

# HORIZONS

CITY OF SUNRISE EVENT & ACTIVITY GUIDE

JULY | AUGUST | SEPTEMBER | 2023



*Enjoy the  
Summer in Sunrise!*





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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 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 ensure 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

Are you ready for a summer of fun in Sunrise? Whether you're looking for school-break activities or just some entertainment when you're off work, you don't have to go far to find great programs and events to enjoy!

First up is our epic **July 4th Celebration**, which features a morning-to-night schedule of free activities. Start your day with our traditional "**Lights, Camera, Action!**" **July 4th Parade** beginning at 9:00 am in the heart of original Sunrise. Movie-themed floats will travel west along Sunset Strip, accompanied by costumed characters, bands, and colorful marching units representing Sunrise schools, businesses and organizations. Immediately following the parade, make your way to City Park for a free **Family Fun Day** with refreshments, a children's water slide, and more!

Then, get ready for our **July 4th Concert and Fireworks** outdoors at the FLA Live Arena. Gates open at 6:00 pm, and we'll have a great selection of food and beverage vendors, a children's area with rides and inflatables, and two talented local bands playing hip hop and party tunes. When the lights go down, take in a fantastic display of fireworks set to patriotic music. As always, admission and parking are free!

Events continue throughout August as well. The Sunrise Police Department will host **National Night Out** at the Public

Safety Building on August 1st. Don't miss this opportunity to celebrate the police-community partnerships that enhance our quality of life in Sunrise. This free event will feature live music, refreshments, public safety demonstrations and displays, and so much more!

When summer winds down it will be time for our free **Back to School Round-Up**—an opportunity to connect with your child's school administrators, teachers, and PTA/PTO volunteers. This August 5th event also features refreshments, children's activities, and great giveaways—including a free grade-appropriate book and school supplies for the first 1,000 Sunrise K-12 students in attendance.

While summer may be synonymous with fun, it also coincides with **hurricane season**. Make sure you're prepared before any storm warnings are issued: have any yard debris properly disposed of, assemble an emergency kit, and connect with your neighbors so you can look out for one another.

On behalf of my colleagues on the Sunrise City Commission, I wish you and your loved ones a safe and happy summer!

Michael J. Ryan, Mayor



### NEW City Hall Opening Soon!

Work is nearly complete on the new Sunrise City Hall, located at the southeast corner of West Oakland Park Boulevard and Josh Lee Boulevard. This modern, five-story, 95,000-square-foot building will unite most City departments under one roof, providing Sunrise residents and businesses with one-stop access to customer service for permitting, utility billing, code compliance, and more.

Once the new City Hall is fully occupied by staff—anticipated in late July—the old building will be demolished to make way for a 500-space parking garage, as well as an expanded amphitheater and great lawn for outdoor events. Stay tuned for information about a City Hall Grand Opening in the fall!

# Congratulations to Our 2023 Sunrise Drop Savers Poster Contest Winners!

## Student artists earn accolades at local and State competition

Jaizon Williams with his winning artwork.

The City of Sunrise understands the importance of conserving water—and the value of engaging children in sustainability efforts. That’s why, for more than 10 years, our Utilities Department has partnered with the Florida Section of the American Water Works Association (AWWA) to facilitate a local Drop Savers Water Conservation Poster Art Contest.

The City-sponsored contest is open to public schools in the Sunrise Utilities service area, which includes Sunrise, Weston, and parts of Davie and Southwest Ranches. Student artists use their creativity to develop slogans and design posters that promote water conservation themes. Winners are selected by Utilities Department staff based on creativity, originality and clarity of water conservation message.

Congratulations to our 2023 winners, who were celebrated at the City of Sunrise Earth Day Festival:

- DIVISION 1 - Carter Loriston, 1st Grade** - Village Elementary School
- DIVISION 2 - Isadorah Joseph, 2nd Grade** - Village Elementary School
- DIVISION 3 - Jaizon Williams, 5th Grade** - Village Elementary School
- DIVISION 4 - Helen Sarmiento, 8th Grade** - Falcon Cove Middle School
- DIVISION 5 - Marissa Clemons, 10th Grade** - Western High School



Special thanks to their amazing art teachers—Ms. Kalledra Wilson (Village Elementary), Ms. Jennifer Goss (Falcon Cove Middle) and Mrs. Alissa Elenzweig-David (Weston High).

