

Gymnasium Classes & Programs

For specific class times, visit CoralSprings.org/recreation or pick up a flier at the Gymnasium!

To register, stop by the Coral Springs Gymnasium at 2501 Coral Springs Drive between 8 a.m. and 9 p.m. Register early, space is limited! The Gym is open seven days a week.

Call 954-345-2200 for more information.

Sticky Fingers, with instructor Jean Rao, provides ongoing arts and crafts classes. Children will explore different mediums through hands-on activities with parental and instructor assistance. Sticky Fingers classes for children ages 2 to 5 are Tuesdays, Wednesdays, or Fridays and classes for Children ages 5 to 7 (Sticky Fingers Too) are Wednesdays. Sticky Fingers continues during the summer with Sticky Fingers Camp. Classes are now year-round. Call the instructor at 954-682-1580 for more information.

Beyond Beauty etiquette classes teach both etiquette and social development. The goal is to learn the basics of charm for participants ages 4 to 10. Become a real princess! Ongoing four-week sessions are Mondays from 5 to 5:45 p.m. at a cost of \$40. No classes available during summer.

Project Runway is about fashion, creativity and style! Combine colors and patterns to own the catwalk with your own savvy style! Join the challenge of creating your own clothing line as you complete missions to become a "famous fashion designer" and bring your own model for the final catwalk of your own masterpiece. Sketching and sewing will be introduced. Class is geared toward girls and boys ages 8 to 15. Ongoing four-week sessions are Thursdays from 5:45 to 6:30 p.m. at a cost of \$40, plus a \$5 supply fee paid to the instructor at the first class.

SAT Boot Camp is designed to provide training and preparation to take the SAT exam at a cost of \$329 for two, three-hour sessions on Saturday and Sunday, from 1 to 4 p.m., April 30-May 1 and May 28-29.

Fit Revolution with Scott Shurpin LMT, CPT, at the Coral Springs Gymnasium has a proven system for training that will be successful at helping participants ages 6 to 18 reach and dominate at the next level. Mondays, Wednesdays and Fridays from 2:30 to 5:30 p.m. for \$30 per week or \$100 per month.

Trinity Fitness offers Tae Bo, Zumba and Yoga. There are no monthly memberships, contract, sign-up fees or expiration dates. Simply purchase one of the three reasonably priced class cards at the Coral Springs Gymnasium. **Tae Bo:** Single-class card for \$7, five-class card for \$30 (\$6 per class) or a ten-class card for \$50 (\$5 per class). The first Tae Bo class is free. Classes are Mondays at 6 p.m. and Wednesday, Fridays and

Saturdays at 8:30 a.m. **Zumba and Yoga:** Single-class cards are \$10, five-class cards are \$40 (\$8 per class) and ten-class card are \$65 (\$6.50 per class). **Zumba** classes are Tuesdays at 7:30 p.m. and Wednesdays at 7:45 p.m.

Yoga classes are Mondays at 8:30 a.m. Visit trinityfitnessstudio.com or call 954-345-2200 for more information.

Trinity Fitness Boot Camp at Ralph Diaz Park on Mondays 6 a.m., Tuesdays and Thursdays at 6:30 p.m. Simply purchase one of the three reasonably priced class cards at the Coral Springs Gymnasium: single-class card for \$10, five-class card for \$50 or a ten-class card for \$100. Visit trinityfitnessstudio.com or call 954-345-2200 for more information.

Pilates on the Ball helps you stretch, tone and relax. Stability balls are a great way to a fast, convenient and full-body workout. Join this class for a fun workout that will also improve your balance and overall coordination. For all ages and levels. \$50 for a six-week session on Tuesdays from 7:15 to 8 p.m. or Mondays from 9 to 9:45 a.m.

