

# INDIAN SHORES RECREATIONAL ACTIVITIES FALL-WINTER SCHEDULE OCTOBER 2019 - APRIL 2020

**\*RECREATION ACTIVITIES ARE HELD IN THE 4<sup>TH</sup> FLOOR COMMUNITY ROOMS #409 AND #410. NO MEMBERSHIP FEES REQUIRED – YOU PAY THE INSTRUCTOR. ALL VISITORS WELCOME!**

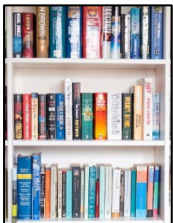
**\*Please note: Class schedules are subject to change without notice. For the latest updates, visit [www.myindianshores.com](http://www.myindianshores.com) and click on the Recreation page in the Community tab, or contact the class instructor.**

## Internet Access



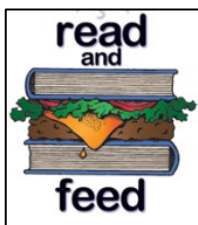
**Two Public Computers** are available for use in the Computer Room on the 3rd floor in room **305, Monday through Friday, 8:30 am to 3:30 pm, and Saturdays, 10 am to 1 pm.** All residents and visitors must purchase a \$5 annual library membership card to use the computers. Staff can issue you a card if the Library is closed. **Sign up at the administration desk on the third floor to reserve your 30-minute time slot,** which may be reserved in advance. We cannot make appointments for you or take cancellations over the phone due to our limited staff. There is a printer available. The first 5 pages are free, with all additional pages at 15 cents each. **Our municipal building now has Wi-Fi.** The password to access the Wi-Fi requires membership to the library.

## Library Hours



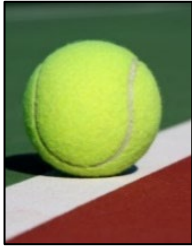
**Mondays, Tuesdays and Thursdays open 1-4 pm. 727-595-4020 x 701.** The Library is located on the 3<sup>rd</sup> floor in room **307**, next to the computer room. Membership is only \$5 per year. Newly released books, designated with a "New Book" sticker, are checked out for 2 weeks and cannot be renewed. During the high season, January thru March, only 2 newly released books may be checked out at a time. Older books may be checked out for 2 weeks and are renewable for another 2 weeks. A fine of 5 cents per day or 25 cents per week will be charged for all overdue books.

**The library book drop box is located at the main entrance to the right when entering the Municipal Building.** For further information contact the library during business hours at 727-474-7767 or contact Chairperson Alice Lawrence at 727-595-2173 or email [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com).



**Read and Feed:** Each month, usually on the 4<sup>th</sup> Wed, the library hosts a Read & Feed event centered around a book recommended by a library patron. Past events have featured science fiction, mysteries, thrillers, chick lit, nonfiction, young adult, and classic literature. We've often hosted local authors who provide an even closer look not only at the book's content but of the process of bringing it to print. Everyone is welcome. After a free reception and discussion, the volunteers serve a meal inspired by the book selected. There is usually a small charge for dinner.

Future selections will be posted on the town website, the library Facebook page, and the Read & Feed email list. For more info, contact Alice at [www.myindianshores.com/727-595-2173](http://www.myindianshores.com/727-595-2173).



**Tennis or Pickle Ball Anyone?** The Town's Tennis court is located on the north side of the park behind Town Hall, next to the Salt Rock Grill. Reservations are not required and there is no charge for use of the court. The court has recently been resurfaced and relined, and a new net has been installed. New lights have also been installed and are on a no-fee timer system, so you may now play after dusk when the weather is more comfortable. Hope you "love" our new court and that it "serves" you well!

## Indian Shores "GAME TIME!": Wednesdays, 1pm – 3:45pm (FREE)



### IT'S GAME TIME!

Come join the Indian Shores Property Owners Association (ISPOA) for an afternoon of fun in the \*4<sup>th</sup> Floor Community Center at Town Hall, 19305 Gulf Blvd. Come hang out and catch up with your friends and neighbors while playing Pinochle, Scrabble, Cribbage, Dominoes, Whist, or Hand & Foot.

BYOR (Bring Your Own Refreshments). **NO ALCOHOL.**

Call Art Newsome at 727-418-0220 with any questions and/or suggestions.

"Game Time!" is sponsored by the Town of Indian Shores and hosted by ISPOA.

\*Maximum occupancy of the Community Center is 193 people.

## Fountain of Youth Fitness: Mondays & Fridays, 11am, \$5/class



Instructor: Cindy Brauer ([sunnycindyb@aol.com](mailto:sunnycindyb@aol.com)), 727-430-2756

Class is designed for men and women interested in a low intensity cardio toning class that will help them to increase their health and fitness or just maintain it. Gain good foundations in breathing, balance and range of motion exercises in both seated and standing positions, while not getting down onto the floor to do so. The instructor makes modifications to meet everyone's level of physical ability, as well as instructs you on how you may increase or decrease the intensity of this class if so desired.

## Hula Hoop Fitness: Mondays, 6:30pm – 7:30pm, \$10/class



Instructor: Kimberly Meyer ([surfsidehooping@gmail.com](mailto:surfsidehooping@gmail.com)), 407-718-7770

Hula Hoop Fitness class is a fun, creative and structured class in which you can burn up to 420 calories an hour while having a blast! Hooping increases core strength, balance, coordination and overall flexibility through exercise using adult size hula hoops. Even if you haven't ever used a hula hoop or if you have not hooped in many years, you CAN be successful in class and you'll find my classes to be focused on fun and fitness in a non-stressful environment! I specialize in adults and regularly have seniors in their 60's and 70's. This is fun for all ages. Please come join us. \*Wear cotton if possible vs anything synthetic spandex blend material as the hoops have a little grip that is best with bare skin or cotton. Hoops are handcrafted for adults (hoops at Walmart are for children and made for small children) my handmade hoops are made for adults in a variety of sizes and materials. They're provided for class and I have a few for sale after class if you're inspired and want to practice at home.

