

JUDO (All ages)

Classes consist of warm-up exercises, instruction, practice and tournament training. Occasionally, Ju-Jitsu techniques or games are added. Wear only loose clothing or judogi, no jewelry. USJA membership, promotions and tournament fees extra. On-going registration. Spectators welcome. Min-4;max-35

Instructor: Mike Szejter, 7th Degree Black Belt

Days: Wednesdays
Mixed ages and ranks **Time:** 6:30-8:00pm
Advanced 8:00-9:00pm

Saturdays
Mixed ages and ranks **Time:** 10:00-Noon
Advanced 10:00am-Noon

Cost: Per month Resident \$21.50 Non-resident \$25.75
No Class 7/4

TAI CHI

This unique instruction adapted from the Yang family of Tai Chi Chuan emphasizes moving meditation for focus, concentration, release of stress and attention skills. Learn to enhance your performance through effectively learning athletic movements and self-defense techniques. Ongoing sessions. Min-5;max-30

Instructor: Bill Rich

Days: Tuesdays **Time:** Advanced 5:45-6:45pm
Wednesdays Beginners 6:10-7:10pm
Intermediate 7:10-8:10pm

Cost: 8 classes Resident \$48 Non-resident \$57.50
12 classes Resident \$66 Non-resident \$79

TRIM WEIGHT CONTROL PROGRAM

Featured on NBC's "Today Show" and "Woman's Day" magazine and has received Consumer Guide's highest rating for safety and effectiveness. Involves no menu planning, calorie counting, exercising or special foods. Visit a class without obligation, classes run continuously. For more information, brochures are available at the Boca Raton Community Center front desk. Min-3;max-40

Instructor: Alice Dolgin MSW

Days: Thursdays **Time:** 6:30-7:30pm

Cost: 1st 6 weeks Resident \$97.50 Non-resident \$ 117

Additional 6 weeks (until goal is met)

Resident \$69.50 Non-resident \$83.50

Maintenance program (one time fee)

Resident \$55 Non-resident \$66

ZUMBA

Let's face it, working out can be healthy, rewarding and beneficial, but it's never been known to be much fun...UNTIL NOW! ZUMBA fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Each 1-hour session will contain calorie-burning, heart-racing, muscle-pumping, body-energizing movements meant to engage and captivate. Routines feature interval-training, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. For specific class information please call instructor at (954) 471-6425 or via email: nicole@mizfitinc.com. Min-5

Instructor: Nicole Rosen, AFAA Certified Aerobics Inst.

Day: Saturdays **Time:** 9:30 - 10:30am

Cost: Per 8 weeks Resident \$80 Non-resident \$96
Per 4 weeks Resident \$50 Non-resident \$60
Per class Residents \$15 Non-Resident \$18

YOGA

The breathing, yoga postures and relaxation in this class will create flexibility, strength, and balance while reducing stress. These exercises can help to create a sense of inner well-being. Beginner and advanced students can benefit from improved overall health. Instruction is given for beginners as well as more advanced students. FIRST CLASS FREE! Min-4;max-25

Instructor: Merrill Katz

Location: Train Depot 747 South Dixie Hwy
Days: Tuesdays,Thursdays **Time:** 9:30-11:00am
Saturdays 9:00-10:30am
Tuesdays 6:30-8:00pm

Location: Boca Raton Community Center
Mondays, Wednesdays, Fridays 9:30-11:00am
Thursdays 6:30-8:00pm

Cost: 5 classes Resident \$65 Non-resident \$78
10 classes Resident \$110 Non-resident \$132
20 classes Resident \$200 Non-resident \$240

Note: Class registration/waiver must be presented to instructor prior to participation. All patrons are required to register at the Boca Raton Community Center prior to attending class.

No class 5/25, 7/3, 7/4,

CHILDREN'S CLASSES

NEW! YOUTH ARCHERY

Ages 8-14

Looking for something different for your children to do? Archery is a sport most people fail to consider when looking for that alternative to soccer and baseball. This program will introduce your child to the Olympic sport of archery through skill development and paper target practice. Participants will become proficient in range safety, proper shooting form, and scoring. The program is taught by a certified instructor utilizing a national curriculum designed by the National Field Archery Association. Participants will have the opportunity to earn skill level patches and pins, showing that they have mastered vital skills. Archery allows children of all ages and abilities to participate in a non-competitive atmosphere that builds discipline, technique and a sense of accomplishment.

For specific class information please call (561) 367-7081.

Days: Thursdays **Time:** 4:30-5:45pm
Session 1 May 21 - June 18 *Registration begins 4/30*
Session 2 July 9 - August 13 *Registration begins 6/18*

Location: Meadows Park Tennis Court

Cost: Per 6-weeks Resident \$60 Non-resident \$72
Per 5-weeks Resident \$50 Non-resident \$60

Note: Session 1- Beginner; Session 2 - Intermediate

FUN WITH FOOD

Ages 7-13

CALLING ALL JUNIOR CHEFS! Do you love to help in the kitchen? Create "new" recipes? The Junior Chef's classes are designed to help children learn how to be creative in the kitchen, explore their artistic talents and learn exciting ways to present food. During the six week session, some classes will be designed with "special themes", making healthy snacks, specialty drinks, entree's, side dishes, desserts, baking and much more! This class is sure to please every child's palette! All classes are intended for hands on participation, and tasting of all goodies prepared in class will take place. The classes include: food, paper goods and recipes. For specific class information please call (954) 328-9050.

Instructor: Diane Ziegler-Hoffman

Days: Thursdays **Time:** 4:30-5:30pm
Session 1 July 9 - August 13 *Registration begins 6/25*

Cost: Per 6 weeks Resident \$138 Non-resident \$166

Location: Train Depot 747 South Dixie Hwy

Note: 1) There is a \$12 materials fee due to instructor on the 1st day of the session. This fee will be paid once per session per child. 2) You will be asked about food allergies at time of registration, please make sure you provide this information.

DANCE PROGRAM

Your child's confidence, creativity, rhythm, coordination, strength and expression will develop in these classes. Student must be 3 years as of 12/01/09 to enroll in the 3-4 year old class. Class size and space is limited.

Instructor: Miss Irene **Days:** Wednesday

Session 1 July 1 – August 12 *Registration begins 6/17*

Tap & Ballet

Ages: 3-4 years **Time:** 1:45-2:25pm Min/Max 6/14
4-5 years 2:30-3:10pm 6/12

Tap & Jazz

Ages: 6-8 years **Time:** 3:15-3:55pm 6/10

Cost: Per 7-week session Resident \$77 Non-resident \$93

Classes held at Boca Raton Community Center

ARTS AND CRAFTS

Ages 5-9

Kids have fun working with beads, clay, origami, glow-art, candle and soap making and more. Min-5; max-15

Instructor: Miss Irene

Days: Wednesday **Time:** 10:30- 11:50am

Session 1 July 1 – July 15 *Registration begins 6/17*

Session 2 July 22 - August 12 *Registration begins 7/8*

Cost: 3-week session Resident \$36 Non-resident \$43; \$24 supply fee
4- week session Resident \$48 Non-resident \$57.50; \$32 supply fee

Note: Supply fees not included in registration and are due to instructor on first day of class. Classes held at the Train Depot 747 S. Dixie Hwy

COOKING FUN

Ages 5-9

Your child will have fun learning basic cooking with fresh ingredients. Instruction in kitchen safety, measurements, napkin folding, and table setting. Recipes include pastas, chocolate chip cookies, salads and more. Min-5;max 15

Instructor: Miss Irene

Days: Wednesday **Time:** 9:00-10:20am

Session 1 July 1 – July 15 *Registration begins 6/17*

Session 2 July 22 - August 12 *Registration begins 7/8*

Cost: 3-week session Resident \$36 Non-resident \$43 \$18 supply fee
4- week session Resident \$48 Non-resident \$57.50 \$24 supply fee

Note: Supply fees not included in registration and are due to instructor on first day of class. Classes held at the Train Depot 747 S. Dixie Hwy

YOGA FOR KIDS

By combining yoga, music, movement, this program helps children: develop strong and flexible bodies, increase concentration and focus, build self-esteem and confidence, manage stress, express creativity, improve balance and coordination, develop language and social skills in a fun, non-competitive atmosphere. You must pre-register for this class! For class information, contact the instructor at 561-302-9327. Min-5;max-12

Instructor: Robin Deitch, M.S. R.Y.T.

Days: Mondays **Time:** 6 yrs & under 3:00-4:00pm
7 yrs & up 4:15-5:15pm

Session 1 June 1 – June 22 *Registration begins 5/18*

Session 2 July 6 – July 27 *Registration begins 6/22*

Session 3 August 3 – August 24 *Registration begins 7/20*

Cost: Per 4 weeks Resident \$48 Non-resident \$57.50

Note: Please bring a towel or Yoga mat; Classes will be held at the Train Depot 747 S. Dixie Hwy No class 6/29, 8/31

DRAMA

Ages 6-10

Practice small scripts while perfecting your theater terminology. Perform drama games and monologues to build on acting techniques. Movement routines will be taught for rhythm and coordination. Learn audition techniques and build on public speaking and performance. For more specific class information please contact: Joy Deco Enterprises, Inc. at (954) 971-9917. Min-5;max-25

Days: Mondays **Time:** 7:00-7:45pm

Session 1 June 15 – July 20 *Registration begins 6/1*

Session 2 July 27 – August 31 *Registration begins 7/13*

Cost: Per 6-week session Resident \$75 Non-resident \$90

NEW!

