# ACTIVE islander

FALL
2011

VILLAGE OF KEY BISCAYNE COMMUNITY CENTER

## Make a Move

Energize your life this fall with a variety of programs for mind, body and soul.

# Community Center Hours

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## 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 | 9:30 a.m. to 4:00 p.m. - Adults Only |
| | 4:00 p.m. to 8:00 p.m. - All Ages |
| Saturday and Sunday | Available upon request |

## Gymnasium

The gym is available for basketball during all general hours of operation. Courts will generally be programmed in the afternoons after 3:00 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)* |

## IMPORTANT PHONE NUMBERS

| | |
|---|---|
| Village General Information | 305-365-5511 |
| Village Manager's Office | 305-365-5500 |
| Village Clerk | 305-365-5506 |
| Building Inspections | 305-365-5512 |
| Building, Zoning, and Planning | 305-365-5511 x4 |
| 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 | 305-365-8900 |
| Passport Information | 305-365-8953 |
| Senior Services/Transportation | 305-365-8953 |
| Property Tax Collector | 305-270-4916 |
| Miami-Dade Elections Department | 305-499-8683 |
| Chamber of Commerce | 305-361-5207 |
| Bill Baggs State Park | 305-361-5811 |
| Crandon Park | 305-361-5421 |
| Sea Turtle Information | 305-361-5761 |
| 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 |

### Village Officials and Staff

Mayor Franklin Caplan
Vice Mayor Michael E. Kelly
Councilmember Robert Gusman
Councilmember Enrique Garcia
Councilmember Michael Davey
Councilmember Mayra Peña Lindsay
Councilmember James Taintor
Village Manager
Genaro "Chip" Iglesias
Director of Parks and Recreation
Todd Hofferberth
Community Center Manager
Ana J. Colls

# 20th Anniversary Celebrations

**June 18, 2011 marked the 20th anniversary of the Village's incorporation. Island-wide festivities are slated for October.**

More than two decades have passed since a small group of Key Biscayne residents met at the local English Pub to discuss what was then just a mere dream: to incorporate Key Biscayne and provide a safe, quality community through responsive government.

Today, Islanders enjoy the peace of mind that comes with improved police service, efficient storm water drainage systems and secure playground facilities. They stay physically fit on well-lit sidewalks and meandering bike paths and spend their leisure time at the lush, 9.5-acre Village Green or state-of-the-art Community Center.

As Active Islanders continue to commemorate the 20th anniversary of the Village's incorporation, more than celebrations are in store. This special milestone offers Islanders the unique opportunity to reflect on the community's past accomplishments as well as reconnect with the Key's rich history, especially the importance of preserving the natural beauty of this "Island Paradise."

Many Village officials, past and present, have embraced this notion of conservation and Islanders of all ages will continue to reap the rewards.

"In the generations to come, our children… their children… and others… will enjoy and find delight in this lovely Village," stated former Mayor Vernon in his State of the Village Address in 2008. "So while we are here, we will take care of it – and leave it for them better than we found it – a hometown—tranquil… wonderful… and unspoiled."

For a schedule of upcoming fall events commemorating the the Village's incorporation, go to www.KeyBiscayne.fl.gov.

In the generations to come, our children, their children and others will enjoy and find delight in this lovely Village.

*Photos courtesy of Kiko Ricote (flag, sunset and aerial)*

## KEY BISCAYNE HISTORICAL AND HERITAGE SOCIETY

The Key Biscayne Historical and Heritage Society (KBHHS) congratulates the Village of Key Biscayne on its 20th anniversary. KBHHS is dedicated to collecting, preserving, storing and displaying all items of historical significance to Key Biscayne and its environs. KBHHS appreciates all of the work, time, effort, enthusiasm and sacrifice of volunteers—past and present—who have made Key Biscayne the greatest community in the world. The KBHHS offers educational programs to the public including historical events, educational and interactive programs, videos, lectures, projects and exhibits that highlight Key Biscayne's past history KBHHS is a 501C(3), non-profit organization and donations are tax deductible.

# Membership Information

## 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. Credits or refunds will be considered for 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 may entitle the participant to a prorated refund. No refund or credit requests will be considered after an activity or program has concluded. Certain Trips and Tours may be transferable but non-refundable (please check with the Front Desk). Group Exercise Punch Passes are non-transferable and non-refundable. Community Center memberships are non-transferable and non-refundable.

## PARTY PACKAGES AND ISLAND ROOM RENTALS

Planning a party or special event? Let us host it for you! The Community Center offers a variety of party packages for groups of up to 30 people. Choose from our Basic Party Package; Arts and Crafts Package; Pool Party Package; or the Face-Painting and Balloon Art Party Package.

We also have facilities to accommodate adult parties, meetings, and other special events. The Island Room (also known as the Multi-Purpose Room) on the second floor can accommodate up to 150 guests, offers small and large rooms, as well as a warming kitchen.

### Basic Party Package

Includes tables and chairs (up to 30 children) and private use of one of the following facilities for one hour: indoor playground, computer room, half of the game room, or half the basketball gymnasium. Post-party area clean up will be provided by Community Center staff.

### Arts and Crafts Party Package

Arts and Crafts activity provided for one hour for up to 25 children. Community Center will provide a personal party assistant for duration of party. Post-party area clean up will be provided by Community Center staff.

### Face-Painting and Balloon Art Party Package

Includes tables, chairs, and face painting and balloon art provided for one hour for up to 25 children. The Instructor is Irina Patterson, the world-famous Russian Queen of Balloons (subject to instructor availability). Post-party area clean up will be provided by Community Center staff.

### Pool Party Package

Includes tables and chairs for 30 children and use of the pool for two hours. Post-party area clean up will be provided by Community Center staff.

For more information or to schedule your next event, please visit or call the Community Center's front desk at 305-365-8900.

## PASSPORT SERVICES

The Village of Key Biscayne is a certified acceptance facility for U.S. passport applications. As a courtesy to our residents, this service is offered by the Parks and Recreation Department at the Community Center, located at 10 Village Green Way, second floor. Rules, downloadable forms, fees, travel advisories and other information are available at the U.S. State Department passport web page. For additional information or to make an appointment, call 305-365-8953. Passport processing also is available at the U.S. Post Office located in the L'Esplanade Shopping Center at 951 Crandon Boulevard. For more information, call 305-ASK-USPS.

| | |
|---|---|
| **Days** | Monday to Friday |
| **Hours** | 9:30 a.m.-4:00 p.m. |

*Note: Appointments are required.*

## BEACH PARK ACCESS CARDS

The Village of Key Biscayne's Beach Park, a resident's only facility, requires an access card to enter the park. The access cards are available to Key Biscayne residents only. For additional information please call Ana de Varona at 305-365-7574 or email ADeVarona@KeyBiscayne.fl.gov.

**To Obtain a Card:** Cards may be obtained at the Community Center front desk between the hours of 8:00 a.m. and 8:00 p.m. any day of the week with the proper proof of residency. Beach Park access card applications are available online or at the front desk. Please allow 2-3 business days for new cards to be activated.

**Proof of Residency:** Proof of residency is required when applying for a beach access card. 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 an annual lease

**Cards per Household:** There is a limit of two (2) access cards per household and proof of residency is required for each card issued. A one-person household may only receive one access card.

**Fees:** There is no fee for the first access card(s). There is a replacement card fee of $8.00 to de-activate the lost or stolen card and re-issue a new device.

# 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 hallways, stairwells or near 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 by a 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

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. Credits or refunds will be considered for 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 may entitle the participant to a prorated refund. No refund or credit requests will be considered after an activity or program has concluded. Certain Trips and Tours may be transferable but non-refundable (please check with the Front Desk). Group Exercise Punch Passes are non-transferable and non-refundable. Community Center memberships are non-transferable and non-refundable.

### 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 five 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: $70
   Member pass per hour: $7
   Non-member one-hour pass: $10
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<br>4:00 p.m.-8:00 p.m. |
| **Saturday and Sunday** | Closed |

## TODDLER & YOUTH FITNESS

### Mini Tennis

Looking for a fast, fun way to get kids into tennis—and keep them playing? QuickStart Tennis, by the United States Tennis Association, is an exciting new play format for learning tennis, designed to get kids excited about the game by utilizing specialized equipment, shorter court dimensions and modified scoring—all tailored to a child's age and size. Now any child between the ages of 3 and 8 can start playing tennis almost immediately, even if he or she has never picked up a racquet.

| | |
|---|---|
| **Session 1** | August 23-September 22 |
| **Session 2** | September 27-October 27 |
| **Session 3** | November 1-December 15 (pro-rated session; no class Nov. 22-24) |
| **Location** | Gymnasium |
| **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** | 3:30-4:30 p.m. |
| **Member Fee** | $100 (once/week) |
| **Non-Member Fee** | $115 (once/week) |

### Fencing Club

The Miami Fencing Club offers students the unique experience of the sport of fencing, the fast and athletic sport of sword fighting. Learn the lessons of speed, cunning and honor. Beginning students will be provided with all necessary fencing equipment. Advanced students will need to bring their own equipment. All levels are welcome, and no experience is necessary. Visit www.miamifencingclub.com or call 305-992-1946 for more information.

| | |
|---|---|
| **Ages** | 8 years and up |
| **Days** | Wednesdays |
| **Time** | 6:30-8:00 p.m. (Beginners)<br>7:30-9:00 p.m. (Advanced) |
| **Location** | Island Room |
| **Session 1** | August 24-September 28 |
| **Session 2** | October 5-November 9 |
| **Session 3** | November 16-December 14 (pro-rated session; no class Nov. 23) |
| **Instructor** | Mike Elder, Miami Fencing Club |
| **Member Fee** | $80 LOWER FEE |
| **Non-Member Fee** | $96 |

### Kidokinetics

Kidokinetics is the fun way to fitness that's inspiring 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. Classes focus on a different sport each week, keeping kids 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.

| | |
|---|---|
| **Days** | Thursdays |
| **Time** | 11:00-11:45 a.m. (ages 2-4) |
| **Time** | 4:30-5:15 p.m. (ages 3-6) |
| **Location** | Island Room |
| **Session 1** | August 25-October 13 |
| **Session 2** | October 20-December 15 (no class on Nov. 24) |
| **Instructor** | Kidokinetics Coach |
| **Member Fee** | $96 |
| **Non-Member Fee** | $115 |

*Name*
Beatriz Rabassa (with daughter Cristina)

*How long have you lived on the Key?*
12 years

*Profession*
Stay at home mom

*Originally from*
Miami

*Hobbies*
Yoga and working out

*Favorite activities at the Community Center*
Going to the gym and taking Veronica's yoga class. My daughter enjoys the Toddler Room.

