



On the Move With Parks & Rec

April 3, 2024

Mayor's Fitness Challenge finishes with finale

10 weeks of fun-filled exercise and friendly competition at the Mayor's Fitness Challenge is in the books! Participants ended the program with a finale where winners were announced and attendees won a variety of prizes. 68 individuals lost a combined 402 pounds, 18 participants lost 10 pounds or more and first through third place lost a combined 64 pounds! Thank you to everyone who participated in this year's Mayor's Fitness Challenge. We'll see you next year.



Splash into swim programs this spring and summer

Dive into swim lessons at Cypress Aquatic Center! Registration is open for lessons, which are for youth ages 6 and older. With lessons 30 minutes long, participants will be divided into three groups: Level 1 & 2, Level 3 and adults beginning at 4:30 p.m. Monday through Thursday at Cypress Aquatic Center, 981 George W. Engram Blvd. Sessions begin this week.



Join the city's swim league, sessions start at 5:30 p.m. every Wednesday and 10 a.m. every Saturday at Cypress Aquatic Center, 981 George W. Engram Blvd. Offered for youth ages 7 to 15, the swim league will improve skills, endurance, strength, dives and turns. With sessions beginning this week, participants must be able to swim 25 yards.

Both swim programs are sponsored by Advent Health, Humana and The Vitamin Shoppe. The fee is \$30 per month for each program; however, financial scholarships are available. For more information, call (386) 671-8392. Visit www.CODB.us/Activities to register.



Game Night hosted at Cherry Cultural & Educational Center

Last week's Game Night was a royal flush. Presented by Divine Nine, attendees enjoyed prizes, raffles, card and board games, food, music and dancing. Thank you to everyone who supported this event.

Proceeds from the event will go to Parks & Recreation programs and college scholarships.

2025's Easter Beach Run will be Saturday, April 19

Thank you to the more than 700 people who participated in this year's Easter Beach Run, which sold out before Saturday, March 30. Participants received a custom medal, t-shirt and refreshments after the race. Congratulations to Jacob Montgomery from North Carolina for finishing first overall in the men's 4-mile division and Maddie Bosch from Michigan finishing first overall in the women's 4-mile division.



Employee Spotlight: Nisa Lubna

Since 2010, Lubna Nisa has been part of the city's Parks & Recreation department. She is in the process of transitioning all Parks & Recreation activity registrations and facility rental reservations online, which can be found at www.CODB.us/Activities. Lubna's responsibilities include record keeping, making reservations of small events at community centers and parks, registering department's programs and camps and transcribing Parks & Recreation Advisory Board meetings.

Looking forward to utilizing all the skills she has gained over the years, Lubna aims to develop and grow in the department.

Visit a park: Lenox Park

Find Your Park Friday! Lenox Park is a versatile beachside destination featuring a playground and dog park catering to both small and large canine companions. Located at 825 S. Grandview Ave., visitors can enjoy amenities including parking facilities, a basketball court, shaded playground, designated dog area, scenic walking path and pavilion equipped with tables, all nestled within expansive green spaces.

Lenox Park is open from 8 a.m. to 7 p.m. April through November and 8 a.m. to 5 p.m. December through March seven days a week.



Youth tennis lessons wrap up at Derbyshire

Youth learned new skills this spring at Derbyshire Sports Complex! These free tennis lessons teach participants the fundamentals of the game. Sponsored by USTA Florida and Derbyshire Community Tennis Inc., lessons wrapped up this week.