A DAY OF YOGA FUN AND GAMES Ages 7+

Life has become a little too serious for the 7 and older crowd and they have missed the days when everything seemed like a game. This workshop will offer a day of beneficial, much earned play that can also be used at home. Participants will play yoga games such as breathing snake, yoga charades, 1,2,3, yogi says, etc., and a meditation game. Workshops will end with a guided visualization and foot massage; children will leave with a game list and a complete summary of instructions. Under 7 years accepted at the discretion of instructor.

Instructor: Robin Deitch

Day: Saturdays

Time: 11:15-12:45pm

Session 1 May 23 *Registration begins 5/9*

Session 2 June 20 *Registration begins 6/6*

Session 3 July 18 *Registration begins 6/27*

Session 4 August 15 *Registration begins 8/1*

Cost: Per session Resident \$15 Non-resident \$18

2nd Child Per session Resident \$10 Non-resident \$12

Note: Please bring a yoga mat and water to class

BATON TWIRLING, POM POMS and TUMBLING with STAR-LITE EXPRESS

This exciting program is designed to enhance self-esteem, character, coordination and physical fitness. Each class consists of ½ hour of baton and ½ hour of poms and tumbling. All classes can participate in shows, parades and special events. Intermediate and advanced levels march annually in Walt Disney World's Magic Kingdom parade. Come in for a **FREE TRIAL CLASS!** (Signed waiver form necessary for free trial class.) All students that complete the year will receive a trophy at the end-of-the-year award banquet. A StarLite packet is available at front desk. Parents are not allowed in the classroom during class unless the teacher requests that parents come in and watch.

Instructor: Joann Hanrahan and Star-lite Express staff

Days: Mondays

Time: Tiny Tot (5&6 year olds) 5:30 – 6:00pm min/max 5/15

Beginners (7 and up) 6:00 - 7:00pm min/max 8/20

Intermediate I 7:00 - 8:00pm

Advanced 8:00-9:00pm

Cost: Tiny Tots Resident \$21.50 Non-resident \$25.75

Beginner Resident \$32 Non-resident \$38.50

Interm/Adv Resident \$32 Non-resident \$38.50

No class 5/25

Note: Change in class times will start in June

PRESCHOOL MUSICAL

Ages 4-6

Learn simple stage routines to Annie, Lion King, Pirates of the Caribbean, Wizard of Oz and more! Fun songs will be acted out and props will embellish the creative side in all students. For specific class information please contact Joy Deco Enterprises, Inc. at (954) 971-9917. Min-5;max-25

Instructor: Joy Deco and Staff

Days: Mondays

Time: 6:15 – 7:00pm

Session 1 June 15 – July 20 *Registration begins 6/1*

Session 2 July 27 – August 31 *Registration begins 7/13*

Cost: Per 6-week session Resident \$75 Non-resident \$90

MUSICAL THEATER & HIP HOP DANCE Ages 9-13

This class is for the child who likes to dance, act, and sing. Cool, clean conservative routines will be learned to the music of Hannah Montana, High School Musical, Jonas Brothers plus more favorites. Class will vote on the songs they perform. Classes are for boys and girls. Comfortable clothing and sneakers should be worn. For specific class information please contact Joy Deco Enterprises, Inc. at (954) 971-9917. Min-5;max-25

Days: Mondays

Time: 7:45-8:30pm

Session 1 June 15 – July 20 *Registration begins 6/1*

Session 2 July 27 – August 31 *Registration begins 7/13*

Cost: Per 6-week session Resident \$75 Non-resident \$90

[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

Mainstream Teen Center

260 Crawford Boulevard Boca Raton 33432 • Phone (561) 368-4099

Amanda Liebl, Youth Programs Director

REGULAR HOURS: Tuesday - Friday 3:30 - 10:00pm • Saturday 1:00 - 10:00pm

SUMMER HOURS: June 6 - August 15 • Tuesday - Saturday 1:00 - 10:00pm

The Teen Center is committed to provide entertaining alternatives in an alcohol and drug free environment. The Center is a drop-in facility for all Boca Raton youth grades 6 - 12. Come challenge the Playstation 2, Playstation 3, X-Box, Gamecube, X-Box 360, Nintendo Wii and PC systems. Join a friend for a game of bocce, ping-pong, pool, air hockey, foosball and outdoor recreation. A 52" projection television & stereo provide awesome entertainment. A variety of current magazines are available for reading pleasure.

SPECIAL EVENTS

CINCO DE MAYO CELEBRATION

Tuesday, May 5

It's fiesta time...come out and enjoy food, refreshments and festivities at the Teen Center!

5:00 - 7:00pm

RAPIDS WATER PARK

Saturday, June 27

Ride the rapids and have some fun!

Don't forget your bathing suit, towel and sunscreen!

1:30 - 5:30pm

SPANISH RIVER BEACH COOKOUT

Saturday, July 25

Come have hotdogs and hamburgers while hanging out with friends- the perfect event to celebrate summer!

1:00 - 4:00pm

LASER QUEST

Saturday, August 8

Compete in an awesome game of Laser Tag!

3:00 - 5:00pm

All events and times are subject to change

Sign up at the Mainstream Teen Center for all special events. Teen Center Membership ID card required.

For more information on membership, call (561) 368-4099.

WEEKLY PROGRAMS

Burger Night

3rd Wednesday

6:00pm

Teen Tennis @ the Boca Raton Tennis Center

1st Friday

6:00pm

Pizza Night

Every Friday

7:00pm

Movie Mania

2nd & 4th Saturday

3:00pm

All events and times are subject to change

If you would like to earn services hours for school, participate in programs or receive our monthly calendar of events by email, please call (561) 393-7888 or aliebl@myboca.us

SPECIAL CINCO DE MAYO PROGRAMS IN BOTH LIBRARIES

Tuesday – Make & Take a Holiday Craft

Stop by between 3:30 and 5:30 and have fun making a special Cinco de Mayo holiday craft.

Age: All ages (children accompanied by an adult)
Day: Tuesday, May 5 **Time:** 3:30 - 5:30pm
Place: Downtown Library Youth Services
Cost: Free

No Registration required

Tuesday – Stories, Songs & a Craft

Enjoy hearing a Mexican folk tale...then enjoy doing the Mexican Hat Dance and making a holiday craft.

Age: Ages 6 to 8 (children accompanied by an adult)
Day: Tuesday, May 5 **Time:** 7:00 - 7:45pm
Place: Spanish River Library & Community Center
Cost: Free

Registration begins April 27.

DOWNTOWN LIBRARY

200 NW Boca Raton Blvd. 33432

Youth Services information 393-7968

www.bocalibrary.org

“Be Creative @ Your Library” Summer Story Times

Monday - Drop-in

Music, stories, fun finger plays, action songs stimulate learning and a love for books and literature for children. **No registration required.**

Age: Children of all ages accompanied by an adult
Day: Monday **Time:** 7 - 7:30pm
Place: Youth Services **Cost:** Free

Thursday – Drop-in Story Time

Music, stories, fun finger plays, action songs stimulate learning and a love for books and literature for children of all ages. **No registration required**

Age: Children of all ages accompanied by an adult
Day: Thursday **Time:** 10 - 10:30am
Place: Youth Services **Cost:** Free

Saturday Stories & Spanish Bi-lingual Story time

Music, stories, fun finger plays, action songs stimulate learning and a love for books and literature for children. **No registration required.**

Age: Children of all ages accompanied by an adult
Day: Saturday **Time:** 10 - 10:30am
Spanish Bi-lingual Stories - First Saturday of the month
Place: Youth Services **Cost:** Free

Thursday – Creative 6 to 8 Year Olds

Themed classes will allow your child to interact with others, have fun, learn, and enjoy new experiences. The activities will include creative arts & crafts, music and dance, cupcake decorating and even a treasure hunt. The classes are 45 minutes and your child may choose to attend no more than 2 at the time of registration. **Registration is required for each program.** (Choose no more than 2 programs)

Age: 6 to 8 years old (children attend independently)
Day: Thursdays **Time:** 3:30 - 4:15pm
Dates: June 18, 25, July 2, 9, 16, 23 & 30 (7 weeks)
Cost: Free

Be Creative @ Your Library Special Event

Farewell to Summer Reading Open House

Friday, July 31 • 1:00 to 5:00pm • Free
Held at the Downtown Library Youth Services

DOWNTOWN LIBRARY SPECIAL PROGRAMS – FOR ALL AGES

FREE • HELD IN THE YOUTH SERVICES

Fridays • 3:30-4:15pm

Summer reading programs are sponsored by

THE FRIENDS OF THE BRPL

You must be registered **Summer Reader** to attend these programs.
Registration for Summer Readers begins June 6.
All children 8 yrs and younger must be accompanied by an adult.
Your “Be Creative @ Your Library” button is your ticket in!

