



Wakulla County Recreation Department

2025 February - Winter Programs

February 1st through February 28th

Programs will be held at the Wakulla County Community Center located at 318 Shadeville Highway, Crawfordville, Florida 32327 or Medart Recreation Park located at 79 Recreation Drive, Crawfordville, Florida 32327. Interested participants may contact the Wakulla County Recreation Department Office. Please call 926-7227 or visit mywakulla.com.

Community Center Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 AM to 10:45 AM			Pickleball			
09:00 AM to 12:00 PM		Pickleball		Pickleball	Pickleball	
10:45 AM to 12:00 PM	Yoga					
11:00 AM to 12:00 PM			Yoga			
04:00 PM to 07:00 PM						Pickleball
06:30 PM to 07:30 PM		Yoga				
07:15 PM to 09:00 PM			Pickleball			

Open Gym Pickleball at the Community Center

SESSION DATES: Tuesdays, 09:00 AM to 12:00 PM, February 4th, 11th, 18th & 25th

Wednesdays, 08:45 AM to 10:45 AM, February 5th, 12th, 19th & 26th

Wednesdays, 07:15 PM to 09:00 PM, February 5th, 12th, 19th & 26th

Thursdays: 09:00 AM to 12:00 PM, February 6th, 13th, 20th & 27th

Fridays: 09:00 AM to 12:00 PM, February 7th, 14th, 21st, & 28th)

Saturdays: 04:00 PM to 7:00 PM, February 8th, 15th, 22nd, & 29th

AGES: 12 and up.

TIMES: Times vary depending on the days. Please see the times listed above

COST: \$2.00 entry fee cost.

INFO: Open gym for self-organizing pickleball games.



Yoga at the Community Center



SESSION DATES: Mondays, 10:45 AM to 12:00 PM, February 3rd, 10th, & 24th

Tuesdays, 06:30 PM to 07:30 PM, February 4th, 11th, 18th & 25th

Wednesdays, 11:00 AM to 12:00 PM, February 5th, 12th, 19th & 26th

AGES: 12 and up.

TIMES: Times vary depending on the days. Please see the times listed above.

INSTRUCTORS: Mrs. Margaret Cochran - Mondays

Mrs. Savannah McNally – Tuesdays

Restorative Yoga - Mrs. McNally's yoga journey began at age 17 with a P90X workout that sparked a lifelong path of self-discovery, healing, and connection. She completed her 200-hour Yoga Teacher Training in July 2024 through Yoga Renew and has incorporated her studies in Ayurveda, Traditional Curanderismo, and nature-based healing into her teaching. Inspired by ancient practices and a deep love for nature and wildlife, she believes in looking beyond mainstream approaches to uncover the truths that support holistic healing. Her classes focus on helping participants quiet their mind and tune into their body's sacred communication language, empowering them to find balance and harmony in their unique way.

Mrs. Stacy DeYoung – Wednesdays

Mrs. DeYoung has 15 years of experience and has taught at several yoga studios in New York, New Jersey, and Pennsylvania. Her style of yoga is drawn from a mix of Hatha, Ashtanga, Yin, and her new passion, Kundalini yoga. She emphasizes connecting to participants bodies, minds, and hearts through the breath combined with movement and stillness. She loves to practice yoga in a way that allows participants to strengthen and stretch their bodies while connecting us their intuition and higher selves.

COST: \$2.00 entry fee cost.

INFO: A spiritual and physical activity that uses breathing techniques, exercise and meditation. This program helps to improve health and happiness.