

**PALM COAST PARKS & RECREATION
EVENTS & ACTIVITIES
Fall 2016**

CPR/FIRST AID TRAINING PROGRAMS

The City of Palm Coast Fire Department offers CPR and First Aid Training

1. The Healthcare Provider course -- a professional certification course -- includes a multiple-choice written exam and a practical exam.
2. Workbooks for use during the class are provided. It is highly recommend that participants purchase a course workbook. The American Heart Association recommends that each student review the course information for two weeks prior to the course. Workbooks can be found at : <http://www.aha.channing-bete.com/>
3. Course available to those ages 13 and up.
4. Participants should arrive a few minutes ahead of time for check-in.
5. A minimum of six persons is required for each course date. If fewer than six persons have registered, each person will be contacted to reschedule or to receive a refund.
6. Please contact CPRcertification@palmcoastgov.com with any questions.
<http://www.palmcoastgov.com/government/fire/cpr>

First Aid and CPR/AED

Heartsaver First Aid is a 7-hour classroom course (*includes 1 hour for lunch*) that is designed to meet OSHA regulations. The course teaches basic first aid skills:

- Administering CPR to an infant, young child, or an adult.
- Using an Automated External Defibrillator (AED).
- Using a mask or barrier device.
- How to stop visible bleeding.
- Assist with possible sprain or broken bone.
- Securing the scene for safety.

Days/Dates: Saturdays, November 5, December 3

Time: 9 am-4 pm

Fee: \$5/person; Pre-Registration required at least 48 hours in advance.

Location: Palm Coast Community Center (305 Palm Coast Pkway NE. Palm Coast FL 32164)

ADULT FITNESS

Adult Open Gym Basketball*

The adult co-ed basketball program is a non-competitive recreation program.

Days/ Dates: Tuesdays, September 13- December 20
Thursdays, September 15- December 22

14 Meetings- \$22

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Time: 7:00 pm – 9:30 pm

Location: Indian Trails Middle School

Ages: 18 & Up

* No Basketball Nov 22 & 24

Adult Open Gym Volleyball*

Come with friends or come alone and play Adult recreational co-ed volleyball open gym creates new “teams” weekly. Usually 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.

Days/Dates: Mondays, September 12- December 19 14 Meetings- \$22
Wednesdays, September 14- December 21 14 Meetings- \$22

Time: 7:00 pm – 9:30 pm

Location: Indian Trails Middle School

Ages: 18 & Up

**Disclaimer:* Flagler Schools may cancel program due to school activity. We will make every effort to notify participants of cancellations.

* No Volleyball Nov 21 & 23

Pickleball

The fastest growing sport in North America. Pickleball is sport for all ages. Played with small racquets and whiffle balls, this game is perfect for all ages. Equipment is available for rent and will be provided on the days and times below.

Days/Dates: September 6- December 16
Tuesdays, 1:00pm-3:00pm
Wednesdays, 6:00 pm – 8:00 pm
Fridays, from 11:00 am – 1:00 pm

Location: Belle Terre Park

Ages: 18 & up

Fee: Free

Wellness with Chrissy

Join Chrissy Powell, certified fitness instructor, for her fun and effective Wellness Classes! She will coach and inspire you to become healthier and stronger and to lead a more active and happier life. For more information contact instructor, Chrissy Powell at phone 386-931-7153 or Email cpowell54@cfl.rr.com

Class Schedule

- Pilates 8:30am Monday, Wednesday & Friday (Bring own mats)
- Aerobics 9:30am Monday, Wednesday & Friday
- Pilates Versa-tube 10:30am Monday & Wednesday

ADULT PROGRAMS

Critic's Choice Dinner Club

Each month this “Club” visits a new restaurant, chosen by the group, to spend quality time with friends enjoying a casual dinner while rating the food and service. New members are always welcomed. Dinner and/or transportation are the participant’s responsibility. Pre-Registration Required

Days/Dates: Thursday, November 10 –My5ht Element (Indian Food) Palm Coast
Thursday, December 8- Ai (Japanese) Palm Coast

Time: Meet at restaurant 5:30 pm

AARP Driver Safety Program

The nation's first and largest classroom course for motorists ages 50 and older. This one-day course identifies

ways that older drivers can compensate for the physical changes that occur as they age and helps older drivers update their driving knowledge and skills. To register contact AARP Representative Karen Zimmerman 386-585-4116.

Dates: Friday, December 16
Time: 9:00 am – 4:00 pm
Location: Palm Coast Community Center
Fee: \$20/Session (\$15/Session/AARP Member)

Game Day Social

As the name suggests, Game Day Social is comprised of a lively, spirited group of individuals who enjoy the camaraderie and competition of dominos, a variety of card games or board games. Participants are encouraged to bring their favorite game or play one provided by the Parks and Recreation Department. Light refreshments are served.