May 8 • Mij Byram

Have I Got A Story For You!
(No button is required for this program)

June 19 • Duck in the Truck Puppet Show

A truck full of puppet fun!

June 26 • Carrie Sue Ayvar

A storytelling journey into the Imagination!

July 3 • Suzy Hammer

Milennia the Muse Show

July 10 • Windell Campbell

The Art of Storytelling

July 17 • Michael Winters

Magic Show

July 24 • Kidstuff by Melany

A Musical Adventure!

Programs subject to change

BOCA RATON DOWNTOWN LIBRARY AND THE BOCA RATON MUSEUM OF ART

“What’s My Line? What’s My Color”

(Students Grade 1-5)

A series of three 45-minute story time & Museum activity programs.
Register at either Library beginning, Friday, April 24 .

Day: Thursdays, May 7, 14 & 21 **Time:** 3:30pm
Place: Boca Raton Museum of Art **Cost:** Children Free
Registration is required at either Library beginning April 27.

Chess Club (Ages 7 to 17)

Sponsored by the Boca Raton Education Advisory Board
Enjoy the challenge while having fun learning the rules and basic strategies of chess.

Day: Saturday (5 weeks) **Time:** 10 - 11:30am
Place: Youth Services Downtown Library **Cost:** Free
Registration required: Registration begins Saturday, June 6
Club meets: Saturday, June 20 & 27, July 11, 18, 25
Future dates will be announced.

[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

Be Creative @ Your Library

Special Event

Summer Reading Kick-off Party

Saturday, June 6 • 11:30am to 1:30pm • Free

Page Turner Adventures Show at 12:00pm

Held at the Spanish River Library Lakeside Patio

(Children of all ages accompanied by an adult) Register before and after the show for the "Be Creative @ Your Library" Summer Reading Club

FOOD FOR THOUGHT

Check out our Library Café!

Located in the Spanish River Library

The Library Café is a locally owned and operated business dedicated to providing quality food at a reasonable price. The Café with its unique airy, light-filled lakeside view, is located on the west side on of the Library. The Café offers a wide variety of specialty foods--sandwiches, hot homemade soups, garden salads, robust coffees, muffins, ice cream, brownies and cookies. Lunch specials are available each day.

Whether planning a special occasion or a business meeting, let the Library Café cater it! Please call the Library Café for information regarding Catering and Chess Club at (561) 544-8594.

Café Hours

Monday – Saturday • 9:00am to 6:00pm

Sunday • Noon to 6:00pm

FALL STORY TIME

Registration - Friday, August 11

Programs start Monday, August 31

PLAN TO HOLD YOUR

SPECIAL EVENT

AT THE SPANISH RIVER LIBRARY & COMMUNITY CENTER

Our Mizner-inspired building and patios are a perfect backdrop for your special event. The Lakeside Patio's striking views of the sunsets over Pondhawk Nature Preserve and our lake make every event special. The Rooftop Terrace's pergola and stone features make it the perfect spot to watch the blue skies turn to golden sunsets. Our Meeting Rooms will house any event from your business meetings to your family's special occasions. Make Spanish River Library and Community Center your next special events destination.

For reservations call Pam Nees at (561) 367-7016 or complete a room request form at www.bocalibrary.org

NEW LIBRARY CARDS!

The Boca Raton Public Library has a new library card!

It includes a "key fob" so that Library patrons will be able to carry their library card on a key chain as well as in their wallet or purse. Old cards are still usable, but if you have lost your card or if you would like to take advantage of the new key fob option, you may replace your card for a nominal \$2.00 fee. But, please be sure that you HAVE a card! For security reasons, it is now REQUIRED that a valid library card be presented when checking out materials or when using the Library's computers.



[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

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THE RECREATOR

Summer 2009

James A. Rutherford Community Center

Located in PATCH REEF PARK • 2000 Yamato Road, Boca Raton 33431 • (561) 367-7035

Sharon Duke, Recreation Center Supervisor II • Debbie Shockey, Recreation Center Supervisor I

Operating Hours: Monday-Friday 8:00 am-10:00 pm • Saturday 8:00 am – 5:00 pm • Sunday 10:00 am-5:00 pm

Registration is two weeks prior to a new session. **REGISTRATION IS FIRST COME-FIRST SERVED**

Fees must be paid in advance and are non-refundable.

Payment may be made by cash, checks, American Express, VISA, or Mastercard.

Parents or Legal Guardians ONLY are allowed to register children under 18 years.



This Park has been designated
a Non-Smoking Park

ADULT DANCE CLASSES

BELLY DANCE WITH MAJA

Everyone, all ages and shapes are welcome to learn this ancient form of dance. Classes will help tone and firm muscles, improve flexibility, coordination and balance. Express the joy of dancing. It's fun and relaxing. Min-5;max-35

Instructor: Maja Yasmina

Days: Wednesdays

Time: Beginners: 6:30-7:30pm

Intermediate: 7:30-8:30pm

Session 1 June 3 – July 8

Registration begins 5/20

Cost: Per 6-week session Resident \$65 Non-resident \$78

TAHITIAN WORKSHOP

Tahitian dance is a strenuous-hypnotic dance, but also good for the figure and a great deal of fun. Movements are from the waist down, while the waist remains stationary. Tahitian beginning steps are amis, hits and double hits. Min-4;max-25

Instructor: Donna Flynn

Days: Wednesdays

Time: 3:30-4:15pm

Session 1 June 17 – July 8

Registration begins 6/3

Cost: Per 4-week session Resident \$40 Non-resident \$48

LINE DANCING WITH NORMA

(Intermediate/advanced level)

It's time to get off the couch and on your feet! Learn the newest line dancing routines Rock 'n Roll, Mony Mony, Be Bop a Lu La, Waltz, King of the Road, Cha Cha Cha and of course the old favorite Electric Slide. Wear comfortable clothes, shoes and a smile. No partner needed. Min-4;max-25

Instructor: Norma Schneider

Days: Tuesdays

Time: 3:30-4:30pm

IF YOU HAVE DONE LINE DANCING IN THE PAST, THEN THIS CLASS IS FOR YOU!

Session 1 April 28–June 2

Registration begins 4/14

Cost: Per 6-week session Resident \$36 Non-resident \$43.25

LINE DANCE - (Beginner level)

It's time to get off the couch and on your feet! Learn the newest line dancing routines: Elvira, Country Boogie, Boot Scoot Boogie, Red Neck Girl, and the old favorite Electric Slide. Enjoy the exercise and the great music! Wear low-heel leather sole shoes. **No partner necessary.** Min-4;max-25

Instructor: Norma Schneider

Days: Wednesdays

Time: 11:00am-Noon

Session 1 April 29–June 3

Registration begins 4/15

Cost: Per 6-week session Resident \$36 Non-resident \$43.25

NEW! ADULT HIP-HOP DANCE CLASS

High Energy! Fun! This new hip-hop dance course is taught in easy to follow step-by-step instruction. Set to popular music (Beyonce, JLo, Janet J.), this course will satisfy the beginner, as well as those who want to get a good workout! Each week a new routine is taught as participants develop rhythm and coordination—at their own pace! Comfortable clothing and sneakers is all that is required. Min-6;max-10

Instructor: Monique A. Betty

Days: Wednesdays

Time: 10:00-11:00am

11:15am-12:15pm

Session 1 June 10-July 1

Registration begins 5/27

Cost: Per 4-week session Resident \$48 Non-resident \$58

INTRODUCTION TO FLAMENCO DANCING

This course will provide you with basic Flamenco technique including posture, hand and arm movement and footwork. You will also learn to dance Sevillanas, one of the most popular dances of Andalusia, and a funny Rumba Flamenca choreography that can be performed solo, with a partner or in a group; all done in a great and joyful atmosphere. No partner is necessary. Min-5;max 20

Instructor: Silvia Sanchez

Days: Fridays

Time: 6:00-7:15pm

Session 1 April 24 – May 22

Registration begins 4/10

Session 2 May 29-June 26

Registration begins 5/15

Cost: Per 5-week session Resident \$85 Non-resident \$102

FLAMENCO DANCE and CHOREOGRAPHING

This course will provide you with Flamenco technique and repertoire including posture, hand and arm movement and footwork. The focus of the session will be one of the Flamenco forms "Palos Flamencos". No partner is necessary. Min 5;max-20

Instructor: Silvia Sanchez

Days: Fridays

Time: 7:15-8:30pm

Session 1 April 24 – May 22

Registration begins 4/10

Session 2 May 29-June 26

Registration begins 5/15

Cost: Per 5-week session Resident \$85 Non-resident \$102

ADULT SPECIAL INTEREST CLASSES

REALISTIC DRAWING & PAINTING INSTRUCTION

Learn the basic techniques essential to quality, realistic paintings. Classes will include subjects such as: theory of light & shade, composition, proportion, and perspective. Students will be able to work in the medium of their choice: acrylics, oils, watercolor or pastels. Instruction will also include the color wheel, colors mixing and application of paint. Min-5;max-15

