

# HORIZONS

CITY OF SUNRISE EVENT & ACTIVITY GUIDE

APRIL | MAY | JUNE | 2023

**Oscar Wind Park**  
*Bigger and Better!*



IT STARTS IN  
**PARKS**

HEALTH | COMMUNITY | ECONOMIC | ENVIRONMENT



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## STAY CONNECTED



[www.sunrisefl.gov](http://www.sunrisefl.gov)



@cityofsunrise



*Horizons is now color coded by section! As you flip through our updated layout, be sure to explore the new map of Leisure Services facilities and amenities on page 34.*



## ADA Notice

The City of Sunrise is an equal opportunity agency and does not discriminate with regard to its services, programs and activities regardless of race, color, religion, national origin, sex, age or physical or mental abilities. Any person who believes he or she has a disability and requires an accommodation in order to participate in any of our programs, please call (954) 747-4600 as early as possible so that we may have adequate time to insure an accommodation by the start date.

## It's Easy to Register for Leisure Services Programs! Here's How:

**Online** at [www.sunrisefl.gov/registration.html](http://www.sunrisefl.gov/registration.html)

- Have your Household Number handy, along with a Visa, MasterCard, American Express or Discover card

**In Person** at the Sunrise Civic Center, 10610 West Oakland Park Boulevard

- In the Leisure Services office (second floor), weekdays from 9:00 am to 5:30 pm
- In the Athletic Club (first floor), weekdays from 6:30 am to 9:00 pm and weekends from 8:00 am to 7:00 pm

The City of Sunrise is represented by (left to right):  
Assistant Deputy Mayor Joseph A. Scutto;  
Deputy Mayor Mark A. Douglas;  
Mayor Michael J. Ryan;  
Commissioner Neil C. Kerch;  
Commissioner Jacqueline A. Guzman



## A MESSAGE FROM THE MAYOR

Spring is traditionally a time of renewal. Here in Sunrise, that means a fresh opportunity to find programs, services and amenities that expand your horizons and enrich your life.

If you're looking for a new green space to explore, visit the renovated and expanded **Oscar Wind Park**—featured on page 5 of this issue! We're hosting an official Ribbon-Cutting Ceremony on April 29th; however, the park is already open and welcoming residents from across Sunrise. Favorite Oscar Wind Park attractions include its accessible playground, new Fitness Court exercise circuit, and half-mile walking path.

Spring is also a great time to get your children involved in the City's Youth Recreational Sports programs. They're designed to help players stay healthy and active while they experience the joys and responsibilities of being part of a team. Registration is open now for **Youth Recreation Basketball** and **Youth Recreation Flag Football & Cheerleading**. As an added bonus, eligible participants can claim a \$50 gift card for Dick's Sporting Goods to help offset the cost of equipment. Visit [www.sunrisefl.gov/athlete50](http://www.sunrisefl.gov/athlete50) for details.

Other opportunities for outdoor fun include our **Royal Egg Hunt** on April 1st, **Family Resource Fair** on April 22nd, and monthly **Tunes 'N Trucks** concerts through June. Our cultural

arts programs are in full swing, too, with a packed schedule of Theatre shows and Art Gallery openings.

Our young-at-heart residents will also enjoy the growing menu of classes, socials, trips and more presented by the Sunrise Senior Center. The Center's expanded hours (it's open until 9:00 pm most weeknights, and until 1:00 pm on Saturdays) make it a great option for those 55+ who are interested in after-work and weekend programs. Don't miss the Center's **World Health Day Expo**, happening on April 7th—or their "**Sunrise Loves Our Seniors**" dinner-dances in May!

I invite each of you to join me at the City's **Memorial Day Ceremony** on May 29th. This annual observance gives us an opportunity to reflect on the tremendous sacrifices of our U.S. military service personnel. In honoring them, we better appreciate the freedoms we enjoy in our own community.

Best wishes to you and your family, on behalf of the entire Sunrise City Commission.

Michael J. Ryan, Mayor



# Trees Can Make or Break a Hurricane Season

## Are your trees healthy, resilient and storm ready?

**T**rees in our community deliver a variety of important benefits. They give us shade and provide habitat for birds and other wildlife. They also reduce noise pollution, enhance air quality, and increase property values. But did you know that the right tree in the right place can also help protect your home during a storm?

### TREE SELECTION AND PLACEMENT

Some trees are “wind-resistant,” which means they’re less likely to fall or shed branches during a hurricane—and therefore have a lower chance of damaging your house or landscape. According to research by the University of Florida, trees that are wind-resistant have specific characteristics:

- **Strong roots** that help anchor the tree to the ground.
- **Flexible branches** that can bend with the wind instead of snap.
- **A sturdy, single trunk** that’s difficult to break, rather than multiple trunks that branch off from each other.
- **Overall good health**—meaning the tree is pruned regularly and free of pests and diseases.

Native tree species fare better than exotic species. These Florida-native (and wildlife-friendly) trees have been shown to perform well in high winds.

- **Dahoon Holly** (*Ilex cassine*)
- **Fiddlewood** (*Citharexylum spinosum*)
- **Satin Leaf** (*Chrysophyllum oliviforme*)

Tree placement in a landscape is an important factor. Trees planted in a group are more storm-resistant than solitary trees. FPL’s **Right Tree, Right Place** guidelines (<https://www.fpl.com/reliability/trees/tree-location.html>) can help you consider important safety issues—such as a tree’s shape, size and growth rate—before you plant.



The Dahoon Holly is a colorful and wind-resistant Florida-native tree.

### TREE CARE

While tree selection and location are important factors, many tree failures can be avoided with the right care. Proper annual pruning helps keep a tree healthy and looking its best—while an improper pruning job can actually harm your tree and leave it vulnerable to disease or decay.

In the City of Sunrise, permits are required from the Community Development Department’s Engineering Division for tree trimming and/or tree removal. For information or assistance regarding permits, call (954) 746-3270.

If you think your tree might have a disease or pest problem, or you need expert guidance relating to the care of your trees, contact the UF Extension Office Master Gardeners Program for help (<https://sfyl.ifas.ufl.edu/lawn-and-garden/florida-master-gardener-program/>).

### FIND OUT MORE!

For additional resources, visit Sunrise’s Tree City USA webpage at [www.sunrisefl.gov/green](http://www.sunrisefl.gov/green).

Permits are required from the Community Development Department’s Engineering Division for tree trimming and/or tree removal in Sunrise.



## Prepare Your Yard Now: Hurricane Season Starts on June 1st!

The time to trim your trees is not the day before a hurricane or tropical storm. Proper preparation—including annual tree pruning and ongoing tree maintenance—will minimize your risk of damage or loss.

If you trim your trees after a storm warning

is issued, the discarded branches in your yard create a neighborhood hazard. Debris that’s left outside can cause serious damage to your home, or to your neighbors’ homes, when the wind rises. It can also block roadways and slow the response of emergency personnel.

For the safety of collection crews—and due to the closure of disposal sites—bulk trash collection is suspended long before bad weather arrives. NOW is the best time to prepare your yard for hurricane season!

Visit [www.sunrisefl.gov/hurricane](http://www.sunrisefl.gov/hurricane) for additional preparedness tips.

# OSCAR WIND PARK

## Bigger and Better!

In March, Sunrise completed the Intermediate Phase of construction at Oscar Wind Park, located at 200 North New River Circle. Thanks to the purchase of the former Cypress Bay Annex from Broward County Public Schools, the park has doubled in size and is now one of the City's largest recreation amenities!

Oscar Wind Park features:

- A new and expanded playground with colorful shade canopies and a wide variety of play structures for children of all abilities;
- A new outdoor Fitness Court with an innovative circuit designed to provide a full-body workout;
- A new expansive green space with a half-mile walking path;
- A new walkway and interior road that connects Oscar Wind Park and Sawgrass Sanctuary;
- A new decorative fence to match other parks in the City;
- A new public sidewalk along New River Circle, in front of the former Broward Schools property;
- A renovated restroom facility and picnic pavilion;
- Renovated and expanded parking; and
- Enhanced landscaping, irrigation, and LED lighting.

Oscar Wind Park is now **open daily from 8:00 am to 10:00 pm** for your enjoyment! We hope you'll also take part in our official Ribbon-Cutting Ceremony, happening Saturday, April 29, from 10:00 am to 1:00 pm. At the Ceremony, we'll announce plans for a public engagement campaign designed to solicit feedback from residents regarding potential amenities that could be included in the Final Phase of the Oscar Wind Park project.

The Oscar Wind Park Intermediate Phase enhancements were funded by the City's general obligation (GO) bond, which was overwhelmingly approved by Sunrise voters. GO bond dollars have been utilized to improve parks and recreation amenities in neighborhoods citywide.



## Oscar Wind Park Fitness Court

### There's an App for That!

*The new 38' x 38' Fitness Court at Oscar Wind Park is a world-class outdoor circuit training center that can accommodate up to 28 people at once. Rotate through the Court's seven zones and you can achieve a full-body workout in only seven minutes! Whether you're starting your wellness journey or competing at elite levels, the Fitness Court adapts to your needs. It's accessible for adults of all ages and abilities.*

*The Court's creator—the National Fitness Campaign—offers videos and an app to help you learn and master new fitness moves. Visit [www.nationalfitnesscampaign.com/content-library](http://www.nationalfitnesscampaign.com/content-library) for details, or download the free Fitness Court app from the Apple Store or Google Play.*



*The Fitness Court facilitates seven movements for everyday health.*



## THIS SEASON

## IN SUNRISE

### APRIL

- 1** Royal Egg Hunt  
*Sunrise Sportsplex, 10:00 am*
- 2** "Encanto"  
*Civic Center Theatre, 2:00 pm*
- 4** Argentine Tango  
*Civic Center Theatre, 2:00 pm*
- 6** "Sunrise Loves Our Seniors" Ticket Distribution  
*Civic Center Grand Ballroom, 9:00 am*
- 7** World Health Day Expo  
*Civic Center Grand Ballroom, 9:00 am*
- 7** Summer Camp: Resident Lottery Deadline  
*Leisure Services Department, 5:30 pm*
- 7** Two Guys Comedy Show  
*Civic Center Theatre, 7:00 pm*
- 14** "Tunes 'N Trucks" Concert: Country  
*Civic Center Amphitheater, 6:00 pm*
- 21** Opening Reception: "Visions of Women"  
*Civic Center Art Gallery, 6:00 pm*
- 22** Household Hazardous Waste Disposal  
*Sunrise Public Works, 9:00 am*
- 22** Autism Swims  
*Civic Center Pool, 10:00 am*
- 22** Family Resource Fair  
*City Park, 11:00 am*
- 28** "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Art Gallery, 6:00 pm*
- 28** Family Dance: "Encanto" Theme\*  
*Civic Center Grand Ballroom, 7:00 pm*
- 29** GRAND RE-OPENING: Oscar Wind Park  
*Oscar Wind Park, 10:00 am*
- 29** "In The Heights"  
*Civic Center Theatre, 7:00 pm*
- 30** "In The Heights"  
*Civic Center Theatre, 2:30 pm and 7:00 pm*

### MAY

- 7** "The SpongeBob Musical: Youth Edition"  
*Civic Center Theatre, 1:00 pm and 5:30 pm*
- 12** "Tunes 'N Trucks" Concert: '50s & '60s  
*Civic Center Amphitheater, 6:00 pm*
- 13** "Champions of Chess" Student Tournament\*  
*SAC Multipurpose Center, 8:30 am*
- 20** Short Play Festival  
*Civic Center Theatre, 2:00 pm and 7:00 pm*
- 26** "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Art Gallery, 6:00 pm*
- 29** Memorial Day Ceremony  
*Civic Center Theatre, 9:00 am*

### JUNE

- 2** Opening Reception: "Ben Gamla Students"  
*Civic Center Art Gallery, 6:00 pm*
- 2** Fushu Daiko  
*Civic Center Theatre, 7:00 pm*
- 9** "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Art Gallery, 6:00 pm*
- 9** "Grease: School Edition"  
*Civic Center Theatre, 7:00 pm*
- 10** "Grease: School Edition"  
*Civic Center Theatre, 2:00 pm and 7:00 pm*
- 16** "Tunes 'N Trucks" Concert: Jazz/R&B  
*City Park, 6:00 pm*

\*Pre-registration required!

# In Case You Missed It!



## Woofstock

This annual event for dogs and dog lovers was held at its new home—Pawgrass at Welleby Park—on February 11th. Hundreds of pups and their pals enjoyed an afternoon of outdoor fun, including entertainment, specialty vendors, giveaways and demonstrations. Woofstock also featured Weiner Dog Races and an exciting Grooviest Threads contest!



## Taste of Sunrise

A capacity crowd of 500 hungry residents and visitors participated in this elegant event, presented in partnership with the Greater Sunrise Chamber of Commerce. Taste of Sunrise featured more than 30 local restaurants—from mom-and-pop eateries to popular chains—each sharing samples of their delicious menu items. Attendees enjoyed live music and had an opportunity to vote for their favorite restaurants. Congratulations to the top vote-getters: Tin Fish, Yard House and Yontutz.



## Sunrise Comic Con

Fans of superheroes, sci-fi, and the supernatural flocked to Sunrise Comic Con! A change in date—from August to March—allowed the event to expand outdoors and include an even wider variety of activities and exhibitors. This year's special guests included Disney story artist Adrian Ropp and YouTube spoofing sensations Random Encounters. Sunrise Comic Con also featured panels with authors and artists, video-gaming tournaments, trivia, sing-alongs, photo ops, and an epic cosplay contest!

# \* Special Populations

The City of Sunrise partners with the Special Populations Section of the Broward County Parks and Recreation Division—as well as other community organizations—to host programs that engage and enrich the special populations community. Activities include social events, athletics, and general recreation opportunities. For more information, call (954) 747-4600.



## SPRING FLING DANCE

Ages 18+

Friday, April 21, from 7:00 pm to 9:30 pm

Sunrise Civic Center - Grand Ballroom, 10610 West Oakland Park Boulevard

FREE admission! Pre-registration required!

This dance for adults with developmental disabilities will feature a DJ, dancing, socializing, and refreshments. Reservations are required! For more information or to sign up, call (954) 357-8170/8160 or email SpecialPopulations@Broward.org.

## AUTISM SWIMS

Ages 5-18

Saturday, April 22, from 10:00 am to 12:00 pm

Sunrise Civic Center Aquatics Center, 10610 W. Oakland Park Boulevard  
FREE Admission! Pre-registration required!

This annual event for boys and girls with autism promotes swimming and water safety. Participants of all swimming abilities are welcome! We'll pair lifeguards and youth volunteers with autism participants for pool games and contests. Autism Swims features information from local agencies, and participants will receive an event t-shirt. For more information or to register, visit [www.sunrisefl.gov/autismswims](http://www.sunrisefl.gov/autismswims).

## BOCCIA

Ages 18+

Tuesdays from 1:00 pm to 3:00 pm, ongoing

Sunrise Civic Center Gymnasium, 10610 West Oakland Park Boulevard  
FREE!

Activity # 470693-A

This competitive Paralympic throwing sport helps improve hand-eye coordination and fine motor skills.

## WHEELCHAIR BASKETBALL

Ages 16+

Tuesdays and Thursdays, 5:00 pm to 7:00 pm, ongoing

Village Multipurpose Center Gymnasium, 2240 NW 68th Avenue  
FREE!

Activity # 170687-A

For more information, call Fran Wade: (954) 401-6970.

## NEW! WHOLE VIBES PROGRAMS

These programs for people with special needs or exceptionalities foster socialization, boost confidence and promote expression. Whole Vibes' team of music therapists and music teachers are trained to work with all exceptionalities. Please note: Caregiver must be present if needed to address any known challenging behaviors.

### WHOLE VIBES INTERABILITY THEATRE

Ages 16+

Fee: \$360/\$430

Location: Sunrise Athletic Complex

Mondays from 5:30 pm - 6:30 pm, 4/3-5/22 Activity # 470707-A

Mondays from 5:30 pm - 6:30 pm, 5/29-6/26 Activity # 470707-B

Take part in improvisation, script reading and musical theater! All abilities welcome, including verbal and nonverbal adults with communication devices or those who use sign language. There will be a performance during the last class of each session.

### WHOLE VIBES INTERABILITY CHORUS

Ages 16+

Fee: \$360/\$430

Location: Sunrise Athletic Complex

Mondays from 5:30 pm - 6:30 pm, 4/3-5/22 Activity # 470706-A

Mondays from 5:30 pm - 6:30 pm, 5/29-6/26 Activity # 470706-B

Sing popular and seasonal songs! There will be a performance during the last class of each session.

### WHOLE VIBES MUSIC ENRICHMENT

Ages 5-11

Fee: \$150/\$180 or Daily: \$25/\$30

Location: Sunrise Athletic Complex

Mondays, 3:30 pm - 4:30 pm, 4/17-5/22

Activity # 470705-A

Mondays, 3:30 pm - 4:30 pm, 5/29-6/26

Activity # 470705-B

Daily - Activity # 470705C-Z

Sing, dance, play instruments, and more! This fun and engaging music enrichment group offers opportunities for kids to communicate, express themselves, interact with their peers, gain musical knowledge, and learn functional skills.





