

The safety & well-being of our customers and staff are of paramount importance. In response to Coronavirus/COVID, we are adhering to CDC guidelines and focusing on appropriate cleaning & disinfecting protocols to provide a safe and clean environment.

FITNESS FOR ADULTS

ZUMBA® with Jen

Dance your way to a more fit you! Exciting & unique Latin moves & rhythms. Zumba® is a high energy Latin dance in a fitness class setting. Made for all levels of fitness & you don't even have to know how to dance. Participants should bring water. **Instructor Jennifer Tunis.** Taking place in the **John W. Pitts Recreation Center.** **Activity Fee: \$10**

Activity #: ZUM04

Day: Saturday

Date: April 10

Time: 9 – 9:50 AM

Interval Kickbox Bootcamp

Challenge your body with this calorie-blasting, core tightening and muscle toning class. Kickboxing drills and interval training is the most effective way to rev up your metabolism and burn fat fast. This workout will build muscle and increase cardiovascular endurance, which will prepare the body to lose inches and weight at the same time. All levels welcome and modifications are given. The instructor, certified personal trainer and fitness specialist Susan Albanese from Healthy Bodies For Today. Taking place in the **John W. Pitts Recreation Center.** **Activity Fee: \$25**

Activity #: KB04

Day: Mon. & Wed.

Dates: April 12 – May 5*

Time: 5:15 – 6 PM

**No Class: April 28*

Activity #: KB05

Day: Mon. & Wed.

Dates: May 10 – June 2*

Time: 5:15 – 6 PM

**No Class: May 12 & May 31*

Activity #: KB06

Day: Mon. & Wed.

Dates: June 21 – July 19*

Time: 5:15 – 6 PM

**No Class: July 5*

Activity #: KB07

Day: Mon. & Wed.

Dates: July 21 – Aug. 16

Time: 5:15 – 6 PM

Soul Line Dance

Classes geared for beginners and those with a little experience, too! These **outside** classes are sure to please those looking to burn off the pounds added during the quarantine, enhance your dance moves, and improve your coordination, all while meeting some great people. C & K Soul Line Dancing invites you to join us in learning many of the latest old and new school soul line dances. This is a great way to exercise your mind, body, and spirit as you dance your way to a healthier, more fit you. Some examples include The Wobble, The Git Up, Biker's Shuffle, and Cupids 2 x 4 Shuffle just to name a few. No previous line dance experience is necessary. Dress in comfortable clothing and footwear. Also bring your own towel and water and prepare to have an awesome time. Taking place at the John W. Pitts Recreation Center, class may be held outside. **Per Class Fee: \$8 or a Full Session Fee: \$35**

BEGINNERS

Activity #SLB06

Day: Thursdays

Dates: June 18 - July 16

Time: 6 -7 pm

BEGINNERS

Activity #SLB07

Day: Thursdays

Dates: July 23 – Aug. 27

Time: 6 -7 pm

INTERMEDIATE

Activity #SLI06

Day: Thursdays

Dates: June 18 - July 16

Times 7 – 8 pm

INTERMEDIATE

Activity #SLI07

Day: Thursdays

Dates: July 23 – Aug. 27

Times 7 – 8 pm

Get up & Get Moving with Dover Walks: Weekdays at 7 am

BE AN EARLY BIRD! Program size is purposefully managed. Be advised that our activities & classes have minimum & maximum enrollment criteria. Please register at least ONE full week prior to the start date noted. Waiting until the last minute to register may mean that you miss out on a great class due to the class being full or canceled due to lack of participants. Sign-up Early!

We have implemented several COVID related protocols. Facial coverings, limited class size, and hand wash stations are just of few of the changes you will see notice. Be sure to check out our website at www.cityofdover.com/parks-recs-home prior to registering. We encourage ONLINE registration for all programs, leagues and activities.

DAY TRIPS

2021 PHILADELPHIA FLOWER SHOW: "Habitat: Nature's Masterpiece"

Explore the beauty of life through nature's kaleidoscopic lens. Guest will see exceptional beauty, learn from a diverse line-up of designers and leading horticulturalist, and enter a new gardener centric experience that invites everyone at all skill levels to nurture a lifelong connection to plants and gardening. Let us do the driving and worry about parking, sit back and enjoy the day with family & friends. Activity fee includes admission ticket and transportation. The motor-coach will leave from **the John W. Pitts Recreation Center** at 8:30 AM and will depart from Philly at 2:15 PM. Face masks are required on the motor coach. We are adhering to CDC guidelines and focusing on appropriate cleaning and disinfecting protocols to provide a safe and clean environment. **LIMIT OF 26 Participants** due to motor-coach capacity restrictions.

Activity #: PHL

Date: Wednesday, June 9

Activity Fee: \$60

LEISURE TIME ACTIVITIES

DOVER WALKS



DoverWALKS

Promoting healthy lifestyles to our residents, including mature adults, mom's with strollers, and walkers of all ages. Our goal is to promote walking while increasing your physical activity, remove barriers of weather & cost, promote walking as a family activity, and build community pride. This FREE* program for City residents and seniors is a great way to get healthy, join friends for a walk, and make new ones along the way. The **John W. Pitts Recreation Center** features a 1/13th mile indoor walking track. So get your sneakers and meet us for a walk. Typical hours are Monday – Friday, 7 am – 10 am. (Special events may impact these hours.) COVID Protocols are in place.



For complete details give us a call at 674-7541 or come on over and sign up! *Open Gym Fee Schedule applies.