

6E

NORTH PORT PARKS & RECREATION



HOOLA HOOP FITNESS

George Mullen Activity Center

9:15-10:15 a.m.

Mondays

\$8 a class or \$40/8 classes

(no classes 1/20, 2/17, & 5/25)

Hoola Hoop Fitness taught by a certified Hoola-FIT instructor, is an innovative way to exercise and have fun while burning calories. Hooping is a low impact, aerobic exercise that can aid in weight loss & combines on-body and off-body exercises. It builds core strength & stability in the mid-section and can improve coordination & balance.

Adult classes utilize large hoops weighing about one pound, allowing the user to keep the hoop on their waist.

Hoops provided. No experience necessary.



For more information visit www.cityofnorthport.com/parksandrecreation
or call 941-429-PARK (7275).



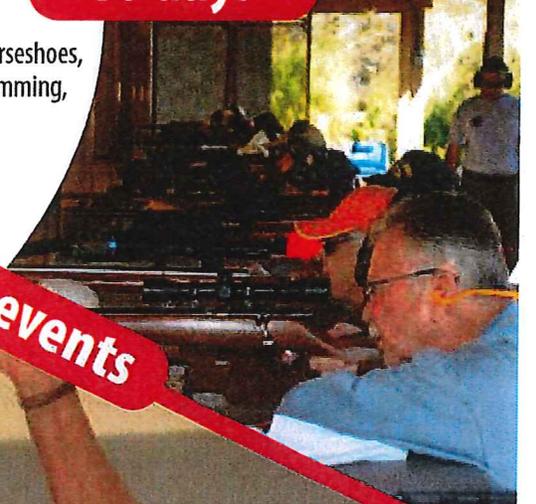


Sarasota County Parks, Recreation and Natural Resources, Humana and Elite Health Medical Centers, Manatee County Parks and Natural Resources, and the City of North Port Parks and Recreation present

31st annual Gulf Coast Games for Life

Jan. 18, Feb. 1-9

10 days



19 events

- The Gulf Coast Games for Life is a multi-sport event program for adults 50 and over.
- Events take place in Sarasota County, Manatee County and the City of North Port.
- Three ways to register: online at scgov.net/parks, call 941-861-PARK (7275) or use the mail-in form from Gulf Coast Games for Life booklet located at Sarasota County, Manatee County and the City of North Port government buildings.
- One-time registration fee of \$12. Entry fee of \$3 per event. Bowling, Golf and 5k Road Race have a facility fee.
- 19 events: Bag Toss (Corn Hole), Basketball Shooting, Bocce Ball, Bowling, Cribbage, Cycling, Golf, Horseshoes, Pickleball, Race Walk/Power Walk, Racquetball, 5K Road Race, Rowing and Paddle, Shuffleboard, Swimming, Table Tennis, Target Shooting, Track and Field, and Volleyball.
- The 2020 Gulf Coast Games for Life is a qualifier for the Florida Senior Games State Championship.

For more information, visit mymanatee.org/parks, cityofnorthport.com/parksandrecreation and scgov.net/parks.

Registration deadline: Jan. 13, 2020



Sarasota County prohibits discrimination in all services, programs and activities. View the complete policy at scgov.net (keywords ADA compliance).



North Port Parks & Recreation presents

MOVIE ON THE GREEN

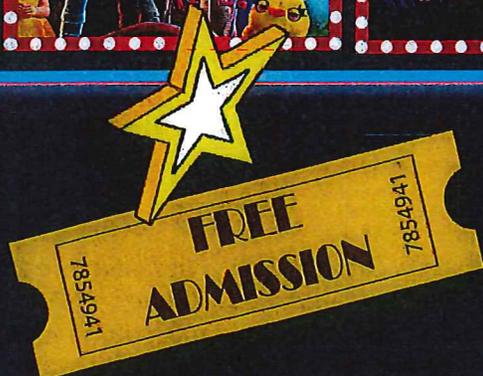
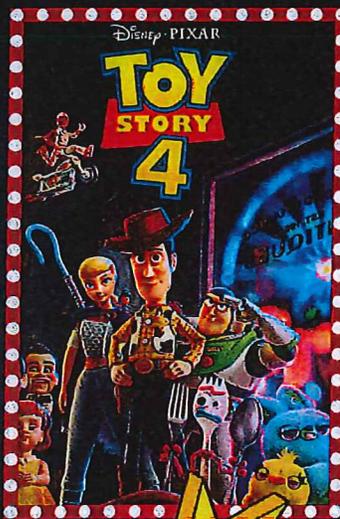
SAVE THE DATES!