Vendors and sponsors are welcome at many of our special events!  
To find out more, call (954) 747-4600 or email [agriffin@sunrisefl.gov](mailto:agriffin@sunrisefl.gov).

### TUNES 'N TRUCKS Concert Series



Day/Date	Location	Band
Friday, April 14	Sunrise Civic Center Amphitheater	Cadillac Blue (Country)
Friday, May 12	Sunrise Civic Center Amphitheater	Johnny Wild and the Delights ('50s/'60s)
Friday, June 16	City Park Amphitheater	Valerie Tyson Band (Jazz and R&B)

Now at two locations: Sunrise Civic Center Amphitheater, 10610 West Oakland Park Boulevard, and City Park, 6600 Sunset Strip. Enjoy a fantastic lineup of tribute and cover bands and food trucks. The trucks start serving at 6:00 pm and the music begins at 7:00 pm. Bring your lawn chair or blanket; admission is FREE! Sponsored by Memorial Healthcare System.

### ROYAL EGG HUNT



Saturday, April 1, from 10:00 am to 1:00 pm;  
Egg Hunt begins promptly at 10:30 am

Sunrise Sportsplex, 9101 NW 50th Street

Admission: \$5 per participant 12 and under

Egg Hunt age groups:

Walkers to Age 4, Ages 5 - 6, Ages 7 - 8, and Ages 9 - 12

Dress as your favorite prince or princess and enter our magical kingdom! Children will be divided into age groups for the egg hunts—which will all take place promptly at 10:30 am. Bring your basket and camera, and take your picture with King Bunny. Enjoy arts & crafts, rides and much more following the hunt!

### MAYORS' CHESS CHALLENGE

Join mayors, elected officials and community leaders from across Broward County in support of scholastic chess. Participants will receive a "Mayors' Chess Challenge Passport" that can be stamped at each event they attend during the 2022-2023 school year. Visit [www.sunrisefl.gov/chess](http://www.sunrisefl.gov/chess) for dates and locations.

### FAMILY RESOURCE FAIR

Saturday, April 22, from 11:00 am to 2:00 pm

City Park, 6600 Sunset Strip

FREE Admission!

Adults can learn about helpful resources in our community while kids enjoy fun activities—including bounce houses, games, and arts & crafts. We'll have giveaways, too! Call (954) 747-4601 for more information.

### FAMILY DANCE: "ENCANTO" THEME

Friday, April 28, from 7:00 pm to 8:30 pm

Sunrise Civic Center – Grand Ballroom,  
10610 West Oakland Park Boulevard

Tickets: \$5 per person\*

Kids of all ages and their parents/guardians are invited for an evening of family fun! Enjoy dinner and dancing inspired by Disney's magical Encanto. \*Space is limited! Tickets must be purchased by April 21 (unless the event sells out sooner) at [www.sunrisefl.gov/tickets](http://www.sunrisefl.gov/tickets), or in person or by phone through the Civic Center Box Office, (954) 747-4646.

### "CHAMPIONS OF CHESS" STUDENT TOURNAMENT

Saturday, May 13, from 8:30 am to 3:00 pm

Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

FREE admission! (Pre-registration required)

The City's 11th annual chess tournament is open to Sunrise elementary, middle, and high school students. All players will earn a Sunrise Chess Rating, and trophies will be awarded to the top participants. Pre-registration is required. Visit [sunrisechesscenter.org](http://sunrisechesscenter.org) to sign up!

### MEMORIAL DAY CEREMONY

Monday, May 29, at 9:00 am

Sunrise Civic Center Theatre, 10610 West Oakland Park Boulevard

Join us as we remember and honor the U.S. military personnel who made the ultimate sacrifice for our freedom. Light refreshments will be served. For more information, call (954) 746-3670.



## Save the Date: INDEPENDENCE DAY CELEBRATION!

### "Lights, Camera, Action!" Parade and Family Fun Day

Tuesday, July 4, from 9:00 am to 12:00 pm

City Park, 6600 Sunset Strip

FREE admission!

Themed floats will wind their way west along Sunset Strip from NW 12 Street to City Park—where the fun continues with free rides and children's entertainment. Local businesses and organizations are invited to participate in the parade: Call (954) 747-4600 for details!

### Concert and Fireworks at FLA Live Arena

Tuesday, July 4, from 6:00 pm to 10:00 pm

FLA Live Arena, One Panther Parkway

FREE parking and admission!

Complete your holiday with an unforgettable evening of live music and fireworks. The City's annual "Bash at the FLA Live Arena" also features food and beverage vendors and a children's fun zone.



## SUNRISE CIVIC CENTER ART GALLERY

10610 West Oakland Park Boulevard | (954) 747-4646

Hours: Tuesday and Friday from 10:00 am to 5:00 pm;  
Wednesday and Thursday from 12:00 pm to 7:00 pm; and  
Saturday from 10:00 am to 3:00 pm.

FREE admission!

### VISIONS OF WOMEN

Works by the National League of American Pen Women,  
Fort Lauderdale Branch

On exhibit April 21 through May 27

Opening Reception: Friday, April 21, at 6:00 pm

Experience fine art in a variety of media, including acrylics, watercolors, oils, sculpture and photography. Subjects include conservation, environment, fashion, world issues, introspection, nature, and freedom. Meet the artists and enjoy light refreshments at our free Opening Reception.

### BEN GAMLA STUDENT EXHIBIT

Works by Student Artists Ages 11 to 14

On exhibit May 31 through June 23

Opening Reception: Friday, June 2, at 6:00 pm

This first-annual exhibit of students' artwork will feature drawings, prints, sculptures, watercolor and acrylic paintings—and even a few public service announcements. Meet the artists and enjoy light refreshments at our free Opening Reception.



Artwork from Visions of Women



## SUNRISE CIVIC CENTER THEATRE

10610 West Oakland Park Boulevard | (954) 747-4646

Box Office Hours: Tuesday and Friday from 10:00 am to 5:00 pm; Wednesday and Thursday from 12:00 pm to 7:00 pm; Saturday from 10:00 am to 3:00 pm.; and one hour before shows.

Ticket Purchases By phone | (954) 747-4646

In person | Visit our Box Office

Online | [www.sunrisefl.gov/tickets](http://www.sunrisefl.gov/tickets)

Please communicate any special seating requests or mobility challenges at time of purchase. Coupons, if applicable, must be presented in person at time of purchase.

### ENCANTO

Sunday, April 2, at 2:00 pm

Reserved seating: \$7

Enjoy the movie that has everyone singing about Bruno! Stick around to meet Bruno and Mirabel after the show.

### ARGENTINE TANGO

Tuesday, April 4, at 2:00 pm

Reserved seating: \$20

Tango is a potent ambassador of Argentinian culture. Its music, dance, and poetry have traveled the globe. This unforgettable show will have your heart pounding and your feet moving.

### TWO GUYS COMEDY SHOW

Friday, April 7, at 7:00 pm

Reserved seating: \$20

Let Mark Riccadonna and Tom Briscoe tickle your funny bone with classic jokes, sketches, and stories for adults of all ages.

### IN THE HEIGHTS

Saturday, April 29, at 7:00 pm

Sunday, April 30, at 2:30 pm and 7:00 pm

Reserved seating: \$20

Lin-Manuel Miranda's Tony award-winning Broadway hit musical tells the universal story of a vibrant community in New York's Washington Heights.

**THE SPONGEBOB MUSICAL:  
Youth Edition**

Sunday, May 7, at 1:00 pm & 5:30 pm

Reserved seating: \$20

Based on the beloved animated series, this exciting new musical takes place in Bikini Bottom when an erupting volcano threatens the undersea world.

**SHORT PLAY FESTIVAL**

Saturday, May 20, at 2:00 pm and 7:00 pm

Reserved seating: \$20

Curtain Call Playhouse's Short Play Festival brings you original stories—all from the minds of South Florida playwrights—that evoke a wide range of emotions.

**FUSHU DAIKO**

Friday, June 2, at 7:00 pm

Reserved seating: \$20

Japanese taiko drumming performances have become popular worldwide—wowing audiences with dynamically choreographed movements and powerful, percussive rhythms.

**GREASE: School Edition**

Friday, June 9, at 7:00 pm

Saturday, June 10, at 2:00 pm and 7:00 pm

Reserved seating: \$20

Grease: School Edition is a musical filled with fun, dance, and great music! Brighten your "Summer Nights" with this timeless romance featuring good-girl Sandy and T-Bird Danny.

**THE ADDAMS FAMILY: A Young@Part Production**

Friday, July 7, at 7:00 pm

Saturday, July 8, at 2:00 pm

Reserved seating: \$20

Wednesday Addams, the ultimate princess of darkness, has grown up and found love. So what's the problem? The sweet young man and his very normal parents are coming to the Addams' house for dinner. Find out what happens next in this youth-theatre adaptation of the hysterical Broadway musical!

**LYRICAL LOUNGE TEEN OPEN MIC**

Writing workshop at 6:00 pm, Open Mic from 7:00 pm to 9:00 pm

Day/Date	Theme	Location
Friday, April 28	Earth Day	Art Gallery
Friday, May 26	King & Queen	Art Gallery
Friday, June 9	Pride	Art Gallery

Our FREE monthly Teen Open Mic now includes a writing workshop facilitated by a teaching artist. Fine-tune your words at 6:00 pm and take the stage at 7:00 pm! Attire and poems that match the monthly theme are encouraged, and audience members are welcome. Light refreshments will be served. Visit [sunrisefl.gov/lyrical](http://sunrisefl.gov/lyrical) for details.



## FAMILY FUN

### Family Time Volleyball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee*	Activity #
13+	Ongoing	SU	12:00 - 3:00 pm	Daily visit fee	N/A

\*Free to Athletic Club members. For more information, call (954) 747-4666.

### Family Time Pickleball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee*	Activity #
7+	Ongoing	SU	8:00 - 11:30 am	Daily visit fee	N/A

\*Free to Athletic Club members. For more information, call (954) 747-4666.

### Family Time Wallyball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
12+	Ongoing	SA	2:00 - 4:30 pm	Free; \$5; \$75	N/A

Members free; \$5 Non-resident daily fee; \$75 Annual non-resident membership/person. Wallyball is a fast-paced sport that is similar to volleyball. It's played in a racquetball court, where it is legal to hit the ball off of the walls. For information, call (954) 747-4666.

### Storytime

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	4/15	SA	11:00 am- 12:00 pm	FREE	370702-D
	5/20				370702-E
	6/17				370702-F

Young readers are invited to enjoy a story and snack on the City Park stage. April: This Book is Perfect by Ron Keres; May: Decibella and Her 6-Inch Voice by Julia Cook; June: The Sour Grape by Jory John and Pete Oswald. Lawn chairs and blankets are recommended. Call (954) 747-4601 to sign up. Held rain or shine!

### Sidewalk Chalk Art

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	4/15	SA	12:00 - 1:00 pm	FREE	N/A
	5/20				N/A
	6/17				N/A

Express yourself artistically on the sidewalks of City Park! There will be a different theme for each month to use as inspiration for your works of art. Chalk provided. Bring drinking water and a damp towel or rag for your hands. Call (954) 747-4601 for information.

### Blanket Bingo

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
Any	4/16	SU	6:00 pm	FREE	N/A
	5/21				N/A
	6/18				N/A

Get ready to yell out BINGO! Bring your blanket or lawn chairs for a fun night of music and great prizes. Bingo begins at 6 pm. Each participant will receive one Bingo packet (approx. 9 games). Be sure to get to the park early to secure your chances. No reservations; first come, first served.

## Youth Nights

Location: Village Multipurpose Center, 2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13-17	4/7, 4/21	F	5:00 - 7:00 pm	FREE	370703-G-H
	5/5, 5/19				370703-I-J
	6/2, 6/16				370703-K-L

Kickoff your weekends with your crew every 1st & 3rd Friday of each month. A variety of activities will be available ranging from Kickball, Karaoke Night, Obstacle Courses, Skills Challenges, Pickup and Full Court Games, and more. Call (954) 747-4601 for information.

## CULTURAL ARTS

### Inside Out Theatre's Advanced Summer Intensive: HEATHERS - TEEN EDITION

Location: Sunrise Civic Center Theatre,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
14+	7/10 - 7/30	M-F	9:00 am - 4:00 pm	\$650	410607-A

IOTC's Advanced Intensive is a 3-week summer program for teens to work on their musical theatre skills. The program is fast-paced and teens are expected to be dedicated and work at their highest level. IOTC's 2023 Summer program will work on Heathers: Teen Edition, which Concord Theatricals calls "a hilarious, heartfelt and homicidal show based on the greatest teen comedy of all time." Performances will be on July 29 & July 30. Please note: additional rehearsal hours may be added, if needed. For more info on the Advanced Intensive, please contact Robin Braun at (954) 249-1380 or robinbraun@gmail.com. To register, please contact Jenn Ginn at (954) 747-4646 or at JGinn@sunrisefl.gov.

### Let's Create Art

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10-15	4/5 - 4/26	W	5:30 - 7:00 pm	\$60	420711-A
10-15	5/3 - 5/31			\$75	420711-B
10-15	6/7 - 6/28			\$60	420711-C

Every class is an opportunity to learn something new. Materials are not included; supply list will be provided before class begins. For more information please contact instructor at (954) 479-2966. Participants must be registered before sessions begins. A minimum of three students are required to run this class.

### Anime and Manga

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10+	4/6 - 4/27	TH	6:15 - 7:15 pm	\$48	420818-A
	5/4 - 5/25			\$48	420818-B
	6/1 - 6/29*			\$48	420818-C
	4/7 - 4/21	F	6:15 - 7:15 pm	\$36	420718-A
	5/5 - 5/26			\$48	420718-B
	6/2 - 6/30			\$60	420718-C
	4/7 - 4/21	F	7:30 - 8:30 pm	\$36	420719-A
	5/5 - 5/26			\$48	420719-B
	6/2 - 6/30			\$60	420719-C

Students will learn skills, develop creativity, gain inspiration, have fun, and meet others who love anime and manga. Students of all ability levels are welcome and will be challenged accordingly. \*No class 6/15. Participants must be registered before sessions begin.



## CLASSES

### Fit Kids/Fit Teens

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
6 - 12	Ongoing	TU/TH	3:30 - 4:15 pm	Free	370704-A
13 - 17	Ongoing	TH	4:15 - 5:00 pm	Free	370704-B

This program provides an exercise circuit designed for children. Program activities vary each session. The goal is to increase the child's exercise level, self-esteem, social skills, motor skills, and maintain a healthy weight. Call (954) 747-4601 for information.

### Open Play Chess

Location: Sunrise Athletic Complex (SAC),  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
Any	Ongoing	SA	10:00 am - 12:00 pm	FREE	N/A

All levels welcome! For more information, please call (954) 747-4604.

### Just You & Me

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
3 - 5	4/4 - 5/11	TU & TH	9:00 - 10:30 am	\$72	420915-A

This program features developmentally age-appropriate activities for preschoolers ages three to five. Birth certificate is required with registration. Unregistered siblings will not be permitted to attend the class. Parent participation is required. \*Deadline for registration 3/31.

### Fantastic Toddler Fun

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18 mo - 2	4/5 - 5/10	W	9:00 - 10:30 am	\$36	420917-A

This program allows a caregiver the opportunity to participate with their child in age appropriate crafts, story time, songs, and more! Birth certificate is required with registration. Unregistered siblings will not be permitted to attend the class. Register by 3/31.

## DAYS OFF

### Kids/Teens Day Off

Location: Drop off at the Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
5-15	4/7	F	7:30 am - 6:00 pm	\$30/\$40*	420402-A
5-15	4/21	F	7:30 am - 6:00 pm	\$30/\$40*	420402-B

4/7: In the Game @ Sawgrass; 4/21: Rockstar 101 @ Civic Center. Participants must wear their yellow City of Sunrise camp shirt and bring lunch and plenty of drinks and snacks each day. Space is limited and pre-registration is required. For details, call the Department of Leisure Services at (954) 747-4600. \*Resident/Non-resident rate.

## KARATE

### Beginner Karate

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee*	Activity#
5+	4/3 - 4/26	M/W	5:00 - 6:00 pm	\$80	420740-A
5+	5/1 - 5/24	M/W	5:00 - 6:00 pm	\$80	420740-B
5+	6/5 - 6/28	M/W	5:00 - 6:00 pm	\$80	420740-C

### Intermediate Karate\*\*

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee*	Activity#
5+	4/3 - 4/26	M/W	6:00 - 7:00 pm	\$80	420741-A
5+	5/1 - 5/24	M/W	6:00 - 7:00 pm	\$80	420741-B
5+	6/5 - 6/28	M/W	6:00 - 7:00 pm	\$80	420741-C

\*\$25/yr Membership to Karate Association (payable to instructor) PLUS additional fees for ranking test and uniforms. If you have any questions regarding Karate classes, please call (954) 940-8801. Participants must be registered before session begins. \*\*Students must have experience in order to enroll in the Intermediate class.



