



On the Move With Parks & Rec

Jan. 17, 2024

New weekly program offered at Schnebly Recreation Center

Chair Yoga is now offered for residents at 11 a.m. every Thursday at the Schnebly Recreation Center, 1101 N. Atlantic Ave. Discover the benefits of gentle stretching, improved flexibility, and stress relief, all from the comfort of a chair! This form of yoga is a low-impact style of exercise that improves muscle strength, mobility and balance. The fee is \$5 per class.

For more information about Chair Yoga and other programs offered at the center, call (386) 671-3560 or visit www.CODB.us.



Youth baseball registration open

Kids 7 to 12 can hit it out of the park this spring by registering for the city's youth baseball program. Free clinics will be offered from 6 to 8 p.m. throughout February and will focus on the fundamentals of baseball, teamwork and self-confidence while having fun in a safe, friendly environment. In March, there will be a team draft followed by the season, which begins at the end of the month. Registration for the league is \$40. Clinics, practices and games will be held at Derbyshire Sports Complex, 849 Derbyshire Road and Bethune Point Park, 11 Bellevue Ave.

Youth 6 to 8 can take a swing at the city's T-ball League this spring. Free clinics will be offered throughout the month of February. Following the free clinics, the T-Ball practices will begin March 7 and the season will run from April 1 through

May 4. Registration is open through March 23, and the fee is \$40 for the season. To register for youth baseball or T-ball, visit www.CODB.us/Activities. Both leagues are sponsored by Advent Health Daytona Beach, Humana and The Vitamin Shoppe.

Pickleball courts open to public daily on beachside

Residents can get in the swing of pickleball on beachside at the Schnebly Recreation Center for free. Two regulation-sized courts are open to the public from sunrise to sunset seven days a week.

For more information about the pickleball courts and other outdoor amenities offered at the center, call (386) 671-3560 or visit www.CODB.us/Parks.



Schnebly Recreation Center adds new playground equipment

Be on the lookout for new playground equipment that was recently installed at the Schnebly Recreation Center. Designed for older youth, the new playground includes a swing set and seesaw play structure. Mulch will be placed around the equipment this month for a safer play experience.

Youth can enjoy can make memories on the playground from sunrise to sunset.



Daytona Beach Gymnastics update

Daytona Beach Gymnastics had a busy December with tumbling and walking down Beach Street in the Jingle All the Waves Christmas Parade and Port Orange Christmas Parade, competing in the Fall State Championship competition in Tampa and hosting a Fall team awards and family party. During the Fall State Championship, the Level 2 team won first place, and four Level 2 athletes finished first through third place in all-around divisions. Level 3 and 4 teams earned three first and second place all-around awards and Level 4 Small Team received second place! Families of the Daytona Beach Gymnastics team enjoyed a fun-filled award party and 16 team athletes were awarded for having a successful season.

After-school program participates in STREAM project

Students in the after-school program enjoyed a hands-on STREAM activity from the Hope Place Public Library this month. During the project, students created flapping butterflies, which covered reading, engineering, art and mathematics. Registration for youth K-8 is still open for the city's after-school program. To register, visit www.CODB.us/Activities.



Mayor's Fitness Challenge gets things started with line dancing

The Mayor's Fitness Challenge is back in action! A record number attendees kicked off this healthy initiative last week with weigh-ins and burned calories by moving to music with Line Dancing with Eddra. Participating in a variety of exercises, The Mayor's Fitness Challenge group meets every Tuesday and Saturday.

