

# Discover

Discover the Benefits of Tamarac Parks and Recreation



## Follow us!

**D**o you blog? Do you tweet or twirl? Are you friends with people on Facebook or a fan of pages? Do you have a widget? Have you set up events and invited your friends? Do you “like” or “unlike” a friend’s post or status update? If you’re familiar with any of this or not.... one thing you are familiar with is the City of Tamarac. And you know about our continuous improvements in technology and getting information out to you, our residents. You’ve been able to follow the City “tweets” on Twitter for almost a year and we now have a Fan Page for the Parks

and Recreation Department on Facebook. To get frequent updates of Department happenings including class changes, field closures, events and activities, bus route revisions and much more, log onto [www.Facebook.com](http://www.Facebook.com) (you must be a member to view our page and it’s a free service), go to your Home page and click on “pages” in the left hand side under NEWS FEED and then search for “Parks and Recreation Department” to become our FAN!

Once you’re a FAN of our page we can also invite you to

**Continued: Page 2**

January / February / March 2010

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**"Follow us..." Continued From: Page 1**

ALL upcoming events within the Department. You can also invite your Facebook friends to become FANS of our page and then invite them to attend upcoming events with you. This quarter we have the Twilight Concert series, Family Valentine's dance, Springfest and more! You'll learn more about our transit system, see upcoming trips, and sign up as soon as they are announced! View our hours of operation and where to pay your water bill or turn on/off your service. Never miss out on knowing when you can sign your child up for Little League, Girl's Softball, Soccer, Basketball, Football or Cheerleading! Get information on our upcoming cultural events, community garage sales, art exhibitions, senior program activities, and more!

## TAMARAC ATHLETICS

The following sports leagues are offered in the City of Tamarac. Please contact the sports league at the phone number provided for more information.

### Youth Sports Leagues..... Phone Number

Tackle, Flag Football/Cheerleading....	(954) 721-5131
Girl's Softball.....	(954) 881-7033 (www.eteamz.com/tamaracgirlsoftball)
Little League.....	(954) 720-0301 (www.tamaraclittleleague.com)
T-Ball/Coach Pitch.....	(954) 720-0301
Youth Basketball.....	(954) 722-1166
Youth Football/Cheerleading.....	(954) 721-5131
Youth Soccer.....	(954) 804-5022 (www.tamaracsoccer.com)

### Adult Leagues..... Phone Number

Coed Softball.....	(954) 720-7103
Men's Basketball.....	(954) 533-5538
Men's Basketball League (Over 30)...	(954) 720-7103
Men's Soccer.....	(954) 553-0272
Men's Softball.....	(954) 726-2013

## FACILITY LOCATIONS

### Caporella Aquatic Center (Wellness Center)

9300 N.W. 58 Street

### Gary B Jones Park for People and Pups

8101 Southgate Boulevard

### Tamarac Community Center (TCC)

8601 W. Commercial Boulevard

### Tamarac Multi-Purpose Center

7531 N. University Drive

### Tamarac Park / Recreation Center

7501 N. University Drive

### Tamarac Sports Complex

9901 N.W. 77 Street

### Tephford Park

10003 Southgate Boulevard

More information: (954) 597-3620 / [www.tamarac.org/parks](http://www.tamarac.org/parks).

## SPECIAL EVENTS

### Tamarac @ Twilight Concert Series

Don't miss the City of Tamarac Parks and Recreation Department's 2010 Tamarac at Twilight Concert Series. The concerts are free and light refreshments will be served so grab your lawn chairs and enjoy music and dancing under the stars. In addition, there will be a bounce house for the kids.

**Where:** Tamarac Sports Complex

**When:** Friday, January 8<sup>th</sup>, February 12<sup>th</sup> & March 12<sup>th</sup>, 7:00 – 9:00 pm

**Fee:** FREE

### Community Garage Sale

**Where:** Tamarac Community Center

**When:** Saturday, January 23<sup>rd</sup>, 7:30 am – 12:30 pm

**Fee:** \$20.00 per vendor space/**FREE to public!**

### Black History Month Art Exhibition

**Where:** Tamarac Community Center

**When:** Monday, February 1<sup>st</sup>, 6:00 pm

### Daddy & Daughter/Mother & Son Sweethearts Ball

Enjoy a special evening of dinner and dancing.

