

# PROGRAMS, ACTIVITIES AND CLASSES AT THE RECREATION COMPLEX

4455 Sol Press Blvd, Coconut Creek, 33073 – 954-956-1580

Updated 9/1/10

## For Toddlers 0 to 4 Years

### Party Programmers

Let our recreational programmers plan your child's next birthday event at the Community Center, Rowe Center or Recreation Complex.

For children ages 2 to 12, Saturdays,

Two times from which to choose: 10:00 a.m. to 12:00 p.m. or 2:00 p.m. to 4:00 p.m.

Cost: \$175 for residents, \$200 for non-residents

Space limited to 20 children and based on availability

You provide all party supplies, food, refreshments, favors

Two themes:

Younger children (2 to 5) will have a toy themed party with staff led activities

Older children (6 to 12) will have sport themed party with staff led activities

Both themes allow for 2 hours inside the building with table and chairs provided

Register at the Community Center, 1100 Lyons Road (954-545-6670) or Recreation Complex, 4455 Sol Press Blvd (954-956-1580) at least two weeks prior to the program date chosen.

### Learning about Animals – registration is over

6-week program is for children ages 2 to 4 to learn about animals and their classifications through organized games and books. Parent participation is mandatory.

Saturdays, August 7 to September 11, from 11:15 a.m. to 12:15 p.m. at the Recreation Complex.

Cost: \$25 for residents, \$35 for non-residents. 954-956-1580

### Creative Tots Art Class

Program is offered to children ages 3 to 5 and is designed to teach and expose kids to various arts & crafts projects.

Four week program is on Wednesdays, August 25 to September 15, from 3:30 p.m. to 4:30 p.m. at the Recreation Complex.

Cost is \$30 for residents, \$40 for non-residents and includes all supplies needed. Register through August 13. 954-956-1580

### Tiny Tots Arts & Crafts Class

Program is designed to teach and expose children ages 18 months to 34 months to various arts & crafts projects that will enhance their imagination and fine motor skills. A parent or guardian must stay with child during the program.

Fridays, August 27 to September 17, from 11:00 a.m. to 11:45 a.m.

Cost is \$30 for residents, \$40 for non-residents and includes all supplies. Register through August 13 at the Recreation Complex. 954-956-1580

### Girls Pee Wee Ballet

For girls ages 2 ½ years to 5 years to learn the basics of ballet and perform a recital at the end of the last class on week 8. One parent per child is mandatory at each class. Each participant will receive a pair of ballet shoes and a leotard to be worn at all rehearsals. Specific measurements are required at registration.

Tuesdays, September 14 to November 2, from 4:00 p.m. to 5:00 p.m. at the Recreation Complex. Register through August 28, or until the first 18 participants register.

Cost is \$50 per child for residents and \$60 per child for non-residents. 954-956-1580.

### **Little hands, Little Treasures**

This four week program is for children ages 2 to 3 years old to creating beautiful works of art using their little hands. A parent or guardian's participation is required.

Thursdays, September 23 through October 14, from 11:00 a.m. to 11:45 a.m. at the Recreation Complex.

Register through September 10. Program is limited to 10 participants. Cost is \$25 per child for residents and \$35 for non-residents. 954-956-1580

## **For Children ages 5 to 13**

### **Youth Club**

For boys and girls, ages 11 to 14 (Middle School Students Only)

Activities include basketball, dodge ball, movie nights, volunteer opportunities and much more.

The program is free, excluding specialized activities and field trips.

Fee: Free to residents/ \$10.00 annual fee for non-residents

When: Fridays 5:30 p.m. to 7:30 p.m. @ the Rec. Complex.

### **Shotokan Karate**

Taught at Recreation Complex, 4455 Sol Press

Ages 5 and up and levels

Students will be tested accordingly to their level and ability

Students must wear proper karate attire such as ghee, shorts and loose clothing.

Space is limited

Beginner & Intermediate class (White thru Green Belts) for children ages 5 years to adults:

Tuesdays & Thursdays, 6:00 p.m. to 7:00 p.m. Blvd.