# Youth & Teen Programs

## BABY AND ME

### 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** | Game Room |
| **Session 1** | August 24-October 14 |
| **Session 2** | October 19-December 16 (no class on Nov. 23 or 25) |
| **Instructor** | Silvina and Vanessa |
| **Member Fee** | $160 (once/week) or $256 (twice/week) |
| **Non-Member Fee** | $200 (once/week) or $320 (twice/week) |

## DEVELOPMENTAL PROGRAMS

### Kids' Circle

Introduce your child to a fun, interactive program designed to facilitate peer interaction and proficiency in social situations through creative expression and games. This program focuses on a different social theme weekly, such as relationships with peers, assertiveness/personal growth, problem solving, etc. For questions about the program or to receive more information, please call the Miami PsychCenter at 305-446-0333, visit www.miamipsychcenter.com or e-mail info@miamipsychcenter.com.

| | |
|---|---|
| **Ages** | 7-12 years |
| **Days** | Fridays |
| **Time** | 4:30-5:30 p.m. |
| **Location** | Island Room |
| **Session 1** | September 9-October 14 |
| **Session 2** | October 21-December 9 (no class on Nov. 11 or 25) |
| **Instructor** | Miami PsychCenter |
| **Member Fee** | $180 |
| **Non-Member Fee** | $215 |

## MUSIC AND PERFORMING ARTS

### Ultimate Guitar

This class is designed for young guitar players who are just discovering their love of the instrument or are already at an intermediate level. Taught using a highly effective curriculum, this class uses a multi-style approach focusing on correct technique and music reading. 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 (Intermediate) |
| **Days** | Thursdays (Beginners) |
| **Time** | 3:30-4:30 p.m. |
| **Location** | Island Room |
| **Session 1** | August 23-September 29 |
| **Session 2** | October 4-November 10 |
| **Session 3** | November 15-December 15 (pro-rated session; no class Nov. 23-25) |
| **Instructor** | Angeles Padilla |
| **Member Fee** | $110 |
| **Non-Member Fee** | $132 |

## BABYSITTER'S TRAINING COURSE

The American Red Cross offers this training course to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. This training will help participants to hone leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave and learn about basic child care and first aid.

| | |
|---|---|
| **Ages** | 11-16 years |
| **Date** | TBA |
| **Time** | 9:00 a.m.-4:00 p.m. |
| **Location** | Adult Lounge |
| **Fee** | $60 |

American Red Cross

## Kids Make Music I & II

Now your child can make music just for the fun of it! In Kids Make Music, children will experience, explore and create a variety of musical possibilities in a non-stressful environment where performing is not required. During the 6-week session, kids will sing, chant, move, dance and jam! In Kids Make Music I, children ages 18 months to 4 years will enjoy a fun, family-style learning experience. In Kids Make Music II, children ages 4 to 7 will explore different musical instruments as well as sing, improvise and learn musical concepts. This class will spark their interest in learning about musical instruments and capture the magical power and excitement of interactive music learning.

| | |
|---|---|
| **Ages** | 18 months-4 years |
| **Days** | Wednesdays or Fridays |
| **Time** | 4:00-4:45 p.m. |
| **Ages** | 4-7 years |
| **Days** | Tuesdays |
| **Time** | 4:30-5:15 p.m. |
| **Location** | Island Room |
| **Session 1** | August 24-September 30 |
| **Session 2** | October 5-November 11 |
| **Session 3** | November 16-December 16 (pro-rated session; no class Nov. 23-25) |
| **Instructor** | Angeles Padilla and Florencia Badino |
| **Member Fee** | $90 |
| **Non-Member Fee** | $108 |

## Hip Hop Kidz & Teenz

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 and 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 a great dance education for your child where it's all about fun, fitness and hip hop dance! Pro-rating is not allowed for this 6-week class.

| | |
|---|---|
| **Days** | Mondays (ages 7-11 years) |
| **Time** | 6:30-7:30 p.m. |
| **Days** | Tuesdays (ages 12-18 years) |
| **Time** | 6:00-7:30 p.m. |
| **Location** | Island Room |
| **Session 1** | August 22-September 27 |
| **Session 2** | October 3-November 8 |
| **Session 3** | November 14-December 13 (pro-rated session) |
| **Instructor** | Hip Hop Kidz Inc. |
| **Member Fee** | $90 (Monday class)/ $135 (Tuesday class) |
| **Non-Member Fee** | $108 (Monday class)/ $162 (Tuesday class) |

*Name*
Nathan Yazdani

*Originally From*
Miami

*How long have you lived on the Key?*
4 years

*School*
Key Biscayne K-8 Center

*Hobbies*
Swimming and going to GameWorks

*Favorite activity/program at the Community Center*
Going to the jungle gym, pool area and game room

## KEYBOARD & STRING ORCHESTRA PROGRAM NEW!

Amadeus Youth Symphony of Florida (AYSF) is partnering with the Community Center to bring an innovative children's orchestra program based on the famous Venezuelan "El Sistema" philosophy and includes musical instruction for the violin, viola, cello and keyboard. The String Orchestra program includes instruction on a variety of instruments (including violin, viola, cello and bass), group classes and ensemble rehearsals. Students are also taught music theory fundamentals (ear training, solfege and music notation). Students not interested in string instruments may enjoy the Keyboard Orchestra Program, which is a fun way to learn the keyboard in a group setting. Students must bring their own instrument (violin, viola, cello or keyboard) or rent one from AYSF. Instrument rental fee is $15 per session plus $35 deposit (refundable when the instrument is returned). For more information, please contact the program director at 786-222-2105 or email Amadeus.YSF@musician.org.

| | |
|---|---|
| **Ages** | 4-13 years |
| **Days** | Mondays |
| **Time** | 3:30-4:30 p.m. (Keyboard)<br>4:30-5:30 p.m. (String Beginners)<br>5:30-7:00 p.m. (String Intermediate) |
| **Location** | Island Room |
| **Session 1** | August 29-September 26 (no class on Sep. 15) |
| **Session 2** | October 3-24 |
| **Session 3** | November 7-December 12 (pro-rated session) |
| **Instructor** | AYSF Instructor |
| **Member Fee** | $92 (Keyboard/Beginners) or $110 (Intermediate) |
| **Non-Member Fee** | $136 (Keyboard/Beginners) or $163 (Intermediate) |

## AGUAMARINA ART SCHOOLS

For 11 years, Aguamarina Art Schools have been sparking the creativity of Key Biscayners both young and old. Aguamarina now offers their complete art program at the Community Center. Their programs focus on developing and stimulating the creativity of children and adults. Students will have access to a wide variety of materials, including cardboard, wood, rubber, paper, paint, crayons, pastels, fabrics, sponges, clay, Play-doh, glues, etc. As they freely construct their art projects, students will be guided through the process while learning to analyze, problem-solve and express their thoughts. Students will have an opportunity to display their works of art through exhibitions in the Community Center's public spaces.

| | |
|---|---|
| **Session** | August 23-December 16 |
| **Location** | Arts & Crafts Room |

### Let's Get Messy

This fun workshop lets children perform exciting color and texture exercises, as well as create collages and paintings. Students will develop fine motor skills, learn color differentiation and increase their artistic knowledge. All materials are included in the class fee. Classes meet twice per week during the 8-week session.

| | |
|---|---|
| **Ages** | 2-4 years |
| **Days** | Mondays and Wednesdays |
| **Days** | Tuesdays and Thursdays |
| **Time** | 4:30-5:30 p.m. |
| **Member Fee** | $220 |
| **Non-Member Fee** | $264 |

### Color and Form

In this exciting workshop, children will 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. Classes meet once per week during the 8-week session.

| | |
|---|---|
| **Ages** | 5-7 years |
| **Days** | Tuesdays, Wednesdays or Thursdays |
| **Time** | 4:00-5:30 p.m. |
| **Member Fee** | $220 |
| **Non-Member Fee** | $264 |

### Aguamarina Masters

This program focuses on the development of technical and conceptual tools in drawing and painting. Students will learn the handling of the trowel of color through exercises in complementary colors and develop composition criteria, including line, point and plane. All materials are included in the class fee. Classes meet once per week during the 8-week session.

| | |
|---|---|
| **Ages** | 8-14 years |
| **Days** | Tuesdays or Wednesdays |
| **Time** | 6:00-7:30 p.m. |
| **Member Fee** | $220 |
| **Non-Member Fee** | $264 |

### Portfolio

Serious and mature students can take advantage of this course to help meet the requirements of specialized art programs at their middle or high school. Students will receive customized instruction in their particular art interests, resulting in a portfolio that can be used for admittance into schools focused on art and design. Classes meet once per week during the 4-week session.

| | |
|---|---|
| **Ages** | 11-18 years |
| **Days** | Thursdays |
| **Time** | 6:00-7:30 p.m. |
| **Member Fee** | $150 |
| **Non-Member Fee** | $180 |

## ARTS AND CRAFTS

### Claytime for Kids

Come introduce your kids to the magical world of pottery! Their faces will light up as they see their works of art come to life. Each class will be a joyful experience where students will unleash their imagination and learn the basics of working with clay. Students will learn basic ceramic techniques including how to make handmade projects, glazing and firing. Classes are taught by caring instructors with over 20 years of experience. All materials are included in the class fee.

| | |
|---|---|
| **Ages** | 6-13 years |
| **Days** | Wednesdays |
| **Time** | 2:30-3:30 p.m. |
| **Location** | Arts & Crafts Room |
| **Session 1** | August 24-October 12 |
| **Session 2** | October 19-December 14 (no class on Nov. 23) |
| **Instructor** | Laura Marmol and Fabiana Jelambi |
| **Member Fee** | $175 |
| **Non-Member Fee** | $210 |

### Jewelry Design

Unleash your creativity with this thoroughly enjoyable jewelry class taught by Judi Koslen. 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** | 3:00 p.m. |
| **Days** | Wednesdays |
| **Time** | 2:00 p.m. |
| **Location** | Second Floor Lounge |
| **Session** | Ongoing |
| **Member Fee** | $10 per class |
| **Non-Member Fee** | $12 per class |

## OTHER PROGRAMS

### Homework Club

Catch up on class work or fine-tune your academic skills with this 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 |

### Dodgeball Club

Have fun with this club for dodgeball fanatics.

