

# Town of Fort Myers Beach Parks and Recreation Department



## November & December 2016 Newsletter





# The Town of Fort Myers Beach Parks and Recreation Department November and December

## Bay Oaks Hours:

Sunday: 12pm-6pm  
Monday: 7:30am-9pm  
Tuesday: 7:30am-9pm  
Wednesday: 7:30am-9pm  
Thursday: 7:30am-9pm  
Friday: 7:30am-9pm  
Saturday: 10am-9pm

**(239) 765-4222**  
www.BayOaksRec.Org

## Beach Pool Hours:

Sunday: 12pm-6pm  
Monday: 10am-6pm  
Tuesday: Closed  
Wednesday: 10am-6pm  
Thursday: Closed  
Friday: 10am-6pm  
Saturday: 10am-6pm

**(239) 463-5759**

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## Bay Oaks Closures

**Friday November 11th– Veterans Day**  
**Thursday-Friday, November 24th and 25th – Thanksgiving**  
**Friday-Monday December 23rd-26th– Christmas**  
**Friday-Monday December 30– January 2nd-New Years**

## Pool Closures

**November 24th and 25th– Thanksgiving**  
**December 24th and 25th– Christmas**

## Meet the Staff:

Sarah Mayher-Program Coordinator  
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Danielle Felton-Program Coordinator  
Danielle@FortMyersBeachFL.gov

Nathaly Henao-Aquatic Supervisor  
Nathaly@FortMyersBeachFL.gov

Louis Monaco-Lead Life Guard  
LouisM@FortMyersBeachFL.gov

## Town of Fort Myers Beach Council:

Town Manager: Jim Steele  
Mayor: Dennis Boback  
Vice-Mayor: Summer Stockton  
Council Member: Anita Cereceda  
Council Member: Tracey Gore  
Council Member: Rexann Hosafros

## Bay Oaks Recreational Campus Advisory Board (BORCAB)

Members: Betty Simpson (chair)  
Rae Spole (vice-chair)  
Becky Bodnar  
Tom Myers  
David Anderson  
Janna Holmes  
Denise Monahan  
Town Council Liaison: Council Member Tracey Gore

**Upcoming Meetings: November 3rd, December 1st**  
Meetings are held at Town Hall in the Council Chambers at 9am unless otherwise advertised.

# This Just In...



## We are Open Sundays!!

Now the weekend can be even more fun by joining Bay Oaks on Family Fun-day every Sunday from 12pm to 6pm! Bring a blanket and a picnic to enjoy on the fields or just come shoot hoops. Why not give Disc Golf a try? We have everything you need to have fun and spend quality with your family! -From our Family to yours- we hope to see you then!

## Fright Night a Success!!

What a fun night we all had on October 21st as we celebrated our 26th annual Fright Night! None of it would have been possible if it wasn't for your generous spirit- from the volunteers to the donations! All of us here at Bay Oaks want to Thank each and every one of you for your love and support! We are looking forward to another great event next year!



## B.O.S.S. Thanksgiving Feast!

The Bay Oaks Social Seniors will celebrate the season on Wednesday, November 23rd beginning at 11:30am at Bay Oaks with a Thanksgiving Feast. Please give our friends a call that have been missing from our gatherings lately and invite them to join. We will provide the turkey and dressing, potatoes and gravy and you can bring a dish to share. Please call Bay Oaks if you need ideas on what to bring- we will be keeping a "food list" so we know what's coming.

**When: Wednesday November 23rd at 11:30am**



# Teen & Youth Programs



# Club Rec

*Spring Semester*

January 9th-May 26th

**\$100/ Bay Oaks Member per semester.**

**\$135/Non-Member per semester.**



Club Rec is open to all students grade K-5. Club Rec operates on all days that school is in session and not a Town of Fort Myers Beach holiday.

## Toddler Tuesdays

A portion of the gym will be designated to children ages 4 and under. This is a drop in program that allows parents and their little's a chance to explore and play in a fun and safe environment. Play with supplied toys or bring your own.