Advanced Class (Brown & Black Belts) all ages: Tuesdays & Thursdays, 7:00 p.m. to 8:15 p.m. –

Cost for 1-month session:

Children: \$50; Adults: \$60; Family Members: \$40

Cost for 3-month session:

Children: \$95; Adults: \$110; Family members: \$65

3-month sessions will start on the following dates: 12/4/07, 3/4/08, 6/3/08

There will be no refunds issued after first week of class. Registration is continuous

For further information, please contact Tom Leeman (instructor) at 561-703-5367.

### **Party Programmers**

Let our recreational programmers plan your child's next birthday event at the Community Center, Rowe Center or Recreation Complex.

For children ages 2 to 12, Saturdays,

Two times from which to choose: 10:00 a.m. to 12:00 p.m. or 2:00 p.m. to 4:00 p.m.

Cost: \$175 for residents, \$200 for non-residents

Space limited to 20 children and based on availability

You provide all party supplies, food, refreshments, favors

Two themes:

Younger children (2 to 5) will have a toy themed party with staff led activities

Older children (6 to 12) will have sport themed party with staff led activities

Both themes allow for 2 hours inside the building with table and chairs provided

Register at the Community Center, 1100 Lyons Road (954-545-6670) or Recreation Complex, 4455 Sol Press Blvd (954-956-1580) at least two weeks prior to the program date chosen.

### **Beginner Zumba**

For ages 12 and older

Zumba fitness combines aerobic exercise with Latin moves. Learn to dance Salsa, Merengue, Samba, Reggeaton, Cumbia and more, while super cardio is pumping your mind, body and soul

Mondays, from 6:15 p.m. to 7:15 p.m.

Wednesdays, from 6:15 p.m. to 7:15 p.m.

Space is limited

Cost: \$6 per class, please bring exact change. All participants must sign a waiver. Anyone under 18 must have parent/guardian complete waiver

Arrive 15 minutes before each class to register with instructor

For further information, contact instructor Cheryl Gomes at 954-461-1177 or

[lovetozumba@hotmail.com](mailto:lovetozumba@hotmail.com)

### **Intermediate Zumba**

For ages 12 and older

Zumba fitness combines aerobic exercise with Latin moves. Learn to dance Salsa, Merengue, Samba, Reggeaton, Cumbia and more, while super cardio is pumping your mind, body and soul

Mondays, Wednesdays and Thursdays, from 7:30 p.m. to 8:30 p.m.

Fridays, from 6:30 p.m. to 7:30 p.m.

Saturdays, 9:30 a.m. to 10:30 a.m.

Space is limited. Cost: \$6 per class, please bring exact change. All participants must sign a waiver. Anyone under 18 must have parent/guardian complete waiver

Arrive 15 minutes before each class to register with instructor

For further information, contact instructor Cheryl Gomes at 954-461-1177 or

[lovetozumba@hotmail.com](mailto:lovetozumba@hotmail.com)

### **Martial Arts for Kidz**

For Little Ninjas, ages 4 to 5 and Kidz classes for ages 6 to 8.

Little Ninjas classes held on Saturdays, 9:30 a.m. to 10:00 a.m.

Kidz Class, held on Saturdays, 10:15 a.m. to 1:45 a.m.

For more information, contact the instructor Chris Nott at 954-464-4625 or logon

[www.WCMAacademy.com](http://www.WCMAacademy.com)

### **Environmental Explorers**

Program is for boys and girls, ages 6 to 10, held at the Recreation Complex.

Participants will help create a butterfly garden. Each week, new plants will be added and you will learn the difference between a nectar and host plant and develop gardening skills. Each participant will receive their own pair of gardening gloves.

Thursdays, September 2 to October 7, from 3:30 p.m. to 4:30 p.m.

Cost is \$35 for residents, \$45 for non-residents. Register through August 21 or until the first 12 participants have registered. 954-956-1580.

### **Creative Kids Art Classes**

Class is offered to children ages 6 to 10 and is designed to teach and expose kids to various arts & crafts projects.

Four week program is held on Wednesdays, August 25 to September 15, from 5:30 p.m. to 7:00 p.m. at the Recreation Complex.

Program cost is \$35 for residents, \$45 for non-residents and includes all supplies needed.

