SUNNY ISLES BEACH

LIVE & PLAY

FALL 2020

RECREATION GUIDE

Sylvia Flores

Director, Cultural & Community Services

I am pleased to announce the City of Sunny Isles Beach Cultural and Community Services Department is offering a curated season of fall programs for our youth, adults and seniors. Like most programming around the country, it's going to look a little different. Our stellar recreation staff have been working for the last several months to bring programming to our residents that is both enriching and safe. Most programs will be virtual, with a select few in-person youth athletics, which will be held with special COVID-19 safety measures in place. Our goal is to minimize risk, while maximizing enrichment.

We hope that you have seen and taken part in some of our SIBeHealthy virtual programming. These virtual classes will continue to be offered in the fall on SIBTV and YouTube. If you missed any SIBeHealthy free programming, all classes are available on our YouTube channel, @CityofSIB, and rebroadcasted on SIBTV. Be sure to subscribe to our YouTube channel to receive notifications when new classes are added.

I know how challenging this time has been for parents with young children and I know how difficult it has been to keep up with a wellness and exercise routine. Our adult and senior programs have been designed to offer comparable at-home experiences for those looking for regularly scheduled programming. Our youth programs offer high-quality recreational and athletic activities while keeping your child's safety our top priority.

As we continue to connect in alternate ways, your support drives our purpose. If you have any questions about our fall programming, please contact us at ccsd@sibfl.net or 305.792.1706.

ONLINE REGISTRATION INFORMATION

Registration for fall 2020 programs is only available online at activities.sibfl.net.

Additional programs may be added. For all offerings, visit activities.sibfl.net.

Are you a Sunny Isles Beach resident?

Residents must have a valid City-issued Sunny Isles Beach Resident ID Card to receive the resident discount and to register during the priority registration period. To apply for a resident ID Card, visit sibfl.net/residentid.

Not a resident?

If you have never participated in a Sunny Isles Beach program, do not have a valid City-issued Sunny Isles Beach Resident ID Card, or do not have a membership at Pelican Community Park, you will need to register with us before you can obtain your online account. To request your account, visit activities.sibfl.net.

City of Sunny Isles Beach Cultural & Community Services Department
18115 North Bay Road | Sunny Isles Beach, FL 33160
305.792.1706 | sibfl.net

SPECIAL EVENTS

NOT YOUR AVERAGE BOOOGIE

This year, our Halloween celebrations are going to be socially distanced and safe for everyone.

Each week in October, we're running a different social media contest for our followers to participate in. Post your best photos in line with the week's theme and we'll choose our favorite to win a special prize! Be sure to use #Booogie2020 in order for your photos to be submitted to the contest. Photos will be based on creativity, relevance to the week's theme, effort, and overall aesthetic.

CONTESTS BEGIN MONDAYS AT 8 AM & END SUNDAYS AT NOON.

Winners from the previous week will be announced Monday afternoon.

Follow us on social media, @CityofSIB, for more details.

Week 1: All Treats, No Tricks

October 5 – 11

We want to see your best Halloween-inspired food creations. From breakfast to dinner to desserts, the spooky possibilities are endless!

Week 2: The Great Sunny Isles Beach Pumpkin

October 12 – 18

Carving a pumpkin for Halloween? We want to see it! Share your pumpkin carving masterpiece for the city to see.

Week 3: Your Haunted Home

October 19 – 25

Post your favorite photos of your home decorations. Whether it's outside or inside, we want to see how you are showcasing your Halloween spirit.

Week 4: Dress to Impress

October 26 – November 1

Even if you're not trick-or-treating, show us your costume. Pose in your favorite Halloween costume, and don't forget your furry friends too. Pets are always welcome to join your photos!

In addition to our social media contests, we're hosting three socially distanced events to help you stay in the Halloween spirit. We're hosting a movie night on the Pelican Community Park field, a scavenger hunt across the City, and a haunted house trail. Look out for more details online at sibfl.net/booogie.

YOUTH PROGRAMS

RECREATION

Hip Hop (Virtual)

Ongoing starting September 9*

Ages 5-12
Monday and Wednesday

If your child is interested in learning moves of this popular dance style, be sure to sign them up; it's great exercise too!

4-5 PM | Ages 5-8
5:10-6:10 PM | Ages 9-12

Resident $80 *monthly*
Non-Resident $120 *monthly*

Karate (Virtual)

Ongoing starting September 8

Ages 5+
Tuesday and Thursday

Participants will develop a well-balanced mind and body as they learn this ancient martial art, taught by our longtime popular instructor.

4-5 PM | Ages 5-7
5:10-6:10 PM | Ages 8-13
6:20-7:20 PM | Ages 14+

Resident $40 *monthly*
Non-Resident $60 *monthly*

**No class on November 11.*

Virtual programs will take place via Zoom. Participants will be emailed Zoom details prior to the start of the class.

YOUTH PROGRAMS

ATHLETICS

Soccer Skills & Drills

September 15 - November 19

U6-U12

Senator Gwen Margolis Park

Tuesday and Thursday

Participants will spend 50 minutes outside learning the fundamentals of dribbling, footwork, and shooting while safely interacting with other players.

