



TOWN OF
PALM BEACH

Recreation Update Fall 2020

MORTON AND BARBARA MANDEL
RECREATION CENTER

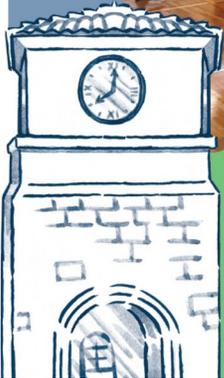


Live Well at the Mandel

Morton and Barbara Mandel Recreation Center
340 Seaview Ave, Palm Beach, FL 33480

palmbeachrecreation.com 561-838-5485

Revised September 29, 2020



General Information

Welcome to the Town of Palm Beach Recreation Department, the primary provider of public recreation activities and facilities on the Island. Palm Beach has a bounty of opportunities for golf, tennis, and other recreational/social experiences.

The Recreation Department strives to provide outstanding recreation programs, facilities, and services which enrich and enhance the lives of its Palm Beach residents and visitors through the Mandel Recreation Center, Seaview Park & Phipps Ocean Park Tennis Centers, Town Marina and Par 3 Golf Course.

Registration

There are a variety of youth and adult enrichment, sports and wellness programs. Registration may be done in person at 340 Seaview Avenue, online at palmbeachrecreation.com or over the phone at 561-838-5485. Due to limited space capacity, all programs must be registered for in advance. Payment is due at the time of registration.

Refund/Transfer Policies

All Recreation Center refund requests are subject to a \$15 processing fee, are prorated and no refunds will be issued after the second meeting of any activity. A \$10 fee will be assessed for all transfers, and no transfers will be issued after the second meeting of any activity.

Prorating

Classes may be prorated up to the mid-point of each program if registering after the class has begun. Once the mid-point of the class is reached, 50% of the class fee will be charged.

Proof of Residency The following items listing name and Palm Beach residential address qualify as Proof of Residency

- *Palm Beach County tax receipt for the current year
- *Voter's registration card
- *Unexpired State of Florida driver's license or vehicle registration
- *A copy of a lease agreement for residential property or boat dockage for a period of at least 6 months
- *A deed or other official document indicating ownership of residential property
- *Any utility bill listing the name and Palm Beach residential address
- *Mail from a credit card company, bank or other financial institution

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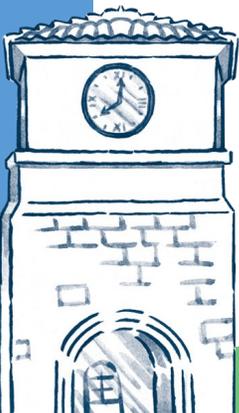
Connect with us!



Facebook- Palm Beach Recreation Department



Instagram- @townofpalmbeachrecreation



Preschool Programs



Registration Info

Fall Session is underway. Programs have begun unless otherwise noted.

Registration is ongoing.

Space is limited: Pre-registration is required

Toddler Social

Rhythm & Hues will ignite your child's creativity through reading, music and art in this fun parent/child class.

Mondays 9:30-10:15am ages 18 months-3 years

Residents \$140/month + \$35 supply fee

Nonresidents \$175/month + \$35 supply fee

Preschool programs help teach children the importance of physical activity, helps develop better communication, gross and fine motor skills and teaches socialization.

Preschool Readiness

Rhythm & Hues will have your child learning their letters, shapes and numbers through an educational art class.

Mondays 10:30-11:15am ages 18months-3 years

Residents \$140/month + \$35 supply fee

Nonresidents \$175/month + \$35 supply fee



Preschool Sports

Story Time Soccer

This program teaches soccer through interactive stories and games where participants act out scenarios from the story and focus on footwork and ball control. This program allows participants to grasp soccer fundamentals, a positive impression of sports and an enormous head start on motor development!