Vote for your Favorite Movie! Follow us on
Facebook@NorthPortParksandRec
for more information

January 24; 6:05 p.m.
Toy Story 4

February 21; 6:25 p.m.
Avengers End Game

March 27; 7:45 p.m.
Space Jam OR Flubber



City Center Front Green
4970 City Hall Blvd.
North Port, FL 34286

- Seating opens approximately 1 hr. prior to sunset
- B.Y.O.S. -Bring Your Own Seating blanket or folding chairs, no tents



Concessions
for sale

For information on Parks & Recreation activities, events and services
visit www.cityofnorthport.com/parksandrecreation

NorthPort
FLORIDA

North Port Newcomer Day

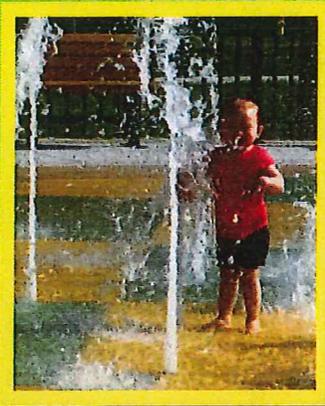
Meet your neighbors and connect with your community!

George Mullen Activity Center, 1602 Kramer Way, North Port, FL

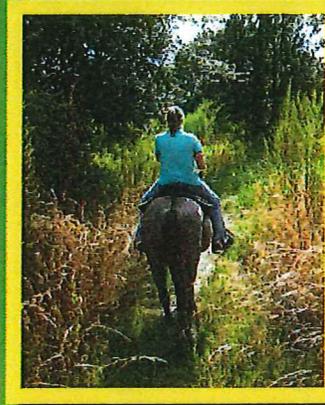
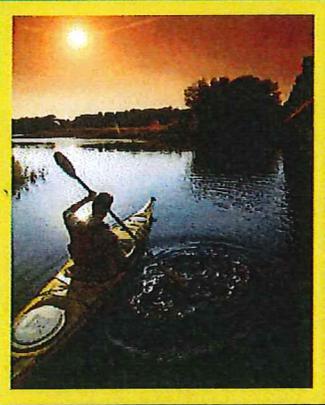
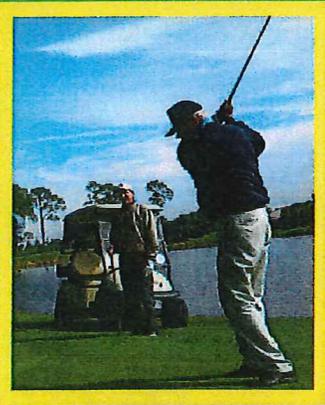


February 1, 2020
10 a.m. - 12 p.m.

Learn more about North Port and our up-and-coming community. This expo-like event features information tables run by more than 40 community organizations, government agencies, and local businesses. New residents and residents interested in learning more about North Port are invited to attend.



For more information contact: Samantha Cremen, Recreation Program Coordinator at (941) 240-8122 or email scremen@cityofnorthport.com.



NorthPort
FLORIDA

NORTH PORT PARKS & RECREATION

WOOFSTOCK

CANINE CLUB DOG PARK

6700 APPOMATTOX DRIVE

FEBRUARY 8, 2020

10 A.M.-2 P.M.

- 11 a.m. *Grooviest Threads Dog Costume Contest*
- 12:15 p.m. *Far Out Trick Contest*
- 1:15 p.m. *Pet Look-a-like Contest Owner and Dog*
- 1:45 p.m. *Raffle Drawings*

Donations of pre-packaged dog food and treats will be accepted and donated to a local shelter.



