

