ACTIVE islander

FALL 2009

VILLAGE OF KEY BISCAYNE COMMUNITY CENTER

Celebrating Five Years

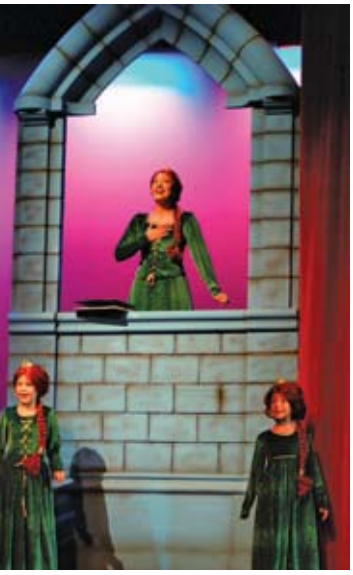
Five years ago, the dream to open a world-class Community Center became a reality. Since then, Key Biscayne residents of all ages have enjoyed ever-growing services and programs.

Fifth Anniversary Special, page 4

Youth and Teen Programs, page 9

50+ Corner, page 34

Table of Contents



3 Message from the Village Manager

4 Fifth Anniversary Special Report

6 Become a Member

7 Hours of Operation

8 Rules and Regulations

9 Youth and Teen Programs

16 Broadway Musical Theatre

21 Team Key Aquatics

22 Swim Kids Swimming School

23 Yoga Classes

25 Fitness Programs and Classes

28 Adult and Senior Programs

34 50+ Corner

36 Special Events/Important Dates

Important Phone Numbers

Village General Information.....305-365-5511
Village Manager's Office.....305-365-5500
Village Clerk.....305-365-5506
Building, Zoning, and Planning 305-365-5512
Fire Rescue 305-365-8989
Police (non-emergency) 305-365-5555
Police Department Administration.....305-365-8913
Public Works.....305-365-8945
Zoning Information 305-365-5502
Code Enforcement 305-365-8917
Occupational Licenses 305-365-8917
Community Center.....305-365-8900
Parks and Recreation 305-365-8901
Senior Services/ Transportation.....305-365-8953
Property Tax Collector 305-270-4916
Voter Registration.....305-365-4600
Chamber of Commerce.....305-361-5207
Bill Baggs State Park.....305-361-5811
Crandon Park 305-361-5421
Sea Turtle Information.....305-361-5761
Manatee Hotline.....800-342-5367
Wildlife Rehabilitation 305-248-0947
Mosquito Control 305-592-1186
Pesky Critters.....305-255-7296
Humane Animal Removal 305-232-1100
Voter Information.....305-375-5553
Water and Sewer Department.....305-665-7471
Water and Senior Aircraft Noise
Hotline Miami-Dade County Phone 305-876-7526
Emergency Ride Home Phone 800-234-7433

Message from the Village Manager

Dear Islanders:

What a difference five years can make. In that short span of time, we've succeeded in creating a special place where Active Islanders of all ages can gather as a community. Seniors, adults, as well as children and teens, now have a safe place to play, get fit, make new friends, connect with neighbors, and even take up a new pastime.

In speaking with some of our members during the last few weeks—many of whom have been with us since we opened our doors in 2004—they've repeatedly told me how they could not imagine life without the Community Center. For kids, the Center has become "ground zero"—a safe place to hang out with friends or take part in our many Youth and Teen activities such as sports programs, special events, the game room, or our ever-popular Rat's Day Off. Seniors continue to participate in our many monthly programs and special events, including trips to nearby museums, theatres, and historical gems. And for the health conscious, our state-of-the art gym and pool, not to mention our numerous fitness classes, offer members of all ages a chance to stay fit and remain physically active.

As we look to the future, we will continue to work diligently to make the Community Center an integral part of your lives. We've listened to your input over the years, resulting in the addition, expansion, and improvement of many of our programs, courses, and activities. Such improvements will continue in the months and years to come.

We will continue to update our facilities wherever and whenever possible. As we've reported in past issues, we've recently reupholstered all of the Center's furniture, installed new fitness equipment in the gym, overhauled the play station/jungle gym, and completed the construction of a second elevator.

I would like take this opportunity to thank each and every one of you for being a part of the Community Center during these exciting past five years. It is because of your continued membership and support that our Center remains such a vital community resource. I look forward to working with you to make the next five years just as successful.

Genaro "Chip" Iglesias
Village Manager

As the Village of Key Biscayne Community Center celebrates its fifth-year anniversary, we look back at the positive impact the Center has had on our community and look forward to what the future has in store.

Village Officials and Staff

Mayor Robert Vernon
Vice Mayor Michael Davey
Councilmember Enrique Garcia
Councilmember Robert Gusman
Councilmember Michael Kelly
Councilmember Jorge Mendia
Councilmember Thomas Thornton
Village Manager
Genaro "Chip" Iglesias
Director of Parks and Recreation
Todd Hofferberth
Community Center Manager
Ana J. Colls

The Community Center when it opened in 2004. Photo courtesy of James A. Cummings, Inc., a Tutor Perini Company.

Five Years Strong

After five years, few can imagine life without the Community Center, a resource that has provided recreation, education, and relaxation to hundreds of members. Families, children and teens, adults as well as seniors continue to reap the benefits of this state-of-the-art facility that only continues to improve over time. Here's what some families who have been with us from the beginning have to say about what the Center has meant to them.

Falla Family

"The impact the Community Center has had on our family has been extremely positive. I think it's one of the best things we have on the Key. Kids have lots of activities and a place to go so that they don't get into trouble; they are much safer at the Community Center than being on the street. It's been great for kids, adults, and for the elderly; in my opinion, it's the best thing that has happened to the Key."

— Mr. Enrique Falla

The Community Center has provided an outlet for my kids; it keeps them active and out of trouble. Even my fifteen year old likes to use the Center in the evenings, to play basketball and meet up with friends. It has provided something for everyone in the family, regardless of age. And it's a great place to see people from the community you might not otherwise see. The gym has been an important asset for me personally.

— Mrs. Robbie Easton

It has been tremendous for everyone, not just for ourselves. It's great for kids and adults to have a place to go and to meet. I wish it would stay open late at night for parties and other events because we don't have a place like that on the Key.

— Mrs. Tilky Lopez-Blanco

"The Community Center has allowed for tremendous stress reduction. All of us in the family are exercise oriented so we love it. One plus is that the Center is right down the street so you don't have to get in your car and drive in stressful traffic afterwards. You can leave home or work and be there in a couple of minutes and the effects of the exercise stays with you.

— Mrs. Megan Welsh Andrews

Mrs. and Mr. Lopez-Blanco

The Community Center has been an asset to the community in many ways. It offers helpful referrals for the elderly, gives them a place to meet and chat with friends, and it's a great place for the family. We have a young son that grew up here and he truly enjoyed the Community Center.

— Mr. Marino Lopez-Blanco

Architectural renderings and photographs used on the cover as well as the ghosted photograph on pages 4-5 are courtesy of Currie Sowards Aguila Architects. Construction photos used on page 5 are courtesy of James A. Cummings, Inc., a Tutor Perini Company.

Garcia-Montes Family

"The Center has had a huge impact on my life and on my family. It's a facility I use six days out of the week and my children use it about four days a week.

There was a group of people who were against the idea of building the Community Center when it was proposed years ago. They questioned whether this would be something good for the community. But it really has become a place that embodies the whole community spirit. For the kids, it's really become ground zero—for playing basketball, for meeting up with friends, for getting together, so yes, the impact on my family has been huge.

— Mr. Gustavo Garcia-Montes

I have five children and we all use the Community Center, my wife included. We enjoy using all of the amenities. Plus many of my young kids have been employed there to help them pay for college, so we definitely use the facility a lot.

— David Moran

Moran Family

Celebrate Five Years With Us!

Come one, come all as the Community Center celebrates five years of service. We've planned lots of fun-filled activities to thank residents, like you, for their continued support. So mark your calendars, and join us in the fun!

Family Block Party—Friday, October 30 at 7:00 p.m.
Halloween Haunted House—Saturday, October 31 at 6:00 p.m.
Community Center Open House—Sunday, November 1 from 12:00 noon to 6:00 p.m. *(Free programs and activities for the entire family.)*

Our Village's Community Center Taking Shape

November 2003

January 2004

March 2004

September 2004

January 2005

Become a Member

Be an Active Islander – Join the Key Biscayne Community Center! Just follow these easy steps:

Complete the Community Center membership application

Forms are available at the front desk by calling 305-365-8900 or online at www.activeislander.org.

Show proof of residency

Proof of residency is required when applying for membership. A photo ID plus one of the following is acceptable as proof of residency: current vehicle registration certificate; copy of current real property tax bill or deed; certificate or letter from the Internal Revenue Service; current utility bill; tenants must bring a current lease; a yearly lease is required for an annual membership.

Pay the membership fee*

Membership can be paid by cash, check or credit card. Checks should be made payable to the Village of Key Biscayne.

Membership Categories

Category	Daily Resident	Daily Guest	Monthly	Yearly
Adults	$9	$13	$55	$300
Youth (10-18)	$6	$9	$22	$130
Senior (65+)	$6	$9	$30	$200
Student (19-25)	$7	$10	$35	$220
Couple	N/A	N/A	$85	$385
Senior Couple (both 65+)	N/A	N/A	$50	$300
Family (4 members)	N/A	N/A	$110	$525

*Note: Membership fees are subject to change.

Membership Category Descriptions

Adults—An adult membership is available to residents between the ages of 19 and 64, unless they are 25 or younger and currently enrolled in school.

Youth—A youth membership is available to any resident between the ages of 10 and 18.

Senior—A senior membership is available to any resident who is 65 or older.

Student—Any resident who is between the ages of 19 and 25 can apply for the student membership with proof of current school enrollment.

Couple—Any two individuals who reside at the same address may join as a couple. This would include one child and one adult or two adults.

Senior Couple—To qualify for a senior couple membership, both individuals must be 65 or older. If only one individual is over 65, the couple membership would apply.

Family—A family consists of up to four individuals, including no more than two adults who reside together. Families with more than four individuals may add additional family members at 50 percent off. Therefore, a family of five may add a third child for $65.

Cancellation/Refund Policy

It's our goal to ensure that you enjoy our recreation programs. Therefore, if you are not completely satisfied with a class or program or are unable to participate for medical reasons, please contact us immediately. We will provide a 100 percent refund to anyone who makes a request before the start of the second class or program. Requests received after the start of the second class or program will entitle the participant to a prorated refund.

Hours of Operation

General Hours of Operation

Monday - Friday	6:00 a.m. to 10:00 p.m.
Saturday and Sunday	8:00 a.m. to 8:00 p.m.

Pool Hours

(unless otherwise posted for classes and special programs)

Monday - Friday	6:15 a.m. to 8:45 p.m.
Saturday and Sunday	8:15 a.m. to 7:45 p.m.

Swim lanes are always available but may be limited for a class or special program.

Teen Room/Game Room

Monday - Friday	3:00 p.m. to 10:00 p.m.
Saturday and Sunday	10:00 a.m. to 8:00 p.m.

Indoor Playground

(children under age 10 must be supervised by an adult)

Monday - Friday	9:00 a.m. to 1:00 p.m. *(for children under the age of six)*
	3:00 p.m. to 8:00 p.m.
Saturday and Sunday	9:00 a.m. to 8:00 p.m.

Access may be limited during special events or parties.

