

Palmetto Bay Park Recreational Programs	
<b>I9 Sports – Flag Football/Soccer/T-Ball</b>	Saturdays 9:00am-1:00pm
<b>MDI Basketball</b>	Mondays – Fridays 6:00pm-9:00pm
<b>Miami Lady Canes Softball</b>	Mondays – Thursdays 6:00pm-10:00pm
<b>Miami Stingrays Softball</b>	Mondays – Thursdays 6:00pm-10:00pm
<b>Miami Waves Softball</b>	Mondays – Thursdays 4:00pm-8:00pm

Coral Reef Park Recreational Programs	
<b>Mondays – Fridays</b>	Tennis Lessons – 8:00am-12:00pm & 3:00pm-9:00pm
<b>Saturday, July 30</b>	*Nature Postings – Surf & Turf Zumba Kayak Workout 9:00am-11:00am ( <b>For registration and more information visit <a href="http://www.palmettobay-fl.gov">www.palmettobay-fl.gov</a> or call 305-259-1234</b> )

Community Exercise Programs	
Baptist Health	
<b>Mondays</b>	Stretch & Relaxation at <b>Coral Reef Park</b> 9:30am-10:30am
<b>Tuesdays</b>	Cardio Pump at <b>Coral Reef Park</b> 11:00am-12:00pm Trim & Fit at <b>Coral Reef Park</b> 12:00pm-1:00pm
<b>Wednesdays</b>	Yoga Pilates Fusion at <b>Coral Reef Park</b> 9:00am-10:00am Stretch & Relaxation at <b>Palmetto Bay Park</b> 9:30am-11:00am Zumba Gold at <b>Coral Reef Park</b> 10:00am-11:00am
<b>Thursdays</b>	Dance Aerobics at <b>Coral Reef Park</b> 11:00am-12:00pm Trim & Fit at <b>Coral Reef Park</b> 12:00pm-1:00pm
<b>Fridays</b>	Stretch & Relaxation at <b>Palmetto Bay Park</b> 9:30am-11:00am

Park Information				
<b><u>Coral Reef Park:</u></b> 7895 SW 152 Street Palmetto Bay Open Daily: Sunrise to Sunset Tennis 8am to 10pm 305-235-1593	<b><u>Palmetto Bay Park:</u></b> 17535 SW 95 Ave Palmetto Bay Open: M-Sat 8am to 9pm Sun 8am to 8pm 305-251-2751	<b><u>Thalatta Estate:</u></b> 17301 Old Cutler Road Palmetto Bay Sun-Thurs. 8am -5pm Fri & Sat 9am to 2pm <a href="http://www.thalattaestate.com">www.thalattaestate.com</a>	<b><u>Perrine Wayside Park:</u></b> 16425 So. Dixie Highway Palmetto Bay, Open Daily: 8am to Sunset 305-259-1234	<b><u>Ludovici Park:</u></b> 17641 Old Cutler Road Palmetto Bay Open Daily: Sunrise to Sunset