FARMER’S MARKET:
Fresh produce and more!

BSO CORNER:
Prevent Identity Theft

DUCKS & WILDLIFE
Please don’t feed the animals!

BUSINESS CORNER:
More new businesses open in Tamarac

SURVEY SAYS!
You’re invited to hear the results of the 2011 Citizen Survey... they may surprise you!

Ringing in the New Year!

HISTORY IN THE MAKING:
Historical Society solves origins of the City’s Name: It’s not what you think...
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3 BSO Corner
Identity Theft. Protect Yourself.

5 Tamarac University
Apply today for the 2012 class!

6 Wildlife & Ducks
Code Q&A. Please don’t feed the animals.

8 Survey Says!
What our 2011 Citizen Survey tells us!

1......First Things
The Tamarac Historical Society solves the mystery of the origins of the City’s name; grants are STILL available for seniors and veterans; rebates available to everyone to help save water; we still have water restrictions; you can adopt-a-street; Fire Rescue Cadets and CERT volunteers at work; Olive is honored; the Commission elects a new Vice Mayor; Liza reads us; and Life in Tamarac!

4......Happenings!
So many photos, so little space... be sure to check out www.tamarac.org/photos!

7......WM Update: New Carts & Going Green
Moving right along with the new garbage contract.

7......Screening Your Waste Carts
Speaking of carts, don’t forget to screen them!

7......New Inspection Request Line: Fast & Easy!
A new option to help schedule and check the status of inspections.

10......Business Corner
New businesses open in Tamarac! Welcome Aldi and Chase...

IMPORTANT NUMBERS

MAIN NUMBER (954) 597-3500
ADA Coordinator/Accessibility (954) 597-3505
1(800)955-8770 (Voice)
1(800)955-8771 (TTY)
Citizen Hotline (954) 718-1800
(Activated During Emergencies)
Building Services (954) 597-3420
Building Inspections (954) 597-3430
Building Permitting and Inspection Results (954) 597-3435
City Clerk’s Office (954) 597-3505
City Commission (954) 597-3460
City Manager’s Office (954) 597-3510
PIO (Media) (954) 597-3523
Community Development (954) 597-3530
Code Compliance (954) 597-3425
Business Revenue (954) 597-3536
Financial Services (954) 597-3550
Purchasing (954) 597-3570
Fire Rescue (Non-Emergency) (954) 597-3800
Human Resources (954) 597-3600
Job Line (954) 597-3615
Risk Management (954) 597-3613
Mayor and Commission (954) 597-3460
Parks & Recreation (954) 597-3620
Community Center (954) 597-3620
Customer Service (954) 597-3590
Caporella Aquatic Center (954) 597-3660
Caporella Fitness Center (954) 597-3661
Social Services (954) 597-3642

Transit/Shuttle Bus (954) 597-3649
Police/BSO Tamarac District (Non-Emergency) (954) 720-2225
Public Works (954) 597-3700
Engineering (954) 597-3712
Recycling & Trash Hotline (954) 597-3740
Utilities (954) 597-3750
Customer Service (954) 597-3590
Utilities (leaks, breaks, etc.) (954) 597-3750
Water Treatment Plant (954) 597-3775
(Also used for 24-hour Utilities emergencies.)

Service Providers:
All Service Refuse (954) 583-1830
Comcast Cable (954) 252-1937
Library (Tamarac Branch) (954) 720-2282
Post Office (Tamarac Branch) (954) 722-3152
Tamarac Theatre (954) 726-7898
Waste Management (954) 974-7500
The origins of the City of Tamarac's name have long been up for debate. Various stories, rumors and theories have been passed from neighbor-to-neighbor and written about in various newspaper articles for years. The most common story to be told is the one in which Ken Behring, Tamarac’s founder and original developer of most of the City's initial neighborhoods, reversed the name of a successful car wash business he had in Wisconsin prior to moving to South Florida – Car-A-Mat.

Other stories have included our city was named after the Tamarack tree, or an Indian Chief, or even by Mr. Behring taking the first initial of all his top executives at the time to form the word (this new theory was only recently uncovered by the Tamarac Historical Society in an old newspaper article).

In fact, when the Historical Society is out and about in the community, manning their information tables at various City events, or their bake sale fund-raiser table at the City’s Community Garage Sales, people often stop by to say, “I know how the City got its name... do you?” As the person recalls the story, most often it is the one about “Car-A-Mat.”

The truth is, that isn’t how the City got its name.

The City isn’t named after a tree, an Indian chief, or Mr. Behring’s executives.

Right from the beginning, when the Historical Society was formed in mid-2009, the group knew that solving the origins of Tamarac’s name would be a priority. Unfortunately all of their research resulted in nothing definitive, other than the fact that there were definitely several different ideas that have all stood the test of time and been passed down through the years.

Barbara Tarnove, the president of the Historical Society, decided to go right to the source. She reached out to Ken Behring through his secretary, Annette, and we are pleased to share with you the definitive answer on this subject:

“I spoke with Mr. Behring and asked him about the name. He laughed and said there are so many stories out there and they are [all] much better than the true story....”

of this great program now... you could receive up to $175 in rebates! For complete program details visit www.tamarac.org/Utilities, or call (954) 597-3792. Once you have read the details of the program, be sure to fill out and return the application. Remember, you must turn in your application and be approved BEFORE purchasing your toilet in order to receive the rebate.

