



ACTIVE islander

WINTER/SPRING
2009

VILLAGE OF KEY BISCAIYNE COMMUNITY CENTER



Reach New Heights

Tackle a new sport or expand your mind with our countless classes and programs for all ages.

OLYMPUS ORCHESTRA, PAGE 7

YOUTH AND TEENS, PAGE 12

NEW YOGA PROGRAM, PAGE 20

Table of Contents

- | | |
|--|--|
| 3 Message from the Village Manager | 10 Swim Kids Swimming School |
| 4 Become a Member | 11 Team Key Aquatics |
| 5 Hours of Operation | 12 Youth and Teen Programs |
| 6 Rules and Regulations | 21 Fitness Classes and Programs |
| 7 Olympus Orchestra of Key Biscayne | 25 Adult and Senior Programs |
| 8 Broadway Musical Theatre | 36 Special Events/Important Dates |



Village Officials

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

Front cover photo: Kiko Ricote

Get in shape on the Village Green!



Did you know that walking or running two laps around the Village Green equals one mile? Take advantage of your community park to help you achieve a healthy lifestyle.

Message from the Village Manager

Dear Islanders:

In an effort to continually improve our state-of-the-art Community Center, we have embarked on a number of facility improvements, as well as expanded our course offerings through new and exciting programming.

The Island Room has received a face lift, making it a more versatile space for a wide range of programs. We have removed the carpet and replaced it with a wooden dance floor, which will improve the room's flexibility of use. It now is more conducive for some additional classes—such as dance, yoga, and kickboxing.

To make the room even more multi-purpose, carpet tiles have been purchased, which can be placed over the wood floor, quickly transforming it into the perfect venue for many special events and gatherings such as parties and recitals.

We soon will be adding a second elevator to the Community Center as well. Such an addition will improve the building's security and ensure all residents can access the second floor in the event the first, original elevator is out of service.

As you might have noticed, we have added many new classes to our already long list of course offerings.

We've expanded our yoga program with the addition of yoga and meditation classes from Vero Yoga and Co.

Six new Apple computers have been added to our computer lab in addition to our 18 PCs. These new computers are equipped with kid-friendly software and fill a need for those who prefer to work and play on a Mac rather than the standard PC. New Mac computer classes are available for those interested in learning more about the Mac and how to use it.

With the holidays upon us, the Community Center is a great place to gather with family and friends. Check out the Special Events/Important Dates page for a list of fun events, such as Movies on the Green scheduled for Friday, December 26.

We value your suggestions and feedback so we can continue to deliver quality programming and maintain a facility that exceeds your expectations. Our goal is to provide a great experience each and every time you visit the Community Center.

Genaro "Chip" Iglesias
Village Manager



"We have embarked on a number of facility improvements as well as expanded our course offerings through new and exciting programming."

Important Phone Numbers

Village General Information.....305-365-5511
Village Manager's Office.....305-365-5500
Village Clerk.....305-365-5506
Building, Zoning, and Planning305-365-5512
Fire Rescue305-365-8989
Police (non-emergency)305-365-5555
Police Department Administration305-365-8913
Public Works305-365-8945
Zoning Information305-365-5502
Code Enforcement305-365-8917
Occupational Licenses305-365-8917
Community Center305-365-8900

Parks and Recreation305-365-8901
Senior Services/
Transportation.....305-365-8953
Property Tax Collector305-270-4916
Voter Registration305-365-4600
Chamber of Commerce.....305-361-5207
Bill Baggs State Park.....305-361-5811
Crandon Park305-361-5421
Sea Turtle Information305-361-5761
Manatee Hotline800-342-5367
Wildlife Rehabilitation305-248-0947
Mosquito Control305-592-1186
Pesky Critters.....305-255-7296
Humane Animal Removal305-232-1100

Voter Information.....305-375-5553
Water and Sewer Department305-665-7471
Water and Senior Aircraft Noise Hotline Miami-Dade County Phone305-876-7526
Emergency Ride Home Phone800-234-7433



Become a Member

Interested in becoming a member of the 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 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 who is 18 or younger.

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

Student—Any individual who is 25 or under can apply for the student membership with proof of current school enrollment.

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

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

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

Cancellation/Refund Policy

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

Membership Categories

Category	Daily Resident	Daily Guest	Monthly	Yearly
Adults	\$9	\$13	\$55	\$300
Youth (18 & under)	\$6	\$9	\$22	\$130
Senior (65+)	\$6	\$9	\$30	\$200
Student (25 & under)	\$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.

Hours of Operation

General Hours of Operation

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

Pool Hours

(unless otherwise posted for classes and special programs)

Monday - Friday 6:15 a.m. to 7:45 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 p.m.
(for children under the age of six)

3:00 p.m. to 8:00 p.m.
Saturday and Sunday 9:00 a.m. to 8:00 p.m.

Access may be limited during special events or parties.

Computer Lab

Monday - Friday 9:00 a.m. to 3:00 p.m.
(adults only)

4:00 p.m. to 8:00 p.m.
(all ages)

(opens at 3:00 p.m. on Wednesdays)

Saturday and Sunday 12:00 p.m. to 6:00 p.m.
(all ages)

Gymnasium

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

Adult Basketball

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

Indoor Soccer

Tuesday 8:00 p.m. to 9:00 p.m.
(ages 30 and up)

9:00 p.m. to 10:00 p.m.
(ages 15 to 30)

Sunday 10:00 a.m. to 12:00 noon
(all ages)



Rules and Regulations

Key Biscayne Community Center Policies

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

Code of Conduct

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

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

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

Guest Policy

- Guests must be accompanied at all times by a Key Biscayne resident who has purchased a yearly, monthly or daily membership.
- Guests must register at the front desk and must purchase a guest pass.
- Guest passes are non-refundable.
- A maximum of two guests per member can be brought per day, unless special arrangements are made in advance.

Toddler Room Drop-In Care Policies

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

Toddler Room Drop-In Care Hours of Operation

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

- A guest may attend the Community Center a maximum of 12 times per calendar year.
- A guest may register for a class or activity provided space is available the day of the class.
- Members are responsible for the conduct of their guests, including supervision of children. Members will be responsible for any damage to equipment or facilities caused by their guests.
- A member who brings a guest who is disruptive and/or breaks the code of conduct may be subject to losing any and all privileges.

Refund Policy

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

Olympus Orchestra of Key Biscayne

This unique and successful music program, for children three to 17 years of age and their parents, is based on a revolutionary and internationally known orchestra method that allows children who have no music experience to play and read music from the first day of class. The program is sponsored by the Olympus Foundation of the Americas.

Session 1	January 5-30
Session 2	February 2-27
Session 3	March 2-30
Session 4	April 1-29
Member Fee	\$300 per month
Non-Member Fee	\$350 per month
Annual Registration Fee	\$150 (Payable by check to Olympus Foundation of the Americas. Valid for 12 months.)

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

ORCHESTRA LEVELS

Piccolo Chamber Orchestra

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

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

Vivace Chamber Orchestra

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

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

Youth and Teen Orchestra

Children with musical experience or background constitute this group. These students already have defined what instrument to play in the orchestra: percussion, strings (violins, violas, cellos, double basses), brass winds (flutes, piccolos, trumpets, trombone, tubas), or woodwinds (clarinet, oboe, bassoon). This orchestra also is open to students from other music schools or programs. Note: All students must audition before enrolling at this level.

Days	Mondays and Fridays
Time	6:30-8:30 p.m.
Location	Island Room

Parents' Orchestra

All levels are welcome. The goal of this program is to offer parents/adults the opportunity of sharing their love of music with their children, and at the same time helping them as they progress in their musical knowledge and ability. This program is also open to parents who do not have children in our program.

Days	Wednesdays
Time	6:30-8:30 p.m.
Location	Key Biscayne Room



For more information about orchestra programs, contact Amarylli Fridegotto, Founder and Director, at amarylli@gmail.com.

Broadway Musical Theatre Program



Broadway Musical Theatre is a dynamic cultural organization that focuses on developing highly motivated performers in the many facets of musical theatre. The organization is strongly committed to developing talent and providing it with a platform from which aspiring performers may develop their abilities. We provide talented and highly motivated individuals with a scarce resource—time on stage. In extending the opportunity to highly talented children and adults to display their work on such a platform, we are proud to bring the artistic talents of Key Biscayne to life and at the same time present Broadway's most famous productions. Please visit www.broadwaymusicaltheatre.com for updates and additional information.

Broadway Classes are based on the interplay between the various elements of musical theater where participants learn to dance, act, and sing. Each class will consist of the technical aspects of ballet, jazz, tap, and improvisation to learn the various styles and choreographies of Broadway's most famous musicals. It is through this interplay that the students will learn to successfully interpret some of Broadway's most memorable musicals. The program will conclude with a live theatrical performance in May 2009 at Ransom Everglades.

Session Dates January 19-May 16
Instructor Angelica Torres and Workshop Instructors

Location Dance Studio

Member Fee \$490
Non-Member Fee \$575

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

Broadway Group 1

Ages 4 years
Days Tuesdays and Thursdays
Time 3:30-4:15 p.m.

Broadway Group 2

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

Broadway Group 3

Ages 6 years
Days Tuesdays and Thursdays
Time 4:30-5:30 p.m.

