



# LONG CENTER NEWSLETTER



## December Closures

- **Fri. 12/2:** All courts closed @ 4pm
- **Sat. 12/3:** Both Pools and courts closed all day
- **Mon- Thur. 12/5-12/8:** Courts closed all day
- **Fri. 12/9:** Both Pools and courts closed all day
- **Sat 12/10:** Both Pools and courts closed all day
- **Fri. 12/16:** Both Pools close @ 2pm
- **Sat 12/17:** Both Pools closed all day
- **Mon. 12/19:** Pools closed, (open swim 1-3:30pm)
- **Mon. 12/26:** City Holiday, Long Center Closed

## Hours of Operation

**Mon. - Thu., 6 a.m. - 9 p.m.**  
**Fri., 6 a.m. - 7 p.m.**  
**Sat., 8 a.m. - 5 p.m.**  
**Sun. and holidays closed**

## Pool

**Mon. - Thu. 6 a.m. - 8:45 p.m.**  
**Fri., 6 a.m. - 6:45 p.m.**  
**Sat., 8 a.m. - Noon**  
**Sun. and holidays closed**

*Please Note: The Long Center pool is closed on federal holidays and during some swim meets. Please check facility closures. Number of open lanes are subject to change.*

## Open Pool Lane Schedule

The small pool will be closed Mon. - Thur. from 5-7 p.m. for swim lessons.

Effective Dec. 1-19

Effective Dec. 20- Jan. 6 2017

### Monday:

Long Course  
6am - 8:30am **5 lanes**  
8:30am - 9am **lane change**  
9am - 3pm **12 lanes**  
3pm - 5:00pm **6 lanes**  
5:00pm - 7:00pm **4 lanes**  
7pm - 8:45pm **10 lanes**

### Tuesday/Thursday

Long Course  
6am - 6:15am **5 lanes**  
6:15am - 8:30am **7 lanes**  
8:30am - 9am **lane change**  
9am - 3pm **12 lanes**  
3pm - 5:00pm **6 lanes**  
5:00pm - 7:00pm **3 lanes**  
7pm - 8:00pm **8 lanes**  
8pm - 8:45pm **10 lanes**

### Wednesday:

6am - 8:30am **10 lanes**  
8:30am - 3pm **12 lane**  
3pm - 5:00pm **6 lanes**  
5:00pm - 7:00pm **3 lanes**  
7pm - 8:45pm **10 lanes**

### Friday: Short Course

6am - 3pm **10 lanes**  
3pm - 5:00pm **6 lanes**  
5:00pm - 7:00pm **4 lanes**

### Saturday:

8 - 9 a.m. **6 lanes**  
9 - noon **14 lanes**

### Monday-Thursday

6am - 10:00am **2 lanes**  
10am - 12:00pm **4 lanes**  
12:00pm - 12:30pm **lane change**  
12:30pm - 3pm **10 lanes**  
3pm - 7:00pm **3 lanes**  
7pm - 8:45pm **8 lanes**

### Friday:

6am - 10:00am **2 lanes**  
10am - 12:00pm **4 lanes**  
12:00pm - 12:30pm **lane change**  
12:30pm - 3pm **10 lanes**  
3pm - 7:00pm **3 lanes**

### Saturday: Short Course

8am-9am **3 lanes**  
9:00am-12pm **8 lanes**

Winter Training begins Dec 20-Jan 6, 2016  
Pool will be Long Course (50 meters 10 lanes)  
Until 12:00pm

Lane Change from Long to Short course  
will be From 12-12:30 Mon-Friday

College teams will start practicing on  
Tuesday, Dec 26  
At which point, pool lanes will be limited  
for patrons



**Did you Know?** For less than \$10 per month, a resident can enjoy use of all fitness centers, pools and gymnasiums throughout the city. For less than \$25 per month, a non-resident can enjoy those same benefits. Instead of paying for a year upfront, a monthly installment payment changes the way recreation cards can be purchased and is making it easier for people to enjoy the many great Clearwater recreational facilities.

# SilverSneakers® Signature Exercise Classes

Free for SilverSneakers members.

