

Recreation Connection

Recreation Programs & Activities

April – June 2021 Volume 28 issue 2.

Note from Director of Recreation

Welcome to spring-time in Jupiter, one of the best times of the year to live in this part of the country! We hope that you and your family have remained safe, healthy and happy during the difficult times of the past year. As we continue into 2021, encouraging news and updated guidelines related to COVID-19 offer the Recreation Department signs of progression toward a sense of normalcy. We remain hopeful that as the year advances, the Town of Jupiter will be able to resume additional in-person programs and events and expand the diversity of activities normally offered at the Jupiter Community Center.

We all know the importance of remaining physically and mentally fit by adding recreational and leisure activities to a well-balanced diet and fitness routine. This has never been more important than now. Spring in Jupiter is arguably the best time of year to get outside and enjoy the 3,200+ acres of parks and natural areas located within our Town. Numerous studies show there are multiple physical and mental health benefits to spending time in green spaces, including parks, trails and open spaces. These spring-time evenings offer a wonderful opportunity to get outside and enjoy activities like walking, jogging and biking and what better place to do so than within our parks and open spaces. According to the National Recreation and Park Association, 83 percent of adults find exercising at local parks, trails and open spaces essential to maintaining their mental and physical health, as well as relieving stress levels during the pandemic. You can see a listing of all Town parks, including the amenities offered at each park, on our website at www.jupiter.fl.us/Facilities.

As families and individuals assess their personal comfort level with returning to in-person activities, the Recreation Department recognizes that not everyone is ready to do so. Did you know that the Town's website includes a "Virtual Recreation Center" webpage, www.jupiter.fl.us/VirtualRecreation, that highlights multiple fun, educational and stimulating activities that can be done from your own home? Recreation staff has researched all of the links provided on this webpage to ensure they offer appropriate content for all ages. Through this webpage, you can choose to tour the country's National Parks and museums, visit with underwater wildlife at the Georgia Aquarium, listen to children's stories narrated by celebrities and much more. We hope this webpage will allow you and your family to stay active and healthy while continuing to participate in engaging and rewarding activities.

As we continue to look ahead into 2021, we will continue to adapt to new ways of doing things. The Town's top priority remains the safety of our program participants and their families while continuing to offer engaging, fun and rewarding recreational experiences. We look forward to seeing you in our parks and facilities in the coming months!

Kristin George - Director of Recreation

Jupiter Community Center SAFETY PROTOCOLS

- Pre-registration for all activities
- Limited capacity in programs, classes and activities
- Increased cleaning and sanitization
- Social distancing during activities
- Reduced use of shared equipment
- Masks/facial coverings required

Summer Camps and Sports Camps

We are closely monitoring safety guidelines for offering camps. Please continue to check our website and follow us on social media for the most up-to-date information regarding our youth camp program.

www.jupiter.fl.us/camps

Youth Programs

Registration required for all programs. Programs take place at the Jupiter Community Center unless otherwise noted. Full program descriptions may be viewed online at www.jupiter.fl.us/Recreation . Prices are listed for residents (R) and non-residents (NR).

Class	Age	Day	Date	Time	R/NR Fee
Home School Art in Nature	5-11	Tue	Apr 6-May 25	1:30-4:00pm	\$80/\$100

Teen Programs

- Child & Babysitting Safety Course
- Ages 11-15
- Saturday, April 24, 9:00 am – 1:00 pm
- Resident fee: \$75; non-resident fee: \$94

The American Safety and Health Institute (ASHI) Child and Babysitting Safety training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information on the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants. This is an ASHI Certification course. More information on ASHI can be found at emergencycare.hsi.com/child-and-babysitting-safety. For specific course information, please contact the instructor, Jason Griffis, at 561-379-9221 or at grif2067@me.com. For more information, please contact Ned Masee at 561-741-2400 or visit www.jupiter.fl.us/Recreation .

Adult Programs

Registration required for all programs. Programs take place at the Jupiter Community Center unless otherwise noted. Full program descriptions may be viewed online at www.jupiter.fl.us/Recreation . Prices are listed for residents (R) and non-residents (NR).

Art Classes – Activity Code 111203

Class	Day	Date	Time	R/NR Fee
Painting for Fun	Mon	Apr 5-May 24	9:00-11:00 am	\$10/\$12 ea.
Painting for Fun	Tues	Apr 5-May 24	7:00-8:30 pm	\$10/\$12/ ea.
Scrapbooking	Sat	May 8	9:00 am-3:30 pm	\$15/\$19

Recreational Dance Classes – Activity Code 111201

Class	Day	Date	Time	R/NR Fee
Country Line Dancing (Intermediate)	Wed	Apr 7-May 26	7:15-8:15 pm	\$56/\$70
Country Line Dancing (Beginner)	Thu	Apr 8-May 27	11:15am-12:15 pm	\$56/\$70

Ballet Classes – Activity Code 111202

Class	Day	Date	Time	R/NR Fee
Ballet	Tue	Apr 6-May 25	6:30-8:00 pm	\$120/\$150

Workshops and Seminars

The 2.5 hour CPR/AED American Heart Association certification course, taught at the Community Center, teaches the techniques of adult, child and infant CPR. For specific class information, please contact instructor Jason Griffis at 561-379-9221 or at grif2067@me.com.

