

City of Pembroke Pines – Carl Shechter Southwest Focal Point Community Center

Classes and Programs (January-February-March 2024)

301 NW 103rd Avenue | Pembroke Pines, FL | 33026 | Phone: (954) 450-6888

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Senior Power Fitness (M/Hall) 9:00am-10:00am (Paul) FREE for SWFP members <i>*Sponsor Las Mercedes</i>	Yoga (Gym 1) 9:15am-10:15am (Kim) SWFP members only \$10 per person per month	Senior Power Fitness (M/Hall) 9:00am-10:00am (Paul) FREE for SWFP members <i>*Sponsor Common Health</i>	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Caremax</i>
Creative Writing-Spanish (Rm 212) 9:15am-10:15am (Martha) 6 weeks session FREE for SWFP members 1/8/24 – 2/12/24 & 2/26/24 – 4/1/24 <i>*No class 1/15</i>	Reiki Healing (Gym 1) 9:00am-10:00am FREE for SWFP members <i>*Sponsor Aetna</i>	Zumba (Main Hall) 9:30am-10:30am (Elda) FREE for SWFP members <i>*Sponsor Baptist Health</i>	Chair Exercise (Gym 1) 9:00am-10:00am (Video) FREE for SWFP members	Meditation Quest (Gym 1) 9:30am-10:30am (Audrey) FREE for SWFP members <i>*Sponsor Health Sun</i>
Water Aerobics (Pool) 9:30am-10:30am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor CarePlus</i>	Citizenship Classes (Rm 212) 9:00am – 2:00pm	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 1/10/24 – 2/14/24 & 2/28/24 – 4/3/24	Water Base Oil Paint (Rm 209) 9:30am-11:30am (Daniel) 1/11/24 – 2/1/24 (4 wks) \$35 2/29/24 – 4/4/24 (6 wks) \$40	Beginner Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$40 pp) 3/1/24 – 4/5/24 NO SESSION 1 CLASSES
Line Dancing (Main Hall) 9:30am-10:30am FREE for SWFP members <i>*Sponsor Oakmonte Village</i>	Floral Arranging (Rm 209) 9:30am-11:30am (Susana) 2 nd & 4 th Tuesday (\$25 pp) includes materials Limit 10 people	Arts & Crafts (Rm 213) 9:30am-12:30pm FREE for SWFP members Limit 10 people	Beginner Sewing (Rm 213) 9:30am-11:30am (Ellie) 6 weeks session (\$40 pp) 1/11/24 – 2/15/24 & 2/29/24 – 4/4/24	Card Making (Rm 213) 10:00am-1:00pm (Deborah) Every Friday – FREE for members
Int. Acrylic (Rm 209) 9:30am-11:30am (Daniel) 6 weeks session (\$40 pp) 2/26/24 – 4/1/24 NO SESSION 1 CLASSES	Pottery (Rm 207) 9:30am-11:30am (Mr. D) 6 weeks session (\$45 pp) 1/9/24 – 2/13/24 & 2/27/24 – 4/2/24	NEW! Conversational Spanish (Rm 212) 10:00am-12:00pm (Daniel) 1/10/24 – 1/31/24 (4 wks) \$35 2/28/24 – 4/3/24 (6 wks) \$40	Creative Writing (Rm 212) 10:00am-11:00am (Susan) 6 weeks - FREE members 1/11/24 – 2/15/24 & 2/29/24 – 4/4/24	Ageless Grace (Gym 1) 11:00am-12:00pm (Audrey) FREE for SWFP members <i>*Sponsor La Colonia</i>
Cardio, Strength & Core (Gym 2) 9:45am-10:45am (Kim) SWFP Members only \$10 per person per month	Embroidery Class (Rm 213) 10:00am-12:00pm (Mercedes) FREE for SWFP members	Water Aerobics (Pool) 10:45am-11:45am (Elda) FREE for SWFP members Limit 12 people <i>*Sponsor All In One Benefits</i>	Salsa with Rosa (Main Hall) 10:30am-11:30am FREE for SWFP members <i>*Sponsor Intune Health</i>	Chair Total Fitness (M/H) 11:00am-12:00pm (Carlos) FREE for SWFP members <i>*Sponsor Baptist Health</i> 3 rd Friday Gym 2
