



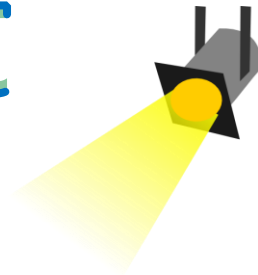
## City Manager's

1/4/2019

## WEEK-IN-REVIEW

in the

# Spotlight



### Citizen's Survey

Palm Coast residents are invited to take the Citizen's Survey now thru February 2<sup>nd</sup>. The survey can be taken online at [www.palmcoastgov.com](http://www.palmcoastgov.com). Residents may also take the survey in person at Palm Coast City Hall, the Palm Coast Utility Office and the Palm Coast Community Center during regular business hours, 8am to 5pm. The survey is anonymous and takes 10 to 15 minutes to complete. Don't miss your chance to shape Palm Coast's future. For more information, see the attached news release.



## Highlights

### *Palm Coast Business Assistance Center (BAC):*

We are excited to show off the new BAC website, logo and our new Business Guide! We're in the "soft launch" phase but you can see it all now at

<https://bac.palmcoastgov.com/>.

### *Mayors 90/90 Challenge:*

It's a new year and many of us are looking for an opportunity to get back into shape. Join Mayor Milissa Holland for the Mayor's 90/90 Challenge, kicking off on January 10<sup>th</sup>. The goal is to exercise at least a mile a day for 90 straight days (through April 9). Sign up and log your success at [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy). And, we'd love to see your progress on Instagram using the hashtags #Mayors9090 and #HealthyPalmCoast. For more information, see the attached news release.



# Announcements

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*Saturday, January 5, 8am – 1pm  
Utility Fuel Depot*

*Palm Coast Men's 25K: A USTA M25 Event  
Monday, January 21 thru Monday, January 28  
Palm Coast Tennis Center*



*Thursday February 7 thru Sunday, February 10  
Palm Coast Community Center*

## **Next Week:**

- *Tuesday, January 8, City Council Workshop, 9am, City Hall – Community Wing, 160 Lake Avenue*
  - *Wednesday, January 9, Code Enforcement Board Mtg, 10am, City Hall – Community Wing, 160 Lake Avenue*
  - *Wednesday, January 9, Leisure Services Advisory Committee Mtg, 5pm, Community Center, 305 Palm Coast Pkwy NE*
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# News Releases

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- Citizen' Survey 2019
  - Mayor's 90/90 Challenge
  - Adult Athletic Leagues
  - Cooking Classes, youth and teens
  - Eddie Eagle GunSafe Program
  - Fitness Programs for winter/spring 2019
  - Intersection Closure – Pritchard & Presidential
  - Milk and Cookies, and Other Senior Activities
  - Road Closure – Belle Terre Pkwy
  - Road Closure Plateau
  - Toddler Programs, 2019
-



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Jan. 2, 2018**

### **Your voice, your future: Take Palm Coast’s Citizen Survey now through Feb. 2**

**Palm Coast** – City of Palm Coast residents are invited to give input to help shape the future of Palm Coast by taking the 2018-2019 Citizen Survey from Wednesday, Jan. 2, through Saturday, Feb. 2.

The survey can be taken online at [www.palmcoastgov.com](http://www.palmcoastgov.com). Residents can also take the survey in person during regular business hours of 8 a.m. to 5 p.m. weekdays at Palm Coast City Hall, 160 Lake Ave.; at the Palm Coast Utility Office, 2 Utility Drive; and at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE.

“You can complete the survey in the time it takes for a cup of coffee – about 10 to 15 minutes,” said City Administration Coordinator Denise Bevan. “The survey is anonymous, and you can answer just the questions you choose to answer.”

The City is conducting the survey as part of its annual Strategic Action Planning process. The survey covers a variety of topics related to quality of life; City services such as stormwater drainage, street maintenance, garbage, recycling and streetlights; recreational programs and events; amenities such as parks, trails; economic growth and development; traffic flow; and crime prevention and public safety. It also allows residents to provide comments on any subject they’d like to share with the City.