4-4:50 PM | U6 *(Ages 4-5)*

5-5:50 PM | U8 *(Ages 6-7)*

6-6:50 PM | U10 *(Ages 8-9)*

7-7:50 PM | U12 *(Ages 10-12)*

Participant's birth year must be between 2009 & 2016.

Resident $130 | **Non-Resident** $195

Enrollment limited to two groups of 10 players.

SIB Select Soccer

September 2, 2020 - May 31, 2021*

U9-U13

Senator Gwen Margolis Park

Monday, Wednesday and Friday

These high-level soccer teams are preparing participants for competitive play. To schedule an evaluation please email Nick Rakestraw, nrakestraw@sibfl.net.

4:30-6 PM | U9/U10 *(Ages 8-9)*

6:15-7:45 PM | U12/U13 *(Ages 10-13)*

Participant's birth year must be between 2008 & 2012.

Resident $160 *bi-monthly*

Non-Resident $240 *bi-monthly*

Enrollment limited to two groups of 10 players.

Volleyball Skills & Drills

September 14 - November 18*

Ages 7-15

Pelican Community Park Baseball Field

Monday and Wednesday

Participants will refine their bump, set and spiking skills with a balance of fun and intensity.

5-5:50 pm | Ages 7-8

6-6:50 pm | Ages 9-10

7-7:50 pm | Ages 11-12

8-8:50 pm | Ages 13-15

Resident $130 | **Non-Resident** $195

Enrollment limited to two groups of 10 players.

**No class on November 11.*

Each program will have COVID-19 safeguard policies and procedures in place to keep participants safe. To view the complete protocols, visit activities.sibfl.net.

VIRTUAL TEEN CLUB

Join your friends on Zoom for Virtual Teen Club events! Teens only, grades 7 - 12.

Registration is required online at activities.sibfl.net or by calling 305.792.1706.

Virtual programs will take place via Zoom. Participants will be emailed Zoom details prior to the start of the program.

TRIVIA

1st Thursday of every month

VIRTUAL EVENT

3rd Thursday of every month

SEPTEMBER

Kahoot Trivia Night

Thursday, September 3 | 7-8 PM

Theme: Harry Potter

Crafting Showcase

Thursday, September 17 | 7-9 PM

Learn a new technique, share your best idea or show off your latest crafting project.

OCTOBER

Kahoot Trivia Night

Thursday, October 1 | 7-8 PM

Theme: The Office

Movie Night

Thursday, October 15 | 7-9 PM

Film: Dracula Untold

Watching a movie is always better with friends. Be sure to dress the part for this Halloween movie on Zoom.

NOVEMBER

Kahoot Trivia Night

Thursday, November 5 | 7-8 PM

Theme: Movies

Gaming Tournament

Thursday, November 19 | 7-9 PM

Here's your chance to win a prize for your mad gaming skills on this Zoom hosted tournament.

DECEMBER

Kahoot Trivia Night

Thursday, December 3 | 7-8 PM

Theme: Music

Cooking & Baking Class

Thursday, December 17 | 7-9 PM

Learn a new cooking skill and surprise someone special with a tasty holiday treat.

ADULT & SENIOR PROGRAMS

ADULTS

FACEBOOK LIVE YOGA CLASS

3rd Monday of the month
9:30–10:30 AM

September 21
October 19
November 16

Join Beatriz live on Facebook at facebook.com/cityofsib for a free monthly yoga class.

SENIORS

Stay active and healthy while remaining at home! Our free virtual wellness series, SIBeHealthy, keeps our program participants engaged from the safety of home. Free virtual classes are offered weekly and are broadcasted live on SIBTV (Atlantic Broadband channel 662). Classes will also be available to watch anytime on our YouTube channel, youtube.com/cityofsib.

CHAIR YOGA

September 3 - November 19

Thursdays at 9:30 am

This gentle form of yoga is practiced by sitting on or standing using a chair for support. This slow-paced, off-the-floor program is great for balance and confidence without the need to get on the floor to participate.

TAI CHI

September 1 - November 24

Tuesdays at 9:30 am

Tune in and try this ancient form of exercise that can help maintain strength, flexibility and balance. Our experienced instructor encourages participants to perform the moves to their individual comfort level.

STRENGTH & RESISTANCE

September 2 - November 25*

Wednesdays at 9:30 am

Get active! Participate in this low impact class to improve posture, balance, range of motion, flexibility and muscle strength. Suggested materials include a broom handle and two 16 ounce water bottles (filled).

**No class on November 11.*

FOR YOUR SAFETY & OURS

Be responsible and do your part to protect all of us from the spread of COVID-19 in our community by following these simple practices:

STAY HOME

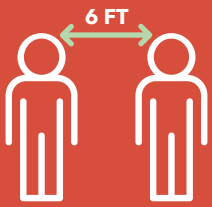
Avoid any unnecessary trips into public places.

FACIAL COVERINGS

Facial coverings should be worn at all times in public spaces.

NO CONGREGATING IN ANY AREA

Limit social contact.
Be mindful of distance.



SOCIAL DISTANCING

If you must go out in public, keep a safe 6 ft distance from others.

SIBFL.NET/CORONAVIRUS