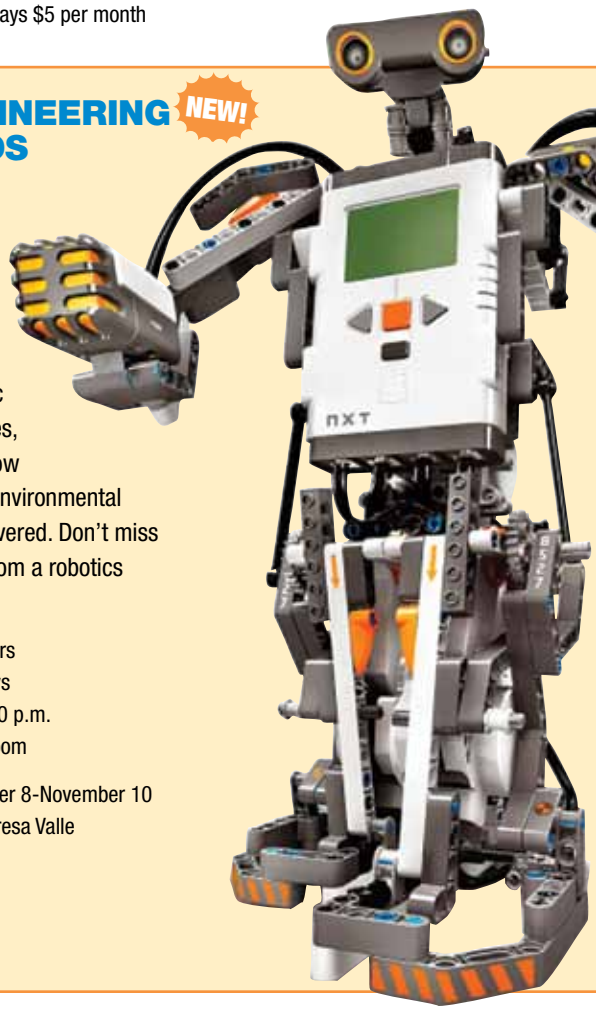
| | |
|---|---|
| **Ages** | Grades 3-8 |
| **Days** | Wednesdays |
| **Time** | 2:30 p.m. |
| **Location** | Gymnasium |
| **Fee** | Every child pays $5 per month |

### ROBOTICS & ENGINEERING FOR YOUNG MINDS

NEW!

This special class is like no other! During the 10-week session, curious young minds will explore various aspects of building and programming simple machines. Some classes will be dedicated to learning basic robotics and engineering principles, leading students to understand how autonomous robots are created. Environmental engineering topics also will be covered. Don't miss this unique opportunity to learn from a robotics specialist.

| | |
|---|---|
| **Ages** | 8-13 years |
| **Days** | Thursdays |
| **Time** | 5:30-7:00 p.m. |
| **Location** | Island Room |
| **Session** | September 8-November 10 |
| **Instructor** | Maria Teresa Valle |
| **Member Fee** | $180 |
| **Non-Member Fee** | $216 |



# Youth Dance Programs

MARIA VERDEJA SCHOOL OF THE ARTS

## DANCING STARS BY MARIA VERDEJA SCHOOL OF THE ARTS

The Maria Verdeja School of the Arts proudly offers its ever-popular *Dancing Stars Dance Program* at the Community Center. Here, dancers can choose from a wide variety of classes that teach various dance techniques including classical ballet, lyrical, jazz and tap. Established in 1986, this program is known for its thorough curriculum that helps strengthen dancers' technique and helps them develop a sense of confidence and increased self esteem.

### 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.

### Lyrical Dance

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

### 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.

### Tap

A form of dance which uses quick and precise foot work to create rhythmic sounds and syncopation with the tap shoe.

### Group Descriptions

| | |
|---|---|
| **Pink/Jazz 2** | Pre-K3 |
| **Mint/Jazz 2** | Pre-K4 |
| **Peach/Jazz 2** | Kindergarten and 1st grade |
| **Red/Jazz 4** | 2nd and 3rd grades |
| **Royal/Jazz 5/ Lyrical 5** | 4th and 5th grades |
| **Navy/Jazz 6/ Lyrical 6** | 6th grade and up |
| **Pointe** | Students will be placed in this class at the director's discretion |

*Note: All classes will take place in the Island Room.*

### Session Dates and Fees

| | |
|---|---|
| **Session 1** | August 22-October 13<br>(no class Sept. 5) |
| **Session 2** | October 17-December 16<br>(no class Nov. 21-24) |
| **Member Fee** | 1 class/week (8 hours total)<br>$130 per session<br>2 classes/week (16 hours total)<br>$216 per session<br>3 classes/week (24 hours total)<br>$320 per session<br>4 classes/week (32 hours total)<br>$390 per session<br>5 classes/week (40 hours total)<br>$450 per session |
| **Non-Member Fee** | 1 class/week (8 hours total)<br>$156 per session<br>2 classes/week (16 hours total)<br>$260 per session<br>3 classes/week (24 hours total)<br>$384 per session<br>4 classes/week (32 hours total)<br>$468 per session<br>5 classes/week (40 hours total)<br>$480 per session |

**Additional Fees**

$100 annual registration fee, includes leotard uniform
$95 annual costume fee (made payable to Maria Verdeja)

### DANCING STARS CLASS SCHEDULE

| | MONDAY | TUESDAY | | WEDNESDAY | THURSDAY | |
|---|---|---|---|---|---|---|
| **3:30 p.m.** | BALLET Pink | BALLET Peach | BALLET Mint | BALLET Pink | BALLET Peach | BALLET Mint |
| **4:30 p.m.** | LYRICAL 5 | LYRICAL 6 | BALLET Red | BALLET Red | POINTE I | JAZZ 2 |
| **5:30 p.m.** | BALLET Royal | BALLET Navy | JAZZ 4 | TAP | BALLET Navy | JAZZ 5 |
| **6:30 p.m.** | | POINTE III | | BALLET Royal | | JAZZ 6 |

## 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, graduate of New World School of the Arts and the University of Florida, who is also a former member of the Momentum Dance Company.

| | |
|---|---|
| **Location** | Island Room |
| **Session 1** | August 22-October 12 |
| **Session 2** | October 17-December 14<br>(no class on Nov. 21 & 23) |
| **Instructor** | Susana Catturini and Company Instructors |
| **Additional Fees** | $50 yearly registration fee made payable to Susana Catturini Ballet, Inc.<br>$85 yearly costume fee made payable to Susana Catturini Ballet, Inc. |

## Ballet I

This program is specially designed to provide children with a strong foundation in dance and movement. It teaches the young dancer basic vocabulary and basic ballet technique at the barre, in the center and across the floor. This class will conclude with a stage performance at the end of session 2.

| | |
|---|---|
| **Ages** | 4-6 years |
| **Days** | Mondays and Wednesdays |
| **Time** | 4:00-5:00 p.m. |
| **Member Fee** | $200 |
| **Non-Member Fee** | $240 |

## Ballet II and Jazz

Children will continue the exploration of ballet techniques with emphasis on precision of lines and exactness of movement. Jazz will be taught immediately after ballet. Girls will apply ballet techniques to several jazz styles using catchy rhythms and music. This class will conclude with a stage performance at the end of session 2.

| | |
|---|---|
| **Ages** | 7 years and up |
| **Days** | Mondays and Wednesdays |
| **Time** | 5:00-6:00 p.m. (Ballet only)<br>5:00-6:30 p.m. (Ballet and Jazz) |
| **Member Fee** | 1 class/week: $120 (Ballet only) or $150 (Ballet and Jazz)<br>2 classes/week: $200 (Ballet only) or $250 (Ballet and Jazz) |
| **Non-Member Fee** | 1 class/week: $144 (Ballet only) or $180 (Ballet and Jazz)<br>2 classes/week: $240 (Ballet only) or $300 (Ballet and Jazz) |

## FREE PARENTING GROUP

In conjunction with the University of Miami, the Families First Network will be providing free parenting groups for parents of children ages 1 to 5 years at the Community Center. This is an incredible opportunity to learn from University of Miami parenting specialists at no cost! Snacks and refreshments will be provided. For more information, call 305-243-8425 or e-mail FamiliesFirst@med.miami.edu. There is no charge for this program but pre-registration is required.