Broadway Group 4

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

Broadway Group 5

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

Broadway Musical Theatre Advanced

The class is an intensive course where the students already have experience in singing, dancing, and acting. Students need to be very strong in at least two of these areas. Classes meet two days a week plus weekends. Students need to be available on weekends for rehearsals and workshops.

*These groups are only for participants approved by the instructor.

Session Dates January 19-May 16
Instructor Angelica Torres and Workshop Instructors

Location Dance Studio

Broadway Advanced I (Group 6*)

Ages 7-9 years
Days Wednesdays
Time 3:15-4:30 p.m.
Days Saturdays
Time 12:00-1:00 p.m.

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

Member Fee \$500
Non-Member Fee \$585

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

Broadway Musical Theatre Program

Broadway Advanced II (Group 7*)

Ages	10 years and up
Days	Mondays
Time	4:30-5:30 p.m.
Days	Saturdays
Time	1:00-2:15 p.m.

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

Member Fee	\$550
Non-Member Fee	\$640

Broadway Voice

The latest and greatest songs from Broadway are used in this class to teach singing technique. Participants use songs from Broadway's most famous musicals to learn the basics of solfege (just think do-re-mi), proper vocal technique in regards to breath support and vowel formation, and sight-reading skills. Basic vocal techniques will include positive breathing habits, posture, diction, phrasing, and interpretation of song literature. Build confidence in your singing and yourself. Class meets once a week.

Session 1	January 26-March 14
Session 2	March 26-May 9

Member Fee	\$140
Non-Member Fee	\$158

Ages	6-8 years
Days	Thursdays
Time	3:30-4:30 p.m.

Location	Island Room
Instructor	Anthony Campisi

Ages	9 and up
Days	Thursdays
Time	5:00-6:00 p.m.

Location	Island Room
Instructor	Anthony Campisi

or

Ages	6-8 years
Days	Fridays
Time	4:30-5:30 p.m.

Location	Island Room
Instructor	Annette Navarro

Ages	9 and up
Days	Fridays
Time	5:30-6:30 p.m.

Location	Island Room
Instructor	Annette Navarro

or

Ages	9 and up
Days	Saturdays
Time	12:00-1:00 p.m.

Location	Key Biscayne Room
Instructor	Anthony Campisi

Ages	6-8 years
Days	Saturdays
Time	1:00-2:00 p.m.

Location	Key Biscayne Room
Instructor	Anthony Campisi

Broadway Musical Dance for Moms

This class is back by popular demand! This is an open call for all the beautiful mummies from Key Biscayne 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 Moms family.

Session	February 4-May 6
Days	Wednesdays
Time	12:00-1:15 p.m.

Location	Dance Studio
Instructor	Angelica Torres

Member Fee	\$200
Non-Member Fee	\$240



Swim Kids Swimming School



Session Begins January 5

Parents & Me

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

Ages	4-24 months
Days	Saturdays
Time	10:45-11:15 a.m.

Turtles

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

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

Jellyfish

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

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

Dolphins

Typically, children within this age group welcome new challenges. The emphasis at this level will be on timing and swimming strokes.

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

Sharks

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

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

Sea Lions

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

Ages	18 and up
Days	Mondays and Thursdays
Time	4:00-4:45 p.m.
Days	Saturdays
Time	12:15-1:00 p.m.

Fees

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

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

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

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

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

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

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

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

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

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

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

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

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

Member Fee	\$140
Non-Member Fee	\$172

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

Necessary Equipment

Bathing suit, bathing cap, and goggles.

Make-Up Policy

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

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

Team Key Aquatics

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

TRAINING PROGRAMS AND SCHEDULES 2009

Winter Season begins January 5

Sub-Jo

Sub-Jo swimmers are relatively new to swimming as a competitive sport. Sub-Jo athletes enjoy swimming and competing and are interested in improving their swim times.

Beginner Sub-Jo

Developmental training with lots of stroke drills is reinforced at this level. Training sets also will be introduced in this program.

Days	Tuesdays and Thursdays
Time	3:30-4:30 p.m.

Intermediate Sub-Jo Crew

Interval training and stroke drills will continue at this level with an added emphasis on speed development.

Days	Tuesdays and Thursdays
Time	4:45-6:00 p.m.
Days	Saturdays
Time	8:15-9:45 a.m.

Advanced Sub-Jo Crew

Proper stroke technique is emphasized as well as speed work, interval training, and aerobic conditioning. Dry-land exercise and race strategy also are introduced. This group represents our top age group level.

Days	Mondays, Wednesdays, and Fridays
Time	3:30-5:00 p.m.

Jo Crew

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

Days	Mondays, Wednesdays, and Fridays
Time	5:00-6:30 a.m.
Days	Mondays, Wednesdays, and Fridays
Time	5:15-7:45 p.m.
Days	Tuesdays and Thursdays
Time	5:15-8:15 p.m.
Days	Saturdays
Time	10:00 a.m.-12:00 p.m.

TKA Masters

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

Days	Mondays, Wednesdays, and Fridays
Time	6:15-7:15 a.m. or 7:45-8:45 p.m. <i>(led by Coach Julio Fuentes)</i>
Days	Tuesdays and Thursdays
Time	9:00-10:15 a.m. <i>(led by Coach Iggy and Coach Gaby Larrea)</i>

Tuition Fees

Beginner Sub-Jo (4 weeks/8 practices)

Member Fee	\$100
Non-Member Fee	\$120

Intermediate and Advanced Sub-Jo (4 weeks/12 practices)

Member Fee	\$150
Non-Member Fee	\$180

Jo Crew (4 weeks/32 practices)

Member Fee	\$150
Non-Member Fee	\$180

TKA Masters (Fuentes-4 weeks/12 practices)

Member Fee	\$150
Non-Member Fee	\$180 (4 weeks/12 practices)

TKA Masters (Larrea-4 weeks/8 practices)

Member Fee	\$100
Non-Member Fee	\$120

Note: Practice days and times are subject to change.

Interested in joining Team Key Aquatics?

Contact Coach Iggy at 305-858-7339 prior to registering.



Youth & Teen Programs



NEW!

Kids Make Music

Kids Make Music offers your child the chance to make music just for the fun of it! Experience, explore, and create possibilities in a non-stressful, non-performance oriented environment. Your kids will discover themselves as music makers, finding a chance to self and group expression with just a little help. There are three different age levels for children 2 to 8 years of age.

Ages 2-3 years
Days Mondays
Time 10:00-10:45 a.m.
Location Game Room

Ages 6-8 years
Days Tuesdays
Time 3:30-4:15 p.m.
Location Arts and Crafts Room

Ages 4-5 years
Days Thursdays
Time 3:30-4:15 p.m.
Location Arts and Crafts Room

Session 1 January 5-February 12
Session 2 February 16-March 26
Session 3 March 30-May 7
Instructor Angeles Padilla

Member Fee \$90 per class
Non-Member Fee \$120 per class

NEW!

Little Hands Food Creations

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

Ages 4-6 and 7-9 years
Days Tuesdays
Time 2:15-3:15 p.m. (ages 4-6)
Time 3:15-4:15 p.m. (ages 7-9)
Location: Key Biscayne Room

Session 1 January 6-January 27
Session 2 February 3-February 24
Session 3 March 3-March 24
Session 4 March 31-April 21
Instructor Tania Beck

Member Fee \$90
Non-Member Fee \$108

NEW!

Balloon Art Class

Create your own unique balloon art with the famous Russian Queen of Balloons, Irina! All ages are welcome to join this new class.

Ages 6 and up
Days Fridays
Time 4:00-5:00 p.m.
Location Second Floor Lounge

Session Ongoing (begins January 9)
Instructor Irina Patterson

Member Fee \$10 per class
Non-Member Fee \$12 per class

NEW!

Art History and Painting

From da Vinci and Van Gogh, to the impressionist Monet and the cubist Picasso, this class will explore all the major artistic currents through painting and creating, as well as fun activities and entertaining lessons. Students will need four canvases, an acrylic paint set, and a brush set. These materials may be purchased from the instructor at an additional charge.

Ages 5-13 years
Days Mondays
Time 3:15-4:15 pm (ages 5-7)
Days Wednesdays
Time 3:15-4:15 p.m. (ages 8-13)
Location Arts and Crafts Room

Session 1 January 5-January 28
Session 2 February 2-February 25
Session 3 March 2-March 25
Session 4 March 30-April 29 (no class April 6 and 8)
Instructor Monica Campana

Member Fee \$120
Non-Member Fee \$144

Youth & Teen Programs

Art Zone

A high-energy class designed for older children and teens. This active class will focus on painting and drawing, including the following fun activities: crazy lines, color expedition, gotcha canvas, copy cat, and magic circles. Course fee includes the price of materials.

Ages	10-17 years
Days	Thursdays
Time	4:30-6:00 p.m.
Location	Arts and Crafts Room
Session 1	January 8-February 26
Session 2	March 5-April 23
Instructor	Rita Rivas
Member Fee	\$170
Non-Member Fee	\$220

Mommy and Me (Yupi!)

A bilingual program created for parents and their little ones, offering joyful and innovative experiences using non-conventional materials.