## CLASSES

### GYMNASTICS

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

#### Tumblebears

Age	Date	Day	Time	Fee	Activity #
3 - 4	4/1 - 5/20*	SA	10:00 - 10:45 am	\$94.50	420760-A
	6/3 - 6/24	SA	10:00 - 10:45 am	\$54	420760-B

#### Gymnastics Basics

Age	Date	Day	Time	Fee	Activity #
4 - 6	4/6 - 4/27	TH	5:15 - 6:00 pm	\$54	420765-A
	5/4 - 5/25		5:15 - 6:00 pm	\$54	420765-B
	6/1 - 6/29*		5:15 - 6:00 pm	\$54	420765-C
6 - 11	4/6 - 4/27	TH	6:05 - 6:50 pm	\$54	420766-A
	5/4 - 5/25		6:05 - 6:50 pm	\$54	420766-B
	6/1 - 6/29*		6:05 - 6:50 pm	\$54	420766-C
5 - 11	4/1 - 5/20*	SA	10:50 - 11:35 am	\$94.50	420761-A
	6/3 - 6/24		10:50 - 11:35 am	\$54	420761-B

#### Gymnastics Level 1

Age	Date	Day	Time	Fee	Activity #
6 - 11	4/6 - 4/27	TH	6:55 - 7:40 pm	\$54	420767-A
	5/4 - 5/25		6:55 - 7:40 pm	\$54	420767-B
	6/1 - 6/29*		6:55 - 7:40 pm	\$54	420767-C
5 - 11	4/1 - 5/20*	SA	11:40 am - 12:25 pm	\$94.50	420762-A
	6/3 - 6/24		11:40 am - 12:25 pm	\$54	420762-B

For details, visit [www.JoyDecoEnterprises.com](http://www.JoyDecoEnterprises.com). Participants must be registered before session begins. A minimum of four students is required to run class. Tumblebears: Participants will use parachutes, trampolines and balance beams to exercise and work on basic tumbling skills. Gymnastics Class will focus on basic rolls, cartwheels, handstands, back walkovers and trampoline work. Students will participate in an end-of-year recital. Level 1 students must have experience in order to enroll in class. \*No class 4/29 or 6/15.



### DANCE FX DANCE CLASSES

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

#### Baby Ballerinas

Age	Date	Day	Time	Fee	Activity #
3 - 5	4/3 - 5/15	M	4:00 - 4:45 pm	\$84	420777-A
	6/5 - 6/26			\$48	420777-B

#### Hip Hop

Age	Date	Day	Time	Fee	Activity #
4 - 6	4/1 - 4/22	SA	10:00 - 10:45 am	\$48	420785-A
4 - 6	5/6 - 5/20			\$36	420785-B
4 - 6	6/3 - 6/24			\$48	420785-C
6 - 10	4/3 - 5/15	M	4:45 - 5:30 pm	\$84	420775-A
6 - 10	6/5 - 6/26			\$48	420775-B
4 - 5	4/4 - 5/16	TU	4:00 - 4:45 pm	\$84	420797-A
4 - 5	6/6 - 6/27			\$48	420797-B

#### Jazz and Ballet

Age	Date	Day	Time	Fee	Activity #
6 - 10	4/4 - 5/16	TU	4:45 - 5:30 pm	\$84	420796-A
	6/6 - 6/27			\$48	420796-B

#### Tap and Ballet

Age	Date	Day	Time	Fee	Activity #
4 - 6	4/1 - 4/22	SA	9:15 - 10:00 am	\$48	420784-A
	5/6 - 5/20			\$36	420784-B
	6/3 - 6/24			\$48	420784-C

Participants must be registered before session begins. A minimum of three students is required to run the class.



### 13 & Under Open Play Basketball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
6 - 14	Ongoing	M/W/F	2:00 - 5:00 pm	Daily visit fee*	N/A
	Ongoing	T/TH	2:00 - 3:30 pm	Daily visit fee*	N/A

Children under 13 years old must be accompanied by parent or legal guardian.  
\*FREE with membership. Non-residents must pay a daily or annual visit fee. Please call (954) 747-4601 for daily schedule, as open gym schedules vary.

### Open Play Basketball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
Any	Ongoing	Varies	Varies	Daily visit fee*	N/A

Children under 13 years old must be accompanied by parent or legal guardian.  
\*FREE with membership. Non-residents must pay a daily or annual visit fee. Please call (954) 747-4601 for daily schedule, as open gym schedules vary.

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	Varies	Varies	Daily visit fee*	N/A

Children under 13 years old must be accompanied by parent or legal guardian.  
\*FREE with membership. Non-residents must pay a daily or annual visit fee. Please call (954) 747-4604 for daily schedule, as open gym schedules vary.

### Open Play Pickleball

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	Varies	Varies	Daily visit fee*	N/A

Children under 13 must be accompanied by parent or legal guardian. \*Free with membership. Please call (954) 747-4604 for daily schedule.

### Open Play Volleyball

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	Varies	5:30 - 8:45 pm	Daily visit fee*	N/A

Children under 13 must be accompanied by parent or legal guardian. \*Free with membership. Please call (954) 747-4604 for daily schedule.

### Badminton

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	TU	7:00 - 8:45 pm	FREE	270675-A
	Ongoing	SU	12:15 - 2:15 pm	FREE	270675-B

A City of Sunrise waiver must be completed to participate in the program. Call (954) 747-4601 for information.



### JOGA BONITO FUTSAL ACADEMY

Location: Sunrise Athletic Complex (SAC),  
11501 NW 44th Street

#### Beginners

Age	Date	Day	Time	Fee*	Activity #
7 - 10	4/7 - 4/28	F	5:30 - 6:45 pm	\$115/125	470694-M
	5/5 - 5/26				470694-N
	6/2 - 6/30				470694-O

#### Advanced

Age	Date	Day	Time	Fee*	Activity #
11 - 14	4/5 - 4/26	W	5:30 - 6:45 pm	\$115/125	470694-P
	5/3 - 5/31				470694-Q
	6/7 - 6/28				470694-R

#### Beginners

Age	Date	Day	Time	Fee*	Activity #
7 - 10	4/5 - 4/28	F	6:45 - 8:00 pm	\$115/125	470694-G
	5/5 - 5/26				470694-H
	6/2 - 6/30				470694-I

#### Advanced

Age	Date	Day	Time	Fee*	Activity #
11 - 14	4/5 - 4/28	W	6:45 - 8:00 pm	\$115/125	470694-J
	5/3 - 5/31				470694-K
	6/2 - 6/30				470694-L

Futsal is a fast-paced game played on a basketball-sized hard court. It looks similar to soccer at first, but has many characteristics that make it different! All players are constantly involved, keeping them engaged, moving, learning, and having lots of fun. This class is offered to boys and girls ages 7-14. There is an annual fee of \$125 for new members and \$75 for returning members. For details and to schedule your FREE evaluation practice, contact Coach Guga at (561) 542-0961. \*Resident/Non-resident rate.

### Jr Netball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13 - 17	Ongoing	TU	4:15 - 5:00 pm	FREE	470687-B

Netball is a sport played by two teams of seven players. Each team attempts to score goals by passing a ball down a court and shooting it through a goal ring. Call (954) 747-4601 for information.

## VOLLEYBALL

Location: Sunrise Athletic Club,  
10610 West Oakland Park Boulevard

### Beginner Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	4/3 - 6/28	Any	Any	\$20	470676-G-Z
	4/3 - 4/26	M&W	5:30 - 7:00 pm	\$140	470676-A
	5/1 - 5/24	M&W	5:30 - 7:00 pm	\$140	470676-B
	6/5 - 6/28	M&W	5:30 - 7:00 pm	\$140	470676-C

### Intermediate Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	4/3 - 6/28	Any	Any	\$20	470676-G-Z
	4/3 - 4/26	M&W	7:00 - 8:30 pm	\$140	470676-D
	5/1 - 5/24	M&W	7:00 - 8:30 pm	\$140	470676-E
	6/5 - 6/28	M&W	7:00 - 8:30 pm	\$140	470676-F

### Advanced Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	4/7 - 6/30	Any	Any	\$20	470677-G-Z
	4/7-4/28	F	5:30 - 7:00 pm	\$70	470677-A
	5/5-5/26	F	5:30 - 7:00 pm	\$70	470677-B
	6/2-6/30	F	5:30 - 7:00 pm	\$87.50	470677-C
	4/7-4/28	F	7:00 - 8:30 pm	\$70	470677-D
	5/5-5/26	F	7:00 - 8:30 pm	\$70	470677-E
	6/2-6/30	F	7:00 - 8:30 pm	\$87.50	470677-F

*Crossing Courts- The focus of this program is to strengthen the athlete with the proper technique and developing the necessary skills. Teams will be divided by skill level. Must get approval from the instructor before signing up for advance classes. For more information contact Coach Mo at (954) 687-2908.*



## YOUTH RECREATION BASKETBALL

Open to ages 6 to 17

Season Dates: June to July

Fee: \$75/Residents; \$110/Non-Residents

Registration Deadline for Residents: Thursday, April 20

Registration for Non-Residents (Space Permitting):

Monday, April 24 - Tuesday, April 25. Note: Registrations for Non-Residents will be accepted before April 24, but will be placed on the waiting list.

Learn new skills as part of our youth basketball program. Both boys and girls divisions are offered. Practices and games are held indoors at one of the local schools or City facilities. Games and practices are two to three times a week starting at 6:00pm or later, and on weekends. Players are given a uniform shirt and must supply themselves with shorts and proper athletic shoes. Coaches will contact players by Friday, May 26 and practices will tentatively begin on Tuesday, May 30. Sign up early because space is limited.

**Player Ratings:** Each participant must attend ratings to assure that teams are as equal as possible for players to fully enjoy the program. All ratings will be held at the Sunrise Athletic Complex Multipurpose Building, 11501 NW 44th Street. Dates and times of ratings are as follows:

### Boys Basketball

Division	Date of Birth	Activity #
8 & Under	9-1-14 to 5-31-17	430204-A
10 & Under	9-1-12 to 8-31-14	430204-B
12 & Under	9-1-10 to 8-31-12	430204-C
14 & Under	9-1-08 to 8-31-10	430204-D
17 & Under	9-1-05 to 8-31-09	430204-E

### Girls Basketball

Division	Date of Birth	Activity #
10 & Under	9-1-12 to 5-31-17	430205-B
13 & Under	9-1-09 to 8-31-12	430205-F
17 & Under	9-1-05 to 8-31-09	430205-E

\*Divisions may be combined depending on number of registrations

Age	Date	Time
10 & Under Girls	Monday, May 1	6:00 pm
13 & Under Girls	Monday, May 1	7:00 pm
17 & Under Girls	Monday, May 1	7:50 pm
12 & Under Boys	Tuesday, May 2	6:00 pm
14 & Under Boys	Tuesday, May 2	7:00 pm
17 & Under Boys	Tuesday, May 2	8:00 pm
8 & Under Boys	Thursday, May 4	6:00 pm
10 & Under Boys	Thursday, May 4	7:00 pm

### Make up Ratings for All Divisions

10 & Under Girls	Saturday, May 6	10:00 am
13 & Under Girls	Saturday, May 6	10:30 am
17 & Under Girls	Saturday, May 6	10:30 am
12 & Under Boys	Saturday, May 6	11:00 am
14 & Under Boys	Saturday, May 6	11:30 am
17 & Under Boys	Saturday, May 6	12:00 pm
8 & Under Boys	Saturday, May 6	12:30 pm
10 & Under Boys	Saturday, May 6	1:00 pm



## SUNRISE HURRICANES CHEERLEADING

Open to ages 4 to 15

Season Dates: July to November, Spring training starts May 1, 2023

Fee: \$200/Resident (\$225 after 6/30);  
\$225/Non-Resident (\$250 after 6/30)

Participants are placed on squads based on age and ratings. The season consists of 11 games played in Broward, Dade and Palm Beach counties. There is a minimum of three practices a week and games are played on Saturdays. Each squad has a maximum of 25 participants. \*Additional costs may apply.

Cheer Division	Football Team Division	Cheerleader Age	Year of Birth	Activity #
Senior	13 and Under, Unlimited	13, 14, 15	2010, 2009, 2008	130221-F
Junior	12 and Under, Unlimited	12, 13, 14, 15	2011, 2010, 2009, 2008	130221-E
Junior Prep	11 and Under, 130 lbs	10, 11, 12, 13	2013, 2012, 2011, 2010	130221-D
Youth	10 and Under, 120 lbs	9, 10, 11	2014, 2013, 2012	130221-C
Youth Prep	9 and Under, 110 lbs	8, 9, 10	2015, 2014, 2013	130221-B
**Pee Wee	8 and Under, 90 lbs	**5, 6, 7, 8	**2018, 2017, 2016, 2015	130221-A
*Mighty Mites	7 and Under, 80 lbs	*4, 5	*2019, 2018	130221-G

\*\*Must be 5 by September 1, 2023. \*Must be 4 by September 1, 2023.

## SUNRISE HURRICANES FOOTBALL

Open to ages 5 to 14

Season Dates: July to November, Spring training starts May 1, 2023

Fee: \$200/Resident (\$225 after 6/30);  
\$225/Non-Resident (\$250 after 6/30)

Registration required to participate. This is a full contact, competitive tackle football program. There is no mandatory play rule and players may be cut based upon registration and skill level. Players must provide their own rubber-molded cleats. The season consists of 11 games played in Broward, Dade and Palm Beach counties. There is a minimum of four practices per week and games are played on Saturdays. Each team has a maximum of 38 players. Participants are placed on a team based on age and weight. Player placement on each team is based on the player's age as of May 1, 2023 except Unlimited which is based on player's age as of January 1, 2023.

League Age	Max Weight	Activity #
*13	Unlimited	130220-F
12 and under	Unlimited	130220-E
11 and under	130 lb to advance ball	130221-D
10 and Under	120 lb to advance ball	130221-C
9 and Under	110 lb to advance ball	130220-B
8 and Under	90 lb to advance ball	130220-A
Mighty Mites / 7 and under	80 lb	130220-G
Super Mighty Mites / 5, 6	70 lb	130220-H

\*Cannot be 14 before January 1, 2023

### Youth Recreation Coaches Wanted!

Volunteer head coaches receive 50% off their child's registration. All coaches must be fingerprinted and pass a criminal background check.

For details, call (954) 747-4600.

### \$50 Gift Card for Sunrise Athletes

The City's Youth Athletics Incentive Program makes available one \$50 Dick's Sporting Goods gift card per eligible child who participates in a City of Sunrise youth recreation athletics program. The Program is made possible by American Rescue Plan Act (ARPA) funds, and was developed in an effort to assist Sunrise residents who have experienced a hardship due to the COVID-19 pandemic. Incentives are available only for participants in the following programs:

- City of Sunrise Youth Recreation Basketball
- City of Sunrise Youth Recreation Flag Football & Cheerleading
- City of Sunrise Youth Recreation Baseball & Softball
- City of Sunrise Youth Recreation Soccer

Sunrise residents who are parents/guardians of eligible participants are encouraged to apply! Visit [www.sunrisefl.gov/athlete50](http://www.sunrisefl.gov/athlete50) or call (954) 747-4600 for details.

## RECREATIONAL FLAG FOOTBALL & CHEERLEADING

Open to ages 4 to 15 (child cannot be 16 on 9/1/2023)

Season Dates: August to October

Fee: \$75/Resident; \$110/Non-Resident

Registration Deadline: Tuesday, June 27

Girls and boys are invited to join in another season of recreational flag football. Games are played weeknights and on weekends. Games will begin in early August. Participants will be placed on teams based on their level of ability, which is determined at player ratings. The coaches will contact players by Sunday, July 30. Practices will tentatively begin on August 8. Participants will receive a team jersey and cheerleaders will receive a shirt and skirt with paid registration. Football players must provide for themselves a mouthpiece that is mandatory for all practices and games. Plastic molded cleats are recommended. Tennis shoes may be worn.

Division	Age Group	Activity #
Instructional	Must be 4 by 9-1-23	130209-A
Pee Wee	Must be 6 by 9-1-23	130209-B
Junior	Must be 8 by 9-1-23	130209-C
Intermediate	Must be 10 by 9-1-23	130209-D
Senior	Must be 13 by 9-1-23	130209-E
Cheerleading	Must be 16 by 9-1-23	130210-A

**Player Ratings:** All ratings will take place on Tuesday, July 11 and Thursday, July 13. Instructional Division does not need to attend ratings. Players should report to the Nob Hill Soccer Club Park (Field 2), 10200 Sunset Strip as follows:

Pee Wee	6:00 pm
Junior	6:45 pm
Intermediate	7:30 pm
Senior	8:15 pm

Make-up Ratings for all divisions are Saturday, July 15 from 10:00 am - 11:30 am at Nob Hill Soccer Club Park Field 2.

