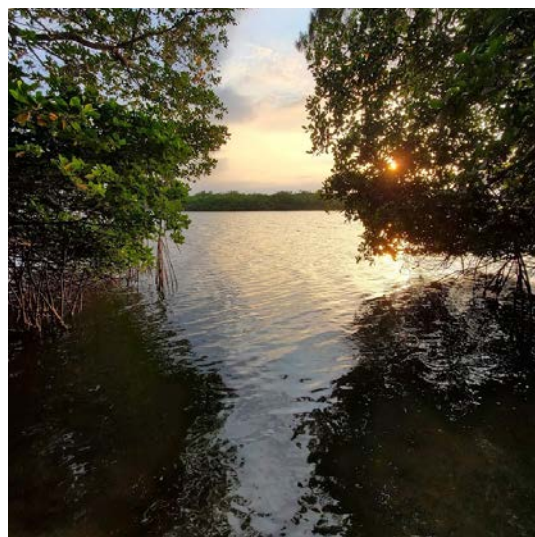




Parks + Rec

FALL + WINTER 2024/25 ACTIVITY GUIDE



PARKS, RECREATION + COMMUNITY AFFAIRS

As we welcome our seasonal residents back to the land of Sun, Space + Sea®, the City of Cape Canaveral is excited to unveil our fall + winter recreation program schedule! This season offers a variety of activities designed to engage our community, improve quality of life and celebrate the small-town charm of our little City by the Sea.

Don't be a stranger! See you around town! 😊 — The PRCA Team

HIGHLIGHTS OF THE FALL + WINTER PROGRAM SCHEDULE:

Volunteer: Discover the beauty of our local parks while giving back to your community + the planet.

Hit the Courts: Join us for pickleball, tennis, racquetball and more — all ages + skill levels welcome.

Be Creative: Dive into your creativity with classes for all ages, from painting to poetry.

Stay Fit: Stay active with yoga, zumba, group fitness classes, or go solo with a personal trainer.

Get Together: Enjoy family-friendly festivals, movie nights, and seasonal gatherings in the park.

Check our website or stop by one of our facilities for detailed info on dates, times, and registration.

EVENTS + HOLIDAYS

Oct 1: National Night Out @ 6:00 p.m.

Oct 4: Friday Fest @ 6:00 p.m.

Oct 18: Coffee with the City Manager @ 10:00 a.m.

Oct 18: Monster Mash @ 6:00 p.m.

Nov 1: Friday Fest @ 6:00 p.m.

Nov 5: Election Day – *Community Center Closed*

Nov 11: Veterans Day – *All City Facilities Closed*

Nov 22: Coffee with the City Manager @ 10:00 a.m.

Nov 28-29: Thanksgiving – *All City Facilities Closed*

Dec 6: Holiday in the City + Friday Fest @ 6:00 p.m.

Dec 12: C5 Member Appreciation – *TBA*

Dec 14: PAL Reindeer Run @ 8:00 a.m.

Dec 20: Coffee with the City Manager @ 10:00 a.m.

Dec 24-25: Christmas – *All City Facilities Closed*

Jan 1: New Years Day – *All City Facilities Closed*

Jan 14: 114th Day – *TBA*

Jan 20: MLK Day – *All City Facilities Closed*

Jan 17: Coffee with the City Manager @ 10:00 a.m.

Feb 7: Friday Fest @ 6:00 p.m.

Feb 14-15: 6th Annual Space Coast Paddle Battle

Feb 17: Presidents' Day – *All City Facilities Closed*

Feb 21: Coffee with the City Manager @ 10:00 a.m.

Mar 7: Friday Fest @ 6:00 p.m.

Mar 22: Coffee with the City Manager @ 10:00 a.m.