Computer Lab

Monday - Friday	9:00 a.m. to 3:00 p.m. *(adults only)*
	4:00 p.m. to 8:00 p.m. *(all ages)* *(opens at 3:00 p.m. on Wednesdays)*
Saturday and Sunday	12:00 noon to 6:00 p.m. *(all ages)*

Gymnasium

The gym is available for basketball during all general hours of operation. Courts will generally be programmed in the evenings after 4:00 p.m.

Adult Basketball

Saturday	10:00 a.m. to 12:00 noon *(ages 35 and up)*

Indoor Soccer

Tuesday	8:00 p.m. to 9:00 p.m. *(ages 30 and up)*
	9:00 p.m. to 10:00 p.m. *(ages 15 to 30)*
Sunday	10:00 a.m. to 12:00 noon *(all ages)*

Rules and Regulations

Key Biscayne Community Center Policies

- Membership in the Key Biscayne Community Center is limited to Key Biscayne residents and employees of the Village of Key Biscayne.
- Residents who are not yearly or monthly members may use all Community Center amenities by purchasing a daily membership. The cost of a daily membership may be applied to the purchase of an annual membership if purchased that day.
- Daily membership for residents is not required for limited access to the building.
- Members must scan their membership ID card when entering the building.
- Children age 10 and older are allowed to enter the Community Center with their membership ID card.
- Children under the age of 10 must be accompanied by an adult (16 or older) or must be enrolled and attending a program to enter the Community Center.
- Access to the Wellness Center is restricted to members and guests ages 16 and older.
- There is no charge for a caregiver who accompanies a member, as long as the caregiver does not use the facility. The caregiver must stay with the member at all times.
- Village of Key Biscayne staff members are authorized to forbid access to the Community Center and request removal from the facility of any individual in the case of misconduct.

Code of Conduct

All participants in the Community Center are expected to behave in such a manner as not to disturb others using the facility. Please adhere to the following code of conduct in and around the building:

- No foul or abusive language
- No fighting or rough play
- No glass containers
- No tobacco products
- No pets
- No weapons
- No alcohol
- No bouncing basketballs outside the gymnasium
- Activity appropriate footwear required on gymnasium or dance floors
- Appropriate clothing required
- No running or bouncing balls in the hallways or stairwells or by the swimming pool

Failure to follow this code of conduct could result in disciplinary action, including removal from the facility and/or suspension or cancellation of membership.

Guest Policy

- Guests must be accompanied at all times by a Key Biscayne resident who has purchased a yearly, monthly or daily membership.
- Guests must register at the front desk and must purchase a guest pass.
- Guest passes are non-refundable.
- A maximum of two guests per member can be brought per day, unless special arrangements are made in advance.
- A guest may attend the Community Center a maximum of 12 times per calendar year.
- A guest may register for a class or activity provided space is available the day of the class.
- Members are responsible for the conduct of their guests, including supervision of children. Members will be responsible for any damage to equipment or facilities caused by their guests.
- A member who brings a guest who is disruptive and/or breaks the code of conduct may be subject to losing any and all privileges.

Refund Policy

Memberships are non-transferable and non-refundable. It is the goal of the Key Biscayne Community Center to ensure the enjoyment of all programs. If you are not satisfied with a program or are unable to participate for medical reasons, please contact the front desk immediately. Any one who makes a request before the start of the second class or scheduled program will receive a 100 percent refund. Requests received after the start of the second meeting will entitle the participant to a prorated refund. No refunds will be given after the conclusion of the program.

ADA Policy

The Village of Key Biscayne gladly complies with the provisions of the Americans with Disabilities Act. Persons needing reasonable accommodation to attend or participate in any program may call 305-365-8900. Please allow two weeks prior to the activity or need of assistance to accommodate the request.

Toddler Room Drop-In Care Policies

1. Drop-in care is for children one to four years of age (no exceptions).
2. Parents must sign in their child.
3. Punch Passes must be purchased at the front desk.
   Member pass for 10 hours: $50
   Member pass per hour: $5
   Non-member one-hour pass: $8
4. Drop-in care is on a first-come, first-serve basis.
5. There is an eight-to-one and a 15-to-two ratio: We reserve the right to reduce that limit if the number of younger children is too high.
6. There is a two-hour maximum time slot for each child (no exceptions).
7. Parents or guardians are responsible for all diaper changes.
8. Parents must be in the Key Biscayne Community Center while their child is in childcare.
9. Sick children will be denied entry to the drop-in program.
10. If a child is acting in an inappropriate or disrespectful manner, the parents will be called to remove the child.

Toddler Room Drop-In Care Hours of Operation

Monday - Friday	8:00 a.m.-12:00 noon 4:00 p.m.-8:00 p.m.
Saturday and Sunday	Closed

TODDLER & YOUTH FITNESS

Mini Tennis NEW!

Now any child between the ages of three and eight can start playing tennis almost immediately, even if he/she has never picked up a racquet. This fast, fun program will get kids hooked on tennis—and keep them playing! Known as QuickStart Tennis by the United States Tennis Association (USTA), this exciting new play format for learning tennis is designed to bring kids into the game by using specialized equipment, shorter court dimensions, and modified scoring—all tailored to their age and size.

Location	Gymnasium
Session 1	September 1-October 1
Session 2	October 6-November 5
Session 3	November 10-December 10
Instructor	Jorge Ribas and Ricardo Mena
Ages	3-4 years
Days	Tuesdays and Thursdays
Time	2:30-3:00 p.m.
Member Fee	$130 (twice/week) or $85 (once/week)
Non-Member Fee	$150 (twice/week) or $100 (once/week)
Ages	5-6 years
Days	Tuesdays and Thursdays
Time	3:00-3:45 p.m.
Member Fee	$150 (twice/week) or $90 (once/week)
Non-Member Fee	$175 (twice/week) or $110 (once/week)
Ages	7-8 years
Days	Wednesdays
Time	4:00-5:00 p.m.
Member Fee	$100 (once/week)
Non-Member Fee	$115 (once/week)

Kidokinetics NEW!

Kidokinetics inspires kids to get up, get moving, and get in shape! Kidokinetics was developed to promote sports and fitness to boys and girls. These fun-filled classes include activities that develop motor skills, enhance physical fitness, and improve self confidence. The program also teaches the basics of various sports and other important physical exercises, enabling children to feel competent when playing different sports. Classes focus on a different sport each week, keeping kids interested and excited. Experienced coaches lead fun classes with a focus on individual achievement in a non-competitive environment. Kids will receive a free T-shirt with first-time enrollment. Visit www.kidokinetics.com for more information.

Ages	2-10 years
Days	Tuesdays
Time	4:00-5:00 p.m. (ages 3-5) 5:00-6:00 p.m. (ages 6-10)
Days	Thursday
Time	9:30-10:30 a.m. (ages 2-4)
Location	Island Room
Session 1	August 25-October 13
Session 2	October 20-December 15 (no class Nov. 24 or 26)
Instructor	Coach Emily Johnson
Member Fee	$104
Non-Member Fee	$120

SOCIAL SKILLS GROUP FOR CHILDREN NEW!

Introduce your child to a fun, interactive program designed to develop and enhance proficiency in social situations. Behavior, anxiety, and attention difficulties will be addressed. Participants must be evaluated first before registering. For questions or to receive an evaluation, please call the Miami PsychCenter at 305-446-0333 or visit www.miamipsychcenter.com.

Ages	6-15 years
Days	Fridays
Time	4:00-5:00 p.m.
Location	Island Room
Session 1	September 11-October 16
Session 2	October 30-December 11 (excluding Nov. 27)
Instructor	Miami PsychCenter
Member Fee	$300
Non-Member Fee	$350

Youth & Teen Programs

BABY & ME

Baby Sensory Program NEW!

Baby Sensory provides parents and babies with hundreds of sensory development activities they can share with their child during the vital first year of life. The classes include fiber optic light shows, bubbles, bells, musical fun, baby signing, puppet shows, amazing light balls, and so much more. Once you have experienced these parent and baby activities you'll want to come back again and again for more captivating experiences. Each class includes a variety of development activities plus discovery playtime. Visit www.babysensory.com for more information.

Ages	2 weeks to 13 months
Days	Tuesdays
Time	9:30-10:30 a.m.
Location	Island Room
Session 1	August 25-October 27
Session 2	November 3-January 5
Instructor	Carolina Forero
Member Fee	$200
Non-Member Fee	$239

Mommy and Me (Yupi!)

Created for parents and their little ones, this bilingual program offers joyful and innovative experiences using non-conventional materials.

Ages	9 to 30 months
Days	Wednesdays and Fridays
Time	9:30-10:30 a.m.
Location	Key Biscayne Room
Session 1	August 19-October 9
Session 2	October 14-December 4
Instructor	Silvina and Vanessa
Member Fee	$160 (once/week) or $256 (twice/week)
Non-Member Fee	$200 (once/week) or $320 (twice/week)

MUSIC & PERFORMING ARTS

Ultimate Guitar NEW!

This class is designed for young guitar players who are just discovering their love of the instrument or are already at an intermediate level. Children will have fun in a relaxed environment where they can play their favorite songs. Please bring your own guitar.

Ages	8 years and up
Days	Tuesdays
Time	3:30-4:30 p.m.
Location	Arts and Crafts Room
Session 1	September 15-October 20
Session 2	October 27-December 1
Session 3	December 8-December 29 (this session will be prorated)
Instructor	Angeles Padilla
Member Fee	$110
Non-Member Fee	$129

Island Kids Choir NEW!

No auditions are needed to join this chorus where children learn choral and vocal techniques in a varied repertoire. Children will explore harmony, rhythm, and instrumental accompaniment while having fun.

Ages	5-11 years
Days	Tuesdays
Time	5:30-6:45 p.m.
Location	Arts and Crafts Room
Session 1	September 16-October 21
Session 2	October 28-December 2
Session 3	December 9-December 30 (this session will be prorated)
Instructor	Angeles Padilla and Florencia Badino
Member Fee	$125
Non-Member Fee	$146

Kids Make Music

Give your child the opportunity to make music just for the fun of it! In Kids Make Music, children will experience, explore, and create musical possibilities in a non-stressful environment where performing is not required. With a little help, children will discover themselves as music makers through self and group expression.

Days	Mondays
Time	10:00-10:45 a.m. (ages 18 months-3 years)
Location	Game Room
Days	Thursdays
Time	2:30-3:15 pm (ages 2-4 years)
Location	Arts & Crafts Room
Session 1	September 14-October 20
Session 2	October 26-December 1
Session 3	December 7-December 29 (this session will be prorated)
Instructor	Angeles Padilla
Member Fee	$90
Non-Member Fee	$120

Modeling School for Kids

NEW!

Learn the fundamentals of the fashion world with this unique program now offered by Imbu Modeling School. Lessons will include instruction on professional runway, makeup, hair styling, studio photography, and how to prepare for the fashion world. Let your child's future shine by giving them the confidence and know-how to become a professional model.

Ages	5-9 years
Days	Fridays
Time	3:30-4:30 p.m.
Location	Island Room
Session 1	August 28-September 18
Session 2	September 25-October 16
Session 3	October 23-November 13
Session 4	November 20-December 18 (no class Nov. 27)
Instructor	Geraldine Almendarez
Member Fee	$90
Non-Member Fee	$108

OLYMPUS ORCHESTRA

Session begins August 24

Member Fee	$300 per month
Non-Member Fee	$350 per month
Annual Registration Fee	$150 (Payable by check to Olympus Foundation of the Americas. Valid for 12 months.)