**Oil Painting Class:** Thursdays, 1pm, \$25/class



Instructor: Betsy Schoepf ([betsyschoepf@gmail.com](mailto:betsyschoepf@gmail.com)), 727-595-1083

Open to residents and visitors alike. This class is designed to instruct in traditional oil painting. The student will learn the principles that one needs to know in order to paint landscapes, still life, paintings from photographs. The class includes instruction, demonstrations, painting time and critiques. Students may work on class projects or choose their own subject matter. Classes are small allowing for individual attention and guidance. A good time is had while sharing new skills with others. The instructor has been painting for over 40 years and enjoys still life and beach scenes. If you painted at some time in the past and always thought you might like to go back to it, come and join us. This may be your time! For further information and/or registration call or write Betsy Schoepf (info above).

**SilverSneakers Boom Muscle & Mind:** Mondays, 12:30pm, \$5/class, free with a valid SilverSneakers ID number. **(Begins January 6, 2020.)**



Instructor: Rita Moreau ([rita@fitadult.com](mailto:rita@fitadult.com)), 813-679-2560

**Boom Muscle:** Combine fun with fitness in this cardio and strength training class to build muscular strength and cardiovascular endurance. Strength training with free weights and easy to follow cardio moves. If available, please bring hand held weights to class.

**Boom Mind:** Improve range of motion, balance and flexibility in this Yoga/Pilates-fusion class.

60 minute class: Boom Muscle is 30 minutes and Boom Mind is 30 minutes. Come prepared with the following: water, towel, athletic fitness shoes.

**Chair Yoga:** Date and Time TBD (**begins January 2020**), \$8/class



Instructor: Theresa Gaenzle ([theresa.gaenzle@gmail.com](mailto:theresa.gaenzle@gmail.com))

This is for everyone who would love to do yoga but are new to it, or have any kind of limitations, Join Theresa Gaenzle as she guides you through a gentle practice. Bring light hand weights. Classes end with relaxation and meditation.

**Yoga:** Mondays, 9:15-10:30am and Thursdays, 9:00-10:15am, \$7/class  
**(Two classes Thursdays beginning January 15, 2020, 7:45-9:00am & 9:00-10:15am)**



Instructor: Tania Reed ([trubrit94@gmail.com](mailto:trubrit94@gmail.com)), 813-486-8310

Tania teaches Hatha Yoga to beginner and experienced Yoga students. Hatha Yoga emphasizes the breath, the body and meditation. Come and experience a joyful practice. Bring your own mat, or one may be provided.

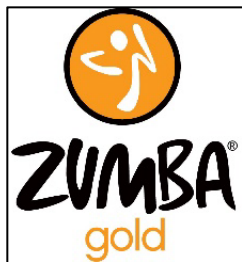
**Zumba:** Mondays, 8am (begins January 2020),  
Wednesdays, 9am; Fridays, 9am, \$5/class (begins October 2019)



Instructor: Mondays, Linda Roeder ([linda@whereslinda.net](mailto:linda@whereslinda.net))  
Wednesdays, Liz Blanco ([zumbadancewithliz@gmail.com](mailto:zumbadancewithliz@gmail.com)),  
813-476-9776  
Fridays, Cheryl Frank ([cfwauwatosa@aol.com](mailto:cfwauwatosa@aol.com))

Ditch the Workout – Join the party! 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 feel stronger, happier and healthier, while dancing to Merengue, Salsa, Bachata, Cumbia, Rock & Roll and more! All classes are open to residents and visitors; however, they are limited to 35 per class, and Indian Shores’ participants will be given priority (must provide proof of residency). Join the fun with Linda, Liz and Cheryl.

**Zumba Gold:** Wednesdays beginning January 8, 2020, 10:30am, \$5/class



Instructor: Liz Blanco ([zumbadancewithliz@gmail.com](mailto:zumbadancewithliz@gmail.com)), 813-476-9776

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold is perfect for the older active adult and anyone just starting out. It is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. The intention of the class is to move a little and have a lot of fun, even if you don’t perform each move perfectly. What stays the same are all the elements of the Zumba Fitness Party: the zesty Latin music and world rhythms, the exhilarating, easy to follow steps to Merengue, Salsa, Cumbia, Belly Dance, Flamenco, Tango and more!



**Dear Pet Owner:** A friendly reminder: You can be held responsible for any damages to property or injuries to persons that your pet may cause. All pets must be leashed, not allowed to run at large, and not allowed on private property without the consent of the property owner.



**PETS ARE NOT ALLOWED ON THE BEACH** or west of the seawall line or erosion control line, per state law. Any pet found in violation may be impounded. You must clean up after your pet or you may be fined. No pets are allowed in Indian Shores’ parks; however, the Town has designated dog-walk areas with waste stations as listed below:

**191<sup>st</sup> Ave. & 2<sup>nd</sup> St., alongside the Nature Park**  
**193<sup>rd</sup> Ave Beach Access, across from Town Hall**  
**197<sup>th</sup> Ave., along the fence line by public parking**

**192<sup>nd</sup> Ave. & 2<sup>nd</sup> St., on the corner**  
**196<sup>th</sup> Ave., grassy area in front of Tiki Parking lot**  
**200<sup>th</sup> Ave., sidewalk area south of La Concha Plaza**

