

**PALM COAST PARKS & RECREATION
EVENTS & ACTIVITIES
Winter/Spring 2017**

[CPR/FIRST AID TRAINING PROGRAMS](#)

<http://www.palmcoastgov.com/government/fire/cpr>

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. All courses begin at 9:00 a.m. 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.

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.

Date: January 14
February 18
March 11
April 8
May 20

Time: 9 am-4 pm

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

Location: Frieda Zamba Swimming Pool Classroom (339 Parkview Dr.)

Healthcare Provider

The Basic Life Support (BLS) for Healthcare Providers Course provides healthcare professionals the ability to recognize several life-threatening emergencies, administer CPR, use an AED, and relieve choking in a safe, effective and timely manner.

Examples of those who may need this certification are: EMS personnel, physician assistants, dentists, nurses, respiratory therapists and others. All must have a credential (card) documenting successful completion of a CPR course.

The 4.5-hour course is video-based with instructor-led discussion and simulation. Students participate, practice, and complete various skills and learning stations. We will provide a workbook for you to borrow during the course. However, we recommend you purchase a workbook two weeks prior to the course and review the information.

- Date:** January 20
April 28
- Time:** 9 am-1:30 pm
- Fee:** \$50; Pre-Registration required at least 72 hours in advance.
- Location:** Palm Coast Fire Station #25, (1250 Belle Terre Parkway, Palm Coast, FL 32164)

ADULT FITNESS

Adult/Teen Flag Football League

Come join the 7th annual adult flag football league under the lights at Ralph Carter Park. This year we are also having a Teen division as well! Register as a team for 7v7 style play to win the title of league champion, a trophy, a championship t-shirt, and free entry into next season's league. Captain's Meeting is Wednesday, January 11th, 2017.

Days: Mondays and Wednesdays
Date: January 18- March TBD
Game Times: 7:00 pm, 8:00 pm, 9:00 pm
Location: Ralph Carter Park
Ages: 14 & Up
Fee: \$400

Adult/Teen Open Gym Futsal

Come join us for our inaugural Futsal open gym. Futsal is an exciting, fast-paced small sided soccer game that is enjoyed around the world.

Days/Dates: Mondays January 23-May 8 \$26
Wednesdays January 25-May 10 \$26
Time: 7:00 pm – 9:30 pm
Location: Rymfire Elementary School
Ages: 14 & Up

NO Futsal on 3/13, 3/15

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

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 January 23-May 15 \$33
Wednesdays January 25-May 17 \$33
Time: 7:00 pm – 9:30 pm
Location: Indian Trails Middle School
Ages: 18 & Up

NO Volleyball on 3/13, 3/15

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

Adult Open Gym Basketball

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

Days/ Dates: Tuesday January 24-May 16 \$33
Thursday January 26-May 18 \$33
Time: 7:00 pm – 9:30 pm
Location: Indian Trails Middle School
Ages: 18 & Up

NO Basketball on 3/14, 3/16

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

3 on 3 Spring Basketball Tournament

Come join the 1st annual Palm Coast 3v3 Basketball Tournament. All teams must submit a Team Registration Form, one per team, with completed roster and pay a \$12 tournament fee. All players must complete an individual Waiver Form. The team registration, tournament fee, and waiver forms must be submitted 5 days prior to the tournament start date. This is a double elimination tournament.

Days: Saturday and Sunday
Date: May 20-21
Game Times: TBD
Location: Holland Park
Ages: High School and Adult divisions
Fee: \$250

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: December 19-April 28

Belle Terre Park

Tuesdays: 1-3pm

Wednesdays: 6-8pm

Fridays: 11-1pm

Holland Park

Mondays: 11-1pm

Thursdays: 11-1pm

Location: Belle Terre Park/Holland Park

Ages: 18 & up

Fee: Free

ADULT PROGRAMS

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: January 13, February 17, March 21, April 18
Time: 9:00 am – 4:00 pm
Location: Frieda Zamba Pool- Classroom
Fee: \$20/Session (\$15/Session/AARP Member)

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: Thursdays, January 5- Anchor, Flagler Beach
February 2-Columbia Restaurant, St. Augustine
March 2- Hidden Treasure, Flagler Beach
April 6- TBD by group
May 4- TBD by group
Time: Meet at restaurant 5:30 pm

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: Thursdays (Starting January 12th)
Time: 12:30 – 4 pm
Location: Frieda Zamba Swimming Pool Classroom
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 January 23-City Hall
30/Feb 6- FZ Pool Classroom
March 13- City Hall
20/27-FZ Pool Classroom
May 08/15/22-FZ Pool Classroom
Times: 6 - 8 pm
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: Tuesdays (Starting January 10th) No Woodcarvers on (Mar 21, Apr 18)

Time: 1pm - 4pm

Location: Frieda Zamba Pool- Classroom

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.