*Times + dates always subject to change.
Scan the code for the full City events calendar.*

CITY OF CAPE CANAVERAL COMMUNITY CENTER (C5)



PROGRAMS

Karate

Monday + Wednesday @ 6:00 p.m.
Call for fee schedule.
Carla (321) 223-0600 or Youjian (321) 987-0652

Personal Training

By appointment only.
Call for fee schedule.
Scott (321) 446-0193

Senior Fitness

Tuesday + Thursday @ 8:30 a.m.
\$5.00/class, \$20/4 classes or \$40/9 classes
Karen (972) 795-7065

Zumba

Tuesday + Thursday @ 5:30 p.m.
\$5.00/Class or \$45/10-class punch card
Hailey (407) 738-7228



[Scan the code for membership info!](#)

Did you know your insurance may cover your membership fees? Ask your agent today!

GYM SCHEDULE

Basketball

Monday - Saturday @ 3:00 - 5:00 p.m. – *Open play*
Friday 5:00 - 8:00 p.m. - **Fastbreak** – *5 on 5 pick-up*
\$2/player, photo ID required

Volleyball (Open Play)

Saturdays @ 1:00 - 2:30 p.m.

Pickleball

Monday - Friday

- Practice Hour: 8:00 - 9:00 a.m.
- Rec Play: 9:00 AM - 12:30 p.m. – *All skill levels*
- Intermediate +: 12:30 - 2:30 p.m. – *Teams allowed*

Saturday

- Rec Play: 9:00 AM - 12:30 p.m. – *All skill levels*

YOUTH PROGRAMS

Minuteman Program – A three-tiered fitness program designed for youth ages 14-17 that allows teens to utilize the weight room.

Net Ninjas – A winter break pickleball camp designed for kids ages 8-12! Don't miss out!

7920 ORANGE AVENUE • (321) 783-6197

CAPE CANAVERAL COMMUNITY CENTER PICKLEBALL SCHEDULE

Monday – Friday:

8:00 - 9:00 a.m.

Pickle Ball Practice Hour

9:00 a.m.-12:30 p.m.

Open Rec Pickleball – All skill levels welcome!

2↑2↓ Rotation Rules apply (*under 7 paddles*)

4↑4↓ Rotation Rules apply (*over 7 paddles*)

12:30 - 2:30 p.m.

Open Advanced Pickleball – Bring your A-game for some friendly competition!

4↑4↓ Rotation Rules apply.

Saturday:

9:00 a.m. - 12:30 p.m.

Open Rec Pickleball – All skill levels welcome!

2↑2↓ Rotation Rules apply (*under 7 paddles*)

4↑4↓ Rotation Rules apply (*over 7 paddles*)



NANCY HANSON RECREATION COMPLEX



7300 N. ATLANTIC AVENUE • (321) 868-1226

PROGRAMS

Aikido

Tuesday, Thursday + Friday @ 6:00 p.m.
\$50.00/month
Carlos (205) 792-9787

Line Dance

Monday @ 10:30 a.m.
\$6.00/class
Barbara (321) 452-1944

Tai Chi (Last class November 25, 2024)

Monday @ 1:00 p.m.
\$7.00/class
Tom (321) 208-7148

Tennis Lessons

By appointment only.
Call for fee schedule.
Peter (321) 917-2133

Tone + Strengthen

Wednesday @ 8:45 a.m.
\$5.00/class
Deb (717) 503-3221

Zumba (Doug)

Monday @ 9:15 a.m. + 6:00 p.m.
Wednesday @ 10:00 a.m. + 6:00 p.m.
Thursday @ 10:30 a.m.
Saturday @ 9:00 a.m.
Doug (321) 460-3216

Zumba (Miranda)

Tuesday @ 10:00 a.m.
Thursday @ 9:00 a.m. (lo-impact)
Friday @ 10:00
\$5.00/class
Miranda (321) 960-4799

Yoga

Wednesday @ 12:00 p.m.
Thursday @ 12:00 p.m.
Saturday @ 10:30 a.m.
\$5.00/class • \$40/10-class card • \$60/mo. unlimited
Doug (321) 460-3216

Athletic Leagues - Ongoing

Tennis, Pickleball + Racquetball!
Call for season schedule and cost.



