

Programs for Adults (continued)

Belly Dance Class

Wednesdays, 6:00–7:00 PM

March 1–March 29

Learn how to belly dance with Dawn Rhys! Prefunction lobby on the 3rd floor of the Library.

Intermediate & Advanced Tai Chi

Fridays, 10:00 AM

January–December

Are you a more advanced Tai Chi student? Then this is the class for you! Auditorium.

Beginner Tai Chi

Fridays, 11:00 AM

January–December

Come learn the practice of Tai Chi. Auditorium.

Raw Food Uncooking Class: Healthy Raw Soups

Tuesday, 6:30–7:30 PM

March 14

Have you ever made a soup in under 10 minutes? Learn how to make a nutrient-packed soup, without heating up the kitchen! Raw foods deliver maximum vitality to our bodies in an easy-to-digest manner. They've also been shown to provide more energy, support heart health, reduce inflammation, and much more! Clematis Room.

Fitness After 70: Creating a Safe Exercise Program

Tuesday, 1:30–3:00 PM

April 11

Starting or maintaining a regular exercise routine can be a challenge at any age—and it doesn't get any easier as you get older. Join speaker Vesna Poirier, RN, Director of Patient Services, MorseLife Home Care, and discover a healthy and safe exercise program for those who are over 70 years old. Clematis Room.

Raw Food Uncooking Class: SeeFood Ceviche

Wednesday, 6:30–7:30 PM

April 12

No seafood here, just great raw food to see! You don't have to give up your favorite dishes to experience the benefits of raw food. Ceviche so good, it could fool any fisherman! Hibiscus Room.

Mandel Public Library of West Palm Beach



Introducing *Healthy You* a series of nutrition, exercise and wellness classes designed to inspire a healthy and active lifestyle!

Programs for Children

Itsy Bitsy Yoga

Mondays

10:00 AM for Crawlers & Walkers

11:00 AM for Non-Crawlers

January 9–April 24

For ages birth - 24 months. Move with your baby! Itsy Bitsy Yoga will help your baby become happier and healthier. Two sessions: one for newborns to almost crawling babies with a caregiver, and one for babies who are crawling and walking, with a caregiver. ***Space is limited. Sign up upon arrival.*** Children's Program Space.

Intro to Ballet

Wednesdays, 3:30–4:30 PM

January 11–April 26

For ages 3 - 6. Learn the basics of ballet. Registration is required due to class size requirements ***Online and phone registration will open every Wednesday at 9:30 AM. Call 561-868-7703 to register.*** Children's Program Space.



QUANTUM
FOUNDATION

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WEST PALM BEACH

411 Clematis Street
West Palm Beach, FL 33401



561.868.7701
wpbcitylibrary.org

Programs for Children (continued)

Kids Can Cook

Thursdays, 4:00—5:00 PM

January 12, February 9, March 9, April 13

For kids in grades 3 – 5. Kids will learn cooking basics during this fun and interactive class while engaging literacy, math and science skills. ***Registration required and space is limited. Call 561-868-7703 to register.*** Children's Program Space.

Spring Break Soccer

Monday, March 20; Wednesday, March 22, Friday, March 24

Ages 2-5 3:45—4:15 PM Grades K-5: 4:15—4:45

Children will learn how to play soccer through interactive stories! Participants will act out a variety of storylines that replicate soccer drills in this fun, educational, age appropriate skill, fitness and motor development program. A certified coach will demonstrate soccer techniques, so children can see a skill, learn it, practice it and replicate it. ***Space is limited. Sign up at the desk upon arrival.*** Auditorium.

Zumba® Kids

Wednesdays, 6:30 PM

April 5 – April 26

For kids ages 7 – 11. Learn kid-friendly routines based on original Zumba® choreography! We break down the steps and add games, activities and cultural exploration elements into this fun class. ***Sign up upon arrival.*** Children's Program Space.



Programs for Teens

Teen Hip-Hop Dance

Saturdays, 3:00—4:00 PM

March 4—April 29

Teens — like to dance? An instructor from Loud Live Productions will be teaching Hip-Hop dancing on Saturday afternoons. ***Class size is limited. Sign up upon arrival.*** Pre-Function Area on the 3rd Floor.

Programs for Adults

Lunch Time Roll: Rollology

Mondays and Fridays, 12:05—12:50 PM

January—December

Learn this strengthening and stretching technique! Strengthen your core muscles. Auditorium.

Yoga Classes

Tuesdays, 5:45 and 7:00 PM

Saturdays, 9:45 AM and 11:00 AM

January—December

Bring your mat and practice yoga with Priyanka! Auditorium.

Zumba Gold

Wednesdays, 2:00 PM

January—December

The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults. Auditorium.

Pilates Classes

Thursdays, 10:30 AM

January—December

Bring your mat and practice Pilates! Auditorium.

Yoga for Seniors

Thursdays, 1:30—2:30 PM

March—April

Seniors, this class was designed especially for you! Bring your mat and practice with Priyanka! Auditorium.

Zumba

Thursdays, 6:00 PM

January—December

Get fit and have some fun at the same time! Exercise to salsa and more! Auditorium.