

Current Community Education Programs

<p align="center"><u>Family Music</u></p> <p>Instructor(s): Julie and Tim Austin (585)374-7900 jaustin3@naplescsd.org Dates: To Be Announced - Email Julie for Details! Time and Place: 6:00 - 6:45 PM Naples Elementary School Room 59 Fee: \$15 per family or \$5 per child, per night Restrictions: Description: Families of all sizes, ages and abilities are welcome to come make music together! Musicians and non-musicians will be able to participate and are all encouraged to attend. You can bring your own instrument or play one of the ones provided. This class is for adults with or without children. Parents are encouraged to participate with their children but it is not required. We will play music of all different types, so come ready to learn, play, and be musical together!</p>	<p align="center"><u>Indoor Soccer</u></p> <p>Instructor(s): Carter Chapman Phone: (585) 737 - 9696 Email: chapmanc2@hotmail.com Dates: Contact Instructor For Details Time and Place: Naples High School Gym Fee: No cost Restrictions: Description: Adult Indoor Soccer is offered from 8:00 p.m.-10:00 p.m. in the Elementary School Gymnasium on Wednesday evenings and from 8:00 p.m.-10:00 p.m. in the High School Gymnasium on Thursday evenings for players over 30. There is no cost, and the contact person is Carter Chapman (chapmanc2@hotmail.com).</p>	<p align="center"><u>Adult Basketball</u></p> <p>Instructor(s): Brian Meteyer Phone: (585) 374-7958 bmeteyer@naplescsd.org Dates: Contact Instructor For Details Time and Place: Sunday's 7 - 9 PM, Naples Elementary School Gym Fee: \$2 Per Person Per Night Restrictions: Description: This program offers an opportunity for those of ages 30 and over to still enjoy the game of basketball. All you need is a pair of sneakers, a white shirt, a dark shirt (to distinguish the teams), and a positive attitude. The games are competitive, but not aggressive since the NBA scouts no longer come and since we have to be at work on Monday mornings. It is a great opportunity for some exercise and for some fun!</p>
<p align="center"><u>Adult Walking Club</u></p> <p>Instructor(s): Matt Frahm Phone: (585) 374-7900 mfrahm@naplescsd.org Dates: Monday-Friday Evenings Time and Place: 4:00-7:30 PM Naples High School Hallways Fee: Restrictions: Hallways open during the months of October through May. Description: The Naples Adult Walking Club invites you to enjoy the health and social benefits of walking every Monday through</p>	<p align="center"><u>Zumba Dance</u></p> <p>Instructor(s): Sarah Ayers, Licensed Zumba and Zumba Toning Instructor Sarah_Ayers@hflcsd.org Dates: Mondays Time and Place: 6:15-7:15 pm in the Elementary School Cafeteria Fee: \$5.00 per class, drop in fee, punch cards available Restrictions: Description: Zumba Fitness® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance</p>	<p align="center"><u>Water Aquatics</u></p> <p>Instructor(s): Aly Powers apowers@naplescsd.org Dates: Contact Instructor Time and Place: 6 - 7 pm Naples High School Pool (Enter Canopy Side Doors Across From BusGarage Fee: Restrictions: \$5 Per Session Description: Do You want an energy filled, fun workout?! COME TO WATER AQUATICS!!!! Why? : Water Aerobics is a great cardiovascular and</p>

Friday that school is in session, from 4:00-7:30 PM, in the High School Hallways. All walkers must sign in and out at the desk in front of the main office.

fitness-party™ that's moving millions of people toward joy and health. Classes feature fast and slow rhythms, resistance training, and interval training which are combined to tone and sculpt your body while burning fat. All ages and fitness levels welcome, just bring sensible sneakers, water, 1-3lb weights (optional) and your smile! Ditch the workout, join the party!

strength training activity! It incorporates resistance training with low impact on joints. This will greatly benefit individuals with strained muscles and joints while also being a great workout for those who are athletes who want different workouts! Come and enjoy the experience of hydro fitness!

SAT Preparation

Instructor(s): Adam Robison

Phone: (585) 374-7900 x 6122

arobinson@naplescsd.org

Dates:

Time and Place: 8 am to 12:15 pm, Naples High School Room 219

Fee: \$25

Restrictions: Minimum of 15 Students.

Description: This course prepares students to take the SAT Exam.

Pilates - Yoga Fusion

Pilates-Yoga Fusion combines the physical fitness and strength-building exercises of Pilates with Yoga poses that encourage balance and flexibility. The instructor is certified in Pilates mat as well as a registered yoga teacher trained at the 200-hour level (RYT-200). This class is designed to be challenging, build stamina, improve flexibility and core strength, and to encourage fun! Please bring your own mat.

Contact: Shelli Miller axis92@gmail.com