**Where:** Tamarac Community Center

**When:** Saturday, February 6<sup>th</sup>, 6:00 – 8:00 pm

**Fee:** \$10.00 per couple/ \$5.00 additional family member

### Crazy Canine Couture Contest

Prizes awarded for craziest and most original canine couture and top dog trick.

**Where:** Gary B Jones Park for People and Pups

**When:** February 19<sup>th</sup>, 5:00 – 6:00 pm

**Fee:** \$3.00 per pet

### Peter Cottontail's Wet & Wild Egg Hunt

Children ages 2 – 5 years old will enjoy an egg hunt, music, games, candy, a chance to win a gift basket, and a picture taken with Peter Cottontail. Remember to wear your bathing suit as you will be getting wet. Pre-registration is required.

**Where:** Caporella Aquatic Center

**When:** Saturday, March 27<sup>th</sup>, 9:30 – 11:00 am

**Fee:** Residents: \$4.00, Non-residents: \$6.00

### Springfest

Event features face painting, bounce houses, games, and an egg hunt for ages 10 & under. Find the golden egg and win a prize. Egg hunt starts promptly at 10:00 am. Don't be late or you'll miss the action!

**Where:** Tamarac Park

**When:** Saturday, April 3<sup>rd</sup>, 10:00 am – 12:00 pm

### Show Your Talent!

Calling all local artists! Show off your creativity and share your love of art with the residents of Tamarac. If you are interested in displaying your artwork, applications are available at the Tamarac Community Center or call **(954) 597-3635**.

### Community Garden Project

Volunteers are needed for Tamarac's Community Garden project. For more information, call **(954) 597-3637**.

## ADULT TRIPS

Register for all trips at the Tamarac Community Center located at 8601 W. Commercial Boulevard from 8:00 am - 8:00 pm. All bus trips will leave from this location. **For information about any of our trips, call (954) 597-3620.** Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).

### Phantom of the Opera: Broward Center

**When:** Tuesday, January 12<sup>th</sup>  
(Bus: leaves 6:45 pm / returns 11:00 pm)  
**Fee:** Residents: \$68.00, Non-Residents: \$78.00

### Hard Rock Casino

**When:** Thursday, January 28<sup>th</sup>  
(Bus: leaves 3:45 pm / returns 10:00 pm)  
**Fee:** Residents: \$15.00, Non-residents: \$25.00

### Laffing Matterz Dinner Show: Broward Center

**When:** Thursday, February 11<sup>th</sup>  
(Bus: leaves 6:15 pm / returns 10:30 pm)  
**Fee:** Residents: \$64.00, Non-Residents: \$74.00

### Singin' in the Rain: Broward Stage Door

**When:** Thursday, February 25<sup>th</sup>  
(Bus: leaves 7:15 pm / returns 11:00 pm)  
**Fee:** Residents: \$32.00, Non-Residents: \$42.00

### Palm Beach Princess Cruise

**When:** Thursday, March 11<sup>th</sup>  
(Bus: leaves 8:00 am / returns 6:00 pm)  
**Fee:** Residents: \$35.00, Non-residents: \$45.00

### Vizcaya Museum and Gardens Moonlight Tour/ Bayside Marketplace

**When:** Tuesday, March 30<sup>th</sup>  
(Bus: leaves 3:45 pm / returns 10:00 pm)  
**Fee:** Residents: \$17.00, Non-Residents: \$27.00

### KIDS COOKING CLASS



## SENIOR PROGRAMS

**Calling all Seniors!** Be part of the fun and become a member of the award winning Tamarac Community Center Senior Program!

With over 50 different activities, programs and services per week, there is truly something for everyone. The Senior Program has over 1200 members who participate in activities such as Jazzercise, clay workshops, painting, line dancing, scrabble, volleyball, chair yoga, and much, much more. Where else can you enjoy all these activities all for \$25 a year! Membership is valid through September 30, 2010.

The Senior Program is available to seniors ages 55 and up from Monday through Friday, 8:30 am – 4:00 pm. For more information and to check out our program listing, please visit the Community Center (8601 W Commercial Blvd.), or call **(954) 597-3620**, or visit us on the web at [www.tamarac.org/parks](http://www.tamarac.org/parks). You can also get updates on the Senior Program through Twitter; sign up at: [twitter.com/CityofTamarac](https://twitter.com/CityofTamarac).