Note: A sibling discount of $50 will be applied to each sibling enrolled in the program. Registration is open year-round.

ORCHESTRA LEVELS

Pizzicato Orchestra

A group dedicated to the holistic musical development of the smallest treasures of your home. Young children, ages 2 to 4, are given the opportunity to explore the creative and magical world of music by engaging in dynamic and fun activities.

Days	Mondays, Wednesdays, and Fridays
Time	2:15-3:15 p.m.
Location	Island Room

Piccolo Chamber Orchestra

Beginners have the opportunity to enter immediately into the orchestra world from the first day of class. Through the use of the violin they acquire, in a playful way, such musical notions as recognizing musical notes and instruments from the orchestra, sight-reading, as well as music and rhythmic theory. A performance for children enrolled in this orchestra will take place approximately three months after starting the program.

Days	Mondays, Wednesdays, and Fridays
Time	2:15-4:15 p.m. or 4:15-6:15 p.m.
Location	Island Room

Vivace Chamber Orchestra

At this level, children have the opportunity of choosing the instrument of their choice based on the experience acquired at the Piccolo Orchestra level. By the end of the season, children will have the knowledge and musical ability to move to the highest level of the orchestra. They will play an active role in concerts and recitals.

Days	Mondays, Wednesdays, and Fridays
Time	2:15-4:15 p.m. or 4:15-6:15 p.m.
Location	Island Room

For more information, please contact Amarylli Fridegotto at amaryllif@gmail.com.

Olympus
Orchestral
League of Young
Musicians and Prodigies of the United States
Soar with me!

Hip Hop Teenz NEW!

Learn the latest hip hop choreography to the coolest music from shows like *So You Think You Can Dance* and *America's Best Dance Crew* in a fun, creative, easy-to-learn atmosphere. In this class, your child will learn and understand musical beats and perform to awesome choreography as if they were dancing in their very own music video! Students will attain a heightened sense of self esteem and body awareness, make new friends, and learn to work as a team. Don't miss out on great dance instruction for your child where it's all about fun, fitness, and hip hop dance!

Ages	11-17 years
Days	Tuesdays and Thursdays
Time	6:00-7:00 p.m.
Location	Island Room
Session 1	August 25-September 17
Session 2	September 22-October 15
Session 3	October 20-November 12
Session 4	November 17-December 15 (no class on Nov. 26)
Instructor	Hip Hop Kidz, Inc.
Member Fee	$104
Non-Member Fee	$128

Drama for Kids

Join the fantastic world of drama in this creative drama class and increase your public speaking skills and vocal ability in the process.

Ages	6-14 years
Days	Tuesdays and Thursdays
Time	5:30-6:30 p.m.
Location	Island Room
Session 1	August 25-September 17
Session 2	September 22-October 15
Session 3	October 20-November 12
Session 4	November 17-December 10
Instructor	Clara Lago
Member Fee	$80
Non-Member Fee	$96

ARTS & CRAFTS

Little Hands Food Creations

This class focuses on age-appropriate cooking recipes and projects. Your child will be introduced to a variety of healthy foods and decoration mediums, explore a range of tools, materials, textures, and techniques, prepare a food recipe to eat in class, and be allowed to express him/herself creatively in a non-competitive and relaxing manner.

Ages	4-6 and 7-9 years
Days	Tuesdays
Time	3:30-4:30 p.m. (ages 4-6)
Time	4:30-5:30 p.m. (ages 7-9)
Location	Kitchen
Session 1	August 18-September 8
Session 2	September 15-October 6
Session 3	October 13-November 3
Session 4	November 10-December 1
Session 5	December 8-December 29
Instructor	Tania Beck
Member Fee	$90
Non-Member Fee	$120

Magic Hands

Children will develop their creativity and senses by using fun and safe materials such as clay, foam, acrylics, watercolors, and soft woods to create adorable projects. Through unique arts and crafts activities, children will discover the magic their hands can create. Children will be divided into groups based on their age. Class fee includes all materials.

Ages	3 years and up
Days	Mondays and Wednesdays
Time	3:15-4:15 p.m.
Location	Arts and Crafts Room
Session 1	August 31-September 23
Session 2	September 28-October 21
Session 3	October 26-November 18
Session 4	November 23-December 16
Instructor	Claudia Fernandini and Doris Puga
Member Fee	$160
Non-Member Fee	$185

Art Zone

This high-energy class is designed for older children and teens. The focus is on painting and drawing, including crazy lines, color expedition, gotcha canvas, copy cat, and magic circles. Class fee includes all materials.

Ages	10-17 years
Days	Thursdays
Time	4:00-5:30 p.m.
Location	Arts and Crafts Room
Session 1	August 27-October 15
Session 2	October 22-December 10
Instructor	Rita Rivas
Member Fee	$170
Non-Member Fee	$220

Color and Form

This fun workshop allows children to learn how to handle colors and different creative expression techniques such as drawing, acrylic, and 3-D. All materials are included in the class fee.

Ages	4-12 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	August 25-October 13
Session 2	October 20-December 8
Session 3	December 15-February 2
Instructor	Aguamarina
Member Fee	$170
Non-Member Fee	$220

Let's Get Messy

This fun workshop lets children perform exciting color/texture exercises, collages, and action painting to develop fine motor skills, color differentiation, and knowledge. All materials are included in the class fee.

Ages	2-4 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	August 25-October 13
Session 2	October 20-December 8
Session 3	December 15-February 2
Instructor	Aguamarina
Member Fee	$120
Non-Member Fee	$160

Knitting Class

Join Naekitsa Breznick who will introduce you to various fibers, different types of fine yarn, and knitting needles as well as basic knitware design. Learn how to knit, purl, cast on, cast off, decrease, and increase stitches too.

Ages	7 years and up
Days	Thursdays
Time	4:00-5:00 p.m.
Location	Second Floor Lounge
Session 1	August 27-October 1
Session 2	October 8-November 12
Session 3	November 19-December 31 (no class on Dec. 24)
Instructor	Naekitsa Breznick
Member Fee	$40 (beginner levels 1 and 2)
Non-Member Fee	$48 (beginner levels 1 and 2)
Member Fee	$60 (beginner level 3)
Non-Member Fee	$68 (beginner level 3)

Jewelry Design

This creative jewelry class is taught by Judi. All materials are supplied and range from glass beads, semi-precious stones, pearls, wooden or plastic beads, shells, and Lucite that have been drilled for stringing or wiring.

Ages	6 years and up
Days	Mondays
Time	4:00 p.m.
Days	Wednesdays
Time	3:00 p.m.
Location	Second Floor Lounge
Session	Ongoing
Member Fee	$10 per class
Non-Member Fee	$12 per class

Youth Dance Programs

YOUTH DANCE COMPANY OF KEY BISCAYNE

Let your daughter benefit from the confidence, grace, poise, and discipline that the study of ballet will instill in her for a lifetime. Students will learn basic jazz and ballet techniques step by step. This program is directed by Susana Catturini, a graduate of New World School of the Arts and the University of Florida, and a former member of the Momentum Dance Company.

Location	Island Room
Session 1	August 24-September 17
Session 2	September 21-October 15
Session 3	October 19-November 12
Session 4	November 16- December 17 (no class on Nov. 24 or 26)
Instructor	Susana Catturini and Alexandra Villarroel

Creative Movement

Children will explore basic movements of dance as well as rhythm, space, dance vocabulary, and quality of movement in this creative class.

Ages	2.5-4 years
Days	Mondays and Wednesdays
Time	3:30-4:15 p.m.
Member Fee	$120
Non-Member Fee	$141

Lyrical Ballet and Jazz

Flaunt your ballet technique and then apply it to such free dance styles as lyrical ballet and jazz. This class is designed to improve ballet techniques, including pointe, as well as help students learn several dance combinations. This class will conclude with a stage performance of the classical ballet *The Nutcracker* at the end of Session 4.

Ages	10 years and up
Days	Mondays and Wednesdays
Time	4:30-6:00 p.m.
Member Fee	$160
Non-Member Fee	$188

Pre-Ballet

This program is specifically designed to provide children with a strong foundation in dance and movement. It teaches young dancers basic vocabulary and basic ballet technique at the barre, in the center, and across the floor. This class will conclude with a stage performance of the classical ballet *The Nutcracker* at the end of Session 4.

Ages	3-5 years
Days	Tuesdays and Thursdays
Time	3:30-4:30 p.m.
Member Fee	$120
Non-Member Fee	$141

Ballet I-II and Jazz

Children will continue the exploration of ballet techniques with an emphasis on precision of lines and exactness of movement. Jazz will be taught immediately following the ballet segment. Girls will apply ballet techniques to several jazz styles with catchy rhythms and music. This class will conclude with a stage performance of the classical ballet *The Nutcracker* at the end of Session 4.

Ages	6-9 years
Days	Tuesdays and Thursdays
Time	4:30-5:30 p.m. (Ballet only) 4:30-6:00 p.m. (Ballet and Jazz)
Member Fee	$120 (Ballet only) or $160 (Ballet and Jazz)
Non-Member Fee	$141 (Ballet only) or $188 (Ballet and Jazz)

DANCING STARS BY MARIA VERDEJA SCHOOL OF THE ARTS

NEW!

The Maria Verdeja School of the Arts is proud to introduce its Dancing Stars dance program at the Community Center. Here dancers can participate in a wide variety of classes that teach various technique forms such as classical ballet, lyrical dance, jazz, and tap. Established in 1986, this program is well known for its curriculum of strengthening the dancer's technique as well as helping dancers develop a sense of confidence and high self-esteem through the performances and events they participate in. The program's director will place students in appropriate classes at her discretion. The following classes are now being offered:

Classical Ballet

Considered the foundation to all dance forms, Classical Ballet is the contrast between strong leg movements and the graceful upper body that creates its beauty. Participants in the program are required to take ballet twice a week.

Level I	Ages 3-5 years
Level II	Ages 6-9 years
Level III	Ages 10-13 years
Pointe Class	Students will be placed in this class at the director's discretion

Lyrical Dance

This class is the fusion of ballet and jazz techniques. Here dancers use motion to interpret music and express emotion.

Ages	10-14 years

Jazz

This exciting form of dance is set to pop music where dancers show off skills such as high kicks and large jumps in an energetic way.

Level II	Ages 6-9 years
Level II	Ages 10-14 years

Tap

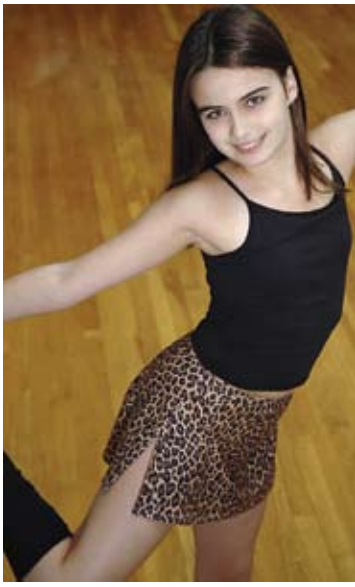
Tap dance is a series of percussive movements where a lot of heel work and syncopated moves are used. The quick steps and timing gives this dance form a unique look.