**When: Tuesday, November 8th  
Tuesday, December 6th  
10:00am-11:00am.**

**Fee: Free/Member. \$2/Non-Member.**

## Fun Days

When school is out make it a Fun Day at Bay Oaks. Fun Days are open from 7:30am-6pm, and offered to kids grades K-8. Fun Days offer a wide variety of activities so you know you won't get bored. All participants are asked to bring a lunch and arrive before 9am. Registration forms can be found online at [www.fortmyerbeachfl.gov](http://www.fortmyerbeachfl.gov) or by stopping by the Rec Center. Pre-registration is recommended.

**When: Wednesday, November 23rd.  
December 27th-29th.  
January 3rd-6th.**

**Fee: \$15/Member. \$18/Non-Member.**



# Adult Programs



## Yoga

Come experience the relaxation and fitness benefits of Yoga at Bay Oaks. No experience necessary. Learn the postures and techniques in a fun and friendly environment. Mats and hand weights are provided if needed.

**When: Tuesday & Thursday at 9:00am.**

**Fee: Single Class- \$10/Member. \$12/Non-Member.**  
10 Class Punch Card- \$90/Member. \$110/Non-Member.



## Body Sculpt

A great full body workout set to music that incorporates both bodyweight movements and light dumbbells to improve strength and fitness. Exercises are modifiable so participants can work at the level best suited to them. Whether you are new to strength training, or looking to increase the intensity for a good burn, there is something for everyone. Compare yourself only to the person you were yesterday!

**When: Tuesday & Thursday at 9:00am.**

**Fee: Single Class- \$8/Member. \$10/Non-Member.**  
10 Class Punch Card- \$80/Member. \$100/Non-Member.

## Personal Training

Are you looking for professional help while trying to achieve your fitness goals? Bay Oaks now offers certified personal trainers to help you along the way. Work one-on-one directly with a licensed fitness professional who will tailor sessions directly to your needs. Call or stop in today to find out more and schedule your sessions.

**When: Based on Client Schedule**

**Fee: Single Session- \$35/Member. \$45/Non-Member**  
**8 Session Pack- \$255/Member. \$325/Non-Member**

## Open Basketball

Enjoy some fun, friendly basketball on one of our open basketball nights! Come alone and join up with other players or bring a group of friends. Everyone is welcome!

**When: Wednesday, Thursday & Friday 6:00pm-9:00pm**  
**Saturday 1:00am - 9:00pm**  
**Sunday 12:00pm-6:00pm**

**Fee: Free/Member. \$4/Non-Member.**

## Open Volleyball

Bay Oaks offers open volleyball on Tuesday nights. Come and join us for a few games of friendly competition. All skill levels and abilities are welcome. There is no registration required.

**When: Tuesday 6:00pm-9:00pm.**

**Fee: Free/Member. \$4/Non-Member.**



***No charge cards accepted for fitness classes, cash only.***

# Adult Programs



## Aerobics

Begins 11/28

With this lightweight, low impact aerobics class you will not only get into shape but have a great time while doing so. Participants will experience high repetition exercises using light hand weights during a total body work out. Mats, weights and steps are all provided if needed.

**When: Monday & Wednesday at 9:00am.**

**Fee: Single Class- \$7/Member. \$7/Non-Member.**

10 Class Punch Card- \$70/Member. \$90/Non-Member.



## Cardio Dance Party

Begins 11/29

Join the fun!

Groove and move dance workout for all ages and abilities. Why exercise when you can dance?!

Tuesday: Top 40. Thursday: Broadway.

**When: Tuesday & Thursday at 8:00am.**

**Fee: Single Class- \$8/Member. \$10/Non-Member.**

10 Class Punch Card- \$80/Member. \$100/Non-Member.



## Spin Cycle Fitness

If you are looking for a different way to exercise, check out Bay Oaks' fastest class on wheels. *RPM Spin Class* offers something for everyone. Ride a bike to tunes that will get your pulse racing. Each class offers a 45 minute ride.

**When: Monday, Wednesday & Friday at 8:30am.**

Please call 239-765-4222 to register

**Fee: Single Class- \$7/Member. \$8/Non-Member.**

10 Class Punch Card- \$60/Member. \$70/Non-Member.



***No charge cards accepted for fitness classes, cash only.***

# Adult/Senior Programs



## Pickleball

Pickleball is a tennis-like game that is played indoors with paddles. This low-impact sport is perfect for seniors. Come grab a paddle and check it out!