Instructor: Arnold Moskowitz (561) 443-0450

Days: Saturdays

Time: 12:30-2:30pm

Session 1 May 30-June 20

Registration begins 5/16

Session 2 July 11-August 1

Registration begins 6/27

Session 3 August 15-September 5

Registration begins 8/1

Cost: Per 4-week session Resident \$65 Non-resident \$78

TAE KWON DO Ages 10 and up

Learn the art of self-defense, discipline, self-confidence, self-respect, and respect for others and get a great workout. Stay in shape with this Korean martial art. Instructor has over 20 years teaching experience within the City. Min-5;max-40

Instructor: Kathy Hussey

Introduction, Basic, Intermediate & Advanced

Days: Tuesdays **** Time:** 7:00-8:00pm
Thursdays 7:00-8:00pm
Saturdays 9:30-11:00am

Black Belt (Adult) Tuesdays 8:15-9:15pm

****Summer hours begin June 16:** Tuesday/Thursdays 7:45-8:45pm

Saturdays 9:30-11:00am

No black belt during summer hours

Session 1 April 28-June 20 *Registration begins 4/14*

Session 2 June 23-August 15 *Registration begins 6/9*

Session 3 August 18-October 10 *Registration begins 8/4*

Cost: Per 8-week session Resident \$95 Non-resident \$114

No class 7/4, 7/7

BRIDGE DUPLICATE- Saturday

Sanctioned A.C.B.L. duplicate bridge game for the experienced player. Light lunch. Partners are available for singles. On-going sessions year round, except for special events and holidays. Min-12;max-100

Certified Director: Richard Miller

Days: Saturdays **Time:** 12:30-4:00pm

Cost: \$8 per person For reservations call (561)-385-8666

No play 7/4/09

BRIDGE DUPLICATE- Sunday

Sanctioned A.C.B.L. duplicate bridge game for the experienced player. Light lunch. Partners are available for singles. On-going sessions year round, except for special events and holidays. Min-12;max-100

Certified Director: Dean Kogut

Days: Sundays **Time:** 12:30-4:00pm

Cost: \$9 per person For reservations call (561) 338-2995

ADULT SELF HELP & FITNESS CLASSES

PAST LIFE REGRESSION

This 2½-hour experience begins with an orientation regarding what regressions are all about. Participants will do a past life regression, followed by a period of open discussion to share what was experienced. Bring a towel or blanket to lie on & cover with, along with a writing instrument and tablet. Electronic devices (such as laptop, recorder, pager, cell-phone or beepers) are not allowed in class. Min-6;max-10

Instructor: Dr. Dorothy Mihalyfi

Time: 6:30-9:00pm

Session 1 Monday, May 4 *Registration begins 4/20*

Cost: Per class Residents \$45 Non-resident \$54

NEW! LOSE TO WIN TODAY!

This community weight loss challenge is a great way to lose weight and get healthier. You will have a chance to win prizes if you are one of the top achievers in your challenge. You will receive an evaluation, a healthy meal plan, and weekly information on weight loss and nutrition. Your personal coach cheers you on while you have the support of the whole group! For more information, contact Ana Hentze at (561) 283-1510 or visit www.losewintoday.com Min-8;max-25

Instructor: Ana Hentze

Days: Tuesdays

Time: 1:00-2:00pm

Session 1 June 2-July 7

Registration begins 5/19

Session 2 July 14-August 18

Registration begins 6/30

Cost: Per 6 week session Resident \$35 Non-resident \$42

STROLLER STRIDES

Stroller Strides® is a pre & post natal fitness program designed for moms with stroller age children. The total body workout combines a fitness walk with the stroller, and body toning intervals using the stroller and exercise tubing (provided). This stroller based workout addresses new mom's exercise needs in a fun and refreshing format and is a great way to get back in shape while having fun with your baby and meeting new moms. Stroller Strides® is designed for all fitness levels. All strollers except umbrella strollers will work fine. Please bring a towel or mat for floor work, water, sunglasses/sunscreen and a toy/book for your baby. Try your first class free. For more information please call 800-861-1527. Min-3;max 25

Instructor: Ivie Claudio

Days: Ongoing each Monday, Wednesday & Friday

Session: April 27 – August 31

Registration begins 4/13

Time: 9:15-10:15am

Cost: Single class pass Resident \$16 Non-resident \$19.25

10-block pass Resident \$120 Non-resident \$144

(Expires 3 months after first use)

All class Pass Unlimited classes in 3 months

Resident \$225 Non-resident \$270

STRETCHING THE MIND, STRETCHING THE BODY

Are you interested in reducing stress, the pain of Arthritis, Fibromyalgia, Lymphedema and your back pain? Would you like to increase flexibility, reduce osteoporosis symptoms, lose weight, enhance breathing, and develop better balance? The class consists of light Tai Chi & Yoga stretches, deep breathing exercises and progressive relaxation. You will be lead through a unique integrated approach to both mind and body wellness. Moves will be done on a towel or mat, standing up and sitting in a chair. MAKE THIS YOUR FIRST STEP ON THE ROAD TO WELLNESS! Facilitator has over 20 years experience in Life Coaching, gentle stretching instruction and is a trained mediator.

Facilitator: Inge Erickson (561)477-8814

Days: Wednesdays

Sessions May-August

Cost: \$5 per week

Time: 1:00-2:30pm

Registration is weekly

CHILDREN, TEEN and FAMILY CLASSES

HIP HOP DANCE & TUMBLING Ages 5-9

Learn cartwheels, handstands, bridges, special rolls while perfecting your balance and coordination. Cool, clean conservative routines including Hannah Montana, High School Musical, Jonas Brothers plus many more favorites will be taught. Warm ups that include stretching and isolations will be worked on bringing about body awareness for Hip Hop Dance. Class is for boys and girls. Comfortable clothing and sneakers is all that is required. For further information please call Joy at (954) 971-9917. Min-5;max-18

Instructor: Joy Deco and staff

Days: Mondays

****Time:** 5:30-6:15pm

****Summer hours begin June 15:**

6:30-7:15pm

Session 1 April 27-June 8

Registration begins 4/13

Session 2 June 15-July 20

Registration begins 6/1

Session 3 July 27-August 31

Registration begins 7/13

Cost: Per 6-week session Resident \$75 Non-resident \$90

No class 5/25

TUMBLE BEARS Ages 3-5

Class combines tumbling skills and balancing. Creative movement dances and fun props like parachutes, ribbons, and bean bags are part of this moving and high energy class. For further information please call Joy at (954)971-9917. Min-5;max-18

Days: Mondays

****Time:** 6:15-6:50pm

****Summer hours begin June 15:**

6:30-7:15pm

Session 1 April 27-June 8

Registration begins 4/13

Session 2 June 15-July 20

Registration begins 6/1

Session 3 July 27-August 31

Registration begins 7/13

Cost: Per 6-week session Resident \$60 Non-resident \$68

No class 5/25

Sugar Sand Park Field House

300 S. Military Trail, Boca Raton • (561) 347-3950

Kevin Beckman, Athletic Supervisor II

Jim Henegar, Athletic Supervisor I • Jack Thompson, Athletic Assistant

Operating Hours: Monday-Saturday 8:00 am -10:30 pm • Sunday 10:00 am - 5:00 pm

REGISTRATION FOR CLASSES IS TWO WEEKS PRIOR TO A NEW SESSION

Registration fees must be paid in advance and are non-refundable



This Park has been designated
a Non-Smoking Park

OPEN ROLLER HOCKEY

Open Roller Hockey (youth & adult) is only available to residents of the City of Boca Raton/
Greater Boca Raton Beach & Park District. For additional information call (561) 347-3950.
Open Play schedule is posted at the hockey rink and copies are available in the Field House.

YOUTH ROLLER HOCKEY

City of Boca Raton

SESSION 1 NOVEMBER - FEBRUARY

Registration: Sugar Sand Park Field House
Saturday, August 8 & August 22 • 9:00 - Noon

Proof of date of birth required

Age: 5-16 years (age as of 2/28/10)

Time Commitment: 1 weeknight practice, 1 Saturday/Wednesday game

Cost: Resident \$90 Non-resident \$108

Phone: Kevin Beckman (561) 347-3908

YOUTH BASKETBALL

SESSION 2

Registration: Sugar Sand Park Field House
Saturday, August 4 & 18 • 9:00am - Noon

Proof of date of birth required

Play Location: Sugar Sand Park Field House

League Play: November - February

Age: 5-6 (as of 11/1 of year playing)

Cost: Resident \$70 Non-resident \$84

Phone: Jim Henegar (561) 347-3916

FIELD HOUSE SPECIAL EVENT

MIDDLE SCHOOL DANCE PARTIES

Saturdays: June 27, July 25, August 22

All dances 7:30 -10:00pm

\$5.00 entrance fee • Live DJ

Call 347-3908 for information

Proof of middle school age is
required (report card, school ID)

FIELD HOUSE SCHEDULING INFORMATION

Open play schedule for basketball and volleyball will
be posted on the 3rd Monday of the prior month.