Bring your whole family and join us for Woofstock. This dog friendly event is designed to provide canine owners with information on dog related products and services. Come and create connections with local companies. Humans and their four-legged friends are welcome to browse, shop, and mingle with other dogs and dog lovers.

All dogs must be leashed, have current vaccinations, and records in order to participate. Admission is free.

*Concessions available for purchase.
Adoption opportunities will be available.*

NorthPort
FLORIDA

For information on Parks & Recreation events, activities, and services visit www.cityofnorthport.com/parksandrecreation or call (941) 429-PARK (7275).

NORTH PORT PARKS & RECREATION

KICKBALL LEAGUE

Relive your elementary school days out on the the recess field, where kickball was king! Get your friends together and form a team for some fun times out on the Kickball field! Spring league runs for 8 weeks followed by post season tournament.

**REGISTER
TODAY!**

Games begin February 9, 2020.

All games are played back to back
1-4 p.m. on Sundays.

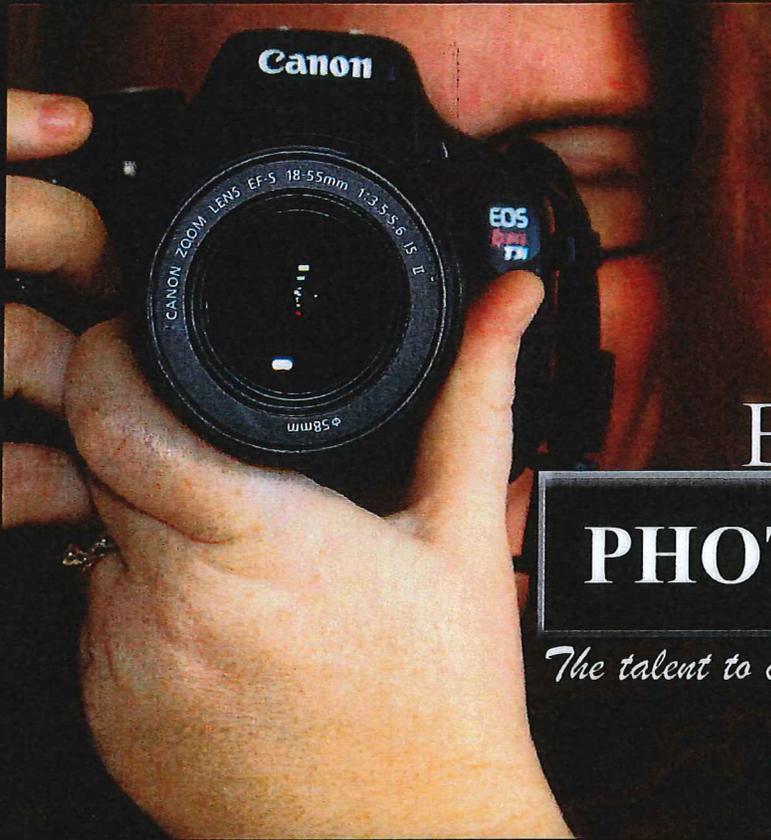
Narramore Sports Complex
7508 Glenallen Blvd.
North Port, FL

For adults age 18 and up
\$250 per team registration fee
Registration begins Jan. 6, 2020.



For information on Parks & Recreation activities, events, and services visit www.cityofnorthport.com

NORTH PORT PARKS & RECREATION



Beginner PHOTOGRAPHY

*The talent to capture the beauty
in things that go unnoticed.*

**Mondays, 6:30 p.m. - 7:30 p.m.
George Mullen Activity Center
1602 Kramer Way, North Port, Florida 34291
\$25 for entire session**

**Session dates: 2/24, 3/2, 3/9, 3/16
For ages 16 and older**

Have you just purchased a new DSLR camera and not sure how to use it? For the photo enthusiast or new user, this beginners course will explain basic camera operations, including camera and lens settings, storage, shutter speeds, aperture, ISO, image framing and more. Some classes may include a field trip. Bring DSLR camera and manual to class.