Ages	9 to 30 months
Days	Fridays
Time	9:30-10:30 a.m.
Location	Key Biscayne Room
Session 1	January 9-February 27
Session 2	March 6-April 24
Instructors	Silvina and Vanessa
Member Fee	\$160
Non-Member Fee	\$200



Nurturing Touch Infant Massage

Infant/baby therapeutic massage offers a wonderful way to connect and reduce stress between parents/caregivers and baby. Through gentle touch, you will learn to calm your baby, promote longer and restful sleep, and increase baby's appetite while aiding digestion. Mats will be provided; participants should bring massage oil and two towels.

Ages	Birth to pre-crawling
Days	Tuesdays
Time	10:00-11:00 a.m.
Location	Island Room
Session 1	January 6-January 27
Session 2	February 3-February 24
Session 3	March 3-March 24
Session 4	March 31-April 28 (no class April 7)
Instructor	Adina El Haiim
Member Fee	\$160
Non-Member Fee	\$192

My Kids Country Club

Children will learn intercultural communication (written, spoken/public speaking, and body language) and all forms of etiquette (table, phone, email, social attire) in this class. This program boosts each child's self confidence and ability to make a positive lasting first impression. It also engages the children in a fun, safe environment, and teaches immediate implementation.

Ages	5-12 years
Days	Tuesdays and Thursdays
Time	4:00-5:00 p.m.
Location	Island Room
Session 1	January 6-January 29
Session 2	February 3-February 26
Session 3	March 3-March 26
Session 4	March 31-April 30 (no class April 7 and 9)
Instructor	Varies (depends on class topic)
Member Fee	\$160
Non-Member Fee	\$192

NEW!



NEW!

Youth & Teen Programs



Name
Jessica James

Originally From
Miami

School
Key Biscayne K-8 Center

Hobbies
Cheerleading and ballet

How long have you lived on the Key?
8 years

Favorite activity/program at the Community Center
Ping pong, basketball, and football

Let's Get Messy

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

Ages	2-4 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	January 6-February 24
Session 2	March 3-April 28 (no class April 8)
Instructor	Aguamarina
Member Fee	\$120
Non-Member Fee	\$160

Color and Form

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

Ages	4-12 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	January 6-February 24
Session 2	March 3-April 28 (no class April 8)
Instructor	Aguamarina
Member Fee	\$170
Non-Member Fee	\$220

Drama for Kids

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

Ages	6-14 years
Days	Tuesdays and Thursdays
Time	5:30-6:30 p.m.
Location	Island Room
Session 1	January 6-January 29
Session 2	February 3-February 26
Session 3	March 3-March 26
Session 4	March 31-April 30 (no class April 7 and 9)
Instructor	Clara Lago
Member Fee	\$80
Non-Member Fee	\$96

Cheerleading with Gigi

Kids will exercise and have fun while learning arm motion techniques, proper posture, jumps, kicks, tumbling, sideline cheers, and fast-paced dancing. No experience is necessary.

Ages	1st grade and up
Days	Mondays and Thursdays
Time	4:00-5:00 p.m.
Location	Gymnasium
Session 1	November 3-February 26
Session 2	March 2-June 4
Member Fee	\$240
Non-Member Fee	\$290

KEY BISCAYNE PARKS AND RECREATION WINTER DAY CAMPS

Camp Director: Gerard Loisel, NSU adjunct professor (College of Arts and Sciences Outstanding Teacher of the Year 2008)

Mr. Loisel has taught marine biology to students of all ages for the past 32 years and he brings this experience to Key Biscayne for a one-day camp for kids 8 to 14 years old. He also hosted the PBS television series *Marine Aquarium World*.

Marine Biology Day Camp Monday, December 22, 2008

Kids will experience a coral reef from a glass bottom boat at John Pennekamp State Park.

Ages	Boys and Girls, ages 8-14
Time	9:00 a.m.-4:00 p.m.
Location	Community Center
Member Fee	\$50
Non-Member Fee	\$70

Marine Biology/Fish Tagging Day Camp Monday, December 29, 2008

Kids will learn about fishing and fish tagging aboard the Rewards fishing boat (includes rod, reel and tackle).

Ages	Boys and Girls, ages 8-14
Time	8:30 a.m.-3:00 p.m.
Location	Community Center
Member Fee	\$55
Non-Member Fee	\$75

Registration is available at the front desk of the Community Center.

Youth & Teen Programs

NEW!

Pre-Ballet

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.

Ages	3-5 years
Days	Tuesdays and Thursdays
Time	4:00-4:45 p.m.
Location	Island Room
Session 1	January 6-April 30 (no class on April 7 and 9)
Session 2	May 5-28 (mini-session)
Instructor	Susana Catturini
Member Fee	\$440/\$110 (mini-session)
Non-Member Fee	\$520/\$130 (mini-session)

Ballet I-II

Children will continue the exploration of classical and contemporary ballet techniques and other concepts of ballet, placing emphasis on precision of lines and exactness of movement. This class also emphasizes the development of strength and form which is good for balance, jumps, and turns.

Ages	6-9 years
Days	Mondays and Wednesdays
Time	4:00-5:00 p.m.
Location	Island Room
Session 1	January 5-February 25
Session 2	March 2-April 29 (no class April 6 and 8)
Session 3	May 4-27 (mini-session)
Instructor	Susana Catturini
Member Fee	\$240/\$120 (mini-session)
Non-Member Fee	\$280/\$140 (mini-session)

Advanced Ballet

This class is designed for girls who want to improve their dance techniques, such as turns, petit allegros, and big jumps.

Ages	10 years and up
Days	Tuesdays and Thursdays
Time	4:45-5:45 p.m.
Location	Island Room
Session 1	January 6-February 26
Session 2	March 3-April 30 (no class April 6 and 8)
Session 3	May 5-26 (mini-session)
Instructor	Susana Catturini
Member Fee	\$240/\$120 (mini-session)
Non-Member Fee	\$280/\$140 (mini-session)

Jazz and Lyrical Dance

This technique-based jazz class is a combination incorporating several jazz and modern dance styles with focus on technique, phrasing, musicality, and expressiveness.

Ages	10 years and up
Days	Tuesdays and Thursdays
Time	5:45-6:30 p.m.
Location	Island Room
Session 1	January 6-February 26
Session 2	March 3-April 30 (no class April 6 and 8)
Session 3	May 5-28 (mini-session)
Instructor	Susana Catturini
Member Fee	\$220/\$110 (mini-session)
Non-Member Fee	\$260/\$130 (mini-session)

Jazz I

Using catchy rhythms and music, children will be taught basic jazz styles through a variety of specific movements.

Ages	6-9 years
Days	Mondays and Wednesdays
Time	5:00-5:45 p.m.
Location	Island Room
Session 1	January 5-February 25
Session 2	March 2-April 29 (no class April 6 and 8)
Session 3	May 4-27 (mini-session)
Instructor	Susana Catturini
Member Fee	\$220/\$110 (mini-session)
Non-Member Fee	\$260/\$130 (mini-session)



Youth & Teen Programs



Name

Sevann Bignon-Berberian

Originally From
Miami

School
Key Biscayne K-8 Center

Hobbies
Basketball and ping pong

How long have you lived on the Key?
8 years

Favorite activity/program at the Community Center
Going to the basketball court and the game room

Flamenco for Kids

This class covers *postura* (posture) as well as *brazeo* (armwork), among other movements. Students will examine basic rhythms through *palmas* (hand clapping).

Ages 6-12 years
Days Tuesdays
Time 6:30-7:30 p.m.
Location Island Room

Session 1 January 20-February 10
Session 2 February 17-March 10
Session 3 March 17-April 7

Member Fee \$72
Non-Member Fee \$90

Jewelry Design

This creative jewelry class is taught by Judi. All materials are supplied and range from glass beads, semi-precious stones and pearls to plastic beads, shells, and Lucite.

Ages 6 years and up
Days Mondays
Time 4:00 p.m.
Days Wednesdays
Time 3:00 p.m.
Location Second Floor Lounge

Session Ongoing
Member Fee \$10 per class
Non-Member Fee \$12 per class

Knitting Class

This class will introduce you to various fibers, different types of fine yarn, and knitting needles as well as basic knitware design.

Ages 7 years and up
Days Thursdays
Time 4:00-5:00 p.m.
Location Second Floor Lounge

Session 1 January 15-February 19
Session 2 February 26-April 2
Session 3 April 16-May 21
Instructor Naekitsa Breznick

Member Fee \$40 (beginner levels 1 and 2)
Non-Member Fee \$48 (beginner level 1 and 2)
Member Fee \$60 (beginner level 3)
Non-Member Fee \$68 (beginner level 3)

Note: A material fee will apply every Thursday

Street Jam Hip Hop

The latest moves in hip-hop, reggaeton, bachata, merengue, salsa, and more. Help build your self-esteem, make new friends, and become physically fit in the process.

Ages 7-13 years
Days Tuesdays and Thursdays
Time 4:30-5:30 p.m.
Location Island Room

Session 1 January 6-January 29
Session 2 February 3-February 26
Session 3 March 3-March 26
Session 4 April 14-May 7
Instructor Barbie Hackett

Member Fee \$100
Non-Member Fee \$120

Zumba for Kids

Zumba for Kids is based on the same elements of an adult Zumba class. It's an exciting way for kids to exercise and have fun while learning to dance too!