Kennedy Space Center

The Kennedy Space Center Visitor Complex is the visitor center at NASA's Kennedy Space Center. It features exhibits and displays, historic spacecraft and memorabilia, shows, two IMAX theaters, a range of bus tours of the spaceport, and the Shuttle Launch Experience, a simulated ride into space. It also encompasses the separate Apollo/Saturn V Center and United States Astronaut Hall of Fame. Lunch not included but can be purchased on site. **Pre-Registration required by January 23.**

Day/Date: Friday, January 27
Time: Depart the Palm Coast City Hall 8 am
Return to the Palm Coast City Hall at approx. 4:30 pm
Location: Titusville, Florida
Fee: \$75/person

Orlando Eye and Aquarium

The Orlando Eye is a 400 ft. tall giant Ferris wheel. Lunch not included but can be purchased on site. **Pre-Registration required by February 8th.**

Day/Date: Wednesday, February 15
Time: Depart the Palm Coast City Hall 9 am
Return to the Palm Coast City Hall at approx. 5 pm
Location: Titusville, Florida
Fee: \$60/person

Strawberry Festival

Take a ride to the 82nd annual The Florida Strawberry Festival – “We’re Playing Your Song!” The Florida Strawberry Festival is an 11-day community event celebrating the strawberry harvest of Eastern Hillsborough County. Each year, nearly 500,000 visitors enjoy the festival’s headline entertainment, youth livestock shows, and exhibits of commerce and, of course, its strawberry shortcake. **Pre-Registration required by February 23.**

Day/Date: Thursday, March 2
Time: Depart the Palm Coast City Hall 8 am
Return to the Palm Coast City Hall at approx. 4:30 pm
Location: Plant City, Florida
Fee: \$42/person

McKee Botanical Gardens

Located on a tropical hammock at the southern gateway to Vero Beach, Florida, McKee Botanical Garden is where native plants and exotic botanicals combine with Old Florida charm. Follow the Garden's pathways through a grove of majestic palms; past tranquil streams accented with colorful waterlilies. Explore 18 acres of natural landscape preserved and restored to the vision of its founders. Discover trees, waterfalls and historic structures each with their own unique story. Lunch is included and will be hosted on site. **Pre-Registration required by Wednesday, April 12.**

Day/Date: Wednesday, April 19
Time: Depart the Palm Coast City Hall 8 am

Return to the Palm Coast City Hall at approx. 4:30 pm
Location: Vero Beach, Florida
Fee: \$60/person

A look at Ole Florida

First stop at the Lake Ridge Winery where a sampling of 7 different wines will be available, a video presentation shown. Second stop Presidents Museum and third stop Florida Citrus Tower. Lunch at participant expense. Lunch at local BBQ restaurant.

Pre-Registration required by Wednesday, April 8.

Day/Date: Wednesday, May 10
Time: Depart the Palm Coast City Hall 8 am
Return to the Palm Coast City Hall at approx. 4:30 pm
Location: Clermont, Florida
Fee: \$50/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
Location: City Hall, Community Wing – 160 Lake Avenue, Palm Coast, 32164
Fee: **FREE**

Friday, January 20th – *Learn how the City of Palm Coast reduces hazards and pollution through stormwater, floodplain and natural resource management, and how citizens can make a difference in their own homes.*

Friday, February 17- *Dr. Nanavati, an Interventional Cardiologist will speak on PAD/Vascular disease. PAD is Peripheral Artery Disease – a common circulatory problem which narrows your arteries and reduces blood flow to your limbs.*

Friday, March 17- *Can I recycle this? Speaker Dianne Torino will explain all the different ways you can recycle various items in the City of Palm Coast.*

Friday, April 21-Dr. Issam Nasr, Gastroenterologist – will speak on Food Sensitivity, Gluten and beyond.

