RECREATION CENTER

# RECREATION FOR EVERY GENERATION





**PROGRAMS TENNIS FITNESS RENTALS EVENTS** 

# Official to Palm Beach Recreation

Our mission is to cultivate a vibrant and inviting environment through exceptional recreation programs, distinguished facilities, and unparalleled services, enhancing the vitality of our residents and guests by fostering longevity, health, and happiness, all while providing a world-class experience.

- Seaview Park
   Morton & Barbara Mandel Recreation Center
   Seaview Park Tennis Center
  - Phipps Ocean Park Tennis Center
     Palm Beach Par 3
     Town of Palm Beach Marina

### Registration

Register online at palmbeachrecreation.com. For any inquiries or additional information, please contact the Mandel Recreation Center.

# **Refund Policy**

You can find the complete refund policy at palmbeachrecreation.com



### **Proof of Residency**

The following documents, showing your name and Town of Palm Beach residential address, qualify as Proof of Residency. All addresses will be verified:

- · Palm Beach County tax receipt for the current year
- · Voter registration card
- · Unexpired State of Florida driver's license or vehicle registration
- · Lease agreement for residential property or boat dockage (minimum 6-month term)
- · Deed or official document indicating residential property ownership
- · Utility bill showing the name and Palm Beach residential address
- · Mail from a credit card company, bank, or other financial institution

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# **Preschool Enrichment**

### Systema Martial Arts Monthly

Floyd Karate Institute promotes fitness, respect, socialization, an increased attention span, helps build character, and so much more.

#### Mondays 4:15pm-4:45pm

ages 3-6 years

Residents: \$104/month Nonresidents: \$132/month

### Mommy & Me Palm Beach December 10 - January 21

Featuring "JM for KM!,", Zumbini music, and crafts, babies and toddlers enjoy a creative, high-quality program. By celebrating important values and developing ageappropriate sounds and vocabulary, each participant is fully and joyfully engaged.

#### **Tuesdays 9:30am-10:15am**

(no class 12/24 and 12/31)

ages 0-4years

Residents: \$125/5wks Nonresidents: \$160/5wks





Resident registration is ongoing
Nonresident registration begins November 25
Visit palmbeachrecreation.com to register

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# **Preschool Sports**

# **Story Time Soccer** January 13-March 3

Teaches soccer through interactive stories and games while focusing on footwork, ball control, building a positive attitude toward sports, and boosting motor skills.

#### Mondays 3:30-4:15pm

ages 3-5 years

Residents: \$168/8wks Nonresidents: \$208/8wks



# Little Hoopsters Basketball January 18 - March 8

"Little Hoopsters" will learn skills such as dribbling, shooting, passing, game concepts, and sportsmanship. With our experienced coaching, parents and young athletes have a great time being active!

#### **Saturdays 9:30-10:30am**

ages 3-5 years

Residents: \$328/8wks Nonresidents: \$408/8wks

# Did you know?

Kids who play sports as preschoolers develop better motor skills, confidence, and teamwork—all while having fun and staying active!



Resident registration is ongoing
Nonresident registration begins November 25
Visit palmbeachrecreation.com to register



# **Youth Enrichment**



# Creative Writing January 14 - March 4

Unlock your imagination with our Creative Writing Course for students in grades 3-5! Whether you love crafting stories, creating characters, or dreaming up magical worlds, this fun course will help you build your writing. Get ready to explore your creativity!

#### Tuesdays 2:30 - 3:30pm 3rd- 5th grade

Residents: \$176/8wks Nonresidents: \$224/8wks



# What's Cooking Kids January 14 - March 4

Prepare a simple sweet or savory recipe, taste your creation, and learn vital cooking skills while promoting teamwork and a healthy lifestyle.

#### Tuesdays 4:30pm-5:15pm

ages 5-10 years

Residents: \$280/8wks Nonresidents: \$352/8wks

# Kids Beginners Spanish

January 15 - March 5

In a world that is becoming more and more bilingual, give your child an edge to learning Spanish in a fun and immersive environment. In our interactive classroom, children will learn about speaking, listening comprehension, reading, writing, and the various cultures of Spanish-speaking countries.