### Strengthening Families and Communities Overview

For parents of children 1 to 5 years of age. Classes meet once a week for 12 weeks. Discuss and learn ways to help children identify and express their feelings, improve children's behavior, teach children to handle anger and sadness.

| | |
|---|---|
| **Day** | Tuesdays |
| **Time** | 10:00 a.m.-12:00 p.m. |
| **Time** | Wesnesdays |
| **Time** | 7:00-9:00 p.m. |
| **Session** | August 30-November 16 |
| **Fee** | Free |

# Broadway Musical Theatre Program

## BROADWAY MUSICAL THEATRE PROGRAM

So you want to be on Broadway? The Broadway Musical Theatre (BMT) Program, recently named "one of the best theatre programs in the country" by critic Richard Cameron, presents a theatre program that trains students in becoming a triple threat performer: unparalleled actors, singers and dancers! Musical theatre classes bring the exciting world of Broadway to life. You will focus on scenes, songs and choreography from musicals old and new. Topics covered include: bringing characterization to a song and choreography, defining a character, vocal techniques and mastering the various musical theatre techniques and styles. In the beginning levels, technique and style will be introduced in the three areas (dance, song and acting). In the more advanced levels, various styles, advanced technique and vocal performance will be the focus. Advance and Company class students need permission from the instructor before they can register. BMT's own highly experienced professional instructors Ben Bagby, Rebekah Diaz and Cherilyn Marroco with director Angelica Torres will run all of the classes and final performances. The program will conclude with a live theatrical performance at the Ransom Everglades Theater (date and show TBA).

| | |
|---|---|
| **Session Dates** | August 22-December 16 (16-week session; no class Nov. 21-26) |
| **Location** | Dance Studio |
| **Instructors** | Angelica Torres and Workshop Instructors |
| **Member Fee** | $520 |
| **Non-Member Fee** | $620 |

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

### Broadway Group 1

| | |
|---|---|
| **Ages** | 4-5 years |
| **Days** | Tuesdays and Thursdays |
| **Time** | 3:15-4:00 p.m. |

### Broadway Group 2

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

### Broadway Group 3

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

### Broadway Group 4

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

### Broadway Musical Theatre Advanced

These intensive classes (Pre-Advanced, Advanced 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.*

### Broadway Pre-Advanced

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 4:00-5:30 p.m. |
| **Member Fee** | $540 |
| **Non-Member Fee** | $645 |

# Broadway Musical Theatre Program

## Broadway Advanced Group I

| | |
|---|---|
| **Days** | Mondays and Fridays |
| **Time** | 3:30-4:30 p.m. |
| **Days** | Wednesdays |
| **Time** | 2:30-4:00 p.m. |

*Note: Program includes 56 hours of class plus 16 hours of rehearsals and voice training for a total of 72 hours.*

| | |
|---|---|
| **Member Fee** | $560 |
| **Non-Member Fee** | $670 |

## Broadway Advanced Group II

| | |
|---|---|
| **Days** | Mondays and Fridays |
| **Time** | 4:30-5:30 p.m. |
| **Days** | Wednesdays |
| **Time** | 4:00-5:30 p.m. |

*Note: Program includes 56 hours of class plus 32 hours of rehearsals and voice training for a total of 88 hours.*

| | |
|---|---|
| **Member Fee** | $580 |
| **Non-Member Fee** | $694 |

## Company

Company group is designed for students 10 to 19 years of age 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 3 hours and includes a 1-hour Acting Workshop on Thursdays. *Note: Participants must be approved by instructor before registering for this class.*

| | |
|---|---|
| **Session Dates** | August 22-December 16 (16-week session; no class Nov. 21-26) |
| **Location** | Dance Studio |
| **Days** | Saturdays |
| **Time** | 1:30-4:30 p.m. |
| **Member Fee** | $580 |
| **Non-Member Fee** | $694 |

## 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** | September 7-December 14 (14-weeks; no class Nov 23) |
| **Location** | Dance Studio |
| **Days** | Wednesdays |
| **Time** | 12:00 noon-1:30 p.m. |
| **Member Fee** | $310 |
| **Non-Member Fee** | $370 |

# Fall & Winter Break Camps

## KBCC RAT'S DAY 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 |
| **Dates** | Thursday, September 29<br>Friday, October 28 |
| **Time** | 8:00 a.m.-3:00 p.m. |
| **Member Fee** | $20 per day |
| **Non-Member Fee** | $25 per day |

## KBCC WINTER CAMP

Key Rats will have loads of fun at the KBCC Winter Camp! Activities include computer lab, movies, field games, arts and crafts, swimming and 2 field trips each week. Registration is available per week or per day (pro-rating is not allowed). Camp fees include all activities and field trips. Lunch is not included. Please register in advance.

| | |
|---|---|
| **Ages** | K-8th grade |
| **Time** | 8:00 a.m.-4:00 p.m. |
| **Days** | Monday-Friday |
| **Session 1** | December 19-23 |
| **Session 2** | December 26-30 |
| **General Day Camp** | |
| **Member Fee** | $150 per week or<br>$40 per day |
| **Non-Member Fee** | $200 per week or<br>$45 per day |
| **Late Care** | (4:00-6:00 p.m.) |
| **Member Fee** | $10 per day |
| **Non-Member Fee** | $15 per day |

## MARINE BIOLOGY CAMP

Camp Director, Gerard Loisel, NSU adjunct professor, has taught marine biology to students of all ages for over 3 decades and is the former host of the PBS television series *Marine Aquarium World.* During this camp, participants will study the sea grass community, visit the lab at the UM Rosenstiel School of Marine and Atmospheric Science, explore the intertidal zone at Bear Cut, learn about dangerous marine animals and take a trip to the Miami Seaquarium. Registration is available at the front desk.

| | |
|---|---|
| **Dates** | Monday-Friday, December 19-23 |
| **Instructor** | Gerard Loisel |
| **Ages** | 8-14 years |
| **Time** | 9:00 a.m.-1:00 p.m. |
| **Member Fee** | $159 per week |
| **Non-Member Fee** | $189 per week |

## FLAG FOOTBALL CAMP

Tony Goudie brings his legendary football camp to Key Biscayne once again. Participants will learn the basics of football, as well as position specific skills they will be able to use on the gridiron. There will be daily games and other fun activities to encourage kids to play in a team setting.

| | |
|---|---|
| **Dates** | December 19-23; December 26-30<br>(Monday-Friday) |
| **Instructor** | Tony Goudie |
| **Ages** | 5-14 years |
| **Time** | 9:00 a.m.-1:00 p.m. |
| **Location** | Community Center & Village Green |
| **Member Fee** | $125 per week |
| **Non-Member Fee** | $150 per week |

## KEY BISCAYNE BASKETBALL ACADEMY (KBBA)

Why sit courtside when you can take part in this action-packed basketball program? Taught by legendary Key Biscayne Coach Tony Goudie, this program is designed to strengthen a player's game as well as their spirit. Boys and girls will learn good sportsmanship, develop strong playing skills and build lasting friendships. Practices begin Monday, August 22. Each session is four weeks/eight practices.

| | |
|---|---|
| **Ages** | 6-14 years |
| **Days** | Mondays and Fridays |
| **Times** | |
| Beginners | 3:00-4:00 p.m. |
| Intermediate | 4:00-5:00 p.m. |
| Advanced | 5:00-6:00 p.m. |
| **Sessions** | August 22-December 16 |
| **Member Fee** | $100 per 4 weeks |
| **Non-Member Fee** | $120 per 4 weeks |
| **Instructor** | Tony Goudie |

KBBA
KEY BISCAYNE BASKETBALL ACADEMY

# ATHLETICS

Registration for each program is available at the Community Center front desk. Space is limited so please register early. Call the Athletics Department at 305-365-8900 for updates on fees as registration dates approach.

## Flag Football

| | |
|---|---|
| **Registration** | August 1-31 |
| **Ages** | Boys and girls ages 6-14 as of September 1. Junior Division ages 9-11. Senior Division ages 12-14. |
| **Resident Fee** | TBA |
| **Non-Resident Fee** | TBA |
| **Season** | September 1-October 31 |

## Girls Volleyball

| | |
|---|---|
| **Registration** | August 24-26 (limited to first 120 registrants) |
| **Ages** | Girls ages 9-14 as of September 1. Junior Division ages 9-11. Senior Division ages 12-14. |
| **Resident Fee** | TBA |
| **Non-Resident Fee** | TBA |
| **Season** | September 1-November 14 |

## Basketball

| | |
|---|---|
| **Registration** | October 3-31 |
| **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** | TBA |
| **Non-Resident Fee** | TBA |
| **Season** | November 2-February 17 |

## Field Hockey

| | |
|---|---|
| **Registration** | TBA |
| **Ages** | Boys and girls ages 5-18 |
| **Resident Fee** | TBA |
| **Non-Resident Fee** | TBA |
| **Season** | November-May |

*E-mail KBFieldHockey@gmail.com for more information.*

## Rugby

| | |
|---|---|
| **Ages** | Boys ages 5-14 |
| **Fee** | TBA |
| **Season** | TBA |

*Information available at www.RugbyRats.com or by e-mailing Info@RugbyRats.com.*

## Adult Softball

| | |
|---|---|
| **Registration** | Captain's meeting Wednesday, October 5 at 6:30 p.m. |
| **Ages** | Men and women over the age of 18 |
| **Team Fee** | TBA |

*Name*
Lucas Mezzini

*How long have you lived on the Key?*
14 years

*School*
La Salle High School

*Originally from*
Argentina

*Hobbies*
Sports (especially basketball)

*Favorite activities at the Community Center*
Playing basketball

## AMERICAN GYMSTERS

| | |
|---|---|
| **Days** | Tuesdays |
| **Times** | |
| **Beginners** | 4:00-5:00 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 23-October 29 |
| **Session 2** | November 1-January 21 (no class Dec. 19-31) |

**Fees**
(10 weeks per session)

| | |
|---|---|
| **Beginners and Intermediate** | |
| **1 x per week** | |
| **Members** | $270 |
| **Non-members** | $324 |
| **2 x per week** | |
| **Members** | $440 |
| **Non-members** | $528 |
| **Advanced and Pre-Team** | |
| **1 x per week** | |
| **Members** | $320 |
| **Non-members** | $384 |
| **2 x per week** | |
| **Members** | $450 |
| **Non-members** | $540 |

**Additional Insurance Payment** $50 per year (made payable to American Gymsters)

# Team Key Aquatics

If you love swimming and are willing to work hard to improve on the skills necessary to take your waterpolo game to the next level, then Team Key Aquatics (TKA) is definitely for you. TKA is a dynamic aquatic program dedicated to the future of its athletes. While having fun, TKA develops its athletes' potential through fundamental swimming and waterpolo skills. TKA will further strengthen each swimmer's athletic arsenal by preparing him or her for high school swimming and waterpolo teams.