**When: Monday, Wednesday and Friday at 10:00am. Saturday at 11:00am.**

**Fee: \$2/Member. \$6/Non-Member.**

## Bocce Ball Returns!

Join us every Tuesday on the Best grass surface for BOCCE on the island!

Coffee and Water will be provided.

**When: Tuesday 9:00am**

**Fee: Free**



## Dominos and Activities Day

Make sure to stop by Bay Oaks during the week to join in a game of Dominos or participate in our Activities Day program. Snacks and refreshments will be available.

**When: Dominos and/or Activities Day:  
*New Time!***

**Every Tuesday and Thursday at 11:00am**

**Fee: Free/Members. \$4/Non-Members.**



## Pot Luck Returns!

Our beloved tradition has returned for the season! We will continue to gather for lunch and association at **Chapel by The Sea Church** every First Wednesday of the month. We will bring the fried Chicken and you bring a side dish. Tell your friends and let's get more people participating in Bay Oaks Activities!

There will be a speaker or games played after lunch.

**When: November 2nd at 12:00pm  
December 7th at 12:00pm**

**Fee: Donations accepted**

## Out to Lunch Bunch

Come Join us for lunch and socializing at some of the areas highest rated spots! **Van will leave at 11:00am**

**When: Wednesday, November 30th–  
Snook Haven Myakka  
Wednesday, December 28th–  
Campiello Naples**

**Fee: \$4/Member. \$5/Non-Member.**

## Mahjong

Come to Bay Oaks for some Mahjong! The game is played with 4 people and a set of 144 tiles based on Chinese characters and symbols. A volunteer will be there to teach the game to newcomers.

**When: *New Time!* Every Monday at 11:00am  
and Friday at 1:00pm**

**Fee: Free/Member. \$4/Non-Member.**

# Adult/Senior Trips & Programs



## Fort Myers Botanical Garden Tour AND Butterfly Estate Tour

Join Bay Oaks as we tour the beautiful, recently opened Berne Davis Botanical Gardens. The garden is the home of the Lorelei statue that was recently part of the Fort Myers Library, and many of the displays in the garden have been provided through the talents and contributions of the local garden clubs, plant societies and others which comprise the Garden Council.

After this tour we will see the Beautiful Butterfly Estate to visit the 3600 sq. foot butterfly conservatory! Learn how you can help butterfly populations flourish in our state.

We will have lunch at **McGregor Grill** after the tours (Cost of lunch is not included in price).

**When: Tuesday November 15th at 9:30am**

**Fee: \$16/Member \$18/Non-Member**



## Walking and Biking Trips

Lets stay active! Join us as we go on local adventures and keep active and fit along the way! Everyone can go their own pace and enjoy rest breaks as needed. The friendly association and beautiful scenery makes it a fun way to get moving! We will stop for lunch after our activities. (Cost of lunch is not included in fee)

**Walk:** Ding Darling - Sanibel

**When: Thursday November 10th at 9:30am**

**Fee: \$7/Member \$10/Non-Member**

**Bike:** Myakka State Park– Sarasota  
(Must have a bike and a helmet)

**When: Tuesday December 20th at 9:00am**

**Fee: \$17/Member \$20/Non-Member**



## Annual Thanksgiving Feast!

Let's celebrate the season on Wednesday, November 23rd beginning at 11:30am at Bay Oaks with a Thanksgiving Feast. Please give our friends a call that have been missing from our gatherings lately and invite them to join. We will provide the turkey and dressing, potatoes and gravy and you can bring a dish to share. Please call Bay Oaks if you need ideas on what to bring- we will be keeping a "food list" so we know what's coming.

**When: Wednesday November 23rd at 11:30am**

# Adult/Senior Trips & Programs



## Christmas Lights Canal Cruise Fishermans Village



These popular, family-oriented one-hour cruises tour the residential canals to view Christmas lights, displays and decorations on homes, boats, seawalls and docks. Boats of all shapes and sizes cruise the canals during the evenings in December to enjoy this warm display of community Christmas spirit.