Ages	7-12 years

Session Dates and Fees

Session 1	August 24-October 16
Session 2	October 19-December 18
Member Fee	1 class/week (8 hours total) $120 per session 2 classes/week (16 hours total) $200 per session 3 classes/week (24 hours total) $250 per session 4 classes/week (32 hours total) $320 per session
Non-Member Fee	1 class/week (8 hours total) $144 per session 2 classes/week (16 hours total) $239 per session 3 classes/week (24 hours total) $299 per session 4 classes/week (32 hours total) $379 per session
Additional Fees	$50 yearly registration fee made payable to Maria Verdeja $95 yearly costume fee made payable to Maria Verdeja

MARIA VERDEJA SCHOOL OF THE ARTS



DANCING STARS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:30 p.m.	Ballet Level I	Lyrical Dance	Ballet Level I	Ballet Level II
4:30 p.m.	Jazz II	Jazz III	Pointe Level III	Ballet Level III
5:30 p.m.	Ballet Level II		Tap*	

*Note: All classes will take place in the Island Room. *Tap will take place in the Arts and Crafts Room.*

Broadway Musical Theatre Program

BROADWAY MUSICAL THEATRE PROGRAM

The Broadway Musical Theatre Program is based on the interplay between the various elements of musical theater where children learn to dance, act, and sing. Each class will consist of the technical aspects of ballet, jazz, tap, and improvisation to learn the various styles and choreographies of Broadway's most famous musicals. Through this interplay, children will learn to successfully interpret some of Broadway's most memorable musicals. The program will conclude with a live theatrical performance.

Session Dates	August 24-December 13 (16-week session)
Location	Dance Studio
Instructors	Angelica Torres and Workshop Instructors
Member Fee	$490
Non-Member Fee	$575

Note: Program includes 32 hours of class plus 8 hours of rehearsals for a total of 40 hours.

Broadway Group 1

Ages	4 years
Days	Tuesdays and Thursdays
Time	3:15-4:00 p.m.

Broadway Group 2

Ages	5-6 years
Days	Mondays and Fridays
Time	2:30-3:30 p.m.

Broadway Group 3

Ages	6 years
Days	Tuesdays and Thursdays
Time	4:00-5:00 p.m.

Broadway Group 4

Ages	7-8 years
Days	Mondays and Fridays
Time	3:30-4:30 p.m.

Broadway Group 5

Ages	9-12 years
Days	Wednesdays and Fridays
Time	4:30-5:30 p.m.

Broadway Musical Theatre Advanced

These intensive classes (Pre-Advance, Advance Broadway, and Company) are designed for students with strong skills in at least two areas: singing, dancing, or acting.
Note: These classes are by invitation only.

Session Dates	August 24-December 13 (16-week session)
Location	Dance Studio
Instructors	Angelica Torres, Anthony Campisi, and Jesse Carlo

Broadway Pre-Advanced

Days	Tuesdays and Thursdays
Time	4:00-5:30 p.m.
Member Fee	$520
Non-Member Fee	$600

Broadway Advanced Group I

Days	Wednesdays
Time	3:00-4:30 p.m.
Days	Saturdays
Time	12:30-1:30 p.m.

Note: Program includes 40 hours of class plus 16 hours of rehearsals and voice training for a total of 56 hours.

Member Fee	$520
Non-Member Fee	$600

Broadway Advanced Group II

Days	Mondays
Time	4:30-5:30 p.m.
Days	Saturdays
Time	1:30-3:00 p.m.

Note: Program includes 40 hours of class plus 60 hours of rehearsal and voice training for a total of 100 hours.

Member Fee	$550
Non-Member Fee	$640

Broadway Musical Theatre Program

Broadway Voice

In this class, the latest and greatest songs from Broadway are used to teach singing technique. Participants use these songs to learn the basics of *solfege* (just think do-re-me), proper vocal technique (breath support and vowel formation), and sight-reading skills. Basic vocal techniques will include positive breathing habits, posture, diction, phrasing, and interpretation of song literature.

Session Dates	August 29-December 12
Location	Dance Studio
Instructor	Rebekah Diaz
Ages	5-6 years
Days	Saturdays
Time	10:30-11:30 a.m.
Ages	7-9 years
Days	Saturdays
Time	11:30 a.m.-12:30 p.m.
Ages	10 years and up
Days	Saturdays
Time	12:30-1:30 p.m.
Member Fee	$250
Non-Member Fee	$295

Acting and Auditioning Workshop

Lights! Camera! Action! Do those three words thrill you? This acting workshop will provide you with great auditioning tips, improvisation skills, tips on improving stage presence, and techniques to feel more comfortable in front of the camera or audience. Come strengthen your performance muscles with this workshop—which acts as a bridge between theory and performance.

Session Dates	August 27-December 10
Location	Dance Studio
Instructor	Jesse Carlo
Ages	8-10 years
Days	Thursdays
Time	3:30-4:30 p.m.
Ages	11 years and up
Days	Thursdays
Time	5:00-6:00 p.m.
Member Fee	$250
Non-Member Fee	$295

Please visit www.broadwaymusicaltheatre.com for updates and additional information.

Company

Company group is designed for students 13 to 21 years old with a good level of singing, acting, and dancing experience. Students also should have prior experience in musical theatre. This class meets on Saturdays for two hours and a half and includes a one-hour Acting Workshop on Thursdays. *Note: Participants must be approved by instructor before registering for this class.*

Session Dates	August 27-December 12
Location	Dance Studio
Days	Thursdays
Time	5:00-6:00 p.m.
Days	Saturdays
Time	3:00-5:00 p.m.
Member Fee	$550
Non-Member Fee	$640

Broadway Musical Theatre Adults

This class is back by popular demand! This is an open call for adults to get ready to have a wonderful time learning tap, jazz and ballet focusing on musical theatre and singing. At the end of the course you will take part in a full production (past productions include *Mamma Mia* and *Chicago*) and become part of our famous Broadway family.

Session Dates	August 31-December 16
Location	Dance Studio
Instructors	Angelica Torres and Jesse Carlo
Days	Mondays, Wednesdays, and Saturdays
Time	12:00 noon-1:30 p.m.
Member Fee	$400
Non-Member Fee	$472

Youth & Teen Programs

TUTORING PROGRAMS

Math Tutoring NEW!

Math Matters is bringing their effective math tutoring program to the Key to help kids sharpen their math skills in all levels of math. This program will help students with math assignments as well as assess them for mathematic proficiency. Each student is given an individualized program of hands-on tutoring using worksheets and math games. Students must register for the entire session.

Ages	5 to 18 years
Days	Wednesdays
Time	5:30-6:45 p.m.
Days	Fridays
Time	4:30-5:45 p.m.
Location	Island Room
Session 1	August 26-October 2
Session 2	October 7-November 13
Session 3	November 18-December 18 (no class Nov. 25 or 27; this session will be prorated)
Instructor	Math Matters
Member Fee	$150
Non-Member Fee	$174

Homework Club

Catch up on class work or fine-tune your academic skills with this new after school club.

Ages	Grades 1-8
Days	Mondays, Tuesdays and Thursdays
Time	3:30-4:30 p.m.
Location	Second Floor Lounge
Member Fee	Free
Non-Member Fee	$6 per day

RECREATIONAL ACTIVITIES

Ping-Pong Club NEW!

Calling all ping-pong players at the Community Center! Show off your skills and have fun with your friends with this action-packed club.

Ages	Grades 3-12
Days	Fridays
Time	3:30 p.m.
Location	Game Room
Fee	Every child pays $5 per month

Dodgeball Club

Have fun with this club for dodgeball fanatics.

Ages	Grades 3-8
Days	Wednesdays
Time	2:30 p.m.
Location	Gymnasium
Fee	Every child pays $5 per month

Friday Night Happenings

Member Fee	Free
Non-Member Fee	$6

August 28
Scavenger Hunt

Ages	8 years and up
Time	6:00 p.m.
Location	Meet in Gymnasium

September 4
Ping-Pong Tournament

Ages	7 years and up
Time	6:00 p.m.
Location	Game Room

September 11
Tips Basketball Tournament

Ages	10 years and up
Time	6:00 p.m.
Location	Gymnasium

September 18
Indoor Baseball

Ages	7 years and up
Time	6:00 p.m.
Location	Gymnasium

September 25
Two-Player Shoot Out

Ages	7 years and up
Time	6:00 p.m.
Location	Gymnasium

October 2
Home-Run Derby

Ages	7 years and up
Time	6:00 p.m.
Location	Gymnasium

October 9
Slam-Dunk Contest

Ages	13 years and up
Time	6:00 p.m.
Location	Gymnasium

October 16
Ping-Pong Tournament

Ages	7 years and up
Time	6:00 p.m.
Location	Game Room

October 23
Capture the Flag

Ages	7 years and up
Time	6:00 p.m.
Location	Gymnasium

November 6, 13, 20
Ultimate Frisbee Month

Ages	Grades 6-12
Time	7:00 p.m.
Location	Village Green

December 4, 11, 18
Flag Football Month

Ages	7 years and up
Time	7:00 p.m.
Location	Village Green

RAT'S DAYS OFF

When Key Rats are off from school, they can spend the day having fun in a safe environment. Each full-day program offers a variety of activities, which may include computer lab, movies, arts and crafts, games, sports, swimming, field trips, and much more. Enrollment is limited so register early! And remember to pack a lunch since lunch is not included.

Ages	K-8 grades	
Days and Dates	Monday, September 28	Wednesday, December 23
	Monday, October 19	Thursday, December 24
	Friday, October 30	Monday, December 28
	Wednesday, November 11	Tuesday, December 29
	Monday, December 21	Wednesday, December 30
	Tuesday, December 22	Thursday, December 31
Time	8:00 a.m.-3:00 p.m.	
Member Fee	$20 per day	
Non-Member Fee	$25 per day	

Note: Lunch is not included, please bring your own.

KEY BISCAYNE BASKETBALL ACADEMY

Why sit courtside when you can take part in this action-packed basketball program? Taught by Coach Tony Goudie, practices will begin in mid August. So don't delay. Sign up today. Practices begin Monday, August 24. Each session is four weeks/eight practices.

Days	Mondays and Fridays
Times	
Beginners	3:00-3:45 p.m.
Intermediate	4:00-5:00 p.m.
Advanced	5:00-6:00 p.m.
Session	August 24-October 23 (9 weeks)
Member Fee	$180
Non-Member Fee	$210

ATHLETICS

Registration for each program is available at the Community Center front desk.

Flag Football

Registration	Through August 28
Ages	Boys and girls ages 6-14 as of September 1. Pee Wee Division ages 6-8. Junior Division ages 9-11. Senior Division ages 12-14.
Resident Fee	$100
Non-Resident Fee	$120

Note: Season runs from September 1-October 31.

Girls Volleyball

Registration	Through August 28
Ages	Girls ages 9-14 as of September 1. Junior Division ages 9-11. Senior Division ages 12-14.
Resident Fee	$100
Non-Resident Fee	$120

Note: Season runs from September 1-November 14.

Soccer

Registration	August 1-September 27
Ages	Boys ages 5-16 and girls ages 5-14. Must be age 5 as of September 1. Cannot be 15 by July 31, 2010. U9-U16 Travel Programs begin September 1st U5-U8 Intramural Programs begin November 3rd
Intramural Program Fee	$300
Traveling Program Fee	$650

Note: Season ends in late February for all ages.

Basketball

Registration	October 1-31
Ages	Boys and girls ages 6-14 as of November 1. Co-Ed Intramural League ages 6-9. Girl's League ages 10-14. Boy's League ages 10-14.
Resident Fee	$200
Non-Resident Fee	$240

Note: Season ends February 15.