## TRAVEL SOCCER

Open to ages 8 to 18 (Child cannot be 19 on 8/12/23)

Season Dates: June to April

Fee\*: \$125/Resident, \$175/Non-Resident

Registration Deadline: Friday, May 12

Players in this league will compete against other South Florida teams. Tryouts for girls divisions will be held at Nob Hill Soccer Club Park, 10200 Sunset. Tryouts for boys divisions will be held at Oscar Wind Park, 200 North New River Circle. \*Additional fees may apply.

Divisions	Boys Activity #	Girls Activity #
9 & Under	230207-A	230206-A
10 & Under	230207-B	230206-B
11 & Under	230207-C	230206-C
12 & Under	230207-D	230206-D
13 & Under	230207-E	230206-E
14 & Under	230207-F	230206-F
15 & Under	230207-G	230206-G
16 & Under	230207-H	230206-H
17 & Under	230207-I	230206-I
18 & Under	230207-J	230206-J

Girls Divisions	Try Out Dates	Time
9U & 10U - Field 3	Tuesday, May 2	6:00 pm to 7:15 pm
	Thursday, May 4	6:00 pm to 7:15 pm
11U & 12U - Field 3	Monday, May 1	6:00 pm to 7:15 pm
	Wednesday, May 3	6:00 pm to 7:15 pm
13U - Field 3	Tuesday, May 2	7:45 pm to 9:00 pm
	Thursday, May 4	7:45 pm to 9:00 pm
14U - Field 1	Monday, May 1	6:00 pm to 7:15 pm
	Wednesday, May 3	6:00 pm to 7:15 pm
15U - Field 1	Monday, May 1	7:45 pm to 9:00 pm
	Wednesday, May 3	6:00 pm to 7:15 pm
16U - Field 1	Tuesday, May 2	6:00 pm to 7:15 pm
	Thursday, May 4	6:00 pm to 7:15 pm
17U - Field 1	Tuesday, May 2	7:45 pm to 9:00 pm
	Thursday, May 4	7:45 pm to 9:00 pm
19U - Field 1	Tuesday, May 2	7:45 pm to 9:00 pm
	Thursday, May 4	7:45 pm to 9:00 pm

Boys Divisions	Try Out Dates	Time
9U & 10U	Monday, May 1	4:30 pm to 5:45 pm
	Tuesday, May 2	4:30 pm to 5:45 pm
	Wednesday, May 3	4:30 pm to 5:45 pm
	Thursday, May 4	4:30 pm to 5:45 pm
11U, 12U, 13U, 14U & 15U	Monday, May 1	6:00 pm to 7:15 pm
	Tuesday, May 2	6:00 pm to 7:15 pm
	Wednesday, May 3	6:00 pm to 7:15 pm
	Thursday, May 4	6:00 pm to 7:15 pm
16U, 17U & 19U	Monday, May 1	7:30 pm to 8:45 pm
	Tuesday, May 2	7:30 pm to 8:45 pm
	Wednesday, May 3	7:30 pm to 8:45 pm
	Thursday, May 4	7:30 pm to 8:45 pm

Players ONLY need to attend one of the three try out dates.



## SUNRISE SHARKS TRAVEL BASEBALL

Fee: \$90/Resident; \$210/Non-Resident

### TRYOUTS

Age	Tryout Location	Time	Activity #
8	Sportsplex, Field 1	8:30 am	230208-I
9	Sportsplex, Field 4	9:00 am	230208-A
10	Sportsplex, Field 1	10:30 am	230208-B
11	Sportsplex, Field 1	12:00 pm	230208-C
12	Sportsplex, Field 1	1:30 pm	230208-D
13	Sportsplex, Field 1	3:00 pm	230208-E
14	Sportsplex, Field 1	4:30 pm	230208-F

Tryouts on Saturday, July 15. COACHING APPLICATIONS ARE DUE BY MAY 17. Season runs July to April. Step up to the plate and tryout for this highly competitive baseball league. Teams consist of all-star caliber players that play against other teams from around the county. This program is year round, and roster changes may be made throughout the year. Participants need to commit to a minimum of three (3) practices and/or games per week. Pre-Registration is required before tryout. Ages are determined by how old the child is on May 1, 2023.

## START SMART YOUTH BASKETBALL

Location: Village Multipurpose Center,  
2240 NW 68 Avenue

Age	Date	Day	Time	Fee	Activity #
3 - 5	4/15 - 5/20	SA	10:00 - 11:00 am	\$35/60*	430207-A

Start Smart Basketball is a six-week, developmentally-appropriate introductory program that prepares children and their guardians for organized basketball in a fun, non-competitive environment. Parent(s) work one-on-one with their child, practicing a variety of skills. Parent-child groups will receive a Start Smart basketball that will be used during the program and can be used to continue the development of the child. Space is limited; please register early. \*Resident/Non-resident rate.

## HOOPSTER BASKETBALL ACADEMY

Location: Sunrise Civic Center Gymnasium,  
10610 West Oakland Park Boulevard

Registration is accepted at the Athletic Club desk. For more information, call Coach Ceasar Diaz at (954) 634-2061. Refunds for the five-week sessions must be made in writing, and submitted before the beginning of the third class. All refunds are subject to approval by Coach Diaz. **SMALL FRY BASKETBALL** is an introductory program for boys and girls that teach children the fundamentals of basketball through the basics of ball handling, passing, shooting and defense. These drills will have an emphasis on fun, while learning the foundation of basketball. **BEGINNER SKILLS PROGRAM** emphasizes basketball fundamentals, including ball handling, passing, shooting, rebounding and defense. **INTERMEDIATE SKILLS PROGRAM** emphasizes basketball fundamentals, including ball handling, passing, shooting, rebounding and defense. It is designed for players that have mastered the beginner drills. **ADVANCED SKILLS PROGRAM** emphasizes advanced level drills and is designed for players that have mastered the intermediate drills. Individual & Group Instruction is available. Groups consist of 15 or more. Group Instruction is based on team concepts including offensive and defensive strategies, team conditioning, effective team practice, and overall team philosophy. Please contact Coach Diaz at (954) 634-2061 for availability and pricing.

### Summer Break Basketball Camp

Age	Date	Day	Time	Fee	Activity #
6 - 17	6/12 - 6/16	M - F	7:30 am - 5:30 pm	\$125	170621-A
	Daily			\$30	170621-B-F

### Kids' Day Off Basketball Camps

6 - 17	4/7	F	7:30 am - 5:30 pm	\$30	170619-A
	4/21	F	7:30 am - 5:30 pm	\$30	170619-B
	6/9	F	7:30 am - 5:30 pm	\$30	170619-C

### Small Fry Basketball Program

4 - 5	4/1 - 4/29	SA	9:00 - 9:30 am	\$25	170623-A
	Daily			\$6	170623-B-F
	5/6 - 6/3	SA		\$25	170623-G
	Daily			\$6	170623-H-L
	6/10 - 7/8	SA		\$25	170623-M
	Daily			\$6	170623-N-R

### SUNRISE HOOPSTER TRAVEL BASKETBALL

Hoopster travel basketball program is looking for players who would like to play in the AAU U.S. Amateur Basketball, USSSA, and USBA sanctioned competitive travel basketball circuit. We are currently looking for players in the 3rd and 4th grade levels. For more information, contact Coach Diaz at (954) 634-2061 or visit [www.hoopster-basketball.com](http://www.hoopster-basketball.com). \$40 fee. Additional fees may apply.

### Beginner Skills Program

6 - 17	3/28 - 4/25	TU	6:00 - 7:00 pm	\$50	170657-A
	Daily			\$12	170657-B-F
	5/2 - 5/30	TU		\$50	170657-G
	Daily			\$12	170657-H-L
6 - 17	4/1 - 4/29	SA	9:45 - 10:45 am	\$50	170622-A
	Daily			\$12	170622-B-F
	5/6 - 6/3	SA		\$50	170622-G
	Daily			\$12	170622-H-L
	6/10 - 7/8	SA		\$50	170622-M
	Daily			\$12	170622-N-R

### Intermediate Skills Program

6 - 17	3/28 - 4/25	TU	7:00 - 8:00 pm	\$50	170661-A
	Daily			\$12	170661-B-F
	5/2 - 5/30	TU		\$50	170661-G
	Daily			\$12	170661-H-L
6 - 17	4/1 - 4/29	SA	11:00 am - 12:00 pm	\$50	170606-A
	Daily			\$12	170606-B-F
	5/6 - 6/3	SA		\$50	170606-G
	Daily			\$12	170606-H-L
	6/10 - 7/8	SA		\$50	170606-M
	Daily			\$12	170606-N-R

### Advanced Skills Program

6 - 17	4/1 - 4/29	SA	12:15 - 1:15 pm	\$50	170625-A
	Daily			\$12	170625-B-F
	5/6 - 6/3			\$50	170625-G
	Daily			\$12	170625-H-L
	6/10 - 7/8			\$50	170625-M
	Daily			\$12	170625-N-R

### Individual Instruction

6 - 17	4/1 - 6/30	Any	One Hour	\$35	170620-A-Z
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### Group Instruction

6 - 17	4/1 - 6/30	Any	One Hour	\$35	170624-A-Z
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## Open Play Volleyball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
12+	Ongoing	SU	3:00 - 6:00 pm	Daily visit fee*	N/A

\*Free to Athletic Club members. Non-members pay daily or annual fee. For more information and schedule, please call (954) 747-4666.

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	TH	5:30 - 8:45 pm	Daily visit fee*	N/A

\*Free with membership. Please call (954) 747-4604 for details.

## Open Play Basketball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	SU	9:00 am - 12:00 pm	Daily visit fee*	N/A
	Ongoing	T/TH	9:00 am - 2:00 pm	Daily visit fee*	N/A

\*FREE with membership. Non-members pay daily or annual fee. Please call (954) 747-4601 for daily schedule, as open gym schedules vary.

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	Varies	Varies	Daily visit fee*	N/A

\*FREE with membership. Non-members pay daily or annual fee. Please call (954) 747-4604 for daily schedule, as open gym schedules vary.

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	Varies	Varies	Daily visit fee*	N/A

\*FREE with membership. Non-members pay daily or annual fee. Please call (954) 747-4666 for daily schedule, as open gym schedules vary.

## Badminton

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13+	Ongoing	TU	7:00 - 8:45 pm	Daily visit fee*	270675-A
	Ongoing	SU	12:15 - 2:15 pm	Daily visit fee*	270675-B

\*Free with membership. A City of Sunrise waiver must be completed to participate in the program. Non-members pay daily or annual fee. Call (954) 747-4601 for information.

## Open Play Wallyball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	F	6:00 - 8:30 pm	Daily visit fee*	N/A

Wallyball is a fast-paced sport, similar to volleyball. However, it's played in a racquetball court, where it is legal to hit the ball off of the walls. \*Residents free with Athletic Club membership; \$4 non-resident daily fee; \$40 annual non-resident membership.



## Open Play Pickleball

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	M - SA	Any	Daily visit fee*	N/A

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. The lower net and lighter ball allow the game to be accessible to people of all abilities, while still allowing more competitive players to test their mettle. Call (954) 747-4666 for schedule and other information. \*Residents free with Athletic Club membership; \$4 non-resident daily fee; \$40 annual non-resident membership.

Location: Sunrise Athletic Complex (SAC) Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	M - SA	Any	Daily visit fee*	N/A

\*Free with membership. Please call (954) 747-4604 for daily schedule.

## Pickleball Instruction

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Class	Day	Time	Fee	Activity #
7+	90 Min. Private	Any	Any	\$120	470688A-Z
	60 Min. Private	Any	Any	\$75	470689A-Z
	Semi Private	Any	Any	\$80	470690A-Z
	Group Clinic	Any	Any	\$25	470691A-Z

For more information, contact Coach Callo at (917) 676-8888.

## Open Play Netball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	SU	2:30 - 4:30 pm	Daily visit fee*	270687-A

Netball is a ball sport played by two teams of seven players. Games are played on a rectangular court with raised goal rings at each end. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Call (954) 747-4601 for information. No Netball on 4/9.

**All programs listed take place indoors!**

# Sunrise Civic Center Athletic Club

10610 West Oakland Park Boulevard | (954) 747-4666

Regular Hours: Open Monday through Friday from 6:30 am to 9:00 pm, and Saturday and Sunday from 8:00 am to 7:00 pm.

Holiday Hours: Open 8:00 am to 3:00 pm

The Sunrise Civic Center Athletic Club offers amenities and programs designed to help keep you fit—without costing a fortune! Our recently-renovated facility includes a bi-level fitness center with free weights and machines, as well as two gymnasiums—one with an elevated fitness track—and racquetball courts, a game room, and locker rooms.

Sunrise residents can use the fitness track, game room, and racquetball courts **FREE of charge**; just present your ID at the front desk as proof of residency! Annual and monthly Athletic Club membership fees—which provide access to additional amenities—are as follows:

## PLUS ANNUAL MEMBERSHIP

Entitles member to use of fitness center, gymnasiums, racquetball courts and locker rooms.

**Individual (one adult age 18 or over):**

\$150/year

**Family (up to five household members):**

\$225/year



## DELUXE ANNUAL MEMBERSHIP

Entitles member to Basic Annual Membership privileges, plus use of the Civic Center Aquatics Complex.

**Individual (one adult age 18 or over):** \$175/year

**Family (up to five household members):** \$250/year



## PLUS MONTHLY MEMBERSHIP

Entitles member to use of fitness center, gymnasiums, racquetball courts and locker rooms.

**Individual (one adult age 18 or over):** \$20/month for Sunrise residents

**Family (up to five household members):** \$30/month for Sunrise residents

Daily rates are also available. All fees are subject to Florida sales tax. Individuals under 13 years old can utilize Athletic Club facilities, excluding the Fitness Center, when accompanied by a card-holding member.

## Ready for Results?

Athletic Club members can sign up for 15-minute, 30-minute or 60-minute personal training sessions!

# Sunrise Athletic Complex (SAC) Multipurpose Center

11501 NW 44th Street | (954) 747-4604

Regular hours: Open weekdays from 9:00 am to 9:00 pm,

Weekends from 9:00 am to 5:00 pm

Holiday hours: Open 9:00 am to 3:00 pm

Sunrise celebrated the grand re-opening of SAC in July 2022. Highlights of the park's renovation include a new playground and the construction of five full-size covered outdoor basketball courts, a basketball-style Bankshot course for players of all ages and abilities, and a new 15,000-square-foot multipurpose building with an indoor gym and program space.

Sunrise residents are encouraged to sign up for a **FREE membership** in order to fully utilize the SAC Multipurpose Center:

- **Individual Memberships** are FREE for ages 18+ with proof of Sunrise residency.
- **Family Memberships** are free—with proof of Sunrise residency—for up to five family members living at the same address. Parent or guardian must apply in person with a photo I.D., as well as a birth certificate for each minor child in the household.

Daily visit fees for non-members are \$5 per adult and \$3 per child (17 and younger). **Non-Resident Annual Memberships** are \$75 per adult and \$50 per child (17 and younger).

# VILLAGE Multipurpose Center

2240 NW 68th Avenue | (954) 747-4601

Regular Hours: Open Monday through Friday from 9:00 am to 9:00 pm, and Saturday and Sunday from 9:00 am to 5:00 pm

Holiday Hours: Open 9:00 am to 3:00 pm

Village Multipurpose Center features a large indoor gym for basketball and other activities. Sunrise residents are encouraged to sign up for a **FREE membership** in order to access the facility:

- **Individual Memberships** are FREE for ages 18+ with proof of Sunrise residency.
- **Family Memberships** are free—with proof of Sunrise residency—for up to five family members living at the same address. Parent or guardian must apply in person with a photo I.D., as well as a birth certificate for each minor child in the household.

Daily visit fees for non-members are \$5 per adult and \$3 per child (17 and younger). **Non-Resident Annual Memberships** are \$75 per adult and \$50 per child (17 and younger).

## PERSONAL TRAINING: 30-Minute Session\*

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
16+	1 Session	Any	Any	\$25	470685-A-Z
	3 Sessions	Any	Any	\$69	470673-A-G
	6 Sessions	Any	Any	\$138	470673-H-N
	9 Sessions	Any	Any	\$207	470673-O-U
	12 Sessions	Any	Any	\$276	470673-V-Z

A (one-time) complimentary 15-minute assessment will be scheduled after the purchase of the first 30-minute session to evaluate body weight, strengths, weaknesses, injuries, and personal goals. \*Sessions are for current Athletic Club members!

## PERSONAL TRAINING: 60-Minute Session\*

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
16+	1 Session	Any	Any	\$45	470686A-Z
	3 Sessions	Any	Any	\$129	470674A-G
	6 Sessions	Any	Any	\$258	470674H-N
	9 Sessions	Any	Any	\$387	470674O-U
	12 Sessions	Any	Any	\$516	470674V-Z

A (one-time) complimentary 15-minute assessment will be scheduled after the purchase of the first 60-minute session to evaluate body weight, strengths, weaknesses, injuries, and personal goals. \*Sessions are available only for current Athletic Club members!

