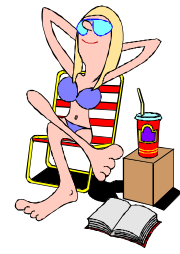




# WHAT'S HAPPENING AT THE INDIAN SHORES



## RECREATION DEPARTMENT

**NO NEED TO PRE-REGISTER! ALL ACTIVITIES ARE PAY AS YOU GO - SEE THE INSTRUCTOR! ALL CLASSES ARE HELD IN THE AUDITORIUM.**

**Note: Designated parking areas are reserved for Town Hall functions and class participants.**



**Internet Access:** Public Computers are available for use at the Town Hall, Monday through Friday, 8:30 am to 3:30 pm. You will need to purchase a \$5 annual library membership card to use the computers. All residents and visitors may join. Staff can issue you a card if the Library is closed. Sign up in the Town Hall lobby to reserve your  $\frac{1}{2}$  hour time slot. Computer time is also available on Saturdays from 10 am to 1 pm by signing up in the Library. You may reserve 30 minutes per day, per membership. You may reserve your time slot day(s) in advance. We cannot make appointments for you or take cancellations over the phone, due to our limited staff. Once you have reserved your time slot, you do not need to check in with staff before proceeding to your computer. Both computers have printers. There is no charge for the first 5 printed pages. Each additional printed page costs 15 cents each. **We do not have Wi-Fi and you are not allowed to plug in your own lap-top. Thumb-drives may be used.**



**Library Hours:** Open Mondays & Thursdays, 1 - 4 pm, and Saturdays 10 am - 1 pm, 595-4020 x 23. Entrance is on the north side of the Town Hall Building under the green canopy. Membership is only \$5 per year. For further information contact Chairperson Dotty Strahlendorf at 593.9608 or [dottyzmailbox@yahoo.com](mailto:dottyzmailbox@yahoo.com).



**Yoga Class:** Meets on Tuesdays & Thursdays @ 9 am. Cost is \$6 per class. Contact Tom Meagher at 365.4901, or [tmeagher1@yahoo.com](mailto:tmeagher1@yahoo.com). Tom teaches Hatha Yoga to beginners experienced Yoga students. Hatha Yoga emphasizes the breath, the body and meditation. Come and experience a joyful practice.



**Senior Exercise:** Meets Tuesdays & Fridays @ 11 am. Cost is \$5 per class. Class is designed for men and women interested in toning, increasing and maintaining good health, but not interested in full-body exercising. Gain good foundations and techniques in breathing, range of motion, and exercising in both standing and seated positions. The instructor also makes adjustments for each individual's level of physical ability. Call instructor Cindy Brauer at 430.2756 or email her at [Sunny4ub@aol.com](mailto:Sunny4ub@aol.com) for more information.



**Zumba Class:** Meets Wednesdays @ 9 am. Dance your way to a fitter you with exciting and unique Latin moves and rhythms. Zumba is a fun, aerobic workout that will make you will feel stronger, happier and healthier, while dancing to Merengue, Salsa, Bachata, Cumbia, Rock & Roll and more! **(First class is free!)** For more info, contact Liz Quinones at 813.476.9776 or [Liz@Lizumba.com](mailto:Liz@Lizumba.com). Cost is \$4 per class or 6 for \$20.00.



**ACBL Duplicate Bridge:** Meets **Wednesdays, 12:30 – 3:30 pm**, directed by Jim Maloney. Contact Jim at 393.8196 or [jmaloney@tampabay.rr.com](mailto:jmaloney@tampabay.rr.com). \$5 per game, includes snacks. Come alone or bring a partner. We guarantee you will have a partner.



**Taekwon-Do:** Meets **Wednesdays, @ 6 pm**. (Note: Classes will meet on Tuesday evenings in September only.) The Art of Hands and Feet. Tae Kwon Do is a complete martial art with focus on the Mind, Body, Spirit connection, benefiting your health through breath, fitness, awareness, self defense, empowerment, and confidence. Cost is \$10 per class or \$40 per month, payable to the instructor, Pete Thibado. Pete has been teaching Taekwon-Do for 30 years and is a 7<sup>th</sup> Degree Black Belt. For more information, contact Pete at 647.9025, or [pthibado2004@earthlink.net](mailto:pthibado2004@earthlink.net) or [www.thibadotkd.com](http://www.thibadotkd.com).



**Beach Ballroom Dance Lessons:** Meets **Wednesdays @ 7:30 pm**. (Note: Classes will meet on Tuesday evenings in September only.) Lesson lasts one hour, with practice session until 9 pm. Lessons are conducted by Carol Baker. Contact Carol at 374.3881 or [Cbvideo1@aol.com](mailto:Cbvideo1@aol.com). Cost is \$32 per person for 4 weeks if paid in advance, or \$10 per person per class. No partner needed. Schedule for the remainder of 2010 is as follows:

Wednesdays, August 4 <sup>th</sup> & 11 <sup>th</sup> - Intermed. Hustle	Tuesdays, September 7 <sup>th</sup> & 14 <sup>th</sup> - Foxtrot;
Tuesdays, September 21 <sup>st</sup> & 28 <sup>th</sup> - Waltz;	Wednesdays, October 6 <sup>th</sup> & 13 <sup>th</sup> - Rumba;
Wednesdays, October 20 <sup>th</sup> & 27 <sup>th</sup> - Cha Cha;	Wednesdays, November 3 <sup>rd</sup> & 10 <sup>th</sup> - Tango;
Wednesdays, November 17 <sup>th</sup> & 24 <sup>th</sup> - Nightclub Slow	Wednesdays, December 1 <sup>st</sup> & 8 <sup>th</sup> - Hustle



**Beginner Tai Chi Class:** Meets **Thursdays @ 10:30 am**. People of all ages can learn the gentle turning and stretching movements which can be adapted to match any level of ability. Whatever one's state of health, Taoist Tai Chi offers an effective way to maintain, improve or recover health. Through these classes, thousands of people have found the gentle movements of Tai Chi to be an effective therapy for a wide range of health problems, including poor circulation, high blood pressure, arthritis, back pain, breathing difficulties and digestive and nervous disorder. Cost is \$2 per class donation to the Taoist Tai Chi Society. Contact Deb Marzani @ 397.2826 or [debmar1@tampabay.rr.com](mailto:debmar1@tampabay.rr.com).



**Advanced Tai Chi Class:** Meets **Thursdays @ 6:30** from **June through August**. You **must** be a member of the Taoist Tai Chi Society to take this class. The class is free to TTCS members. Contact Janice Darby at 596.7436 or email her at [janicemd1@hotmail.com](mailto:janicemd1@hotmail.com) for more information.



**Jazercise Personal Touch.** Meets **Saturdays, @ 9 am**. Kick your workout up a notch! These small group weight training and body sculpting sessions are designed to improve strength and tone muscles. The personalized approach encourages exercise consistency and the attainment of fitness goals. Special attention to movement technique will help you get the most from your workouts. Cost is \$40 for 5 class ticket or \$10 drop-in. (First class is free.) Contact Eileen Arsenault, Certified Jazercise Instructor, at 481.3995 or [Eileen.jazercise@gmail.com](mailto:Eileen.jazercise@gmail.com)