Mondays 3:30-4:15pm ages 3-5 yrs

Residents: \$156/8 weeks

Nonresidents: \$195/8 weeks

Little Hoopsters Basketball

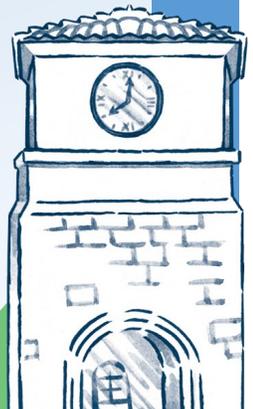
"Little Hoopsters" will learn skills such as dribbling, shooting, passing, game concepts and sportsmanship.

With our experienced coaching, parents and young athletes have a great time being active!

Saturdays 10:00-11:00am ages 3-5 yrs

Residents: \$201/7 weeks

Nonresidents: \$252/7 weeks



Youth Enrichment

Registration Info

Fall Session is underway. Programs have begun unless otherwise noted.

Registration is ongoing.

Space is limited: Pre-registration is required



Mix it Up Art- Rhythm & Hues

Find your Picasso with Rhythm & Hues by creating small art projects while exploring a variety of different mediums throughout the session.

Mondays 3:00-4:00pm K-5th grade

Residents \$140/month + \$35 supply fee

Nonresident \$175/month + \$35 supply fee

Communications Arts Prep -Mary Brennan

For students preparing for or considering a competitive Communications Arts audition. Topics include film critiquing, writing a creative story, and how to create & prepare for an impromptu speech.

Wednesdays 3:30-4:30pm 3rd –5th grade

Residents: \$144/8 weeks

Nonresidents: \$180/8 weeks

Sean's Dance Factory Hip Hop -Sean Green

Sean takes students through the history and evolution of hip hop. Students will learn the essential elements of hip hop and explore current hip hop styles.

Wednesdays 4:30-5:30pm ages 7 & up

Residents: \$200/month

Nonresidents: \$250/month

Fine Arts Prep- Rhythm & Hues

Designed to prepare students for auditions, portfolio review, all level arts school entrance or for those who want to learn how to be artists, have a creative outlet and just have fun!

Mondays 4:00-5:00pm K-5th grade

Residents \$180/8 weeks + \$40 supply fee

Nonresident \$225/8 weeks + \$40 supply fee

Systema Karate -Floyd Karate Institute

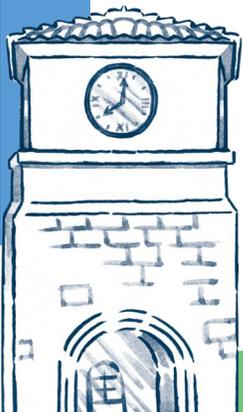
Sensei Tom Floyd will help your child develop self-confidence, self-discipline and self-control in this class which promotes fitness, respect, socialization, an increased attention span, helps build character and so much more.

Fridays 3:30-4:00pm ages 3-6 yrs

Fridays 4:00-4:45pm ages 7-12years

Residents: \$94/month

Nonresidents: \$118/month



Youth Fitness



Registration Info

Fall Session is underway. Programs have begun unless otherwise noted.

Registration is ongoing.

Space is limited: Pre-registration is required.

Youth Intro to Strength Training

Learn proper form and alignment, as well as various strength training techniques for increasing muscular strength and mass. Each session includes a workout using body weight and light dumbbells.

Mondays 3:30pm-4:25pm ages 9 -15 years

Drop-in Class: Residents: \$18 Nonresidents: \$23

5 Class Pass: Residents: \$80 Nonresidents: \$100

10 Class Pass: Residents: \$140 Nonresidents: \$175

KidFit - NEW Day & Time

This games based exercise program will make fitness fun and inspire kids to lead a healthy, active lifestyle. We will get your kids active while learning about and creating healthy habits through circuit training, relays, obstacle courses and more. We will also discuss nutrition and mental health, wrapping up our day with a healthy snack, stretching and meditation.