## PERSONAL TRAINING: 15-Minute "Lunch Rush"\*

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
16+	1 Session	M-F	12:30 - 1:00 pm	\$15	470679-A-Z
	1 Session	M-F	1:00 - 1:30 pm	\$15	470680-A-Z
	Weekly Pass	M-F	12:30 - 1:00 pm	\$50	470681-A-M
	Weekly Pass	M-F	1:00 - 1:30 pm	\$50	470681-N-Z

\*Sessions are available only for current Athletic Club members! Space is limited. Must register by 5:00 pm the day before.

## Sunrise Steppers

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
All	Ongoing	Daily	9:00 am - 12:00 pm	Free	N/A

Need a little motivation to get those daily steps in? Stop by the Village Multipurpose Center (during Center operating hours) to log your laps and learn when peak walking times are so you can find a "walking buddy." Let's get stepping, Sunrise!

## 40+ Double Dutch Jump Rope

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
40+	Ongoing	TH	7:00 - 8:45 pm	Free	470687A

Women over the age of 40 get together to take a break from "adulting" by jumping Double Dutch, hula hooping, playing hopscotch and Chinese rope! Call (954) 747-4601 for information.

## Transformation Tuesdays

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Any	Any	5:45 - 6:45 pm	\$15	470683-G-Z
	4/4 - 4/25	TU	5:45 - 6:45 pm	\$45	470683-A
	5/2 - 5/30	TU	5:45 - 6:45 pm	\$45	470683-B
	6/6 - 6/27	TU	5:45 - 6:45 pm	\$45	470683-C

Transformation Tuesdays is designed to be a FUN yet challenging, cardio toning class that offers a combination of low and high intensity exercises that prioritize your lower body. Missed classes are NON-REFUNDABLE!

## Adult Indoor Walking

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	M - F	9:00 - 11:00 am	Free*	N/A

Tired of the Florida weather interfering with your walk? WIN against the rain and heat, come inside, and move your feet! Our warm staff will motivate you and also provide you with various stretching exercises. A City of Sunrise waiver must be completed to participate in the program. Call (954) 747-4601 for information. \*Free with membership.

## Soca Step Dance Aerobics

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
All	4/28	F	7:00 pm	Free	N/A*
	5/26	F	7:00 pm	Free	N/A*
	6/30	F	7:00 pm	Free	N/A*

Join us for a FREE Soca Step Dance Aerobics class on the last Friday of every month! Bring water, a towel and your flag. Hosted by Coach Kamal from Tailored Fitness with a live Soca DJ. \*Register online at [www.sunrisefl.gov/soca](http://www.sunrisefl.gov/soca).





## Salsa Dancing

Location: Sunrise Athletic Complex (SAC),  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
18+	4/7 - 4/28	F	9:30 am - 10:30 am	\$65	470711-C
	5/5 - 5/26	F	9:30 am - 10:30 am	\$65	470711-F
	6/2 - 6/30	F	9:30 am - 10:30 am	\$80.25	470711-I

For more information, please call 754-900-7744 and ask for Angie.

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	4/7 - 4/28	F	6:00 - 7:00 pm	\$65	470664-A
	5/5 - 5/26	F	6:00 - 7:00 pm	\$65	470664-B
	6/2 - 6/30	F	6:00 - 7:00 pm	\$81.25	470664-C

For more information, contact instructor Pablo Malco at (954) 282-1014.

## American Kenpo

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Level/Age	Date	Day	Time*	Fee	Activity #
Beginners/ 13+	4/4-4/27	TU & TH	5:45 - 7:15 pm	\$80	470700-A
	5/2-5/30	TU & TH	5:45 - 7:15 pm	\$80	470700-B
	6/1-6/29	TU & TH	5:45 - 7:15 pm	\$80	470700-C
Int/Adv / 13+	4/4-4/27	TU & TH	7:15 - 8:45 pm	\$80	470701-A
	5/2-5/30	TU & TH	7:15 - 8:45 pm	\$90	470701-B
	6/1-6/29	TU & TH	7:15 - 8:45 pm	\$90	470701-C
Self-Defense Workshops/ 13+	4/15	SA	2:00 - 4:00 pm	\$50	470703-A
	5/20	SA	2:00 - 4:00 pm	\$50	470703-B
	6/10	SA	2:00 - 4:00 pm	\$50	470703-C

This is an all-inclusive system of martial arts based on ancient methods applied to solve modern-day violent scenarios using logic and practicality. 2:00 pm classes are single-day workshops.

## South Florida Photography - Basic

Location: SAC Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time*	Fee	Activity #
18+	4/5 - 5/3*	W	5:30 - 6:50 pm	\$150	470710-A
	5/24 - 6/14	W	5:30 - 6:50 pm	\$150	470710-B
	6/21 - 7/12	W	5:30 - 6:50 pm	\$150	470710-C

## South Florida Photography - Advanced

Location: SAC Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time*	Fee	Activity #
18+	5/24 - 6/14	W	7:00 - 8:20 pm	\$150	470712-A
	6/21 - 7/12	W	7:00 - 8:20 pm	\$150	470712-B

For more information please call the instructor at (609)412-7546. \*There will be no class on 4/19/23.

## Adult Hip-Hop Dance Class

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Any	Any	Any	\$15	470658-D-Z
	4/3 - 4/24	M	7:15 - 8:15 pm	\$50	470658-A
	5/1 - 5/22	M	7:15 - 8:15 pm	\$50	470658-B
	6/5 - 6/26	M	7:15 - 8:15 pm	\$50	470658-C

Dance yourself into shape with this one-hour body twisting, leg lifting, bun burning and ab firming fitness class. For more information, contact instructor Pablo Malco at (954) 282-1014.

## Caribbean Dance Fitness

Location: Sunrise Civic Center Athletic Club,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Any	Any	Any	\$15	470667-D-Z
	4/8 - 4/29	SA	10:00 - 11:00 am	\$50	470667-A
	5/6 - 5/27	SA	10:00 - 11:00 am	\$50	470667-B
	6/3 - 6/24	SA	10:00 - 11:00 am	\$50	470667-C

Caribbean Fitness combines aerobics, high-energy dance, soothing rhythms, and the smooth sounds of the Caribbean to help you shed pounds and stay fit! Dress comfortably and wear sneakers; no open-toed shoes or sandals. For more information, contact instructor Pablo Malco at (954) 282-1014.



## SOCIAL SERVICES

The **Special and Community Support Division** provides information regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other issues. Social Services also include transportation and special programs. For further information, contact the Social Worker at (954) 746-3670.

### The 5 Wishes Workshop

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
4/14	F	10:00 - 11:30 am	Free	Call now

Five Wishes is a booklet developed as the first advance care plan (ACP) to address personal, emotional, and spiritual wishes, in addition to medical treatment. It's called the "living will with heart and soul." Sponsored by Continuum Care Hospice and Chen Medical Center.

### Joint Health Lecture

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
5/5	F	10:00 - 11:30 am	Free	Call to sign up

Join a Health Professional from Florida Medical Center to learn how to keep your joints healthy, and better educate yourself on preventative measures.

### Alzheimer and Brain Awareness Lecture

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
6/9	F	10:00 - 11:30 am	Free	Call to sign up

Join a healthcare professional from Conviva Care Center to learn about dementia and Alzheimer's Disease this June, which is Alzheimer and Brain Awareness Month.

### Emergency Food Pantry

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits to the Pantry are limited to no more than once every three months until the crisis is past or an alternate agency can fulfill the need. It is by appointment only and must be arranged with the Social Worker. For information, call (954) 746-3670 between 8:30 am and 4:00 pm.

### Blood Pressure Check

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
4/14, 5/12, 6/9	F	11:00 am	Free	Walk-ins welcome

Hosted by Sunrise Fire Rescue.

### Property Tax Exemption Assistance

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
4/14, 5/12, 6/9	F	10:00 - 11:30 am	Free	Walk-ins welcome
4/19, 5/17, 6/21	W	4:30 - 6:00 pm	Free	Walk-ins welcome

Representatives from the Broward County Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Driver's License; a Broward voter registration card; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.

### Veterans Advisors/Assistance

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
4/14, 5/12, 6/9	F	9:00 am - 12:00 pm	Free	Walk-ins welcome

Broward County Veterans Services will have a Certified Veterans Advisor at the Sunrise Senior Center to provide assistance to veterans, their widows, dependents and dependent survivors regardless of age or other status. Services are focused on attainment and/or maintenance of self-sufficiency. Services include: Information, Referral and Linkage, & Benefits and Claims Processing.

### Bereavement Support Group

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
Weekly	TH	9:30 - 11:00 am	Free	Walk-ins welcome

This group is facilitated by a Continuum Care Health professional grief counselor and is a valuable source of support for those dealing with grief and mourning. For more information call (954) 746-3670 or stop by the Senior Center Front Desk.

### S.H.I.N.E. Counselor

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
1st & 3rd	TU	10:00 am - 12:00 pm	Free	Call for appt

Specialty-trained volunteers, provided by the Aging and Disability Resource Center (ADRC), offer free, unbiased, and confidential Medicare counseling to empower you to make the best decisions for your individual needs.

### Prescription Discount Card Program

Sunrise residents who are without health insurance, a traditional pharmacy benefit plan, or have prescriptions not covered by insurance can take advantage of this plan. The savings is approximately 20%. No income or age requirements. Call the Sunrise Senior Center at (954) 746-3670 or come by the Senior Center for information.

### F.L.O.W. (Florida Licensing on Wheels, a DMV unit)

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Activity #
6/14	W	10:00 am - 1:30 pm	Call to sign up

Broward County residents can renew their driver's license and vehicle registration and get a Florida I.D. Visit the website to know what documents you will need to bring with you to avoid a second trip: [www.flhsmv.gov/driver-licenses](http://www.flhsmv.gov/driver-licenses). Note: This is not a City run program. Date subject to cancellation without notice. Please call before you come to the Senior Center.

## FREE TRANSPORTATION

**Minibus Routes** operate weekdays from 8:00 am to 2:45 pm, picking up passengers from residential areas and transporting them to major shopping centers within Sunrise. For more information, or to obtain schedules, call (954) 764-3677.

**Non-Emergency Medical Transportation** is available to eligible Sunrise residents who are 62 or older, or physically handicapped. If you no longer drive or maintain a vehicle in your immediate household and need reliable transportation to doctors, dentists and other medical appointments, call (954) 746-3676 for transportation information. Application and approval is required.



## SPECIAL INTEREST CLUBS

### Sunrise Wood Carvers

Meets Tuesdays, from 6:00 - 9:00 pm

Free; Walk-ins welcome

Location: Sunrise Senior Center, 10650 West Oakland Park Blvd

No experience necessary. Volunteer instructors available. Must be 18 years or older.

### Sunrise Women's Bocce Club

Meets Wednesdays, from 3:00 - 5:00 pm

Free; Walk-ins welcome

Location: Nob Hill Soccer Club Park, 10200 Sunset Strip

No experience necessary. Membership in the Sunrise Senior Center is required for participation. Call Captain Frances (Fran) Nugent at (954) 495-7730 or Co-Captain Irma Martorana (954) 578-1940 for information.

### Sunrise Latin Social Club

Meets 1st Tuesday of month from 6:00 - 8:00 pm

Free admission; Walk-ins welcome

Location: Sunrise Senior Center, 10650 West Oakland Park Blvd

Socialize, build friendships, and participate in activities and other special events. Senior Center membership is required. Queremos invitar a la comunidad We invite the Latin community to come embrace our center and be a part of our community. Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. Contact Ana Lopez (908) 907-1324 or Elizabeth Lasprilla (954) 328-7483 for monthly meeting and ticket information.

### Gold Coast Wood Turners

Meets 3rd Thursday of month from 6:45 - 8:45 pm

Free; Walk-ins welcome

Location: Sunrise Senior Center, 10650 West Oakland Park Blvd

This non-profit organization is dedicated to promoting the art and craft of woodturning through education. Join us at meetings, where we conduct club business, present technical demonstrations, share work, discuss technique, and provide constructive feedback. Call Lara Baker at (954) 557-3038 or visit <https://goldcoastwoodturnersinc.org>.

### American Legion Post 365

Meets 4th Tuesday of month, at 7:00 pm

Location: Sunrise Senior Center, 10650 West Oakland Park Blvd

The American Legion is the nation's largest veteran's service organization, committed to mentoring and sponsorship of youth programs in our communities, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members and veterans. The American Legion's success depends entirely on active membership, participation and volunteerism. Contact Commander Loretta Young (954) 257-6763 for further information.



## SENIOR EVENTS & ACTIVITIES

### Sunrise Senior Center

10650 West Oakland Park Boulevard, (954) 746-3670

#### Hours of Operation:

M - TH: 8:30 am to 9:00 pm;

F: 8:30 am to 4:30 pm; SA: 9:00 am to 1:00 pm

#### Annual Membership Fees:

Sunrise residents \$15/year; non-residents \$25/year

The Sunrise Senior Center offers services for people 55+ years young, including recreational classes, trips, transportation, health and safety programs, special events and more.

## SPECIAL EVENTS

### Pool Party Social

Date	Day	Time	Register	Fee	Activity #
4/12	W	10:00 am - 1:00 pm	Now	\$8/\$10	480822-A

The weather is heating up! There's no better way to relax and have fun than a pool party! Join us at the Civic Center pool for our second annual Senior Center Pool Party! Enjoy interactive activities, lunch and a DJ that will keep the party rock-in'. Be sure to wear your bathing suit and bring a towel to take a dip in the pool and enjoy the cool water and some sun. This will be a unique event and you will not want to miss out!

### Mother's Day Fiesta Social

Date	Day	Time	Register	Fee	Activity #
5/12	F	1:00 - 3:00 pm	4/7	\$8/\$10	480822-B

What better reason to have a fiesta than to celebrate Mother's Day! Join us for a Latin-infused lunch social and party with your friends. Enjoy a delicious catered lunch, great music, and dancing and a live Mariachi band.

## SUNRISE LOVES OUR SENIORS

### Ticket Distribution:

Thursday, April 6, from 9:00 to 11:00 am  
Sunrise Civic Center Grand Ballroom, 10610 W. Oakland Park Blvd.

Tickets limited; First-come, first-served;  
2 per household; Proof of residency required

SEE BACK COVER FOR DETAILS!

## UPCOMING SENIOR TRIPS

### APRIL TICKET SALE: Members 4/7; Non-Members 4/14

Trip	Date	Day	Time	Fee	Activity #
Senior Fishing Clinic	5/4	TH	9:00 am - 2:00 pm	\$5/\$7	480842-A

Get "hooked" on fishing! Learn about local species and sustainable fisheries. Includes hands-on activities to learn ethical angling, baiting a hook, rigging a pole, and how to fish. Fishing tools and materials will be supplied. Outdoor workshop.

Morikami Japanese Gardens	5/11	TH	9:15 am - 3:30 pm	\$18/\$20	480841-A
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Enjoy a self-guided tour of the Japanese gardens, then stroll thru the Morikami Museum at your leisure. Afterwards, lunch on your own at Cornell Cafe.

Palm Beach Outlets Mall	5/16	TU	9:00 am - 3:30 pm	\$5/\$7	480846-A
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Located in the heart of Palm Beach County, the mall features over 100 outlet stores. Get ready to shop! Visit one or the many restaurants for lunch on your own.

Seminole Classic Casino	5/23	TU	9:00 am - 3:30 pm	\$5/\$7	480826-A
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Feeling lucky? Enjoy a great day at the casino! Lunch on your own.

### MAY TICKET SALE: Members 5/5; Non-Members 5/12

Trip	Date	Day	Time	Fee	Activity #
Butterfly World and Festival Flea Market	6/1	TH	9:30 am - 3:00 pm	\$5/\$7	480842-B

Explore the entire life cycle of the butterfly as it occurs, the wonders of exotic bird aviaries, and more on a guided tour.

Harrah's Casino	6/6	TU	9:00 am - 3:30 pm	\$5/\$7	480826-B
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Get ready for a great day at the casino. Lunch on your own.

Fishing Trip	6/15	TH	8:45 am - 2:30 pm	\$54/\$56	480844-A
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4-hour fishing trip aboard the 55' Mary B III. Everything needed (rods, bait, tackle, licenses) included. NO EXPERIENCE NECESSARY. Experienced, professional and friendly crew, ready to assist. Pack a lunch and refreshments! **\*\*Please note that the waters can get choppy. If you are susceptible to sea sickness, this might not be the trip for you!\*\***

Japanese Buffet	6/20	TU	11:00 am - 3:00 pm	\$23/\$25	480842-C
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If you like Japanese cuisine, then you will enjoy this outing. Boasting a large variety of Sushi, Sashimi, Seafood and more, you will be sure to leave Minato Japanese Buffet full.

Mia's Cake House Cupcake Decorating	6/29	TH	5:15 pm - 8:45 pm	\$35/\$37	480842-D
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1.5 to 2 hour guided workshop. Decorate 4 cupcakes with different pre-selected designs and techniques. Flavors vary. Peanut-free environment. In case of other food allergies, we recommend you bring your own cupcakes for safety reasons.

