

APRIL

MIAMI BEACH

Flamingo Park Senior Program

Mon	Tue	Wed	Thu	Fri
1 <u>Water Aerobics</u> 12:00pm - 12:45pm	2 *Registration Begins* <u>Dance Fusion</u> 9:00am - 10:00am	3 <u>Water Aerobics</u> 12:00pm - 12:45pm	4 <u>Chair Aerobics</u> 9:00am - 10:00am	5 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:00am-11:00am
8 <u>Water Aerobics</u> 12:00pm - 12:45pm	9 <u>Dance Fusion</u> 9:00am - 10:00am	10 <u>Water Aerobics</u> 12:00pm - 12:45pm	11 <u>Chair Aerobics</u> 9:00am - 10:00am	12 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:00am-11:00am
15 <u>Water Aerobics</u> 12:00pm - 12:45pm	16 <u>Dance Fusion</u> 9:00am - 10:00am	17 <u>Water Aerobics</u> 12:00pm - 12:45pm	18 <u>Chair Aerobics</u> 9:00am - 10:00am	19 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:00am-11:00am
22 <u>Water Aerobics</u> 12:00pm - 12:45pm	23 <u>Dance Fusion</u> 9:00am - 10:00am	24 <u>Water Aerobics</u> 12:00pm - 12:45pm	25 <u>Chair Aerobics</u> 9:00am - 10:00am	26 <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:00am-11:00am
29 <u>Water Aerobics</u> 12:00pm - 12:45pm	30 <u>Dance Fusion</u> 9:00am - 10:00am			

Revised 3/25/24

General Information and classes :

- ◆Monday: Water Aerobics - 12:00pm - 12:45pm
- ◆Tuesday: Dance Fusion - 9:00am - 10:00am
- ◆Wednesday: Water Aerobics - 12:00pm - 12:45pm
- ◆Thursday: Chair Aerobics - 9:00am - 10:00am
- ◆Friday: Tai Chi - 9:00am - 10:00am
- ◆Friday: Chair Yoga-10:00am- 11:00am

Flamingo Park

999 11th Street, Miami Beach, Fl 33139

Xavier Guerrero | xavierguerrero@miamibeachfl.gov

If you would like to receive emails about special events and cancellations, please stop by one of our facilities to enroll in our senior program via the Rec Trac registration system.

Schedules subject to change. Please call Flamingo Park for the most updated information. (305)673-7779

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service)

EVENTS & FIELD TRIPS * SIGN UP at Flamingo*

General Information:

Field Trip 1– Miami Marlins Game (free)

Saturday April 27, 2024

Bus leaves at 2:30pm

Bus returns at 7:30pm

Food may be purchased at the ballpark

Sign up starts April 2, 2024

> EVENT - Floral Workshop(FREE) <

Scott Rakow Youth Center

2700 Sheridan Ave

Miami Beach, Fl 33140

April 14, 2024 1:00pm-2:00pm

Sign up starts April 2, 2024

MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting register.miamibeachparks.com.

Schedules subject to change. Please call (305) 867-0051 for most updated information.

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