Cheers, Chants and Pom Pom Routines, sponsored by Joy Deco, Inc., teaches the latest cheers and chants, jumps and stunts along with pom pom musical routines. Ongoing four-week sessions cost \$40 per session. Cheers, Chants and Pom Pom Routines class is from 5:30 to 6:15 p.m. on Tuesdays for ages 4 to 6.



Gymnasium Classes & Programs continued

Belly Dancing for children and adults with Maja, the girl of the Nile, is an ancient art for everyone. Experience new movements and discover new spaces to express. Women of all ages, shapes and levels are welcome. Improve flexibility, coordination and balance. In every woman's heart there is a belly dancer! Ongoing six-week sessions cover basic major belly dance movements, veil, intro to finger cymbals and mini routine at a cost of \$60. Classes are on Saturdays from 4 to 5 p.m. for beginners, and 5 to 6 p.m. for intermediate.

Ballroom Dancing classes, with former professional dancer and master teacher Lavonne Lear, will make American and Latin ballroom dances fun and easy to learn. Ongoing six-week sessions rotate between American ballroom dances (fox trot, waltz, and swing) and Latin ballroom dancing (merengue, cha-cha and tango). The cost is \$60 per person, per session. Slip on your leather-soled shoes and reserve your Friday nights for ballroom dancing from 7:30 to 8:30 p.m.

Wedding Dance classes are fun and easy. Learn the favorite dances used at wedding receptions: fox trot, waltz, electric slide and more. Join the fun and impress your friends and relatives with your new dance steps. Bridal parties welcome. Classes are Fridays from 8:30 to 9:30 p.m. at a cost of \$60 per session.

Private Dance Instruction is offered by Dana Lurie. Groups aren't for everyone. Learn the styles you want, when you want, at your own pace. Specializing in first dance for weddings and anything Latin. Sessions are Tuesdays at 8 to 9 p.m. Other times are available, call Dana at 954-934-6404 to coordinate.

Beat Street, Inc. Dance classes, with instructor Melissa Florio, as well as other professional instructors, offer ballet/tap/jazz/break dancing, step team/dancro classes, b-bop for boys, and our most talked about peewee, junior., tween/teen and adult hip hop! Please contact the instructor at 754-366-7570 or the Coral Springs Gymnasium at 954-345-2200 for more information on specific class times and dates.

Beat Street Dance Company Are you an energetic, enthusiastic, team-spirited dancer 6 to 18 years old who loves competition? If so, then Beat Street, Inc., would like to invite you to audition for one Beat Street's competitive, high energy hip hop dance teams: J.V., Varsity, Performance, Performance Troupe and Street Squad. Call 954-345-2200 or stop by the Coral Springs Gymnasium to add your name to the list of dancers to be notified for the next Beat Street Dance Company audition in August.

Kidokinetics is an exciting and unique program developed to provide boys and girls with an alternative way to improve and enhance their fitness. This fun-filled class includes activities that develop motor skills, physical fitness and improve self-confidence. Kidokinetics focuses on individual achievements in a non-competitive environment. Activities include basketball, soccer, hockey, tennis, t-ball, hula-hoops, bean bags, golf, volleyball and more. Ongoing sessions are offered September through May at the Coral Springs Gymnasium on Mondays from 4:45 to 5:30 p.m. for ages 3 to 5 and from 5:30 to 6:15 p.m. for ages 5 to 8. No classes available during summer.

Tumbling and Acrobatics sponsored by Joy Deco, Inc., meets every Tuesday from 6:15 to 7 p.m. The ongoing four-week sessions cost \$40, and children ages 4 to 7 will learn music routines, parachute, ribbons, bean bags, creative thinking, gymnastics moves, and self-expression.

Drama & Musicals sponsored by Joy Deco, Inc., is an ongoing nine-week class that meets Thursdays from 6:15 to 7 p.m. and costs \$90 per session, plus a \$20 costume and award fee to be paid to the instructor on the first day of class. Children grades 1 to 5 learn to enhance their creative talents and stage presence through dramatic games, simple scripts and movement, songs and dance, short scripts and plays. The next play will be Mary Poppins starting March 21, and Annie later this summer.