The Canal Cruise will depart at 6:00pm, We will leave Bay Oaks at 3:30pm and stop for dinner before departing. (Cost of dinner is not included in fee)

**Sign up by: November 28th**

**When: Thursday December 15th at 3:30pm**

**Fee: \$25/Member \$30/Non-Member**



## “Holidays in Paradise” SWFL Symphony at Shell Point Village

Come to enjoy the sounds of the season in beautiful Full-Orchestra style! The Holidays in Paradise includes selections that celebrate all of the holidays that make this time of year so special. With Nir Kabaretti, conductor, Carolann M. Sanita, vocals. It will be a night to remember and the perfect way to get into the holiday spirit!

Van will Leave bay Oaks at 6:00pm (Dinner stop is not included in this trip)

**Sign up by: Monday November 14th**

**When: Monday December 12th at 6:00pm**

**Fee: \$40/Member \$45/Non-Member**

## Festival of Trees Berne Davis Art Center

The Festival of Trees is a beautiful showcase of festive trees decked out in unique decorations. Each year, the decorators find more unusual ways to adorn their trees. Candy, teddy bears, and even paper dolls have rested upon pine branches. Others are decorated traditionally, with ornaments, ribbons, and bows. Still more are ornamented with more unconventional fare, like power tools, dog toys, and sports memorabilia. We will get lunch after (Cost of lunch is not included in fee)

**When: Friday December 2nd at 10:30am**

**Fee: \$7/Member \$10/Non-Member**



# Fitness Room



The Al Oerter Weight Room at Bay Oaks Recreation Center is the largest public workout facility on Fort Myers Beach. It offers all the exercise equipment you will need to achieve your fitness and wellness goals. The namesake Al Oerter is a four-time United States Olympic champion in the discus throw and was a Fort Myers Beach Resident.

## The fitness room offers:

8 Piece machine weight circuit– *Chest Press, Shoulder Press, Pec/Delt Fly, Abdominal Crunch, Lat/Tricep Pull-down, Bicep Curl, Leg Extension and Leg Curl.*

3 Treadmills

1 Recumbent Bike

1 Stair-Stepper

2 Ellipticals

Smith Machine

Free Weight dumbbells, bars and attachments

50 inch flat screen T.V.



**Fee: Free/Member. \$4/Non-Member.**

## Fitness Room Hours:

Monday - Friday: 7:30am - 9:00pm

Saturday: 10:00am - 9:00pm

Sunday: 12:00pm - 6:00pm



## Free Fitness Center Orientation

Just starting to learn how to workout? No problem! Bay Oaks offers a weight room orientation to all guests. In this orientation you will learn how to properly use each piece of equipment in the Fitness Center. Call (239) 765-4222 to set up an appointment.

*Pre-registration is required.*

**Fee: Free/Member. \$4/Non-Member.**

# Community Pool

**OPEN TO  
THE  
PUBLIC!**



## Pool Passes and Memberships

Come and enjoy Fort Myers Beach's only community pool. Spend time going down the waterslide, playing pool basketball, or just swimming around our wonderful lap pool. We also have a kiddie pool for our younger guests. There is something for everyone.

### General Admissions

**Adult Day Pass: \$4/Member. \$7/Non-Member**

**Child Day Pass: \$2/Member. \$5/Non-Member**

### Individual Pool Memberships

**Annual Pass: \$60/Member. \$75/Non-Member**

**Seasonal Pass: \$40/Member. \$55/Non-Member**

### Family Pool Memberships

**Annual Pass: \$125/Member. \$150/Non-Member**

**Seasonal Pass: \$75/Member. \$85/Non-Member**

**NEW! Monthly and Weekly passes available!**

**Call for pricing!**

## 100 Mile Club

New to the Beach Pool is the 100 mile club. This club is for Member Lap Swimmers. Each time you come to the pool we will record your total distance and keep track of it throughout the year. At the end of the year if you reached a total distance of 100 miles you will receive a t-shirt and your name and picture on the 100 Mile Board. There will be monthly postings and updates on everyone's total distance.