Adult Softball

Registration	Captains' meeting Wednesday, October 7 at 6:30 p.m. at the Community Center
Ages	Men and women over the age of 18
Team Fee	TBD

Note: Season ends in February.

American Gymsters

Days	Tuesdays
Times	Beginners: 4:00-5:00 p.m./ 5:00-6:00 p.m. Intermediate: 5:00-6:00 p.m. Advanced: 6:00-7:30 p.m. Pre-Team: 6:00-7:30 p.m.
Days	Saturdays
Times	Beginners: 9:00-10:00 a.m. Intermediate: 9:00-10:00 a.m. Advanced: 10:00-11:30 a.m. Pre-Team: 10:00-11:30 a.m.
Session 1	August 25-October 17
Session 2	October 20-December 12

Fees

Beginners and Intermediate

1 x per week	
Members	$200
Non-Members	$240
2 x per week	
Members	$295
Non-Members	$340

Advanced and Pre-Team

1 x per week	
Members	$245
Non-Members	$260
2 x per week	
Member	$325
Non-Members	$360

Additional insurance payment: $50 per year (made payable to American Gymsters)

KEY RATS CHEERLEADERS

NEW!

Want to cheer for the Key's best football team? Then jump into our new cheerleading program! A part of the Miami Xtreme Cheerleading League, the Key Rats Cheerleaders will learn to jump, dance, tumble, stunt, and, of course, cheer! All levels and abilities are welcome. For more information, contact Kristina Jackson at kristinajaxn@yahoo.com. *Note: Season runs from August 1-October 31.*

Registration	Through August 31
Ages	5-12 years
Fee	$80

TEAM KEY AQUATICS

Team Key Aquatics (TKA) aims to foster the growth and development of each swimmer, regardless of age or ability, in an environment that encourages goal setting, dedication, hard work, discipline, and a personal commitment to the pursuit of excellence. TKA provides an opportunity for all swimmers to develop and maximize their competitive swimming skills—an experience that will only prove valuable to them in the future.

Fall session runs from August 17-December 18

Sub-Jo Crew

This group is relatively new to swimming as a competitive sport. Sub-Jo Crew swimmers emphasize proper stroke technique as well as speed work, interval training, and aerobic conditioning. Dry-land exercise and race strategy also are introduced.

Days	Mondays, Wednesdays, and Fridays
Time	3:30-4:30 p.m.
Days	Tuesdays, Thursdays, and Fridays
Time	3:30-4:30 p.m.
Member Fee	$150 (4 weeks)
Non-Member Fee	$180 (4 weeks)

Jo Crew

Jo Crew swimmers emphasize proper stroke technique as well as speed work, interval training, and aerobic conditioning. Dry-land exercise and race strategy also are introduced. This group represents our top age group level.

Days	Monday-Friday
Time	4:45-6:15 p.m.
Days	Saturdays
Time	8:15-9:45 a.m.
Member Fee	$150 (4 weeks)
Non-Member Fee	$180 (4 weeks)

Sectional Crew

Sectional Crew is an elite group of swimmers who have high ambitions and a strong commitment to succeed, setting their sights on the Junior Olympics and Sectional Championships.

Days	Mondays, Wednesdays, and Fridays
Time	5:00-6:15 a.m. and 6:30-8:30 p.m.
Days	Tuesdays and Thursdays
Time	6:30-8:15 p.m.
Days	Saturdays
Time	10:00 a.m.-1:00 p.m.
Member Fee	$150 (4 weeks)
Non-Member Fee	$180 (4 weeks)

TKA Masters

Swimmers in TKA Masters pride themselves on swimming better and faster. Swimmers here benefit from the workouts, stroke technique training, and our coaches' vast knowledge of the sport of swimming.

Days	Mondays, Wednesdays, and Fridays
Time	6:15-7:15 a.m.
Member Fee	$100 (4 weeks)
Non-Member Fee	$120 (4 weeks)
Days	Tuesdays and Thursdays
Time	8:30-10:15 a.m.
Member Fee	$100 (4 weeks)
Non-Member Fee	$120 (4 weeks)

Note: Practice days and times are subject to change.

Interested in joining TKA?
Please contact Coach Iggy or Coach Gaby at 305-858-7339 prior to registering.

Swim Kids Swimming School

Necessary Equipment
Bathing suit, bathing cap, and goggles.

Make-Up Policy
All classes must be cancelled in advance. If the lesson cannot be attended, we require notice before 9:00 a.m. Make-up classes can be scheduled on the last Friday of the month, which has been reserved for make-ups.

For more information on the class schedule, call Swim Kids at 305-262-SWIM (7946) or log on to www.swimkidschool.com.

Fall Session runs from September through December

Parents & Me

Ideal for babies, this Parents & Me class is an opportunity for parents to spend quality time with their children. The instructor also will introduce basic swimming and water survival skills.

Ages	4-24 months
Days	Mondays and Wednesdays
Time	10:00-10:30 a.m.
Days	Saturdays
Time	10:45-11:15 a.m.

Turtles

Toddlers will be introduced to the basics of swimming and later learn freestyle strokes such as arrows, circles, airplanes, as well as dolphin and frog kicks.

Ages	2-3 years
Days	Mondays and Wednesdays
Time	3:00-3:30 p.m.
Days	Tuesdays and Thursdays
Time	3:00-3:30 p.m.
Days	Saturdays
Time	11:15-11:45 a.m.

Jellyfish

Once basic swimming and survival skills are mastered, children will learn fun mini-strokes such as arrows, circles, airplanes, back float, front float, dolphin, and frog kicks.

Ages	4-6 years
Days	Mondays and Wednesdays
Time	3:30-4:00 p.m.
Days	Tuesdays and Thursdays
Time	3:30-4:00 p.m.
Days	Saturdays
Time	11:45 a.m.-12:15 p.m.

Dolphins

The emphasis at this level will be on timing and swimming strokes.

Ages	7-9 years
Days	Mondays and Wednesdays
Time	4:00-4:40 p.m.
Days	Tuesdays and Thursdays
Time	4:00-4:40 p.m.
Days	Saturdays
Time	12:15-1:00 p.m.

Sharks

At this level advanced strokes are introduced, developed, and refined, preparing the child for competition and a lifetime of physical endurance and fitness.

Ages	10 years and up
Days	Mondays and Wednesdays
Time	4:40-5:20 p.m.
Days	Tuesdays and Thursdays
Time	4:40-5:20 p.m.
Days	Saturdays
Time	12:15-1:00 p.m.

Sea Lions (Adult Classes)

It's never too late to refresh your swimming skills. Swim Kids offers private and group swimming lessons for adults as well.

Ages	18 years and up
Days	Mondays and Wednesdays
Time	10:30-11:30 p.m.

Fees

Private Lessons (1 Swimmer/1 Instructor/8 Lessons)

Class Duration	30 min.
Member Fee	$300
Non-Member Fee	$360

(One lesson is $37.50 for members/$45 for non-members)

Semi-Private Lessons (2 Swimmers/1 Instructor/8 Lessons)

Class Duration	30 min.
Member Fee	$180
Non-Member Fee	$225

(One lesson is $22.50 for members/$28.12 for non-members)

Group Lessons (4-10 Swimmers/1 Instructor/8 Lessons)

Class Duration	40 min.
Member Fee	$140
Non-Member Fee	$172

(One lesson is $17.50 for members/$21.50 for non-members)

Adult Lessons/Competitive-Beginner (1 Swimmer/ 1 Instructor/8 Lessons)

Class Duration	40 min.
Member Fee	$400
Non-Member Fee	$500

(One lesson is $50 for members/$62.50 for non-members)

Baby Group Lessons (4-10 Swimmers/1 Instructor/8 Lessons)

Member Fee	$140
Non-Member Fee	$172

(One lesson is $17.50 for members/$21.50 for non-members)

EMPOWERING YOGA BY VERO YOGA & CO.

Empower yourself, get strong, and get in shape, while bringing freedom to your mind with this empowering yoga program. Three different classes are available. All levels are welcome.

Member Fee	$18 per class or $130 per ten-class punch pass
Non-Member Fee	$21 per class or $160 per ten-class punch pass

Easy Flow

A gentle, restorative, and invigorating yoga practice. This sequence aims to retain the vitality of the body by oxygenating and rejuvenating every cell of your system. It also helps promote total physical and mental well-being. Pre-natal yoga practitioners are welcome.

Flow

A new level of "Vero Yoga" practice, this sequence allows participants to flow with grace while synchronizing the breath with a progressive series of postures that produce internal heat, toning all muscles and organs, as well as calming the mind. *(Note: This class is more dynamic than the Easy Flow class and less intense than the Multi-Level class.)*

Multi-Level

An intense and stimulating style of yoga, this class uses the Vinyasa-style (breathing intensive) of yoga. It's physically demanding practice due to the constant movement from one pose to the next. The result is often improved circulation, a light and strong body, and a calm mind.

VERO YOGA & CO. FALL CLASS SCHEDULE — Classes are 90 minutes and held in the Island Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. Easy Flow *Veronica*	**8:30 a.m.** Multi-Level *Veronica*	**8:30 a.m.** Easy Flow *Veronica*	**8:30 a.m.** Multi-Level *Veronica*	**8:30 a.m.** Easy Flow *Veronica*
12:30 p.m. Multi-Level *Veronica*	**11:00 a.m.** Flow *Angeles*		**11:00 a.m.** Flow *Angeles*	
6:00 p.m. Kids Yoga *Claudia*				

MEDITATION AND BREATHING TECHNIQUES WORKSHOPS

Join us the first Monday of every month beginning in September.

Dates	September 7, October 5, November 2, and December 7
Time	7:00-8:00 p.m.
Location	Island Room
Instructor	Veronica Vidal
Member Fee	$17
Non-Member Fee	$20

VERO YOGA FOR KIDS

NEW!

In this class, kids will develop strong, limber, and healthy bodies while cultivating self-esteem, increasing focus, and concentration—all in a playful environment. Children will also learn how to cope with life stressors and how to effectively relax and sleep better. The session starts on August 10.

Ages	7-11 years
Days	Mondays
Time	6:00-7:00 p.m.
Location	Island Room
Member Fee	$100 for ten classes ($12 for a single class)
Non-Member Fee	$120 for ten classes ($14 for a single class)

Yoga Classes

YOGA CLASSES

Considered both physical and mental therapy, practicing yoga has numerous benefits including improving flexibility, strength, and muscle tone as well as managing stress and preventing disease. As a Community Center member, why not sign up for one of our cost-effective yoga classes and start reaping the health benefits today? No previous experience is required.

Ages	16 years and up
Member Fee	$8 per class
Non-Member Fee	$15 per class

Yoga with Arbey

You'll break a sweat in this fun and challenging class that will help you build strength and flexibility of both body and mind. Each class is designed with a combination of asanas from various styles of yoga.

Days	Mondays, Wednesdays, and Fridays
Time	10:00-11:30 a.m.
Instructor	Arbey Quiceno

Gentle Yoga

This class focuses on the basic fundamental posture of yoga. It combines breath and movement to build strength and flexibility. No previous experience is required, just wear comfortable clothes.

Days	Tuesdays and Thursdays
Time	9:30-11:00 a.m.
Instructor	Jennifer Ryan

Moderate Yoga

A perfect balance between our Gentle Yoga and Power Yoga classes, intermediate yoga practitioners will feel right at home in this class.

