

DISCOVERY

Discover the Benefits of Tamarac Parks and Recreation



Playability

The extent to which a city makes it easy for all kids to get balanced and active play

#playability

Tamarac Parks and Recreation e-Newsletter

The Parks and Recreation department's monthly e-newsletter, called P&R e-News, highlights department happenings including events, trips, classes and services.

To subscribe, sign up online at:

www.tamarac.org

click the "Notify Me" tab in the left column and click the "Online Newsletter" box.

Wanna Play?

Tamarac's leading the way for play, and proud to be named a Playful City by Playful City USA for the 7th consecutive year.

Playtime is good for us all, and helps children grow into healthy and productive adults. On the following pages you'll find information about the many opportunities to play at our parks, facilities, programs and special events.



CAPORELLA AQUATIC COMPLEX

Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero-depth entry, a slide and children's water sprayground. The complex also offers a 3,000- square-foot fitness center, locker rooms and outdoor picnic tables. Please call (954) 597-3660 for Aquatic Complex admission fees and rental information, or for additional information on the classes and lessons listed below.



POOL HOURS

Weekdays: 10 am – 6 pm
 Slide and Sprayground: 2:30 pm – 6 pm

Saturdays: 10 am – 4 pm
 Slide and Sprayground: 10 am – 6 pm

Sundays: 10 am – 4 pm
 Slide and Sprayground: 10 am – 4 pm

Pool is closed for open swim during December, January and February.

SWIM LESSONS

Tot: Ages 3 – 5

Levels 1 and 2: Ages 5 & over

Adult Level 1: Ages 13 & over

When: Call for days and times

Fee: Residents: \$45; Non-residents: \$55

PROACTIVE ARTHRITIS WATER EXERCISE CLASS

When: Monday and Wednesday
 9 – 10 am

Fee: Senior Program Members: Free
 Others: \$4/Class

WATER AEROBICS

When: Monday and Wednesday
 6 – 6:45 pm

Fee: Residents: \$45; Non-residents: \$55
 (Four week session)

TAMARAC SWIM TEAM

TS Aquatics offers a competitive swim team program for children aged 5 – 18, and a masters program for adults aged 18 – 90. The programs are held at the Caporella Aquatic Complex. Free tryouts are held Monday through Thursday, any time between 5 – 7 pm. TS Aquatics is offering a second month FREE when you try out and sign up for a month. Rates start as low as \$50/month. For additional information please email tamaracswimming@gmail.com or visit <http://tsaquatics.com>.

FITNESS CENTER

We invite you to visit the Caporella Fitness Center, which offers a friendly, non-competitive workout environment with a variety of free weights, Life Fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. On your first visit, our qualified staff will show you around and help you get familiar with the equipment. We also have personal training sessions available by appointment. For more information, visit the fitness center today, contact us at (954) 597-3661, or visit our website at www.tamarac.org/parks.

Annual Fitness Membership Fees:

Adult Membership:	\$150
Senior/Military/Vets Membership:	\$135
Teen Membership (16-17 years old):	\$95
Teen Membership (13-15 years old):	\$65

Three month and six month membership options are also available.

FACILITY LOCATIONS

Caporella Aquatic Complex and Fitness Center

9300 NW 58th Street

Caporella Park

5200 Prospect Road

Colony West Golf Club

6800 NW 88th Avenue

Gary B. Jones Park for People and Pups

8101 Southgate Boulevard

Mainlands Park

4500 Monterey Drive

Sunset Point Park

11000 West McNab Road

Tamarac Community Center

8601 West Commercial Boulevard

Tamarac Multi-Purpose Center

7531 North University Drive

Tamarac Park Recreation Center

7501 North University Drive

Tamarac Sports Complex

9901 NW 77th Street

Tephford Park

10003 Southgate Boulevard

Veterans' Memorial Park

7825 Southgate Boulevard

For more information on any of the programs or activities listed in the Discovery section of Tam-A-Gram, please contact Tamarac Parks and Recreation at (954) 597-3620. Times and locations may be subject to change without notice.

ATHLETIC LEAGUES

The following sports leagues are offered in the City of Tamarac. Registration is available at the Tamarac Community Center.

YOUTH BASKETBALL

Registration for Youth Basketball begins November 7th. The league is for boys and girls ages 6 - 17. Practices will begin in February with games starting in March. The season concludes in May. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85; Non-residents: \$95

ADULT SOFTBALL

Registration begins December 14th for our Coed Softball league and Men's Softball league for ages 18 and older. Coed League games are played on Friday evenings. Men's League games are played on Wednesday evenings. Space is limited.