Tuesdays 3:30pm-5:00pm ages 9-15 years 8 wks

Residents: \$200/8 weeks

Nonresidents: \$250/8 weeks

Youth Sports

Fall Soccer

Select Soccer Academy is back for another exciting season! Coach Chris and his staff have over 30 years of combined coaching experience, and will bring your skills to the next level, especially in the area of mobility and agility in this fun, educational program. Appropriate age groups will be arranged for practices and games. Practices and games to be held on the Oakley Gage Debbs Memorial Field.

Practice: Fridays

Kindergarten-2nd Grade: 3:30-4:30pm

3rd-6th grade: 4:30-5:30pm

Saturday Games:

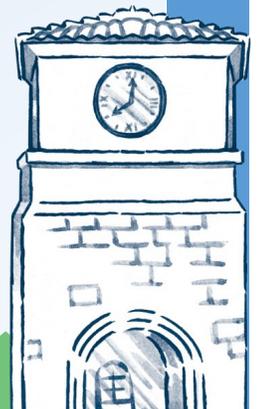
Kindergarten-2nd Grade: 10:00-11:00am

3rd - 6th grade: 11:00-12:00pm

Residents: \$200 Nonresidents: \$250

Program begins October 2/10 weeks.

Games begin October 3.



Youth Sports



Perseverance Basketball

Youth Basketball League:

Perseverance Basketball strives to teach the game the right way by a unique instructional style, with an age appropriate curriculum. Our particular set of "Perseverance in-game rules" are used to encourage competitiveness, skill development, sportsmanship, teamwork and fun!

Tuesday Practice

Kindergarten & 1st grade: 4:30pm-5:30pm

2nd & 3rd grade: 5:30pm-6:30pm

4th & 5th grade: 6:30pm-7:30pm

Saturday games to be announced.

Residents: \$220/7 weeks Nonresidents: \$275/7 weeks

Includes team jersey

The Skills Academy:

Join the Perseverance Basketball staff for weekly drills & skills aimed at improving each player's skill level & knowledge of the game! Each week will consist of a different skill topic such as ball handling, defense, shooting, passing & rebounding. Improve your game today!

Wednesdays

Kindergarten-2nd grade: 3:30-4:30pm

3rd-5th grade: 4:30-5:30pm

6th-9th grade: 5:30-6:30pm

Residents: \$201/7 weeks

Nonresidents: \$252/7 weeks

Saturdays

Kindergarten-2nd grade: 11:00am-12:00pm

3rd-5th grade: 12:00-1:00pm

6th-9th grade: 1:00pm-2:00pm

Residents: \$201/7 weeks

Nonresidents: \$252/7 weeks

Private Training

Our goal is to teach the fundamentals of the sport to your athlete with an emphasis catering towards the skill level and needs of each individual. We teach those goals through hard work, dedication, and diligence in the sport. Training sessions are held during open gym time slots. Call for availability.

Private Training

1 Hour Training

Residents: \$68/session

Nonresidents: \$85/session

1/2 Hour Training

Residents: \$36/session

Nonresidents: \$45/session

Semi-Private Training

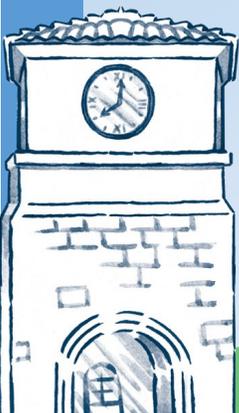
(2-3 participants)

1 Hour Training

Residents: \$40/person/session

Nonresidents: \$50/person/session

Training sessions must be booked 2 days in advance. Payment is due at the time reservation is made. For more information or to reserve your training session, call 561-838-5485.



Adult Enrichment Programs

French

Michele Bradley will make learning French easy and fun. She conducts class almost entirely in the target language and focuses on development of conversational skills. Students will become acquainted with the culture, music, and food of France.