Ages 7-15 years
Days Mondays and Wednesdays
Time 4:30-5:30 p.m.
Location Island Room

Session 1 January 12-February 4
Session 2 February 9-March 4
Session 3 March 9-April 1
Session 4 April 1-May 6
Instructor Tania Amthor

Member Fee \$120
Non-Member Fee \$140



Youth & Teen Programs

NEW!

Saturday Escape

Take advantage of this new Saturday morning program to workout, run errands, or just take a break. In turn, your child will be entertained with fun activities and games under the supervision of our dedicated staff.

Ages	4-8 years
Time	9:00 a.m.-12:00 p.m.
Days	Saturdays
Location	Meet in lobby
Session	Begins January 10
Member Fee	\$30 per day
Non-Member Fee	\$35 per day

Homework Club

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

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

Dodgeball Club

Have some fun with this new club for dodgeball fanatics.

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



ATHLETICS

Registration for each program will be available online at www.keybiscayne.cmiregistration.com

Welcome to another great season of Key Biscayne Spring Baseball! We look forward to another fun-filled season that aims to provide children with the skills to play recreational or travel baseball and softball. Program prices include uniforms, trophies, umpires, opening/closing day celebrations, and more.

Note: A limited number of scholarships will be provided on an as-needed-basis. All scholarship requests should be directed to Flip de Varona at 305-365-8900 or fdevarona@keybiscayne.fl.gov.



Boys Recreational Baseball

Registration begins January 19, 2009. Try-out dates will be announced in January.

T-Ball

Ages	5-7 years
Fee	\$185

Coach Pitch

Ages	7-9 years
Fee	\$230

Mustang

Ages	10-12 years
Fee	\$260

Bronco

Ages	13-14 years
Fee	\$260

Girls Recreational Softball

Registration begins January 1, 2009. Try-out dates to be announced in January.

Junior Softball

Ages	9-12 years
Fee	\$260

Senior Softball

Ages	13-14 years
Fee	\$260

Travel Baseball

One team in each age group. Try outs are mandatory.

Age	7-14 years
Try-out date	January 7, 2009
Start date	January 15, 2009

8U

Ages	Must be 8 and under before May 1, 2009
Fee	\$550 plus \$100 uniform fee

10U

Ages	Must be 10 and under before May 1, 2009
Fee	\$550 plus \$100 uniform fee

11U

Ages	Must be 11 and under before May 1, 2009
Fee	\$550 plus \$100 uniform fee

13U

Ages	Must be 13 and under before May 1, 2009
Fee	\$550 plus \$100 uniform fee

Youth & Teen Programs

Friday Night Happenings

Member Fee	Free
Non-Member Fee	\$6

January 2, 9, 16, and 23

Kickball Month

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

January 30

Ping-Pong Tournament

Ages	9 years and up
Time	6:00 p.m.
Location	Game Room

February 6, 13, 20, and 27

Ultimate Frisbee Month

Ages	12 years and up
Time	7:00 p.m.
Location	Village Green

March 6

Indoor Baseball

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

March 13

Two-Player Shoot Out

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

March 20

Capture the Flag

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

March 27

Slam Dunk Contest

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

April 3

Ping-Pong Tournament

Ages	9 years and up
Time	6:00 p.m.
Location	Game Room

April 10

Movies by the Pool

Ages	All ages welcome
Time	8:00 p.m.
Location	Pool Deck

April 17

Scavenger Hunt

Ages	9 years and up
Time	8:00 p.m.
Location	Meet in gymnasium

AMERICAN GYMSTERS

Tumble into fun this winter with this fantastic gymnastics program.

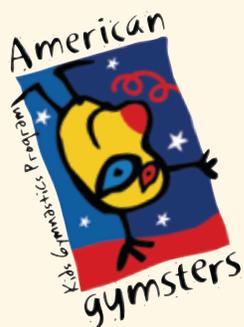
Days	Tuesdays
Times	Beginners: 4:00-5:00 p.m./ 5:00-6:00 p.m. Intermediate: 5:00-6:00 p.m. Advanced: 6:00-7:30 p.m. Pre-Team: 6:00-7:30 p.m.
Days	Saturdays
Times	Beginners: 9:00-10:00 a.m. Intermediate: 9:00-10:00 a.m. Advanced: 10:00-11:30 a.m. Pre-Team: 10:00-11:30 a.m.

Session 1	December 9-February 14
Session 2	February 17-April 11
Session 3	April 14-June 6

Note: Year-End Show to be held on Thursday, May 28 from 2-7 p.m. in the Community Center gymnasium.

Fees

Beginners and Intermediate		Advanced and Pre-Team	
	1 x per week		1 x week
Members	\$190	Members	\$235
Non-members	\$225	Non-members	\$245
	2 x week		2 x week
Members	\$285	Members	\$315
Non-members	\$325	Non-members	\$350



Youth & Teen Programs

NEW!

April 24

Soccer Tournament (5 on 5)

Ages	10 years and up
Time	7:00 p.m.
Location	Gymnasium

Field Trips

Miami Heat Game

You're invited to watch Dwayne Wade and the Miami Heat take on Vince Carter and the New Jersey Nets at the American Airlines Arena. Registration is open to the first 17 kids, so register early!

Ages	10-18 years
Date	Saturday, January 3
Time	Bus departs at 6:00 p.m. Game starts at 7:30 p.m.
Fee	\$15 per person

Islands of Adventure

Teens, get ready to ride the Hulk and Dueling Dragons when the Community Center takes you to Orlando's Islands of Adventure! We will leave early and return late so that you can enjoy a day full of fun and excitement. Be sure to register early—registration is open to the first 40 teens.

Ages	13-19 years
Date	Saturday, January 17
Time	Bus departs at 5:00 a.m. and returns at 11:59 p.m.
Fee	\$65 per person

KEY BISCAYNE BASKETBALL ACADEMY

Get back on the court and take part in this competitive basketball program, taught by Coach Tony Goudie.

Days	Mondays and Fridays
Times	
Beginners	3:00-3:45 p.m.
Intermediate	4:00-5:00 p.m.
Advanced	5:00-6:00 p.m.
Member Fee	\$100 per session
Non-Member Fee	\$120 per session

Practices will begin Monday, January 12. Each session is four weeks/eight practices.



Sorts of Sports

James Callier, former all-star linebacker for Auburn University, offers a new program that will provide youth with basic fundamentals and sports-specific training, including track and field, basketball, soccer, lacrosse, swimming, tennis, volleyball, cheerleading, and football.

There also is an Excel edition of the program, which enables teen athletes to enhance their athletic abilities, as well as learn the proper strength and conditioning regimen to follow daily. The Excel edition also provides education for specific sports and proper nutrition tips.

Ages	9-13 years
Days	Saturdays
Time	12:00-1:00 p.m.
Location	Community Center Lobby
Session	Begins January 10

Member Fee	\$80 per month (4 sessions)
Non-Member Fee	\$95 per month (4 sessions)

Ages	14 and up (Excel Edition)
Days	Saturdays
Time	10:00-11:30 a.m.

Member Fee	\$15 per day
Non-Member Fee	\$18 per day

RAT'S DAY OFF AND SPRING CAMP

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-8th grade
Time	8:00 a.m.-3:00 p.m.
Days and Dates	Friday, January 16 Monday, January 19 Friday, February 6 Monday, February 16 Friday, March 27 Monday, May 25 Friday, June 5

Member Fee	\$20 per day
Non-Member Fee	\$25 per day

Spring Camp
Monday, April 6
through Friday, April 10



New Yoga Program



Photo: Kiko Ricote

Flow

A new level of “VeroYoga” 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

This class is intense and stimulating style of yoga using 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.

Meditation and Breathing Techniques Workshops

Join us the first Monday of every month beginning in January 2009.

Days	Jan. 5, Feb. 2, March 2, April 6, and May 4
Time	7:00-8:00 p.m.
Location	Key Biscayne Room
Instructor	Veronica Vidal
Member Fee	\$17
Non-Member Fee	\$20

EMPOWERING YOGA BY VERO YOGA & CO.

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

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

Easy Flow

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



VERO YOGA & CO. CLASS SCHEDULE

Classes are 90 minutes and held in the Island Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. Easy Flow Veronica	8:30 a.m. Multi-Level Veronica	8:30 a.m. Easy Flow Veronica	8:30 a.m. Multi-Level Veronica	8:30 a.m. Easy Flow Maria
12:30 p.m. Multi-Level Veronica	11:00 a.m. Flow Angeles	12:30 p.m. Multi-Level Marla	11:00 a.m. Flow Angeles	
		7:00 p.m. Easy Flow The Team		

Note: Additional classes are available. Please see pages 21 and 22.

Fitness Classes and Programs

Yoga with Arbey

This dynamic workout focuses on strength, flexibility, and balance. All levels are welcome.

Ages	16 and up
Days	Mondays, Wednesdays, and Fridays
Time	10:00-11:30 a.m.
Location	Island Room
Instructor	Arbey Quiceno
Member Fee	\$8 per class
Non-Member Fee	\$15 per class

Power Yoga

This dynamic workout focuses on strength, flexibility, and balance. All levels are welcome.