Fee: \$425 per team

FOR MEN'S SOCCER CALL (786) 367-0972

FOR THE FOLLOWING ATHLETIC LEAGUE INFORMATION PLEASE

CALL (954) 597-3620:

Youth Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men's Basketball, Adult Softball, Adult Kickball and Adult Flag Football.

FOR TACKLE FOOTBALL/CHEERLEADING CALL (954) 721-5131

FIELD RENTAL: Athletic fields are available to rent at a nominal fee. Call (954) 597-3620 for more information.

For information on field closures due to rain or maintenance, call (954) 597-3667.





YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee		Session	Location
				Resident/ Non-Resident Fee	Session		
Art & You	Mon.	6 - 7:30 pm	7 - 12 yrs.	\$60/\$70	4-week	Recreation Center	
Basketball Fundamentals	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Multi-Purpose Center	
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week	Community Center	
Gymnastics	Thurs.	6 - 6:45 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center	
Hip Hop/Cheerleading /Tumbling	Sat.	11 am - 12 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center	
Imagination Mornings	Wed.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center	
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 yrs.	\$40/\$50	4-week	Community Center	
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	4-week	Recreation Center	
Kids Cooking	Tues. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-week	Recreation Center	
Krafty Kids	Mon.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center	
Level 1 & 2 Ballet, Tap & Jazz	Sat.	10 - 11 am	3 - 12 yrs.	\$45/\$55	4-week	Recreation Center	
Lil Sprouts Cooking	Tues.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center	
Start Smart Sports	Thurs.	6 - 6:45 pm	4 - 6 yrs.	\$30/\$40	4-week	Multi-Purpose Center	
Taekwondo (Advanced)	Tues. & Thurs.	5:30 - 8:30 pm	7 - 12 yrs.	\$80/\$90	4-week	Recreation Center	
Teen Club	Thurs.	7 - 8 pm	12 - 17 yrs.	\$25/\$35	Annually	Multi-Purpose Center	
Tennis Lessons	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week	Sports Complex	
Zumbatomic	Wed.	5 - 6 pm	4 - 12 yrs.	\$20/\$30	4-week	Multi-Purpose Center	

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>.

ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session	Location
Aerobic Cycling	Mon. Thurs. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6 - 7 pm 8:30 - 9:30 am	16 & over	\$7/\$8 \$85/\$100 \$140/\$160	Per Class 6 months Annual	Community Center
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class	Community Center
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$35/\$45	4-week	Recreation Center
Hand Building Ceramics	Thurs.	6 - 8:30 pm	16 & over	\$45/\$55	4-week	Recreation Center
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class	Community Center
Tennis Lessons	Sat.	9 - 10 am	13 & over	\$40/\$50	4-week	Sports Complex
Wing Chun	Tues. & Thurs.	6:30 - 8:00 pm	13 & over	\$80/\$90	4-week	Recreation Center
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class	Multi-Purpose Center

RECREATION CENTER FITNESS SCHEDULE

Salsa Fitness	Mon.	6 - 7 pm
Pilates	Sat.	9:30 - 10:30 am
Total Fitness Training	Tues. & Thurs.	6 - 7 pm
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7 - 8 pm 9:30 - 10:30 am 11 am - 12 pm

COMMUNITY CENTER FITNESS SCHEDULE

Body Sculpting	Thurs. & Fri.	6 - 7 pm
Kickboxing	Mon.	6 - 7 pm
Strength Training Aerobics	Wed.	6 - 7 pm
Tone and Sculpt	Tues.	6 - 7 pm
Yoga	Mon. Wed. & Thurs. Sat.	5:30 - 6:30 pm 7 - 8 pm 9:30 - 10:30 am
Zumba	Wed. & Fri.	7 - 8 pm

Participants can enjoy fitness classes at both facilities with a 10 class punch card, or with a 6 month or annual membership.

Fees: Per Class: Residents: \$7; Non-residents: \$8
 10 Classes: Residents: \$55; Non-residents: \$65
 6 Months: Residents: \$85; Non-residents: \$100
 Annual Membership: Residents: \$140; Non-residents \$160
 Annual Membership/Seniors: Residents: \$110; Non-residents \$130

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>.

SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless noted otherwise. Call the information and referral line at (954) 597-3642 for more information on these and other social service programs that may be available in Broward County.



BLESSED AND STRESSED - CARING FOR YOURSELF: A CAREGIVER SUPPORT GROUP

Are you a caregiver for a loved one? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. This free group is facilitated by a licensed clinician in partnership with Goodman Jewish Family Services. Please call (954) 370-2140 for more information.