6th ANNUAL SPACE COAST PADDLE BATTLE CAPE CANAVERAL PICKLEBALL TOURNAMENT FRIDAY, FEB 14 + SATURDAY, FEB 15

\$30 REGISTRATION INCLUDES **QUESTIONS? (321) 868-1226**

- Entry into one bracket
- Commemorative T-Shirt
- Lunch + snacks
- Additional brackets \$10/ea

SCAN TO REGISTER!



CULTURE, ARTS, PRESERVATION + ENRICHMENT CENTER



PROGRAMS

Senior Pen & Watercolor Workshop

Schedule released monthly

Free – Bring your own supplies

Registration required.

Kimberly Newton, ATP

(321) 868-1224

Poetry and Open Mic Night

Wednesday - Oct 23 7:00-8:30 PM

Wednesday - Nov 20 7:00-8:30 PM

Wednesday – Dec 18 7:00-8:30 PM

Wednesday – Jan 22 7:00-8:30 PM

Wednesday – Feb 26 7:00-8:30 PM

Free - Registration required for performers

Lauren White

(321) 868-1224

Watercolor Exploration: A Journey Through Flow + Expression

Tuesday October 29, 10:00-11:30 AM

Free – Bring your own supplies

Registration required. Space is limited!

Janet Leo

(321) 868-1224

**CALL
FOR
ART**

culture
arts
preservation
enrichment

**GET
INVOLVED**



- Teaching artists wanted!
- Art + history workshop hosts wanted!
- Check out our Calls for Art!
- New programs added monthly!

105 POLK AVENUE • (321) 868-1224

THE SPACE BETWEEN®

Check out Cape Canaveral's monthly video series that explores local topics and helps citizens learn more about their government and community partners. Scan the code to watch!



Upcoming + Ongoing Volunteer Opportunities

Volunteering isn't just about giving; it's about connecting, learning, and growing together as a community. The City of Cape Canaveral welcomes citizens willing to contribute their valuable time and talents on a volunteer basis. Volunteer programs provide a path for citizens with a variety of backgrounds to participate in their local City government.

• Events:

- Friday Fest (*multiple dates*)
- Monster Mash 10/18
- Reindeer Run 12/14 - Sponsor opportunities, too!
- Sea Oat Planting February 2025 - *Date TBA*
- Paddle Battle 02/14+15 - Sponsor opportunities, too!

• Facilities + Environmental:

- Weeding + light maintenance
- Litter + beach clean-ups

• Programs:

- North Beaches PAL
- Youth athletics + camps

Culture + Leisure Services Advisory Board

Meets at 5:30 p.m. on the last Thursday of:
January • March • May • July • August • November
@ 100 Polk Avenue

SIGN UP FOR THE WEEKLY UPDATE!

Receive a weekly email that highlights news, projects announcements and need-to-knows around the City. Scan the code to sign up!



MONSTER MASH TRUNK OR TREAT HAUNTED LIBRARY

OCT 18 @ 6:00 PM • TAYLOR + POLK AVE



AGES 12 AND UNDER
COSTUME CONTEST
DJ DANCE PARTY
FREE ADMISSION

SCAN THE CODE TO
HOST A TRUNK



29TH ANNUAL REINDEER RUN

RUN
WALK
CHEER
SPONSOR

12.14.24



CITY PARKS

Banana River Park – Dawn to Dusk

901 Puerto Del Rio Drive

Pavilion • Restrooms • Playground
Soccer Field • Kayak Launch
Boccee Ball Court • Grills • Putting Green
ChargeUp EV Charging Station 24-hrs

Bennix – Dawn to Dusk

Washington Avenue

Canaveral City Park – Dawn to 9:00 p.m.