## Programs and Training Schedules Fall 2011 Sessions: August 22-December 12

### Beginner I & II Crew

Beginner Crew swimmers are introduced to Waterpolo as a fun sport. They are coached on basic Waterpolo techniques and are taught entry level drills and exercises. The love and passion for Waterpolo is introduced at this level.

| | |
|---|---|
| **Days** | Mondays, Wednesdays and Fridays |
| **Time** | 3:15-3:45 p.m. or 5:45-6:30 p.m. |
| **Days** | Tuesdays, Thursdays and Fridays |
| **Time** | 3:15-3:45 p.m. or 5:45-6:30 p.m. |
| **Member Fee** | $150 (4 weeks) |
| **Non-Member Fee** | $180 (4 weeks) |

### Intermediate Crew

Intermediate Crew swimmers emphasize proper Waterpolo techniques as well as speed work and interval training. This group begins to apply all four strokes learned in the previous season with more emphasis on Waterpolo technique. Aerobic conditioning drills are introduced in this group.

| | |
|---|---|
| **Days** | Mondays, Wednesdays and Fridays |
| **Time** | 3:50-4:35 p.m. |
| **Days** | Tuesdays, Thursdays and Fridays |
| **Time** | 3:50-4:35 p.m. |
| **Member Fee** | $150 (4 weeks) |
| **Non-Member Fee** | $180 (4 weeks) |

### Advanced Crew

Advanced Crew swimmers increase their exercise load to one hour per practice and begin to work on game strategy and advanced speed and interval training. This group emphasizes specific stroke and drill techniques and focuses in greater detail on aerobic conditioning.

| | |
|---|---|
| **Days** | Mondays, Wednesdays and Fridays |
| **Time** | 4:40-5:40 p.m. |
| **Days** | Tuesdays, Thursdays and Fridays |
| **Time** | 4:40-5:40 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 interval and speed based workouts as well as stroke technique training. This group takes advantage of being able to swim two times per day.

| | |
|---|---|
| **Days** | Mondays, Tuesdays, Wednesdays and Thursdays |
| **Time** | 9:00-10:15 a.m. and 6:45-8:05 p.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 Coach Gaby at 786-200-6717 prior to registering.

# Swim Kids Swimming School

**Fall 2011 Sessions:**
**August 22-December 16**
**(no class Nov. 21-28)**

## Parents & Me: Ages 4-24 months

Ideal for babies, this Parents & Me class is an opportunity for parents to spend quality time with their children. The instructor will introduce basic swimming and water survival skills. Each class requires a 3 child minimum.

## Turtles: Ages 2-3 years

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.

## Jellyfish: Ages 4-6 years

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.

## Dolphins: Ages 7-9 years

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

## Sharks: Ages 10 years and up

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

## Adult Classes: Ages 18 years and up

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

### Class Options and Fees

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

| | |
|---|---|
| Class Duration: | 30 minutes |
| Member Fee | $320 |
| Non-Member Fee | $384 |

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

| | |
|---|---|
| Class Duration: | 30 minutes |
| Member Fee | $180 |
| Non-Member Fee | $225 |

**Group Lessons**
**(3-10 Swimmers/1 Instructor/4 week session)**

| | |
|---|---|
| Class Duration: | 30-40 minutes |
| Once per week | |
| Member Fee | $70 LOWER FEE |
| Non-Member Fee | $84 |
| Twice per week | LOWER FEE |
| Member Fee | $120 |
| Non-Member Fee | $144 |

**Necessary Equipment**
Bathing suit, bathing cap and goggles.

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

### GROUP LESSONS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| **10:00 a.m.** Parents & Me | **9:00 a.m.** Adults | **10:00 a.m.** Parents & Me | **9:00 a.m.** Adults | | **10:45 a.m.** Parents & Me |
| | | | | | **11:15 a.m.** Turtles |
| **3:00 p.m.** Turtles | **3:00 p.m.** Turtles | **3:00 p.m.** Turtles | **3:00 p.m.** Turtles | **3:00 p.m.** Turtles | **11:45 a.m.** Jellyfish |
| **3:30 p.m.** Jellyfish | **3:30 p.m.** Jellyfish | **3:30 p.m.** Jellyfish | **3:30 p.m.** Jellyfish | **3:30 p.m.** Jellyfish | **12:15 p.m.** Dolphins/Sharks |
| **4:00 p.m.** Dolphins | **4:00 p.m.** Dolphins | **4:00 p.m.** Dolphins | **4:00 p.m.** Dolphins | **4:00 p.m.** Dolphins | |
| **4:40 p.m.** Sharks | **4:40 p.m.** Sharks | **4:40 p.m.** Turtles | **4:40 p.m.** Sharks | **4:40 p.m.** Turtles | |
| | | **5:10 p.m.** Jellyfish | | **5:10 p.m.** Jellyfish | |

# Vero Yoga & Co.

## 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. For more information, please visit www.VeroYoga.com.

| | |
|---|---|
| **Member Fee** | $18 per class or<br>$130 per 10-class punch pass |
| **Non-Member Fee** | $21 per class or<br>$160 per 10-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 I and II

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. SCHEDULE: August 15-December 16**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **8:30 a.m.**<br>Easy Flow<br>*Veronica* | **8:30 a.m.**<br>Multi-Level II<br>*Veronica* | **8:30 a.m.**<br>Easy Flow<br>*Veronica* | **8:30 a.m.**<br>Multi-Level II<br>*Veronica* | **8:30 a.m.**<br>Easy Flow<br>*Veronica* |
| **12:30 p.m.**<br>Multi-Level I<br>*Veronica* | **11:00 a.m.**<br>Flow<br>*Angeles* | **5:00 p.m.**<br>Young Kids Yoga<br>*Cecilia* | | |
| **6:00 p.m.**<br>Kids Yoga<br>*Cecilia* | | **6:00 p.m.**<br>Kids Yoga<br>*Cecilia* | | **Adult classes are 90 minutes and held in the Island Room.** |

## MEDITATION & BREATHING WORKSHOP

Join us on the first Monday of every month and learn to release physical tension and mental anxiety. You will improve concentration and enjoy better health through ancient meditation and breathing techniques.

| | |
|---|---|
| **Dates** | Mondays<br>September 12, October 3,<br>November 7, December 5 |
| **Time** | 7:00-8:00 p.m. |
| **Location** | Arts and Crafts Room |
| **Instructor** | Veronica Vidal |
| **Member Fee** | $17 |
| **Non-Member Fee** | $20 |

## VERO YOGA FOR KIDS

In this class, boys and girls will develop strong, limber and healthy bodies while cultivating self esteem, increasing focus and concentration—all in a playful environment. Children also will learn how to cope with life stressors and how to effectively relax and sleep better.

| | |
|---|---|
| **Days** | Wednesdays (ages 4-7) |
| **Time** | 5:00-6:00 p.m. |
| **Days** | Mondays and Wednesdays (ages 8-12) |
| **Time** | 6:00-7:00 p.m. |
| **Location** | Arts and Crafts Room or Island Room |
| **Member Fee** | $100 for 10 classes<br>($12 per class) |
| **Non-Member Fee** | $120 for 10 classes<br>($14 per class) |

## 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

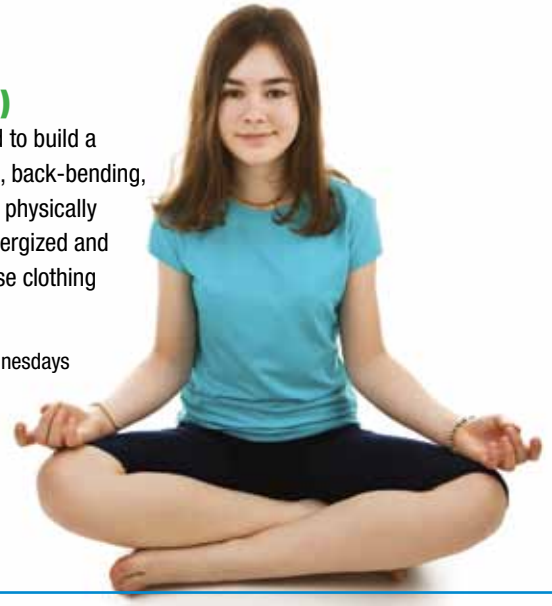
This class focuses on the basic fundamental posture of yoga. It combines breath and movement to build strength and flexibility. No previous experience is required.

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

### Power Yoga (Multi-Level)

This Dharma Mittra style class is designed to build a strong foundation to advance in balancing, back-bending, twisting and inversions. This mentally and physically challenging class will leave you feeling energized and inspired! All levels are welcome. Wear loose clothing that stretches.

| | |
|---|---|
| **Days** | Mondays and Wednesdays |
| **Time** | 7:00-8:30 p.m. |
| **Days** | Saturdays |
| **Time** | 9:30-11:00 a.m. |
| **Instructor** | Kerstin Eskeli |



## FITNESS YOGA FOR TEENS

This class, designed especially for teens, will provide a fun and exciting way to experience fitness and yoga. Students will increase their self esteem and fitness level through a variety of high-energy activities. If weather permits, some activities will take place outside. The instructor is an AFPA-certified children's fitness specialist and yoga teacher. Pre-registration is required.

| | |
|---|---|
| **Ages** | 12 years and up |
| **Days** | Thursdays |
| **Time** | 8:00-9:00 p.m. |
| **Location** | Dance Studio |
| **Sessions** | Ongoing beginning August 25 |
| **Instructor** | Kerstin Eskeli |
| **Member Fee** | $8 per class |
| **Non-Member Fee** | $15 per class |

## COMPLETE YOGA SCHEDULE

Classes are 90 minutes and held in the Island Room

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **8:30 a.m.**<br>Easy Flow Yoga<br>*Vero Yoga & Co.* | **8:30 a.m.**<br>Multi-Level II Yoga<br>*Vero Yoga & Co.* | **8:30 a.m.**<br>Easy Flow Yoga<br>*Vero Yoga & Co.* | **8:30 a.m.**<br>Multi-Level II Yoga<br>*Vero Yoga & Co.* | **8:30 a.m.**<br>Easy Flow Yoga<br>*Vero Yoga & Co.* | | |
| **10:00 a.m.**<br>Yoga<br>*Arbey* | **9:30 a.m.**<br>Gentle Yoga<br>*Jenny* | **10:00 a.m.**<br>Yoga<br>*Arbey* | **9:30 a.m.**<br>Gentle Yoga<br>*Jenny* | **10:00 a.m.**<br>Yoga<br>*Arbey* | **9:30 a.m.**<br>Power Yoga<br>*Kerstin* | |
| **12:30 p.m.**<br>Multi-Level I Yoga<br>*Vero Yoga & Co.* | **11:00 a.m.**<br>Flow Yoga<br>*Vero Yoga & Co.* | **5:00 p.m.**<br>Young Kids Yoga<br>*Vero Yoga & Co.* | | | | |
| **6:00 p.m.**<br>Kids Yoga<br>*Vero Yoga & Co.* | | **6:00 p.m.**<br>Kids Yoga<br>*Vero Yoga & Co.* | | | | |
| **7:00 p.m.**<br>Power Yoga<br>*Kerstin* | | **7:00 p.m.**<br>Power Yoga<br>*Kerstin* | **8:00 p.m.**<br>Teen Yoga<br>*Kerstin* | | | |