When: First and third Tuesday of each month at 10:30 am

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-3460 to make an appointment. Please leave your name and phone number and your call will be returned within 24 hours.

LOWER YOUR PRESCRIPTION COSTS

Start saving today with the City of Tamarac Prescription Discount Card program for those without insurance. Benefits include an average savings of 20%, free enrollment and coverage for all family members. No income requirements.

Pick up at Tamarac Community Center.

TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM

The City of Tamarac, in partnership with Memorial Healthcare System, cordially invites you to participate in FREE parenting sessions that provide different perspectives on adolescent development, parenting styles, communication, and working together as a family to improve relationships and strengthen family bonds.

When: Wednesdays, 6:30 – 7:30 pm

POSITIVE ADJUSTMENT GROUP

Learn coping skills and how to adjust to life changes including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Mondays, 10:30 – 11:30 am

CENTER FOR COMMUNICATIONS - FREE AMPLIFIED PHONE

Provides amplified phones and TDDs free of charge to Florida residents who are deaf or hard of hearing.

When: October 6th and December 1st



FREE 911 CELL PHONES FOR SENIORS

Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

When: Second Monday of each month at 9 am

SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month at 11 am

SHINE COUNSELOR

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



MEDICARE OPEN ENROLLMENT

Representatives from the Aging and Disability Resource SHINE program will be on hand to assist seniors who receive Medicare to choose a supplement during open enrollment. First come, first served. Please call for dates.

VETERANS ADVISOR

When: Last Friday of each month
8 – 11 am



TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, please call (954) 597-3649.

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at www.tamarac.org and at City facilities.

Additionally, the City runs an Express Shuttle once a month. The shuttle starts at 10 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ's, Home Depot, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels, and Panera Bread. The shuttle costs \$1 roundtrip, and no sign up is required. Please call (954) 597-3649 for dates.

ADULT TRIPS

Register for all trips at the Tamarac Community Center from 8 am – 8 pm. All bus trips will leave from this location. For information, call (954) 597-3620. Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).

MYSTERY TRIP

Thursday, October 6th, 4 – 11 pm
Residents: \$15; Non-residents: \$20



DOWNTOWN DELRAY

Thursday, October 20th, 4 – 10 pm
Residents: \$15; Non-residents: \$20

CLEMATIS AT NIGHT

Thursday, November 3rd, 4 – 10 pm
Residents: \$15; Non-residents: \$20



KRAVIS CENTER: THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

Thursday, November 17th, 4 – 11 pm
Residents: \$75; Non-residents: \$85

KRAVIS CENTER: AN AMERICAN IN PARIS

Thursday, December 8th, 4 – 11 pm
Residents: \$85; Non-residents: \$95

BROWARD CENTER: ROGERS AND HAMMERSTEIN'S CINDERELLA

Thursday, December 15th, 4 – 11 pm
Residents: \$80; Non-residents: \$90

SPECIAL EVENTS

COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles, and other artisanal goodies. Come meet the producers and sample their locally prepared, all natural products.

Where: Veterans' Memorial Park
When: Every Sunday, 9 am – 2 pm

FOOD TRUCK HUMP DAYS

Where: Tamarac Park
When: Every Wednesday
5:30 – 9:30 pm



COMMUNITY GARAGE SALE

Where: Tamarac Park
When: Saturday, October 8th
7:30 am – Noon

MOVIE IN THE PARK

Free big screen movie featuring ParaNorman. Pre-movie activities include face painting, bounce house, food trucks, games, music and much more.

Where: Tamarac Sports Complex
When: Friday, October 7th
Activities start at 6 pm;
Movie starts at 7:30 pm

HALLOWEEN HOOPLA

Enjoy this free event for all ages which will include music, arts and crafts, bounce houses, face painting, carnival games, prizes, candy, and much more.

Where: Tamarac Park
When: Friday, October 21st, 6 – 8 pm

VETERANS DAY CEREMONY

Please join us as we honor all of our veterans for their patriotism and service to our country. Free event.

Where: Veterans' Memorial Park
When: Friday, November 11th, 10:30 am



36TH ANNUAL TURKEY TROT 5K RACE

Where: Tamarac City Hall
When: Thursday, November 24th: 7:30 am
Fee: Before November 13th: \$25
November 14th – 23rd: \$30
November 24th (Race day): \$50

Register: www.active.com

HOLIDAY LIGHTING FESTIVAL

This free event includes the lighting of the Christmas tree and Menorah, a holiday concert featuring Tamarac's best school choirs, holiday craft boutique, appearance by Santa Claus, and children's entertainment.