“I ask all Palm Coast residents to take this year’s Citizen Survey – we want to hear from you,” said Palm Coast Mayor Milissa Holland. “The City Council carefully considers survey responses and comments and uses the input to improve City services.”

Responses received from residents will be presented to the Palm Coast City Council on Feb. 26 and will be used by Council Members for strategic planning and to set priorities for the coming months and years.

“The City Council and staff evaluate the survey results and use them to guide future City priorities and budget decisions,” Bevan said. “This is a great opportunity to voice your opinion on matters related to the future of Palm Coast.”

To review past years’ Citizen Survey results, visit [www.PalmCoastGov.com/about/citizen-survey](http://www.PalmCoastGov.com/about/citizen-survey).

For more information, contact Cindi Lane, Palm Coast Communications & Marketing Manager, at 386-986-3708 and [clane@palmcoastgov.com](mailto:clane@palmcoastgov.com).

**PHOTO:** Palm Coast Mayor Milissa Holland, center, and Flagler Beach Mayor Linda Provencher, right, lead a walk around Central Park in Town Center. It's time for the next Mayor's 90/90 Challenge!



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Jan. 3, 2019**

### **Mayor's 90/90 Challenge: Exercise a mile-a-day for 90 days starting Jan. 10**

**Palm Coast** – You've resolved to get into shape for the New Year, but how do you get started?! Take the first step toward better health with the Mayor's 90/90 Challenge, which is kicking off Thursday, Jan. 10!

"I want to challenge all residents of Palm Coast to exercise at least 90 miles in 90 days," said Palm Coast Mayor Milissa Holland. "That's an average of one mile per day. Whether it's walking, bicycling, tennis, running or another exercise, the important thing is to find an activity you enjoy and make it a daily habit."

"Those small steps, taken day after day, add up to an active lifestyle," Mayor Holland said.

The new Mayor's 90/90 Challenge will start Jan. 10 and continue through April 9. Anyone who lives, works, shops, plays or exercises in Palm Coast is welcome to join in the fun. The Challenge is open to all ages, and families are encouraged to participate together!

Participants can choose their own form of exercise – and will log their success through the City website: [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy). Progress will be self-reported throughout the month. It's free to sign up and participate. The website provides info on mileage for popular trails and info on how to convert certain sports such as tennis to a mileage count. For the Challenge, 2,000 steps will be counted as one mile.

Participants who want a more structured program can choose from any of Palm Coast Parks & Recreation's 18 winter fitness programs – everything from line dancing and tennis clinics to Zumba Gold and yoga. View the complete Winter/Spring Activity Guide at [www.palmcoastgov.com/recreation](http://www.palmcoastgov.com/recreation).

Everyone who completes the Mayor's 90/90 Challenge will receive a prize during the Arbor Day Celebration in May. Share your progress on Instagram using the hashtags #Mayors9090 and #HealthyPalmCoast.

"Join up with a family member or a friend and use the Mayor's 90/90 as motivation toward your New Year's goals," Holland said. "You'll see your accomplishments as you log your progress, and we'll encourage you along the way!"

The Mayor's 90/90 Challenge will start Jan. 10. Go to [www.palmcoastgov.com/healthy](http://www.palmcoastgov.com/healthy) to sign up and begin logging your miles!

For more information, contact Parks & Recreation at 386-986-2323.





## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 21, 2018**

### **Palm Coast Parks & Rec offers adults many opportunities to play sports**

**Palm Coast** – Remember the days when you would play ball on a team with your friends...that competitiveness mixed with comradery made for a fun time!

You can experience that joy again as an adult – Palm Coast Parks & Recreation is hosting several Adult Athletic Leagues in early 2019, along with Adult Open Gym Volleyball and Basketball and a Doubles Cornhole Tournament.