# Senior Fitness Programs and Classes

*Name*
Dottie O'Brien

*How long have you lived on the Key?*
Since 1954

*Profession*
Retired (formerly a legal secretary)

*Originally from*
North Carolina

*Hobbies*
Painting and exercising

*Favorite activities at the Community Center*
Marilyn's Splash class

## Enhance Fitness

Are you ready to get energized? Enhance Fitness is a low-cost, evidenced-based exercise program that's helping older adults (age 60 and over) at all levels of fitness become more active, energized and empowered to sustain independent lives. Based on solid research and tested at over 80 sites nationwide, Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises.

| | |
|---|---|
| **Days** | Mondays, Wednesdays and Fridays |
| **Times** | 2:00-3:00 p.m. and 5:30-6:30 p.m. |
| **Location** | Community Room (1st floor, Village Hall) |
| **Session** | September 7-December 23 |
| **Instructor** | Marilyn Myles |
| **Fee** | $120 (16 weeks) |

## Have a Ball!

This beginner movement class will allow you to strengthen, tone and increase your overall flexibility and balance.

| | |
|---|---|
| **Days** | Mondays (Gym) and Wednesdays (Dance Studio) |
| **Time** | 10:00 a.m. |
| **Session** | Ongoing |
| **Instructor** | Marilyn Myles |
| **Member Fee** | $8 per class or group exercise pass |

## Splash! Water Workout

Splash your way into fitness with this fun and exciting water workout designed to be easier on your joints. Get fit in the pool while increasing your overall endurance and strength.

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 10:30-11:30 a.m. |
| **Location** | Pool |
| **Session 1** | August 23-September 29 |
| **Session 2** | October 4-November 10 |
| **Session 3** | November 15-December 22 |
| **Instructor** | Marilyn Myles |
| **Member Fee** | $120 |
| **Non-Member Fee** | $135 |

## Oriental Exercises: Elements of Tai-Chi & More

People of all ages can learn and benefit from the gentle turning and stretching movements of these self-regulated exercises, which can be adapted to any level of ability.

| | |
|---|---|
| **Days** | Thursdays (Island Room) and Sundays (Village Green) |
| **Time** | 8:30 a.m. |
| **Session** | Ongoing |
| **Instructors** | Marius Robinson & Steven Minor |
| **Fee** | Free |

## TRIATHLON TEAM-ADULTS

This program is designed with individual athletes in mind. Participants, who are guaranteed optimal results, will receive weekly training sessions, including swim sessions, bike sessions and running sessions. For more information, call Coach Vargas or Lilly at 786-366-5329 or visit www.TeamTrainer.us.

### Elite Plan

Depending on the sport of your choice, this plan includes training plans, assistance via email and technical supervision two times per week.

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 6:30-7:45 a.m. |
| **Member Fee** | $135 per month |
| **Non-Member Fee** | $160 per month |

### Plus Plan

The plan (which is comprised of two swim sessions, one bike session and one running session) includes a weekly online training plan, support via email and phone, technical supervision four times per week.

| | |
|---|---|
| **Days** | Tuesdays and Thursdays (swim) |
| **Time** | 6:30-7:45 a.m. and 7:45-8:45 p.m. |
| **Days** | Wednesdays (run) |
| **Time** | 6:45-8:00 p.m. |
| **Days** | Fridays or Saturdays (bike) |
| **Time** | TBA |
| **Member Fee** | $270 per month |
| **Non-Member Fee** | $318 per month |

## TRIATHLON TEAM-YOUTH

Young aspiring athletes will become inspired and motivated with this new program. Youth and teens between the ages of 6 and 15 will train in endurance sports such as running, biking and swimming. Based on their age and athletic ability, they will be divided into three categories to compete in 50-300 yards of swimming, two to eight miles of biking, and 500 yards to two miles of running.

| | |
|---|---|
| **Days** | Mondays, Wednesdays and Thursdays |
| **Time** | 5:45-6:45 p.m. (combining sports daily) |
| **Member Fee** | $140 per month (2 times per week) |
| **Non-Member Fee** | $172 per month |
| **Member Fee** | $175 per month (3 times per week) |
| **Non-Member Fee** | $195 per month |

# Group Exercise Information

## 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.
- 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.*
*Passes are non-transferable and non-refundable.*

## Class Descriptions

**Body Sculpting**—Body bars, hand weights and balls are used in this 55-minute class to tone all the major muscles in your body and increase muscle endurance.

**Teen Kickboxing**—This intense, total-body workout combines aerobics, cardiovascular and body toning to help improve strength, aerobic fitness, flexibility, coordination and balance. Participants must be at least 13 years old.

**Spinning**—The ultimate indoor cycling experience. You control the resistance and cadence to make the class as challenging as you need it to be! *First-time participants should arrive early.*

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

**Step**—This 55-minute class is devoted to non-stop cardiovascular exercise utilizing just the step. This class is moderate-to-high intensity with some abdominal work.

**Have a Ball**—This beginner movement class will help you strengthen, tone, as well as increase flexibility and balance.

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

## 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.**<br>Spinning<br>*Sergio* | **7:00 a.m.**<br>Spinning<br>*Jennifer* | **6:15 a.m.**<br>Spinning<br>*Sergio* | **7:00 a.m.**<br>Spinning<br>*Jennifer* | | | |
| **8:00 a.m.**<br>Spinning<br>*Jennifer* | **8:00 a.m.**<br>Brazilian Sculpt<br>*Marquinho* | **8:00 a.m.**<br>Spinning<br>*Jennifer* | **8:00 a.m.**<br>Brazilian Sculpt<br>*Marquinho* | **8:00 a.m.**<br>Spinning<br>*Marilyn* | **8:15 a.m.**<br>Spinning<br>*Marquinho* | |
| **9:00 a.m.**<br>Step<br>*Jennifer* | **9:00 a.m.**<br>Spinning<br>*Jennifer* | **9:00 a.m.**<br>Body Sculpting<br>*Jennifer* | **9:00 a.m.**<br>Step<br>*Jennifer* | **9:00 a.m.**<br>Step/Sculpt<br>*Jennifer* | **9:15 a.m.**<br>Brazilian Sculpt<br>*Marquinho* | |
| **10:00 a.m.**<br>Body Sculpting<br>*Jennifer* | **10:00 a.m.**<br>Shape Up<br>*Jennifer* | **10:00 a.m.**<br>Have a Ball!-Senior Class<br>*Marilyn* | **10:00 a.m.**<br>Body Sculpting<br>*Jennifer* | **10:00 a.m.**<br>Latin<br>*Jennifer* | **10:15 a.m.**<br>Step<br>*Jennifer* | **10:00 a.m.**<br>Spinning<br>*Jennifer* |
| **10:00 a.m.**<br>Have a Ball!-Senior Class<br>*Marilyn* | **11:00 a.m.**<br>Zumba<br>*Huayla* | **11:00 a.m.**<br>Brazilian Sculpt<br>*Marquinho* | **11:00 a.m.**<br>Zumba<br>*Huayla* | **11:00 a.m.**<br>Brazilian Sculpt<br>*Marquinho* | **11:15 a.m.**<br>Zumba<br>*Huayla* | |
| **11:00 a.m.**<br>Spinning<br>*Marqinho* | **6:00 p.m.**<br>"The Ride" Spinning<br>*Arturo* | **5:45 p.m.**<br>Zumba<br>*Huayla* | **6:00 p.m.**<br>"The Ride" Spinning<br>*Arturo* | **5:45 p.m.**<br>Zumba<br>*Huayla* | | |
| **5:45 p.m.**<br>Zumba<br>*Huayla* | **7:00 p.m.**<br>Brazilian Sculpt<br>*Marquinho* | **6:45 p.m.**<br>Spinning<br>*Marilyn* | **7:00 p.m.**<br>Brazilian Sculpt<br>*Marquinho* | **6:45 p.m.**<br>Spinning<br>*Marilyn* | | |
| **6:45 p.m.**<br>Spinning<br>*Marilyn* | **8:00 p.m.**<br>Teen Kickboxing<br>*Alan* | | **8:00 p.m.**<br>Teen Yoga<br>*Kerstin* | | | |

## ARTS & CRAFTS

### Creative Jewelry Design

Learn pattern design techniques, including stringing, knotting, wire twisting, weaving and repair techniques. No previous experience is necessary. An additional materials fee may be required.

| | |
|---|---|
| **Days** | Mondays |
| **Time** | 6:30-8:30 p.m. |
| **Days** | Wednesdays |
| **Time** | 10:15 a.m.-12:15 p.m. |
| **Location** | Second Floor Lounge |
| **Session** | Ongoing |
| **Instructor** | Judi Kosle |
| **Fee** | $10 per class |

### Painting with Tony Coro

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

| | |
|---|---|
| **Days** | Tuesdays |
| **Time** | 10:15 a.m.-12:15 p.m. |
| **Location** | Art Studio |
| **Session 1** | August 23-September 27 |
| **Session 2** | October 4-November 8 |
| **Session 3** | November 15-December 20 |
| **Instructor** | Antonio Coro |
| **Member Fee** | $50 |
| **Non-Member Fee** | $60 |

### Chinese Brush Painting

Learn Chinese brush painting from an instructor who has studied with internationally known artists Chow Chian Chiu and wife Chow Leung Chen-Ying. A materials list is available at the front desk.