Register through August 13. 954-956-1580

### **Girl's Ballet**

Program is for girls, ages 5 to 8 to learn the basics of ballet and perform a recital at the end of the last class on week 8. Each participant will receive a pair of ballet shoes and a leotard to be worn at all rehearsals.

Mondays, September 13 to November, from 4:00 p.m. to 5:00 p.m.

8-week program held at the Recreation Complex. Cost is \$50 per child for residents, \$60 for non-residents. Register through August 18, or until 16 participants are registered. 954-956-1580

### **Rocketeering 101**

Program is for children ages 8 to 12, to have fun learning about rockets. They will have the opportunity to build and launch rockets.

Four week program on Wednesdays, September 29 to October 20, from 6:00 p.m. to 7:00 p.m. Cost is \$25 for Coconut Creek residents, \$35 for non-residents. Register through 9/24 at the Recreation Complex. 954-956-1580

### **Girls Basketball Clinic**

Program is for girls ages 8 to 14. Each participant will learn the basics of basketball and will be conditioned to build stamina. A scrimmage will be run at the end of each class. Clinic held in gymnasium at Recreation Complex. Two sessions are available.

Session 1: Ages 8 to 10: Saturdays, October 2 to December 11, from 11:15 a.m. to 12:45 p.m., (no class on November 13)

Session 2: Ages 11 to 14: Tuesdays, September 28 through December 7, from 7:30 p.m. to 9:00 p.m. (no class on November)

Register through September 25 or until the first 25 participants register per session. Fee is \$50 per child for residents, \$60 per child for non-residents. Each participant will receive a gift and a certificate of completion. 954-956-1580.

### **Shooting Stars Soccer Program**

Program is for boys and girls ages 6 to 16, who have intellectual disabilities. Each participant is paired with a volunteer and will learn basic soccer skills while having fun. Parent/guardian participation is mandatory.

10-week program is on Saturdays, October 2 to December 11, from 2:30 p.m. to 3:30 p.m. in the gymnasium at the Recreation Complex. No class on November 13.

Fee is \$50 for Coconut Creek residents and \$60 for non-residents. Participants will receive a t-shirt, sports medal, certificate of participation and one piece of sports equipment. Register through September 25 or until session is filled. Registrants can register on line at [www.coconutcreek.net](http://www.coconutcreek.net). 954-956-1580

### **Boys & Girls Youth Basketball League Registration**

League is for girls ages 6 to 14 and boys ages 6 to 17. Space is limited. League is from January to May 2011. Games will be played at the Community Center or Recreation Complex.

Registration fee is \$90, however non-residents must also purchase a Sports Card for \$60.

Registration is Saturdays October 9, 23 and 30, from 10:00 a.m. to Noon at the Community Center and at the Recreation Complex. All fees must be paid in full at registration. Cash will not be accepted. Three proofs of residency must be provided at time of registration, along with the child's birth certificate. 954-545-6670

## **Youth Programs for ages 14 to 17**

### **VOLUNTEER OPPORTUNITIES FOR HIGH SCHOOL STUDENTS**

Do you need volunteer hours to graduate high school? Stop by the Recreation Complex, 4455 Sol Press Blvd. with your parent/guardian to register for volunteering with our recreation/athletic programs. Make sure to bring in your tier sheet from your school's Guidance Counselor.

Volunteer hours for high school students will only be given for obtaining hours for graduation. Contact the Recreation Complex for further information at 954-956-1580.

### **Youth Club**

For boys and girls, ages 11 to 14 (Middle School Students Only)

Activities include basketball, dodge ball, movie nights, volunteer opportunities and much more.

The program is free, excluding specialized activities and field trips.

Fee: Free to residents/ \$10.00 annual fee for non-residents

When: Fridays 5:30 p.m. to 7:30 p.m. @ the Rec. Complex.

### **Shooting Stars Soccer Program**

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## **Senior Activities**

### **Forever Fit**

A slow tempo class designed to improve activities of daily living. Focus is on stretching, balance and coordination

Tuesdays, 9:45 a.m. to 10:45 a.m.