#### Wednesdays 3:30-4:15pm

4th-8th grade

Residents: \$304/8wks Nonresidents: \$384/8wks

### Kids Beginners French January 15 - March 5

Give your child an edge to learning French - the official language of UNESCO, U.N. - and more than 20 French speaking countries in a fun, safe, and immersive environment. Children will learn about speaking, listening comprehension, reading, writing, and the various cultures of French speaking countries.

#### Wednesdays 4:30-5:15pm

4th-8th grade

Residents: \$304/8wks Nonresidents: \$384/8wks

### Systema Martial Arts Monthly

Floyd Karate Institute promotes fitness, respect, socialization, an increased attention span, helps build character and so much more.

#### Thursdays 2:15pm-3:00pm

ages 7-12 years

Residents: \$104/month Nonresidents: \$132/month

Enrolling your child in a youth enrichment program can spark lifelong passions, unlock hidden talents, and turn everyday learning into an exciting adventure!

Resident registration is ongoing
Nonresident registration begins November 25
Visit palmbeachrecreation.com to register



# **After School Program**

# Kindergarten - 5th grade

Our After School Program is a fully supervised program offering a wide variety of fun-filled activities. A professionally trained staff, under the direction of Certified Park and Recreation Professionals, will be conducting exciting and educational programs as well as engaging and challenging tournaments, sports activities, playground games, arts & crafts, special events, and utilizing the dynamic floor to keep the kids entertained. Outreach programs from the Cox Science Center, What's Cooking Kids, Challenge Island, and more will be included in the schedule this year. Age groupings, program activities and the level of supervision are designed to meet the needs of the various program participants. Children will have the opportunity to work on homework assignments throughout the program.



#### Palm Beach Public School 2:00 - 5:30pm

Residents: \$225/month Nonresidents: \$296/month

Private Schools 3:00 - 5:30pm

Residents: \$170/month Nonresidents: \$221/month

# **Holiday & Summer Camps**

**Holiday Camps** 

ages Kindergarten-5th grade

**Camp Palm Beach Summer Camp** 

ages 5 (entering Kindergarten) - 13

The Palm Beach Recreation holiday and summer camps offer peace of mind for parents and a range of supervised group activities, special events, field trips, and more. Arts & crafts, kids in the kitchen, indoor/outdoor games, tournaments, and local field trips are just a few of the things our staff implement in these highly sought after camps.











# **Youth Sports**

# Girls Lacrosse January 5 - February 9

Palm Beach Lacrosse Club, under the leadership of Coaches Molly and Cullen Miller, will focus on game fundamentals, stick work, field positioning, conditioning, leadership, sportsmanship, and teamwork. Girls' lacrosse will meet on the east side of the athletic field.

Girls will need to bring a stick, goggles, mouth guard, and water bottle. Participants should wear cleats or athletic sneakers.

**Sundays** K-2nd Grade 2:00- 3:00pm **Sundays** 3rd-5th Grade 3:00 - 4:00pm

Residents: \$228/6wks Nonresidents: \$288/6wks



# Boys Lacrosse January 5 - February 9

Palm Beach lacrosse Club, under the leadership of Coaches Molly and Cullen Miller, will focus on game fundamentals, stick work, field positioning, conditioning, leadership, sportsmanship and teamwork. Boys' lacrosse will meet on the west end of the athletic field. Boys will need to bring a stick, gloves, helmet, mouth guard and water bottle. All participants should wear cleats or an athletic sneaker.

#### Sundays 4:00-5:00pm

K- 2nd Grade

Residents: \$228/6wks Nonresidents: \$288/6wks

### Boys Flag Football January 5 - February 9

Participants focus on fundamentals such as running, throwing, passing, and catching, as well as on discipline, self-esteem, education, sportsmanship, teamwork, leadership, and building character. Older participants will learn strategy while continuing their skill development.

#### **Sundays 3:00pm-4:00pm**

1st-4th Grade

Residents: \$174/6wks Nonresidents: \$216/6wks

### Soccer League January 17 - March 21

Select Soccer will bring your skills to the next level, especially in the area of mobility and agility in this fun, educational program.

**Practice: Fridays** 

Kindergarten- 1st Grade: 3:30-4:30pm 2nd-3rd & 4th-6th grade: 4:30-5:30pm

**Games: Saturdays** 

Kindergarten-1st Grade: 10:00-11:00am 2nd-3rd & 4th-6th grade: 11:00am-12:00pm

Residents: \$230/10wks Nonresidents: \$290/10wks

Resident registration is ongoing
Nonresident registration opens November 25



# Basketball Skills Academy: MINI SESSION

#### November 13 - December 18

For those looking to continue building their skills in between the Fall and Winter sessions, join our Skills Academy MINI SESSION for six weeks of fun!