French for Beginners Wednesdays 12-1:30pm

French Intermediate/Adv Wednesdays 10-11:30am

Resident: \$225/ 8 weeks

Nonresident: \$281/8 weeks

Italian- Begins November 2

Laura Antonacci will make learning Italian easy and fun. She conducts class almost entirely in the target language and focuses on development of conversational skills. Students will become acquainted with the culture, music, and food of Italy.

Italian for Beginners Mondays 12-1:30pm

Italian Intermediate/Adv Mondays 10-11:30am

Resident: \$225/ 8 weeks

Nonresident: \$281/8 weeks

Registration Info

Fall Session begins October 5.

Registration is ongoing.

Space is limited: Pre-registration is required.

Digital Photography

Take your photos to a whole new level by studying the greats, getting constructive feedback with group discussion and learning your camera functions. You will need to bring a sampling of your photos to class.

Thursdays 6-7:30pm or Fridays 10-11:30am

Resident: \$85/ 4 weeks

Nonresident: \$101/4 weeks

Adult Wellness

Body Conditioning –Sandee Sineni

A combination of an easy, low impact warm up, light weight work, mat work and stretching.

Mondays, Wednesdays & Fridays 9:00am-10am

Residents: \$138/month

Nonresidents: \$173/month



Stretch & Relaxation– Sandee Sineni

Combines fitness, dance and yoga stretches, designed to increase flexibility and balance.

Tuesdays, Thursdays & Saturdays 8:30am-9:15am

Residents: \$138/month

Nonresidents: \$173/month

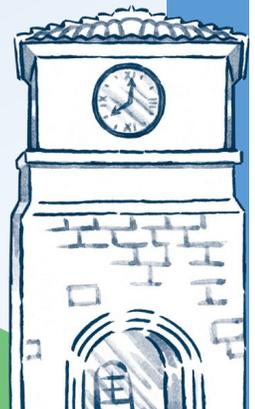
Sit N Be Fit– Sandee Sineni

Class consists of a rhythmic warm up, basic weight exercises and stretching. Wheelchairs and walkers are welcome.

Tuesdays & Thursday 9:30am-10:00am

Residents: \$138/month

Nonresidents: \$173/month



Fitness Center

The Fitness Center, at the Morton and Barbara Mandel Recreation Center, is a boutique fitness center in the heart of Town offering its residents (proof of residency required) cardio equipment, weight machines, personal training and wellness programs for all fitness levels. Call 561-227-6363 or stop by the Mandel Recreation Center to sign-up for a membership.

Memberships

3 Month Resident Pass:

Adult: \$240

2 Adults (Same Household): \$360

6 Month Resident Pass:

Adult: \$336

2 Adults (Same Household): \$504

Annual Resident Pass:

Adult: \$480

2 Adults (Same Household): \$720

Monthly Resident Pass:

Adult: \$105

2 Adults (Same Household); \$155

Daily Resident Drop-ins:

Adult: \$17

Adult Guest: \$22

Personal Training

Whether this is your first time working with a trainer or you are a seasoned veteran, we will work with you to accomplish the goals you have set.

Individual Sessions:

30 Minutes: \$60

60 Minutes: \$100

10 Sessions:

30 Minutes: \$550

60 Minutes: \$900

20 Sessions:

30 Minutes: \$1050

60 Minutes: \$1750



What's What Lecture Series

Join HealthFitness for the new free, "What's What" Lecture Series consisting of monthly, 10 minute healthy living presentations held at 3:00pm. Can't make it in person, watch on Facebook Live! through the Palm Beach Recreation Department page and don't forget to invite your friends to watch.

Healthy Fats: Wednesday, October 28

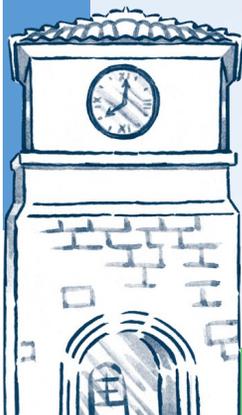
Strength Training: Wednesday, November 18

Carbs: Tuesday, December 15

Brain Health: Wednesday, January 27

The Keto Diet, Wednesday, February 24

Topics are subject to change.