Ages	16 and up
Days	Mondays at 7:00 p.m.
Days	Wednesdays at 7:00 p.m.
Days	Saturdays at 9:30 a.m.
Location	Island Room
Instructor	Jennifer Ryan
Member Fee	\$8 per class
Non-Member Fee	\$15 per class

Gentle Yoga

This class focuses on the basic fundamental postures of yoga by combining breath and movement to build strength and flexibility. No previous experience is required.

Ages	16 and up
Days	Tuesdays and Thursdays
Time	9:30-11:00 a.m.
Location	Island Room
Instructor	Jennifer Ryan
Member Fee	\$8 per class
Non-Member Fee	\$15 per class

Splash! Water Workout

Splash into the less risky world of fitness and let water's natural resistance cushion your joints while increasing strength and endurance.

Days	Tuesdays and Thursdays
Time	10:30-11:30 a.m.
Location	Pool
Session 1	November 18-January 13
Session 2	January 15-February 24
Session 3	February 26-April 7
Instructor	Marilyn Myles
Member Fee	\$120
Non-Member Fee	\$135

Have a Ball!

Come try this senior movement class and begin to strengthen, tone, increase flexibility and balance. Improve your quality of life with this beginner level class.

Ages	Seniors
Days	Mondays
Location	Gym
Days	Wednesdays
Location	Dance Studio
Time	10:00 a.m.
Session	Begins January 5
Instructor	Marilyn Myles
Fee	\$8 per class or group exercise pass

Bellydance for Fitness

Bellydance for Fitness will increase your energy level, confidence, and self-esteem. Each class includes a 15-minute Belly2Abs workout—this unique program will help you slim your waist, tone your stomach muscles, work out your buttocks, and ultimately create a feminine waist and stomach. This class is fun, exciting, and a good workout for your mind, body, and soul. Pre-registration is required.

Days	Mondays
Time	6:45-7:45 p.m.
Location	Island Room
Session	Ongoing
Instructor	Adriana Echeverri
Member Fee	\$15 per class or \$120 for ten-class session (members only)
Non-Member Fee	\$15 per class



Fitness Classes and Programs

Fitness Tai-Chi (Tai-Fit)

Fitness Tai-Chi is a class to exercise mind and body, while developing muscle strength and balance. This program combines the best movements from traditional and modern Tai-Chi to maximize the benefits to each participant.

Days Mondays and Wednesdays
Time 8:45-9:45 a.m.
Location Island Room

Session 1 January 5-28
Session 2 February 2-25
Session 3 March 2-25
Session 4 March 30-April 29 (no class April 6 and 8)
Instructor Victor Perez
Member Fee \$200
Non-Member Fee \$240

WINTER LAND GROUP EXERCISE SCHEDULE							Classes are 55 minutes and are held in the Aerobics Room	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:15 a.m. Spinning <i>Sergio</i>	7:00 a.m. Spinning <i>Jennifer</i>	6:15 a.m. Spinning <i>Yolanda</i>	7:00 a.m. Spinning <i>Jennifer</i>	6:15 a.m. Spinning <i>Yolanda</i>				
8:00 a.m. Spinning <i>Jennifer</i>	8:00 a.m. Brazilian Sculpt <i>Marquinho</i>	8:00 a.m. Spinning <i>Jennifer</i>	8:00 a.m. Brazilian Sculpt <i>Marquinho</i>	8:00 a.m. Spinning <i>Marilyn</i>	8:15 a.m. Spinning <i>Marquinho</i>			
9:00 a.m. Step <i>Jennifer</i>	9:00 a.m. Spin/Sculpt <i>Jennifer</i>	9:00 a.m. Step/Sculpt <i>Jennifer</i>	9:00 a.m. Step <i>Jennifer</i>	9:00 a.m. Step/Sculpt <i>Jennifer</i>	9:15 a.m. Brazilian Sculpt <i>Marquinho</i>			
10:00 a.m. Body Sculpting <i>Jennifer</i>	10:00 a.m. Latin <i>Jennifer</i>	10:00 a.m. Have a Ball!-Senior Class <i>Marilyn</i>	10:00 a.m. Body Sculpting <i>Jennifer</i>	10:00 a.m. Latin <i>Jennifer</i>	10:15 a.m. Step <i>Jennifer</i>	10:00 a.m. Zumba <i>Maria</i>		
10:00 a.m. Have a Ball!-Senior Class <i>Marilyn</i>	11:00 a.m. Zumba <i>Huayla</i>	11:00 a.m. Brazilian Sculpt <i>Marquinho</i>	11:00 a.m. Zumba <i>Huayla</i>	11:00 a.m. Brazilian Sculpt <i>Marquinho</i>	11:15 a.m. Zumba <i>Huayla</i>	11:00 a.m. Video Spin <i>Linda</i>		
11:00 a.m. Spinning <i>Marquinho</i>	6:00 p.m. "The Ride" Spinning <i>Arturo</i>	5:45 p.m. Zumba <i>Huayla</i>	6:00 p.m. "The Ride" Spinning <i>Arturo</i>	5:45 p.m. Zumba <i>Huayla</i>				
5:45 p.m. Zumba <i>Huayla</i>	7:00 p.m. Brazilian Sculpt <i>Marquinho</i>	6:45 p.m. Spinning <i>Marilyn</i>	7:00 p.m. Brazilian Sculpt <i>Marquinho</i>					
6:45 p.m. Spinning <i>Marilyn</i>	7:00 p.m. Kickboxing* <i>Alan</i>		7:00 p.m. Kickboxing* <i>Alan</i>					* Kickboxing classes are held in the Island Room.

WINTER LAND GROUP YOGA SCHEDULE						Classes are 90 minutes and held in the Island Room	
8:30 a.m. Easy Flow Yoga <i>Vero Yoga & Co.</i>	8:30 a.m. Multi-Level Yoga <i>Vero Yoga & Co.</i>	8:30 a.m. Easy Flow Yoga <i>Vero Yoga & Co.</i>	8:30 a.m. Multi-level Yoga <i>Vero Yoga & Co.</i>	8:30 a.m. Easy Flow Yoga <i>Vero Yoga & Co.</i>			
10:00 a.m. Yoga <i>Arbey</i>	9:30 a.m. Gentle Yoga <i>Jenny</i>	10:00 a.m. Yoga <i>Arbey</i>	9:30 a.m. Gentle Yoga <i>Jenny</i>	10:00 a.m. Yoga <i>Arbey</i>	9:30 a.m. Power Yoga <i>Jenny</i>		
12:30 p.m. Multi-Level Yoga <i>Vero Yoga & Co.</i>	11:00 a.m. Flow Yoga <i>Vero Yoga & Co.</i>	12:30 p.m. Multi-level Yoga <i>Vero Yoga & Co.</i>	11:00 a.m. Flow Yoga <i>Vero Yoga & Co.</i>				
7:00 p.m. Power Yoga <i>Jenny</i>		7:00 p.m. Moderate Yoga <i>Jenny</i>					
		7:00 p.m. Easy Flow Yoga <i>Vero Yoga & Co.</i>					

Fitness Classes and Programs

NEW!

Running Club

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

Ages	12 years and up
Days	Mondays and Wednesdays
Time	7:00 p.m.
Day	Saturdays
Time	8:00 a.m.
Location	Village Green Fountain
Session	Begins January 5
Instructor	Jeff Grainger
Member Fee	\$10 per week or \$40 per month
Non-Member Fee	\$12 per week or \$48 per month

Triathlon Team

This complete training program includes monthly online training plan and constant contact with coach. Program is designed for athletes ages ten and up of all skill levels. For more information, call 786-873-1563 or visit www.eltrainer.us.

Program One

This program incorporates two training sessions directed weekly—one swim session and one optional biking or running session.

Day	Wednesdays and Fridays
Time	7:15 a.m.
Location	Pool
Session	Begins January 6
Instructor	Edwin Vargas
Member Fee	\$135 per month
Non-Member Fee	\$160 per month

Program Two

Four training sessions are directed weekly—two swim sessions, one bike session, and one running session).

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

Pregnancy Fitness with Yoga and Bellydance

Tone, stretch, and strengthen during your pregnancy as you prepare for childbirth, and a speedier postpartum recovery. This program is designed to provide a complete cardio and fitness routine specific for your body's needs. Class is taught by a licensed physical therapist and pre-natal fitness specialist. All classes comply with exercise guidelines established by American College of Obstetrics and Gynecology. Please consult with your doctor prior to attending class.

Days	Wednesdays
Time	10:00-11:15 a.m.
Location	Island Room
Session	Begins January 7
Instructor	Michelle Maniaci
Member Fee	\$150 per ten-class session or \$18 per class
Non-Member Fee	\$18 per class



NEW!

Mommy and Me Postpartum Fitness with Yoga, Dance, Massage and Play

New moms will relax, energize, and bond with baby while also learning evidence-based exercises designed to tone, stretch, and strengthen specific muscles for a speedier postpartum recovery. Baby signs, developmental play and infant massage are integrated into classes to stimulate your baby's cognitive, social, and motor skills. Please bring sling or infant carrier for dance portion and blanket for baby. Class is taught by pre/post-natal and pediatric movement and fitness specialist.