All Open Play programs are free to residents of the
Greater Boca Raton Beach & Park District and the City
of Boca Raton. Proof of residency is required.

The weekly open play schedule can be obtained by
calling (561) 347-3915. Non-residents will be charged
\$5 for Open Play.

2009 ADULT BASKETBALL LEAGUES

2009 Leagues 18+ A, B

Played On Tuesday Nights • **Games** 10

Fee Resident team \$500 Non-Resident team \$600

Play Begins July 28

REGISTRATION

Registration for basketball leagues will begin Tuesday, June 16, 7:00-8:00pm at the Sugar Sand Park Field House.

IMPORTANT!

- Teams must pick up and complete the Roster/Waiver Form prior to registration! Each player's signature (see the Registration Packet) is required.
- Registration packets are available beginning Monday, June 1 at Sugar Sand Park Field House, Monday-Saturday 8am-10pm, and Sunday 10am-5pm.
- Registration will be taken on a first come basis. Space is limited!
- For additional information: (561) 347-3916

PLEASE NOTE: The Sugar Sand Park Field House will be closed from Thursday, September 3 through Monday, September 6, 2009, due to the resurfacing of the gymnasium floor. During this time there will be no activities scheduled. The office will be open during its normal operating hours: Thursday through Saturday, 8:00am - 10:30pm, Sunday, 10:00am - 5:00pm. Activities will resume on Tuesday, September 8, at 8:00am.

ADULT FITNESS CLASSES

Classes run continuously and must be used within a 10-week period (based on purchase date). Class cards will be issued.

MOM / CHILD CLASSES

The Sugar Sand Park Field House in cooperation with One Family Place, Maternity & Pediatrics Boca Raton Community Hospital, offer the following Prenatal and Postnatal classes under the direction of Barbara Colby, NSCA-CPT. www.ftforyou.biz (561) 756-1290

MOM-TO-BE (PRENATAL EXERCISE)

Expectant moms – join this class to stretch and strengthen your way through your pregnancy. Basic stretching, flexibility, balance and breathing techniques will be introduced. Proper guidelines will be stressed to help you throughout your pregnancy. Doctors written release is required at registration. Join us for a free class!

Days: Tuesdays and Thursdays **Time:** 9:00-9:45 am

Cost: 8 classes Resident \$66 Non-resident \$79.20

16 classes Resident \$118 Non-resident \$141.60

MOM & ME (POSTNATAL EXERCISE)

Combine cardiovascular low-impact aerobic work with muscle toning and stretching in this fun class for mother and baby. This is perfect for the new mother looking to shed those unwanted “baby” pounds. Join us for a free class and have fun meeting new mothers and their babies. Babies from birth to age 4 are welcome. Doctors written release is required at registration if the birth was (1) natural and the baby is less than 6 weeks old and (2) if a cesarean birth and the baby is less than 8 weeks old.

Days: Tuesdays & Thursdays **Time:** 10:00-10:50am

Cost: 8 classes Resident \$66 Non-resident \$79.20

16 classes Resident \$118 Non-resident \$141.60

KIDS & CORE

New class for moms to work their core muscles using stability balls, bands and Pilate’s techniques. This is a half hour of intense work for the entire abdominal area and butts. Kids can play in bounce house and on “kid friendly” equipment. Start anytime!

Days: Tuesdays & Thursdays **Time:** 11-11:30am

Cost: 8 classes Resident \$33 Non-resident \$39.60

16 classes Resident \$59 Non-resident \$70.80

PARKINSON’S EXERCISE CLASS

This program is designed for people with Parkinson’s. Components of this program provide exercises that work to improve one’s balance, flexibility and muscle strength. This program is available to people of all ages and runs continuous. For more information contact The South Florida Chapter of the American Parkinson Disease Association (APDA) or visit www.apda-florida.org

Days: Monday **Time:** 11:30-12:30pm

Wednesday **Time:** 2:00-3:00pm

Cost: 8 classes Resident \$35 Non-resident \$42.00

16 classes Resident \$64 Non-resident \$76.80

JAZZERCISE

Classes run continuously and must be used within a 10-week period (based on purchase date). Class cards will be issued.

JAZZERCISE / BODY SCULPTING

Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging 55-minutes muscle toning workout that features a creative combination of weight training and stretching. First class free. Tumble67531@aol.com or jazzfitcenter@aol.com

Days: Mondays, Wednesdays & Fridays **Time:** 8:45 – 9:35am

Cost: 8-week session Resident \$56 Non-resident \$67.20

16-week session Resident \$96 Non-resident \$115.20

JAZZERCISE / LITE

Fitness that’s invigorating, not intimidating! This 55-minutes class pairs moderate aerobics with exercises designed to improve strength, balance, and flexibility. Whether you’re a senior, newcomer, pregnant, or otherwise physically restricted, you can’t go wrong with this popular light version of the original Jazzercise program. Fresh moves, new music, pure motivation. First class free. Tumble67531@aol.com

Days: Mondays, Wednesdays & Fridays

Time: 9:40 – 10:45am

Cost: 8-week session Resident \$56 Non-resident \$67.20

16-week session Resident \$96 Non-resident \$115.20

CHILDREN’S FITNESS CLASSES / GYMNASTICS

Gymnastics is a great way to build confidence and coordination. Beginner 1 is for all new students. Beginner 2 is for students who have been in the program. Every spring the gymnastics program invites all students to participate in our end of the year recital. Space is limited. Minimum-3.

Residents can start registering 3 weeks prior to start of session and non-residents may start registering 2 weeks prior to session.

Parents are not allowed in the classroom during class unless it is Parent Observance Day or the instructor requests that parents come in and watch.

Instructors by All American Academy (USAG and/or AAU Registered)

MONDAYS

Session 1 June 1 – June 29

Cost: 5 40-min classes Resident \$45 Non-resident \$54

5 55-min classes Resident \$60 Non-resident \$72

Session 2 July 6 – July 27

Cost: 4 40-min classes Resident \$36 Non-resident \$43.20

4 55-min classes Resident \$48 Non-resident \$57.60

SESSION 3 August 3 – August 31

Cost: 5 40-min classes Resident \$45 Non-resident \$54

5 55-min classes Resident \$60 Non-resident \$72

SESSION 4 September 7 – October 26

Cost: 7 40-min classes Resident \$63 Non-resident \$75.60

7 55-min classes Resident \$84 Non-resident \$100.80

AGE

3-4 Beginner 9:30 – 10:10am

3-4 Beginner 10:15 – 10:55am

2-3 Parent/Child 11:15 – 11:55am

3-4 Beginner 12:00 – 12:40pm

3-4 Beginner 1:15 – 1:55pm

3-4 Beginner 2:00 – 2:40pm

5-6 Beginner 1 & 2 2:45 – 3:40pm

5-6 Beginner 1 & 2 3:45 – 4:40pm

5-6 Beginner 1 & 2 4:45 – 5:40pm

7+ Beginner 1 & 2 3:45 – 4:40pm

7+ Beginner 1 & 2 4:45 – 5:40pm

WEDNESDAYS

Session 1 May 27 – June 24

Cost: 5 40-min classes Resident \$45 Non-resident \$54

5 55-min classes Resident \$60 Non-resident \$72

SESSION 2 July 1 – July 29

Cost: 5 40-min classes Resident \$45 Non-resident \$54

5 55-min classes Resident \$60 Non-resident \$72

SESSION 3 August 5 – August 26

Cost: 4 40-min classes Resident \$36 Non-resident \$43.20

4 55-min classes Resident \$48 Non-resident \$67.60

SESSION 4 Sept.ember 9 – October 28

Cost: 8 40-min classes Resident \$72 Non-resident \$96.40

8 55-min classes Resident \$96 Non-resident \$115.20

AGE

3-4 Beginner 9:30 – 10:10am

3-4 Mini Stars (see description) 10:15 – 11:10am

1-5 Open Gym (see description) 11:15 – 12:40pm

3-4 Beginner 1:15 – 1:55pm

3-4 Beginner 2:00 – 2:40pm

5-6 Beginner 1 & 2 2:45 – 3:40pm

5-6 Beginner 1 & 2 3:45 – 4:40pm

7+ Beginner 1 & 2 3:45 – 4:40pm

4:45 – 5:40pm

GYMNASTICS CLASS

Pre-school/Open Gym

Come and have fun with your child using our equipment in a supervised, non-instructional setting. Pay by the day. All children who participate must be registered.

Day: Wednesdays **Time:** 11:15am-12:40pm

Program is on-going. No instructional classes.

Cost: Per day Resident \$7 Non-resident \$8.40

GYMNASTICS CLASS MINI STARS

Mini Stars is a class for 3 or 4 year olds who have shown great proficiency in beginner 3 & 4 year old classes, but are not yet old enough to take part in a traditional intermediate class. The emphasis of this class will be on basic skills, technique and form correction, body positions and more advanced skills. This class is by invitation only.