Each Sunrise Division winner advanced to State competition—with four of the students earning additional honors!

The AWWA Drop Savers Water Conservation Poster Contest enables our City and staff to connect with schools and promote water conservation in a creative way that’s fun for everyone. For more information, visit <https://www.sunrisefl.gov/departments-services/poster-contest>.

## Be Storm Ready, Sunrise! Hurricane Season is Underway

Hurricane season began on June 1st and continues through November 30th. While hurricanes can happen at any point during storm season, the most likely time for a hurricane to make landfall in Florida is mid-August through late October. As we approach the peak of hurricane season, do you have an emergency plan in place?

### IS YOUR YARD READY?

Once a storm watch has been issued, it’s too late to trim your trees and safely dispose of branches. For the safety of collection crews—and due to the closure of disposal sites—garbage, recycling and bulk trash collection must be suspended long before bad weather arrives.

Before a storm, all uncollected debris, bulk trash, and garbage carts should be brought inside or safely secured next to your home. Loose debris can cause property damage when the wind rises. It can also block roadways and slow the response of emergency personnel.

### IS YOUR HOME READY?

Be sure that your homeowners (or renters) insurance is up to date, and that you have the shutters, hardware and tools necessary to protect your windows and doors.

### IS YOUR FAMILY READY?

Here are a few important steps you can take now to boost your preparedness:

### Assemble an Emergency Kit

A basic emergency kit should contain a minimum three-day supply of water and non-perishable food for each household member (including pets), plus medicine, a radio and flashlights with extra batteries, and copies of important documents. Visit [www.ready.gov/kit](http://www.ready.gov/kit) for tips.

### Consider Your Medical Needs

Most Sunrise residents can shelter at home during a storm, since the City of Sunrise is not in a hurricane evacuation zone. However, if you depend on electricity for your medical needs, or if you have a medical condition that requires special care (but not hospitalization), a Broward County Special Needs Shelter may be appropriate for you. Pre-registration is strongly encouraged; for details, visit [www.broward.org/atrisk](http://www.broward.org/atrisk) or call (954) 831-3902.

If you are at-risk due to frailty or disability, but decide to stay home during a storm, please enroll with Broward County’s Vulnerable Population Registry. The registry is not a guarantee of

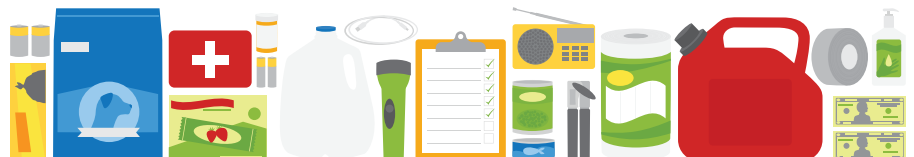
assistance; however, it helps the County and the City better plan for emergencies. To sign up, visit [www.broward.org/atrisk](http://www.broward.org/atrisk) or call 311.

### STAY INFORMED

In addition to monitoring local media, be sure you’re connected to these City information channels:

- **CodeRED.** This high-speed emergency notification system alerts residents by phone, by text and/or by email. Visit [www.sunrisefl.gov/codered](http://www.sunrisefl.gov/codered) to register online, or text AlertSunrise to 99411.
- **Social media.** Follow the City on Facebook, Twitter and Instagram at @cityofsunrise
- **Website and Email.** Official updates will be shared on [www.sunrisefl.gov](http://www.sunrisefl.gov). To receive email newsletters, opt in to the Sunrise Source at [www.sunrisefl.gov/sunrisesource](http://www.sunrisefl.gov/sunrisesource).

For additional resources, visit [sunrisefl.gov/hurricane](http://sunrisefl.gov/hurricane).



# In Case You Missed It!



## Oscar Wind Park Grand Re-opening

In April, Sunrise celebrated the re-opening of Oscar Wind Park (200 N New River Circle) with refreshments, giveaways and family fun. The park is now one of the City's largest recreation amenities, featuring a new and expanded playground for children of all abilities, a Fitness Court for outdoor circuit training, a large green space surrounded by a half-mile walking path, renovated picnic pavilion and restrooms, and other enhancements.

## Weston Road Bike Lanes Ribbon Cutting



In June, the cities of Sunrise and Weston partnered to mark the opening of one and a half miles of bike lanes along Weston Road. The new lanes—which extend from State Road 84 in Sunrise to Indian Trace in Weston—were part of the Weston Road Mobility Improvements Project implemented by the Broward Metropolitan Planning Organization and the Florida Department of Transportation – District Four. Thanks to the new bike lane segment, cyclists now have a seamless route between Markham Park and Griffin Road.

