



2022 RECREATION SCHEDULE

Aquacise

Water Park Adult Pool

Adults 18+

Monday - Friday
9 - 10 am

Dodgeball

Rec Station

All ages welcome

Saturday
3:30 pm

Golf Lessons

Lake Monterey

Golf Course

Wednesday (starting 6/22) -
BYO CLUBS

Adults (Beginner)

9 - 10 am

Adults

10 - 11 am

Ages 7 - 11

11 am - 12 pm

Ages 12 - 17

12 - 1 pm

High School Tennis

Rec Station

Wednesday

7 - 9 pm

Kids Club

Rec Station

Monday - Thursday

\$2 per child

Ages 5 - 8: 1-2:30 pm

Ages 9 - 12: 2:45-3:45 pm

Line Dancing

North Shore Center

Tuesday & Thursday

5 - 6 pm: Intermediate

6 - 6:45 pm: Beginners

6:45 - 7:30 pm: Improver

*Through September

**All Event Information can
be found online at
[SandyPines.com!](http://SandyPines.com)**

Pickleball

Rec Station

Adult Beginners

Thurs 6 - 6:45 pm

Adult Intermediate

Thursday 6:45 - 7:30 pm

Youth Beginners

Saturday 1 - 1:45 pm

Youth Intermediate

Saturday 1:45 - 2:30 pm

Soccer

Phase 4 Field

All ages welcome

Thursday

7 - 8 pm

Tennis Lessons

Rec Station

Kids

Tuesday - Friday

Advanced: 9 - 9:50 am

Elite: 10 - 10:50 am

Intermediate: 11 -

11:50am

Tennis Lessons

Phase 1 Tennis Courts

Adults 18+

Wednesday

9 - 11 am

Phase 4 Tennis Courts

Kids 5+

Tuesday - Friday

Intermediate 9:30 -

10:20 am

Beginner 10:30 - 11:20 am

Beginner 11:30 - 12:20 am

Youth Archery

Rec Station

Mon, Wed, Fri

11 am - 1 pm

Zumba

North Shore Center

Monday - Thursday

9 - 10 am

More Information

Recreation Lessons & Kids
Club run from 6/13 - 8/5



2022 SWIMMING LESSONS

Parent-Tot Swim Class

Phase 3 Pool

Parents assist their children with front floats, back floats, flutter kicks, arm scoops, jumps, and bubble blowing.

Tuesday & Thursday: 12:15 - 12:45 pm

Level 2: Fundamental Aquatic Skills

Waterpark

Children will learn to jump into the water, bob, maintain floats alone, glide, and swim front and back crawl alone.

Monday - Friday: 10:25 - 10:55 am

Level 4: Stroke Improvement

Phase 3 Pool

Children will continue practicing previous skills and will learn the breaststroke. This class is focused on building endurance in the water by lap swimming. Children will also be able to swim in the deep to get toys at the bottom.

Monday - Friday: 10:35 - 11:05 am

Level 1: Introduction to Water Skills

Waterpark

Children will learn to blow bubbles, submerge, front float, back float, arm scoop, flutter kick, and front crawl.

Monday - Friday: 9:50 - 10:20 am

Level 3: Stroke Development

Phase 3 Pool

Children will continue practicing level 2 skills and will start perfecting their strokes (freestyle and backstroke).

They also learn elementary backstroke, dives, and treading water. Children must be able to swim completely independently before entering this level.

Monday - Friday: 10:00 - 10:30 am

Level 5: Stroke Refinement and

Level 6: Advanced Skills

Phase 3 Pool

Children will be focused on perfecting their strokes and also building endurance and stamina with a longer class time. They will also learn and perfect their butterfly. Children will participate in fun activities, including a time for games every Friday.

Level 6 is only for children who have passed out of level 5.

Monday-Friday: 11:10 am - 12:10 pm