Ages	5 weeks to pre-crawling
Days	Wednesdays
Time	11:30 a.m.-12:30 p.m.
Location	Island Room
Session	Begins January 7
Instructor	Michelle Maniaci
Member Fee	\$150 per ten-class session or \$18 per class
Non-Member Fee	\$18 per class



Fitness Classes and Programs



Name

Will Tompkins

Originally From

New York

Profession

Work for Floridian Builders

Hobbies

Golf, biking, and swimming

How long have to lived on the Key?

4 years

Favorite activity/program at the Community Center

The gym

GROUP EXERCISE GENERAL INFORMATION

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

Group Exercise Pass Prices

Single: \$8 for members, \$15 for non-members

(includes guest fee)

5 Pack: \$29 for members

10 Pack: \$50 for members

20 Pack: \$85 for members

Packages are not valid for yoga classes or non-members.

Group Exercise Schedule

For a complete schedule of group exercise classes, see our listing on page 22. Also, updated exercise schedules are posted monthly and include group exercise classes, water exercise classes and most yoga programs. All classes are 55 minutes in duration except for yoga, which is 90 minutes. Yoga is held in the Island Room.

Group Exercise Class Descriptions

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

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

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

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

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

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

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

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

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

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

THE WELLNESS CENTER

The Wellness Center is staffed Monday through Thursday from 4:00 p.m. to 7:00 p.m. Take the opportunity to talk to one of our fitness assistants to get tips on proper form, suggestions on getting the most out of your workout, or to learn about center equipment.

Personal training also is available. Please see our staff for a list of Key Biscayne Community Center approved personal trainers and pricing information.

Adult and Senior Programs

ARTS AND CRAFTS

Arte Moderna con Rodrigo de la Luz (en español)

Aprenda a expresar su propia voz artística. La clase incluye una breve panorámica de obras de arte contemporáneas, seguidas de ejercicios prácticos para producir sus propias pinturas y pequeñas esculturas. No se necesita experiencia. Se debe recoger la lista de materiales en la recepción. Debe tener los materiales el primer día de clase.

Modern Art with Rodrigo de la Luz (class will be conducted in Spanish)

Learn to express your own artistic voice. The class will include an introductory review of examples of contemporary works, followed by practical exercises to produce your own paintings and small sculptures. 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/Días	martes (Tuesdays)
Time/Hora	1:00-3:00 p.m.
Location/Lugar	Salón de Arte (Art Studio)
Session 1	6 de enero-10 de febrero (January 6-February 10)
Session 2	17 de febrero-24 de marzo (February 17-March 24)
Session 3	31 de marzo-5 de mayo (March 31-May 5)
Instructor	Rodrigo de la Luz
Member Fee	\$125
Non-Member Fee	\$150

NEW!

Recycled Glass Art

Join the Green Revolution! Recycled glass is inexpensive, readily available, and opens new creative possibilities in a wide variety of artistic applications. This class will teach the basics of glass fusion, including glass cutting, design techniques, and fusing options to create beautiful glass art pieces, jewelry, tiles, and other projects. Materials and tools are provided. A \$10 glass-cutting fee will also apply.

Days	Fridays
Time	10:00 a.m.-12:30 p.m.
Days	Tuesdays
Time	6:00-8:30 p.m.
Location	Art Studio
Session 1	February 3-March 6
Session 2	April 17-May 19
Instructor	Denise Moura
Member Fee	\$85
Non-Member Fee	\$98

NEW!

Chinese Brush Painting

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

Days	Mondays
Time	10:15 a.m.-12:15 p.m.
Location	Art Studio
Session 1	January 5-February 9
Session 2	February 16-March 23
Session 3	March 30-May 4
Instructor	Joyce Olivera
Member Fee	\$45
Non-Member Fee	\$55



Name

Marisa Dwyer

Originally From

El Salvador

Work

Stay-at-home mom and coach

Hobbies

Tennis, volleyball, and soccer

How long have you lived on the Key?

Since 1995

Favorite activity/program at the Community Center

Coach volleyball

Adult and Senior Programs



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 Community Center front desk. Please have materials on the first day of class.

Days	Tuesdays
Time	10:00 a.m.-12:00 p.m.
Location	Art Studio
Session 1	January 6-February 10
Session 2	February 17-March 24
Session 3	March 31-May 5
Instructor	Antonio Coro
Member Fee	\$45
Non-Member Fee	\$55

Creative Jewelry Design

In this class, you will learn pattern design techniques, including stringing, knotting, wire twisting, weaving, and repair techniques. Progress at your own pace. No previous experience necessary. Additional materials fee may be required. This is a great activity for the entire family.

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

Handbuilding and Wheel Ceramics

Whether you prefer the handbuilding or the wheel method, this class is the perfect fit for you. Learn to make home accessories, holiday decorations, gift items, and lots more. Learn clay construction techniques, decorating, and glazing methods. Includes (one) 25-pound bag of clay and glazes. Classes are divided into two- or three-hour sessions.

Days	Wednesdays
Time	9:30 a.m.-12:30 p.m.
Location	Art Studio
Session 1	January 7-28
Session 2	February 4-25
Session 3	March 4-24
Session 4	April 1-29 (no class April 8)
Instructor	Laura Marmol
Member Fee	\$120 (two-hour session)
Non-Member Fee	\$135 (two-hour session)
Member Fee	\$180 (three-hour session)
Non-Member Fee	\$195 (three-hour session)

Art Meditation

Expand your creativity and gain mental flexibility while learning drawing and painting techniques. Through reading, listening to music, exploring nature and yourself from within, you will begin to practice meditation through the creation of art and "western mandalas." All levels welcome. A supply list is available at the Community Center front desk.

Days	Thursdays
Time	10:00 a.m.-12:00 p.m.
Location	Art Studio
Session 1	January 8-29
Session 2	February 5-26
Session 3	March 5-26
Session 4	April 2-30 (no class April 9)
Instructor	Rita Rivas
Member Fee	\$60
Non-Member Fee	\$72



Adult and Senior Programs

NEW!

Open Studio Time

Now you can reserve time on one of our pottery wheels, finish that special painting, or work on those great craft projects. You must bring your own clay and supplies. Reservations are required. There are a limited number of spots available.

Days	Fridays
Time	12:30-2:00 p.m.
Location	Art Studio
Session	Ongoing
Member Fee	Free
Non-Member Fee	\$10 for wheel rental

COMPUTER CLASSES

Basic Concepts (Bilingual Instructor)

No matter your age, you can still learn and enjoy technology. This class is designed for the beginner user who wants to enter the 21st century. Become familiar with the computer and its basic applications (Windows).

Days	Tuesdays
Time	3:00-4:15 p.m.
Location	Computer Room
Session 1	January 6-February 10
Session 2	February 24-March 31
Instructor	Noel Mendez
Member Fee	\$50
Non-Member Fee	\$60

Basic E-Mail and Internet (Bilingual Instructor)

It's time to have some fun! Using Internet Explorer, learn general internet concepts, connections, and service providers, browse the World Wide Web, set up email, and go shopping. This class covers it all.

Days	Thursdays
Time	3:00-4:15 p.m.
Location	Computer Room
Session 1	January 8-February 12
Session 2	February 26-April 2
Instructor	Noel Mendez
Member Fee	\$50
Non-Member Fee	\$60

Adobe Photoshop

This class is for all levels of Photoshop users. Seasoned users may wish to take this class to fill in "holes" or rid themselves of bad habits in their Photoshop usage. Students will learn about Photoshop layers, smart objects, text, gradients, adjustment layers, and more. Upon leaving this class, students will be able to create Photoshop images from scratch, and properly manipulate existing images.

Days	Wednesdays
Time	6:15-7:15 p.m.
Location	Computer Room

Member Fee	\$160
Non-Member Fee	\$200

Session 1	January 21-February 11
Session 2	February 18-March 11

Beginning Digital Photography

This class will be an introduction to digital photography. The class will cover the differences between film and digital photography and how to properly use your digital camera. The course also will cover how to use your digital camera with your computer.

Days	Mondays
Time	6:15-7:15 p.m.
Location	Computer Room

Session 1	January 19-February 9
Session 2	February 16-March 9
Instructor	Leo Quintana

Member Fee	\$160
Non-Member Fee	\$200



Name
Sara Dwyer

Originally From
Miami

School
Carrollton School of the Sacred Heart

Hobbies
Volleyball and tennis

How long have you lived on the Key?
Since 1997

Favorite activity/program at the Community Center
Play volleyball with my mom

Adult and Senior Programs



Intro to Mac Computers and Gadgets

NEW!

Are you new to the world of Mac or want to learn a little more than you already know? Then this is the class for you! Instructor is Macintosh certified and has years of experience tutoring many families in Key Biscayne. Obtain a better understanding of your Mac computer and gadgets, such as iPhones, iPods, and iTunes. Also learn how to keep your kids safe from inappropriate and potentially dangerous websites by learning the parental controls that Mac has to offer.

Days	Tuesdays
Time	9:30-10:30 a.m.
Location	Computer Room
Session 1	January 6-February 3
Session 2	February 10-March 10
Session 3	March 17-April 14
Instructor	Ernesto "Neto" Mendoza (bilingual)
Member Fee	\$175
Non-Members	\$210



PERFORMING ARTS

Acting for Adults

NEW!

Explore your creativity through actors' exercises, stage movement, tableaux vivant, and improvisations. Beginners are welcome. This class is taught by Cynthia Joyce Clay, who holds a BA in theater, an MFA in acting, and who has performed with the American Repertory Theater.