Days	Wednesdays
Time	7:00-8:30 p.m.
Instructor	Jennifer Ryan

Power Yoga

This dynamic workout focuses on strength, flexibility, and balance. All levels are welcome. Remember to wear loose clothing that stretches.

Days	Mondays from 7:00-8:30 p.m.
Days	Saturdays from 9:30-11:00 a.m.
Instructor	Jennifer Ryan

COMPLETE FALL YOGA SCHEDULE

Classes are 90 minutes and held in the Island Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 a.m. Easy Flow Yoga *Vero Yoga & Co.*	**8:30 a.m.** Multi-Level Yoga *Vero Yoga & Co.*	**8:30 a.m.** Easy Flow Yoga *Vero Yoga & Co.*	**8:30 a.m.** Multi-level Yoga *Vero Yoga & Co.*	**8:30 a.m.** Easy Flow Yoga *Vero Yoga & Co.*		
10:00 a.m. Yoga *Arbey*	**9:30 a.m.** Gentle Yoga *Jenny*	**10:00 a.m.** Yoga *Arbey*	**9:30 a.m.** Gentle Yoga *Jenny*	**10:00 a.m.** Yoga *Arbey*	**9:30 a.m.** Power Yoga *Jenny*	
12:30 p.m. Multi-Level Yoga *Vero Yoga & Co.*	**11:00 a.m.** Flow Yoga *Vero Yoga & Co.*		**11:00 a.m.** Flow Yoga *Vero Yoga & Co.*			
6:00 p.m. Kids Yoga *Vero Yoga & Co.*						
7:00 p.m. Power Yoga *Jenny*		**7:00 p.m.** Moderate Yoga *Jenny*				

ATHLETIC TRAINING PROGRAMS

Triathlon Team

This complete training program includes a monthly online training plan and constant contact with the coach. The program is designed for athletes of all skill levels, ages ten and up. Participants will receive four weekly training sessions, including two swim sessions, one bike session, and one running session. For more information, call Coach Vargas at 786-873-1563 or visit www.eltrainer.us.

Days	Tuesdays and Thursdays
Time	7:00-8:15 a.m. and 7:45-8:45 p.m.
Days	Saturdays
Time	8:15 a.m. (optional)
Member Fee	$270 per month
Non-Member Fee	$318 per month

Boot Camp Key Biscayne

Build your body from the inside out while working at your own fitness level! Become fit with functional exercises that not only make you look better, but help you to become healthier and stronger. Suitable for all ages.

Days	Tuesdays and Thursdays
Time	6:00-7:15 a.m.
Location	Meet at the Community Center front desk
Session	Ongoing
Instructor	Boris Fernandez and Ricardo Hernandez
Member Fee	$15 per class
Non-Member Fee	$18 per class

Running Club

This new program is for runners and walkers of all levels. Each member will receive a personalized training program developed by an experienced runner, a running/walking pronation analysis, discounts at local running specialty stores, and be paired up with other runners/walkers of similar ability. For more information, contact Coach Grainger at 786-877-3153 or keyrunners@yahoo.com.

Ages	12 years and up
Days	Mondays and Wednesdays
Time	7:00 p.m.
Day	Saturdays
Time	8:00 a.m.
Location	Meet at Community Center
Session	Ongoing
Instructor	Jeff Grainger
Member Fee	$10 per week or $40 per month
Non-Member Fee	$12 per week or $48 per month

GYMFIT WORKOUT PROGRAM NEW!

This fun workout program will consist of circuit training, combining cardio, weights and gymnastics (tumble track, cheese mats, and the little bar). Don't let your kids have all the fun with gymnastics! Now you can tumble your way to fitness.

Days	Tuesdays and Thursdays
Time	10:00-11:15 a.m.
Location	Gymnasium
Session 1	August 25- September 17
Session 2	September 22-October 15
Session 3	October 20-November 12
Session 4	November 17-December 15 (no class Nov. 26)
Instructor	American Gymsters
Member Fee	$160
Non-Member Fee	$189

American Kids Gymnastics Program gymsters For Adults!

Fitness Programs and Classes

SENIOR FITNESS

Splash! Water Workout

Splash into fitness with this exciting aquatic workout, designed to be easier on the joints than land-based exercise, while increasing overall strength and endurance.

Days	Tuesdays and Thursdays
Time	10:30-11:30 a.m.
Location	Pool
Session 1	August 25-October 1
Session 2	October 6-November 12
Session 3	November 17-December 24
Instructor	Marilyn Myles
Member Fee	$120
Non-Member Fee	$135

Have a Ball!

Come try this movement class, specially designed for seniors, and improve your quality of life. Strengthen, tone, increase flexibility and balance with this beginner level class.

Ages	Seniors
Days	Mondays
Location	Gym
Days	Wednesdays
Location	Dance Studio
Time	10:00 a.m.
Session	Ongoing (begins August 24)
Instructor	Marilyn Myles
Member Fee	$8 per class

FALL LAND GROUP EXERCISE SCHEDULE

Classes are 55 minutes and are held in the Dance Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 a.m. Spinning *Sergio*	**7:00 a.m.** Spinning *Jennifer*	**6:15 a.m.** Spinning *Bette Ann*	**7:00 a.m.** Spinning *Jennifer*	**6:15 a.m.** Spinning *Bette Ann*		
8:00 a.m. Spinning *Jennifer*	**8:00 a.m.** Brazilian Sculpt *Marquinho*	**8:00 a.m.** Spinning *Jennifer*	**8:00 a.m.** Brazilian Sculpt *Marquinho*	**8:00 a.m.** Spinning *Marilyn*	**8:15 a.m.** Spinning *Marquinho*	
9:00 a.m. Step *Jennifer*	**9:00 a.m.** Spin/Sculpt *Jennifer*	**9:00 a.m.** Step/Sculpt *Jennifer*	**9:00 a.m.** Step *Jennifer*	**9:00 a.m.** Step/Sculpt *Jennifer*	**9:15 a.m.** Brazilian Sculpt *Marquinho*	
10:00 a.m. Body Sculpting *Jennifer*	**10:00 a.m.** Latin *Jennifer*	**10:00 a.m.** Have a Ball!-Senior Class *Marilyn*	**10:00 a.m.** Body Sculpting *Jennifer*	**10:00 a.m.** Latin *Jennifer*	**10:15 a.m.** Step *Jennifer*	**10:00 a.m.** Zumba *Maria*
10:00 a.m. Have a Ball!-Senior Class *Marilyn*	**11:00 a.m.** Zumba *Huayla*	**11:00 a.m.** Brazilian Sculpt *Marquinho*	**11:00 a.m.** Zumba *Huayla*	**11:00 a.m.** Brazilian Sculpt *Marquinho*	**11:15 a.m.** Zumba *Huayla*	**11:00 a.m.** Video Spin *Linda*
11:00 a.m. Spinning *Marqinho*	**6:00 p.m.** "The Ride" Spinning *Arturo*	**5:45 p.m.** Zumba *Huayla*	**6:00 p.m.** "The Ride" Spinning *Arturo*	**5:45 p.m.** Zumba *Huayla*		
5:45 p.m. Zumba *Huayla*	**7:00 p.m.** Brazilian Sculpt *Marquinho*	**6:45 p.m.** Spinning *Marilyn*	**7:00 p.m.** Brazilian Sculpt *Marquinho*	**6:45 p.m.** Spinning *Marilyn*		
6:45 p.m. Spinning *Marilyn*	**7:00 p.m.** Kickboxing* *Alan*		**7:00 p.m.** Kickboxing* *Alan*	* Kickboxing classes are held in the Island Room.		

GROUP EXERCISE GENERAL INFORMATION

- Always bring a sweat towel and water bottle to class.
- You must be at least 15 years of age to participate in a group exercise class.
- Bring your valid punch pass along with your ID to class.
- Always sign in when you attend a class.
- Classes may fill up quickly (especially bike classes) so make sure to arrive a few minutes early. Please do not enter a class in progress unless the instructor has indicated that you can do so.
- Please wear appropriate clothing and footwear for the class you are attending.
- Yoga mats will be available for use. If you practice yoga regularly, you may want to consider purchasing a mat.

Group Exercise Pass Prices

Single: $8 for members, $15 for non-members
(includes guest fee)
5 Pack: $29 for members
10 Pack: $50 for members
20 Pack: $85 for members
Packages are not valid for yoga classes or non-members.

Group Exercise Schedule

For a complete schedule of group exercise classes, see our listing on page 26. Also, updated exercise schedules are posted monthly and include group exercise classes, water exercise classes and most yoga programs. All classes are 55 minutes in duration except for yoga, which is 90 minutes. Yoga is held in the Island Room.

NEW GYM EQUIPMENT

We are proud to announce the arrival of new cardio machines in the Wellness Center. The following machines have replaced aging equipment in the facility:

- 4 Treadmills
- 3 Ellipticals
- 2 StairMasters

Five new spin bikes have also been added to our fleet, which brings the total number to 30 bikes. This means that more people can take our popular spinning classes!

Group Exercise Class Descriptions

Body Sculpting—Body Sculpting is 55 minutes of muscle endurance and conditioning. Body bars, hand weights, balls and more will be used to tone all the major muscles in your body and increase muscle endurance.

Cardio Kickboxing—This workout combines aerobics, cardiovascular and body toning. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance.

Spinning—The ultimate indoor cycling experience. Ride through flats, hills and jumps as you listen to motivating, heart-pumping music. You control the resistance and cadence to make the class as challenging as you need it to be! *First-time participants should arrive earlier to receive special instructions.*

Gentle Yoga—This class focuses on the basic fundamental postures of yoga. It combines breath and movement to build strength and flexibility. No previous experience is required, just wear comfortable clothes.

Hi-Low Cardio Combo—A "high/low" choreographed exercise class, this is a high-energy workout with optional impact.

Latin—Work out Latin style with dance moves. An excellent class for all fitness levels and dance skill levels.

Power Yoga—This dynamic workout focuses on strength, flexibility and balance. All levels are welcome. Remember to wear loose clothing that stretches.

Step—This 55-minute class is devoted to non-stop cardiovascular exercise utilizing just the step. This class is moderate-to-high intensity with time left at the end for abdominal work.

Water Exercise—Water exercise is a wonderful low-impact alternative to traditional land exercise programs. It is ideal for people with arthritis and those recovering from injuries since it's easy on the joints, as well as anyone looking for a good workout.

Zumba—High energy and motivating music with unique moves and combinations makes this a fun and easy workout!

ARTS & CRAFTS

Plein Air Landscape Painting with Rita Coll

NEW!

In the spirit of playful adventure, we now offer a special plein air (open air) workshop. These outdoor classes offer painting instruction in scenic outdoor locations where participants will take in a different vista at each workshop. Learn about necessary art supplies to color mixing, as well as composition and the fundamental techniques needed to create a painting—all in one scenic, outdoor session. No artistic experience is necessary! Eco-friendly water miscible oils are required. A materials list is available at the front desk. Small groups are encouraged to register. For more information, visit www.ritacoll.com or email Rita at rpost3@comcast.net.

Days	Thursdays
Time	9:00 a.m.-12:00 noon
Location	Arts and Crafts Room/Outdoors
Session 1	October 1-8
Session 2	October 15-22
Member Fee	$249
Non-Member Fee	$289

Chinese Brush Painting

More than a representation of an object, Chinese brush painting is also a form of symbolic expression. Learn from an instructor who has studied with internationally known artists Chow Chian Chiu and wife Chow Leung Chen-Ying. Learn the basics starting with bamboo. No previous experience is required. A materials list is available at the Community Center front desk.