For information on Parks & Recreation events, activities and services visit
www.CityofNorthPort.com or call (941) 429-PARK



The
BIG
RALLY
2-15-2020



1PM-4PM

This is Braves Country! Enjoy the windup to Braves Spring Training Baseball and showcase your North Port pride at our BIG Rally.

- ★ Hone your skills at the inflatable tomahawk throw and pitching station
- ★ Hit a home run with our Spring Training Experience for kids
- ★ Treat yourself to live music
- ★ Scout out the food and beverage vendors
- ★ Cheer for your favorite doxie at the wiener dog races

No need to race around the bases!
We'll have free admission, parking, and activities!

CITY CENTER FRONT GREEN

4970 CITY HALL BLVD. NORTH PORT, FL

LET'S PLAY BALL!



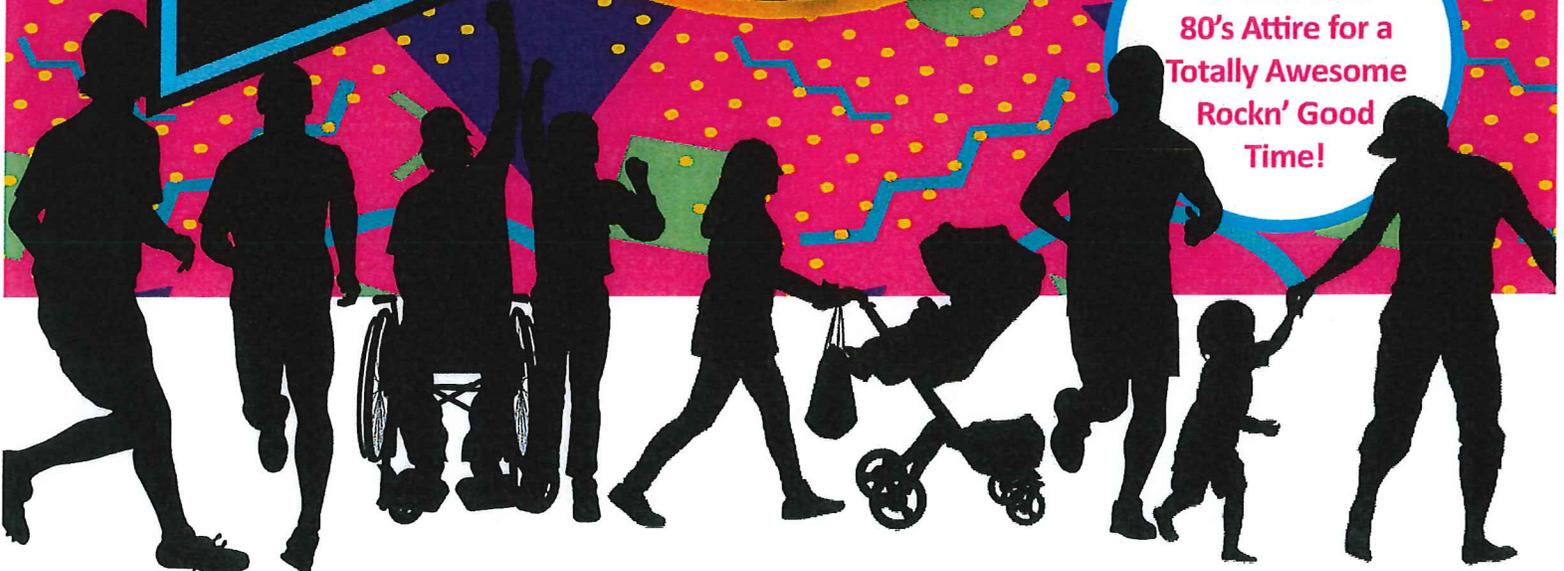
#THEBIGRALLY

For more information visit www.cityofnorthport.com/thebigrally

Back to the
Back to the
80s

ROCKIN' RUN & ROLL 5K

Dress
in Your Best
80's Attire for a
Totally Awesome
Rockn' Good
Time!