#### Wednesdays

Kindergarten-2nd grade: 3:30-4:30pm

3rd-5th grade: 4:30-5:30pm

Residents: \$222/6 wks Nonresidents: \$282/6 wks

# Perseverance Youth League January 14 - March 8

Perseverance Basketball strives to teach the game the right way. Our particular set of "Perseverance in-game rules" are used to encourage competitiveness, skill development, sportsmanship, teamwork, and fun! Price includes a team jersey.

#### **Tuesdays Practices:**

Kindergarten & 1st grade: 3:45pm-4:30pm

2nd & 3rd grade: 4:30pm or 5:30pm

4th & 5th grade: 6:30-7:30pm

**Saturdays Games: January 18** 

Residents: \$376/8wks Nonresidents: \$472/8wks

### Basketball Skills Academy January 15 - March 5

Join the Perseverance Basketball staff for weekly drills to boost skills and game knowledge! Each session covers key topics like ball handling, defense, shooting, passing, and rebounding.

#### Wednesdays

Kindergarten-2nd grade: 3:30-4:30pm

3rd-5th grade: 4:30-5:30pm

Residents: \$328/8 wks Nonresidents: \$408/8 wks

"Our goal is to teach sport fundamentals, tailored to each athlete's skill level and needs, through hard work, dedication, and diligence." -Perseverance Basketball



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# **Adult Enrichment**

### Italian

### January 13 - March 3

Laura Antonacci, a native Italian, makes learning Italian fun and easy. Her classes focus on conversation and are conducted mostly in Italian. Students explore Italy's culture, music, and food through websites, dialogues, songs, and games.

**Beginners** Mondays 12-1:30pm **Intermediate** Mondays 10-11:30am

Residents: \$240/8wks Nonresidents: \$304/8wks

### French

### January 15-March 5

Michele Bradley makes learning French fun and easy, with classes conducted mostly in French and focused on conversational skills. Students also explore France's culture, music, and food.

**Beginners** Wednesdays 12-1:30pm **Intermediate** Wednesdays 1:45-3:15pm

Residents: \$240/ 8wks Nonresidents: \$304/8wks

### Mah Jongg for Beginners January 16 - March 6

Join Gillian Kennedy Wright as she introduces players to the world of Mah Jongg. In just six weeks, participants will be able to engage in a fluid game.

### Thursdays 9:00am-10:30am

Residents: \$480/8wks Nonresidents: \$600/8wks

### Ballroom Dance January 15-March 5

Adults of all levels are welcome to discover the joy of ballroom dance at Fred Astaire Dance Studios. Certified instructors teach a variety of styles, including Waltz, Foxtrot, Tango, and Cha-Cha, in a fun, social, and nonjudgmental atmosphere. No partner needed!

### Wednesdays 5:00-5:45pm

Residents: \$200/8wks Nonresidents: \$248/8wks

### Spanish

### January 14 - March 11

Join Ruthy Muñoz's fun and engaging class to boost your love for Spanish! Focus on improving conversational skills through interactive vocabulary, pronunciation, grammar, and cultural experiences. \*Week 9 features an offsite cultural experience with an extra fee.

**Beginners:** Tuesdays 11:15am - 12:45pm **Intermediate:** Thursdays 11:45am - 1:15pm

Residents: \$324/9wks\* Nonresidents: \$405/9wks\*

# Getting Past Hello -Conversational Spanish

### January 14 - March 11

RAMP Linguistic Society offers a fun, safe space to expand your conversational skills. Each week, classes explore new topics to boost listening, speaking, and comprehension.

#### Tuesdays 1:00pm-2:00pm

Residents: \$306/9wks Nonresidents: \$387/9wks

### Adult Cardio Tap January 16 - March 6

Join our Adult Cardio Tap class, where tap meets fitness to boost mind and body. Move to rhythm and blues while improving coordination, cognitive function, and mastering intricate 8-count patterns. An unforgettable jam for heart and feet!

