

SANIBEL RECREATION INVITES YOU TO...

SPLASH INTO HEALTHY HEART MONTH

MILES FOR YOUR HEART

*A friendly competition between
Cassie and Nancy*

February Only: Added classes

Mondays: 30-minute class (11:30 a.m.–12:00 p.m.) – Nancy

Fridays: 30-minute class (11:30 a.m.–12:00 p.m.) – Cassie

Mileage Conversions (Continuous Movement)

- 15 minutes = 0.5 miles
- 30 minutes = 1 mile
- Example: 6 participants = 6 miles

Group Goal

- Each class works together to “travel” from Lighthouse Beach to Blind Pass round-trip
- Total distance goal: **24 miles**
- First team to get there wins “Bragging Rights”

WHO'S TEAM
WILL WIN?

Raffle Details

- All group class time counts toward each instructor's total miles
- Each class attended = 1 raffle ticket
- Raffle winner drawn at the end of February for a fun, small prize

Miles will only count if you participate in class. Patrons are encouraged to water walk on their own.

AQUA-THON

*Join us for our Aqua-Thon—a splash-filled aquatic endurance event
that's all about fun, movement, and making waves!*

February 17, 10:00 a.m.–12:00 p.m.

(5-minute transition between classes)

All activities will take place in the Lap Pool

Class flow: Aqua Jog → Deep Water → Shallow Water → H2O Yoga (Stretch)

Class Schedule

10:00–10:30 – Aqua Jog–Instructor: Nancy

10:35–11:05 – Deep Water–Instructor: Cassie

11:10–11:40 – Shallow Water–Instructor: Tori

11:45–12:00 – H2O Yoga–Instructor: Tori

MAKE A SPLASH. MOVE YOUR BODY. JOIN THE FUN!