Non SilverSneakers fees: **\$4(W)/\$5(W/O)**

- **Cardio Fit** – Mon.-Sat 9-9:45 am  
Increase cardiovascular strength, muscular endurance.
- **Splash** – Tues. Thurs 9:15 to 10:00 a.m. Fri., 10:00 to 10:45 a.m. Improve flexibility and cardiovascular endurance. Olympic Pool shallow end.
- **Yoga** – Tue., Thurs., 12:30 to 1:15 p.m. Sat., 10 to 10:45 a.m. Increase range of movement, strength and balance. Chair based exercises, yoga mat not required.
- **BOOM:** Mon., Wed., 6 to 7 p.m.  
A 60-minute class divided into two segments that combines the cardiovascular benefits of dance with the benefits of weight training in a fun, easy-to-follow, high-impact class format.
  - **Boom Move It** – (30 min.). A heart-healthy cardio workout in the form of a non-stop dance party.
  - **Boom Muscle** – (30 min.). An action-based, functional and strength-conditioning class that provides a dynamic workout.



## Basketball Schedule 2016

### December 1st - April 30th

#### Monday

6:00am-8:30am & 12:00pm-4:45pm

#### Tuesday

6am-4:45pm

#### Wednesday

6am-4:45pm

#### Thursday

6:00am-8:30am & 12:00pm-4:45pm

#### Friday

6am - 7pm

#### Saturday

Open Court: 8 am. - 5 pm

Times are subject to change. Please call (727) 793-2320 in advance to confirm open gym times.



# Aquatic Classes

Unless noted contact Mark Roberson for aqua class information 793-2320 ext. 107, [mark.roberson@myclearwater.com](mailto:mark.roberson@myclearwater.com)

## American Red Cross Lifeguard Training

**Ages 15+**

Learn life saving skills to help keep people safe in and around the water. Includes certification in CPR/AED and First Aid. Books and pocket mask included.

**Email Mark for more information.**

[mark.roberson@myclearwater.com](mailto:mark.roberson@myclearwater.com)

\$ 200 (W) / \$220 (W/O)

Plus \$35 ARC on-line registration fee

## Arthritis Water Exercise

Improves health, strength and vitality.

Class held in therapy pool.

**With Dawn**

**Mon., - Thur., 10:15 - 11 a.m.**

\$ 4 (W) / \$5 (W/O) per class

## Aqua S.M.I.L.E

**With Jay**

Water exercises in therapy pool to improve health, strength and vitality.

**Mon., Wed., Fri., 9 - 9:50 a.m.**

\$ 4 (W) / \$5 (W/O) per class

## Brooke Bennett Swim Academy/City of Clearwater Learn to Swim Program

Ages 3 months and up

Offering Waterbabies and

Levels 1, 2, 3.

\$10 per session (8 classes)

**Register Online at,**

<https://webtrac.myclearwater.com/>

Call Brooke Bennett Swim Academy for more information. (727)510-8123



## Brooke Bennett Swim League

**(Level 4-6)**

A program to transition your child from lessons into a swim team atmosphere.

The focus in each practice is to continue to develop all four swim strokes, turns and starts. BBSL prepares the child to see swimming as a sport for the first time and ready them for advancement into a competitive swim program. Call BBSA staff at (727) 510-8123 for prices and more information

**Mon., Wed., Thur., 6 - 6:45 p.m.**

**\$ 75 (W) / \$83 (W/O) per session**

**Call Brooke Bennett Swim Academy for more information.**

**(727)510-8123**

## Clearwater Aquatic Team (CAT)

**Must have valid Clearwater Rec Card to participate.**

A year-round competitive swim program under the United States and Florida Swimming organizations. CAT provides a positive learning environment for children wishing to get involved in competitive swimming. Swimmers are grouped according to age and ability.

