

Community Center

305-758-8103

The Community Center will be closed May 25.

Refund Policy: All classes require a minimum enrollment. If enrollment is not met, all fees will be refunded. Refunds must be requested during the time of the program, once program has ended no refunds will be given. Refunds will incur a 20% administrative fee.

Class Fee Policy: All fees must be paid by the second class of the session. Participants who have not paid by the second class will not be permitted in class.

MSV Insurance Policy: All activities require current Miami Shores Village Insurance. Insurance Fee is good for one year from date of purchase. Fee covers all recreation programs and activities during this time. Residents: \$12./yr and Nonresidents: \$15./yr.

CANCELLATION POLICY

If a minimum number of registrants is not met, we may have to cancel a class. These decisions are made up to one week prior to the start date, so register early to avoid disappointment.

GYMNASTIC CLASSES

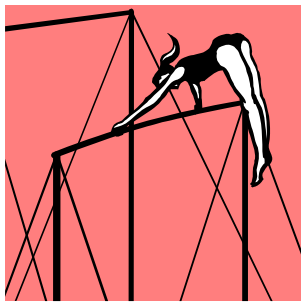
All Gymnastic Classes directed by **Trina Quijano**, *Expressions of Talent*
Make up classes will be at the discretion of the director.

| OPEN LEVEL WEEKDAYS | | | |
|---------------------|-----------------------|-------------|-------------|
| Age | Date/Classes | Time | R/NR Fee |
| 5+ | May 21, 26, 27, 28/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | June 1, 2, 3, 4/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | June 8, 9, 10, 11/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | June 15, 16, 17, 18/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | July 6, 7, 8, 9/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | July 13, 14, 15, 16/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | July 27, 28, 29, 30/4 | 5:15-7:30pm | \$60./\$75. |
| 5+ | Aug. 3, 4, 5, 6/4 | 5:15-7:30pm | \$60./\$75. |

| OPEN LEVEL/TINY TUMBLING SATURDAYS | | | |
|------------------------------------|--|----------------|---------------|
| 3-4 | May 23 - June 20/5 | 10:00-10:55 am | \$55./\$68.75 |
| 5+ | May 23 - June 20/5 | 11:00-12:25 pm | \$60./\$75. |
| 3-4 | Aug. 1 - Aug. 29/4 (No class August 15) | 10:00-10:55 am | \$44./\$55. |
| 5+ | Aug. 1 - Aug. 29/4 (No class August 15) | 11:00-12:25 pm | \$48./\$60. |

Tiny Tumbling
 Children will gain flexibility and strength while learning coordination. Lots of fun activities using gymnastics floor, bars, and trampoline. Minimum 4 students required. Max 10 students.

Open Levels
 This class is designed to provide extra practice to all level gymnasts.



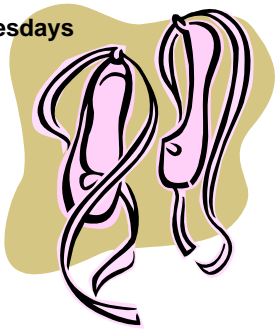
Summer Ballet Intensive

Join us for the first ever summer ballet clinic designed for serious budding ballerinas. The emphasis on classical ballet technique will improve your young dancer's strength, flexibility, balance and coordination. Personalized attention will be given in small groups with classes offered once or twice a week. Prepare your child for the next level!! New classes will be added next school year.
 Minimum 5 students/ Maximum 8 students per session.
 Sign up for 10 weeks and SAVE!!!



June 8th - August 12th
4:30pm to 5:30pm - Mondays & Wednesdays
10 WEEKS
 2X/ week Res./Nonres.: \$250./\$312.50
 1X/week Res./Nonres.: \$150./\$187.50

5 WEEKS
 2X/ week Res./Nonres.: \$150./\$187.50
 1X/week Res./Nonres.: \$90./\$112.50



I ❤️ ART!

Children will learn techniques to develop drawing skills in pencil, charcoal, pen, ink and pastel. Acrylic, watercolor, mixed media and others will be explored. Children will read and create, write a story and illustrate, collage, 3D sculptures, mosaic technique, murals, etc. Classes taught by Adriana Sandoval with more than 15 years of experience.

| Tuesday | | Ages 4-6 | 3:30 pm - 4:30 pm |
|-------------------|--|-------------|-------------------|
| Date/Classes | | R/NR Fee | |
| June 16- July 7/4 | | \$72./\$90. | |
| July 21-Aug. 11/4 | | \$72./\$90 | |

Fee includes supplies.
MUST BE REGISTERED ONE WEEK PRIOR TO START OF CLASS.

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Breakin' Loose

Learn how to shine and battle with friends through our new break dancing class. Class consists of the latest free styling moves including acrobatics. Join in on the fun and learn how to bring the party to life.

Minimum 4 students required.

Expressions of Talent

Mon., Tues., Wed., Thurs., Age 8-15 5:15 pm - 7:15 pm

Fee/week: Res./Nonres.: \$50./\$62.50

June 15-18

July 6-9

July 27-30

Aug. 3-6

I ❤️ ART Ages 7+

Children will learn techniques to develop drawing skills in pencil, charcoal, pen, ink and pastel. Acrylic, watercolor, mixed media and others will be explored. Children will read and create, write a story and illustrate, collage, 3D sculptures, mosaic technique, murals, etc. Classes taught by Adriana Sandoval with more than 15 years of experience. Minimum of 5 participants required.

Tuesday Ages 7+ 4:30 pm - 5:30 pm

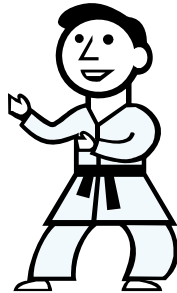
Date/Classes R/NR Fee

June 16- July 7/4 \$72./\$90.

