

"WEEKLY RECREATION PROGRAMS for OWLS"

Sponsored by: Hillsborough County Parks, Recreation Department in partnership with the Northdale Owls

Contact: Latoya Williams at WilliamsLt@Hillsboroughcounty.org

Aerobics "Lite"	Weds	9:30am-10:30am	\$2/class
BBOB'S (Bill's Blooming Orchid Buddies)	4th Tues	Contact: Bill Castens	(813) 833-0102
Couples Dance Class – Level 1	Mondays	7pm-8:30pm	\$10/class (6 Class req.)
Couples Dance Class – Level 2	Wednesdays	7pm-8:30pm	\$10/class (6 Class req.)
Games:			
Bridge	Tues/Thurs	Contact: Shirley Beller	(813) 961-5495
Cards & Games	Tuesdays	Contact: Kay Farland	(813) 889-7972
Hand & Foot	Tues/Thurs	Contact: Kay Farland	(813) 889-7972
Hand & Foot	Fri	Contact: Rose Oursler	(813) 909-8082
Mah Jongg	Mondays	Contact: Hilda Hodges	(813) 416-3317
Mah Jongg	Wednesdays	Contact: Marie Alley	(813) 962-0063
Laughter Yoga	Sundays	Contact: Tonya Gold	Free!
Line Dance – Beginner1/Beginner2	Fridays	10:30am-12 Noon	\$2/class
Line Dance – Beginner2/Improver	Thursdays	10:30am-12 Noon	\$2/class
Line Dance – Intermediate	Mondays	10:30am-12 Noon	\$2/class
Pickleball Lessons – Beginning Players	Tues/Thurs	9:00am-10:00am	Free!
Pickleball Play	Varies	Please ask staff for schedule	Free!
Sing Along With Owls	Wednesdays	Contact Ed Rodriguez	(813) 810-9733
Strut with Your Mutt	Mon/Thurs	4:30pm-5:30pm	Free!
Table Tennis	Mon/Wed/Sat/Sun	11:00am-2:00pm	Free!
Tai Chi	TBD	Contact: Raheem Douglas	(813) 450-6502
Technology Workshop	2nd Mon	3:30pm-5:00pm	Free!
Ukulele Lessons	Tues	10:30am-12 Noon	Free!
Walking Club	Tues/Thurs	8:00am-9:30am	Free!
YOGA for Seniors	Fridays	11:30am-12:15pm	\$5/class