Friday, May 19-TBD

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
Dates/Theme: January 9 – New Year, New Friends
February 6 – Valentine’s Day Love Bugs
March 6 – St. Patrick’s Day Gold Hunt and Leprechaun Fun
April 3 – Earth Day Remarkable Recycling
May 1 – Summer Sensational Sea
Time: 10 – 10:30 am
Location: Palm Coast Linear Park
Age: 2 – 5 years old
Fee: Free

Little Picassos

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

Days/Dates: Tuesdays January 10
February 14
March 7
April 11
Time: 10 – 11 am
Location: Frieda Zamba Pool Classroom
Age: 2– 5 years old
Fee: \$8

Munchkin’ Sports

This child with parent program teaches the basic motor skills necessary to play organized sports such as soccer, baseball, golf, football, and tennis. This 6-week program is designed for parents to assist the child.

Days/Dates: Wednesday, April 19 – May 24
Time: 5:15 – 6:00 pm
Location: Belle Terre Park, 339 Parkview Drive
Ages: 3-5 years old
Fee: \$35 per session

Little Kicker Soccer

Bring your Little Kicker Soccer player to this high energy, fun, age appropriate introduction to soccer. Little Kicker Soccer is not a league, rather an introduction to the fundamentals of soccer focusing on skill development and confidence building that your child will use as he/she transitions to league play.

Days/Dates: Wednesday, April 19 – May 24
Time: 6:15 – 7:00 pm
Location: Belle Terre Park, 339 Parkview Drive
Age: 3-5 years old
Fee: \$35 per session

YOUTH PROGRAMS

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

Recreation on the Go

Come join us as we schedule recreation activities at a variety of parks throughout Palm Coast. We will be providing recreation equipment and encouraging participants in a variety of games and activities.

Day: Saturdays
Dates/Location: January 14 – Ralph Carter Park
February 18 – Seminole Woods Neighborhood Park
March 11 – Holland Park
April 8 – Belle Terre Park - Golf
May13 – Belle Terre Park - Tennis
Time: 10am – 12pm
Age: 5 and older
Fee: FREE

Aquatic Programs

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

Parent and Child Level 1 (Ages 6 months to 36 months)

Parent and child water introduction class that uses games, music and fun to familiarize your child to being in and around the water.

Water Babies participants learn to:

- Introduction to entering and exiting the water safely
- Submerge mouth, nose and eyes
- Explore floating on front and back with/without support
- Introduction to floating with support
- Basic Kicking

Day/Dates: May 8th- May 18th
Times: 1:00pm-1:30pm
Location: Frieda Zamba Swimming Pool
Fee: \$45

Parent and Child Level 2(36 Months to Age 4)

Parent and Child aquatics class for the preschool age students. Students will learn introduction skills to prepare for Level 1 class. Your child will familiarize themselves in a more structured aquatic setting to learn safety, basic swim techniques, and more.

- How to safely enter and exit the water.
- Introduction into kicking.
- Introduction into floating on back with/without support.
- Introduction into swimming on front.
- Introduction into bobbing.
- Overview of pool rules and water safety.

Days/Dates: May 8th-May 18th
Times: 1:45pm-2:15pm
Location: Frieda Zamba Swimming Pool
Fee: \$45

Preschool Aquatics – Level 1 (Ages 4-5 years)

Participants will be introduced to the basic skills needed to achieve a minimum level of water competency. Skills introduced include, but not limited to the following:

- How to safely enter and exit the pool
- Floating on front and back
- Treading of water
- Swimming on front and back

Days/Dates: May 8th-May 18th
Times: 1:00pm-1:30pm
2:30pm-3:00pm
Location: Frieda Zamba Swimming Pool
Fee: \$45

Preschool Aquatics – Level 2 (Ages 4-5 years)

For participants who can successfully demonstrate the skills of Preschool Aquatics Level 1. Participants will build upon those skills and knowledge of water competency in order to advance to Learn to Swim Level 1.

Days/Dates: May 8th-May 18th
Times: 1:45pm-2:15pm
Location: Frieda Zamba Swimming Pool
Fee: \$45

Preschool Aquatics – Level 3 (Ages 4-5 years)

For participants who can successfully demonstrate the skills of Preschool Aquatics Level 2. Participants will build upon those skills and knowledge of water competency in order to advance to Learn to Swim Level 1.

Days/Dates: May 8th-May 18th
Times: 2:30pm-3:00pm
Location: Frieda Zamba Swimming Pool
Fee: \$45

SWIM LESSON INFORMATION:

- ❖ Pre-Registration, including payment of applicable fee, is required prior to the start of each session.
- ❖ Online registration is available (website)
- ❖ Minimum class size of 4 participants.
- ❖ When classes are cancelled by management, make-ups will be scheduled accordingly.

