

Tamarac Park

954.597.3674, 7501 N. University Dr.

Tamarac Park Fitness Schedule

Zumba Fitness

Mondays 7:00– 8:00 PM

Tuesdays through Thursdays 9:30-10:30 AM

Wednesdays 7:00– 8:00 PM

Saturdays 11:00 AM– 12:00 PM

Salsa Fitness

Mondays 6:00-7:00 PM

Total Fitness Training

Tuesdays and Thursdays 6:00– 7:00 PM

Pilates

Saturdays 9:30– 10:30 AM

6 MONTHS Tamarac Park & All Access Pass

\$85 residents / \$100 non-residents

\$65 senior residents/ \$95 senior non-residents

ANNUAL Tamarac Park & All Access Pass

\$140 residents / \$160 non-residents

\$110 senior residents/ \$130 senior non-residents

10 class punch card

\$55 residents/ \$65 non-residents

Individual class Fee:

\$7 residents/ \$8 non-residents

Zumbatomic

Dancing, and moving to the Latin beat children participate in this class to develop a healthy lifestyle and incorporate fitness while having fun.

Wednesdays 5:00pm.-6:00p.m

Ages 4-12

4-week session—\$20 residents/ \$30 non-residents

Start Smart

Start Smart Sports development prepares children for organized sport league in a FUN, supervised environment. This program builds confidence and self-esteem in children and creates quality time together for parent and child.

Thursdays: 6:00 pm– 6:45 pm

Ages 4– 6 years old

4 week session- \$30 residents/ \$40 non-residents

*Parent participation required.

*Classes are ongoing monthly

Tae Kwon Do

Classes are taught by Nationally ATA Certified Instructor Millie Schreiner, 5th degree Blackbelt.

Tuesdays & Thursdays

Advance ages 11 and up , 5:30p.m.-6:30p.m.

Beginners ages 7– 10, 6:00 p.m.– 7:00 p.m.

Monthly - \$80 residents/ \$90 non-residents

Additional \$70 yearly ATA membership fee due at the start of class.

Cooking 4 Kids

Participants will learn cooking basics and eat their creation at the end of each class. Skills include reading recipes, measuring wet and dry ingredients, food safety and basic knife skills.

Classes held 1st & 3rd Tuesdays 6:00– 8:00p.m.

Ages 7-12

Bi-weekly session- \$40 residents/ \$50 non-residents

*Additional \$10 weekly supply fee.

*Classes are ongoing monthly

Kempo Karate

Small- Circle Jujitsu & Modern Arnis

RyuKyu Kempo Karate is instructed by Joe Alexander, a certified 6th degree Master in RyuKyu Kempo under 10th degree Master George Dillman of Dillman Karate International

Monday & Wednesday 5:30 PM– 6:30 PM

Ages 7 and older

Monthly \$70 residents/ \$80 non-residents

*2nd child \$20 discount

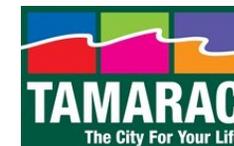
Basketball Fundamentals

Players will learn defensive footwork, proper shooting, ball handling, passing, foul shooting, team Concepts, situations, rebounding and much more.

Wednesday 6:00 p.m.– 6:45 p.m.

Ages 10-14

4 week session- \$30 residents/ \$40 non-residents



www.facebook.com/TamaracParks

Tamarac Parks & Recreation

2017

Beginner & Advanced Ballet, Tap & Jazz

Learn basic and advanced dance steps and routine in this great dance program for kids.

Ages 3-6

Saturdays 10:00a.m.-11:00a.m.

Ages 7-12

Saturdays 11:00 a.m.– 12:00 p.m

*Classes are split up into age and experience groups.

4 week session -\$45 residents/\$55 non-residents

Hip Hop Dance

Cheerleading & Tumbling

Learn Hip Hop dance moves and routines, along with a variety of cheerleading routines, tumbling and more in this fantastic dance class that offers a variety of dance.

Saturdays 11:00a.m.-12:00p.m.

Ages 5-12

4 week session -\$45 residents/\$55 non-residents

*Classes are ongoing monthly

Gymnastics

Learn rolls, carts wheels, hand springs and more in this amazing gymnastic program for kids.

Thursdays 6:00 pm– 6:45 pm

Ages 5-12

4 week session- \$45 residents/ \$55 non-residents

*Classes are ongoing monthly

Imagine Art

Our art techniques and projects help students develop their imagination, problem solving and critical thinking.

Saturdays 11:45 p.m.– 12:30 p.m.

Ages 5-13

4 week session- \$40 residents/\$50 non-residents

*additional \$4 monthly supply fee

*Classes are ongoing monthly

Fashionista

Let your imagination run wild to create your own line as a Fashion Designer and bring your own model for the final catwalk to show off your masterpiece.

Saturdays 12:30 p.m.– 1:15 p.m.

Ages 6-13

4 week session- \$40 residents/\$50 non-residents

* additional \$4 monthly supply fee

*Classes are ongoing monthly

Archery

Come and try archery in a fun, safe environment.

All equipment provided. Specializing in beginners target shooting.

Ages 7-12 Mondays 6:00 pm-7:00 pm

Ages 13-18 Mondays 7:00 pm-8:00 pm

4 week session: \$45 residents/ \$55 non-residents

*classes are ongoing monthly

Children's Drama

CURTAIN CALL PLAYHOUSE presents New Drama Workshop Series. Children do not need to sing, they can sing along with the musical track. They just need to want to have fun, and be part of a live theatre performance! Creativity galore is the prerequisite for this experience.

Saturdays 9:30—11:30 AM

6-13 Years

10 week session- \$150 residents/\$160 non-residents

Youth Tennis

Ideal for youth just taking up tennis. Instruction includes hand-eye coordination, racquet skills and stroke production.

Tuesdays 5:30-6:30p.m.

Ages 6-12

4 week session- \$40 residents/\$50 non-residents

Class is held at the Tamarac Sports Complex

9901 N.W.77th St

Art & You Drawing & Painting

Learn drawing and painting fundamentals in an enjoyable, inclusive, and stimulating environment where everyone is encouraged to participate regardless of skill level!

Mondays 6:30 pm-7:30 pm.

Ages: 7– 12 years old

4 week session—\$40 residents/ \$50 non-residents

All classes are held at Tamarac Park, 7501 N. University Dr.