

CITY OF FLORISSANT  
PARKS AND RECREATION DEPARTMENT  
PRESS RELEASE

**CLASS REGISTRATION**

Resident registration will begin Monday May 13, 2013 for the first session of classes. Non-resident class registration will begin Monday the following week, May 20, 2013. Please bring your updated Florissant resident card with you to receive the resident rate.

**AQUATIC PROGRAMS:**

**INFANT & TODDLER AQUATICS PROGRAM:** This program is intended to develop a comfort level in and around water. This class will provide the necessary knowledge and skills to introduce your child to water. This program is not designed to teach your children to become accomplished swimmers.

**YOUTH SWIMMING LESSONS:** Taught under the guidelines of the American Red Cross's "Learn to Swim" program. Curriculum ranges from water exploration and primary skills to stroke development and refinement. Must be at least 6 years old.

**SWIMMING LESSONS AT BANGERT:** Curriculum ranges from water exploration and primary skills to stroke development and refinement. Must be at least 6 years old.

**ADULT SWIMMING LESSONS:** It's never too late to learn how to swim. Here is the opportunity to learn the primary skills of swimming and stroke development. Ages 18 and older.

**SWIM & STAY FIT:** Swimming ability is required. This class features continual end-to-end lap swimming for the average to advanced swimmer. Excellent for body toning and cardiovascular fitness.

**AQUACIZE:** Swimming ability is not required for this excellent group exercise program. Ideal for limbering body joints and increasing cardiovascular fitness.

**AQUA ZUMBA:** Zumba hits the water for this class! Dance your way through the water with this exciting class. No swimming experience is necessary.

**DEEP WATER AEROBICS:** Swimming ability is required for this total body immersion work-out. This intense exercise program works the entire range of body parts and increases cardiovascular fitness. Buoyancy equipment provided.

**WATER AEROBICS:** Swimming ability is not required for this group exercise program. This program is ideal for limbering body joints and increasing cardiovascular fitness.

**RIVER WARRIORS:** A Walking based, in-water resistance class for those looking for more cardio in their workout. A great class for beginners, advanced and athletes. Our

summer class is outdoors at the Koch Family Aquatic Center in the lazy river working with and against the current.

### **ADULT FITNESS:**

**BODY TONING:** An extensive work-out routine targeting those problem body areas: stomach, hips, waist and thighs. The mat work is designed to tone and sculpt your way to a beautiful body. Mats are provided.

**JUDO:** Judo, now an Olympic Sport practiced by millions around the world, is open to men, women and children. Judo is meant to use technique and timing rather than brute strength. Judo emphasizes safety and uses soft mats for the practice area. Judo develops self discipline, respect for oneself and others, self confidence, concentration, physical coordination, strength and flexibility.

**YOGA:** Yoga is a mind and body connection. The practice of yoga will assist you in bringing together these elements, which make up life. Great for stress management.

**SLIMNASTICS:** Combination of stretching aerobics and floor exercises designed to help you slim down and increase flexibility.

**STEP & SCULPT:** Step aerobics will be combined with strength training to get a total body workout.

**ZUMBA:** Zumba is the fitness craze that is taking the world by storm. Dance your way to a tighter and fitter you. In this popular class, you will increase your level of fitness by dancing to exciting and unique Latin moves and rhythms. Register early and “boogie down” a few pant sizes.

**ZUMBA GOLD:** A modified version of Zumba for active older adults. Dance your way to a tighter and fitter you.

**ZUMBA PARTY:** This intense workout takes your basic Zumba class to the next level by expanding the workout from 60 min to 120 min.

**FEMALE SELF DEFENSE COURSE:** (NEW) This empowering course changes lives! You'll feel safer knowing that you can WIN a confrontation against a bigger, stronger, faster attacker

### **YOUTH PROGRAMS:**

**PETITE DANCE:** For children 4 to 6 years of age. A wonderful opportunity for a child to learn simple dance steps and routines, tap and ballet and various creative movements.

**YOUTH JUNIOR DANCE:** Have fun and get lots of exercise while learning popular social and studio dances. A warm-up and stretching segment is followed by such dance styles as Hip Hop, Jazz, Line and slide both country and Latin. For children 8-16. An older child can sign up with a younger sibling in any of the youth dance classes.

GYMNASTICS: For boys and girls 3-13 years old. This recreational structured program encourages fun, but also helps develop fitness, and coordination. Class levels are preschool, beginners and intermediate. The various learning and work stations include the parallel and uneven bars, the vault, rings, a tumbling area, and more! Prove that you are a “perfect ten” before this class tumbles away. Held at the JFK Center. Registration Res – 5/6 NR – 5/13. Gymnastics starts in June.

WEDNESDAY MORNING FUN: Join us for a few camp-like activities. You can attend all four days or register for each individually. These activities will take place at the Eagan Center, both outdoors and inside. For ages 3-5.

Game Day: June 12

Bubble Day: June 26

Water Play Day: July 10

Music and More: July 24

Time: 9:00-11:00 AM

Registration: R 5/1 NR 5/15

Fee per class: R \$8 NR \$12

YOUTH SPLASH AND DASH: Participate in our first ever biathlon at the James J. Eagan Center. Participants will compete in a swim and run and will be separated into age appropriate groups. Parents are encouraged to stay and watch on the pool deck. Registration is per child.

For more information call 921-4466 or 921-4250.

City of Florissant

Parks and Recreation Department

4/26/13