These are in addition to regular clinics at the Palm Coast Tennis Center and FootGolf on Friday, Saturday and Sunday evenings at Palm Harbor Golf Club. Here's a sampling of what's coming up in January:

#### **Adult Flag Football League**

Grab some friends and play on our recreational, non-contact flag football league. The 7v7 Adult Flag Football League plays an eight-game season followed by a single-elimination, end-of-season tournament. Super Early Registration for the team is now through Dec. 31 and costs \$360. Early Registration is Jan. 1-11 for \$400. Regular Registration is Jan. 12-17 for \$440. Participants must be 18 or older.

Games will be played at the Ralph Carter Park field, 1385 Rymfire Drive, Palm Coast from 6:30-9:30 p.m. Mondays and Wednesdays from Jan. 21 until March 13. Register online at [www.parksandrec.fun/athletics](http://www.parksandrec.fun/athletics).

#### **Adult Basketball League**

Show your skills in the Adult Basketball League. Register as a team for this 5-a-side style play. Compete for the title of league champions and a \$100 voucher for a future basketball league (within the next year). All players must be 18.

Registration includes eight regular season games; up to 11 players per team; a single-elimination tournament with the top five teams making playoffs; two FHSAA-certified officials per game; and game equipment. The Champion prize will be T-shirt, medal and \$100 voucher off next tournament within next year.

Have a roster of friends ready to play? Sign up a full team to save on registration and have complete control of your roster. Register online at [www.parksandrec.fun/athletics](http://www.parksandrec.fun/athletics).

Games will be played at the Indian Trails Middle School, 5505 Belle Terre Pkwy., Palm Coast, from 7-9 p.m. Tuesdays or Thursdays from Jan. 8 to March 14. One game will be played every hour. The fee is \$400 per team.

### **Adult Open Gym Volleyball**

Bring your friends or meet new ones in this co-ed volleyball program, to be held Monday or Wednesday evenings 7-9:30 p.m., Jan. 28-May 6, at Indian Trails Middle School, 5505 Belle Terre Pkwy., Palm Coast. New “teams” are created weekly.

This program uses two nets, with teams rotating in and out of play. One net is for competitive-style play and the second net is for recreational-style play. The cost is \$20 per session (13 evenings). Pre-registration required at [www.parksandrec.fun/athletics](http://www.parksandrec.fun/athletics).

### **Coming Later in the Spring**

- The Pickleball Mixed Doubles Ladder League will be played on Fridays 10 a.m. to noon starting March 4.
- Doubles Cornhole Tournaments will be held Saturday, Feb. 23 and April 6.
- Adult Open Gym Basketball will be held Tuesday and Thursday evenings from March 26 to May 7.

Full information on all of these programs and more is available in the Winter/Spring Activity Guide at [www.palmcoastgov.com/recreation](http://www.palmcoastgov.com/recreation). Register at [www.parksandrec.fun/athletics](http://www.parksandrec.fun/athletics). For more information, call Parks & Recreation at 386-986-2323.



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 27, 2018**

### **Children, teens can enjoy new cooking classes this spring**

**Palm Coast** – Children and teens alike can enjoy new cooking classes this spring – offering a chance to gain skills in the kitchen while also learning about nutrition and food safety.

New this year, Palm Coast Parks & Recreation has added Kids in the Kitchen for Homeschoolers and Cooking Matters for Chefs and Kids to the lineup. Both programs are instructed by Margaret Cruz, Program Assistant for the University of Florida IFAS Extension Family Nutrition Program. Also continuing are the Cooking is Fun and Cooking is Science programs. All are held at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE.

Registration is required, even for the free programs, at [www.parksandrec.fun](http://www.parksandrec.fun) (select “Youth” or “Teen” depending on age level). Class size is limited, so register early!