### JUNE TICKET SALE: Members 6/2; Non-Members 6/9

Trip	Date	Day	Time	Fee	Activity #
Beach & Lunch	7/6	TH	9:45 am - 3:30 pm	\$5/\$7	180851-A

Bring your beach chair or blanket to relax on the beach in Pompano. Take a stroll or rent a rod and fish on the pier. Afterwards, we'll head to The Bite Eatery for lunch on your own. Choices include Taco Vibe, Pappas Pizzeria, Deli Snack, Captain Lobster, and more.

Palm Beach Outlet Mall	7/11	TU	9:30 am - 3:30 pm	\$5/\$7	180846-A
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Located in the heart of Palm Beach County, this outlet mall features over 100 outlet stores including some of the best names in fashion. While enjoying your shopping, don't forget to eat. Visit one of the many restaurants for lunch on your own.

Gulfstream Casino	7/18	TU	9:00 am - 3:00 pm	\$5/\$7	380826-A
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Feeling lucky? Enjoy a great day at the casino! Enjoy lunch on your own.

Superblue Miami	7/27	TH	9:30 am - 3:00 pm	\$39/\$41	180848-A
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Explore over 50,000 square feet of immersive art experiences. The full sensory, awe-inspiring tour will be an unforgettable experience. Lunch onsite on your own.



### Trip & Ticket Policies

- No tickets will be sold before the published sale date. Sales commence at 8:30 am. Current Senior Center I.D. cards must be presented for any transaction.
- Members **MUST** be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.
- You may purchase one additional ticket (at the higher guest price) for each member ticket purchased (provided the member is present).
- Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless of member/guest status.
- When purchasing tickets, indicate the full name, birth date and phone number of guest.
- Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.
- If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our roster.
- If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)
- When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made seven days prior to the trip or at the restaurants.
- Trips departing before 3:30 pm leave from the Civic Center East (Pool) parking lot. Please do not park in restricted areas.
- A group leader is available on most trips. In their absence, the bus driver will act as group leader. The group leader checks all participants in and assists in providing you with the best possible experience.
- Please occupy the same bus seat on the way to and from an event.
- Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.
- If a minimum number of people are not reached, the program may be cancelled.
- A \$5 Transportation fee is added to all trip prices.

## SPECIAL INTEREST CLASSES

### Beading Classes

Class	Day, Date	Time	Register	Fee	Activity #
Project TBA	M, 4/3 - 4/24	10:30 am - 12:00 pm	Now	Free	480814-A
Project TBA	M, 5/1 - 5/22	10:30 am - 12:00 pm	4/3	Free	480814-B
Project TBA	M, 6/5 - 6/26	10:30 am - 12:00 pm	5/1	Free	480814-C
Open Beading	M, Ongoing*	12:30 - 2:30 pm	Walk-in	Free	
Sewing Creations	TU, Ongoing	1:00 - 3:00 pm	Walk-in	Free	
Open Stitchery	TH, Ongoing	6:30 - 8:00 pm	Walk-in	Free	

Join us for a *Beginners Beading Class* lead by Lazira Amar. Learn a new project each month. A list of materials will be available at the front desk. You must bring your supplies to the class. Senior Center membership required. \*No class on 5/29/23.

### Art, Crafting, and Computer Classes

Class	Day, Date	Time	Register by	Fee	Activity #
Quilting Corner	M, Apr - Jun*	10:00 am - 1:00 pm	Now	Free	480828-A
Knitting & Crochet	TU, Apr - Jun	10:00 am - 12:00 pm	Now	Free	480869-A
Coloring with the Classics	SA, Apr - Jun	9:00 - 10:00 am	Now	Free	480814-C
Photography Workshop	SA, 5/6 - 6/10	10:00 am - 12:00 pm	Now	\$30/ \$32	480833-A
Photography Workshop	SA, 7/1 - 8/5	10:00 am - 12:00 pm	6/2	\$30/ \$32	480833-B
Card/Paper Crafting	W, Apr - Jun	10:00 am - 12:00 pm	Now	Free	480806A
Wig Making	SA, 3/25 - 5/27	10:45 am - 12:45 pm	Now	Free	380835-C
Wig Making	TH, 5/4 - 7/6	6:00 - 8:00 pm	4/7	Free	480835-A
Computer Journey	TU/TH, 4/11 - 5/18	9:30 - 10:30 am	Now	\$5/ \$10	480802-A
Digital Scrapbooking	TU/TH, 4/11 - 5/18	11:00 am - 12:00 pm	Now	\$5/ \$10	480803-A

Quilting/ Knitting & Crochet: Unlock creativity while learning various techniques. Supply lists at Front Desk. Coloring: Enjoy your favorite hits while expressing your creativity. Coloring pages and markers provided. Photography: Receive personal hands-on instruction from award-winning photographer Jeremiah Jenner. Paper Crafting: Learn the fundamentals of cutting, using ink, rubber stamps and paper to create your own cards. Supply list at Front Desk. Wig Making: Each six-week session will focus on a specific style and walk you through the steps to design and create your wig. Led by volunteer instructor June Suepaul. Computer Journey: Learn a variety of tools and opportunities that computer use can offer you. Digital Scrapbooking: Formerly known as Creative Computers. This is a Family Legacy class. Create your legacy presentation while you develop new creative computer skills. This is an opportunity to share your life experiences. Class taught by volunteer instructor Steve Fleisch. No class on 5/29.

### Senior Cooking Club

Class	Day, Date	Time	Register by	Fee	Activity #
Apr - TBD	F, 4/28	10:00 am - 1:00 pm	Now	\$6/\$8	480816-A
May- TBD	F, 5/19	10:00 am - 1:00 pm	4/7	\$6/\$8	480816-B
Jun - TBD	F, 6/23	10:00 am - 1:00 pm	5/5	\$6/\$8	4380816-C

Join us for this exciting class where you will be able to learn how to cook some unique dishes in a fun environment. Cooking tips, plating and presentation will all be discussed. Each month will focus on a different menu that we will enjoy at the end of class.

### English Language Classes

Class	Day, Date	Time	Register	Fee	Activity #
Conversational English Workshop	M - TH, 5/8 - 5/11	4:00 - 6:00 pm	4/7	\$5/\$10	480868-A
	M - TH, 6/12 - 6/15	6:00 - 7:30 pm	5/5	\$5/\$10	480868-B
	M - TH, 7/10 - 7/13	2:00 pm - 3:00 pm	6/2	\$5/\$10	180868-A

### Dance Classes

Class	Day, Date	Time	Register by	Fee	Activity #
Monday Mixer	M, Weekly*	1:30 - 3:30 pm	Walk-in	Free	
Scottish Dancing	TU, Weekly	7:00 - 9:00 pm	Walk-in	Free	
Line Dancing	TU, Ongoing	10:15 - 11:15 am	Walk-in	Free	
Line Dancing	TH, Ongoing	10:00 - 11:00 am	Walk-in	Free	
Ballroom Dance	W, April	11:00 am - 12:00 pm	Now	\$12/ \$14	480864-A
Ballroom Dance	W, May	11:00 am - 12:00 pm	4/7	\$12/ \$14	480864-B
Ballroom Dance	W, June	11:00 am - 12:00 pm	5/5	\$12/ \$14	480864-C

Monday Mixer: Live entertainment and refreshments provided. Senior Center membership card must be shown for admission. Scottish Dancing: Available September - July. Learn traditional dances of Scotland. No experience or partner required. Ballroom Dance: Taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher and graduate of Conservatory of the Performing Arts in Madrid, Spain. Learn the fundamentals of a variety of dances. For more information, call (954) 439-5899. \*No class on 5/29.

### Games/Movies

Class	Day, Date	Time	Register by	Fee	Activity #
Senior Bowling League	W, through - 5/17	12:00 - 2:30 pm	Call now	Free	180854-A
Open Game Room	M-TH, Ongoing*	8:30 am - 9:00 pm	Walk-in	Free	
Open Game Room	F, Ongoing	8:30 am - 4:30 pm	Walk-in	Free	
Open Game Room	S, Ongoing	9:00 am - 1:00 pm	Walk-in	Free	
Open Mah Jongg	TU, Ongoing	9:00 am - 12:00 pm	Walk-in	Free	
Bingo	F, Ongoing	1:00 pm - 2:30 pm	Walk-in	Free	
Classic Movies	M, Ongoing*	11:00 am (Start Time)	Walk-in	Free	
New Release Movies	TU, Ongoing	11:30 am (Start Time)	Walk-in	Free	

Bowling: Play at Strikers Lanes. Lane fees paid to Strikers the day of play. All players must be registered members of the Senior Center and must sign up for the league prior to play. Call (954) 749-1400 for information and available space. Open Game Room: Enjoy pool tables, darts, and good company! Bingo: Participants must be current Senior Center members. Current membership card must be shown to play. \*No class on 5/29.

### Book/Discussion Groups

Class	Day, Date	Time	Register by	Fee	Activity #
Let's Talk Discussion Group	W, Ongoing	1:00 - 2:00 pm	Walk-in	Free	
Book Club	4th Fri, Ongoing	12:00 - 1:00 pm	Pre-vious month	Free	

For current book titles check the Senior Center calendar. Must sign up at the front desk.

## SENIOR FITNESS CLASSES

### Total Body Fitness With Alli

Month	Day	Time	Register by	Fee	Activity #
April	M	9:45 - 10:45 am	Now	\$12/\$14	480870-A
	W	2:15 - 3:15 pm	Now	\$12/\$14	480870-B
May	M	9:45 - 10:45 am	4/7	\$12/\$14	480870-C
	W	2:15 - 3:15 pm	4/7	\$15/\$17	480870-D
Jun	M	9:45 - 10:45 am	5/5	\$12/\$14	480870-E
	W	2:15 - 3:15 pm	5/5	\$12/\$14	480870-F

Experience a blend of heart health, strength training, cardio and balance exercises in this totally invigorating and energizing new program featuring upbeat music. Stay fit and have fun! Chair modifications available. Senior Center membership is required. Maximum 24 students per class.

### Yoga - Baptist Health

Month	Day	Time	Register by	Fee	Activity #
Apr	TH	12:00 - 1:00 pm	N/A	Free	
May	TH	12:00 - 1:00 pm	N/A	Free	
Jun	TH	12:00 - 1:00 pm	N/A	Free	

Classes taught by a certified instructor. Sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this class. Maximum 24 students per class.

### Step Up to Fitness With Rosie

Month	Day	Time	Register by	Fee	Activity #
April	M	5:15 - 6:15 pm	Now	\$12/\$14	480852-A
	SA	10:15 - 11:15 am	Now	\$15/\$17	480852-B
May	M	5:15 - 6:15 pm	4/7	\$12/\$14	480852-C
	SA	10:15 - 11:15 am	4/7	\$12/\$14	480852-D
June	M	5:15 - 6:15 pm	5/5	\$12/\$14	480852-E
	SA	10:15 - 11:15 am	5/5	\$12/\$14	480852-F

Classes taught by instructor Rose Michaelson. Step Up to Fitness incorporates Step Aerobics, dynamic stretches and strength training to help you to stay fit in a fun environment. \*\*Program sponsored by Humana\*\*

### Tone Your Abs & Glutes

Month	Day	Time	Register by	Fee	Activity #
April	M	6:30 - 7:30 pm	Now	\$12/\$14	480856-A
May	M	6:30 - 7:30 pm	4/7	\$12/\$14	480856-B
June	M	6:30 - 7:30 pm	5/5	\$12/\$14	480856-C

Classes taught by instructor Rose Michaelson. Tone Your Abs and Glutes incorporates aerobics, yoga, and strength and glutes training to help you to stay fit in a fun environment. \*\*Program sponsored by Humana\*\*

### Aqua Fitness

Month	Day	Time	Register by	Fee	Activity #
Apr-Jun	TU/TH	9:00 - 9:45 am	Now	Free	380891-A

This class delivers a fun and energetic workout in the pool that combines cardio with strength building and increased flexibility. Senior Center membership required.

### Barre Flex - Baptist Health

Month	Day	Time	Register by	Fee	Activity #
Apr-Jun	TH	6:45 - 7:45 pm	N/A	Free	

Classes taught by a certified instructor. Sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this class. Maximum 24 students per class.

**Drop-In Fitness Classes** The following Senior Center exercise classes are being offered as "Drop-In" programs with no registration required. However, Senior Center membership is still required to participate in ALL exercise programs. Please see below for a list of "Drop-In" programs and their dates and times. Remember to be on time for all instructor-led programs, as it is disruptive to enter after the class has started. Also listed are classes requiring registration. \*These classes are subject to change if a live instructor becomes available.

### Senior Aerobics

Month	Day	Time	Register by	Fee	Activity #
April	TU	4:30 - 5:30 pm	N/A	FREE	
May	TU	4:30 - 5:30 pm	N/A	FREE	
Jun	TU	4:30 - 5:30 pm	N/A	FREE	

Taught by a certified instructor. Sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program. Maximum 24 students per class.

### REVIVE (Stretching)

Month	Day	Time	Register by	Fee	Activity #
April	TH	9:30 - 10:30 am	N/A	FREE	
May	TH	9:30 - 10:30 am	N/A	FREE	
Jun	TH	9:30 - 10:30 am	N/A	FREE	

Taught by a certified instructor. Sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program. Maximum 24 students per class.

### Walk Your Way To Health

Day	Time	Fee	Format
M	9:45 - 10:45 am	Free	DVD
TU	11:00 am - 12:00 pm	Free	DVD
TU	5:45 - 6:45 pm	Free	DVD
W	9:45 - 10:45 am	Free	DVD
W	2:45 - 3:45 pm	Free	DVD
TH	5:45 - 6:45 pm	Free	DVD
F	11:15 am - 12:15 pm	Free	DVD

Senior Center membership is required. Maximum 20 students per class.

### Yoga Balance & Strength

Day	Time	Fee	Format
M	11:30 am - 12:30 pm	Free	DVD
M	12:45 - 1:45 pm	Free	DVD

Senior Center membership is required. Maximum 20 students per class.

### Firm and Burn/Tone Every Zone

Day	Time	Fee	Format
TU	2:00 - 3:00 pm	Free	DVD
	6:00 - 7:00 pm	Free	DVD
	7:00 - 8:00 pm	Free	DVD
TH	7:00 - 8:00 pm	Free	DVD

Senior Center membership is required. Maximum 20 students per class.

## SUNRISE CIVIC CENTER AQUATICS COMPLEX

10610 West Oakland Park Boulevard, (954) 747-4636

Lap Pool Hours: Open daily, 10:00 am to 7:00 pm  
Lap Pool Hours beginning 6/10, 8:00 am to 7:00 pm

Holiday Hours: Open 10:00 am to 3:00 pm on 4/9 & 5/29

Family Pool Hours: 10:00 am to 7:00 pm

Waterslide Hours through June 9: Closed Monday - Thursday;  
Open Fridays 2:30 - 6:45 pm; Weekends 10:00 am - 6:45 pm

Waterslide Hours beginning June 10: Open daily 10:00 am - 6:45 pm

Weekend Family Pool Sessions: 10:00 am - 12:45 pm, 1:00 pm - 3:45 pm, 4:00 pm - 6:45 pm Admission fee entitles patrons to use the 50M pool and children's wading pool, and one session in the Family Pool. Call (954) 747-4636 for height restrictions for waterslide.

Admission: Resident\* - \$1/Child (17 and under); \$1.25/Adult  
Non-Resident - \$3/Child (17 and under); \$6/Adult  
Fee entitles patrons to use the 50M pool and children's wading pool, and one session in the Family Pool. Call (954) 747-4636 for height restrictions. \*Proof of residency required upon payment.

Annual Memberships: Resident\* - \$75/Individual; \$175/Family  
Non-Resident - \$175/ Individual; \$250/Family \*Proof of residency required upon payment.