7920 Orange Avenue

Splash Pad • Restrooms • Sandpiper Playground
Little League Field • Event Lawn • Community Center
ChargeUp EV Charging Station 24-hrs

Center Street Park – Dawn to Dusk

Center Street

Manatee Sanctuary Park – Dawn to Dusk

701 Thurm Blvd

Pavilion • Restrooms • Playground
Paved Pedway • Exercise Stations
Grills • Riverside Boardwalk
ChargeUp EV Charging Station 24-hrs

Patriots Park – Dawn to Dusk

200 Long Point Road

Playground • Community Garden*

Rovers Space Dog Park – 7:00 a.m. to Dusk

106 Taylor Avenue

Shaded Off-leash Play Areas • Water Features
Artificial Turf • Agility Equipment • Seating

Veterans Memorial Park – Dawn to Dusk

265 Polk Avenue

Picnic Tables • Event Green • Public Library

Wagner Park – Dawn to Dusk

North Atlantic Avenue

Xeriscape Park – Dawn to Dusk

106 Taylor Avenue

Picnic Tables • Exercise Equipment

*subject to change

CITY FACILITIES

CAPE Center

105 Polk Avenue

Art Exhibits • History Exhibits • Workshops
Presentations • Class Room • Gallery
Hours: M-F 10:00 a.m. - 4:00 p.m.

City of Cape Canaveral Community Center (C5)

7920 Orange Avenue

Basketball • Pickleball • Volleyball • Ping Pong • Billiard
Table • Gymnasium • Activity Room • Conference Room
Hours: M-F 8:00 a.m. - 8:00 p.m.
Sat 9:00 a.m. - 5:00 p.m.

Nancy Hanson Recreation Complex

7300 N. Atlantic Avenue

Tennis • Pickleball • Shuffleboard • Racquetball
Lighted Courts • Activity Room • Restrooms
Hours: M-F 8:00 a.m. - 8:00 p.m.
Sat 8:00 a.m. - Noon

Splash Pad @ Canaveral City Park

7920 Orange Avenue

Hours: M-F 9:00 a.m. - Dusk
S+S 9:00 a.m. - 5:00 p.m.
Times subject to change for weather + maintenance.

FACILITY RENTALS

The City offers facility rentals at the following locations. Scan the code to learn what each facility has to offer! Rentals subject to availability. Restrictions may apply.

- Banana River Park Pavilion
- Banana River Park Soccer Field
- C5 Conference Room
- C5 Gymnasium
- Nancy Hanson Activity Room
- Nancy Hanson Recreation Complex
- Little League Ball Field
- Manatee Sanctuary Park Pavilion



Rental applications must be completed 72 hrs in advance.

Questions?

Call: (321) 868-1220 x222

Email: prca@capecanaveral.gov



The North Beaches Police Athletic League (PAL) Program is a juvenile crime prevention program that relies on athletic, academic, and volunteer activities to develop a bond between law-enforcement officers and kids. PAL is based on the belief that children, if reached early enough, can develop a strong, positive attitude toward law-enforcement officers in their journey through life toward the goal of adulthood and good citizenship. A PAL program brings youth under the supervision and constructive influence of a responsible law-enforcement agency and expands public awareness about the role of a law enforcement officer. That role is the positive reinforcement and support of the responsible values and attitudes instilled in young people by their parents.

The Cocoa Beach Police and the City of Cape Canaveral currently support the Youth Director Council (YDC) Program. This is a non-athletic component of PAL that allows youth who are not athletic to participate in PAL. North Beaches PAL is a member of State Florida PAL- South Region along with Cocoa, Satellite, Melbourne, Coral Gables and Martin County.

ANY MINOR 12 TO 17 YEARS OF AGE CAN PARTICIPATE IN THIS PROGRAM.

For more information on becoming a member or volunteer, please contact

North Beaches PAL Director Mary Jane Binney
m.binney@capecanaveral.gov or (321) 423-6916