

## ADULT PROGRAMS

### Aerobics Fun Fitness

(Ages 15 - 55)

Join me, Lucille Cappello, and learn how to work out at your own pace. Regular exercise prevents cardiovascular disease, reduces triglycerides and also helps to prevent osteoporosis. Awesome workout includes weights, bands, and steps. First class is free. AFAA certified and insured. For more information, call Lucille 879-7396.

**Location: PSL Community Center / Multi-purpose Room**

Instructor: Lucille Cappello

CODE	DAYS	DATES	TIME	MONTHLY	DROP-IN
114803-10	M,W,F	10/02-10/30	9:30-10:30A	\$31.50	\$5.75
114803-11	M,W,F	11/02-11/30	9:30-10:30A	\$31.50	\$5.75
114803-12	M,W,F	12/02-12/23	9:30-10:30A	\$25.00	\$5.75
114803-01	M,W,F	01/04-01/29	9:30-10:30A	\$31.50	\$5.75
114803-02	M,W,F	02/01-02/26	9:30-10:30A	\$31.50	\$5.75
114803-03	M,W,F	03/01-03/31	9:30-10:30A	\$31.50	\$5.75

**The Leisure Time Brochure is published twice a year.  
Please feel free to download a copy of our programs and  
services at [www.cityofpsl.com](http://www.cityofpsl.com).**

**Zumba w/ Cecilia**

(ages 15 and up)

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Bring your sneakers, towel, and water and lets get started. For more information please call 878-2277.

**Location: PSL Community Center / Multi-purpose Room**

Instructor: Cecilia

CODE	DAYS	DATES	TIME	MONTHLY	DROP-IN
116405-10	Tu,Th	11/03-11/26	6:00-7:00P	\$28	\$7.35
116405-11	Tu,Th	12/01-12/29	6:00-7:00P	\$28	\$7.35
116405-12	Tu,Th	01/05-01/28	6:00-7:00P	\$28	\$7.35
116405-01	Tu,Th	02/02-2/25	6:00-7:00P	\$28	\$7.35
116405-02	Tu,Th	03/02-03/30	6:00-7:00P	\$28	\$7.35

**Stained Glass**

(Ages 16 +)

Yes! You can learn to make beautiful stained glass! Hundreds of people in this area have, and you can too. The instructor for this class is Ted Theodore, a certified instructor formerly with Indian River Community College. Materials and tools are an additional cost and a list of needed items will be provided at the first class meeting.

**Location: PSL Community Center / Multi-purpose Room**

Instructor: Theodore Theodore

CODE	DAY	DATES	TIME	MONTHLY
114817-05	Mon	01/04-03/22	11:30A-2:30P	\$67.95

**Senior Social**

(Ages 55 +)

Come join us at the Port St. Lucie Community Center on Mondays, Tuesdays, and Thursdays for Billiards while meeting new friends and socializing with old ones. For more information, please call the PSL Community Center at 878-2277.

**Location: PSL Community Center / Game Room**

Instructor: Staff –Joseph Taylor

CODE	DAYS	DATES	TIME	DROP-IN
115712-C	M,Tu,Th	10/01-03/31	12:00-4:00P	\$1.40

**Mah Jongg**

(Ages 55 +)

Join us at the Port St. Lucie Community Center for a fun game of Mah Jongg while socializing with old friends and meeting new friends..

**Location: PSL Community Center / Tot Room**

Instructor: Joseph Taylor

CODE	DAY	DATES	TIME	DROP-IN
415701-03	Tue	10/06-03/30	1:00-4:00P	\$1.40

**Foil Fencing**

(Ages 12 +)

This eight week instructional course is designed for those new and old to the world of fencing. This course will focus on teaching every student the art of fencing from the rules to the techniques.

**Location: PSL Community Center / Multi-purpose Room**

Instructor: Ken Moran (772) 336-1153

CODE	DAY	DATES	TIME	MONTHLY
118613-05	Fri	01/15-03/05	5:30-7:00P	\$67.95
118613-01	Fri	03/19-05/07	5:30-7:00P	\$67.95

**Foil Fencing Sat**

(Ages 12 +)

This eight week instructional course is designed for those new and old to the world of fencing. This course will focus on teaching every student the art of fencing from the rules to the techniques. For more information please call Ken Moran at 336-1153.