| | |
|---|---|
| **Days** | Mondays |
| **Time** | 10:15 a.m.-12:15 p.m. |
| **Location** | Art Studio |
| **Session 1** | August 22-October 3 (no class on Sep. 5) |
| **Session 2** | October 10-November 14 |
| **Session 3** | November 21-December 19 (pro-rated session) |
| **Member Fee** | $50 |
| **Non-Member Fee** | $60 |

### Pottery for Adults

Get your hands dirty! Learn to work with clay with an experienced instructor. Create functional and decorative ceramic pieces, renew old skills or gain new ones. Students may bring their own project or one will be provided. Potters of all levels are welcomed. Materials not included in the class fee.

| | |
|---|---|
| **Days** | Wednesdays |
| **Time** | 10:00 a.m.-12:00 noon |
| **Location** | Art Studio |
| **Session 1** | September 7-28 |
| **Session 2** | October 5-26 |
| **Session 3** | November 2-30 |
| **Instructor** | Laura Marmol |
| **Member Fee** | $100/session or $30/class |
| **Non-Member Fee** | $120/session or $36/class |

## COMPUTER CLASSES

### Intro to Computers (Beginners)

For true beginners only! This class is designed for those who need to learn computer basics such as using a mouse, icons, start-up menus and much more.

| | |
|---|---|
| **Days** | Tuesdays |
| **Time** | 10:00 a.m.-12:00 noon |
| **Location** | Computer lab |
| **Session 1** | September 20-October 11 |
| **Session 2** | October 18-November 8 |
| **Instructor** | George Zaleta |
| **Member Fee** | $80 |
| **Non-Member Fee** | $96 |

### E-mail and Internet (Beginners)

This basic course is for Internet beginners who already know how to use a computer (keyboard, mouse, etc.). Learn how to connect to and explore the Internet, and how to find information with a mere click of the mouse.

| | |
|---|---|
| **Days** | Tuesdays |
| **Time** | 1:00 p.m.-2:30 p.m. |
| **Location** | Computer lab |
| **Session 1** | September 20-October 11 |
| **Session 2** | October 18-November 8 |
| **Instructor** | George Zaleta |
| **Member Fee** | $60 |
| **Non-Member Fee** | $72 |

*Name*
Angelica Jenkins Lopez

*How long have you lived on the Key?*
12 years

*Profession*
I just retired from the teaching profession after 25 years (I used to teach Spanish and 2nd grade math)

*Originally from*
Cuba

*Hobbies*
Going to the beach, reading, swimming and spending time with my grandchildren

*Favorite activities at the Community Center*
Body sculpting and Zumba classes

# Adult and Senior Programs

## BRIDGE CLASSES

Whether you need to learn the basics or simply want to brush up on your knowledge of the card game—these classes have it all!

| | |
|---|---|
| **Days** | Tuesdays |
| **Location** | Adult Lounge |
| **Session** | October 11-November 15 |

**Intermediate Bridge**

Play of the Hand/Bidding/Supervised Play (requires instructor approval)

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

Play of the Hand/Bidding/Supervised Play

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

**Bridge for Beginners**

| | |
|---|---|
| **Time** | 7:00-8:00 p.m. |
| **Member Fee** | $65 |
| **Non-Member Fee** | $75 |

### Duplicate Bridge Game

Join us for an afternoon of Duplicate Bridge every Wednesday. Call Judy Reinach for details at 305-361-9562.

| | | | |
|---|---|---|---|
| **Days** | Wednesdays | **Sessions** | Ongoing |
| **Time** | 12:30 p.m. | **Instructor** | Judy Reinach |
| **Location** | Island Room | | |

## FREE PARENTING GROUP

In conjunction with the University of Miami, the Families First Network will be providing free parenting groups for parents of children ages 1 to 5 years at the Community Center. This is an incredible opportunity to learn from University of Miami parenting specialists at no cost! Snacks and refreshments will be provided. For more information, call 305-243-8425 or e-mail FamiliesFirst@med.miami.edu. There is no charge for this program but pre-registration is required.

### Strengthening Families and Communities Overview

For parents of children 1 to 5 years of age. Classes meet once a week for 12 weeks. Discuss and learn ways to help children identify and express their feelings, improve children's behavior, teach children to handle anger and sadness.

| | |
|---|---|
| **Day** | Tuesdays |
| **Time** | 10:00 a.m.-12:00 p.m. |
| **Time** | Wesnesdays |
| **Time** | 7:00-9:00 p.m. |
| **Session** | August 30-November 16 |
| **Fee** | Free |

## PERFORMING ARTS

### Tango NEW!

Learn the foundations of tango (including opening, walking, frame and basic step) from an internationally renowned dance instructor. In addition to the steps, students will be introduced to the world of tango and learn the customs and atmosphere of milongas (dances). As the classes progress, more advanced steps will be introduced. Each monthly session will conclude with a mini-milonga to allow students to show off what they've learned and practice the Argentinian milonga traditions.

| | |
|---|---|
| **Day** | Wednesdays |
| **Time** | 8:00-9:00 p.m. |
| **Location** | Dance Studio |
| **Sessions** | 4-week sessions begin September 7 |
| **Instructor** | Claudio Ponce |
| **Member Fee** | $60 |
| **Non-Member Fee** | $72 |

### Salsa Lessons

Learn salsa the fun, easy and affordable way! Rather than teaching complicated dance patterns, seasoned instructors will patiently and kindly teach you the tools to learn salsa or broaden your skills. In addition to being fun, dancing salsa is an excellent way to exercise and meet new people. All levels are welcome. Great for couples or singles.

| | |
|---|---|
| **Days** | Mondays |
| **Time** | 8:00-9:00 p.m. |
| **Location** | Dance Studio |
| **Sessions** | Ongoing |
| **Instructor** | Kim Lantz |
| **Member Fee** | $15 per class |
| **Non-Member Fee** | $18 per class |

## Flamenco

Join Carmen Rubio, renowned dancer and graduate of the Royal Conservatory of Madrid, and take advantage of this unique opportunity to learn the classic sevillanas and flamenco without leaving the Key.

| | |
|---|---|
| **Days** | Mondays |
| **Time** | 12:00-1:00 p.m. |
| **Location** | Dance Studio |
| **Session 1** | September 12-October 3 (no class on Sep. 5) |
| **Session 2** | October 10-31 |
| **Session 3** | November 7-28 |
| **Instructor** | Carmen Rubio |
| **Member Fee** | $108 |
| **Non-Member Fee** | $132 |

# LANGUAGE CLASSES

## Spanish for Beginners

Learn to tell time, make simple requests, register at a hotel and conduct a basic conversation. Acquire vocabulary for work, home and social purposes.

| | |
|---|---|
| **Days** | Mondays and Wednesdays |
| **Time** | 9:00-11:00 a.m. |
| **Location** | Computer Room |
| **Session 1** | September 12-October 5 |
| **Session 2** | October 10-November 2 |
| **Instructor** | Cristina Medina |
| **Member Fee** | $100 |
| **Non-Member Fee** | $120 |

## Intermediate Spanish

Students in this class will continue to acquire new vocabulary to be able to make simple requests and conduct a basic conversation in Spanish.

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 9:00-11:00 a.m. |
| **Location** | Computer Room |
| **Session 1** | September 13-October 6 |
| **Session 2** | October 11-November 3 |
| **Instructor** | Cristina Medina |
| **Member Fee** | $100 |
| **Non-Member Fee** | $120 |

## Conversational Spanish

These semi-private, self-contained classes integrate students' development of grammar and vocabulary skills through topics that begin with the immediate world of the student and progress to the world at large. Students must possess basic language skills in Spanish to take the class. Must have a minimum of 3 students for class to take place.

| | |
|---|---|
| **Days** | Mondays and Wednesdays |
| **Time** | 11:00 a.m.-12:30 p.m. |
| **Location** | Computer Room |
| **Session 1** | August 22-September 19 (no class on Sep. 5) |
| **Session 2** | September 21-October 17 |
| **Session 3** | October 19-November 14 |
| **Session 4** | November 16-December 14 |
| **Instructor** | Lupita Alvarez |
| **Member Fee** | $162 |
| **Non-Member Fee** | $195 |

## 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. Must have a minimum of 3 students for class to take place.

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 11:00 a.m.-12:30 p.m. |
| **Location** | Computer Room |
| **Session 1** | August 23-September15 |
| **Session 2** | September 20-October 13 |
| **Session 3** | October 18-November 10 |
| **Session 4** | November 15-December 13 (no class on Nov. 24) |
| **Instructor** | Lupita Alvarez |
| **Member Fee** | $162 |
| **Non-Member Fee** | $195 |

*Name*
Victor Meira

*How long have you lived on the Key?*
3 years

*Profession*
Race car driver

*Originally from*
Brazil

*Hobbies*
Triathlete

*Favorite activities at the Community Center*
Going to the gym and swimming in the pool

# Adult and Senior Programs – 50+ Corner

## MONTHLY PROGRAMS

### 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** | Adult Lounge |
| **Fee** | Free |

### Card Games and More

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

| | |
|---|---|
| **Days** | Tuesdays and Thursdays |
| **Time** | 1:00-4:00 p.m. |
| **Location** | Adult Lounge |
| **Fee** | Free |

### Birthday Bunch Lunch

Adults 50 and up 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 Community Foundation and the Active Seniors on the Key (A.S.K.) Club.

| | |
|---|---|
| **Dates** | Thursdays: September 8 and October 13 |
| **Time** | 12:00 noon |
| **Location** | Island Room |
| **Fee** | $5 |

### Lunch with an Author

Join us every month on the third Thursday for lunch with a different author as they discuss their latest works and sign copies of their books.

| | |
|---|---|
| **Days** | Thursdays |
| **Dates** | September 15: Henry Greenfield's *The Rabbi's Girl*<br>October 20: Jnita Wright's *Crayola Psychology* |
| **Location** | Island Room |
| **Time** | 12:00 noon |
| **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** | Wednesdays: September 28, October 26, November 30, December 28 |
| **Time** | 9:30 a.m.-12:00 noon |
| **Location** | Second Floor |
| **Fee** | Free |

## COMMUNITY CENTER CINEMA

Join us for a free viewing of recently released films on Thursdays in the Island Room.