## Private Swim Lessons

This is a good way to get your child one on one time with one of our swim instructors. Classes consist of 8 sessions that are 30 minutes long.

Cost is **\$75** per child.

To reserve a day and time just call **239-463-5759** or come in and register.



## Water Aerobics

Water Aerobics consists of large rhythmic movements, performed in water to increase heart rate and improve cardiovascular fitness. The resistance of water adds toning and strengthening to major muscle groups, while the water decreases impact to the joints. There is bouncing and jumping in the class.

**When: Monday, Wednesday and Friday.  
10:00am-11:00am.**

**Fee: \$4/ Member. \$6/Non-Member.  
Punch Cards: \$40/Member. \$60/Non-Member.**



## Swim Club

Swim Club is back at the FMB Pool for kids that might be interested in swimming at the next level. From the Freestyle stroke to the hard but effective Butterfly stroke, you will be a swimming machine by the time you are done here. Just remember to bring Goggles and a towel.

**When: Sunday 1:00pm - 2:00pm.**

**Fee: \$35/school semester or \$70 for the year**

## November and December Obstacle Course Dates:

**November 1st-19th**

**December 9th-18th**

# Community Pool Calendar

## November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Water Aerobics 10am-11am	5
6 Senior Swim 10-12 pm Swim Club	7	8 <b>CLOSED</b>	9 Water Aerobics 10am-11am	10 <b>CLOSED</b>	11 Water Aerobics 10am-11am	12
13 Senior Swim 10-12 pm Swim Club	14 Water Aerobics 10am-11am	15 <b>CLOSED</b>	16 Water Aerobics 10am-11am	17 <b>CLOSED</b>	18 Water Aerobics 10am-11am	19
20 Senior Swim 10-12 pm Swim Club 1-2pm	21 Water Aerobics 10am-11am	22 <b>CLOSED</b>	23 Water Aerobics 10am-11am	24 <b>CLOSED HOLIDAY</b>	25 <b>CLOSED HOLIDAY</b>	26
27 Senior Swim 10-12 pm Swim Club 1-2pm	28 Water Aerobics 10am-11am	29 <b>CLOSED</b>	30 Water Aerobics 10am-11am			

## December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Water Aerobics 10am-11am	3
4 Senior Swim 10-12 pm Swim Club 1-2pm	5 Water Aerobics 10am-11am	6 <b>CLOSED</b>	7 Water Aerobics 10am-11am	8 <b>CLOSED</b>	9 Water Aerobics 10am-11am	10
11 Senior Swim 10-12 pm Swim Club 1-2pm	12 Water Aerobics 10am-11am	13 <b>CLOSED</b>	14 Water Aerobics 9-10am	15 <b>CLOSED</b>	16 Water Aerobics 9-10am	17
18 Senior Swim 10-12 pm Swim Club 1-2pm	19 Water Aerobics 10am-11am	20 <b>CLOSED</b>	21 Water Aerobics 10am-11am	22 <b>CLOSED</b>	23 Water Aerobics 10am-11am	24 <b>CLOSED HOLIDAY</b>
25 <b>CLOSED HOLIDAY</b>	26 Water Aerobics 10am-11am	27 <b>CLOSED</b>	28 Water Aerobics 10am-11am	29 <b>CLOSED</b>	30 Water Aerobics 10am-11am	31 New Years Eve Facility will be open 10am-4pm