Days: Tuesdays & Thursdays
Time: 12:30 – 4 pm
Location: Palm Coast Community Center
Fee: Free

Women's Self Defense

Learn effective methods to ward off attackers in this three day class. Sergeant Lutz from the Flagler County Sheriff's Office will teach you skills that will make you more aware of your surroundings and methods to protect yourself and provide safety tips to implement right away. Pre-registration required and participants must attend all three classes. **Pre-Registration required at least 48 hours prior to start date and time.**

Days/Dates: Mondays: Session 2: Nov 7-Nov 21
Session 3: Dec 5-Dec 15 (Dec 15 will be Thursday)
Times: 6 - 8 pm
Location: Palm Coast Community Center
Ages: 12 & Up
Fee: Free

Wood Carvers

The art of woodcarving has a history that spans centuries. At its core, woodcarving transforms a piece of wood into a masterfully crafted work of art. Join this group of gifted carvers as they share their skill and know how in this informal teaching atmosphere. The woodcarving group is a mixed group of men and women at all levels and abilities. Visitors are welcome.

Days/Time: Tuesdays from 1pm - 4pm
Location: Palm Coast Community Center
Fee: Free

Discover Trips

The registration fee includes: round-trip, motor coach transportation to and from destination and admission fees for the attraction. Payment is due at time of registration. Limited number of spaces available so register early. Registration is on a first come, first serve basis.

Winter Garden Museum Tour

We will enjoy a visit to Winter Garden with its environmental sensibility, diverse restaurants, and charming boutiques; The Winter Garden Heritage Museum features a three-dimensional walk through Winter Garden's

glorious past; The Central Florida Railroad Museum contains an expansive collection of local, state and national railroad memorabilia. We will enjoy lunch on our own at a local restaurant. **Pre-Registration required by Friday, November 10, 2016**

Day/Date: Friday, November 18, 2016
Time: Depart the Palm Coast Community Center: 8:30 am
Return to the Palm Coast Community Center at approx.: 4:00 pm
Location: Winter Garden, Florida
Fee: \$35/person

Gaylord Palms ICE Show

Marvel at dozens of lavish holiday displays that include more than 2 million twinkling Christmas lights and acres of larger-than-life decorations at our Orlando Christmas celebration. Enjoy heartwarming visits with Santa, Cirque Dreams Unwrapped Live Stage Show, ICE! featuring the classic poem 'Twas the Night Before Christmas. We will enjoy lunch on our own in one of the Gaylord Palms restaurants. Dress warm as temperatures are below freezing in the ICE museum. **Pre-Registration required by Friday, December 2, 2016**

Day/Date: Friday, December 16, 2016
Time: Depart the Palm Coast Community Center: 8:30 am (Performance begins at 1:00 pm)
Return to the Palm Coast Community Center at approx.: 4:30 pm
Location: Orlando, Florida
Fee: \$57/person

Lunch N' Lecture Series

Join professionals during lunch for informational discussions on topics that may affect the lives of our adult community. **Pre-Registration required 48 hours prior to the program date and while space is available.**

Time: 11:00 am -12:30 pm
Fee: FREE

Wednesday, November 16, Be Scam Smart

LOCATION: City Hall, Community Wing, 160 Lake Street, Palm Coast, 32164

Florida Chief Financial Officer Jeff Atwater and the Florida Department of Financial Services invite you to attend Operation S.A.F.E, Be Scam Smart, a free workshop for seniors. Be Scam Smart will teach you how to spot fraudulent behavior, common scams that target seniors and how to fight identity theft.

Friday, December 9, General Daily Living Ergonomics

LOCATION: City Hall, Community Wing, 160 Lake Street, Palm Coast, 32164

Presented by CORA Rehabilitation Clinics.

Ergonomics is the science and study of how to perform different tasks to prevent repetitive strains and injuries. Ergonomists study how daily home tasks can cause stress and tension on our body. Come learn from the experts how ergonomics can make daily living easier and life more relaxing!

TODDLER PROGRAMS

Pre-Registration required at least 48 hours prior to start date and time of all Toddler Programs

Teddy Bear Picnic

Children will bring their favorite teddy bear for story time, game playing or craft and a snack. This monthly programs offers a unique experience for toddlers and their parent.

Day: Mondays

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Dates/Theme: November- 7th Fall for fun, fun for all
December- 5th Snow much fun.
Time: 10 – 10:30 am
Location: Palm Coast Linear Park
Age: 2 - 5 years old
Fee: Free

Little Chefs

Bring your “Little Chef” to the Palm Coast Community Center, where they will learn how to make a healthy, tasty snack and learn cognitive skills.

