



GET YOUR PLAY ON

**PARK AND RECREATION MONTH
JULY 2017**

#PlayOnJuly

www.nrpa.org/July

TAMARAC PARKS & RECREATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		954-597-3620 www.tamarac.org		IT STARTS IN PARKS Coaching. Connecting. Community.		1
2 GET FIT! Sign up for a Fitness Membership!	3 Celebrate America's Birthday!	4 Patriotic Splash Party Aquatic Center 12 pm - 4 pm All American Celebration Sports Complex 6 pm - 9:30 pm	5 DE-STRESS! Work off the stress in your life & get a Fitness Membership at the Caporella Aquatic and Wellness Center	6 LUNCH WITH UNCLE SAM & BETSY ROSS 1:00 pm at TCC Advanced tickets only!	7 Swim Lessons available at the pool! 	8 HEALTHY TREATS First 50 participants Badminton 5 pm- TCC
9 ENJOY Lazy Day Summers at your city park	10 LINE DANCING 11 am TCC	11 Sign up for a Sit and Fit Class 10:30 am TCC	12 Learn Pickleball Fundamentals 9 am \$4/person	13 Intergenerational Pickleball 11:15 am- TCC <u>VOLLEYBALL</u> 7:15 pm Tamarac Park	14 YOUTH BASKETBALL PIZZA 3pm TCC SUPERHERO CAMP PARADE TPK - 1 pm	15 3 on 3 BASKETBALL TOURNAMENT BRING ON YOUR BEST GAME! 10 am TCC
16 RENT A PAVILION AT ONE OF OUR PARKS FOR A LOW FEE: - Sunset Point Park - CAWC - Sports Complex	17 WATER ARTHRITIS CLASS 9:30 am Aquatic Center	18 SIGN UP FOR PICKLEBALL 11:30 am - 3:00 pm TCC	19 BELLYDANCE AT 9 am	20 SENIOR DANCE 1 pm - 3 pm Free for members \$2 for non-members	21 <u>"THE SKINNY ON FAT"</u> Presented by HUMANA 11:15 am TCC	22 GET FIT WITH YOUR DOG AT THE PAWS-ITIVELY DOGGONE FIT EVENT 10 am @ Gary B Jones Park for People & Pups
23/30 Green Market 9 am Veterans' Park	24/31 QI GONG & TAI CHI 9 am TCC	25 Volleyball 11:15 am TCC	26 Sign up for Strong by ZUMBA 7 pm TCC	27 Sign up for MARLINS -VS- REDS GAME	28 EARTHSAVE VEGAN BUFFET 5 PM TCC RSVP to: BROOKKATZ@HOTMAIL.COM	29