Class	Day	Date	Time	R/NR Fee
CPR/AED certification course	Tue	Apr 6	6:00-8:30 pm	\$45/\$56
CPR/AED certification course	Thur	May 6	6:00-8:30 pm	\$45/\$56

Ongoing Fitness Classes

Ongoing fitness classes can be joined at any time. Fees are based on a 10-class pass. Try any of the ongoing fitness classes FREE for the first time. All ongoing classes must be registered for in-person at the Jupiter Community Center; online registration is not available.

Class	Day	Time	R/NR Fee
Functional Fitness	Mon/Wed	8:45-9:45 am	\$56/\$70
Stretch & Strengthen	Mon/Wed	5:45-6:45 pm	\$65/\$81
Adult Self Defense	Mon	7:00-8:30 pm	\$60/\$75
Total Body Toning w/Kathy	Tue/Thur	8:45-9:45 am	\$65/\$81
Zumba	Tue/Thur	10:00-11:00 am	\$65/\$81
Restorative Stretch w/Nicole	Tue/Thur	4:00-5:00 pm	\$70/\$88

Class	Day	Time	R/NR Fee
Restorative Stretch w/Kathy	Fri	11:30 am-12:30 pm	\$70/\$88
Adult Self Defense	Sat	8:30 am – 11:00 am	\$60/\$75

Adult Athletic Leagues

Each year, the Town hosts over 20 adult athletic leagues with approximately 2,500 league participants. Leagues offered throughout the year include softball, flag football, soccer, basketball, volleyball and baseball. Spring Adult Athletic Leagues currently active include softball, flag football and soccer. For more information on the leagues including dates, fees, and league contacts, please visit www.jupiter.fl.us/Recreation .

Wellness – Activity Code 211101

Class	Day	Date	Time	R/NR Fee
Chair Yoga (3 weeks)	Mon	Apr 12-Apr 26	10:00-11:00 am	\$24/\$30
Chair Yoga (3 weeks)	Mon	May 3-May 17	10:00-11:00 am	\$24/\$30
Chair Yoga (5 weeks)	Fri	Apr 2-Apr 30	9:30-10:30 am	\$40/\$50
Chair Yoga (4 weeks)	Fri	May 7-May 28	9:30-10:30 am	\$32/\$40

Senior Programs

Registration required for all programs. Registration can be completed online at www.jupiter.fl.us/Recreation or in person at the Jupiter Community Center. Programs either take place at the Jupiter Community Center or depart from it, unless otherwise noted. Full program descriptions may be viewed online at www.jupiter.fl.us/Recreation. For questions regarding Senior Programs, please contact Michael Frabotta, at 561-741-2310 or michaelf@jupiter.fl.us. Prices are listed for residents (R) and non-residents (NR).

SENIOR ENRICHMENT ACTIVITIES – Activity Code 551302

Event	Day	Date	Time	R/NR Fee
Lunch and the Classics	Tue	Apr 6, May 4	12:00 pm	Free
Breakfast and Bingo	Tue	Apr 20, May 18	10:00-11:00 am	\$5/\$7
Fitness Friday	Fri	May 7	8:30 am	\$3/\$4
Senior Ice Cream Party	Thur	May 27	1:30 pm	\$2/\$3
Start of Summer Celebration	Tue	June 1	12:00 pm	\$7/\$9

Events & Programs

Event	Day	Date	Time	R/NR Fee
Thursday Movie Matinee (movie TBD)	Thur	Apr 15	1:30 pm	Free

Event	Day	Date	Time	R/NR Fee
Thursday Movie Matinee (movie TBD)	Thur	May 20	1:30 pm	Free
Cooking Demonstration by Chef of Atria Park of St. Joseph	Thur	Apr 29	1:30 pm	Free

Senior Softball

Registration for the Jupiter Senior Softball program's season is underway and new players are welcome. The slow-pitch softball program is open to people 55 and older. Games are played year-round every Monday, Wednesday and Friday morning beginning at 8:30 am at Jupiter Community Park. Players of all skill levels are welcome. Winter League play runs January through March. Pick-up games will be played the remainder of the year. For more information, online registration is available at www.leaguelineup.com/jssa.

Recreation Webpage

For up to date park hours and information, please visit www.jupiter.fl.us/Recreation

Stay Connected

Subscribe to receive email notifications of Town-sponsored events, workshops and recreation activities. Visit www.jupiter.fl.us/NotifyMe or click on the Notify Me on the Town's homepage to sign up.

Let us Know

Share your voice with the Let Us Know button. Share your suggestions, requests, and comments by using the Let Us Know button on the Town of Jupiter homepage. Get updates and information through Notify Me. Sign up to receive emails about things like Town events, Council meetings, live broadcasts and more! www.jupiter.fl.us

Social Media Channels

Follow Us on Facebook @TownofJupiter and @JupiterPolice

Follow Us on Twitter: @TownofJupiter

Follow Us on Instagram: @TownofJupiterFL

Stream Meetings

Town Council Webcast: www.jupiter.fl.us/Live

Watch Comcast: Channel 18

Download our app in the App store or Google play by searching: Town of Jupiter