### Thursdays 8:30am-9:15am

Residents: \$240/8wks Nonresidents: \$304/8wks



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# **Fitness Center**

The Fitness Center, at the Morton and Barbara Mandel Recreation Center, is a boutique fitness center in the heart of Town offering residents\* cardio equipment, weight machines, personal training, and wellness programs for all fitness levels.

\*Proof of Residency required

# **Memberships**

#### **Annual Resident Pass:**

Adult: \$540

2 Adults (Same Household): \$810

#### **3 Month Resident Pass:**

Adult: \$300

2 Adults (Same Household): \$450

#### **Monthly Resident Pass:**

Adult: \$150

2 Adults (Same Household): \$230

#### **Daily Resident Drop-ins:**

Adult: \$30 Adult Guest: \$38

# **Personal Training**

#### **Individual Sessions:**

30 Minutes: \$70 | 60 Minutes: \$120

#### 10 Sessions:

30 Minutes: \$650 | 60 Minutes: \$1100

#### 20 Sessions:

30 Minutes: \$1250 | 60 Minutes: \$2050

#### **Partner Sessions:**

30 Minutes: \$120 60 Minutes: \$175

#### Small Group (3-5 people) Sessions:

\*60 Minutes only: \$210

**Concierge Fitness Appointments:** \$25 each /complimentary for annual members \*InBody Composition Analyzer \*Normatech Recovery System Session





# **Fitness Classes**



# Fitness class schedule effective through December 20

### **Bootcamp**

This class offers an intense blend of cardio, strength, and functional exercises in a motivating group setting. Challenge yourself to achieve new levels of strength and endurance!

Wednesday 11:30am Friday 11:30am

#### Core & Stretch

Strengthen your core, boost flexibility, and find balance in this invigorating fusion of targeted exercises and dynamic stretches.

Monday 12:30pm Thursday 12:30pm



Mix and Match classes to create the ultimate workout experience and consider buying a series pass to save!

#### **Zumba**

Tailored for active adults who want to focus on conditioning and lightweight activity while having fun! Ideal for individuals who want the benefits of moderate intensity strength training for the entire body.

Wednesday 8:30am

### **Total Body Conditioning**

Full-body strength and conditioning for all fitness levels. This class mixes aerobics and weight-training to stretch and strengthen every muscle group while getting the heart rate up! Work at your own pace with modifications and progressions available.

Tuesday 9:30am Thursday 9:30am

### Yoga

Focused on relaxation, flexibility and balance; build overall fitness in these gentle yoga classes available to all fitness levels!

Monday 8:30am Tuesday 5:30pm Wednesday 9:30am Saturday 9:15am

# "Yin Yang" Yoga

Friday's Vinyasa-based yoga class combines movement with breath and builds basic knowledge and strength in foundational yoga poses, while still going deep and slow with restorative postures. Beneficial for both new and experienced yogis, with extra time for a longer practice.

Friday 9:30am

**Drop-In Class** 

5 Class Pass

**10 Class Pass** 

Residents: \$18 Nonresidents: \$23 Residents: \$80 Nonresidents: \$100 Residents: \$140 Nonresidents: \$175





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# **Smith Family Fieldhouse**

The Smith Family Fieldhouse provides residents and guests with an indoor space for basketball and pickleball in the heart of Palm Beach. Court reservations can be made for a **one or two hour block.** Payment is due at time of reservation. Reservations may be made up to two weeks in advance for residents and one week in advance for nonresidents. 24-hour notice required for cancellations in order to receive a credit or refund.

Must be 13 years or older to reserve the court without adult supervision.

# **Basketball Reservations**



Residents: \$23+ tax/hour Nonresidents: \$29+ tax/hour



#### **Full Court Basketball Fees:**

Residents: \$46+ tax/hour Nonresidents: \$58+ tax/hour

All private training MUST be done through Perseverance Basketball. Outside trainers are not permitted as per Town Ordinance: Sec. 78-44-Vending. Code 1982, § 10-247

# **Private & Group Trainings**

#### with Perseverance Basketball

Our goal is to teach sport fundamentals, tailored to each athlete's skill level and needs, through hard work, dedication, and diligence.

#### **Private Training: 1 Hour**

Tier 1 Coaches:

Residents: \$158/sess. Nonresidents: \$197/sess.

Tier 2 Coaches:

Residents: \$125/sess. Nonresidents: \$156/sess.