ADOPT! Your organization or company can help keep our city beautiful and litter free by joining the City of Tamarac’s Adopt-A-Street program. To get involved Continued: Page 2
First Things

New Vice Mayor

On Wednesday, November 9, 2011, Tamarac’s City Commission unanimously elected District 3 Commissioner Diane Glasser the City’s Vice Mayor for 2012. The nomination was made during the City Commission Workshop held on Monday, November 7, 2011, and the Resolution was adopted during the November 9, 2011 Commission Meeting.

The Vice Mayor position is traditionally selected each November prior to the Thanksgiving holiday. Nominations are put forth by the Mayor and Commissioners and voted on. In addition to representing the City at various functions, the Vice Mayor presides over Commission Meetings and Workshops in the absence of the Mayor.

“I’m honored that my colleagues on the dais have elected me to serve as Vice Mayor of the City for the coming year,” stated Vice Mayor Glasser, “Serving the people of Tamarac is a great honor and I am thrilled to serve in this capacity for the next year.”

First Things | Continued From: Page 1

with this great program (not to mention, to get your group recognized on one of those cool signs) contact Alaina Grodon, program coordinator, at (954) 597-3531, or email alaina.gordon@tamarac.org.

Volunteers: Congratulations to Olive Smith who has been selected as the Volunteer of the Quarter for the fourth quarter of 2011. Olive has been a volunteer with the City since 2008. She works with the senior program and also assist with the City’s special events, doing everything from set-up to clean-up and everything in-between. Olive is known for her great personality as well as being reliable, conscientious, and detail oriented. She is a tremendous asset to the City of Tamarac! If you would like to become a volunteer with the City, contact Rose Cure Persad, Social Services Supervisor, at (954) 597-3642, or email rose.cure@tamarac.org.

Life in Tamarac

We want your photos! We’re looking for photos taken by residents of everyday life and happenings in Tamarac, like this photo taken by Maria Pineda of her son Christopher O’Berg and his taekwondo teacher, Millie Schreiner, at the Tamarac Recreation Center — “My son and I enjoy this city because it has great schools, lots of activities for children, and it is also a safe place.”

Do you have a photo to share? If so, please send your high-resolution [only] photos via email to: chad.quinn@tamarac.org. Be sure to include your full name, telephone number and a brief description of the photo. Also, be sure to include a quote on why you enjoy living in Tamarac, The City for Your Life! *Photos may be published in City publications or websites.
Identity Theft

There are new criminals in town — and these criminals are targeting you! Gone are the days when burglars simply stole belongings out of your vehicle and that was the end of it. Now, they steal your identity. These thieves move swiftly, often without being noticed, because it takes only seconds to commit this type of crime.

Unfortunately, the crime doesn’t stop after your belongings are stolen. This can lead to many more offenses. Once a criminal steals your purse, briefcase or laptop — all of which usually contain your personal information — the door is open to swiping your identity.

Cleaning up your name and credit score after becoming an identity theft victim often takes months or even years. According to the National Crime Prevention Council, victims spend an average of 30 hours repairing their credit and name after an identity theft crime.

It’s important to keep in mind that criminals target drivers who leave personal items in their vehicles while completing daily chores. This includes pumping gas at a local gas station, dropping your kids off at day care or school and running other errands.

Those who drive large vehicles, such as minivans and SUVs, are even easier targets because their view to the other side of their vehicle is often obstructed.

Be aware of these easy steps that will help keep your personal items and your identity safe:

• As soon as you enter your vehicle, lock your doors.
• Always pay attention to your surroundings and the people around you.
• Do not leave valuables such as your purse, briefcase or cell phone in plain view. Place the items under your seat or in the trunk before you arrive at your destination.
• Keep your windows rolled up. This will prevent a thief from reaching into your vehicle.

The men and women of the Broward Sheriff’s Office are working hard to catch these criminals, but we need your help to prevent the crime before it happens. Add these simple crime prevention tips to your daily life. Doing so will help protect yourself, your property and your identity.

BSO: The BSO website is a great resource for useful information; from crime prevention and safety tips, to crime statistics and booking information. Links to: www.sheriff.org.

PROTECT YOURSELF: BSO SHRED-A-THON
In an effort to help Broward shred away identity theft, the Broward Sheriff’s Office hosts FREE Shred-A-Thon events throughout the year. Be sure to check BSO’s website (www.sheriff.org) for upcoming events; in addition events scheduled in Tamarac will be promoted on the City’s website (www.tamarac.org) and through its Twitter (www.twitter.com/CityofTamarac) and Facebook (www.facebook.com/TamaracFlorida) pages.
There’s always a lot going on in “The City for Your Life!”

The photos featured here provide just a glimpse of some of the City’s most recent events. From honoring our veterans, to providing eaters a taste of what the great restaurants our community have to offer; honoring pioneers, to providing runners their annual Thanksgiving tradition, and shoppers great deals, not to mention some holiday cheer for several hundred revelers...there truly is always something happening in Tamarac! Be sure to check out all of our photo sets online at: www.tamarac.org/photos!

Don’t forget, if you have photos to share, be sure to submit them to our “Life in Tamarac” collection (see details on page 2).
TU 2012: Apply Today

We want you! We’re now accepting applications for the 2012 Class of Tamarac University (TU)! Now in its sixth year, TU is the perfect opportunity to get to know more about Tamarac, “The City for Your Life!”

Would you like to know how your City government works? How about how the City’s budget is developed; the relationship between the City Manager and City Commission; or the responsibilities of departments such as Community Development, Building, and more? TU was created to answer all of these questions and many, many more.