Crochet & Knitting (Rm 213) 10:00am-12:00pm (Mercedes) FREE for SWFP members	Yoga (Gym 1) 10:30am-11:30am (Peg) SWFP members only \$10 per person per month	20/20/20 (Main Hall) 10:45am-11:45am (Kim) FREE for SWFP members <i>*Sponsor Humana</i>	Tai Chi-Intermediate (Gym 1) 10:30am-11:30am (Andrew) SWFP members only \$10 per person per month	Advanced Acrylic (Rm 209) 12:00pm-2:00pm (Daniel) 6 weeks session (\$40 pp) 3/1/24 – 4/5/24 NO SESSION 1 CLASSES
Tai Chi –Beginner (Gym 1) 10:30am-11:30am (Andrew) FREE for SWFP members <i>*Sponsor Simply Healthcare</i>	Tai Chi Fan (Main Hall) 11:00am-12:00pm (Frank) FREE for SWFP members <i>*Sponsor Devoted Health</i>	Tai Chi-Beginner (Gym 1) 12:00pm-1:00pm (Andrew) FREE for SWFP members <i>*Sponsor Elite Health</i>	NEW! Beginner Spanish (212) 11:30am-1:30pm (Rosa) 1/11/24 – 2/15/24 (4 wks)\$35 2/29/24 – 4/4/24 (6 wks) \$40	NEW! Personal Training (Weight Room) 12:15pm-1:15pm (Carlos) \$20 per month
English with Morris (212) 10:30am-11:30am FREE for SWFP members	Chair Yoga (Gym 1) 12:00pm-1:00 pm (Peg) SWFP members only \$10 per person per month	Drawing Fundamentals (Rm 209) 12:30pm-2:30pm (Daniel) 1/10/24 – 1/31/24 (4 wks) \$35 2/28/24 – 4/3/24 (6 wks) \$40	Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	
Yoga (Gym 2) 11:00am-12:00pm (Kim) SWFP Members only \$10 per person per month	Zumba Toning (Main Hall) 12:00pm-1:00pm (Frankie) FREE for SWFP members <i>*Sponsor Elite Health</i>	Intermediate Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 1/10/24 – 2/28/24 & 3/13/24 – 5/1/24	Intermediate Sewing (Rm 213) 12:30pm-2:30pm (Ellie) 6 weeks session (\$40 pp) 1/11/24 – 2/15/24 & 2/29/24 – 4/4/24	
Site Bingo (Main Hall) 12:00pm-2:00pm (\$8 pp) For SWFP members only	Figure Drawing (Rm 209) 12:30pm-2:30pm (Daniel) 1/9/24 – 1/30/24 (4 wks) \$35 2/27/24 – 4/2/24 (6 wks) \$40	LIVE: SoFIA Tech Connect FREE Computer/iPad/iPhone Classes For more info call or email SoFIA: (954) 488-7117 Techservices@thesofia.org	Intro to Watercolor (Rm 209) 12:30pm- 2:30pm (Daniel) 1/11/24 – 2/1/24 (4 wks) \$35 2/29/24 – 4/4/24 (6 wks) \$40	
Colored Pencil (Rm 209) 12:30pm-2:30pm (Daniel) 6 weeks session (\$40 pp) 2/26/24 – 4/1/24 NO SESSION 1 CLASSES	Salsa with Rosa (Main Hall) 1:00pm-2:00pm FREE for SWFP members <i>*Sponsor Caremax</i>		Beginner Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 1/11/24 – 2/29/24 & 3/14/24 – 5/2/24	
Songbirds (Gym 2) 12:30pm-2:00pm (Alex) FREE for SWFP members	Advanced Piano (Gym 2) 2:00pm-4:00pm (Phyllis) 8 weeks (\$10 pp) 1/9/24 – 2/27/24 & 3/12/24 – 4/30/24			
	Bingomania (Main Hall) Last Tues of Month 2:30pm-4:30pm (\$12 pp) For SWFP members only			
	Night Bingo (Main Hall) 1 st Tuesday of the Month 6:00pm-9:00pm (\$20 pp)			