Tier 3 Coaches:

Residents: \$100/sess. Nonresidents: \$125/sess.

#### Semi-Private Training (2-3 participants): 1 Hour

Tier 1 Coaches:

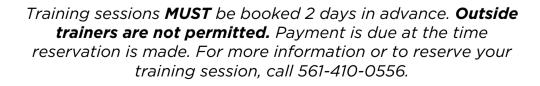
Residents: \$98/sess. Nonresidents: \$122/sess.

Tier 2 Coaches:

Residents: \$84/sess. Nonresidents: \$105/sess.

Tier 3 Coaches:

Residents: \$59/sess. Nonresidents: \$73/sess.







**RECREATION CENTER** 

# **Pickleball Court Reservations**

Time blocks include set-up and breakdown time. One hour time block allows for **50 minutes** of play time. Two hour time block allows for **1 hour and 50 minutes** of play time.

Resident \$27+ tax/hour Nonresident \$34+ tax/hour

# **Pickleball Lessons**

Monday, Wednesday & Friday 9:30am-1:30pm Tuesday & Thursday 10:30am-1:30pm

#### **Private lessons:**

Residents: \$100/hour Nonresidents: \$125/hour

# Semi-Private Lessons: (up to 2 people)

Residents: \$55/hour/person Nonresidents: \$69/hour/person



#### **Group of 3 Lessons:**

Residents: \$50/hour/person Nonresidents: \$63/hour/person

# Clinics (4+ players):

Residents: \$45/hour/person Nonresidents: \$56/hour/person

# **Pickleball Clinics**

Learn everything from mastering basic shots and footwork to advanced strategies, game positioning, and perfecting your serve.

Beginner/Intermediate Mondays 10:30am - 12:00pm

Intermediate
Wednesdays 10:30am - 12:00pm

Open Play/Strategy Fridays 12:30 - 2:00pm



Residents: \$60/clinic Nonresidents: \$75/clinic

Court reservations and clinics can be made online at palmbeachrecreation.com. For lessons, call 561-838-5485.

# **Palm Beach Tennis**

### **Seaview Park Tennis Center**

340 Seaview Avenue Palm Beach, FL 33480 561-838-5404

# **Phipps Ocean Park Tennis Center**

2201 South Ocean Blvd Palm Beach, FL 33480 561-227-6450

Seaview Park and Phipps Ocean Park Tennis Centers offer year-round programs, drop-in play, lessons, clinics, mixers, tournaments, special events, and league play for all ages. The pro shops feature the latest in men's and women's tennis apparel, headwear, tennis balls, racquets, and accessories.







# **Daily Fees**

Resident Adult - \$19 Nonresident Adult - \$25 Resident Junior - \$13 Nonresident Junior - \$17

# Happy Hour 12:30-3:30pm

Resident Adult - \$16 Nonresident Adult - \$21 Resident Junior - \$11 Nonresident Junior - \$15

### **Seasonal Pass**

Good for six months from date of purchase.

Resident:
Adult Pass - \$485
2 Adult Pass\* - \$680
Family Pass\* - \$875
Junior Pass - \$210

Nonresident: Adult Pass \$1,170 2 Adult Pass \$1,620 Family Pass \$1,950 Junior Pass \$360

### **Annual Pass**

Good for one year from date of purchase.

Resident:
Adult Pass - \$695
2 Adult Pass\*- \$970
Family Pass\* - \$1,240
Junior Pass - \$300

Nonresident: Adult Pass \$1,670 2 Adult Pass \$2,390 Family Pass \$2,866 Junior Pass \$510



# **Junior Clinics**

#### **Futures**

For frequent players who want to learn better techniques, strategy, and tactics

#### Mondays, Wednesdays, and Fridays

3:30 - 4:30pm ages 7 - 11 years Residents: \$35

Nonresidents: \$43.75

### **Young Stars**

Learn the basics of tennis in a fun way using the ROGY system

#### **Tuesdays and Thursdays**

3:30 - 4:30pm ages 4 - 6 years Residents: \$35

Nonresidents: \$43.75

# **ATP Challenger**

For the tournament player looking to improve their match skills and footwork

#### **Tuesdays and Thursdays**

4:30 - 5:30pm ages 12 and up Residents: \$35

Nonresidents: \$43.75

# **Adult Clinics**

# **Tennis Fun & Drills** for Beginners

A fun way to drill down the basics with live ball and drills

#### **Tuesdays and Thursdays**

8:30 - 10:00am Residents: \$50

Nonresidents: \$62.50

### **Drill & Point Play**

Live ball warm up for groundstrokes, followed by variations of drills and point play.