Since its inaugural class in 2007, TU has been an overwhelming success — with over 120 graduates so far! The primary function of TU is as a citizens’ academy where residents and representatives of the business community can improve not only their understanding of local government, but also their role in local government. Upon completion of the interactive multi-week program, graduates become ambassadors of the City within their neighborhoods, clubhouses, and circle of friends. In fact, many graduates go on to serve the City on advisory boards and committees and even, in two instances, serve on the City Commission!

In addition to education, the TU program focuses on keeping graduates involved and engaged through an Alumni program which includes a yearly “Graduate Course” (see pictures below), held each Winter, and various social activities such as the annual TU Alumni Potluck Dinner. Classes are held on Tuesday evenings in the Spring (April – June) from 6:00 – 8:30 pm. There is no fee to participate; however, since space is limited to 25 participants, attendance at all sessions is expected.

Applications are now available online at www.tamarac.org/TU (or scan the QR Code!). The deadline to apply is Friday, February 11, 2012 — don’t delay, get yours in today! So, will you be there?


TU 2012: Apply Today

www.tamarac.org
Q: I’ve noticed a lot more wildlife around my home and community lately such as raccoons, opossum, and ducks. What can the City do to help rid us of these nuisances? – District 4 Resident

A: WILDLIFE: We get this question, or ones very similar, quite often. With regards to raccoons, opossums and other similar wildlife there is actually nothing that can be done – the City, and/or the County, do not have wildlife programs that would address the removal of these type of animals. Raccoons and opossums are native species to, and a part of the ecology, of our area; it is important to note that these animals are not considered “rodents”, but indigenous species. Our recommendation is, if they are proving to be bothersome, that you remove any sort of potential item(s) that may attract them — the most important being to keep your garbage cans securely closed (this has been made even easier with the introduction of the new waste and recycling carts throughout the City; see the October/November/December 2011 issue of the Tam-A-Gram). Perhaps even more important, DO NOT FEED THE ANIMALS; feeding wildlife accustoms them to humans and can cause their behavior to become a nuisance to the community.

The Florida Fish and Wildlife Conservation Commission has the following to say regarding Muscovy Ducks:

Muscovy ducks have been introduced into urban and suburban areas in Florida where they often occur in high densities. Muscovy ducks can be extremely prolific, and local populations, if uncontrolled, can increase dramatically in a short time. As a result, controversies frequently arise between residents who enjoy the birds and residents who consider them a nuisance.

Domestic or captive-reared ducks, such as muscovies, can transmit disease to wild waterfowl. All confirmed outbreaks of DVE, also known as duck plague (a sometimes-devastating viral infection), in wild waterfowl have been linked to domestic or captive-raised waterfowl. Fowl cholera is another serious disease that is transmitta-

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MUSCOVY DUCKS: In addition to questions regarding raccoons and opossums, the City receives a lot of questions regarding Muscovy ducks. As with raccoons and opossums, the City, nor the County, have a program to deal with Muscovy Ducks. It is important to know what can and cannot be done to these animals. Our recommendation is, DO NOT FEED THE DUCKS. As with wildlife, feeding ducks accustoms them to humans and can cause their behavior to become a nuisance to the community.

Muscovies are protected by Florida Statute 828.12 regarding animal cruelty. However, because these birds originated in Florida from domestic stock, they are not considered “wildlife.” As of March 31st, 2010 a federal control order is in effect that allows control by landowners, wildlife management agencies, and tenants, agents, or employees without federal or state permits, and prohibits the release of muscovies. More information may become available (FAQ) on this website: www.fws.gov/migratorybirds.

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New Carts Going Green

As we start the new year, Waste Management (WM), our new waste and recycling provider, has completed delivery of nearly 38,000 new carts to residents of Tamarac.

All 17,405 single-family homeowners have received two, new wheeled carts (green lids for waste and yellow lids for recyclables) with expanded opportunities for recycling and bulk pick up at a reduced rate.

In addition, WM is now providing recycling service to all 14,600 multi-family housing units in the city.

And in the coming months, WM drivers will begin servicing Tamarac with a fleet of 14 new compressed natural gas (CNG) powered, automated trucks, the first such fleet in South Florida. The trucks will have only one driver and an automated robotic arm to lift each cart and empty the contents into the truck.

Clean-burning CNG trucks deliver significant environmental benefits including 23 percent fewer greenhouse gas emissions. The engines also run quieter than traditional diesel engines, resulting in quieter trucks and less noise in the community.

“Waste Management is pleased to deploy the first waste and recycling natural gas powered fleet in South Florida in the City of Tamarac,” said Dawn McCormick, Community Affairs Manager. “Natural gas powered vehicles run cleaner and quieter, and improve air quality, and our drivers are excited to be serving our Tamarac customers with new trucks and the best technology in the industry.”

As part of the company’s goal to reduce emissions and increase fleet efficiency by 15% by 2020, WM now has more than 1,000 natural gas powered trucks on the road nationwide.

DID YOU KNOW?