**Kids in the Kitchen for Homeschoolers – Wednesdays, Jan. 9-Feb. 13:** This free program is a hands-on cooking experience that teaches youth basic cooking skills, nutrition and food safety. Older children will also learn about meal planning and preparing a complete meal based on USDA’s My Plate. Classes will be offered Wednesdays, Jan. 9-Feb. 13, by age level:

- 10-10:45 a.m. (6-9 years)
- 11-11:45 a.m. (10-12 years)
- noon-12:45 p.m. (13-15 years)

**Cooking Matters for Chefs and Kids – Wednesdays, May 1-15:** This free program will have an activity, a recipe, and focus on four key messages: eating a variety of food groups, eating more fruits and veggies, drinking less sugary beverages and eating more whole grains. Classes will be offered Wednesdays, May 1-15, by grade level:

- 11:15-11:45 a.m. (K-3<sup>rd</sup>)
- noon-12:30 p.m. (4<sup>th</sup>-12<sup>th</sup>)

**Cooking is Science** - Teens ages 12-15 will use empirical observation techniques to learn how variables affect the final product. Due to the risk of cross-contamination, participation by those with food allergies is not advised. The cost is \$35 per session.

- Session 1: Mondays, March 18-April 8 from 3-4:15 p.m.
- Session 2: Tuesdays, April 16-May 7 from 3-4:15 p.m.

**Cooking is Fun** – In this program, children ages 8-11 will be exposed to cooking vocabulary, techniques, tools, utensils, safety in the kitchen and math while preparing dishes from scratch!

Due to the risk of cross-contamination, participation by those with food allergies is not advised.  
The cost is \$35 per session.

- Session 1: Jan. 28-31 from 4:15-5:30 p.m.
- Session 2: Thursdays, Feb. 7-28 from 4:15-5:30 p.m.

For more information, contact Parks & Rec at 386-986-2323.



**NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 28, 2018**

**Eddie Eagle GunSafe Program offers 2 upcoming sessions to teach kids gun safety**

**Palm Coast** – Palm Coast Parks & Recreation and the Flagler County Sheriff's Office are partnering once again to host the Eddie Eagle GunSafe Program – a gun accident prevention program – for children Pre-K through fourth grade.

This program has expanded for winter/spring, offering two dates for each grade grouping. It is free to attend, but pre-registration is required. There are a limited amount of spots available so please register early at [www.parksandrec.fun/youth](http://www.parksandrec.fun/youth).

All classes will be held from 4:30-5:30 p.m. at the Palm Coast Community Center located at 305 Palm Coast Pkwy NE in Palm Coast.

The schedule by grade level is:

- Pre-K and Kindergarten – Jan. 15 or March 19
- 1<sup>st</sup> and 2<sup>nd</sup> – Jan. 16 or March 20
- 3<sup>rd</sup> and 4<sup>th</sup> – Jan. 17 or March 21

The Eddie Eagle GunSafe Program is designed to teach children four simple, easy-to-remember steps so they know what to do if they ever come across a gun: STOP! Don't touch. Run Away. Tell a grown-up.

No actual firearms will be used in this program. The class will be taught by a certified NRA instructor and law enforcement will be in attendance.

The program was developed by a task force made up of educators, school administrators, curriculum specialists, urban housing safety officials, clinical psychologists, law enforcement officials and National Rifle Association (NRA) firearm safety experts.

For more information, please call Parks & Rec at 386-986-2323.



## **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 27, 2018**

### **New fitness programs, events offered to kick start New Year's health goals**

**Palm Coast** – The New Year is upon us and that means setting new fitness and health goals! Palm Coast Parks & Recreation is offering a variety of new exercise programs and events this winter and spring that are sure to spice up your fitness routine.

New this year are REV+FLOW by REFIT, Indoor Rowing and Zumba Gold, and REFIT Revolution Family Fitness is back for another season. Parks & Rec has two upcoming opportunities to try REV+FLOW and REFIT Revolution Family Fitness for free. These programs will be held at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE.

The REV+FLOW Ready-to-Go Kickoff Party is open to teens and adults ages 13 and up, and will be held 5:30-6:30 p.m. Wednesday, Jan. 9. The Kickoff Party gives people a chance to see if they like the new program before signing up for the full session that starts Jan. 30.