Beginners: Fridays 9:00 - 10:30am

Beginner/Int: Mondays 10:30am - 12:00pm Intermediate/Adv: Fridays 10:30am - 12:00pm

Residents: \$50

Nonresidents: \$62.50

# All clinics available on a drop-in basis. Visit palmbeachrecreation.com and register today!



# Lessons

Whether playing tennis for the first time or just trying to improve your game, our tennis pros will be there to accommodate your needs. Call the Seaview or Phipps Pro Shops to book a lesson today!

> Private, Semi-Private and Group lessons for 30min, 1 hr., and 1.5hr. available at both locations.











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# **Sound Bath**

Rejuvenate your mind & body with Sound Bath sessions. Sound Baths, utilizing, gongs, crystal bowls and Koshi chimes, help you achieve deeper states of relaxation, which can lead to better sleep, reduced stress levels, and improved moods. Pre-registration required.

> January 8, 22 February 5, 26 March 12, 26 April 9, 23

Residents: \$35/session Nonresidents: \$44/session



# **Family Events**

# Mandel's 5th Birthday Bash (front lawn) Saturday, January 25, 10am-Noon

Registration: Resident - December 9 Nonresident - January 13

# Chocolate Workshop: Friday, February 7, 6-7:30pm

Registration: Resident - January 6 Nonresident - January 27 \$12/Resident \$15/Nonresident

# Movie on the Lawn: Friday, March 14, 6-8pm

Registration: Resident - February 10 Nonresident - March 3 \$5/Resident \$6/Nonresident

Reservations Required for all events.

To register, email recreation@townofpalmbeach.com with your name, number of adults and children, home address, and phone number. We will reach out for payment if applicable.



Facility Rentals
Looking for a venue to host a meeting or party?

Looking for a venue to host a meeting or party?
Whether hosting a large gathering or an intimate event, the Mandel Recreation Center, located in the center of Town, offers residents (proof of residency required) a convenient location and several options for your next function. To review policies, fees and apply for a rental, email

recreation@townofpalmbeach.com





### **Mandel Recreation Center**

340 Seaview Avenue Recreation: 561-838-5485 Fitness: 561-227-6363

#### Nov 1 to April 30

Monday-Friday: 6:30am- 8:00pm Saturday: 8:00am-6:00pm Sunday: 9:30am-6:00pm

### **Seaview Park Tennis Center**

340 Seaview Avenue 561-838-5404

Monday-Friday: 7:30 am - 8:00 pm Saturday & Sunday: 7:30 am - 6:30pm

### Palm Beach Par 3

2345 South Ocean Blvd 561-547-0598

November - April: 7:00 am-6:00 pm May-September: 7:00 am-7:00 pm www.golfontheocean.com

#### May 1 to October 31

Monday-Friday: 6:30am- 7:00pm Saturday: 8:00am-5:00pm Sunday: 9:30am-5:00pm

# **Phipps Ocean Park Tennis Center**

2201 South Ocean Blvd 561-227-6450

Monday - Saturday: 8:00am - 5:00pm Sunday: 8:00am - 12:30pm

#### **Town Marina**

PO Box 2029 500 Australian Ave.

Longitude 80 02. 66' W Latitude 26 42. 18' N 561-838-5463 www.townofpalmbeachmarina.com

# **Friends of Recreation**



Mark D. Bresnahan Director of Recreation

The Morton & Barbara Mandel Recreation Center opened it's doors in December of 2019 to serve the community of Palm Beach after a two year fundraising campaign spearheaded by the Friends of Recreation, Inc., a generous donation by the Morton and Barbara Mandel Family Foundation and the Town of Palm Beach. To preserve the long-term viability of the Mandel Recreation center, Friends of Recreation will professionally manage an endowment fund aimed to improve programming and bring the center to a break-even level. There are several donor and/or naming opportunities still available.

For more information, including a complete list of naming opportunities, please contact Mark Bresnahan at

mbresnahan@townofpalmbeach.com