SCREENING YOUR WASTE CARTS

CODE CORNER TIP: By now you have probably received your new Waste Management waste and recycling carts. These containers are meant to take the place of your old containers. Keep in mind, there are specific requirements for storing these containers in-between collection dates. Trash containers are to be screened from view from the public right-of-way to the greatest extent possible when not out for collection. We realize that many people have previously created a visual barrier for their old containers which may not have been as tall as the new Waste Management containers, as a result, the new carts may protrude above your existing barriers. Because of this, it is the interpretation of the Code Compliance division that if your screening barrier is already in place and at least 36 in height, it will not need to be changed to comply with the code requirement for screening. If your barrier is not yet in place, please make sure that when you do install it, that it is tall enough to screen your containers to the greatest extent possible from the public. Please call Tamarac’s Code Compliance Division for more information, or clarification, at (954) 597-3425.
A new year always brings with it new hopes and expectations, not to mention a few new goals. Join us January 11, 2012 (see invite below) as we unveil the latest results of our latest Citizen Survey. Hear what you and your neighbors have decided the City should focus on in the coming years.

This past summer the City of Tamarac conducted its fourth comprehensive city-wide Citizen and Business Surveys, the results of which might surprise you.

We all know that the past few years have not been easy: individuals and families have struggled to do more with less. Property values have decreased, in some cases dramatically. Foreclosures hit an all-time high, and some experts seem to believe we may not have hit bottom just yet. Salary and cost of living increases have become scarce in many sectors, and unemployment rates, although slightly decreased recently, are still above normal.

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The economic realities and hardships
we all face as individuals and families also trickle down to local governments. Less tax revenue as a result of depressed property values and foreclosures has hit municipalities, and the people they serve, hard. For Tamarac, learning to do more with less, consolidating services, cutting back where possible, and, in general, tightening the purse strings, has been the key to surviving the economic downturn while at the same time providing our residents, businesses, and visitors to our great City a level of service that meets, and exceeds, their needs.

Previous issues of the Tam-A-Gram have talked about where the City has been able to make effective changes to save money over the past few years: cutting the budget, consolidating services, and reassessing programs to suit the needs of the community while at the same time effectively managing the budget for today, and the future.

This past April a special Tam-A-Gram Extra was sent out regarding the latest Citizen Survey (available at www.tamarac.org/publications). In it we discussed the importance of our surveys and the role they play – the role you play – in shaping the future of Tamarac. Previous surveys have shown key areas that our residents wanted the City to focus on: Community Appearance, Crime Prevention and Police Visibility, and Transportation. Great strides have been made, and continue to be made, in each of these categories. New parks have been built in the past few years with more on the way; there have been numerous roadway and median improvements throughout the City; our canals are some of the best maintained in the county; our BSO presence has been increased through greater outreach and education efforts; multi-purpose, including bikeway, paths have been built or are in the process of being developed;

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EXTRA: This Tam-A-Gram Extra was mailed out last spring. In it we talked about the progress the City has made based on passed surveys.

Past surveys have shown that one area the community has wanted the City to focus on is Communication. That desire resulted in “Clear Communication” being listed as one of the City of Tamarac’s five Strategic Goals. As part of our continuing efforts to increase communication, we have started a new Homeowner’s Association (HOA) Liaison program.

We need your help to create a complete and comprehensive list of HOAs. If you live in a neighborhood with a homeowner or condo association, please email the contact information for your board to: angela.bauldree@tamarac.org. Although the City has information for most of the associations in Tamarac, we need the help of the community to make sure we have the most up-to-date information, and to help advertise the new HOA Liaison Program.

The HOA Liaison Program will allow staff to:
• Schedule visits to HOA meetings
• Send out mass emails on HOA pertinent issues
• Report back on issues and concerns voiced during an HOA visit
• Produce and track data on specific issues related to HOAs

For more information about the HOA Liaison program, or to schedule a meeting with your association, please contact Angela Bauldree, Housing and Neighborhood Programs Manager, at (954) 597-3539, or email: angela.bauldree@tamarac.org.
New Businesses.
Tamarac welcomes new Aldi and Chase to the community.

In December Tamarac welcomed a new grocery store to the City! Aldi opened on Thursday, December 1, 2011 in a portion of the space previously occupied by Albertson’s, at the northeast corner of University Drive and McNab Road.

Aldi, based in Germany, has been rapidly expanding into the South Florida market. The new Tamarac location is just one of over 1,000 stores in 31 states. They carry over 1,400 brand-name items, including fresh meat and, in some locations, beer and wine. The majority of the store’s products are their own brand.

Be sure to check them out, but keep in mind, in an effort to be green and keep costs low, there is a charge for paper or plastic bags and shoppers are encouraged to bring their own. Also, shopping carts require a 25-cent refundable deposit.

Speaking of green… in addition to Aldi, the City recently welcomed a new Chase Bank at the southwest corner of N.W. 88th Avenue and Southgate Boulevard.

Soon another Chase branch will be built on Commercial Boulevard, on the northeast corner of N.W. 64th Avenue. For this location, Chase will go green! The new building will be built to Leadership in Energy and Environmental Design (LEED) silver level standards!

*Please note, although the building will be built to LEED specifications, the owner may or may not apply for certification.*

Save the DATEs

There are always lots of happenings in the City of Tamarac. Be sure to mark your calendar for these upcoming events. More information will be available on the City’s website, www.tamarac.org, or by calling the numbers listed. Also, for more programs and events, check out the Discovery section… Flip For It!

4th TUESDAY OF THE MONTH
PROPERTY TAX EXEMPTION FILING ASSISTANCE DATES
Get assistance with Tax Exemptions.
Time: 4:30 - 6:00 p.m.
Info: (954) 357-5579
Tamarac Community Center
8601 W. Commercial Boulevard

SUNDAY, MAY 6, 2012
HOUSEHOLD HAZARDOUS WASTE & E-WASTE COLLECTION
Dispose of hazardous waste.
Time: To Be Announced
Info: (954) 597-3700
Public Services Complex
6011 Nob Hill Road

NEED HELP? Questions? Comments?