**Below is a list of the classes Tamarac's Senior Program has to offer. Call (954) 597-3620 for more information...**

### CLUBS & ACTIVITIES

- Arts & Crafts
- Badminton
- Battle of Sexes Trivia
- Bingo
- Body Basics
- Card Making
- Card Playing
- Chair Yoga
- Chicken Soup for the Soul
- Coed Basketball
- Computer Class
- Creative Writing
- Duplicate Bridge
- Happy Hookers Club
- Jazzercise
- Jewelry Making
- Line Dancing
- Mah Jong
- Mediation
- Movies
- Painting
- Pickleball
- Scrabble
- Stretch & Tone
- Tai Chi
- Think Loft (Brain Games)
- Volleyball
- Walking Club
- Water Exercise Class
- Weekly Dance Party
- Yoga
- Yogalites
- Zumba

## SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless otherwise noted. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County. For transportation issues, to register for our Transportation Program or to inquire about transit, please call (954) 597-3649. Schedules for the Red and Yellow Transit Routes are available at [www.tamarac.org](http://www.tamarac.org) and at City facilities.

### PROGRAMS

#### Caregiver Support Group

Are you a full-time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed with the challenges? Here's a chance to meet with others who share similar experiences. Call Susan Panzer at Jewish Family Service of Broward County at (954) 370-2140 for more information.

**When:** 2nd and 4th Tuesday of each month, 10:00 - 11:30 am

#### Center for Hearing and Communication

Provides amplified phones and TDDs free of charge to residents of the State of Florida who are deaf and/or hard of hearing. Please call Social Services at (954) 597-3642 with any questions.

**When:** 3rd Wednesday of each month, 10:00 - 11:30 am

#### Depression & Bipolar Peer Support Group

Women's Group: Every Wednesday from 6:00 - 8:00 pm.

Co-Ed Group: Every Thursday from 6:00 - 8:00 pm.

Meet with other people who share their personal experiences dealing with their mood disorders. For more information, call **Depression and Bipolar Alliance** at (954) 588-3272 or visit them online at [www.sfdbsa.com](http://www.sfdbsa.com).

#### Guiding Good Choices

Guiding Good Choices is a five session curriculum to educate adults about the challenges and difficulties faced by youths. Sponsored by the Broward County Substance Abuse Commission and facilitated by Tamarac Broward Sheriff's Office. Please call Dwight at (954) 661-9365 for more information.

**When:** Monday, 6:30 - 8:30 pm

#### Women's Individual Empowerment Sessions

Women of all ages will receive eight free individual counseling sessions. Topics include empowerment, self-improvement, relationships, legal issues, domestic violence, and parenting. Sessions are facilitated by Lakshmi Subrahmanian, a licensed mental health counselor. Call (954) 655-7040 to register.

### SERVICES/ GROUPS

#### Alzheimer's Support Group

**When:** 1st and 3rd Monday of each month, 10:30 am

#### Bereavement Support Group

**When:** Every Monday, 10:00 - 11:30 am

#### Eye Screenings

Please call (954) 597-3642 to schedule an appointment.

#### Free 911 Cell Phones for Seniors

2nd Monday of each month at 9:30 am. Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

#### Free Eyeglass Repair Program

**When:** Tuesday, 10:00 am - 1:00 pm

#### Hearing Screenings

**When:** 2nd Tuesday of each month, 9:00 - 10:45 am

#### LUNCH: Meals on Wheels

Served at 11:30 am for seniors 60 and older. Suggested donation is \$2. Provided by Broward Meals on Wheels. Must reserve a meal no later than noon the day prior by calling Patrick Massacoi at (954) 724-2544 between 9:30 am and 12:30 pm.

#### Mammovan

Mobile Mammography Screening provided by North Broward Hospital District. Most insurance is accepted. If insurance is unavailable, there will be a \$58 fee to cover the cost. A referral is recommended. No HMO taken. Call (954) 597-3642 to schedule your appointment.

#### Mother's Group

Call (954) 597-3637 for more information.

#### Osteoporosis Screenings

Call 1-800-257-0944 to schedule an appointment.

#### Senior Coping Skills Group

**When:** 2nd and 4th Tuesday of each month, 10:30 am - 12:00 pm

**Free Individual Senior Counseling:** Please contact Sharon Roseman, LCSW at (954) 895-6031 to make an appointment. Tamarac residents only.

#### Senior Social

Join us for bagels and coffee and an educational lecture.

**When:** Every 3rd Tuesday of each month, 10:00 am

#### SHINE Counselor

Serving Health Insurance Needs for the Elderly. Questions regarding your Medicare/Medicaid Insurance? Call to speak to a SHINE counselor: (954) 745-9779.