Day: Wednesdays **Time:** 10:15 – 11:10am

SESSION 21 May 27– June 24

Cost: 5 55-min classes Resident \$6 Non-resident \$72

SESSION 2 July 1– July 29

Cost: 5 55- min classes Resident \$60 Non-resident \$72

SESSION 3 August 5– August 26

Cost: 4 55 min classes Resident \$48 Non-resident \$57.60

SESSION 4 September 9 – October 28

Cost: 8 55 min classes Resident \$96 Non-resident \$115.20

U.S. CHEERLEADING ASSOCIATION

United States Cheerleading Association presents FALL SEASON Pro Cheer classes! Come join in our fun, exciting program that is designed to enhance self-esteem, character and social skills. Each class is designed to promote teamwork, coordination and athletic ability while bringing out the best in each of our students. All areas are approached--Cheers, Chants, Partner Stunts, Jumps, Tumbling and Dances-- with a focus on perfection before progression and developing correct safety and spotting techniques. Awards are presented to every participant at the end of each session. All students perform in our session-end SHOWCASE. No classes in the summer. Fall Session begins Tuesday September 9.

Instructors: Elite Pro Staff

Days: Tuesdays

Time: Ages 4-6 Level I 4:30-5:30pm USCA Tiny Stars Cheer
Ages 7-11 Level II 5:30-6:30pm USCA Rising Stars Cheer

Session 1 September 8 – October 13 (6 weeks) No class 9/30

Cost: Per 6-week session Resident \$60 Non-resident \$72

TAE KWON DO Ages 6 –15

Tae Kwon Do is an eclectic martial arts program that includes art, sport and self-defense, offering a complete curriculum for beginning and advanced students. Components of this program also include Aikido and extensive mat work. Minimum - 10 per class. Registration begins 2 weeks prior to start of class.

Instructor: Richard Moseley

Days: Mondays **Time:** 6:00-7:30pm
Fridays **Time:** 5:30-7:00pm

Session 1 June 29 – August 28

Cost: Per 9-week session Resident \$100 Non-resident \$120

KIDOKINETICS

The "Fun Way to Fitness" – your child will learn a new sport each week. They will be introduced to the basics of each sport in a fun and non-competitive atmosphere. Activities include **soccer, hockey, tennis, basketball, volleyball, frisbee, golf, hula hoops, obstacle courses, T-ball and more.** All classes are led by experienced coaches who will provide a fun and safe environment for learning. Kidokinetics focuses on individual achievement to improve the child's self confidence. For more information contact (954) 385-8511 or www.kidokinetics.com. T-shirt can be purchased for an additional \$10

SPRING/SUMMER SCHEDULE 2009

Time: Ages 3-5 3:45 – 4:30pm and Ages 2-3 4:30 – 5:15pm

Tuesdays May 19 – June 30 (7 weeks)

July 7 – August 25 (8 weeks)

September 15 – October 27 (7 weeks)

November 3 - December 15 (7 weeks)

Cost: 7 week session Resident \$77 Non-resident \$ 92.40

8 week session Resident \$88 Non-resident \$105.60

Time: Ages 3-5 3:30 – 4:15pm

Thursdays March 12 - May 14 (8 wks) (No class 4/2 & 4/9)

September 10 – October 22 (8 wks)

November 3 – December 17 (7 wks) No class 11/26

Cost: 7 week session Resident \$77 Non-resident \$ 92.40

8 week session Resident \$88 Non-resident \$105.60

RHYTHMIC GYMNASTICS

This class is especially designed for females. Extremely popular in Europe, and is a fascinating combination of ballet, acrobatics and theatrical prop handling. Its oriented toward developing grace, smoothness and connection with musical accompaniment. Rhythmic Gymnastics involves two kinds of techniques; body movement and apparatus handling. In this class children will learn the basic techniques with rope, hoop and ribbon, while improving their balance, flexibility, strength, agility and hand-eye coordination. This class is structured to enhance overall self-confidence. Space is limited.

MONDAYS (Advanced – instructor approval required)

Session 1 May 4 – May 25 (4 weeks)

Session 2 June 1 – June 22 (4 weeks)

Time: 3:15 – 5:15 (120 min)

WEDNESDAYS

Session 1 May 6 – May 27 (4 weeks)

Session 2 June 3 – June 24 (4 wks)

Time: 3:15 – 4:10pm (55 min) 5 & 6 year old girls

4:15 – 5:30pm (75 min) 7+ girls

FRIDAYS

Session 1 May 8 – May 29 (4 weeks)

Session 2 June 5 – June 26 (4 wks)

Time: 1:45 – 2:30pm (45 min) 3 & 4 year old girls

2:45 – 3:40pm (55 min) 5 & 6 year old girls

3:45 – 5:00pm (75 min) 7+ girls

Cost: Per 8-week session

45 min. class Resident \$44 Non-resident \$52.80

55 min. class Resident \$52 Non-resident \$62.40

90 min. class Resident \$74 Non-resident \$88.60

120 min. class Resident \$88 Non-resident \$105.60

Cost: Per 4-week session

45 min. class Resident \$88 Non-resident \$105.60

55 min. class Resident \$104 Non-resident \$124.80

90 min. class Resident \$148 Non-resident \$177.60

120 min. class Resident \$176 Non-resident \$211.20



[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

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THE RECREATOR

Summer 2009

Sugar Sand Park Community Center

300 S. Military Trail, Boca Raton 33486 • (561) 347-3900

Tiffany Lucia, Recreation Center Manager • Briann Harms, Recreation Center Supervisor III

COMMUNITY CENTER HOURS

Monday-Friday 8:00am-10:00pm • Saturday 8:00am-5:00pm • Sunday 10:00am-5:00pm

Class registrations begin 2 weeks prior to start of new session with the exception of where otherwise indicated.

FEES MUST BE PAID IN ADVANCE AND ARE NON-REFUNDABLE.

Programs, operating hours, and/or prices subject to change



This Park has been designated
a Non-Smoking Park

ADULT PROGRAMS

THE ACTORS WORKSHOP **Ages 16 and up**

Intensive 8-week program for adults interested in tapping into their creative side, improving public speaking and presentation skills, overcoming shyness, having fun or seeking a career in acting. Taught in NY and LA, even the newest individual to acting immediately gains tools for consistent ability as an actor. Profiled by 'Sun Sentinel', 'Boca News' & 'Onstage' T.V. program. Min-4;max-24

Instructor: Jane Kelly

Days: Mondays

Time: 6:30-9:30pm

Session 1 June 22-August 10

Registration 6/8

Cost: 8 classes Resident \$150 Non-resident \$180

INSTANT GUITAR for Hopelessly Busy People

Ages 14 and up. Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Min-5;max-10

Instructor: Jerry Tyler

Days: Fridays

Time: 6:30-9:00pm

Session 1 June 26

Registration 6/12

Session 2 July 17

Registration 7/3

Session 3 August 14

Registration 7/31

Cost: 1 class Resident \$25 Non-resident \$30

\$26 Materials Fee paid to the instructor.

PUTTING THE FUN IN FUNNY **Ages 19 and up**

Writing Humorous Books for Kids

Bring your ideas, your playful spirit and your sense of humor to this hands-on writing workshop. Have fun with your writing and make your writing more fun. Participate in ten-minute writing exercises, manuscript critiques, and book discussions. Learn what works in children's books...and what makes young readers laugh. Min-5;max-25

Instructor: Gloria Rothstein

Days: Wednesdays

Time: 7:00-9:00pm

Session: June 24-July 22

Registration 6/10

Cost: 5 classes Resident \$115 Non-resident \$138

THURSDAY MOVIE CLASSICS

Days: Thursdays

Time: 7:30pm

Movies: Butch Cassidy and the Sundance Kid May 14

"The Summer of Eastwood"

The Good, The Bad, and The Ugly June 18

Dirty Harry July 16

Two Mules for Sister Sarah Aug. 13

Tickets: \$1 per person (price includes popcorn & drink)

Limited Seating. Please call the box office at

(561) 347-3948 to purchase tickets in advance.

CHILDREN AND TEEN PROGRAMS

CARTOONING, DRAWING AND COLORING **Ages 7-15**

Learn basic cartooning techniques, drawing the cartoon face & figure and try to create our own funny cartoon. Learn simple line drawing and shading. Bring pencil and paper. Min-4;max-15

Instructor: Paul Markison

Days: Tuesdays

Time: 4:00-5:30pm

Session 1 June 2-July 7

Registration 5/19

Session 2 July 21-August 25

Registration 7/7

Cost: 6 classes Resident \$52 Non-resident \$62.40

CHILDREN'S PERFORMANCE Drama **Ages 6-15**

(3 week) WORKSHOP

Taught by theatre professionals, your "CHILD STAR" will perform in a full scale production of "RAPUNZEL" (including group songs) at the end of the three week workshop. This is an original story based on the fairy tale with many fun characters added such as Reba Remax, the realtor who tries to sell the doll makers' house to get away from the witch. Let your child's imagination soar while having fun at the theatre! Their days include improvisation, singing, character study, rehearsing, cold reading and audition techniques, voice, movement, make up, technical aspects and more. Please bring a packed lunch. Min-15;max-25

Instructor: Kris Coffelt, Rusty Ellison

Days: Monday-Friday

Time: 10:00am-3:00pm

Session: June 15 - July 3

Registration 6/1

Cost: 15 classes Resident \$550 Non-resident \$660

*Tickets for the performance are provided at no additional cost, upon availability.