Where: Tamarac Community Center
When: Wednesday, December 7th, 6 pm



RUDOLPH'S WINTER WONDERLAND

Join us for a free night of reindeer games. Enjoy bounce houses, face painting, carnival games, pictures with Santa, and a special appearance by Rudolph the Red-Nosed Reindeer.

Where: Tamarac Park
When: Friday, December 9th, 6 – 8 pm

PAWS WITH CLAUS HOLIDAY PAWTY

Dress your pet up for the best dressed holiday hound contest and bring your camera to have your dog's photo taken with Santa. Free event.

Where: Gary B. Jones Park for People and Pups
When: Saturday, December 17th, 9 – 11 am

SENIOR PROGRAM

Want to have fun, try new activities, make friends and get in shape? Tamarac's Senior Program offers more than 40 different activities every week, Monday – Friday, 8:30 am – 4 pm. This program is for seniors aged 55 and up. For additional information, including full descriptions of the classes and programs listed below, please call (954) 597-3620.

▣ Indicates degree of physical challenge

CREATIVE CLASSES

- Card Making:** Thurs. 1 pm
- Clay Class:** Fri. 10 am
- Happy Hookers Knitting Group:** Mon. 1 pm
- Painting Club:** Tues. 1 pm
- Writing Group:** Tues. 10 am

EXERCISE & MOVEMENT

- Carol's Cardio** ▣▣▣▣: Fri. 11 am
- Carol's Cardio Kickboxing Plus Muscle Training** ▣▣▣▣: Tues. 9:15 am
- Chair Yoga** ▣: Tues. and Thurs. 11:30 am
- Core Yoga** ▣▣: Wed. 11:30 am
- Gentle Yoga** ▣: Fri. 12:15 pm
- Jazzercise** ▣▣: Mon., Tues., Thurs., Fri. 10 am
- Line Dancing** ▣▣: Mon. and Thurs. 11 am
- Movement Mix** ▣▣: Wed. 10 am; Fri. 11:15 am
- Proactive Arthritis Water Exercise Class** ▣▣: Mon. and Wed. 10 am (Aquatic Complex)
- Senior Dance - Ballroom:** Thurs. 1 pm
- Sit & Fit Aerobics** ▣: Tues. and Thurs. 10:30 am
- Small Group Strength Training** ▣▣▣▣: Wed. 10:15 am (Advance sign up required, RSVP Monday mornings)

- Tai Chi / Qigong** ▣: Mon. 9 am; Fri. 9:30 am
- Yoga** ▣▣: Mon. 10:30 am
- Zumba Sentao** ▣▣▣: Fri. 10 am
- Zumba Gold** ▣▣: Mon. 12 pm; Wed. 11:15 am

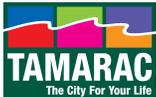
GAMES & RECREATION

- Badminton:** Thurs. 12:30 pm
- Bingo:** Mon. 12:30 pm
- Pickleball** ▣▣: (Beg) Mon. 12:30 pm; (Int & Adv) Tues. 11:30 am; (All levels) Wed. and Fri. 12:30 pm
- Pickleball Fundamentals:** Wed. 9 am
- Ping Pong:** Thurs. 12:30 pm; Fri. 10 am
- Trivia:** Fri. 2 pm
- Volleyball** ▣▣: Mon. 11:15 am; Wed. 10:30 am; Thurs. 11:30 am



BECOME A SPONSOR!

Sponsoring a special event is a great way to reach your target audience. Partnering with the City of Tamarac provides an opportunity to promote your business and increase visibility in the community. Contact the Tamarac Parks and Recreation department at (954) 597-3632 for more information.



CITY OF TAMARAC
7525 N.W. 88th Avenue
Tamarac, Florida 33321-2401

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36TH ANNUAL TAMARAC TURKEY TROT 5K RUN

Start your Thanksgiving on the right foot at one of Tamarac's most popular events.

Thursday, November 24th

Race starts 7:30 am

Tamarac City Hall

7525 NW 88th Ave.

Entry Fees:

- **Early Registration (before Nov 13th): \$25**
- **Late Registration (Nov 14th - Nov 23rd): \$30**
- **Race Day Registration (Nov 24th): \$50**



Register online at www.active.com, or visit the Tamarac Community Center to pick up an application.

T-shirts will be provided to the first 1,500 registrants.

For more information, please call (954) 597-3620.