The REFIT Revolution Yesteryear to New Year Dance Party will be 5:30-7 p.m. Monday, Jan. 14. The dance party is for ages 4 and up, including teens and adults, and will include dancing through the decades and raffles. This will be a fun event to sample to the free REFIT Revolution Family Fitness program, which is back again for another season.

Please register online, even for the free programs and events, at [www.parksandrec.fun/wellness](http://www.parksandrec.fun/wellness). Here's an overview of each program:

**REFIT Revolution Family Fitness** – This is a judgement-free fitness experience that uses powerful movements and positive music combined with resistance-training elements to give participants a total-body workout. This free program for ages 4+ is offered 5:30-6:30 p.m. Mondays, Jan. 28-May 13 (no class on March 11).

**REV+FLOW by REFIT** - With REV+FLOW, teens 13+ and adults can enjoy a low-impact, high intensity, workout that strengthens their bodies and sculpts their muscles through targeted, music-based movements and resistance training. It will be held on 5:30-6:30 p.m. Wednesdays, Jan. 30-May 15 (no class March 13). The cost is \$60/session, or \$5/drop-.

**Indoor Rowing** – In partnership with Flagler Rowing Club, experienced rowing members will instruct on proper technique while using the erg with a focus on both mechanics and breathing. All fitness levels are welcome. Participants should bring a towel, water, and a mat for floor exercises. Classes will be 4:30-5:30 p.m. Thursdays, Jan. 17-May 23, and cost \$7 per class.

**Zumba Gold** – This class is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower-intensity and introduces easy-to-follow choreography while focusing on balance, range of motion and coordination. Classes will be 9-10 a.m. Fridays, Jan. 18-May 24 (no class on March 15 and April 12). Cost is \$5 per class.

For more information, call Parks & Rec at 386-986-2323.



**NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 26, 2018**

**Intersection of Pritchard and Presidential to close temporarily, starting Jan. 4**

**Palm Coast** – A contractor will be closing the intersection of Pritchard Drive and Presidential Lane from Jan. 4 through approximately Jan. 20 to allow for construction of sewer improvements for the American Village project.

The intersection will be closed to all traffic, and detours will be in place.

Motorists should take an alternate route and use caution when traveling near this intersection. Some delays may occur.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during this project.

For more information, call Customer Service at 386-986-2360.



**PHOTO:** Seniors enjoy the Christmas Party with Santa 2018 event at the Community Center.



**NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Jan. 2, 2019**

**Milk and Cookies Social among new senior programs at Palm Coast Community Center**

**Palm Coast** – A chance to gather with friends over milk and cookies...that's what's on the table in celebration of National Milk Day!

Palm Coast Parks & Rec is hosting its first-ever, free Milk and Cookies Social from 1-2 p.m. Friday, Jan. 11, as one of its winter/spring Senior Special Events. Jan. 11, 1878 is believed to be the date milk deliveries started in glass bottles. The Milk and Cookies Social includes cookies and milk, with non-dairy options available.

The social will be held at the Palm Coast Community Center, 305 Palm Coast Pkwy. NE. It's free but please register at [www.parksandrec.fun/seniors](http://www.parksandrec.fun/seniors). Bring your friends!

Milk and Cookies is just one event Parks & Rec is offering this winter and spring to provide social activities for seniors and adults. Many of the activities are new to the lineup, such as Ladies Paint Night, "A Matter of Balance" exercise program, West Coast Swing dance classes and Improv Classes. The new "Intro to Drawing" program will start Jan. 21, and "Intro to Painting" will begin in March.

Many other popular programs will continue, including the Coffee Series, monthly Discover Trips, Ballroom Dancing, Line Dancing, Game Day Social, Wood Carvers and more.

Other Senior Special Events planned in coming months include:

- Feb. 14 – Valentine's Sweetheart Luncheon
- March 8 – St. Patrick's Day Luncheon
- April 23 – Punch and Puzzles
- May 10 – Oldies but Goodies Evening Social

View the full Winter/Spring Activity Guide at [www.palmcoastgov.com/recreation](http://www.palmcoastgov.com/recreation). And sign up for activities at [www.parksandrec.fun/seniors](http://www.parksandrec.fun/seniors).