## WELLEBY POOL\*

9605 West Oakland Park Blvd., (954) 747-4636

Admission: Resident - \$1/Child; \$2/Adult with proof of Sunrise Residency

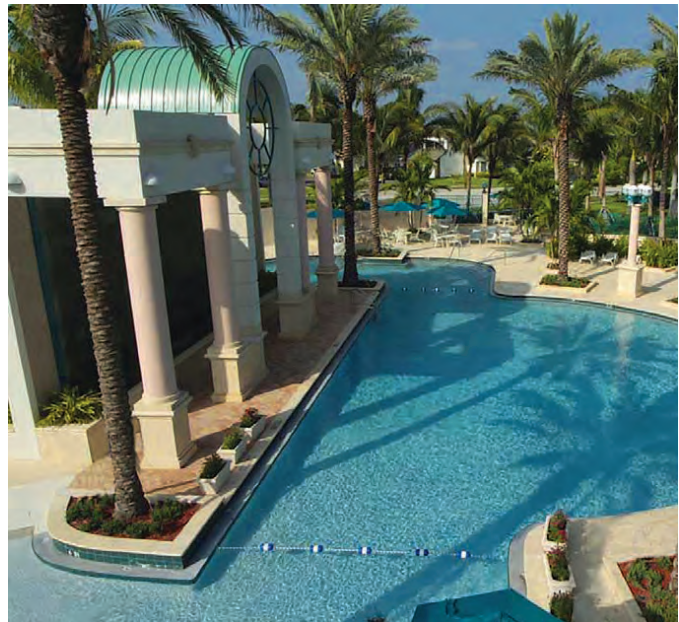
Non-Resident - \$2/Child (17 and under); \$3/Adult

## VILLAGE BEACH CLUB\*

6767 NW 24 Street, (954) 747-4636

Admission: Resident - FREE with proof of Sunrise Residency

Non-Resident - \$2/Child (17 and under); \$3/Adult



## ROARKE POOL\*

1720 NW 60 Ave., (954) 747-4636

Admission: Resident - FREE with proof of Sunrise Residency

Non-Resident - \$2/Child (17 and under); \$3/Adult

\*All Satellite pools will be open on weekends April 15th through June 4th from 12:00pm-5:00pm. They will open daily beginning June 10th.

### Private Swim Lessons

Age	Days	Dates	Time	Fee*	Register by	Activity #
18 mo+	M-TH	6/12-6/15	9:00 am	\$45/\$55	6/8	451201-A
18 mo+	M-TH	6/12-6/15	9:35 am	\$45/\$55	6/8	451201-B
18 mo+	M-TH	6/19-6/22	9:00 am	\$45/\$55	6/15	451201-C
18 mo+	M-TH	6/19-6/22	9:35 am	\$45/\$55	6/15	451201-D
18 mo+	M-TH	6/26-6/29	9:00 am	\$45/\$55	6/22	451201-E
18 mo+	M-TH	6/26-6/29	9:35 am	\$45/\$55	6/22	451201-F

Private lessons consist of four 30-minute classes held at the Civic Center Family Pool. Registration will only be accepted in-person at the Civic Center during normal hours of operation. No mail or faxed in registrations will be accepted. Copy of birth certificate & parent/guardian's driver's license and utility bill for proof of Sunrise residency are required at registration. \*Fee does not include use of pool outside of lesson time.





### Group Swim Lessons - Preschool 1

Age	Days	Dates	Time	Fee*	Register by	Activity #
3-5	M-TH	6/12 - 6/22	9:05 am	\$42/\$50	6/8	451311-A
3-5	M-TH	6/26 - 7/7**	9:05 am	\$42/\$50	6/22	451311-B

### Group Swim Lessons - Level 1

Age	Days	Dates	Time	Fee*	Register by	Activity #
6-13	M-TH	6/12 - 6/22	8:30 am	\$42/\$50	6/8	451331-A
6-13	M-TH	6/26 - 7/7**	8:30 am	\$42/\$50	6/22	451331-B

### Group Swim Lessons - Level 2

Age	Days	Dates	Time	Fee*	Register by	Activity #
6-13	M-TH	6/12 - 6/22	8:30 am	\$42/\$50	6/8	451332-A
6-13	M-TH	6/26 - 7/7**	8:30 am	\$42/\$50	6/22	451332-B

### Group Swim Lessons - Stroke Fundamentals

Age	Days	Dates	Time	Fee*	Register by	Activity #
10+	M-TH	6/12 - 6/22	8:30 am	\$42/\$50	6/8	451345-B

Group lesson program consists of eight 30-minute classes. Classes are held at the Civic Center Family Pool. Registration will only be accepted in-person at the Civic Center during normal hours of operation. No mail or faxed in registrations will be accepted. Copy of birth certificate & parent/guardian's driver's license and utility bill for proof of Sunrise residency are required at registration. \* Fee does not include use of pool outside of lesson time. \*\*There will be no class on July 4th, make-up date will be Friday, July 7th.

### Learn To Swim Free Lessons - Preschool 1

Age	Days	Dates	Time	Fee	Register by	Activity #
3-5	M/W	5/1-5/24	5:00 pm	\$0	4/27	451321-A
3-5	M/W	5/1-5/24	5:35 pm	\$0	4/27	451321-B
3-5	T/TH	5/2-5/25	5:00 pm	\$0	4/27	451321-C
3-5	T/TH	5/2-5/25	5:35 pm	\$0	4/27	451321-D

### Learn To Swim Free Lessons - Level 1

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M/W	5/1-5/24	5:35 pm	\$0	4/27	451341-A
6-13	T/TH	5/2-5/25	5:35 pm	\$0	4/27	451341-B

### Learn To Swim Free Lessons - Level 2

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M/W	5/1-5/24	6:10 pm	\$0	4/27	451342-A
6-13	T/TH	5/2-5/25	6:10 pm	\$0	4/27	451342-B

### Learn To Swim Free Lessons - Stroke Fundamentals

Age	Days	Dates	Time	Fee	Register by	Activity #
10+	M/W	5/1-5/24	6:10 pm	\$0	4/27	451344-A
10+	T/TH	5/2-5/25	6:10 pm	\$0	4/27	451344-B

Learn to Swim Free group Swim Lessons- Sunrise Residents only: Registration begins April 11th. Group lesson consists of up to eight free 30- minute classes at VILLAGE BEACH CLUB, limited to 1 session a year/child, on a first-come/first serve basis. Additional lessons available for a fee at the Sunrise Civic Center. NO make-up lessons due to inclement weather. Registration accepted in-person at Village Multipurpose Center beginning at 9:00 am on April 11th. Registration will be accepted at the Sunrise Civic Center beginning April 12. No mail or faxed registrations accepted. Copy of birth certificate & parent/guardian driver's license and current utility bill for proof of Sunrise residency required at registration.

Coming soon...  
**AUTISM SWIMS**

Saturday, April 22  
 10:00 am to 12:00 pm  
 Sunrise Civic Center Aquatics Center

This free, annual event for children ages 5 to 18 with autism promotes swimming and water safety. Pre-registration is required. Visit [www.sunrisefl.gov/autismswims](http://www.sunrisefl.gov/autismswims) for details, or call (954) 747-4636.

### Parent & Tot Swim Lessons

Age	Days	Dates	Time	Fee*
10 mo - 3	TBA	TBA	TBA	\$50/four 30-minute lessons

Classes are held at the Civic Center Family Pool and require a parent in the water. Minimum four children needed to run the class. Classes are expected to run weekday mornings, weekday evenings, and also weekends. Make-up days will only be scheduled in the event the facility or instructor cancels the class. Call (954) 747-4635 or visit [www.sunriseswimming.com](http://www.sunriseswimming.com) for information about the next available session. \*Fee does not include use of pool outside of lesson time.

### Preschool - School Age Swim Lessons

Age	Days	Dates	Time	Fee*
3 - 12	TBA	TBA	TBA	\$50/four 30-minute lessons

Classes are held at the Civic Center Family Pool and are limited to four students per instructor. Minimum three children needed to run the class. Make-ups will ONLY be scheduled in the event the facility or instructor cancels the class. Classes are expected to run weekday afternoons, weekday evenings and a weekend day. Call (954) 747-4635 or visit [www.sunriseswimming.com](http://www.sunriseswimming.com) for information about the next available session. \*Fee does not include use of pool outside of lesson time.

### Adult Group Swim Lessons

Age	Days	Dates	Time	Fee*
15+	TBA	TBA	TBA	\$60/four 40-minute lessons

Classes are held at the Civic Center Family Pool and are limited to four students per instructor. Minimum three adults needed to run the class. Make-ups will ONLY be scheduled in the event the facility or instructor cancels the class. Classes are expected to run weekday afternoons, weekday evenings and a weekend day. Call (954) 747-4635 or visit [www.sunriseswimming.com](http://www.sunriseswimming.com) for information about the next available session. \*Fee does not include use of pool outside of lesson time.

### Private Swim Lessons

Age	Days	Dates	Time	Fee*
15 mo+	TBD	TBD	TBD	\$30/25-minute lesson

Private lessons are offered year-round at the Civic Center Aquatics Center and include water safety and stroke lessons. Call (954) 747-4635 or visit [www.sunriseswimming.com](http://www.sunriseswimming.com) for more information and to make an appointment. \*Fee does not include use of pool outside of class time.

### "SUNRISE SWIMMING" SWIM TEAM - Strokes & Fun

This is a year-round competitive USA Swimming program based at the Civic Center Aquatics Center. All participants must try out with the swim coach prior to registering for the team. For more information call (954) 747-4635 or visit [www.sunriseswimming.com](http://www.sunriseswimming.com). All sessions are held at the Sunrise Civic Center Pool. Registration fee does not include use of pool outside of class time.

#### Strokes & Fun

Age	Days	Time	Monthly Fee*
6 - 15	M - TH	4:45 - 5:45 pm	2 practices/week, \$60/mo 3 practices/week, \$65/mo 4 practices/week, \$75/mo

Introduction to competitive swimming. \*Does not include \$90/year for registration fees or use of pool outside of class time.

#### Competitive Swim Groups

Group	Days	Time	Monthly Fee*
Bronze	M - F	5:45 - 7:00 pm	\$80/month
Silver	M - F	5:30 - 7:00 pm	\$85/month
Gold	M - F	4:45 - 6:45 pm	\$95/month
Champions/SR	M - F	4:00 - 6:00 pm	\$105/month

Competitive Groups are open to all ages. Coach will make group determination. Saturday practices TBA for all competitive groups. \*Fee does not include \$90/year registration fee or use of the pool outside of class time.





## SUNRISE TENNIS CLUB

9605 West Oakland Park Boulevard

Operating Hours: Monday - Friday, 8:00 am - 9:30 pm\*  
Saturday & Sunday, 8:00 am - 3:00 pm

\*The club will close at 3:00 pm on 5/29.

### Membership Fees

Sunrise Residents		Non-Residents	
Senior - Individual	\$135	Senior - Individual	\$200
Senior - Double	\$185	Senior - Double	\$250
Individual	\$240	Individual	\$325
Double	\$330	Double	\$425
Family	\$345	Family	\$450
Junior	\$65	Junior	\$100
Daily	\$5	Daily	\$6
Sunrise Business Owners		Guests (per visit)	
Individual	\$240	Resident	\$5
Double	\$330	Non-resident	\$6
Family	\$345		

Sunrise Tennis Club Membership Fees can be seen in the chart above. All fees are subject to sales tax. Age restrictions may apply. Please call (954) 572-2286 for more information. Discount guest passes now available - Buy 6 passes for the price of 5.

### Tennis Camps

Activity	Age	Dates	Time	Fee
Jr. Summer Camp	4-11	6/12 - 8/18	8:00 - 11:00 am	\$45 daily, \$180/week
Recreational Summer Camp	11-17	6/12 - 8/18	9:00 am - 12:00 pm	Resident: \$120/week; Non-Resident: \$150/week

### Private Tennis Lessons

For private lesson rates, call Tennis Pro Shop at (954) 572-2286.

### Adult Clinics

Clinic	Age	Day	Time	Fee
Adult Beginner	18+	TU/TH	7:30 - 8:30 pm	\$20 daily, \$60/4 classes
Intermediate Drill and Play	18+	M/TU/W	7:00 - 8:30 pm	\$25 daily, \$85/4 classes \$140/8 classes
	18+	SA	10:30 am - 12:00 pm	\$25 daily, \$85/4 classes \$140/8 classes
Advanced Drill and Play	18+	TH	7:00 - 8:30 pm	\$25 daily, \$85/4 classes \$140/8 classes
	18+	SA	9:00 - 10:30 am	\$25 daily, \$85/4 classes \$140/8 classes
Cardio Tennis	18+	SA	9:00 - 10:00 am	\$20 daily \$60/4 classes
Ladies Drill	18+	TU	9:30 - 11:00 am	\$25 daily

### Youth Programming

Activity	Age	Day	Time	Fee
Mini Grinders	7-10	M-F	5:00 - 7:00 pm	\$40 daily, \$440/month
Orange Ball	5-7	M/W/F	4:00 - 5:00 pm	\$20 daily, \$240/month
Red Ball	3-6	TU/TH	4:15 - 5:00 pm	\$20 daily
Super Saturday*	4-12	SA	9:00 - 10:00 am	\$20 daily, \$60/4 classes
Beginner/Intermediate Juniors	12-16	M/T/TH	6:00 - 7:30 pm	\$90/week, \$360/month

\*Free to residents every 3rd Saturday.

### Tennis Academy

Activity	Age	Day	Time	Fee
High Performance	All	M-F	Call for times	\$55/day, \$200/week, \$770/month
High Performance Elite*	All	M-F	Call for times	\$1100/month

\*Try-out only





## THE BRIDGES AT SPRINGTREE GOLF CLUB

**Location:** 8150 Springtree Drive

**Golf Course Hours:** Sunrise to Sunset (weather permitting)

**Pro Shop Hours:** 6:30 am to 5:30 pm

**Restaurant Hours:** 9:00 am to 3:30 pm

*Hours subject to change depending on weather conditions and sunrise/sunset.*

Located just north of West Oakland Park Boulevard and west of University Drive, The Bridges at Springtree Golf Club is an 18 hole executive course designed by former PGA pro Mark McCumber. The course provides enhanced play for golfers of all levels. Among the many events at The Bridges are the monthly scramble tournaments, featuring a continental breakfast, complimentary drinks on the golf course, buffet lunch, and prizes. The Sunrise Women's Association of Golf (SWAG) meets every Tuesday and hosts different events, including inter-club golf competitions and luncheons. Open seven days a week for breakfast and lunch, The Bridges Restaurant & Bar menu features weekly specials served by our friendly and efficient staff. Reservations are suggested for the Sunday breakfast buffet by calling (954) 572-2209. The catering staff at The Bridges would be happy to help you plan your next family celebration. From baby showers to weddings, The Bridges is the perfect location. Please visit [www.springtreegc.com](http://www.springtreegc.com) to book tee times and to find out about memberships and daily rates.

### UPCOMING EVENTS

#### 9 and Dine

Friday, April 14, from 5:00 pm to 8:00 pm

Enjoy golf and dinner! \$30 plus tax for members; \$40 plus tax for non-members. Call (954) 572-2270 to sign up.

#### Sunrise Chamber of Commerce Golf Tournament

Friday, April 21, from 8:30 am to 2:00 pm

\$75 per person. Call (954) 835-2428 to sign up.

#### 11th Annual Charity Golf Tournament

Saturday, May 13, from 11:00 am to 6:00 pm

\$500 per foursome.

Call (954) 648-9741 to sign up.

#### Monthly Scramble Golf Tournament

Saturday, May 27, from 8:00 am to 1:00 pm

\$49 plus tax for members; \$66 plus tax for non-members.

Enjoy golf and lunch! Call (954) 572-2270 to sign up.

#### Junior Golf Association Tournament

Monday, June 12, from 7:00 am to 10:00 am

Visit [www.jga.org](http://www.jga.org) for pricing and registration information.