Days/Dates: Tuesdays, November- 15th, December- 20th
Times: 10 – 11am
Location: Palm Coast Community Center
Age: 2 - 3 years old
Fee: \$8

Little Picassos

Lil Picassos is designed to help your little artists discover their inner Picasso as they discover own unique style. Children will learn fundamental art concepts by creating a fun & unique work of art.

Days/Dates: Thursdays, November- 17th, December- 15th
Time: 10 – 11am
Location: Palm Coast Community Center
Age: 2 - 3 years old
Fee: \$8

YOUTH PROGRAMS

Pre-Registration required at least 48 hours prior to start date and time of all Youth Programs

Kindercooks

Bring your “Kindercook” to the Palm Coast Community Center where they will learn to make foods, tasty treats, and gain important motor skills. Your “Kindercook” will grow in confidence and soon be able to assist in the kitchen.

Days/Dates: Tuesdays, November- 15th, December-20th
Time: 11am-12pm
Location: Palm Coast Community Center
Age: 4 – 5 years old
Fee: \$8

Fall Fun Camp- CANCELLED

Your child’s day will be filled with a variety of age appropriate fun-filled themed activities such as arts and crafts, stories, recreational games, nature hikes, Campers must bring their own lunch and snack each day.

Days/Dates: Fall Fun Camp – November 21 – 23 (all day)
Times: 9am-4:30pm (extended care 7:30am-9:00am & 4:30pm-6:00pm)
Location: Palm Coast Community Center
Grades: K-8 (grade currently enrolled)
Fee: \$15 per day (extended care \$5 each) **Registration Deadline: 48 hours prior to start date**

Jack Frostivities- Holiday Break Camp

Your child's day will be filled with a variety of age appropriate fun-filled themed activities such as arts and crafts, stories, recreational games, nature hikes. Campers must bring their own lunch and snack each day.

Day/Dates: Week 1- Tuesday-Thursday December 27-29

Week 2- Tuesday-Friday January 3rd -6th

Times: 9am-4:30pm (extended care 7:30am-9:30am & 4:30pm-6:00pm)

Location: Palm Coast Community Center

Grades: K-8 (grade currently enrolled)

Fee: \$15 per day (extended care hours \$5 each) **Registration Deadline: 48 hours prior to start date**

SPECIAL EVENTS

For information on all events visit our website at: <http://www.palmcoastgov.com/events>

Food Truck Tuesdays

Free entertainment along with gourmet food available for purchase from a variety of specialty food trucks. Proceeds from Food Truck Tuesdays benefits a local organization whose work supports our children and families.

Day/Date: Tuesday, November 15

Time: 5 - 8 pm

Location: Central Park in Town Center

Pink Army 5k Run/Walk & 1 Mile Support Walk

Raising money for breast cancer awareness, education and screening, 100 percent of the proceeds raised by the Pink Army 5k go toward financially supporting mammograms, breast ultrasounds, stereotactic breast biopsies, education and other specific diagnostic services to aid in the early detection of breast cancer.

Day/Date: October 30

Time: 7:45am

Location: Florida Hospital Flagler

Hall of Terror

Hall of Terror takes those who dare through a haunted house and show at Palm Coast Fire Station 21, 9 Corporate Drive. Volunteer characters, many of whom are firefighters and other City employees, provide the scares.

Dates: October. 29-31

Times: 7-9 p.m. Saturday, Oct. 29

7-10 p.m. Sunday, Oct. 30

7-11 p.m. Monday, Oct. 31

Location: Fire Station #21, 9 Corporate Drive

Palm Coast Veteran's Day Ceremony

City of Palm Coast ceremony with music, presentation of memorial wreaths and speakers to honor military veterans; Heroes Park, 2860 Palm Coast Pkwy., Palm Coast. Free. More info: 386-986-2300.

Day/Date: Friday, November 11

Time: 8 am

Location: Heroes Park

Tree Lighting Ceremony

In partnership with the Rotary Club of Flagler County, the Tree Lighting Ceremony leads the start of the Fantasy Light display at Central Park in Town Center.

Day/Date: December 1st

Time: 6pm

Location: Central Park in Town Center

Starlight Event and Parade

Day/Date: December 10

Time: 4-6:45pm, Parade starts at 7pm

Location: Central Park in Town Center

**Frieda Zamba Swimming Pool
2016 Hours of Operation**

Monday, April 18-Friday, May 27

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Saturday, May 28-Monday, September 5

Monday through Friday - 10:30 AM to 7:30 PM

Saturday & Sunday - 12:00 noon-6:00 PM

Tuesday, September 6-Friday, November 4

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Holiday Hours of Operation:

Monday, May 30 - 12 PM to 6 PM

Monday, July 4 - 12 PM to 6 PM

Monday, September 5 - 12 PM to 6 PM

***** Hours of Operation dependent on daily weather conditions
and subject to change without notice *****