**Location: PSL Community Center / Multi-purpose Room**

Instructor: Ken Moran (772) 336-1153

CODE	DAY	DATES	TIME	MONTHLY
118614-05	Sat	11/14-01/02	10:00A-11:30P	\$67.95
118614-06	Sat	01/16-03/06	10:00A-11:30P	\$67.95
118614-01	Sat	03/20-05/08	10:00A-11:30P	\$67.95

**Karate**

(Ages 8 +)

Karate classes will be offered in the art of Tae Kwon Do, which is a style of karate taught by the American Kang Duk Won Association. It is a mental and physical discipline art utilizing the mind and the body as a single unit. This is an on-going year round program. New participants must register before the 7th of the month. There is a \$5.70 late fee if paid after the 7th of the month. Pre-registration is required. Classes meet 3 times a week Monday, 5:30-6:45pm, Wednesday, 6:00-7:30pm, Friday 7:00-8:30pm. For additional information, please call Charlene Nichols (772) 785-8623 or charandtom1@bellsouth.net.

**Location: PSL Community Center / Tot Room**

Instructor: Charlene Nichols

CODE	DAY	DATES	TIME	MONTHLY
139612-10	Mon	10/02-10/30	5:30-6:45P	\$37.75
139612-11	Mon	11/02-11/30	5:30-6:45P	\$37.75
139612-12	Mon	12/02-12/30	5:30-6:45P	\$37.75
139612-01	Mon	01/04-01/29	5:30-6:45P	\$37.75
139612-02	Mon	02/01-02/26	5:30-6:45P	\$37.75
139612-03	Mon	03/01-03/31	5:30-6:45P	\$37.75

**Disabled Citizens Social**

(Ages 6 - 60)

Disabled Citizens of PSL will meet on the first Thursday of the month. This program will discuss current events, play games and occasionally have a guest speaker. Please call the organizer, Anna Marie @ 398-0327 for additional information.

**Location: PSL Community Center / CEOC Room**

Instructor: Staff – TBA

CODE	DAY	DATES	TIME	DROP-IN
319701-10	Thu	10/01	6:30-8:30P	\$0.00
319701-11	Thu	11/05	6:30-8:30P	\$0.00
319701-12	Thu	12/03	6:30-8:30P	\$0.00
319701-01	Thu	01/07	6:30-8:30P	\$0.00
319701-02	Thu	02/04	6:30-8:30P	\$0.00
319701-03	Thu	03/04	6:30-8:30P	\$0.00

**Puppy Classes**

(Ages 18 +)

Small-bred Puppies (ages 11 weeks to 7 months) and Large-bred Puppies (ages 11 weeks to 5 months). Puppies will learn basic commands sit, off, down, come, and walk nicely on the leash. First week will be just for the puppy's owners (NO PUPS). We will talk about early socialization with other pups, housebreaking,

chewing, and what type of collars, leashes, and treats are the best, along with playtime and games. Class held in the rear of the Community Center.

**Location: PSL Community Center / Outside Plaza**

Instructor: Delphine Anderson

CODE	DAY	DATES	TIME	MONTHLY
134702-01	Wed	01/06-02/10	5:30-6:30P	\$86.30

**Dog Obedience Combo Class**

Brush-up Basic/Intermediate

(Ages 16 +)

Dogs ages 5 months and up. First week no dogs, just owners. We will review any questions about your dog that you have. We will also talk about correct collars, leashes and treats dogs should have. The second week we will review the basic needs of your dog and start to concentrate on them. Held in the rear of the Community Center.

**Location: PSL Community Center / Outside**

Instructor: Staff – Delphine Anderson

CODE	DAY	DATES	TIME	MONTHLY
134703-02	Mon	01/04-02/08	5:30-6:30P	\$86.30

