



SPRECKELS CENTER IN-PERSON PROGRAMS

FITNESS PROGRAMS

MORNING WAKE UP
\$60R/\$70NR PER MO

M/W/F JULY & AUG.
8 - 9 A.M.

STRETCH & RELIEF YOGA
\$60R/\$70NR PER MO

T/TH JULY & AUG.
9 - 10 A.M.

LINE DANCING
\$12R/\$15NR

THURSDAYS, AUG.
11 A.M-12 P.M.

Chair Yoga
FREE

W/F JULY & AUG.
10 - 11 A.M.

ARTS PROGRAMS

OUR STORIES: OURSELVES
\$75R/\$85NR

THURSDAYS, JULY 8-AUG. 12
1-2:30 P.M.

**FLORAL DESIGN
\$65R/75NR PER CLASS**

**FRIDAYS
JULY 9 & 23; AUG. 6 & 20
1 - 2 P.M.**

**WATERCOLOR
\$90R/\$100NR**

**FRIDAYS, JULY
2-4 P.M.**

**READER'S THEATRE
\$27R/\$36NR**

**TUESDAYS, JULY 13-AUG. 17
10 - 11:30 A.M.**

FREE ENRICHMENT ACTIVITIES

**SHARP BBQ COOKING DEMO
REGISTRATION REQUIRED
Summer BBQ Chicken Salad**

**TUESDAY, JULY 27
2 - 3 P.M.
Limited space**

**CURRENT EVENTS
Registration not required**

**MONDAYS JULY & AUG.
10-11:30 A.M.**

**PARTY BRIDGE
FREE**

**TUESDAYS
STARTING JULY 20
12:30 -3:45 P.M.**

**MAH JONG:
WESTERN AND AMERICAN
FREE**

**WEDNESDAYS
STARTING JULY 21
9 A.M. - 12 P.M.**

**BINGO
CSA Sponsored**

**MONDAYS, STARTS AUG. 2
12:30 P.M.**

**For class details visit
www.cityofcoronado.perfectmind.com, call
(619) 522-7343 or email
spreckelscenter@coronado.ca.us**