Days	Mondays
Time	10:15 a.m.-12:15 p.m.
Location	Arts and Crafts Room
Session 1	September 14-October 19
Session 2	October 26-November 30
Instructor	Joyce Olivera
Member Fee	$50
Non-Member Fee	$60

Painting with Tony Coro

Learn practical tips and techniques to produce beautiful works of art. No experience is necessary. A suggested supply list can be picked up at the Community Center front desk. Please have materials on the first day of class.

Days	Tuesdays
Time	10:00 a.m.-12:00 noon
Location	Arts and Crafts Room
Session 1	September 8-October 13
Session 2	October 20-November 24
Instructor	Antonio Coro
Member Fee	$50
Non-Member Fee	$60

Scrapbooking and Crafts

Unleash your creativity with this fun-filled class! Turn your photos into artistic masterpieces or create cards, gifts, and decorations for special occasions and holidays. Instructor Patricia Nino will share her craft-making passion by providing you with great ideas for fun projects. Participants will walk away with one completed project.

Days	Tuesdays
Time	10:15 a.m.-12:15 p.m.
Location	Second Floor Lounge
Session	Ongoing
Instructor	Patricia Nino
Member Fee	$12
Non-Member Fee	$15

Creative Jewelry Design

Why not take part in this great creative activity for the entire family? Learn pattern design techniques, including stringing, knotting, wire twisting, weaving, and repair techniques in this class. Progress at your own pace. No previous experience is necessary. An additional materials fee may be required.

Days	Mondays
Time	7:00-8:30 p.m.
Days	Wednesdays
Time	10:15 a.m.-12:15 p.m.
Location	Second Floor Lounge
Session	Ongoing
Instructor	Judi Koslen
Fee	$10 per class

Open Studio Time for Ceramics: Wheel-Thrown and Hand-Built Pottery

Open studio is an opportunity for beginners and experienced potters to reserve time in our studio while seeking the expertise of one of our professional instructors to assist them with a project of their choice. Students must sign up monthly and bring their own supplies and materials. Make-up days can be arranged with the instructor. A firing service is available at an additional cost.

Ages	18 years and up
Days	Wednesdays
Time	10:00 a.m.-12:00 noon
Location	Arts and Crafts Room
Sessions	September 9-30 October 7-28 November 4-25
Instructor	Laura Marmol
Member Fee	$94
Non-Member Fee	$112

BRIDGE CLASSES

Learn the basics, brush up on your knowledge of the game, or join us for a game of duplicate bridge.

Days	Tuesdays
Location	Key Biscayne Room
Session	October 13-November 17
Instructor	Judy Reinach
Member Fee	$65
Non-Member Fee	$75

Supervised Play

Time	5:00-6:00 p.m.

Play of the Hand

Time	6:00-7:00 p.m.

Bridge for Beginners

Time	7:00-8:00 p.m.

Duplicate Bridge Game

Days	Wednesdays starting September 9
Time	12:45 p.m.
Location	Island Room
Instructor	Call Judy Reinach for details at 305-361-9562.

COMPUTER CLASSES

Intro to Mac Computers and Gadgets

Are you new to the world of Mac? Or perhaps you want to learn more about what your computer and its various gadgets and programs—such as the iPhone, iPod, and iTunes—have to offer. Then this class is for you.

Days	Tuesdays
Time	9:30-10:30 a.m.
Location	Computer Room
Session 1	August 25-September 15
Session 2	September 22-October 13
Session 3	October 20-November 10
Session 4	November 17-December 8
Instructor	Ernesto "Neto" Mendoza (bilingual instructor)
Member Fee	$175
Non-Member Fee	$210

Mac Photos and Movies

Don't be overwhelmed by the many hi-tech functions your Mac has to offer. This class, taught by a Macintosh-certified instructor, will teach you how to make photo albums, slide shows, and even home DVD movies.

Days	Tuesdays
Time	10:30-12:00 noon
Location	Computer Room
Session 1	August 25-September 15
Session 2	September 22-October 13
Session 3	October 20-November 10
Session 4	November 17-December 8
Instructor	Ernesto "Neto" Mendoza (bilingual instructor)
Member Fee	$315
Non-Member Fee	$378

Intro to Computers and the Internet

NEW!

Computers help you connect with friends and family, learn more about your favorite subject or hobby, shop online for great bargains, and have fun. Learn how to use your computer effectively as well as how to get online and connect online in an easy step-by-step process.

Days	Saturdays
Time	10:00-11:00 a.m.
Location	Computer Room
Instructor	Jose Rivera (bilingual instructor)
Member Fee	$160
Non-Member Fee	$200

Session 1: Intro to Computers

September 12-October 3

The first session is designed as an introduction for beginners. If you find computers confusing or intimidating, this session is for you. Each week, we'll cover four introductory subjects: 1) navigating your computer; 2) creating basic documents; 3) sending and receiving email; and 4) using a web browser to navigate the Internet.

Session 2: Intro to Life on the Internet – Part 1

October 10-31

Want to connect with friends, family, or colleagues online? Then this is the session for you. During the four-class session, you'll learn how to set up e-mail and instant messenger accounts online. We will also cover how to send and receive attachments, change fonts, and create e-mail folders for storing and organizing your e-mail. We will also discuss basic e-mail protections from spam, viruses, and fraud/identity theft.

Session 3: Life on the Internet – Part 2

November 7-December 5
(no class Nov. 28)

The class will cover setting your social network presence, including the use of the Twitter service. We'll help you set up discussion groups and your very own social network. As part of the social network session, we'll cover communications and member management.

Basic E-Mail and Internet

Using Internet Explorer, learn general Internet concepts, connections, and service providers, browse the World Wide Web, set up email, and go shopping.

Days	Wednesdays
Time	6:15-7:15 p.m.
Location	Computer Room
Session 1	September 9-30
Instructor	Leo Quintana (bilingual instructor)
Member Fee	$160
Non-Member Fee	$200

Digital Photography

An introduction to digital photography, this class will cover the differences between film and digital photography and how to properly use your digital camera. The course also will show you how to use your digital camera with your computer.

Days	Mondays
Time	6:15-7:15 p.m.
Location	Computer Room
Session 1	October 7-28
Instructor	Leo Quintana (bilingual instructor)
Member Fee	$160
Non-Member Fee	$200

Adobe Photoshop

This class is designed to help all levels of Photoshop users. Students will learn about Photoshop layers, smart objects, text, gradients, adjustment layers, and more.

Days	Wednesdays
Time	6:15-7:15 p.m.
Location	Computer Room
Session 1	November 4-December 2
Instructor	Leo Quintana (bilingual instructor)
Member Fee	$160
Non-Member Fee	$200

PERFORMING ARTS

Flamenco

Join Carmen Rubio, renowned dancer and graduate of the Royal Conservatory of Madrid, and take advantage of this unique opportunity to learn classic *sevillanas* and *flamenco* without leaving the Key. It's a great form of exercise too!

Days	Thursdays
Time	6:30-7:30 p.m.
Location	Arts and Crafts Room
Session 1	September 3-24
Session 2	October 1-22
Session 3	October 29-November 19
Instructor	Carmen Rubio
Member Fee	$108
Non-Member Fee	$132

LANGUAGE ARTS

Write Your Life Story NEW!

Learn how to select and preserve the stories and details that make our lives both ordinary and magnificent. Simple and enjoyable writing exercises will help you get started on a life-story book of any length, form, and style. No writing experience is necessary, only the desire to tell your story.

Days	Wednesday
Time	10:00-11:30 a.m.
Location	Arts and Crafts Room
Session	October 21-November 11
Instructor	Kathy Klarreich
Member Fee	$80
Non-Member Fee	$92

Spanish for Beginners

Learn to tell time, make simple requests, and conduct a basic conversation in Spanish. Acquire vocabulary for work, home, and social purposes as well.

Days	Mondays and Wednesdays
Time	9:00-11:00 a.m.
Location	Island Room
Session 1	September 14-October 21
Session 2	October 26-December 2
Instructor	Cristina Medina
Member Fee	$100
Non-Member Fee	$120

Conversational Spanish

These semi-private classes will provide students with communication skills by offering opportunities to practice and expand their vocabulary. Students must possess basic grammar, reading, and writing skills in Spanish to take the class.

Days	Mondays and Wednesdays
Time	11:00 a.m.-12:30 p.m.
Location	Key Biscayne Room
Session 1	September 15-October 8
Session 2	October 13-November 5
Session 3	November 10-December 8
Instructor	Lupita Alvarez
Member Fee	$100
Non-Member Fee	$120

Conversational English

These semi-private classes will provide students with communication skills by offering opportunities to practice and expand their vocabulary. Students must possess basic grammar, reading, and writing skills in English to take the class.

Days	Tuesdays and Thursdays
Time	11:00 a.m.-12:30 p.m.
Location	Key Biscayne Room
Session 1	September 15-October 8
Session 2	October 13-November 5
Session 3	November 10-December 8
Instructor	Lupita Alvarez
Member Fee	$100
Non-Member Fee	$120

COMING THIS FALL!

Books & Books is bringing its renowned author event series to the Key Biscayne Community Center! Mitchell Kaplan's locally-based, independently-owned bookstore hosts local, national, and international visitig authors year round and is partnering with the Community Center to enrich cultural offerings on the Key. A free, monthly "Meet the Authors" program will launch in September and run through December. Books & Books also will provide guest authors for lectures at senior lunches this fall. Watch for a full schedule of authors and events in upcoming communications. We look forward to seeing you there!

BOOKS & BOOKS

LECTURE SERIES AND WORKSHOPS

Entertaining and Cooking Seminars

Chef Jacqueline Kleis will help Key Biscayne residents kick it up a notch with her bilingual culinary seminars that take place this fall. Learn everything from basic knife skills to advanced concepts. The cost of the seminars includes all ingredients and food samples for participants.

Time	10:00-11:30 a.m.
Location	Arts and Crafts Room
Instructor	Jacqueline Kleis
Member Fee	$35
Non-Member Fee	$40

Light Gourmet Bites

Thursday, September 24

The modern approach to gourmet appetizers.

Healthy Latin Cuisine

Thursday, October 29

A light approach to Latin cooking and its ingredients.

How to Lightly Entertain

Thursday, November 19

Learn everything from decorating trays to menu design and easy recipes as you play the perfect host.

Introduction to Aromatherapy

Live a green and natural lifestyle! This free educational seminar, presented by Sophie Zambrano, a registered aromatherapist, will allow participants to experience the therapeutic qualities of essential oils and the benefits of aromatherapy in promoting overall health, vitality, and longevity. Hands-on demonstrations will be provided.

Date	Thursday, September 17
Time	7:00-8:30 p.m.
Location	Key Biscayne Room
Fee	Free

Life Coaching Workshop

Do you feel that you are living in a time of rapid change and that the old paradigms no longer serve you? Would you like to learn the tools and techniques that can help bring more abundance and satisfaction to your life? Then this workshop, presented by Padma Coaching, is for you! For more information call 786-291-2945 or email osmara@padmacoaching.com.