American Red Cross Lifeguard Certification Class

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. The blended learning offering is designed to provide a flexible online learning environment for the knowledge-based aspects of the lifeguarding course, along with videos demonstrating the skills that participants will practice during the facility portion of the training.

Day/Dates: Session 1 - Friday, March 10th- Sunday, March 12th Blended Learning Class
Session 20- Friday, March 31st- Sunday, April 2nd Blended Learning Class

Location: Frieda Zamba Swimming Pool

Ages: 15 & up

Fee: \$160

Frieda Zamba Swimming Pool 2017 Hours of Operation

Monday, April 17-Friday, May 26

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Saturday, May 27-Monday, September 4

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

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

Tuesday, September 5-Friday, November 25

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Holiday Hours of Operation:

Monday, May 29 - 12 PM to 6 PM

Friday & Saturday, July 3 & 4 - 12 PM to 6 PM

Monday, September 4 - 12 PM to 6 PM

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

SPECIAL EVENTS

10th Annual Christmas Tree Recycling:

Drop off your expired Christmas tree and receive a FREE 3 gallon evergreen tree in exchange. Please remove all decorations, lights, tinsel and ornaments prior to drop off. **Electronics & Christmas Light Recycling available NOT able to accept Televisions or Microwaves. For more information 386-986-3722**

Day/Date: Saturday, January 7th
Time: 8:00 am – 1:00 pm
Location: Fuel Depot, 22 Utility Drive

NCCAA Youth Sport Clinic

Young athletes – get ready for some free fun on the fields! Free soccer, baseball, volleyball, basketball and golf clinics are scheduled at Indian Trails Sports Complex and the Palm Harbor Golf Club, 100 Cooper Lane from 9:30 to 11:30 a.m., 6 to 16 year-olds will have the opportunity to learn and practice basic skills with professional coaches and collegiate athletes representing the National Christian College Athletic Association (NCCAA). These talented experts will be right here in Palm Coast to work with our future athletes, so plan to bring your children to take advantage of this exciting opportunity!

Day/Date: Saturday, March 18
Time: 9:30 am to 11:30 am
Location: Indian Trails Sports Complex & Palm Harbor Golf Club
Ages: 6-16
Cost: Free

Egg' Stravaganza

The hunt is on 10,000+ candy and toy filled eggs. Enjoy fun-filled morning with exciting activities such as the Easter egg hunt for children ages 2 through 12 years of age, magic shows, balloon art, food, refreshments and pictures with the Easter Bunny.

Day/Date: Saturday, April 15
Time: 10 am – 1 pm
Location: Central Park

Movies in the Park

Bring your blanket, lawn chairs and snacks and invite your friends and neighbors to join you at this monthly free, family activity. Relax and enjoy an “oldie but goodie” or a recent hit as we watch movies on the giant, outdoor movie screen. And, take it from us you don't want to forget your bug spray!

Day/Date/Time: Friday, March 10, movie begins at 7:45pm, The Jungle Book (PG)
Friday, April 14, movie begins at 8:00pm, Teen Age Mutant Ninja Turtles (PG-13)
Friday, May 12, movie begins at 8:20pm, Zootopia (PG)
Location: Central Park in Town Center

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: 3rd Tuesday of the month - March through November

March 21st, April 18th, May 16th, June 20th, July 18th, August 15th, September 19th,
October 17th, November 21st

Time: 5 - 8 pm
Location: Central Park in Town Center

Pool Safety Day

Our certified pool staff will lead activities to teach safety in and around the pool. Activities will include pool games, mini learn to swim classes, provision of water safety information and discussing basic first aid. Participants will also watch as our life safety staff demonstrates a water rescue.

Day/Date: Sunday, May 28
Time: 1 - 4pm; *Activities/safety demonstration*
Location: Frieda Zamba Swimming Pool
Fee: \$1 daily admission for youth 17 & under
\$2 daily admission for adults/seniors

Tribute to the Troops

In honor of current and retired military personnel, show your military ID for FREE admission to Frieda Zamba Swimming Pool

Day/Date: Monday, May 29
Fee: Free daily admission for current and retired military who show their military ID
Location: Frieda Zamba Swimming Pool

Memorial Day Ceremony “Remembering America’s Heroes”

Day/Date: Monday, May 29
Time: 8 am
Location: Heroes Memorial Park
Rain Location: Fire Station 21, 9 Corporate Drive
Information: Fire Station 25 at 386-986-2300