Do you have a question? Want to request a service or share a comment or complaint? If so, then the “BIG RED BUTTON” is for you! Simply log on to www.tamarac.org and click on the “BIG RED BUTTON”; from there, using Citizen Request Tracker, you can report a pot hole, ask a question about your utility bill, make a comment and so much more! It’s convenient, easy, secure, and available 24-hours a day!

www.tamarac.org
ble between domestic and wild waterfowl. Although we have had no major outbreaks reported yet in Florida, the potential for muscovies to spread disease to wild waterfowl remains a biological concern.

People often wonder about moving the problem muscovies to other areas. We consider feral domestic ducks to be undesirable in the wild because of their potential to transmit diseases to or interbreed with Florida’s native waterfowl. To minimize these problems, Florida Statute 379.231 prohibits the release of exotic animals, including muscovies. Therefore, relocating muscovies into a wild situation is not a legitimate or appropriate solution to nuisance problems. You could, however, move muscovies to a captive situation where they would not come into contact with wildlife and would not escape.

Information for this article was obtained from the Florida Fish and Wildlife Conservation Commission website; myfwc.com. Please be sure to visit their site for more great information about Muscovy Ducks and wildlife. Tamarac’s Code Compliance Division can be reached at (954) 597-3425.

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**Code Corner | Continued From: Page 6**

Now that you’ve read the informative Tam-A-Gram, it’s time to Flip For It! and learn about the great programs and activities Tamarac’s Parks and Recreation Department offers... it’s all in the Discovery section of the Tam-A-Gram!
For those in search of fresh produce, cut flowers, food, and other artisan goodies, come to the new Tamarac Community Farmers Market. The market will feature a variety of fresh organic and conventional produce, live plants, prepared foods and other artisan locally prepared goodies.

The Farmers Market is located at Veterans Memorial Park at 7825 Southgate Boulevard and takes place every 1st and 3rd Sunday from 9:00 a.m. to 2:00 p.m. and 2nd and 4th Wednesday from 2:00 p.m. to Dusk of each month. While the market will feature freshly prepared foods both days, Wednesday night’s market will feature some of South Florida’s favorite food trucks.

We anticipate the market becoming a place where city residents as well as those from the surrounding area will meet.
**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**

- Flag Football ............................................. (954) 721-5131
- Girl's Softball ........................................... (954) 881-7003
  (www.tamaracgirlssoftball.com)
- Little League ............................................. (954) 720-0301
  (www.tamaraclittleleague.com)
- T-Ball/Coach Pitch ...................................... (954) 720-0301
- Youth Basketball ....................................... (954) 597-3620
- Youth Football/Cheerleading ....................... (954) 721-5131
- Youth Soccer ............................................ (954) 804-5022
  (www.tamaracsoccer.com)

**Adult Leagues**

- Men's Basketball ....................................... (954) 533-5538
- Men's Soccer ............................................ (954) 553-0272

**FACILITY LOCATIONS**

- **Caporella Aquatic Complex and Fitness Center**
  9300 N.W. 58 Street
- **Caporella Park**
  5200 Prospect Road
- **Gary B Jones Park for People and Pups**
  8101 Southgate Boulevard
- **Sunset Point Park**
  11000 W. McNab Road
- **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
- **Veterans Memorial Park**
  7825 Southgate Boulevard

For more information about Tamarac’s Parks and Recreation and the programs and services we offer call (954) 597-3620. For a detailed map of our parks and facility locations, visit us online at www.tamarac.org/locations.

Times and locations subject to change without notice.

**SPECIAL EVENTS**

**Tamarac Community Farmer’s Market**

Tamarac Green Market is a great place to shop for fresh produce, cut flowers, spices, honey, sauces, baked goods, Hummus, and other artisanal goodies. Come meet the producers and sample their locally prepared, all natural products.

**Where:** Veterans Memorial Park
**When:** 1st and 3rd Sunday of the month, 9:00 am – 2:00 pm
2nd and 4th Wednesday of the month, 2:00 pm – Dusk

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

Enjoy a special evening of dinner and dancing.

**Where:** Tamarac Community Center
**When:** Saturday, February 11th, 6:00 – 8:00 pm
**Fee:** $10.00 per couple/ $5.00 additional family member

**Teen Summit**

Teen Summit is a conference style event that brings teens together to explore social issues and topics of interest of today's young adults. The Teen Summit is geared towards middle and high school students emphasizing social awareness, healthy living, and personal development. Continental Breakfast, lunch, and goody bags are included.

**Where:** Tamarac Community Center
**When:** February 25, 2012, 9:00 am – 12:00 pm
**Fee:** $5.00 per person

**Twilight Concert in the Park**

Bring your lawn chairs and dance the night away.

**When:** Friday, March 16th, 7:00 pm – 9:00 pm
**Where:** Tamarac Sports Complex
**Fee:** FREE!

**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.

**When:** Saturday, March 24th, 9:30 – 11:00 am
**Where:** Caporella Aquatic Center
**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 and miss the action!!

**Where:** Tamarac Sports Complex
**When:** Saturday, March 31st, 10:00 am – 12:00 pm
**Fee:** FREE!

**Artist of the Month Exhibit**

Visit the Tamarac Community Center to view:

- **January:** Louis Louissaint, “Martin Luther King Jr.”, (Acrylic)
- **February:** Alexandra Spadaro, “Creative Expressions”, (Acrylic, Charcoal, Watercolor)
- **March:** Allen Einhorn, (Photography)

**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.

**www.tamarac.org/parks**
**SENIOR PROGRAMS**

Calling all Seniors! Want to live a more vibrant life, form new friendships, feel a sense of achievement, and get in heart healthy shape? Be part of the fun and become a member of the award winning Tamarac Community Center Senior Program!