CHILDREN'S PERFORMANCE Drama **Ages 6-15**

(1 week) WORKSHOP

Taught by theatre professionals, each day in the series offers new opportunities to develop your child's dramatic talent while having fun at the theatre! Let your child's imagination soar! Many aspects of theatre are taught, including: improvisation, pantomime, character development, scene work, creative skills, drama exercises, voice, diction, body movement, and more. This series also focuses on positive interacting skills, poise, self-esteem, and memorization skills. Children work in age appropriate groups. Please bring a packed lunch. Min-15;max -25

Instructors: Kris Coffelt, Rusty Ellison

Days: Monday-Friday

Time: 10:00am - 3:00pm

Session July 6-July 10

Registration 6/22

Cost: 5 classes Resident \$180 Non-resident \$216

SUGAR SAND'S SING SONG STORY TIME

Come join us for interactive stories with positive self-esteem enhancing themes. Singing, puppets and dancing are all part of the great adventures we will discover. Parents must accompany children.

Instructor: Carol Ann Birtwell

Days: Mondays

Time: 10:00-11:00am

Dates: May 11; June 1; July 13; August 3

Cost: No fee

FATHER'S DAY JEWELRY MAKING WORKSHOP

Jewelry artist, Phyllis C. Annunziato, is offering jewelry making workshops for ages 12 and up. Students will learn to design and to make metal jewelry out of copper, brass, or nu-gold (bronze); silver is available at an additional cost. Students will also make their own wrapping paper to wrap their Father's Day gifts in. Parents are welcome to participate. Min-3;max-8

Instructor: Phyllis C. Annunziato

Days: Saturday and Sunday **Time:** 1:00-4:00pm

Session 1 May 23—Make a key ring *Registration 5/9-5/20*

Session 2 May 24—Make a bracelet *Registration 5/9-5/20*

Cost: 1 class Resident \$25 Non-resident \$30
\$12 Materials Fee paid to the instructor

FUN WITH FOOD!

Creating Your Own Recipes Ages 7-10

Attention young chefs! Want to learn how to be creative in the kitchen? Imagine creating your own recipes? Now you can! This class helps you explore FUN with FOOD! Each class is designed with a special theme, so come join us and roll up your sleeves! Enjoy healthful salads, parfait, coolers, sandwiches-on-sticks galore, special desserts, and so much MORE! Enjoy eating everything you MAKE and CREATE! All classes are hands on, and taught by Diane Ziegler-Hoffman, freelance writer and "Fun with Food" columnist for the Sun-Sentinel. Min-8;max-12

Instructor: Diane Ziegler-Hoffman

Days: Thursdays **Time:** 2:00-3:00pm

Session July 9-August 13 *Registration 6/25*

Cost: 6 classes Resident \$138 Non-resident \$165.60
\$12 Materials Fee paid to the instructor

IMAGINE THAT! "Family Time" Newborn-7yrs

Imagine That! Takes you and your child on a musical journey of discovery and exploration...a journey limited only by the power of imagination. Pretend play activities are integrated with music, vocal development, storytelling, movement and literature to capture your child's potential to learn and to encourage cognitive and literacy skills, creativity and individuality. Ms. Cathy ranks in the top 5% of educators around the world in reaching children and families with Kindermusik! Materials Fee paid to the instructor. Min- 5;max-14

Instructor: Cathy Hazard

Days: Thursdays **Time:** 4:00-4:45pm

Session July 9-August 27 *Registration 6/25*

Cost: 8 classes Resident \$120 Non-resident \$144

KINDERMUSIK WITH MS. CATHY Newborn-7yrs

Through interactive music classes, children explore rhythm, melody, and other musical building blocks. Children learn by singing, playing instruments, and dancing. Classes feature a variety of musical styles for a fun and positive experience for both parents and children. Ms. Cathy ranks in the top 5% of educators around the world in reaching children and families with Kindermusik! Materials Fee paid to the instructor. Min-5;max-14

Instructor: Cathy Hazard

Days: Wednesdays

Time: 0-15 mo. 9:30-10:15am "Village"
16 mos-2½ yrs 10:30-11:15am "Our Time"
2½ yrs-7 yrs 11:30-12:15pm "Imagine That"

Session: July 8 – August 26 *Registration 6/24*

Cost: 8 classes Resident \$120 Non-resident \$144

Days: Thursdays

Time: 16mos-21½ yrs 9:30-10:15am "Our Time"
16 mos-21½ yrs 10:30-11:15am "Our Time"
0 mo-16 mos 11:30-12:15pm "Village"

Session 1 July 9 – August 27 *Registration 6/25*

Cost: 8 classes Resident \$120 Non-resident \$144

ONCE UPON A HAPPILY EVER AFTER...

A Camp for Young Writers Ages 9-12

What did your favorite authors write when they were kids? The same kinds of things you'll be writing at writers' camp. Bring your most colorful pens, pencils, and notebooks and spend your afternoons writing STORIES, BOOKS, POEMS, FAIRY TALES, SCRIPTS, SONGS, and more. Put your ideas on paper and have fun thinking in pictures, playing with words, and sharing your work. Min-8;max-15

Instructor: Gloria Rothstein

Days: Monday-Thursday **Time:** 1:00-4:00pm

Session July 27-July 30 *Registration 7/13*

Cost: 4 classes Resident \$275 Non-resident \$330

Sunday MORNING MOVIE MADNESS

Spend your Sunday watching one of these classics the whole family can enjoy. Limited Seating. Please call the box office at (561) 347-3948 to purchase tickets in advance. An adult must accompany children under 12.

Days: Sundays **Time:** 11:00am

Movies: *Finding Nemo* May 17

Babe June 14

Shrek July 12

An American Tail August 9

Tickets: \$1 per person (includes popcorn & drink)

ART EXHIBITS

Art in Public Places exhibitions are free to the public, open during regular community center hours.

MEET THE ARTIST PROGRAM

The Meet the Artist series is an opportunity for the public to view the current exhibition with the artists present to offer insight into their work. This informal gathering may also include a guided tour, demonstration, sale of additional work, or other activities. Refreshments are provided. Please call ahead for details about each program.

May 12- July 14 (or as noted otherwise)

AQUA EXPOSURE: Christopher Guglielmo

Christopher Guglielmo has been shooting underwater since he was a certified diver at age 16. Traveling the world, (most recently to India to shoot the world's only swimming elephant!), this extraordinary photographer has won numerous awards and honors for his breathtaking aquatic views. *Exhibit opens April 15.*

Meet the Artist-Sunday, May 3 at 10am, in conjunction with Underwater Photography program.

GOLD COAST QUILTERS' GUILD

The Gold Coast Quilters' Guild has a long history in Boca Raton. Incorporated in 1985, the guild's membership, over 200 women, is as diverse as their talents. Ranging in age from their 20's to the 90's, they enjoy making traditional quilts, Art quilts, "Quilted" Artists Books, and Quilts of Valor, in support of the national organization whose mission is to provide quilts for returning wounded veterans from Iraq and Afghanistan.

Meet the Artist- Friday, May 29 at 11am

BOCA RATON'S HISTORY: A TIMELINE

Boca Raton Historical Society

This exhibition will present a look back at Boca Raton's fascinating history from its earliest days as a tiny agricultural community in the 1890s to one of Florida's best known and most glamorous modern cities. The exhibit will be presented by Sugar Sand Park in partnership with the Boca Raton Historical Society in honor of Palm Beach County's 100th birthday.

Meet the Artist with Susan Gillis, Boca Raton Historical Society, Friday, May 29 at 11am

July 19 –Aug. 29 Sugar Sand Park Community Center

Juried Exhibition "Come Out & Play"

Artists may enter up to 2 pieces for consideration into the 3rd annual Juried Exhibition. For complete information and an application please visit www.SugarSandPark.org, or call (561) 347-3901.

[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

Willow Theatre at Sugar Sand Park

300 S. Military Trail, Boca Raton, FL 33486 • (561) 347-3948

The Willow Theatre at Sugar Sand Park is a beautiful 155-seat proscenium theatre. The theatre is committed to providing a variety of high quality entertainment for the residents of the City of Boca Raton and the Greater Boca Raton Beach and Park District.

Tickets for all the performances are available for purchase at the Willow Theatre Box Office. Please stop by Sugar Sand Park Community Center to pick up the Willow Theatre's Fall 2009 Cultural Arts Brochure.



