



MIAMI BEACH

Scott Rakow Youth Center

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| | | 1 *Registration Begins* | 2 | 3 |
| | | <u>Dance Fusion</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am | <u>BOWLING</u> 9:00am - 11:00am |
| 6 | 7 | 8 | 9 | 10 |
| <u>Chair Aerobics</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm | <u>Dance Fusion</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am | <u>BOWLING</u> 9:00am - 11:00am |
| 13 | 14 | 15 *Registration ends for Jungle Queen* | 16 | 17 |
| <u>Chair Aerobics</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm | <u>Dance Fusion</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am | <u>BOWLING</u> 9:00am - 11:00am |
| 20 | 21 | 22 | 23 | 24 |
| <u>Chair Aerobics</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm | <u>Dance Fusion</u> 8:30am - 9:30am | *Trip to Jungle Queen* <u>Tai-Chi</u> 9:00am - 10:00am | <u>BOWLING</u> 9:00am - 11:00am |
| 27 | 28 | 29 | 30 | 31 |
|  | <u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 11:00am-12:00pm | <u>Dance Fusion</u> 8:30am - 9:30am | <u>Tai-Chi</u> 9:00am - 10:00am | <u>BOWLING</u> 9:00am - 11:00am <i>Revised 4/10/24</i> |

General Information and classes :

- ◆ Monday: Chair Aerobics - 8:30am - 9:30am
- ◆ Tuesday: Tai Chi - 9:00am -10:00am
- ◆ Tuesday: Chair Yoga- 11:00am-12:00pm
- ◆ Wednesday: Dance Fusion - 8:30am-9:30am
- ◆ Thursday: Tai Chi - 9:00am-10:00am
- ◆ Friday: Bowling- 9:00am -11:00am

For more information or questions please contact:

Scott Rakow Youth Center
2700 Sheridan Ave, Miami Beach, FL. 305-673-7767
Xavier Guerrero: xavierguerrero@miamibeachfl.gov

****Schedules subject to change****

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 SRYC

>Field Trip – Jungle Queen Dinner Cruise (\$25.00)<

Cash Only/ No Refunds

May 23, 2024

Bus leaves at 3:30pm

Bus returns at 11:00 pm

Registration begins May 1, 2024, Registration ends May 15, 2024

Space is limited. (Max: 40 participants)

RSVP in Person at Scott Rakow Youth Center

> EVENT - Floral Workshop (FREE) <

Unidad Senior Center

May 16, 2024 2:00pm -3:00pm

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

register.miamibeachparks.com