With over 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has over 800 members who participate in activities such as Jazzercize, painting, line dancing, scrabble, volleyball, chair yoga, and much, much more. Where else can you enjoy all these activities all for $30 a year!

The Senior Program is available to individuals 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. You can also get updates on Tamarac's Senior Program through Twitter (www.twitter.com/CityofTamarac) and Facebook (www.facebook.com/TamaracParks).

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

**INDULGE YOUR PASSION**

Zumba, Bingo, Badminton, Movies, Ballroom Dancing, Volleyball...

**STIMULATE YOUR MIND**

Scrabble, Dominoes, Mah Jong, Rummikub, Cards, Computer Classes, Computer Club, Battle of the Sexes Trivia...

**ENLIGHTEN YOUR SPIRIT**

Happy Hookers (knitting club), Morning Walkers, Line Dancing...

**EXERCISE YOUR BODY**

Jazzercise, Yoga, Proactive Arthritis Water Aerobics Class, Heart Healthy, Chair Yoga, Body Basics, Stretch & Tone, Yagalites...

**EXPRESS YOUR CREATIVITY**

Creative Writing, Painting, Arts & Crafts...
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/transportation 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? Meet others who share similar experiences caring for a loved one. In partnership with the Jewish Family Services. Please call Susan Panzer, at Jewish Family Services for FREE respite for your loved ones so you can attend this meeting; (954) 370-2140.
When: 1st and 3rd Tuesday of the month at 10:30 am

**Financial Counseling**
_Do you need to learn how to manage your finances?_ Learn how to budget or use online banking during your one-on-one counseling session with a financial specialist. Also get assistance with applying for federal programs such as Medicaid, Food Stamps and Cash Assistance. FREE for Tamarac residents. Please call (954) 720-2485 to set up your sessions. By appointment only. In partnership with CareSource, Inc., a non-profit social services agency.

**SPECIAL “SHOPPING SHUTTLE”**
The City of Tamarac will offer a special “Shopping Shuttle” from the Tamarac Community Center to Coral Square Mall and Super Wal-mart in Coral Springs on Thursday, January 5, 2012 and Tuesday, January 17, 2012. $1.00 each way. Please call the City’s Transportation Division at (954) 597-3646 for more information and to register.
When: Thursday, January 5 and Tuesday, January 17
Fee: $1.00 each way ($2 round-trip)

**VITAS Tax Program: Volunteer Income Tax Program**
Volunteers will assist in doing taxes, please call (954) 597-3642 to make an appointment. Will need to bring in all tax documents and ID card. Earned Income Tax credit available if eligible.

**PROGRAM SPOTLIGHT:**
*WE NEED YOUR HELP!* Tamarac is “The City for Your Life!”... You can help make a difference. The City of Tamarac is in need of your help. We’re accepting donations to help low-income and needy families in our City. These donations are used to assist families in need with items such as food and clothing. This time of year is always an especially important time for these families. **YOU CAN DROP OFF YOUR TAX-DEDUCTIBLE CONTRIBUTION AT THE TAMARAC COMMUNITY CENTER (8601 W. Commercial Blvd., Tamarac, FL 33351).** For more information, please contact Tamarac’s Social Services Office at (954) 597-3642.

**ATTENTION SENIORS AND VETERANS!* Home Depot Community Impact Grant! The Home Depot Foundation has awarded Tamarac limited funds for purchase of supplies that will assist you with addressing code violations such as painting of driveways and other small projects. First come, first serve. Financial Application with proof of financial hardship required. Call 954-597-3626 to see if you qualify.

SERVICES/GROUPS

**Alzheimer’s Support Group**
When: 1st and 3rd Wednesday of the month at 10:30 am

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

**FREE! 911 Cell Phones for Seniors**
Call (954) 597-3642 to set up an appointment to receive a phone. **Donations of cell phones are accepted.**
When: 2nd Monday of each month, 9:00 am

**FREE! Amplified Phones (Center for Communications)**
Provides amplified phones and TDDs FREE of charge to residents of the State of Florida who are deaf and/or hard of hearing. Call Social Services for more information (954) 597-3642.
When: 3rd Wednesday of the month, 10:00 - 11:00 am

**FREE! Eye Screenings**
Please call (954) 597-3642 to schedule an appointment.

**FREE! Eyeglass Repair Program**
When: Every Tuesday, 10:00 am - 1:00 pm

**FREE! Hearing Screenings**
When: 2nd Tuesday of the month, 9:00 - 10:45 am

**FREE! Individual Limited Senior Counseling**
Contact Sharon Roseman, LCSW at (954) 695-6031 for an appointment. Short-term counseling only. Tamarac residents only.

**Mammovan**
Mobile Mammography Screening provided by North Broward Hospital District. Most insurance is accepted. If insurance is unavailable, there will be a $75 fee to cover the cost. A referral is recommended. No HMO is taken. Call (954) 597-3642 to schedule an appointment.

**Meals on Wheels: Lunch**
Served at 11:30 am for seniors 60 and older. Suggested donation: $2. Provided by Broward Meals on Wheels.
To meal no later than noon the day prior by calling (954) 597-3642 to schedule an appointment.