### Matinees at 1:30 p.m.

| | |
|---|---|
| **Dates** | September 1, 8, 15, 22, 29<br>October 6, 13, 20, 27<br>November 3, 10, 17<br>December 1, 8, 15, 22, 29 |

## SPECIAL EVENTS

### Florida Licensing On Wheels - By Appointment Only

Driver license examiners will be on hand to renew or issue replacements or duplicates of your driver's license and vehicle registration, issue new or replacement identification cards, complete out-of-state driver's license transfers and provide handicap decals. Call 305-365-8953 for appointments and information on needed documentation. *Note: Renewals can be completed up to18 months in advance of expiration date.*

| | |
|---|---|
| **Dates** | TBA |
| **Time** | 10:00 a.m.-3:00 p.m. |
| **Location** | Adult Lounge |

### Annual Flu Clinic

The best way to avoid getting the flu is to get a flu shot every year. Call 305-365-8953 for pricing information.

| | |
|---|---|
| **Date** | Tuesday, September 27 |
| **Time** | 11:00 a.m.-4:00 p.m. |
| **Location** | Island Room |

### AARP Driver Safety Program

Take the eight-hour classroom refresher course especially designed for drivers age 55 and over and qualify for auto insurance discounts.

| | |
|---|---|
| **Date** | Friday, November 4 |
| **Time** | 9:00 a.m.-3:00 p.m. |
| **Location** | Adult Lounge |
| **Fee** | $12 for AARP Members/<br>$14 for Non-Members |

## ANNUAL HOLIDAY LUNCHEONS

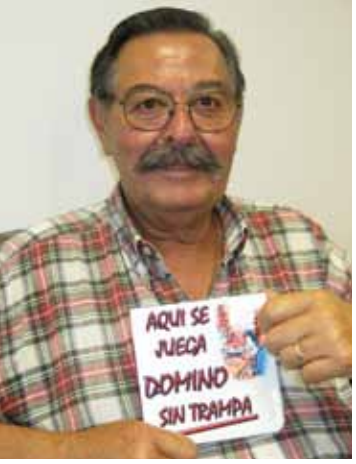
The Village of Key Biscayne and your friends from the A.S.K. Club invite you to celebrate the spirit of the season at the Community Center. There will be lots of food, fun, music and much more. All proceeds will benefit local, Miami-area charities.

### *Giving Thanks* Thanksgiving Luncheon

| | |
|---|---|
| **Date** | Thursday, November 17 |
| **Time** | 12:00 noon |
| **Location** | Island Room |
| **Fee** | $5 (suggested donation) |

### *Season's Greetings* Holiday Luncheon

| | |
|---|---|
| **Date** | Thursday, December 15 |
| **Time** | 12:00 noon |
| **Location** | Island Room |
| **Fee** | $5 (suggested donation) |




*Name*
Nicolas Valls

*Originally from*
Cuba

*How long have you lived on the Key?*
Since 1990. I came from Cuba in 1960. Once in the U.S. I lived in various cities including New Orleans, Baton Rouge, Washington, D.C., New York City, Rio de Janeiro, Quito, Connecticut, Caracas, and then New York again before returning to Miami.

*Profession*
I have a master's in international business. I worked for IBM for 25 years and then after that I worked for an additional 10 years as a partner in a South Florida technology company.

*Hobbies*
I used to play tennis (before my knee injury) but now I play dominoes. I am also president of a condo association.

*Favorite activity at the Community Center*
Playing dominoes

## TRIPS & TOURS

### Pelican Harbor Seabird Station and Lunch at Shucker's

Join us on our visit to Pelican Harbor Seabird Station (PHSS), a non-profit organization dedicated to the rescue, rehabilitation and release of sick, injured and orphaned wildlife in and around Miami's Biscayne Bay. Founded in 1980 for the purpose of caring for injured brown pelicans, PHSS has grown into a nationally and internationally recognized center for seabird rehabilitation, in addition to mammals and reptiles. The tour will be followed by lunch. Although admission is free, a $5 per person donation will be made.

**Date** Friday, September 9
**Time** 10:00 a.m.
**Fee** $10

### Bal Harbour Shops

If you're looking for some high-class shopping, there are few places in the world that can compare to Bal Harbour Shops. Located on Collins Avenue in Bal Harbour, stores include Tiffany & Co, Prada, Saks Fifth Avenue and Neiman Marcus. Shop, eat and enjoy a marvelous day!

**Date** Friday, September 23
**Time** 9:30 a.m.
**Fee** $5

### The Village at Gulfstream Park

The Village at Gulfstream Park is South Florida's newest outdoor shopping and entertainment destination, featuring a sizzling collection of fashion boutiques, home accessory shops, signature restaurants and outdoor cafes. The Village at Gulfstream Park is located adjacent to the legendary Gulfstream Park Racetrack and Casino, with its state-of-the-art clubhouse and an elegant and exciting casino. Plan for a day of fabulous shopping, incredible food and fun.

**Date** Friday, October 7
**Time** 9:30 a.m.
**Fee** $5

### Miami City Ballet–Program I

Program I opens the season with 4 compelling ballets that range from classic to contemporary: George Balanchine's exuberant American classic *Square Dance;* Jerome Robbins' *Afternoon of a Faun,* a riveting duet between a young man and his reflection in a mirror; Christopher Wheeldon's *Liturgy,* an intensely sensual and haunting pas de deux; and *In the Upper Room,* Twyla Tharp's explosive, signature masterwork.

**Date** Friday, October 21
**Time** TBA
**Fee** $TBA (NRT)

### *Tricks and Treats* by the New World Symphony

These shorter, no intermission performances captivate the audience in the intimate surroundings of the New World Center's acclaimed concert hall.

**Date** Friday, October 28
**Time** 6:15 p.m.
**Fee** $TBA (NRT)

## Florida Grand Opera's *Luisa Fernanda* at the Adrienne Arsht Center

Florida Grand Opera presents its first zarzuela, Federico Moreno Torroba's *Luisa Fernanda.* Zarzuela, a popular Spanish form of musical theater, incorporates both spoken dialogue and singing. *Luisa Fernanda,* which had its premiere in Madrid in 1932, is considered to be the last great romantic zarzuela. The production originates from Madrid's Teatro Real and will be conducted by Pablo Mielgo and directed by Emilio Sagi.

| | |
|---|---|
| **Date** | Tuesday, November 15 |
| **Time** | 6:30 p.m. (curtain at 8:00 p.m.) |
| **Fee** | $ TBA **(NRT)** |

## Sawgrass Mills Mall

Join us as we head out to Sawgrass Mills, one of Florida's largest retail and entertainment centers, featuring more than 300 name-brand stores and outlets, full-service restaurants, cinemas and high-quality venues.

| | |
|---|---|
| **Date** | Wednesday, November 30 |
| **Time** | 9:30 a.m. |
| **Fee** | $5 |

## Festival Flea Market on Sample

Take a trip with us to a one-of-a-kind, multi-merchant marketplace filled with a diverse selection of merchandise ranging from the ordinary to the extraordinary… and all in air-conditioned comfort.

| | |
|---|---|
| **Date** | Wednesday, December 7 |
| **Time** | 9:30 a.m. |
| **Fee** | $5 |

## Costume World Broadway Museum

The Broadway Collection houses the most extensive and valuable wardrobe of costumes and accessories from more than 35 original Broadway musicals that include *The King & I, Fiddler on the Roof, Camelot, Once Upon a Mattress* and *42nd Street,* as well as an extensive exhibition of Broadway and film memorabilia. Your guided tour is presented in a fully interactive environment where the visitor is embraced by the theatrical experience and wrapped up in its rich history. Lunch and entertainment following the tour at their recreation of the famed Tavern on the Green. Trip fee includes tour, lunch, entertainment and transportation. A minimum of 25 participants is required for this trip.

| | |
|---|---|
| **Date** | Friday, December 16 |
| **Time** | 10:00 a.m. |
| **Fee** | $42 **(NRT)** |

### Non-Refundable Trip (NRT)

These trips require the advanced purchase of tickets. Full payment is due at time of registration and cannot be credited or refunded unless a replacement from the waiting list is available. Tickets are transferable.

### Evening Trips Drop-Off Service

For trips that take place in the evening, transportation directly to your home at the end of the night is available at no extra charge. Please call 305-365-8953 to make arrangements.

## SENIOR TRANSPORTATION PROGRAM

The Village of Key Biscayne offers free, local island transportation to pre-registered senior residents of Key Biscayne. Seniors must be 60 years of age or older, full or part-time residents of Key Biscayne and pre-registered with Roxy Lohuis-Tejeda, Senior and Adult Programs Coordinator. Exceptions will be made for home health aides, nurses and other qualified personnel caring and assisting the registered user. This service is provided on Tuesdays, Wednesdays and Thursdays between 9:00 a.m. and 3:00 p.m. All passengers must be ready and waiting for pick up. The driver will wait only five minutes.

*To schedule a pick-up or for more information, please contact Roxy Lohuis-Tejeda at 305-365-8953 at least 24 hours in advance.*

# Special Events/Important Dates

Participants in the annual Lighthouse Run

*Photo courtesy of Kiko Ricote*

## Village of Key Biscayne 20th Anniversary Celebration

**Date** Saturday and Sunday, October 22 and 23
**Time** TBA
**Location** TBA

## Lighthouse Run

**Date** Saturday, November 12
**Time** 7:00 a.m.
**Location** Bill Baggs Cape Florida State Park

## Thanksgiving Day

**Date** Thursday, November 24

*Community Center is closed*

## Winterfest Eve

**Date** Saturday, December 3
**Time** 6:00-10:00 p.m.
**Location** Village Green

## Winterfest

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

## Winterfest Boat Parade

**Date** TBA
**Time** 6:00-8:30 p.m.
**Location** "No Name Harbor" in Bill Baggs Cape Florida State Park
**Fee** Free Admission

## Movies on the Green

**Date** Friday, December 16
**Time** 7:00 p.m.
**Location** Village Green

## Christmas Eve

**Date** Saturday, December 24

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

## Christmas Day

**Date** Sunday, December 25

*Community Center is closed*

## New Year's Eve

**Date** Saturday, December 31

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

## New Year's Day

**Date** Sunday, January 1

*Community Center is closed*

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**

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