Days	Wednesdays
Time	1:00-2:00 p.m.
Location	Island Room
Session	January 7-February 18
Instructor	Cynthia Joyce Clay
Member Fee	\$90
Non-Member Fee	\$115

Salsa, Mambo, and Cha Cha Chá

This salsa class is your stepping stone into the world of salsa. Once you start the basic program, you'll be hooked! You'll learn the fundamental rules and techniques of salsa, including basic salsa steps; basic lead and follow rules, and basic footwork. So, if you are self-conscious about just starting, or do not have the proper foundation, relax! At the end of week four and with a little dedication, you'll be ready.

Days	Thursdays
Time	6:30-7:30 p.m. (beginners)
Time	7:30-8:30 p.m. (advanced)
Location	Island Room
Session 1	January 8-February 26
Session 2	March 5-April 30 (no class April 9)
Instructor	Noel Mendez
Member Fee	\$70
Non-Member Fee	\$84



Mac Photos and Movies

NEW!

If you're overwhelmed by the many hi-tech functions your Mac has to offer, then this class was made for you. Learn from a Macintosh-certified instructor how to make photo albums, slide shows, and even home DVD movies. And best of all, you'll feel like a Mac pro by the end of the class!

Days	Tuesdays
Time	10:30 a.m.-12:00 p.m.
Location	Computer Room
Session 1	January 6-February 3
Session 2	February 10-March 10
Session 3	March 17-April 14
Instructor	Ernesto "Neto" Mendoza (bilingual)
Members Fee	\$315
Non-Member Fee	\$378

Adult and Senior Programs

Line Dancing with Barbara

Have you ever wanted to dance like the girls in the movie *Coyote Ugly*? Or perhaps you've just wanted to learn the two-step? Either way, we have a class for you. Classes now forming!

Days	Wednesdays
Time	11:30 a.m.-12:30 p.m.
Location	Island Room
Session 1	January 14-February 18
Session 2	February 25-April 1
Instructor	Barbara Fox
Member Fee	\$72
Non-Member Fee	\$90

Flamenco

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

Days	Tuesdays
Time	7:00-8:30 p.m.
Location	Island Room
Session 1	January 6-February 24
Session 2	March 3-April 28
Instructor	Carmen Rubio
Member Fee	\$216
Non-Member Fee	\$264

LANGUAGE CENTER



Miami Spanish Intensive

This course is designed for students who want to develop the ability to interact effectively in a second language and to become familiar with the culture of people who speak the language in short period of time.

Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Key Biscayne Room
Session 1	January 6-February 24
Session 2	March 3-April 28 (no class April 7)
Instructor	Noel Mendez
Member Fee	\$84
Non-Member Fee	\$100

English for Beginners



Prepares English-as-a-second language students to understand simple spoken phrases and respond to basic personal information questions. Students learn survival vocabulary as well as to read and write personal statements. This is beginning literacy level ESL.

Days	Thursdays
Time	4:30-5:30 p.m.
Location	Key Biscayne Room
Session 1	January 8-February 26
Session 2	March 5-April 30 (no class April 9)
Instructor	Noel Mendez
Member Fee	\$84
Non-Member Fee	\$100

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	Key Biscayne Room
Session 1	January 5-28
Session 2	February 2-25
Session 3	March 2-25
Session 4	March 30-April 29 (no class April 6 and 8)
Instructor	Cristina Medina
Member Fee	\$100
Non-Member Fee	\$120



Adult and Senior Programs



Name

Jean Guben

Originally From

Ohio (born in Cleveland but raised in North Ridgeville)

Profession

Fashion Merchandising

Hobbies

Playing cards/bridge. Also serves on the board of the Women's Club.

How long have you lived on the Key?

Since 1972

Favorite activity/program at the Community Center

Taking the many trips the center offers

Spanish-Intermediate

Students in this class will continue to acquire new vocabulary. At the end of this class, students will be able to make simple requests and conduct a basic conversation.

Days Tuesdays and Thursdays
Time 9:00-11:00 a.m.
Location Key Biscayne Room

Session 1 January 6-29
Session 2 February 3-26
Session 3 March 3-26
Session 4 March 31-April 30
 (no class April 7 and 9)

Instructor Cristina Medina

Member Fee \$100
Non-Member Fee \$120

Conversational Spanish I

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

Days Mondays and Wednesdays
Time 11:00 a.m.-12:30 p.m.
Location Key Biscayne Room

Session 1 January 5-28
Session 2 February 2-25
Session 3 March 2-25
Session 4 March 30-April 29
 (no class April 6 and 8)

Instructor Lupita Alvarez

Member Fee \$100
Non-Member Fee \$120

Conversational Spanish II

These semi-private classes will expose Spanish conversational students to "real life" situations, for later discussion with a focus on the intercultural aspects.

Days Tuesdays and Thursdays
Time 11:00 a.m.-12:30 p.m.
Location Key Biscayne Room

Session 1 January 6-29
Session 2 February 3-26
Session 3 March 3-26
Session 4 March 31-April 30
 (no class April 7 and 9)

Instructor Lupita Alvarez

Member Fee \$100
Non-Member Fee \$120



Italian Through Art & Music

This unique language class teaches Italian through photos, art forms, and music (classic and modern). This new and creative teaching technique makes learning about Italy and its language both fun and easy. All levels are welcome.

Days Tuesdays and Thursdays
Time 1:00-2:00 p.m.
Location Key Biscayne Room

Session 1 January 6-29
Session 2 February 3-26
Session 3 March 3-26
Session 4 March 31-April 30
 (no class April 7 and 9)

Instructor Monica Campana

Member Fee \$100
Non-Member Fee \$130



Adult and Senior Programs

LECTURE SERIES AND WORKSHOPS

Unknown India: Tribes, Crafts, and Villages

The great sites of India such as the Taj Mahal and fort palaces are well known. These slide lectures will explore the remote and little seen textile and craft villages of Gujarat, the mountainous tribal communities near the Burmese border, as well as beautiful Kashmir and Ladakh. One lecture will focus on the small Jewish and Christian communities of India. The photographs were taken by Ruth Rosenwasser on her many trips to these rarely visited areas.

Class 1

Textiles and Needlework of Gujarat

An area that is mostly desert, colorful clothing with intricate designs brighten the landscape.

Class 2

Tribal Crafts of Chattisgarh

Tribes living in remote, hilly villages produce clay, metal, and cloth for their local use.

Class 3

The Far Northeast: Between China and Burma

Communities whose ancestors migrated across Asia live in the outer reaches of India.

Class 4

Kashmir and Ladakh: The Land of Snow

Buddhists, Hindus, and Muslims mix in this little visited and strife-torn region.

Class 5

Jews and Christian Communities

Class 6

Rajasthan

The abode of kings: local communities interspersed among great forts typify the region.

Days	Mondays
Time	7:30 p.m.
Location	Island Room
Session	January 26-March 2
Lecturer	Ruth Rosenwasser
Member Fee	\$8
Non-Member Fee	\$10

BRIDGE

From learning the basics to brushing up on your knowledge of the game—these classes have it all.

Days	Tuesdays
Location	Key Biscayne Room

Intro to Bridge/Part II

Time	6:00-7:00 p.m.
Session 1	January 6-February 10

Play of the Hand/ Part II

Time	7:00-8:00 p.m.
Session 1	January 6-February 10

Competitive Bidding

Time	6:00-7:00 p.m.
Session 2	February 17-March 24

Bidding in the 21st Century

Time	7:00-8:00 p.m.
Session 2	February 17-March 24

Competitive Bidding II

Time	6:00-7:00 p.m.
Session 3	March 31-May 5

Bidding in the 21st Century II

Time	7:00-8:00 p.m.
Session 3	March 31-May 5

Duplicate Bridge Game

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

Days	Wednesdays
Time	12:45 p.m.
Location	Island Room
Instructor	Judy Reinach



Adult and Senior Programs

“Fight Back Miami” Self-Defense Workshop for Beginners

Transform fear into power and empower yourself to be safe, happy, and free. Join Cat Fitzgerald, Olympic trainer and martial arts master, in a powerful training workshop designed for living, not just self-defense. Participants of all genders, ages, and physical conditions are encouraged to participate. Classes are closed to spectators. Please wear comfortable clothing.

Date	Saturday, January 17
Time	9:00 a.m.-1:00 p.m.
Location	Island Room
Member Fee	\$125
Non-Member Fee	\$150

SPECIAL EVENTS

Florida Licensing On Wheels

A team of driver license examiners will be on hand to renew or issue replacements or duplicates of your driver's license, issue new or replacement identification cards, and complete out-of-state driver's license transfers. Appointments are not necessary. Call 305-365-8953 for information on needed documentation. *Note: Renewals can be completed up to 18 months in advance of expiration date.*

Date	Tuesday, January 20
Time	10:00 a.m.-2:00 p.m.
Location	Key Biscayne Room

Key Biscayne Domino Club Winter Tournament

Join us at the Community Center for lunch and an afternoon of friendly competition against our friends from the wonderful City of Hialeah. Pre-registration is required.

Date	Friday, January 23
Time	12:00-3:00 p.m.
Location	Island Room

Key Biscayne Annual Health Fair

Our annual health fair is back! Join us for a whole day of free health screenings, fitness activities, lunch, and plenty of useful information.