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

**Senior Social**
Join us for bagels and coffee and an educational lecture.
When: 3rd Tuesday of each month, 11:00 am

**SHINE Counselor**
Serving Health Insurance Needs for the Elderly. Questions regarding your Medicare, Medicaid Insurance? Call the Area Agency on Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.

**Veterans Advisor**
When: Every Friday, 8:00 - 11:00 am. No appointment necessary.
**ADULT ACTIVITIES/FITNESS SCHEDULE**

**ADULT ACTIVITIES**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee (Per Class)</th>
<th>Location</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Mon. &amp; Wed.</td>
<td>6:00 - 9:00 pm</td>
<td>13 &amp; over</td>
<td>$3/$5</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td>Sat.</td>
<td>5:00 - 9:00 pm</td>
<td>18 &amp; over</td>
<td>$50/$60</td>
<td>Community Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Co-ed Volleyball</td>
<td>Wed.</td>
<td>7:30 - 8:30 pm</td>
<td>16 &amp; over</td>
<td>$45/$55</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Fitness Boot Camp</td>
<td>Tues. &amp; Thurs.</td>
<td>7:00 - 8:00 pm</td>
<td>18 &amp; over</td>
<td>$40/$50</td>
<td>Multi-Purpose Center</td>
<td>8-week</td>
</tr>
<tr>
<td>Line Dancing (Beginner)</td>
<td>Tues.</td>
<td>6:00 - 7:00 pm</td>
<td>18 &amp; over</td>
<td>$15/$20</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Line Dancing (Intermediate)</td>
<td>Wed.</td>
<td>7:15 - 8:45 pm</td>
<td>18 &amp; over</td>
<td>$45/$55</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Middle Eastern Dance</td>
<td>Tues. &amp; Thurs.</td>
<td>9:30 - 11:30 am</td>
<td>16 &amp; over</td>
<td>$30/$40</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Mixed Art</td>
<td>Mon. &amp; Thurs.</td>
<td>6:00 - 8:45 pm</td>
<td>18 &amp; over</td>
<td>$35/$45</td>
<td>Multi-Purpose Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Pilates &amp; Yoga</td>
<td>Sat.</td>
<td>2:00 - 3:30 pm</td>
<td>18 &amp; over</td>
<td>$35/$45</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Pottery Class</td>
<td>Mon.</td>
<td>6:00 - 8:45 pm</td>
<td>16 &amp; over</td>
<td>$50/$60</td>
<td>Recreation Center</td>
<td>8-week</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Tues. &amp; Thurs.</td>
<td>5:00 - 6:00 pm</td>
<td>18 &amp; over</td>
<td>$15/$20</td>
<td>Caporella Park</td>
<td>Per Class</td>
</tr>
<tr>
<td>Vita Love Boot Camp</td>
<td>Mon.</td>
<td>7:00 - 8:00 pm</td>
<td>13 &amp; over</td>
<td>$20/$30</td>
<td>Tamarac Sports Complex</td>
<td>Per Class</td>
</tr>
</tbody>
</table>

**FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Fee (Per Class)</th>
<th>Location</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Sculpting</td>
<td>Thurs. &amp; Fri.</td>
<td>6:00 - 7:00 pm</td>
<td>18 &amp; over</td>
<td>$20/$30</td>
<td>Tamarac Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Wed.</td>
<td>7:00 - 8:00 pm</td>
<td>18 &amp; over</td>
<td>$35/$45</td>
<td>Tamarac Community Center</td>
<td>8-week</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Mon. &amp; Thurs.</td>
<td>6:00 - 7:00 pm</td>
<td>18 &amp; over</td>
<td>$35/$45</td>
<td>Tamarac Community Center</td>
<td>8-week</td>
</tr>
<tr>
<td>Pilates</td>
<td>Wed.</td>
<td>7:00 - 8:00 pm</td>
<td>16 &amp; over</td>
<td>$20/$30</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Strength Training Arobics</td>
<td>Mon.</td>
<td>7:00 - 8:00 pm</td>
<td>16 &amp; over</td>
<td>$20/$30</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Weights with Will</td>
<td>Thurs.</td>
<td>5:30 - 6:30 pm</td>
<td>16 &amp; over</td>
<td>$35/$45</td>
<td>Community Center</td>
<td>8-week</td>
</tr>
<tr>
<td>Yoga</td>
<td>Sat.</td>
<td>9:00 - 10:00 am</td>
<td>16 &amp; over</td>
<td>$20/$30</td>
<td>Tamarac Community Center</td>
<td>4-week</td>
</tr>
</tbody>
</table>