Saturday, January 18, 2020 • 8:00 a.m.
Morgan Family Community Center • 6207 W. Price Blvd.

\$20 pre-registration on or before Dec. 13, 2019

\$25 Dec. 14-Jan. 17

\$30 on Race Day, Jan. 18

A portion of the proceeds will go to the Parks & Recreation Youth Scholarship Fund.

Register online only.



Register Online Only

www.runsignup.com/np5K

Use a smart phone app to scan code.



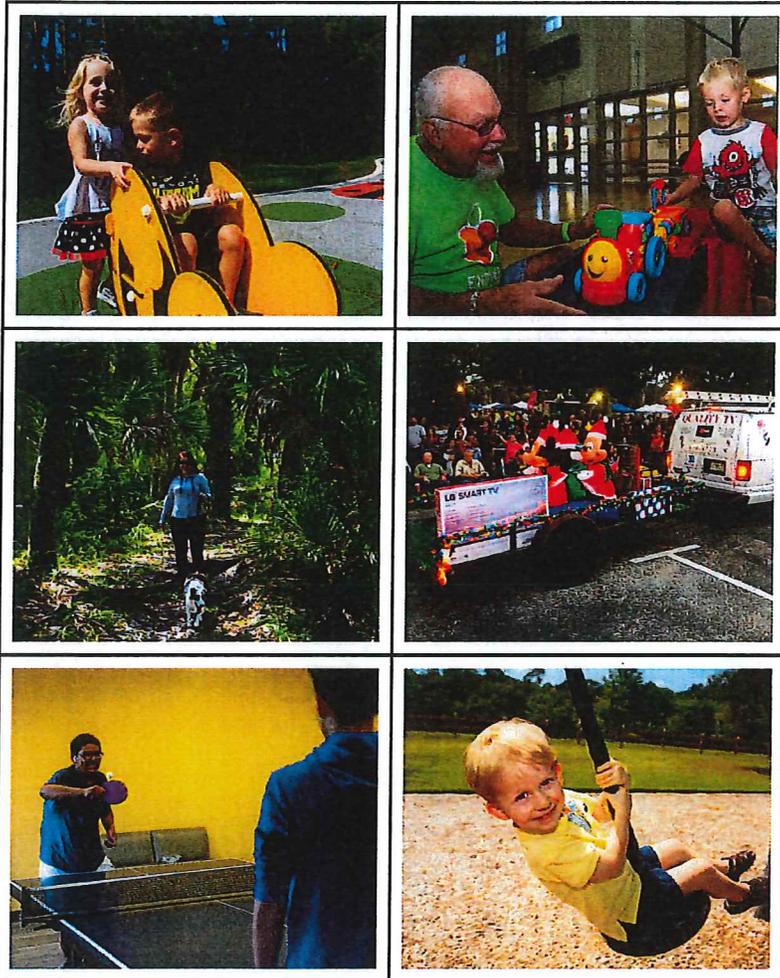
Parks & Recreation Department

www.cityofnorthport.com/parksandrecreation

(941) 429-PARK (7275)

North Port Parks & Recreation Wants to Hear from You!

Community Interest and Needs Assessment Survey



Let us know your thoughts on our programs, events, fees, and facilities.

Help guide future decisions by completing a short survey!



Scan the code with your smart phone or visit <https://www.surveymonkey.com/r/ParkInputSurvey>

Printed surveys are available at the George Mullen Activity Center, Morgan Family Community Center and North Port Aquatic Center.

For more information visit
www.cityofnorthport.com/parksandrecreation
or call 941-429-PARK (7275)





Learn to Swim - Winter 2019

8 classes, Monday, Tuesday, Thursday, Friday for two weeks consecutive.