# B. O. R. C. Calendar

## November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Yoga @ 9am Body Sculpt@9am Activities @11am	2 Spin Cycle@8:30am Pickleball @10am Potluck @ 12pm	3 Yoga @ 9am Body Sculpt@9am Dominoes@11am	4 Spin Cycle @ 8:30a Pickleball @10am Mahjong @1pm	5 Pickleball @ 11am
6 Family Day 2-4pm Ice Cream, Salute A Vet	7 Spin Cycle@8:30am Pickleball @10am Mahjong @ 11am	8 Yoga @ 9am Body Sculpt@9am ToddlerDay@10am Activities @11am	9 SpinCycle@8:30am Pickleball @10am	10 Yoga @ 9am Body Sculpt@9am Dominoes @11am Walk @ 9:30am	11 CLOSED	12 Pickleball @ 11am
13 Family Day! 2-4 pm Kid Games	14 Spin Cycle@8:30a Pickleball @10am Mahjong @ 11am	15 Yoga @ 9am Body Sculpt@9am Activities @11am GardenTour@9:30am	16 Spin Cycle@8:30a Pickleball @10am	17 Yoga @ 9am Body Sculpt@9am Dominoes @11am	18 Spin Cycle @ 8:30am Pickleball @10am Mahjong @1pm	19 Pickleball @ 11am
20 Family Day! 2-4p Pin the tail on the turkey- Secrets of Thanksgiving	21 Spin Cycle@8:30a Pickleball @10am Mahjong @ 11am	22 Yoga @ 9am Body Sculpt@9am Activities@11am	23 Spin Cycle@8:30am Pickleball @10am Thanksgiving Feast @11:30	24 CLOSED	25 CLOSED	26 Pickleball @ 11am
27 Family Day! 2-4pm Scavenger Hunt	28 Spin Cycle@8:30a Aerobics @ 9am Pickleball @10am Mahjong @ 11am	29 CardioDance@8 Yoga @ 9am Body Sculpt@9am Activities @11am	30 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am Lunch Bunch @ 10am			

## December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1 CardioDance@8am Yoga @ 9am Body Sculpt@9am Dominoes @11am	2 Spin Cycle @ 8:30a Pickleball @10am TreeFestival @10:30a Mahjong @1pm	3 Pickleball @ 11am
4 Family Day! 2-4pm Tree Ornaments	5 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am Mahjong @ 11am	6 CardioDance@8 Yoga @ 9am Body Sculpt@9am Activities @11am	7 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am Potluck @12pm	8 CardioDance@8am Yoga @ 9am Body Sculpt@9am Dominoes @11am	9 Spin Cycle @8:30am Pickleball @10am Mahjong @1pm	10 Pickleball @ 11am
11 Family Day! 2-4pm Tree Lighting	12 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am Mahjong @ 11am Symphony @ 6pm	13 CardioDance@8 Yoga @ 9am Body Sculpt@9am Activities @11am	14 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am	15 CardioDance@8am Yoga @ 9am Body Sculpt@9am Lights Cruise@ 3:30pm Dominoes @11am	16 Spin Cycle @8:30a Pickleball @10am Mahjong @1pm	17 Pickleball @ 11am
18 Family Day! 2-4pm Caroling	19 Spin Cycle@8:30a Aerobics @ 9am Pickleball @10am Mahjong @ 11am	20 CardioDance@8 Yoga @ 9am Body Sculpt@9am Activities @11am	21 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am	22 CardioDance@8:30am Yoga @ 9am Body Sculpt@9am Dominoes @11am	23 CLOSED	24 CLOSED
25 CLOSED	26 CLOSED	27 CardioDance@8 Yoga @ 9am Body Sculpt@9am Activities @11am	28 Spin Cycle@8:30am Aerobics @ 9am Pickleball @10am Lunch Bunch @11am	29 CardioDance@8am Yoga @ 9am Body Sculpt@9am Dominoes @11am	30 CLOSED	31 CLOSED

## November & December 2016

### Bay Oaks Hours of Operation

Sunday: 12-6pm

Monday: 7:30am-9pm

Tuesday: 7:30am-9pm

Wednesday: 7:30am-9pm

Thursday: 7:30am-9pm

Friday: 7:30am-9pm

Saturday: 10am-9pm

### Beach Pool Hours of Operation

Sunday: 12pm-6pm

Monday: 10am-6pm

Tuesday: Closed

Wednesday: 10am-6pm

Thursday: Closed

Friday: 10am-6pm

Saturday: 10am-6pm

[www.BayOaksRec.org](http://www.BayOaksRec.org)

Town of Fort Myers Beach  
2525 Estero Blvd.

Fort Myers Beach, FL 33931  
239-765-0202

Fort Myers Beach Community Pool  
2600 Oak St.

Fort Myers Beach, FL 33931  
239-463-5759

Bay Oaks Recreation Center  
2731 Oaks St.

Fort Myers Beach, FL 33931  
239-765-4222