Fitness Classes



Try one of our new wellness programs to enhance your workout routine or improve your sports performance.

Classes are ongoing unless otherwise noted.

Mix and match classes to create the ultimate workout experience and consider buying a series pass to save.

Strength Circuit -Daniel Williams

This class consists of challenging exercises to improve fitness level and muscle strength using a variety of equipment. All fitness levels welcome!

Tuesdays 9:30am-10:15am Begins October 6

Yoga -Stephanie Bogdan

This is an open-level class focusing on basic foundational yoga postures to align, strengthen, and promote flexibility and balance. You can expect simplicity of flowing postures and ease of movement/breath connection.

Wednesdays 9:00am-9:50am

Pure Toning -Stephanie Bogdan

Using light weight dumbbells and body weight, this total body workout incorporates the principles of Ballet Barre, Pilates, and Total Body Conditioning suitable for all fitness levels.

Thursdays 9:30am-10:15am

Abs Blast -Daniel Williams

Sculpt defined abdominals while strengthening your deep core muscles. This open-level class will work the mid-section from all angles.

Tuesdays & Wednesdays 11:00am-11:45am

Begins October 6

Balance & Stability -Stephanie Bogdan

This class aims to increase strength and improve balance. Movement is focused on specific exercises to improve posture and reaction time, as well as stability, strength, and power around the ankle, knee, and hip joints.

Wednesdays 10:00am-10:45am Begins October 7

Mat Pilates Fusion -Stephanie Bogdan

Movements from Pilates and Yoga are fused together to challenge your core strength while promoting flexibility and balance.

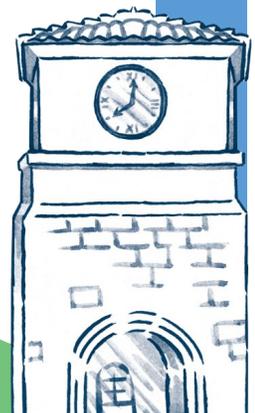
Thursdays 11:00am-11:45am Begins October 8



Drop-in Class: Residents \$18, Nonresidents \$23

5 Class Pass: Residents \$80, Nonresidents \$100

10 Class Pass: Residents \$140, Nonresidents \$175



Fieldhouse Half-Court Reservations



Organized Games with Perseverance Basketball:

Thursdays 6:00pm-8:00pm 6th -9th grade
\$20/resident \$25/ nonresidents
Begins September 24

The Smith Family Fieldhouse is available for half-court reservations. A registration form and COVID-19 Waiver is required of all participants.

Half-Court Reservations

You may reserve a half-court for a one or two hour block with a maximum of eight players. Players must bring their own equipment. Payment is due at time of reservation. Reservations may be made up to one week in advance, multiple reservations are allowed. Call 561-838-5485 for availability.

Resident \$20 Nonresident \$25

Pickleball

Pickleball Reservations

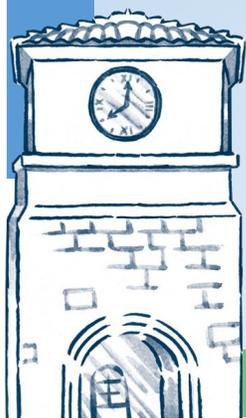
You may reserve a pickleball court for a one or two hour block. Singles or doubles play is allowed. Players must bring their own equipment. Payment is due at time of reservation. Reservations may be made up to one week in advance, multiple reservations are allowed. Call 561-838-5485 for availability.

Resident \$25 Nonresident \$32

Private Lessons

Private Lessons & Court Rentals available by reservation. Please call 561-838-5404 for availability.