CAT office, 791-9542

[clearwateraquatics.com](http://clearwateraquatics.com)

## Masters Swim Team

**Ages 18+**

**Coached by Kennedy Law Racing**

**Join Coach Matt Hess for daily workouts**

Tri-athletes, competitive swimmers, or those seeking a low- impact work-out to improve stroke technique, build endurance and camaraderie through workouts with specific purpose and individual feedback. For more information contact coach Matt at [matthessh20@gmail.com](mailto:matthessh20@gmail.com)

**Mon. 5 - 6 a.m & 6 - 7 a.m.**

**Tues. 11 a.m. -noon & 7-8p.m.**

**Wed. 5 - 6 a.m & 6 - 7 a.m. & 12 - 1 p.m.**

**Thurs. 11 a.m. -noon & 7-8p.m.**

**Fri. 6 - 7 a.m.**

\$ 10 (W) / \$10 (W/O) per day

\$ 55 (W) / \$61 (W/O) per month

## Private Swim Lessons

Children, teens and adults, one-on-one instruction with certified instructor.

Call (727) 510-8123 for prices and more information

## Silver Splash

Improve flexibility and cardiovascular endurance. Lap Pool

**With Dawn**

**Tuesdays & Thursdays at 9:15-10 a.m.**

Free for Silver Sneakers members,  
\$4 (W) / \$5 (W/O) per class

**with Patty**

**Fridays at 10:00am**

## Springboard Diving

Swimmers are encouraged to take class upon completion of Level 3 swim lessons.

**Mon. - Thu., 7 - 8:45 p.m.**

\$ 10 (W) / \$11 (W/O) per class

\$ 100 (W) / \$110 (W/O) per month

## Synchro Stars

**Ages 13 and under**

**With Barbara**

Instruction on graceful moves of aquatic arts.

**Beginners: Tue., 4 - 5 p.m.**

\$ 10 (W) / \$11 (W/O) per class

## Youth Swim Workshop

**Activities to develop stamina and improve strokes.**

Participant must be able to swim 25 yards.

**Tue., 11:15 a.m. - noon**

**August 16 - December 15**

\$ 5 (W) / \$6 (W/O)

\$2 for each additional sibling per family



# Youth Classes

## Archery Club

**Ages 8+**

Basics of archery

**Sat., 11:15 a.m. - noon**

\$ 10 (W) / \$11 (W/O) per class

\$ 38 (W) / \$42 (W/O) per month

## Chess Club

**All levels welcome.**

**Mon., 9:30 - 11 a.m.**

\$ 1 (W) / \$2 (W/O) per class

## Gymnastics

**Ages 4-16**

Beginners to advanced students learn acrobatic floor work exercises.

**Wed., 3:30 - 6:30 p.m.**

Please call Diane to schedule an evaluation (727) 422-4946.

Times vary depending on skill level of participant.

**Beginners & Intermediate:**

**30 minute class,**

**Advanced: 45 minute class.**

Beginner: \$27 (W) / \$30 (W/O) per Month

Intermediate: \$ 30 (W) / \$33 (W/O)

per Month

## Home School Archery

**Basics of archery**

**Tue., 9 - 9:50 a.m.**

During school year only.

\$5 (W) / \$6 (W/O) / \$2 for each additional

sibling per family

## Home School Physical Education

Children participate in a variety of physical education activities. Held during school year only.

**Tue., 10 - 11 a.m.**

\$5 (W) / \$6 (W/O) / \$2 for each additional

sibling per family

## Home School Weight Training

**Ages 13 - 18**

Introduction to weightlifting, proper exercise form, use of equipment, basic routine, and Gym etiquette will be covered.

**Thur., 9 - 9:45 a.m.**

\$24 (W) / \$26 (W/O) per month

## Holiday Camps

**School's out but the fun is "in" at our camps. Children will participate in games, crafts, sports and lots of fun!**

Camps are for children K-8th grade and run 7:30am - 5:30pm each day.

Registration Starts the first business day of each month. School year only.

**Day Out Camps:**

**Holiday Camp Week 1**

Mon-Fri., Dec. 19-23 7:30-5:30pm

\$90 (W) / \$100 (W/O)

**Holiday Camp Week 2**

Tue-Fri., Dec. 27-30 7:30-5:30pm

\$72 (W) / \$80 (W/O)

## Home School Karate/Jiu-jitsu

Martial arts instructed by black belt instructor

**Thu., 10 - 11 a.m.**

\$42 (W) / \$47 (W/O) per month

## Karate/Jiu-jitsu

**Ages 6+**

Learn discipline and respect while having fun and making Friends.