#### Veterans Advisor

**When:** Every Friday, 8:00 - 11:00 am

# VOLUNTEERS WANTED

The City relies on the involvement of volunteers to build a strong sense of community. Our volunteers participate in a wide variety of activities including helping seniors, participating in special events, assisting the Parks and Recreation Department and other activities. We are currently in need of volunteers for our senior program to help with activities such as the dance, senior social, etc. If you have some time and would like to get involved, please contact us by email at [rosec@tamarac.org](mailto:rosec@tamarac.org) or call (954) 597-3642. Thank you for your interest and support, we look forward to welcoming you to our volunteer program.

**ADULT ACTIVITIES**

Activity	Day	Time		Ages	Resident/ Non-Resident Fee		Location	Session
Badminton	Mon. & Wed.	6:00 - 9:00 pm		13 & over	\$3/\$5	Community Center	Per Class	
	Sat.	5:00 - 9:00 pm						
	Sun.	12:00 - 4:00 pm						
Clay workshop	Mon. & Wed.	5:30 - 8:30 pm		18 & over	\$55/\$65	Community Center	8-week	
Internet (Beginner)	Tues. & Thurs.	7:00 - 8:30 pm		18 & over	\$35/\$45	Community Center	4 classes	
Kundalini Yoga	Thurs.	9:30 - 10:30 am		18 & over	\$40/\$50	Recreation Center	4-week	
Line Dancing (Beginner)	Thurs.	6:00 - 8:00 pm		18 & over	\$7/\$8	Community Center	Per Class	
Line Dancing (Intermediate)	Tues.	7:15 - 8:45 pm		18 & over	\$5/\$6	Community Center	Per Class	
Line Dancing (Intermediate)	Thurs.	8:00 - 9:30 pm		18 & over	\$7/\$8	Community Center	Per Class	
Medicine Ball Workout	Sat.	10:30 - 11:45 am		13 & over	\$30/\$40	Recreation Center	4-week	
Middle Eastern Dance	Tues.	7:00 - 8:30 pm		18 & over	\$45/\$55	Community Center	4-week	
Pregnancy Yoga	Tues.	6:30 - 7:30 pm		18 & over	\$24/\$34	Community Center	4-week	
Salsa & Ballroom Dance	Wed.	7:00 - 8:00 pm		18 & over	\$35/\$45	Community Center	4-week	
Sport Specific Training	Sat.	2:00 - 3:00 pm		10 - 17 yrs.	\$10	Multi-Purpose Center	Per Class	
Taekwondo	Tues. & Thurs.	7:00 - 8:00 pm		13 & over	\$70/\$80	Recreation Center	4-week	
Teacher's Power Hour	Tues. & Thurs.	3:45 - 4:45 pm		18 & over	\$60/\$70	Recreation Center	4-week	
Tennis Lessons	Sat.	9:00 - 10:00 pm		13 & over	\$40/\$50	Sports Complex	4-week	
Windows Computer	Tues. & Thurs.	7:00 - 8:30 pm		18 & over	\$35/\$45	Community Center	4 classes	
Zumba	Wed.	6:30 - 7:30 pm		13 & over	\$25/\$35	Community Center	4-week	
	Fri.	7:00 - 8:00 pm						

**FITNESS SCHEDULE**

Body Sculpting	Thurs. & Fri.	6:00 - 7:00 pm					
Boot Camp	Wed.	7:00 - 8:00 pm					
Hi/Low Impact Aerobics	Tues.	6:00 - 7:00 pm					
Kickboxing	Mon. & Thurs.	6:00 - 7:00 pm					
Pilates	Mon.	7:00 - 8:00 pm					
Step Fusion	Wed.	6:00 - 7:00 pm					
	Mon.	5:30 - 6:30 pm					
Yoga	Thurs.	7:00 - 8:00 pm					
	Sat.	9:00 - 10:00 am					

**Where:** Tamarac Community Center  
**Fee:** Residents: \$5, Non-residents: \$6 per class  
 Residents: \$45, Non-residents: \$55 for 10 classes  
 Residents: \$99.38, Non-residents: \$198.75 for annual membership