### MAINTENANCE SCHEDULE

**June 5:** Course closed for maintenance

**June 6 and 7:** One side of course closed each day for aeration

# MAP OF LEISURE SERVICES AMENITIES



Scan for facility details



## AMENITIES

Playground	Football	Amphitheater	Concession	Indoor Track	Restrooms
Splash Pad	Game Room	Art Gallery	Dog Park	Little Free Libraries	Safety Town Play Learn Area
Picnic Pavilion	Golf	Batting Cages	Exercise Station	Lounge	Seniors 55 & Over Activities
Baseball/Softball	Pickeball	Benches	Fishing Pier	Meeting Room	Theatre
Basketball	Racquetball	Bike Repair Station	Fitness Court	Pool	Upgrades Underway
Bocce Court	Soccer	Boardwalk	Gas Grill	Pro Shop	Walking Path
Disc Golf	Tennis	Chess	Gym	Restaurant	Water Slide
Volleyball					

For hours of operation and park rules, visit [www.sunrisefl.gov/rectilities](http://www.sunrisefl.gov/rectilities)

1. 12th Street Park	(954) 747-4600	Corner of 12th Street & NW 58th Terrace	
2. City Park	(954) 747-4600	6600 Sunset Strip	
3. Cypress Preserve Park	(954) 747-4600	9020 NW 38th Street	
4. Flamingo Park	(954) 747-4600	12855 NW 8th Street	
5. Flamingo Road Linear Park	(954) 747-4600	Flamingo Road between Panther Pkwy & West Oakland Park Boulevard	
6. Lakeside Park	(954) 747-4600	3000 Sunrise Lakes Drive, West	
7. New River Civic Center	(954) 747-4600	60 Weston Road	
8. Nob Hill Soccer Club Park	(954) 747-4600	10200 Sunset Strip	
9. Oak Hammock Park	(954) 747-4600	9220 NW 44th Street	
10. Oscar Wind Park	(954) 747-4600	200 North New River Circle	
11. Piper Field	(954) 747-4600	8000 NW 44th Street	
12. Roarke Pool	(954) 572-2460	1720 NW 60th Avenue	
13. Sawgrass Sanctuary	(954) 747-4600	237 North New River Circle	
14. Shotgun Road Linear Park	(954) 747-4600	Shotgun Road, between SW 14th Street & SW 148th Avenue	
15. Sunrise Athletic Complex (SAC) & Multipurpose Center	(954) 747-4604	11501 NW 44th Street	
16. Sunrise Civic Center & Athletic Club	(954) 747-4600	10610 West Oakland Park Boulevard	
17. Sunrise Golf Village Park	(954) 747-4600	1277 Sunset Strip	
18. Sunrise Senior Center	(954) 746-3670	10660 West Oakland Park Boulevard	
19. Sunrise Sportsplex	(954) 747-4600	9101 NW 50th Street	
20. Sunrise Tennis Club	(954) 572-2286	9605 West Oakland Park Boulevard	
21. The Bridges at Springtree Golf Club	(954) 572-2270	8150 Springtree Drive – 18-hole executive course	
22. Veterans Park	(954) 747-4600	5400 N Nob Hill Road	
23. Village Beach Club	(954) 572-2480	6767 NW 24th Street	
24. Village Civic Center	(954) 747-4600	6800 Sunset Strip Sunrise	
25. Village Multipurpose Center	(954) 747-4601	2240 NW 68th Avenue	
26. Village Square Park	(954) 747-4600	6601 Sunset Strip	
27. Welleby Park & Dog Park	(954) 747-4600	11100 NW 44th Street	
28. Welleby Pool	(954) 572-2285	9605 West Oakland Park Boulevard	



# Facility, Pavilion, and Field Rentals

Are you planning a wedding, a birthday party, or a corporate meeting? Consider hosting your special event at one of the City's many facilities. We offer a range of locations, from open-air picnic pavilions and athletic fields to meeting halls and elegant ballrooms. Options include:

## ATHLETIC FACILITY RENTALS

**Indoor Basketball Gyms** – Sunrise Civic Center, Sunrise Athletic Complex (SAC) and Village Multipurpose Center

**Outdoor Athletic Facilities**, such as sports/multipurpose fields and covered outdoor basketball courts – City Park, Flamingo Park, Nob Hill Soccer Club Park, Oscar Wind Park, Piper Field, Sunrise Athletic Complex (SAC), Sunrise Sportsplex and Welleby Park

## PICNIC PAVILIONS

Pavilions are available in various sizes, accommodating 15 to 80 guests. Many locations also offer gas grills. Pavilions are located at:

- City Park
- Cypress Preserve Park
- Oak Hammock Park
- Oscar Wind Park
- Sawgrass Sanctuary
- Welleby Park

## MEETING ROOMS AND HALLS

Indoor space is available for civic groups and families. Not all meeting rooms are equipped with kitchens; however, food, beverages and catering are allowed. Locations include:

- Flamingo Park
- New River Civic Center
- Nob Hill Soccer Club Park
- Village Civic Center
- Welleby Park

## THEATRE AND AMPHITHEATER

The 300-seat Sunrise Civic Center Theatre and the adjoining Amphitheater may be rented for performances and events.

## THE GRAND BALLROOM

Whether you're planning a wedding reception for 300 or a business meeting for 30, trust your event to the experts at The Grand Ballroom at the Sunrise Civic Center. The talented Arc Culinary team offers trendy and traditional catering menus, and manages the creative details that will make your event memorable. Location highlights include:

- 5,429 square feet of flexible function space
- Elegant décor, including crystal chandeliers
- Parquet dance floor
- Large foyer and breakout spaces
- Stage platforms, podiums and AV technology
- Ample parking, with valet available

### Make Your Reservation Today!

For details about renting **athletic facilities**, **picnic pavilions** or **meeting rooms**—including pricing and amenities—visit [www.sunrisefl.gov/rentals](http://www.sunrisefl.gov/rentals) or call (954) 747-4600.

For information about our **Theatre** and **Amphitheater**, visit [www.sunrisefl.gov/rentals](http://www.sunrisefl.gov/rentals) or call (954) 747-4646.

To inquire about **The Grand Ballroom**, call the Arc Culinary catering manager at (954) 578-3145.



REGISTER TODAY: Proof of residency is required each time you register for a sport or activity. Registration forms without proper proof of residency and a copy of birth certificate (if applicable) will not be accepted. Remember to apply multiple child discount to fees, if appropriate.

Please contact me regarding youth athletics volunteer coaching opportunities.

**PARTICIPANT INFORMATION** *Please print in ink and fill out completely* Have you registered for a recreation activity before? Yes  No

Parent/Legal Guardian's Name

Relationship to Participant  Mother  Father  Court Appointed Legal Guardian

Home Phone  -  -  Work Phone  -  -  Cell Phone  -  -

Street Address

City  State  Zip Code

Email Address   Yes, please use this email address to provide me with City of Sunrise program and event information. I understand that I can opt out of this service at any time.

Secondary Guardian's Name

Relationship to Participant  Mother  Father  Court Appointed Legal Guardian

Home Phone  -  -  Work Phone  -  -  Cell Phone  -  -

Street Address

City  State  Zip Code

Email Address   Yes, please use this email address to provide me with City of Sunrise program and event information. I understand that I can opt out of this service at any time.

PARTICIPANT NAME	DATE OF BIRTH	GRADE	AGE	SEX	ACTIVITY	ACTIVITY#	FEE

**FOR CAMP/DAYS OFF ONLY: AUTHORIZED PICK-UP PERSONS (Other than Legal Guardians)**

Last Name	First Name	Cell Phone	Home Phone

**EMERGENCY CONTACT** *(Other than parent/guardian. To be contacted in the event that parent/guardian listed above cannot be reached.)*

Emergency Contact  Relationship to Participant

Home Phone  -  -  Work Phone  -  -  Cell Phone  -  -

Allergies or medications (specify which child)

**CREDIT CARD / GIFT CARD PAYMENT**

MasterCard  Visa  Discover  AmEx  Exp. Date  /  Card #

CVV #  Signature as it appears on the card

I agree to pay the above amounts listed as credit card charges according to credit card user agreements.

9-Digit Gift Card #          6-Digit Gift Card PIN (Letters & Numbers)

**RELEASE INFORMATION & REFUND POLICIES**

- The Release and Waiver on the back of this registration form must be completed and submitted in order for a registration to be accepted.
- Refunds for one-day programs, Kids' Day Off, Mini Camps and Holiday Camps will only be granted if requested 24 business hours prior to the start of the activity. Refunds will not be granted for all other programs if requested four (4) weeks or more after the start of the activity, or if attendance has met or exceeded 50% of the activity. Refunds will be pro-rated. All refund requests must be submitted in writing to Leisure Services.

**PLEASE NOTE: FLORIDA PUBLIC RECORDS LAW REQUIRES THAT ALL INFORMATION - INCLUDING E-MAIL ADDRESSES - RECEIVED IN CONNECTION WITH CITY BUSINESS BE MADE AVAILABLE TO ANYONE UPON REQUEST, UNLESS THE INFORMATION IS SUBJECT TO A SPECIFIC STATUTORY EXEMPTION. PLEASE SEE REVERSE FOR REQUIRED RELEASE AND WAIVER.**



WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION FOR ADULTS AND MINORS  
**NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN**

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF THE CITY OF SUNRISE, ITS DEPARTMENTS, EMPLOYEES, OFFICIALS, COACHES, VOLUNTEERS AND AGENTS (HEREINAFTER "RELEASED PARTIES") USE REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOU OR YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM RELEASED PARTIES IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOU OR YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND RELEASED PARTIES HAVE THE RIGHT TO REFUSE TO LET YOU OR YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

I, the undersigned, as the undersigned and/or as the parent or legal guardian of the minor child ("my child") named below, do hereby give my full consent and approval for me or my child to participate as a member of the City of Sunrise's Recreation Programs.

I understand that there are certain risks of damages and injuries, including death, inherent in the City of Sunrise's Recreation Programs, as well as in traveling and in other related activities incidental to my or my child's participation, and I am willing to assume these risks on behalf of myself or my child. These risks include, but are not limited to, those hazards associated with weather conditions, travel, playing conditions, equipment and other participants.

I understand that there is inherent risk in Recreation Programs and that inherent risk means those dangers or conditions, known or unknown, which are characteristic of, intrinsic to, or an integral part of the activity; and that the term "inherent risk" further includes, but is not limited to: (1) the failure by the Released Parties to warn me or my child of an inherent risk, and (2) the risk that someone may act in a negligent or intentional manner and contribute to the injury or death of me or my minor child.

Further, I agree that in consideration for my or my child's participation in the City of Sunrise Recreation Programs, I hereby waive, release, discharge and agree not to sue the City of Sunrise, its departments, employees, officials, coaches, volunteers and agents ("Released Parties"), for any and all causes of actions, claims or damages arising out of or resulting from my or my child's participation in this activity, including but not limited to damages, injuries, or death arising out of the negligence of Released Parties or otherwise. I agree that for me or my child to participate in the activity, I assume full responsibility for any loss of property, accident, bodily injury, or death as a result of my or my child's participation in this activity.

I hereby permit the City of Sunrise to use or distribute any or all still and/or moving images in which I or my child appear for any use including, but not limited to: video, Web, print and multimedia applications; training or other instructional materials; advertising, commercials or other promotional materials; and other forms of media, without compensation. Any image (s) created shall be the property of the City of Sunrise.

I hereby give permission for me or my child to receive necessary medical treatment.

I further agree on behalf of myself and my child listed below, that I shall hold harmless and fully indemnify and defend the Released Parties from any and all causes of action, claims, damages, costs including but not limited to attorney's fees and costs, which may arise from any cause of action made by me or by, through or on behalf of me or my child, even if the damages, injuries or death are caused in whole or in part by the negligence of the Released Parties.

I acknowledge (a) that I have read (or have had read to me) each and every one of the provisions in this waiver, release of liability and indemnification agreement, (b) that I understand each of the provisions in this agreement and (c) that I agree to abide by them.

\_\_\_\_\_  
PRINT NAME OF MINOR CHILD

\_\_\_\_\_  
PRINT NAME OF LEGAL GUARDIAN OR ADULT PARTICIPANT

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
SIGNATURE OF LEGAL GUARDIAN OR ADULT PARTICIPANT

DATE: \_\_\_\_\_

WAIVER/RELEASE

# REGISTRATION INSTRUCTIONS

1. REGISTER ONLINE AT [www.sunrisefl.gov](http://www.sunrisefl.gov) OR USE ONE FORM TO REGISTER: Please print in ink or type. Make sure you fill out the registration form and waiver completely. Incomplete forms will be returned, and could delay your registration process. You may make additional photocopies of the form to submit if necessary.
2. HOUSEHOLD IDENTIFICATION#: The Department of Leisure Services has implemented a computerized registration process. If you have registered for any previous programs, your family was assigned a "Household Identification #." This number can be found on the receipt you received. Please write this number on your registration form. This will greatly speed up the registration process and improve the accuracy of your registration.
3. SUNRISE RESIDENTS RECEIVE sibling DISCOUNTS FOR YOUTH SPORTS PROGRAMS: Fee is for the first child; residents receive a 10% reduction for the second child, 15% for the third child, 20% for the fourth child, 25% for fifth child and an additional 5% cumulative reduction for each successive child.
4. LIST THE APPROPRIATE ACTIVITY NUMBER ON YOUR REGISTRATION FORM. Refer to the activity listing for the proper activity number.
5. DO NOT SEND CASH! Make checks or money orders payable to the City of Sunrise or complete credit card information on your registration form. Payment in full is required with each registration. (There is a \$20 or 5% charge - whichever is greater - for all checks not honored for any reason by the bank). Payment by check will only be accepted if received three (3) weeks prior to the activity.
6. PROOF OF RESIDENCY/AGE IS REQUIRED. Each time you register for a sport or activity, you must provide proof of residency as specified in the table on the right in order to qualify for the discounted Sunrise resident rate. You must also provide a copy of each child's birth certificate as proof of age if this is their first time participating in a Sunrise sports activity or other activity.

7. SIGN AND DATE THE BOTTOM OF THE FORM. Send: 1) Completed registration form; 2) check or money order; 3) proof of residency; and 4) a copy of each first-time participant's birth certificate to: The City of Sunrise,

Department of Leisure Services  
 Attn: Registration  
 Civic Center & Athletic Club  
 10610 West Oakland Park Blvd.  
 Sunrise, Florida 33351

Call (954) 747-4600 with any questions.

Proof A or ↓	<b>ONE Document* from Category A:</b> <input type="checkbox"/> Mortgage Statement <input type="checkbox"/> Utility Bill: Water, Cable, FPL, or Internet <input type="checkbox"/> Printout from the Broward County Property Appraiser website (BCPA.net) <i>Don't have Proof A? Provide Proof B...</i>
Proof B or ↓	<b>TWO Documents* from Category B:</b> <input type="checkbox"/> Car registration <input type="checkbox"/> Car insurance <input type="checkbox"/> Tax return / tax assessment <i>Don't have Proof A or Proof B? Provide Proof C...</i>
Proof C	<b>THREE Documents* from Category C:</b> <input type="checkbox"/> Bank statement <input type="checkbox"/> Credit card statement <input type="checkbox"/> Medical bill <input type="checkbox"/> Cell phone bill <input type="checkbox"/> Student loan <input type="checkbox"/> School enrollment form <input type="checkbox"/> Paystub <input type="checkbox"/> Lease agreement <input type="checkbox"/> Toll bill <input type="checkbox"/> Insurance policy <input type="checkbox"/> Driver's license or <input type="checkbox"/> State-issued photo ID with Sunrise address
<i>*Documents cannot be more than two months older than the date on which they are submitted as proof of residency.</i>	



## Leisure Services Gift Cards Available for Purchase

Give the gift of a great experience! The City's new Leisure Services Gift Cards can be used for our classes, sports registrations, admission fees, Theatre shows – virtually any Leisure Services program – just like other payment methods.

Leisure Services Gift Cards are available in any denomination, up to \$100. They can be purchased in person only (no phone or mail orders, please) using cash or a credit card.

Points of purchase include:

- Leisure Services Administrative Office – 10610 West Oakland Park Boulevard, 2nd Floor
- Sunrise Civic Center Athletic Club – 10610 West Oakland Park Boulevard, 1st Floor
- Sunrise Senior Center – 10650 West Oakland Park Boulevard
- Sunrise Athletic Complex (SAC) – 11501 NW 44th Street
- Village Multipurpose Center – 2240 NW 68th Avenue
- Sunrise Tennis Club – 9605 West Oakland Park Boulevard
- The Bridges at Springtree Golf Club – 8150 Springtree Drive



Leisure Services Gift Cards do not expire, and they cannot be reloaded. The City of Sunrise is not responsible for cards that are lost, stolen, destroyed, or used without permission. Redemption of gift cards is subject to change at the City's sole discretion. For more information, please call (954) 747-4600.



Leisure Services Department  
 10610 West Oakland Park Boulevard  
 Sunrise, FL 33351  
 Phone: (954) 747-4600

Mayor Michael J. Ryan, Commissioners Mark A. Douglas, Jacqueline A. Guzman, Neil C. Kerch, and Joseph A. Scutto

TICKET DISTRIBUTION:  
 Thursday, April 6,  
 from 9:00 am to 11:00 am  
 Sunrise Civic Center  
 Grand Ballroom  
 10610 W. Oakland Park Blvd.

# Sunrise Loves Our Seniors

Wednesday Evenings:  
 May 3, May 10 and May 17

Sunrise Loves Our Seniors dinner-dances are exclusively for senior (age 55+) residents of the City of Sunrise! These free, not-to-be missed events will feature a catered three-course meal and a live band.

Tickets are limited and will be distributed in person on April 6 on a first-come, first-served basis. A maximum of two tickets per household will be available; proof of Sunrise residency is required at ticket distribution.

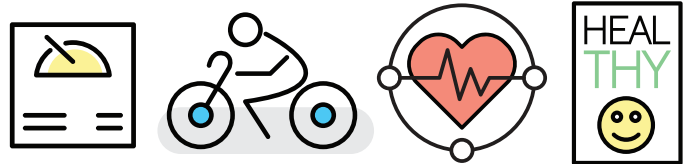
For more information, visit the Sunrise Senior Center (10650 West Oakland Park Boulevard) or call (954) 746-3670.

## JOIN US FOR WORLD HEALTH DAY SENIOR EXPO



**FRIDAY, APRIL 7** 9am — 12pm  
 Sunrise Civic Center Grand Ballroom  
 10610 West Oakland Park Boulevard  
 Free Admission

This annual event helps seniors maintain a healthy, active lifestyle!  
 Expo highlights include:



- Lectures presented by Memorial Healthcare doctors
- Free health screenings
- Free refreshments sponsored by Baptist Health South Florida
- Exercise demonstrations by Baptist Health and other Sunrise Senior Center instructors
- Information about hospitals, assisted living facilities, and health insurance companies

Please call the Sunrise Senior Center to pre-register: (954) 746-3670.