**All levels Mon. & Wed. 4:30 - 5:15 p.m. or**

**5:30 - 6:15 p.m.**

\$55 (W) / \$61 (W/O) per month

## Lil' Dragons

**Ages 3-6**

Motor skills, balance, karate techniques, and safety awareness.

**Sat., 9 - 9:30 a.m.**

\$38 (W) / \$42 (W/O) per month

per Month

## Mixed Martial Arts

**Ages 16+**

Street defense using martial art techniques from boxing, kali-eskrima and grappling.

**Tue., Fri., 6:30 - 8:30 p.m.**

\$55 (W) / \$61 (W/O) per month

## Summer Camp:

**Elementary Camp & Teen Camp**

Children entering 1st thru 8th grade

\$90 (W) / \$100 (W/O) per weekly session.

## Youth Dance

**Ages 3-6 years old**

Learn ballet and tap for beginners

**Thur. 6 - 6:45pm**

\$40 (W) / \$44 (W/O)



# Adult Classes

## Adaptive Karate

Increase self-esteem, independence, discipline, fitness, coordination

**Thu., 6:30 - 7:30 p.m.**

Pre-registration required

\$42 (W) / \$47 (W/O) per month

## Intro to Ballroom Dancing

**With Arielle**

For Beginners wanting to learn the basics of ballroom dance.

**Tue., 5:15-5:45pm**

\$30 (W) / \$35 (W/O) per month

## Ballroom Dancing

**With Arielle**

Rumba, Cha-Cha, Salsa, Waltz, & Swing.

**Tue., 5:45- 6:45 p.m.**

\$10 (W) / \$11 (W/O) per class

## Belly Core Fitness

**With Sanda**

A fun-filled cardio workout.

**Wed., 6 - 7 p.m.**

\$6 (W) / \$7 (W/O) per class

## Chess Club

All levels welcome.

**Mon., 9:30 - 11 a.m.**

\$1 (W) / \$2 (W/O) per class

## Drop-in Volleyball

Open drop-in volleyball program for medium to high skill level players.

**Sat., 8 - 11:30 a.m. & Mon., 9:30-11:30 a.m.**

Free (SS/Plus) \$1 (W) / \$2 (W/O) per class

## Fitness Orientations

Learn how to operate all of the equipment in the Long Center Fitness Room.

**Fri., 12:15 p.m.** Free

**Wed., 8:00 a.m.**

## Happy Tap

**With Nellie**

Learn the fundamentals of tap and improve balance and memory while having fun. Opportunities to perform available.

Beginner Class: **Tue., 11a.m. - noon**

Advanced Class: **Thu., 10:30 a.m. - noon**

\$2 (W) / \$3 (W/O) per class

## Kali/ Eskrima

An ancient martial art from the Philippines that emphasizes the use of weapons.

**Wed., 9:30 - 10:30 a.m.**

\$42 (W) / \$47 (W/O) per month

## Mixed Martial Arts

Street-oriented training.

**Tue., Fri., 6:30 - 8:30 p.m.**

\$55 (W) / \$61 (W/O)

## Pickleball

Played on a badminton court with a wooden paddle and whiffle ball.

**Mon., 9 a.m. - 8:30 p.m.**

**Wed., 9 a.m. - noon**

**Thurs., 9 a.m. - noon**

**Fri., 1 - 4 p.m.**

Free (SS/Plus) \$2 (W) / \$3 (W/O) per day

## Private Pickleball Lessons

**With Bob**

For availability and information call Bob at 813-363-5958

38 (W) / \$42 (W/O) per 1/2 hour

\$54 (W) / \$60 (W/O) per hour

## Rungo Dance Fitness

**With Corrine**

Learn basic dance rhythms while burning calories, reinforcing coordination and balance.

This class is part dance, part fitness.

**Mon., 6 - 7 p.m. Sat., 10 - 11 a.m.**

\$8 (W) / \$9 (W/O) per class

**Rungo Dance Workshop**

**3rd Saturday of every month, 2 - 4 p.m.**

\$16 (W) / \$18 (W/O) per class

See instructor for private lessons.

## Senior Exercise

**With Nellie Kellog**

Designed to increase flexibility, muscular strength, balance and range of movement for daily living.