This Park has been designated
a Non-Smoking Park

BOX OFFICE INFORMATION

General Information: The Box Office at the Willow Theatre is located on the northern end of Sugar Sand Park Community Center. Ticket purchases for the performances can be made either in person during box office hours or over the phone with a major credit card.

Box Office Telephone: (561) 347-3948

Box Office Hours: Monday-Friday, 10am-1pm & 5pm-8pm and one (1) hour prior to show times.

Payment Options: Payment for tickets to performances at the Willow Theatre can be made in cash, check, or by credit card. The Willow Theatre accepts Visa, Mastercard, and American Express.

Special Needs: The Willow Theatre is equipped with four (4) wheel-chair accessible spaces. Seating for companions is located directly next to these spaces. Please request this seating arrangement when purchasing tickets. Listening device available upon request.

Mainstage Production

PLAZA SUITE

Presented by Curtain Call Playhouse, this play by Neil Simon is comprised of three acts. Each act takes place in Suite 719 of New York's Plaza Hotel. The lives of three different characters and their romantic squabbles are portrayed during their stay at the hotel during three different times of the year.

Dates: May 8, 9, 16

Time: 8:00pm

May 10, 16, 17

Time: 2:00pm

Cost: \$19 advance; \$20 beginning May 8

Staged Play Reading

GRAB OUR SHORTS

Presented by Boca Raton Theatre Guild, this popular festival features the best of original short works submitted by writers all over the country.

Dates: July 24, 25

Time: 7:30pm

July 25, 26

Time: 2:00pm

Cost: \$8.50

Music and Variety

TEEN CABARET

Calling all local teens! The tradition continues at Willow Theatre for the Summer/Fall 2009 season. Teens are welcome to audition for a chance to perform on the Willow Theatre stage. Call the teen cabaret hotline at (561)347-3946 for audition and performance information.

Dates: May 1, September 11

Time: 7:30pm

Cost: \$1 Teens \$5 Adults

OPEN MIC NIGHT

This popular program continues at the Willow Theatre. This showcase opportunity allows 20 singers and stand-up comedians, ages 12 and up, to have their five minutes to shine on stage. Pre-registration required at the community center; Residents one month prior to show; non-residents, two weeks prior to show.

Dates: June 17; July 15; August 19

Time: 7:30pm

Cost: Free admission

Come visit Sugar Sand Park's Carousel!

The Carousel is open 365 days a year and costs just \$1.00 per ride.

Hours of Operation: Mon-Fri:10:00am - 7:00pm

Sat, Sun & Holidays:10:00am - 5:00pm

Hours subject to change based on weather and attendance.



Summertime in Florida: Day Tripping with Gumbo Limbo '09

Day Tripping with Gumbo Limbo is taking on a greener dimension; we're actively trying to make the travel part of the trips environmentally correct. Trains are one of the ways we take advantage of our historic and natural wonders. Our summer trip takes us to the center of Miami. The location is perfect; the commuter train makes a stop at Government Center, two blocks walking distance to our destination. Going to Miami on the TriRail is an adventure in itself.

Historical Museum of Southern Florida

Black Crossroads

Since the 1890's Miami has attracted people from many places and cultures. Perhaps the city's proximity to the islands and rural America, and overcrowded northern cities made it an accessible crossroad for black peoples. Miami was also a relatively newcomer to the city scene and may have seemed full of opportunities. They came from many different places, looking for the American dream: a better way of life. Little by little a black community of settlers added to the fabric of Miami. The exhibit tells their stories, a history that spans over one hundred years.

Black Freedom in Florida, 1700-1865

A concurring exhibit tells the stories of Florida as a haven for black communities during the international battles by Spaniards and Brits. Their struggles for freedom from slavery and refuge among the Seminole Indians are told through a composite of court and military records, maps, and advertisements. These two exhibits help us gain a better appreciation of Florida's diversity and its extraordinary history.

Tropical Dreams

The museum's permanent installation, Tropical dreams: A People's History of South Florida, dovetails the Black Crossroads exhibit with a look at prehistoric geology, subtropical climate, and development. Adapting to the rigors and pleasures of our unique climate is one aspect that daunted earlier settlements. The history of southern Florida is truly a saga of immigrations. They came – and continue to come - from diverse regions in the States and numerous other countries. The first people, the defining of The Everglades, the impacts of war and aviation are all part of the Florida we know today.

Location, Cost & Lunch:

The Museum is in mid-town Miami next to the Museum of Art and the Library. The MetroRail/Tri Rail station is two blocks from the museum. A near-by restaurant, Granny Feelgood's Natural Food, provides a favorite stop for lunch. The cost of the trip covers entrance fee, donations and/or gratuities. Please note: TriRail train fare and lunch is at your own expense. A week prior to our trip participants will be contacted regarding train schedule and meeting time. This program is for adults. Reservations required (561) 338-1473.

Date: Friday, June 5

Time: 9:30 am – 4:30 pm

Cost: Per person Members \$10 Non-members \$15

Boca Raton Beaches

OCEAN RESCUE / PARK RANGER HEADQUARTERS

3939 N. Ocean Boulevard, Boca Raton 33432 • (561) 393-7820
Grant E. McCosh, Ocean Rescue Chief

GENERAL INFORMATION

The residents of Boca Raton are proud of the two miles of lifeguard protected beaches which are provided for their recreational use. There are four guarded sections of beach: South Beach, South Beach Park, Red Reef Park and Spanish River Park.

LIFEGUARD HOURS

9:00 am - 5:00 pm
7 days a week, year-round

DESIGNATED SURFING AREAS

South Beach Park - South End
Red Reef Park - South End
Spanish River Park - North End
(Areas adjusted according to surf conditions)

DAILY BEACH CONDITIONS

(561) 393-7989 or
<http://www.ci.boca-raton.fl.us/OceanRescue/ocean.htm>

SOUTH BEACH WEB CAM

<http://www.video-monitoring.com/boca/default.htm>

RECOMMENDED CANOE/KAYAK

OCEAN LAUNCH AREA

South end of Spanish River Park.

RECOMMENDED SNORKELING AREA

Red Reef Park - South End

VOLLEYBALL COURTS

Spanish River Park - North End

A BEACH WHEEL CHAIR IS AVAILABLE

from 10am-4pm. Inquire at the Spanish River Gatehouse when you enter the Park. You must submit a valid driver's license as a deposit for use of the chair.

SPECIAL EVENT

JUNIOR LIFEGUARD PROGRAM

Open to boys and girls ages 10-17
Monday, Wednesday, Friday mornings 9:00am to Noon
June 15 - July 24 (No class June 29, July 1 or July 3)

Spanish River Park

Registration and tryouts (Run-Swim-Run activity) will be conducted at 9:00am on Sat, May 16 and/or Sat, May 30.

Lifeguard staff members of Ocean Rescue conduct this program.

Cost: \$150 Resident \$175 Non-resident

For more information call Squid McGlamery at (561) 393-7820

SEASON HIGHLIGHTS

Sea Bathers Eruption (Sea Lice)

What is it? Ocean bathers report red welts and blotches, which are concentrated under the swimsuit and other parts of the body after swimming in the ocean. Itching and redness usually occur several hours after ocean bathing. Some experience a slight "prickling" sensation while they are in the water. This occurs mostly from April to July.

Symptoms: Itching -- usually lasts 2-4 days, but it can last as long as 2 weeks. Some people have more severe reactions, including headache, fever, nausea and infected blisters. Children may develop high fever.

Prevention: Make sure you change out of your bathing suit before showering. This may reduce your risk for sea bather's eruption by half.

Treatment: An oral antihistamine may help to relieve the itching. Also, an over-the-counter topical 1% cortisone cream or sting aid may be helpful. With severe reactions or complications, call your physician immediately.

For more information, call (561) 514-5369, HRS-Palm Beach County Public Health Unit.

BEACH PERMIT INFORMATION

Beach permit stickers may be purchased at the following locations:

James A. Rutherford Community Center

2000 Yamato Road • (561) 367-7035
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 5:00 pm
Sunday 10:00 am - 5:00 pm

Sugar Sand Community Center

300 S. Military Trail • (561) 347-3900
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 5:00 pm
Sunday 10:00 am - 5:00 pm

Boca Raton Community Center

150 Crawford Blvd. • (561) 393-7806 #2
Monday-Friday 9:00 am - 9:00 pm
Saturday 9:00 am - 1:00 pm

Proof of residency and car registration required. Stickers are valid from October 1 through September 30 annually.

• **City Residents** - Ownership of South Beach, Red Reef and Spanish River Parks is held by the City. City residents are allowed use of all three parks for one permit cost (\$37 inc. tax).

• **Beach and Park District Residents** - Ownership of South Beach, Red Reef and Spanish River Parks is held by the City. District residents may purchase a permit that allows use of all three parks (\$37 inc. tax).

• **County Residents** - Residents of Palm Beach County may purchase a permit for South Beach Park through an agreement between the City and County. The City is responsible for all operation and maintenance, with the provision that County residents be allowed usage of the Park at the same rate as City residents (\$37 inc. tax).

(Fees subject to change)