Date	Thursday, January 29
Time	Begins at 10:00 a.m.
Location	Second Floor Lounge
Fee	Free

Valentine's Murder Mystery

Celebrate with your friends and neighbors at the Community Center as we present a romantic murder mystery for Valentine's Day! Join Barbara Fox in *Love is Murder*, a one-woman murder mystery with audience participation. There will be great food and lots of fun on Friday the 13th!

Date	Friday, February 13
Time	5:00-7:00 p.m.
Location	Island Room
Fee	Free

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. Participants must attend both sessions.

Days	Friday, February 20 and Monday, February 23 (may change)
Time	9:30 a.m.-1:00 p.m.
Location	Island Room
Fee	\$10 for both sessions



Adult and Senior Programs

Team Metro and Miami-Dade Transit (Passes and Permits)

For residents of Miami-Dade County, representatives from Team Metro and Transit will be on-hand to issue golden passports, stroller permits, and bus passes to those who qualify. Please contact 305-365-8953 for information on needed documentation.

Days	Tuesday, March 11
Time	10:00 a.m.-1:00 p.m.
Location	Second Floor Lounge

Mount Sinai Medical Center at the Community Center

On the first Tuesday of every month, Mount Sinai will be conducting free blood pressure, glucose/sugar, and cholesterol screenings and providing medical information.

Date	January 6, February 3, March 3, and April 7
Time	10:00 a.m.-12:30 p.m.
Location	Second Floor

MONTHLY PROGRAMS

Movies at the Village

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

Dates	Jan. 8 and 22, Feb. 12 and 26, March 12 and 26, April 9 and 23
Time	1:00 p.m.
Location	Island Room
Fee	Free

Speaker Luncheon

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

Dates	Jan. 15, Feb. 19, March 19, and April 16
Time	12:00 p.m.
Location	Island Room
Fee	Free

Social Security Comes to the Village

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

Dates	Jan. 28, Feb. 25, March 25, April 29
Time	9:30 a.m.-12:00 p.m.
Location	Key Biscayne Room
Fee	Free

Key Biscayne Domino Club

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

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

Sunday Stitching Group

Interested in learning how to knit or want to knit with a group to share ideas and projects. This is the class for you. All are welcome. For more information, call Karen Miller at 305-361-2427 or email her at 2millers@bellsouth.net.

Days	Sundays
Time	6:00 p.m.
Fee	Free

Adult and Senior Programs



TRIPS AND TOURS

Day Trips

Seminole Hard Rock Hotel and Casino

Seminole Hard Rock Hotel and Casino is one of South Florida's hottest retail, restaurant, and live entertainment district. Enjoy more than 20 restaurants and over 25 specialty retail shops and the region's top live performance venues. Receive a free players club card, discount vouchers for lunch... and a lot more.

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

Worth Avenue

The Worth Avenue experience has been treasured for half a century by visitors the world over. Take advantage of this opportunity to shop the more than 250 merchants here, including legendary international boutiques and unique specialty stores found only on the Avenue.

Date	Friday, January 16
Time	Bus departs at 9:30 a.m.
Fee	\$5

Mamma Mia! at the Broward Center

Mamma Mia! is the ultimate smash-hit musical that combines ABBA's greatest hits, with an enchanting tale of love, laughter, and friendship. Whether it's your first or tenth visit, see the show that has the whole world coming back for more. Don't miss out on great seats at an unbeatable price.

Date	Thursday, January 22
Time	Bus departs at 5:45 p.m.
Fee	\$30

Morikami Museum and Japanese Gardens

Experience the essence of Japan in Florida. The Morikami Museum and Japanese Gardens, located in a tranquil natural setting, invites visitors to explore its unique gardens and collections. Take a docent-guided tour, followed by delicious luncheon of home-style Japanese food, and finish off the day with a stroll through the amazing Japanese gardens.

Date	Friday, January 30
Time	Bus departs at 10:00 a.m.
Fee	\$35 (includes lunch)

Don Quixote at the Arsht Center

Don't miss one of Miami City Ballet's most acclaimed and popular ballets as it returns for its first encore. Miguel de Cervantes' classic tale, *Don Quixote*, comes alive again, captivating audiences with the fun of its street drama and the virtuoso demands of its big classical set-pieces. Space is limited.

Date	Friday, February 6
Time	Bus departs at 6:45 p.m.
Fee	\$55

Laffing Matterz Cabaret Comedy Show and Dinner

Laffing Matterz is a cabaret theater in Fort Lauderdale featuring a live, musical show and a gourmet restaurant menu. Guests experience fresh, exciting cuisine followed by a world-class performance. Price includes admission to the show, a house salad, a choice from one of six entrees (tenderloin of beef medallions, herb-crusted sea bass with pineapple salsa, chicken tomaso, teriyaki salmon, and crab-stuffed shrimp and a pork porterhouse chop), plus tax and gratuity.

Date	Thursday, February 12
Time	Bus departs at 5:45 p.m.
Fee	\$57

Adult and Senior Programs

A Chorus Line at the Broward Center

A *Chorus Line* is back, and it's thrilling. Don't miss the longest-running American musical ever as it makes its triumphant return to Fort Lauderdale. Space is limited.

Date	Thursday, February 19
Time	Bus departs at 6:00 p.m.
Fee	\$55

Historical Tour of the Breakers Hotel and Lunch at Serenity Garden Tea House

We will start our day with lunch at the Serenity Garden Tea House, the perfect place to enjoy great food and good company! Then, we will head out to The Breakers-Palm Beach, for a very special tour of one of America's legendary resort destinations, listed on the National Register of Historic Places. Price does not include lunch.

Date	Tuesday, February 24
Time	Bus departs at 9:45 a.m.
Fee	\$20

Schnebly Redland's Winery

Join us on our visit to Schnebly Redland's Winery, the Southernmost winery in the United States. Come along on a tour of the facility, followed by a wine tasting, and a delicious leisurely lunch. Then, we'll head out to one of our local favorite spots, Knaus Berry Farm and Bakery, for some of the finest fresh baked goods money can buy.

Date	Friday, March 6
Time	Bus departs at 9:30 a.m.
Fee	\$15

The Glass Menagerie at New Theater

Don't miss Tennessee Williams' touching and haunting play about "the long delayed but always expected something that we live for." With its universal themes of love, compassion, tolerance, self-esteem, loss, forgiveness, and acceptance, it is clear that *The Glass Menagerie* is still one of the great masterpieces of American drama.

Date	Thursday, March 12
Time	Bus departs at 6:30 p.m.
Fee	TBA

Town Center at Boca Raton

Town Center is one of Palm Beach County's most impressive malls, as well as an international shopping destination. Town Center is anchored by Bloomingdale's, Macy's, Neiman Marcus, Saks Fifth Avenue, Sears, and Nordstrom's. In addition, there are over 220 exclusive specialty stores.

Date	Friday, March 20
Time	Bus departs at 9:00 a.m.
Fee	\$5

Jungle Queen Riverboat Bar-B-Q and Shrimp Dinner Cruise

A Fort Lauderdale tradition enjoyed by millions, this relaxing evening cruise up the New River, includes an all-you-can-eat dinner and a variety show. Don't miss one of Florida's finest evenings.

Date	Thursday, March 26
Time	Bus departs at 4:00 p.m.
Fee	\$45

CityPlace in West Palm Beach

An old favorite is back! Join us as we head out to a place where great shopping, old-world architecture, beautiful fountains, and sidewalk cafes create an atmosphere strikingly reminiscent of a European town center.

Date	Friday, April 10
Time	Bus departs at 9:30 a.m.
Fee	\$5

Florida Grand Opera's Madame Butterfly

Of all Puccini's operas, this was his favorite! Don't miss this unforgettable tale of family, fortune and honor at the Arsht Center for the Performing Arts. Space is limited.

Date	Wednesday, April 29
Time	Bus departs at 6:30 p.m.
Fee	\$60



Name
Cristina Dwyer

Originally From
Miami

School
Carrollton School of the Sacred Heart

Hobbies
Softball, soccer, and volleyball

How long have you lived on the Key?
Since 1998

Favorite activity/program at the Community Center
Volleyball

Special Events/Important Dates



Winter Break Block Party

Date Friday, December 19
Time 7:00 p.m.
Location 10 Village Green Way in front of the Community Center

Christmas Eve

Date Wednesday, December 24
Community Center will close at 4:00 p.m.

Christmas Day

Date Thursday, December 25
Community Center is closed

Movies on the Green

Date Friday, December 26
Time 7:00 p.m.
Location Village Green

New Year's Eve

Date Wednesday, December 31
Community Center will close at 6:00 p.m.

New Year's Day

Date Thursday, January 1
Community Center is closed

Movies on the Green

Date Friday, January 30
Time 7:00 p.m.
Location Village Green

Valentine's Day Concert

Date Friday, February 13
Time 6:00 p.m.
Location Village Green

Movies on the Green

Date Friday, February 27
Time 7:00 p.m.
Location Village Green

19th Annual Easter Egg Hunt

Date Saturday, April 4
Time 9:30 a.m. (sharp)
Location Village Green



VILLAGE OF KEY BISCAIYNE COMMUNITY CENTER

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

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