**Wed., 8:30 - 9:30 a.m.**

\$3 (W) / \$4 (W/O) per class

## Table Tennis Club

A friendly and experienced group of adult table tennis players that are eager to help you learn and improve.

(SunriseTableTennis.com)

**Tue., Thu., 9 a.m. - noon,**

**Sat., 11:30 a.m. - 3:30 p.m.**

Free (SS/Plus) \$2 (W) / \$3 (W/O) per day

## Yoga

**with Julie**

Proper alignment of yoga postures and stress-reducing breathing techniques

**Tue., Thu., 7 - 8:15 p.m.**

\$7 (W) / \$8 (W/O) per class

## Zumba

**with Claudia**

High energy cardio-dance class.

All fitness levels.

**Mon., Wed., Fri., 10:15 - 11:15 a.m.**

**Sat., 11:00a.m. - Noon**

\$6 (W) / \$7 (W/O) per class

## Strong by Zumba

**with Claudia**

Music-lead, high intensity interval training workout.

**Tue., Thu., 6-7 p.m.**

\$6 (W) / \$7 (W/O) per class



# Linda and the Gift of Chad

## By Sean Maxfield

Linda Ostrander, a Long Center patron, remembers a time when stairs were not her friend.

"I couldn't walk up a flight of stairs without my boss telling me to 'sit here and breathe,'" Ostrander said.

That was then, and this is now.

"I have lost 65 pounds," Ostrander said. "I can walk around Busch Gardens without heavy breathing"

Anybody who has walked Busch Gardens knows that is no easy feat and is not easy on the feet.

So how did she do it? Ostrander had come to the Long Center to lose weight. And she didn't want to follow in her sister's footsteps. Ostrander said her sister had basically talked herself into a wheelchair. Ostrander didn't want to be in that same predicament.

"I want a better quality of life," Ostrander said.

She has arthritis in her knees. Ostrander had also been using certain types of inhalers.

Then she met Chad White, a personal trainer who works with clients here at the Long Center. He made a good impression on Ostrander, and she's been working with Chad for a year and a half now.

"I love working with him," Ostrander said. "I feel safe with him. He will do what my doctors say needs to be done to improve my health. He's extremely knowledgeable about health and diet. I enjoy being here (Long Center) and working out with him."

Chad trains Ostrander and also set her on the path to try organic foods and change her diet.

Ostrander also wanted to work on balance and strengthening the spine. Luckily, one of Chad's business cards reads: "Finding Balance is the Journey."

Anyone who has seen or heard Chad knows he has an upbeat, positive attitude and always has jokes ready to go for any occasion. Chad encourages her, and Ostrander likes his sense of humor.

Ostrander said Chad also makes her excited about exercise, and she hadn't felt that before.

"As a kid, I begged a doctor for a note not to do gym," Ostrander said.

Ostrander also finds that working with Chad helps relieve work-related stress, too.

"Some days I can't wait to get in here (Long Center) to work with him because it relieves my stress," Ostrander said.

She works as an outpatient therapist and a certified clinical trauma professional for Boley Centers in St. Petersburg. She basically tries to

help all types of people find a better quality of life-this includes helping addicts, those who deal with obesity, those with bipolar disorder, and a whole gamut of conditions. She also works with veterans. Ostrander teaches her clients coping skills for each particular condition while touching on topics like stress reduction and anxiety on a daily basis. Ostrander also provides hugs.

Ostrander practices what she preaches and passes on what she learns from Chad to her clients.

"Yes, I've made people more aware of their diets and exercise," Ostrander said.

She recommends Chad's help and would like other people to benefit from him as well.

In the spirit of the holiday season that we are currently in, Ostrander said she is thankful and grateful for Chad's help and encouragement.

"It's made that much of a difference in my life," Ostrander said.

If you would like to get in touch with Chad White for a fitness session, you can reach him at 727-804-6444 or email him at [humanelementfitness@gmail.com](mailto:humanelementfitness@gmail.com).



Note: In the November newsletter, "Family, Fellowship, Food, and Fun: The 'Fs of Thanksgiving,'" there was a mistake. The man named Steve Sanders is actually Gary Sanders. We had already gone to print so we were unable to catch this mistake before it was printed out. Sorry Gary!