Free to fitness members, \$6 for residents, and \$8 for non-residents

### **Silver Sneakers Program Open House**

If you are a Medicare-eligible member of a health plan you may be able to receive a free Fitness Membership with the City of Coconut Creek Fitness Centers through the SilverSneakers Program. To find out more, join us for a SilverSneakers Open House on Tuesday, September 28 at the Recreation Complex (4455 Sol Press Blvd) or on Thursday, September 30 at the Community Center (1100 Lyons Road). Each open house begins at 1:00 p.m. SilverSneakers representatives will be there to answer questions and register new members. Refreshments will be provided.

## **Fitness Classes**

### **Personal Training**

All active fitness members can now get personal attention from one of our certified personal trainers.

Sessions are 30 minutes and cost \$20. Trainers will adjust machines, set the weights, teach/correct proper lifting techniques, provide instruction, supervision and motivation.

Sign up at either fitness center and bring bottled water and a towel.

954-545-6688 (Community Center) or 954-545-6650 (Recreation Complex)

### **Healthways**

A funded fitness benefit for eligible members to enjoy a basic membership

The program allows insurance members to be identified by their insurance cards, which are presented upon membership enrollment at participating fitness centers.

Visit the South Fitness Center at Community Center or North Fitness Center at Recreation Complex. Call 954-545-6650 or 954-545-6688 for information.

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### **Yogalates**

A blend of postures that focus on flexibility, balance, posture and strength  
7:30 p.m. to 8:30 p.m., Tuesdays  
Free to fitness members, \$6 for residents, and \$8 for non-residents  
954-545-6650

### **Step Aerobics**

Intermediate/advance aerobics class that contains complex choreography around a step bench  
Tuesdays, 6:15 p.m. to 7:15 p.m. and Sunday mornings, 10:00 a.m. to 11:00 a.m.  
Free to fitness members, \$6 for residents, and \$8 for non-residents

### **Body Sculpting**

A total body workout that incorporates calisthenics and weight lifting to improve muscular endurance and strength  
Mondays, 6:15 p.m. to 7:15 p.m. and Saturdays, 11:00 a.m. to 12:00 p.m.  
Free to fitness members, \$6 for residents, and \$8 for non-residents

### **20/20/20**

A high-energy fitness class combined with variety...20 minutes of weights, 20 minutes of cardio and 20 minutes of stretching and core training  
Mondays and Wednesdays, 7:30 p.m. to 8:30 p.m.  
Free to fitness members, \$6 for residents, and \$8 for non-residents

### **Kickboxing**

Designed for all fitness levels, this action packed class puts you in the ring. Choreographed boxing moves and basic training techniques strengthen your heart and your muscles in one energetic class. Great overall conditioning class  
Thursdays, 6:15 p.m. to 7:15 p.m.  
Free to fitness members, \$6 for residents, and \$8 for non-residents

### **Pilates**

A mat class based on Pilates principles, which focus on using the core muscles as the foundation for movement. Exercises are designed to promote balance and coordination while increasing strength and flexibility  
6:15 p.m. to 7:15 p.m. Wednesdays  
Free for fitness members, \$6 for residents and \$8 for others  
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## **City Run Athletic League Programs**

### **Men's Recreational Basketball League – registration is over**

This is a non-competitive, full-court refereed league. Each team will receive numbered t-shirts that will be provided by the City.

Tuesdays, June 15 to September 21 (no games on 8/24/10).

Games at 6:30 p.m., 7:30 p.m., 8:30 p.m.

Fee is \$450 per team or \$50 per player. Fee must be paid in full at registration. There will be a maximum of six teams and 6 to 10 players are allowed per roster. 954-956-1580

### **Boys & Girls Youth Basketball League Registration**

League is for girls ages 6 to 14 and boys ages 6 to 17. Space is limited. League is from January to May 2011. Games will be played at the Community Center or Recreation Complex. Registration fee is \$90, however non-residents must also purchase a Sports Card for \$60. Registration is Saturdays October 9, 23 and 30, from 10:00 a.m. to Noon at the Community Center and at the Recreation Complex. All fees must be paid in full at registration. Cash will not be accepted. Three proofs of residency must be provided at time of registration, along with the child's birth certificate. 954-545-6670

## **Special Events at the Recreation Complex**

**None at this time**

**Other**

**None at this time**