Classes MUST have a minimum of three (3) participants to run.

Level	1:00pm	1:30pm	2:00pm	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm
PRESCHOOL 1	x					x			
PRESCHOOL 2		x				x			
PRESCHOOL 3			x				x		
LTS Level 1				x			x		
LTS Level 2					x			x	
LTS Level 3	x							x	
LTS Level 4		x							x
Parent & Child			x						x
Adults				x					

Session 2 – Jan 6 – Jan 17
 Session 3 – Jan 20 – Jan 31

Register by Dec 30
 Register by Jan 13

**A Skills Assessment is required
 for all children registering in any level
 higher than Level 1 in their age group.**

Adults

Adults (ages 18 and older): For those adults who want to learn to swim or just improve their stroke. The instructor will put together a plan based upon your individual goals.

Parent & Child Aquatics (ages 6 months to 2 years): Water adjustment skills for parents and their children.

Preschool 3-5 yrs.

Preschool 1 (ages 3 to 5 years): Students will be taught basic swimming and water safety skills such as water adjustment, floating on front and back, beginner stroke, and changing directions.

Preschool 2 (ages 3 to 5 years who have completed Preschool Level 1): Students will continue working on beginner stroke and floating on front and back. Students will begin learning breathing techniques, turning over front to back and swimming on the back

Preschool 3 (ages 3 to 5 years who have completed Preschool Level 2): Students will continue refining front crawl and back crawl skills and begin swimming for distance. Students will begin working on breaststroke, elementary backstroke and treading water.

Learn to Swim 6+ yrs.

Level 1 (ages 6 years and older): Students will work on basic swimming and water safety skills such as water adjustment, floating on front and back, crawl stroke, and changing directions.

Level 2 (ages 6 years and older who have completed Level 1 skills): Students will continue working on front and back floating, begin to swim front crawl stroke with patterned breathing and treading water.

Level 3 (ages 6 years and older who have completed Level 2 skills): Students will continue working on front and back floating, front crawl, treading water and begin learning elementary backstroke and diving skills.

Level 4 (ages 6 years and older who have completed Level 3 skills): Students will continue working on front crawl, elementary backstroke, treading water and diving skills. Students will begin learning back crawl, breaststroke, sidestroke and butterfly.

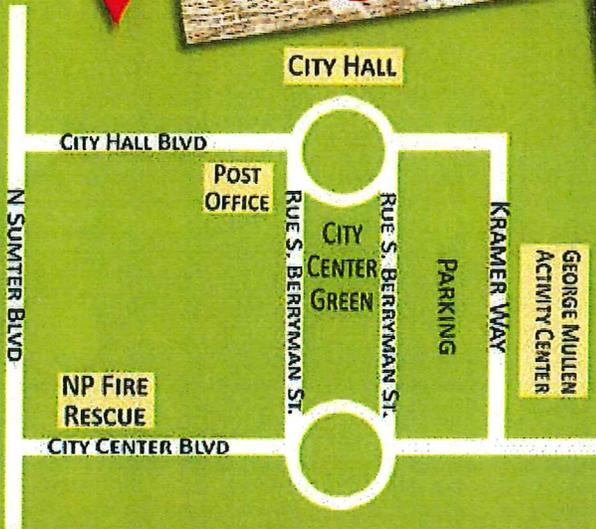
Instructors are certified by the American Red Cross. If you are unsure where to place your child, please call the pool to schedule a skills assessment.





COMMUNITY YARD SALE

**CITY CENTER
FRONT GREEN**
4970 City Hall Blvd.
North Port, FL
8 AM - 12 PM
SAT 2/22/2020



FREE ADMISSION FOR SHOPPERS



PRE-REGISTRATION REQUIRED
(FOR SPACES AND TABLES)



\$10 PER SPACE; TABLE RENTALS \$5 EACH



PARKING AVAILABLE AT MULLEN CENTER

Questions? Email dgeorge@cityofnorthport.com