Date	Thursday, October 8
Time	7:30-9:00 p.m.
Location	Key Biscayne Room
Member Fee	$30
Non-Member Fee	$35

Kelly S. Jones Feng Shui Home Series™

Bringing Hidden Abundance into Your Life

Discover how to find abundance in an economy that's focused on scarcity. Move to an understanding of how to change your environment to change your life. Please see the Community Center front desk for a supply list.

Date	Saturday, November 14
Time	9:30 a.m.-3:30 p.m.
Location	Key Biscayne Room
Member Fee	$168
Non-Member Fee	$188

NEW!

NUTRITION SERIES: THE TASTE OF GOOD HEALTH

We really are what we eat! Don't miss this series of informational workshops, led by a registered dietitian and naturopathic physician, aimed at providing participants with successful tools to improve their health and wellbeing.

Location	Key Biscayne Room
Member Fee	Free
Non-Member Fee	$5

Eating For Weight Management

It's not about fad diets and deprivation. It's about enjoying life and the pleasure of eating well. It's about knowing you can do it.

Date	Thursday, September 10
Time	6:00-7:00 p.m.

Eating For Digestive Health

Find digestive wellness with an eating plan based in proven nutritional science. Topics to be discussed include: tummy discomfort, irritable bowel, bloating, food allergies, and gluten-free nutrition.

Date	Monday, September 14
Time	10:00-11:00 a.m.

Eating For Emotional Well Being

Learn to de-stress and soothe emotional concerns through better nourishment for your mind and body. Topics to be discussed include: stress management, detox, sleep disturbance, depression, anxiety, body image issues, and Attention Deficit Disorder (ADD).

Date	Thursday, October 8
Time	6:00-7:00 p.m.

Eating For Heart Health

Be kind to your heart with a diet based in heart healthy nutrition. Topics to be discussed include: blood pressure control, cholesterol management, circulation problems, and diabetes.

Date	Monday, October 12
Time	10:00-11:00 a.m.

Eating For Women's Health

Feel vitality from head to toe when you take charge of your nutritional health. Topics to be discussed include: menstrual issues, fertility, PMS, menopause, and osteoporosis.

Date	Thursday, November 12
Time	6:00-7:00 p.m.

Eating For Family Health

Give your growing, active kids and teens the gift of healthy eating. Topics include healthy meals, sports nutrition, teen needs, overweight/underweight issues, picky eaters, natural and organic options, mood swings, anxiety, and eating disorders.

Date	Monday, November 16
Time	10:00-11:00 a.m.

SPECIAL EVENTS

Florida Licensing On Wheels

A team of driver license examiners will be on hand to renew or issue replacements or duplicates of your driver's license, issue new or replacement identification cards and complete out-of-state driver's license transfers. No appointment is necessary. Call 305-365-8953 for information on needed documentation. *Note: Renewals can be completed up to 18 months in advance of expiration date.*

Date	Tuesday, October 6
Time	10:00 a.m.-2:00 p.m.
Location	Key Biscayne Room

AARP Driver Safety Program

Take the eight-hour classroom refresher course specially designed for drivers age 55 and over and qualify for auto insurance discounts. Participants must attend both sessions.

Dates	TBD
Time	9:30 a.m.-1:00 p.m.
Location	Key Biscayne Room
Fee	$12 for AARP members $14 for non-AARP members

Not-So-Scary Halloween Party

Bring your friends and neighbors to the Community Center to celebrate Halloween! There will be plenty of food and music, plus prizes for the best costume.

Date	Thursday, October 29
Time	12:00-3:00 p.m.
Location	Island Room
Fee	Free

Annual Holiday Luncheon

Celebrate the spirit of the season with your friends and neighbors at the Community Center. There will be lots of food, fun, raffles, and much more.

Date	Thursday, December 17
Time	12:00 noon
Location	Island Room
Fee	Free

MONTHLY PROGRAMS

Seniors Mingle

Join us at our new 50+ Only Happy Hour scheduled for the first Thursday of each month in the Island Room. We will feature wine, food, great music, and karaoke. Bring all of your friends for a great time!

Days	Thursday Sep. 3, Oct.1, Nov. 5, and Dec. 3
Time	5:00-7:00 p.m.
Location	Key Biscayne Room
Fee	$5 per person

Birthday Bunch Lunch

Celebrate your birthday with us at the Community Center! Adults 50 and over, come join your friends and neighbors on the second Thursday of the month for an island-wide birthday celebration. Register for our Birthday Club and lunch is on us during the month of your birthday. This event is brought to you by the Key Biscayne Foundation and Active Seniors on the Key Club.

Days	Thursday Sep. 10, Oct. 8, Nov. 12, and Dec.10
Time	12:00 noon
Location	Island Room
Fee	$5

Speaker Luncheon

Join us for lunch and a very informative presentation the third Thursday of each month.

Dates	Thursday Sep. 17, Oct. 15, Nov. 19, and Dec. 17
Time	12:00 noon
Location	Island Room
Fee	Free

Movies at the Village

Join us for a free viewing of recently released films on the second and fourth Thursday of each month.

Dates	Thursday Sep. 10 and 24, Oct. 8 and 22, Nov. 12, and Dec. 11
Time	1:00 p.m.
Location	Island Room
Fee	Free

Social Security Comes to the Village

A bilingual representative from the Social Security Administration will be available to assist you with all of your Social Security and Medicare issues on the last Wednesday of the month (excluding holidays). No appointment is necessary.

Dates	Sep. 30, Oct. 28, Nov. 18, and Dec. 30
Time	9:30 a.m.-12:00 noon
Location	Second Floor Lounge
Fee	Free

Key Biscayne Domino Club

Join your friends and neighbors in the Key Biscayne Room for a friendly game of dominos… *y una tacita de café.*

Days	Mondays, Wednesdays, and Fridays
Time	2:00-6:00 p.m.
Location	Key Biscayne Room
Fee	Free

Card Games and More

Step out of the heat, and join your friends and neighbors in the Key Biscayne Room for an afternoon of card games and more. Refreshments will be provided.

Days	Thursdays
Time	2:00-6:00 p.m.
Location	Key Biscayne Room
Fee	Free

TRIPS AND TOURS

Taming of the Shrew at New Theater

Don't miss this classic Shakespearian tale of a shrewish woman and her strong-willed new husband, wreaking havoc on the conventions of courtship and marriage.

Date	Thursday, September 3
Time	Bus departs at 6:00 p.m. (show time is 8:00 p.m.)
Fee	$35

Clyde Butcher at the Boca Raton Museum of Art/Mizner Park

Clyde Butcher's compelling black and white photographs chronicle the last 25 years of some of America's most beautiful and complex ecosystems. The trip to the museum will be followed by a visit to Mizner Park for lunch (not included in trip fee).

Date	Friday, September 18
Time	Bus departs at 9:30 a.m. (docent tour at 11:00 a.m.)
Fee	$9

Fiddler on the Roof at the Broward Center

Hailed by critics again and again, this timeless classic has won the hearts of people all around the world. Lunch at Las Olas Riverfront before the show (not included in trip fee).

Date	Wednesday, October 14
Time	Bus departs at 11:00 a.m. (show time is 2:00 p.m.)
Fee	$50

Miami City Ballet's *Company B* at the Adrienne Arsht Center

One of the most acclaimed and widely performed works of the 1990s, *Company B* is in a class by itself. Set to recordings by the popular 1940s singing group, the Andrews Sisters, the dancers are spirits of the past, soldiers and bobby-soxers, invoked to dance once more.

Date	Friday, October 23
Time	Bus departs at 6:30 p.m. (show time is 8:00 p.m.)
Fee	$45

Cauley Square

This charming village offers a unique glimpse of Old South Florida at its best. Spend the day shopping and casually strolling through the shaded garden paths, quaint cottages, and antique and specialty shops. Don't forget to visit the famous Tea Room.

Date	Friday, November 6
Time	Bus departs at 9:30 a.m.
Fee	$5

Pigeon Key Tour and Lunch

Visit Pigeon Key and step back in time. Ride the ferry from the Atlantic Ocean to the Gulf of Mexico, and enjoy a guided tour of the island, the Pigeon Key Museum, and time on your own to explore. We will stop for lunch at Island Fish Company before the tour (not included in trip fee).

Date	Friday, November 13
Time	Bus departs at 9:00 a.m. (Tour at 1:30 p.m.)
Fee	$15

Florida Grand Opera's *Pagliacci* and *Suor Angelica*

The new season will open with a double-dose tragedy, Leoncavallo's *Pagliacci* and Puccini's *Suor Angelica,* a nun with a "past" and a clown's vengeful act! Don't miss the opportunity to experience this amazing evening.

Date	Wednesday, November 18
Time	Bus departs at 6:30 p.m. (show time is 8:00 p.m.)
Fee	$60

Festival Flea Market

Join us as we head out to this one-of-a-kind, multi-merchant marketplace… and all in air-conditioned comfort.

Date	Friday, December 4
Time	Bus departs at 9:30 a.m.
Fee	$5

Sawgrass Mills Mall and IKEA

You can choose to spend the day at either Sawgrass Mills or IKEA, two of Florida's most impressive retail sensations.

Date	Friday, December 11
Time	Bus departs at 9:30 a.m.
Fee	$5

COMMUNITY CENTER PRE-HOLIDAY CRUISE

Slip away to the Bahamas with your friends from the Key on a three-night cruise aboard Princess Cruises' Ruby Princess to visit Princess' private island in the Bahamas—Princess Cays! Dance all night, watch movies under the stars, get a spa treatment, try your luck in the casino, attend a class, and enjoy award-winning shows—or just do nothing at all!

Date
December 17-20, 2009
Time
Departs from Fort Lauderdale at 5:00 a.m. on Dec. 17

Price
From $284 (per person)

For deposits, payments and questions call Dorothy Flannery at 305-361-6772.
Note: The first 20% deposit is due on August 9. Final payment is due on Oct. 1, 2009. Cabins are available on a first-come, first-served basis so book early for the best availability!

Special Events/Important Dates

Key Biscayne Community Center Fifth-Year Anniversary Family Block Party

Date Friday, October 30
Time 7:00 p.m.
Location 10 Village Green Way in front of the Community Center

Halloween Haunted House

Date Saturday, October 31
Time 6:00 p.m.
Location 530 Crandon Blvd (Old Tony's Citgo)

Lighthouse Run

Date Saturday, November 14
Time 7:00 a.m.
Location Bill Baggs Cape Florida State Park

Thanksgiving Day

Date Thursday, November 26

Community Center Closed

Winterfest

Date Sunday, December 6
Time 4:00-7:30 p.m.
Location Village Green

Winterfest Boat Parade

Date Saturday, December 12
Time 6:00-8:30 p.m.
Location "No Name Harbor" in Bill Baggs Cape Florida State Park
Free Admission

Movies on the Green

Date Friday, December 18
Time 7:00 p.m.
Location Village Green

Christmas Eve

Date Thursday, December 24

Community Center will close at 4:00 p.m.

Christmas Day

Date Friday, December 25

Community Center Closed

New Year's Eve

Date Thursday, December 31

Community Center will close at 6:00 p.m.

New Year's Day

Date Friday, January 1

Community Center Closed

Printed with soy-based inks on 10% post-consumer recycled paper.

VILLAGE OF KEY BISCAYNE COMMUNITY CENTER

ACTIVE islander

Village of Key Biscayne
Parks and Recreation Department
10 Village Green Way
Key Biscayne, Florida 33149
Telephone: 305-365-8900

Visit us often for updates and new information at
www.activeislander.org