# YOUTH ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee		Location	Session
Acrobatics	Wed.	5:30 - 6:15 pm	5 - 9 yrs.	\$40/\$50		Community Center	4-week
Art Techniques	Sat.	12:00 - 12:45 pm	4 - 11 yrs.	\$36/\$46		Community Center	4-week
Ballet Basics	Tues.	4:30 - 5:15 pm	4 - 7 yrs.	\$40/\$50		Recreation Center	4-week
Basketball Fundamentals	Mon.	6:00 - 8:00 pm	8 - 13 yrs.	\$40/\$50		Multi-Purpose Center	4-week
Bellydance	Wed.	6:00 - 7:00 pm	13 & over	\$45/\$55		Recreation Center	4-week
Cold porcelain Sculpting	Sat.	10:30 - 11:30 am	5 - 12 yrs.	\$60/\$70		Recreation Center	4-week
Computer Graphic Art	Sat.	10:00 - 11:00 am	8 - 12 yrs.	\$40/\$50		Recreation Center	4-week
Creative Minds Arts & Crafts	Tues.	12:00 - 5:45 pm	5 - 11 yrs.	\$40/\$50		Recreation Center	4-week
Drama	Wed.	3:30 - 5:00 pm	6 - 14 yrs.	\$50/\$60		Recreation Center	4-week
Fun-Art-Tastic Spanish	Fri.	5:00 - 5:45 pm	4 - 11 yrs.	\$36/\$46		Community Center	4-week
Guitar Lessons	Sat.	5:30 - 6:30 pm	8 - 12 yrs.	\$50/\$60		Community Center	4-week
Gymnastics	Sat.	11:30 am - 12:30 pm	5 - 11 yrs.	\$40/\$50		Recreation Center	4-week
Hip Hop Dance	Thurs.	3:30 - 4:30 pm	3 - 5 yrs.				
		4:30 - 5:30 pm	6 - 12 yrs.	\$40/\$50		Recreation Center	4-week
		5:30 - 6:30 pm	13 & over				
Hip Hop / Cheerleading	Sat.	12:00 - 12:55 pm	5 - 11 yrs.	\$40/\$50		Community Center	4-week
Kid's in the Kitchen	Tues. & Thurs.	3:30 - 5:00 pm	7 - 11 yrs.	\$40/\$50		Recreation Center	4-week
Level 1 Ballet & Tap	Sat.	10:00 - 10:45 am	3 - 5 yrs.	\$40/\$50		Community Center	4-week
Level 2 Ballet, Tap, & Jazz	Sat.	11:00 - 11:55 am	6 - 10 yrs.	\$40/\$50		Community Center	4-week
Salsa & Ballroom Dance	Wed.	4:45 - 5:45 pm	7 - 12 yrs.	\$40/\$50		Multi-Purpose Center	4-week
Taekwondo (Advanced)	Tues. & Thurs.	6:00 - 7:00 pm	7 - 12 yrs.	\$70/\$80		Recreation Center	4-week
Taekwondo (Beginner)	Tues. & Thurs.	5:00 - 6:00 pm	4 - 12 yrs.	\$70/\$80		Recreation Center	4-week
Tap 1	Tues.	5:30 - 6:30 pm	8 & over	\$40/\$50		Recreation Center	4-week
Tap 2	Tues.	6:30 - 7:30 pm	8 & over	\$40/\$50		Recreation Center	4-week
Teen Council Program	Thurs.	6:00 - 7:00 pm	12 - 17 yrs.	\$15/\$25		Multi-Purpose Center	Annually
Tennis Lessons	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50		Sports Complex	4-week
Tots Ballet	Tues.	3:30 - 4:15 pm	18 mos. - 3 yrs.	\$40/\$50		Recreation Center	4-week
Tumbling	Sat.	11:00 - 11:45 am	3 - 5 yrs.	\$40/\$50		Community Center	4-week
Tutorial Program	Wed.	5:00 - 6:00 pm	7 - 14 yrs.	\$69/\$79		Community Center	4-week
Yoga	Wed.	3:30 - 4:30 pm	6 - 12 yrs.	\$40/\$50		Recreation Center	4-week

## CAPORELLA AQUATIC CENTER

Visit the Caporella Aquatic Center located at 9300 NW 58 Street. Enjoy its many amenities including a 25 meter swimming pool with zero depth entry and slide, children's water playground, 3,000 sq.ft. fitness room, locker rooms, picnic tables, and more.