July 21-Aug. 11/4 \$72./\$90

MUST BE REGISTERED ONE WEEK PRIOR TO START OF CLASS.

KARATE



Join us in Celebrating... 26 years of
Karate classes at the
Miami Shores Community Center

The longest karate program in the state of Florida. Learn directly from the master who teaches all classes himself.

Learn: •The Art of Self Defense • Self Control • Discipline • Confidence • Self esteem • Respect • Balance • Physical Fitness • Fighting Skills •Kata's• Weapons skills

Instructor: Danny Lemus, 5th Degree Black Belt with 30 years experience. Eight time Florida State Champion.

Type of Karate:

Nisei Goju Ryu, Traditional Style Japanese/American Hard and Soft Style as taught by Grand Master Frank Ruiz, 10th degree Founder Emeritis

MON/WED Ages 4-10 6PM-7PM

MON/WED AGES 11+ 7 PM - 8:30 PM (June)

MON/WED Ages 11+ 6PM-7:30PM (July and August)

R/NR Fee per month \$48./\$60.

There is a \$20.00 registration fee for all new students payable to the instructor.

For A Very HAPPY BIRTHDAY, Just Add Kids!

*Expressions of Talent
now offers birthday party pack-
ages at the Community Center*

Celebrate your child's
birthday with a fun
filled gymnastics party.



2 hour party
1 hr of gymnastics and
1 hr in a party room

Fee \$290 for up to 18 kids
19-25 kids Add \$35
26-35 kids Extra \$50

Deposit of \$100 Required to hold party
date. Party must be paid in full one week
before the date of the party.

Call Trina to book your party
(954)260-5212

Or

Miami Shores
Community Center
(305) 758-8103



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ADULT CLASSES



Good Dog Bad Dog Training

OBEDIENCE TRAINING

Learn to gain better control of your dog in this basic obedience class. Dogs five months and older are socialized with other dogs, taught good manners and on-leash obedience commands.

Meets on the Basketball Courts

MONDAY 7:15 pm - 8:30 pm

June 29- August 3/6

R/NR\$75./\$95.

YOGA SCULPT

Given by: Cindy Ley-Sepe, Yoga Alliance certified Yoga Instructor

Core Power Yoga Sculpt is a 60 minute total body workout designed to tone and sculpt every major muscle group. Free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but easy to follow program compliments your physical exercise routine while pushing your strength and flexibility to new heights.

*weights provided

Thursday 6:15 pm

Fees:

R/NR Fee:\$10./\$12.50

Jazzercise

Given by: Nancy Horton

Morning Classes

Mon. - Sat. 9:00am-10:00am

Evening Classes

Tues. & Thurs. 6 pm

Fees:

Walk In Fee: R/NR Fee:

Per Class Fee: \$10./\$12.50

Res: 6 weeks or 12 classes no expiration \$66.

Nonres: 8 weeks or 15 class no expiration \$82.50

Newcomers Special \$80. / 8 weeks

Easy Fitness Ticket (Automatic debit from your checking account)

Residents: \$38./per month

Nonresidents: \$47.50/per month



Duplicate Bridge Games

Monday: Alan Minton
12 Noon (954) 839-0205

Tuesday: Georgette King
12 Noon (305) 864-1540

Wednesday: Myra Bast
12 Noon (305) 935-2214

Friday: Myra Bast
12 Noon (305) 935-2214

Belly Dance by Kira

Advanced Level. Class will feature transition steps, strong shimmies, choreography & zills.

| Day | Time | R/NR Fee |
|----------|-------------|--------------|
| Thursday | 7:00-8:30pm | \$8.75/\$11. |

(Needs Instructor Approval)

Beginners - Intermediate

| Day | Time | R/NR Fee |
|-----------|---------------|--------------|
| Wednesday | 7:00pm-8:15pm | \$8.75/\$11. |



Belly Dance by Kahreen

Taught by professional dance instructors Kahreen (Pat Cocchi) and Kira (Carol Cocchi). Classes held at the Community Center for 30 years. Great exercise and fun for all ages. Look good - feel great through this wonderful, ancient dance. Both Egyptian and Turkish styles of dance are taught. These top quality classes are geared from beginner to professional level.

Beginners

| Day | Time | R/NR Fee |
|-----|-----------------|--------------|
| Sat | 10:30am-11:45am | \$8.75/\$11. |

Yoga

Create balance and connection between mind, body and breath. Yoga releases stress, combats depression, tones internally and externally, builds strength and flexibility, and improves focus and concentration. Reverses "dis-ease" in the body promoting an overall sense of well being. (For all levels). Recommended equipment: yoga mat, yoga block, and a yoga belt.

Mon & Wed. 9 am -10:30 am

Instructor: Karen Alvarez, R.Y.T.

R/NR \$10./class /\$12.50/class

Monday Evening

6:15pm - 7:30 pm

Instructor: Missy Fjellman, R.Y.T. and Janell Howard

R/NR \$10./class /\$12.50/class

Mommy and Baby Classes offered by FIT FOR BIRTH

Flatten your Tummy Forever! This group class teaches corrective and functional exercises designed specifically for New Moms and their Baby! You will learn to strengthen the specific muscle that eliminates the tummy pooch, for good. With baby in hand, you will learn to lift, bend, and twist using the right muscles allowing you to alleviate knee and back pain! Every class ends with baby massage, providing valuable bonding time.

Beginns: Ongoing

Tues. 10:15am-11:15am

R/NR Fee: \$12./\$15. per class