Kids Cuisine class for children ages 6 to 11, instructed by Enid Weinraub, will teach the basics, such as microwave cooking and how to make healthy snacks, international foods and traditional favorites. Summer sessions are Wednesdays from 6:30 to 7:30 p.m., at a cost of \$30 for four-week sessions. School year sessions are Mondays from 4:30 to 5:30 p.m. An additional supply fee of \$10 is to be paid to the instructor during the first class.

Book 'n' Cookin' is an interactive storytelling, music and movement, and cooking program. First, the children bring a story to life followed by music and movement through several fun activities. They then create a delicious cooking project based on the story. Classes are offered Wednesday from 11 to 11:45 a.m. for \$40 for a four-week session for \$40.

Gymnasium Classes & Programs continued

Soccer Tots is a development program for children 18 months to 5 years old that uses a variety of fun games and activities to engage children in physical activity, develop motor skills, enhance soccer skills and promote self-confidence. We stress a non-competitive environment and fun above all else. Classes are ongoing.

Lil' Sluggers is a child development program to introduce children ages 2 through 5 to the game of baseball by developing skills such as hitting, throwing, catching and base running. Equipment and games are used to teach your child baseball in a fun, positive environment. Classes are ongoing.

Triple Threat Basketball is an after school basketball academy where boys and girls from ages 7 to 16 learn the fundamentals of basketball. Through drills, games and team activities, your child will take their game to the next level. Whether your child is just starting off or is looking to sharpen their skills before school try-outs, this academy will push them to make themselves the best player they can be! Classes run Mondays, Tuesdays, Wednesdays or Thursdays from 3:30 to 4:30 p.m. for beginners and 4:30 to 5:30 p.m. for advanced at \$40 per four-week session — contact Coach Orlando "O" McCorvey at Triplethreatb-ball@yahoo.com or visit www.triplethreatb-ball.com for more information.

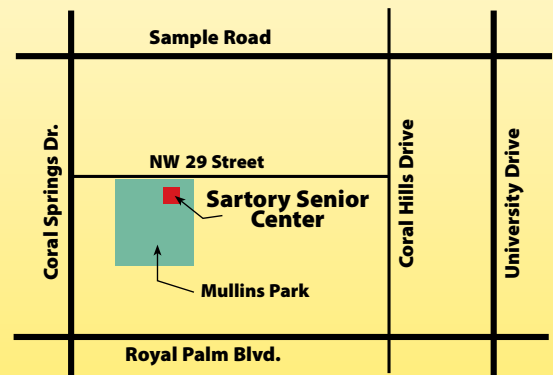
Summer Golf League for children aged 7 to 12 years of age at the Coral Springs Country Club is limited to 90 golfers. For more information call the Parks and Recreation office at 954-345-2200.

Zumbatomic The crazy-cool dance-fitness workout for children ages 7 through 13 set to hip hop-hop, salsa, reggaeton and more. Four-week session on Thursdays from 5:30 to 6:16 for \$45.

Senior Activities

Sartory Senior Center

For information about the many activities at Sartory Senior Center, including trips, meetings, and nutrition classes, visit CoralSprings.org/seniorprograms or call 954-345-2209. Sartory Senior Center is located at 10150 N.W. 29th St. in Mullins Park. Take Coral Springs Drive to N.W. 29th St. and go east. Enter Mullins Park on the south side of the street. Turn left at the stop sign. The Center is just east of the pool.



Senior Pride Bus

The Coral Springs Senior Pride Bus Program provides transportation to local grocery stores and malls for senior citizens. On Fridays, the group also goes on trips to local attractions at an additional cost. Any Coral Springs senior age 55 or older can join this service as long as they are able to board the bus without assistance and carry their own packages. The annual fee is \$25. Call 954-344-1837 for details.