Private Lessons: \$80/hr
Semi-Private Lessons: \$42.50/hr
\$2 paddle rental



Tennis Programs

Seaview Park Tennis Center

340 Seaview Avenue
561-838-5404

Phipps Ocean Park Tennis Center

2201 South Ocean Blvd.
561-227-6450



Seaview Junior Tennis Clinics

Session I: September 14-October 16* (5 weeks) Session II: October 19-December 18 (8 weeks)

Young Stars (ages 4-6): Tuesday/Thursday 3:30-4:30pm \$200/\$400 8 weeks ratio: 6/1

Futures (ages 7-10): Monday/Wednesday/Friday 3:30-4:30pm \$200/\$400/\$600 8 weeks ratio: 6/1

ATP-Challenger (ages 7-10): Tuesday/Thursday 4:30-5:30pm \$200/\$400 8 weeks ratio: 6/1

ATP I & II (ages 11-16): Monday/Wednesday 4:30-6:00pm \$300/\$600 8 weeks ratio: 6/1

Drop-ins: 1hr clinic \$30; 1.5hr clinic \$45

Clinics with only 2 participants will be reduced to 1hr and with 1 participant, reduced to 30 minutes. Refunds will only be given for rainouts.

*Due to holidays, prices of session I will be prorated.

For more information on our tennis programs, call the Seaview Park Tennis Center Pro Shop, 561-838-5404 or visit our website, palmbeachrecreation.com.

Lessons

Are you looking to sharpen your tennis skills? Come learn from the best tennis pros in the Town Of Palm Beach. Whether you are playing tennis for the first time or you are a tennis player trying to improve your game, our tennis pros will be there to accommodate your needs. Call 561-838-5404 to book a lesson today! There are Private, Semi-Private and Group lessons for 30min, 45 min, 1 hr and 1.5hr. You may purchase a series of 10 lessons to receive a discounted rate.



Head Tennis Pro

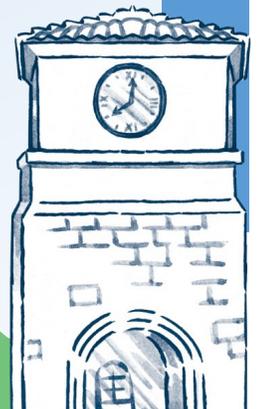
Dejan Mimic, USPTA

Teaching Pros

Armand Segudo, USPTA and Sean Bianca Lee, USPTR

Assistant Pros

Carlos Niemeyer and Ivo Ljubibratic, USPTR



Department Facility Directory



Mark D. Bresnahan

Program Development and Operations Manager

340 Seaview Avenue
Palm Beach FL 33480

Ph: 561-838-5485

Fx: 561-838-5489

Mandel Recreation Center

340 Seaview Avenue
561-838-5485

Monday-Friday:

8:00 am-6:45 pm

Saturday: 9:45 am-4:00 pm

Sunday: 9:45 am-4:00 pm

Fitness Center

340 Seaview Avenue
561-227-6363

By Appointment only

Monday-Friday: 6:30 am-7:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 9:30 a.m.-5:00 p.m.

Town Marina– Currently Closed for Renovations

PO Box 2029

500 Australian Ave.

Palm Beach FL 33480

Longitude 80 02. 66' W

Latitude 26 42. 18' N

561-838-5463

www.townofpalmbeach.com/282/Town-Marina

Seaview Park Tennis Center

340 Seaview Avenue
561-838-5404

Monday-Friday:

7:30 am-8:00 pm

Saturday & Sunday:

7:30 am-6:30 pm

Phipps Ocean Park Tennis Center

2201 South Ocean Blvd.
561-227-6450

Sunday– Saturday

8:00am-12:30pm

Palm Beach Par 3 Hours

November - April

7:00 am-6:00 pm

May-September

7:00 am-7:00 pm

www.golfontheocean.com

561-547-0598