### Early Lap Swimming:

Tuesday and Thursday: 7:00 - 10:00 am

### Pool Hours:

**Weekdays:** Pool: 10:00 am - 6:00 pm  
Slide and Sprayground: 2:30 - 6:00 pm  
**Weekends:** Pool, Slide, and Sprayground:  
10:00 am - 6:00 pm

**For Aquatic Center rental information and fees, please call (954) 597-3660.**

**NOTE: Pool is closed for general admission in January and February, however classes continue as scheduled.**

### Pro-active Arthritis Water Exercise Class

Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness without causing strain.

**When:** Monday, 10:30 - 11:30 am, and  
Wednesday, 12:30 - 1:30 pm  
**Fee:** Senior Program Members: Free  
Non-Senior Program Members: \$2.00 per class

### Swim Lessons

Swim Lessons are offered for beginner level swimmers. Swimmers will learn front float, back float, and general arm and leg motions for swimming freestyle and backstroke. (Parent-Tot: Ages 3 - 5; Level 1: Ages 6 - 16; Level 2: Intermediate: Ages 6 - 16; Adult: Level 1: Ages 17 & Over.)

**Parents/Tots (Ages 3 -5):**  
Monday/Wednesday, 6:00 - 6:45 pm;  
Tuesday/Thursday, 5:00 - 5:45 pm;  
Saturday, 9:00 - 9:45 am & 10:00 - 10:45 am

**Level 1 (Ages 6 & over):**  
Monday/Wednesday, 5:00 - 5:45 pm;  
Tuesday/Thursday, 5:00 - 5:45 pm & 6:00 - 6:45 pm;  
Saturday, 9:00 - 9:45 am

**Level 1 (Advanced):**  
Saturday, 10:00 - 10:45 am

**Level 2 (Intermediate, Ages 6-16)  
/Adult Level 1 (Ages 17 & over):**  
Tuesday/Thursday, 6:00 - 6:45 pm  
**Fee:** Residents: \$40.00, Non-residents: \$50.00

### Tamarac Tiger Sharks Swim Club

The swim club will improve children's (ages 5-17 years) overall swimming skills, build endurance and get them ready to join a competitive team.

**When:** Monday/Wednesday, 6:00 - 7:00 pm  
**Fee:** Residents: \$30, Non-residents: \$40

### Water Aerobics

Get a total body workout to improve motor skills, balance, strength, and posture. Moderate to high level of cardio will be achieved.

**When:** Monday/Wednesday, 6:00 - 6:45 pm  
**Fee:** Residents: \$45, Non-residents: \$55

# Badminton

Most Americans believe that badminton is a backyard game played during picnics and cookouts. What you may not know is that countries in Europe, Asia, and the Caribbean Islands play badminton as a major competitive sport. There are many clubs and leagues in these countries as well as others that play badminton as a professional paying sport. The game is so popular that the International Olympic Committee (IOC) recognizes the sport as an Olympic event and is played during the summer games. In continuing to build creative sports programming, **badminton is offered at the Tamarac Community Center**, and has been an ongoing activity for over two years. The game has proven to be quite popular and draws participants from many world cultures. China, Southeast Asia, India, Pakistan, Jamaica, Britain, and the Caribbean Islands are just a few of the nationalities that are represented by our participants that come from all over the tri-county area as well as areas as far north as Orlando to compete with our local players. Participants have also come from overseas to play badminton as they spend their vacation in South Florida. To learn more about badminton, challenge some of our talented players, or if you would like to watch what competitive badminton looks like, come to the Tamarac Community Center. **Badminton is played every Monday and Wednesday from 6:00 pm to 9:00 pm, Saturday from 5:00 pm to 9:00 pm, and Sunday from 12:00 pm to 4:00 pm.**

## WELLNESS CENTER

We invite you to visit the Tamarac Wellness Center (9300 N.W. 58th Street). We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, recumbent life-cycles, stationary bikes and more. The Wellness Center offers a friendly non-competitive workout environment with an awesome view of our competitive pool or community garden. If this is your first visit, our qualified friendly staff will show you around and get you familiar with the equipment. We also have personal training sessions available. Visit the Tamarac Wellness Center today at 9300 NW 58th Street or contact us at (954) 597-3661 or visit our website at [www.tamarac.org/parks](http://www.tamarac.org/parks).

# TAMAGRAM

flip for it flip for it

Now that you've read about [just a few] of the great programs and activities Tamarac's Parks and Recreation Department offers... **Flip For It!** and read the City's informative magazine, the **Tam-A-Gram!**