For more information, call Parks & Rec at 386-986-2323.



**NEWS RELEASE – City of Palm Coast**

Contact: Kimberly Norman, Public Relations Specialist

386-986-3717

**Jan. 3, 2019**

**Two, separate lane closures scheduled for portions of Belle Terre Parkway on Jan. 8 and 9**

**Palm Coast** – The City of Palm Coast will have two, separate lane closures along Belle Terre Parkway on Tuesday and Wednesday, Jan. 8 and 9, for asphalt repairs by the Public Works Department.

On Jan. 8, Belle Terre Parkway southbound between Cypress Point Parkway and Pine Lakes Parkway will be reduced to one lane from 7:30 a.m. to 2 p.m.

On Jan. 9, Belle Terre Parkway northbound between Rymfire Drive and Pine Grove Drive will be reduced to one lane from 7:30 a.m. to 2 p.m.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during this important road improvement project.

For more information, call Customer Service at 386-986-2360.



**Jan. 2, 2019**

**Section of Plateau Lane to be closed for sewer main repair**

**Palm Coast** – The City of Palm Coast Utility Department is planning a temporary road closure on Monday, Jan. 7, as it repairs a sewer main. The roadway in front of 26 Plateau Lane will be closed through Wednesday, Jan. 9.

Residents will have access to their homes, but the road will be closed to through traffic while the work is being done.

The City of Palm Coast appreciates the patience and cooperation of residents and motorists during these important sewer project.

For more information, contact Utility Systems Tech Lead Eric Serrano at 386-986-2372.

**PHOTO:** Toddlers and their parents explore movement and rhythm at Palm Coast Parks & Rec's Musical Munchkins program.



### **NEWS RELEASE – City of Palm Coast**

Contact: Cindi Lane, Communications & Marketing Manager  
386-986-3708; cell 386-214-4729

**Dec. 26, 2018**

### **Toddlers can enjoy new playtime programs, along with old favorites**

**Palm Coast** – Palm Coast Parks & Recreation's toddler programs have been growing in popularity, so the City is adding several new programs this winter and spring, bringing the activity lineup to the largest ever!

New this season are Beginning Ballet, Imagination Builders and Lil Sensory Explorers, and Teddy Bear Picnic & Play is expanding to include playground time. Continuing are favorites such as Tennis Tots, Musical Munchkins, Awesome Alphabet Outing, Monday Funday and Our Neck of the Woods, Creepy Crawlies and Munchkin Soccer.

Some programs are free, while others may require a fee. Advanced registration is required, even for free classes, and is now open at [www.parksandrec.fun/toddlers](http://www.parksandrec.fun/toddlers). Space is limited in most classes, so sign up early!

**Beginning Ballet** – This four-month class from 4:30-5:15 p.m. Wednesdays, Jan. 9-April 4, will introduce students ages 3-5 to ballet. Dancers will learn proper classroom etiquette, practice large and small motor skills, and begin to develop flexibility, strength, body alignment and technique. Dancers will work toward a ballet recital on April 26 during the Community Art Exhibition and Show. Classes are \$40 per month and will be held at Palm Coast Community Center, 305 Palm Coast Pkwy. NE.

**Imagination Builders** – Toddlers 3-5 and their parents will have a hands-on experience exploring and learning creative ways to build and collaborate with each other. The class, to be held 10-11 a.m. Wednesdays, Jan. 23, Feb. 6 and 20, March 27, April 10 and 24, and May 8, we will use Duplos, Lincoln Logs, Fiddlesticks and interactive activities to stimulate children's imaginations through patterns, colors, counting, position/ ordering, compare/contrast, fine/gross motor skills and more. Classes are \$5 for the entire session and will be held at the Community Center.