Where:
- Tamarac Community Center
- Fee: Residents: $5 per class, Non-residents: $6 per class
- Residents: $45, Non-residents: $54 for 10 classes
- Residents: $132.50, Non-residents: $198.75 for annual membership
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Resident/Non-Resident Fee</th>
<th>Location</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animation Class</td>
<td>Wed.</td>
<td>6:30 - 7:30 pm</td>
<td>14 &amp; over</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Ballet, Tap &amp; Jazz</td>
<td>Mon.</td>
<td>6:00 - 6:45 pm</td>
<td>4 - 6 yrs.</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Cartooning Class</td>
<td>Sat.</td>
<td>10:30 am - 12:00 pm</td>
<td>10 &amp; over</td>
<td>$60/$70</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Gym Kids</td>
<td>Thurs.</td>
<td>4:00 - 5:00 pm</td>
<td>7 - 11 yrs.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Hip Hop / Cheerleading</td>
<td>Sat.</td>
<td>12:00 - 12:55 pm</td>
<td>5 - 11 yrs.</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>6:00 - 6:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Imagination Mornings</td>
<td>Mon.</td>
<td>10:00 - 10:45 am</td>
<td>18 - 29 mos.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Imagination Art</td>
<td>Wed.</td>
<td>11:00 - 11:45 am</td>
<td>2 1/2 - 4 yrs.</td>
<td>$36/$46</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Jump Start Your Game</td>
<td>Wed.</td>
<td>6:00 - 7:00 pm</td>
<td>8-13 yrs.</td>
<td>$30/$40</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Kempo Karate</td>
<td>Mon. &amp; Wed.</td>
<td>5:30 - 6:30 pm</td>
<td>7 - 18 yrs.</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Kids Cooking</td>
<td>Tues.</td>
<td>6:30 - 7:30 pm</td>
<td>7 - 12 yrs.</td>
<td>$35/$45</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Level 1 Ballet &amp; Tap</td>
<td>Sat.</td>
<td>10:00 - 10:45 am</td>
<td>3 - 5 yrs.</td>
<td>$40/$50</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Level 2 Ballet, Tap &amp; Jazz</td>
<td>Sat.</td>
<td>11:00 - 11:55 am</td>
<td>6 - 10 yrs.</td>
<td>$40/$50</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Little Sprouts Cooking</td>
<td>Tues.</td>
<td>10:00 - 10:45 am</td>
<td>18 - 29 mos.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00 - 11:45 am</td>
<td>2 1/2 - 4 yrs.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squirts Sports</td>
<td>Thurs.</td>
<td>1:00 - 1:45 pm</td>
<td>18 - 29 mos.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:00 - 2:45 pm</td>
<td>2 1/2 - 4 yrs.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start Smart Sports Development</td>
<td>Thurs.</td>
<td>6:00 - 6:45 pm</td>
<td>3 - 5 yrs.</td>
<td>$30/$40</td>
<td>Multi-Purpose Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Step Dance</td>
<td>Thurs.</td>
<td>6:30 - 7:30 pm</td>
<td>10 - 14 yrs.</td>
<td>$30/$40</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Taekwondo (Beginner)</td>
<td>Tues. &amp; Thurs.</td>
<td>5:00 - 6:00 pm</td>
<td>4 - 12 yrs.</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Taekwondo (Advanced)</td>
<td>Tues. &amp; Thurs.</td>
<td>6:00 - 7:00 pm</td>
<td>7 - 12 yrs.</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Teen Club</td>
<td>Thurs.</td>
<td>7:00 - 8:00 pm</td>
<td>12 - 17 yrs.</td>
<td>$50/$60</td>
<td>Multi-Purpose Center</td>
<td>Annually</td>
</tr>
<tr>
<td>Tennis Lessons</td>
<td>Tues.</td>
<td>5:30 - 6:30 pm</td>
<td>6 - 12 yrs.</td>
<td>$40/$50</td>
<td>Sports Complex</td>
<td>4-week</td>
</tr>
<tr>
<td>Tiny Tots Program (includes: Imagination Mornings, Water Safety, Little Sprouts Cooking, Squirts Sports and Water Safety)</td>
<td>Mon. - Fri.</td>
<td>10:00 - 10:45 am</td>
<td>18 - 29 mos.</td>
<td>$55/$65</td>
<td>Recreation Center</td>
<td>Monthly Membership</td>
</tr>
<tr>
<td>Tumbling</td>
<td>Sat.</td>
<td>11:00 - 11:45 am</td>
<td>3 - 5 yrs.</td>
<td>$40/$50</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Wing Chun</td>
<td>Mon. &amp; Wed.</td>
<td>7:00 - 8:30 pm</td>
<td>10 &amp; over</td>
<td>$75/$85</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
</tbody>
</table>
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 mingle and most of all have a great time for the entire family.

For further information contact the Tamarac Parks and Recreation Department at (954) 597-3620. For information on becoming a vendor, contact (954) 540-6593.

**MORE ONLINE:** Want to read back issues of the Tam-A-Gram, or share the current issue with a friend? The Current issue of the Tam-A-Gram, along with past issues and other informative City of Tamarac publications are available online, simply scan this QR Code! Links to: www.tamarac.org/publications.

**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.

**Pool Hours:**

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

**Saturdays:**
- Pool, Slide, and Sprayground: 10:00 am - 6:00 pm

**Sunday:**
- Pool, Slide, and Sprayground: 10:00 am - 4:00 pm

*(POOL CLOSED: JANUARY AND FEBRUARY)*

For fees and rental information, call (954) 597-3660.

**Lap Swimming**

When: Monday and Wednesdays, 11:00 am - 12:00 pm

**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 and Wednesday, 11:00 am - 12:00 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.

When: 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

Tots Only (Ages 3 -5):
- Monday/Wednesday, 6:00 - 6:45 pm;

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); and

Adult Level 1 (Ages 17 & over):
- Tuesday/Thursday, 6:00 - 6:45 pm

Fee: Residents: $40.00, Non-residents: $50.00

**Competitive Swim Team**

Beginners to serious competitors of all ages can join the Sunrise Competitive Swim Team. Private lessons are also available. Call (954) 597-3660 for more information.

**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

**WELLNESS CENTER**

We invite you to visit the Tamarac Wellness Center. We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, recumbent lifecycle, 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.

BE SURE TO CHECK-OUT! Personal Training Sessions!