**Lil Sensory Explorers** – Toddlers 11 months to 2 years will explore picture books, focus on different sensory activities and create a handmade craft to take home. The program will help children develop an understanding of textures, colors, fine motor skills, vocabulary, manipulation and more. Participants can also meet other parents/caretakers in the community! Classes will

be held at the Community Center from 10-11 a.m. on Mondays, Feb. 4 and 18, and March 4 and 25. The cost is \$5 for the entire session.

**Musical Munchkins** – This class for ages 2-5 is an introduction to music, rhythm and movement. Children will have the chance to explore movement while they play various musical instruments. Session 1 runs Jan. 17-Feb. 7; Session 2 runs March 21-May 2. Classes are on Thursdays 10-11 a.m. at the Community Center and are free to attend.

**Awesome Alphabet Outing – Fascinating Florida** – This child-with-parent class (ages 3-5) explores the “My Florida Alphabet,” learning how each letter correlates to what makes Florida fascinating. Also, children will explore different flavors and textures with local fruit and vegetable tastings. Classes will be 10-11 a.m. Tuesdays, Jan. 22-April 23 (except March 12) at the Community Center. The cost is \$4 per class.

**Tennis Tots** – This tennis clinic provides children 3-5 and their parents explorative activities that develop fundamental athletic and movement skills necessary for success in any sport! Classes are 5-6 p.m. Wednesdays at the Palm Coast Tennis Center, 1290 Belle Terre Pkwy. Session 1 runs Jan. 9-March 20 (no class March 13); Session 2 is March 27-May 22. The cost is \$81 per session or \$12 per day.

**Monday Funday** – This free, child-with-parent program (ages 3-5) will explore social, emotional, physical and cooperative play opportunities through movement, music, interactions and problem-solving skills while having fun with peers! Classes will be 10-11 a.m. Mondays, Jan. 28, Feb. 11 and 25, March 18, and April 1, 15 and 29, at the Community Center.

**Teddy Bear Picnic & Play** – Children are encouraged to bring their favorite teddy bear out to different themed sessions while enjoying a snack, story time, craft and game playing on the Community Center playground with their pals. This free program offers a unique experience for toddlers to Show N’ Tell their special stuffed animal or toy in a fun, personalized, interactive outdoor event. Teddy Bear Picnic & Play is held once or twice a month on Tuesdays, from either 10-11 a.m. or 11:30 a.m.-12:15 p.m. The first will be 11:30 a.m.-12:15 p.m. Jan. 29 with the theme: Favorite Toy on Wheels. See other dates and themes at [www.parksandrec.fun/toddlers](http://www.parksandrec.fun/toddlers).

**Creepy Crawlies Series** – This free, educational program for children 3-8 is all about insects! It is offered 4:30-5 p.m. at Long Creek Nature Preserve, 1050 Palm Harbor Pkwy., Palm Coast, on Wednesdays, March 27, April 10 and 24, and May 8.

**Our Neck of the Woods** – This free program for ages 3-5 is a fun way of learning in the park with story time, crafts and a short exploration walk. It will be held at Linear Park, 31 Greenway Court, Palm Coast, from 10-11 a.m. on Wednesdays, Jan. 30, Feb. 13 and 27, March 20, April 3 and 17, and May 1 and 15.

**Munchkin Soccer** – This five-week program teaches toddlers 3-5 about an organized sport that highlights sequential directions and gross motor skills necessary to play soccer. Parents will assist children during the lesson. Cost is \$35. Sessions will be held at Holland Park, 18 Florida Park Drive:

- 4:15-5 p.m. Thursdays, March 21-April 18
- 10:15-11 a.m. Fridays, April 5-May 10 (except April 19)
- 10-10:45 a.m. Saturdays, March 16-April 13
- 4:15-5 p.m. Thursdays, May 2-30

See programs for all ages in the new Parks & Recreation Activity Guide at [www.palmcoastgov.com/recreation](http://www.palmcoastgov.com/recreation). For more information, call Palm Coast Parks & Rec at 386-986-2323.