## Are You a Sunrise SuperStar?

We're seeking Sunrise residents who are interested in performing at the City's Cultural Festival on November 4. If you're an amateur singer or dancer—or if you have another amazing talent—get ready to strut your stuff in our Sunrise SuperStar showcase!

**Sunrise SuperStar auditions** are set for Thursday, October 12, at 6:30 pm in the Civic Center Theatre (10610 W Oakland Park Boulevard). Audition slots are limited and **preregistration by September 22 is required**. Visit [www.sunrisefl.gov/talent](http://www.sunrisefl.gov/talent) or call (954) 747-4646 to sign up in one of the following categories:

- Individual Kids – Up to 10 years old
- Individual Teens – Ages 11-17
- Individual Adults – Ages 18-54
- Individual Seniors – Age 55+
- Youth Groups – Multiple participants 17 and younger
- Adult Groups – Multiple participants 18-54
- Senior Groups – Multiple participants 55+

*Sunrise SuperStar singing group Vaiah wowed the crowd at last year's Cultural Festival.*



## THIS SEASON

## IN SUNRISE

### JULY

- 4 July 4th Parade & Family Fun Day  
*City Park, 9:00 am to 12:00 pm*
- 4 July 4th Concert & Fireworks  
*FLA Live Arena, 6:00 pm to 10:00 pm*
- 7 "The Addams Family: A Young@Part Production"  
*Civic Center Theatre, 7:00 pm*
- 8 "The Addams Family: A Young@Part Production"  
*Civic Center Theatre, 2:00 pm*
- 14 "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Theatre, 6:00 pm*
- 14 Opening Reception: "Broken Glass Brought to Life"  
*Civic Center Art Gallery, 6:00 pm*
- 22 Household Hazardous Waste Disposal  
*Sunrise Public Works, 9:00 am to 1:00 pm*
- 29 "Heathers: The Musical – Teen Edition"  
*Civic Center Theatre, 7:00 pm*
- 30 "Heathers: The Musical – Teen Edition"  
*Civic Center Theatre, 2:00 pm*

### AUGUST

- 1 National Night Out  
*Public Safety Building, 6:00 pm to 9:00 pm*
- 4 "Disney's Finding Nemo JR."  
*Civic Center Theatre, 7:00 pm*
- 5 Back to School Round-Up  
*Civic Center, 10:00 am to 1:00 pm*
- 5 "Disney's Finding Nemo JR."  
*Civic Center Theatre, 3:00 pm*
- 10 Get Paid to Go to College: Scholarship Event  
*Village Civic Center, 7:00 pm*
- 12 "The Wonderful Wizard of Oz"  
*Civic Center Theatre, 1:00 pm*
- 18 "The Goonies" Interactive Movie & '80s Trivia  
*Civic Center Theatre, 6:45 pm*
- 25 "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Theatre, 6:00 pm*
- 25 Opening Reception: "The Spirit of This Place"  
*Civic Center Art Gallery, 6:00 pm*

### SEPTEMBER

- 8 "The Super Mario Bros. Movie"  
*Civic Center Theatre, 6:30 pm*
- 11 September 11th Remembrance Ceremony  
*Civic Center Theatre, 8:30 am*
- 15 "Lyrical Lounge" Teen Workshop & Open Mic  
*Civic Center Art Gallery, 6:00 pm*
- 16 Kids Fishing Derby  
*Welleby Park, 8:30 am to 10:30 am*
- 16 Baila Flamenco presents "Between Us"  
*Civic Center Theatre, 7:00 pm*
- 22 Bachelors of Broadway: Gentlemen of the Theatre  
*Civic Center Theatre, 7:00 pm*
- 23 Fall Harvest Festival  
*Welleby Park, 10:00 am to 1:00 pm*
- 30 Mayors' Chess Challenge  
*SAC Multipurpose Building, 10:00 am to 12:00 pm*

## 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 12th Street to City Park—where the fun will continue with free rides and children's entertainment. Bring your bathing suit and enjoy the City Park splash pad! Sponsored by Baptist Health.

**Concert and Fireworks at FLA Live Arena**

**Presented by Waste Innovations**

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

Outdoors at the FLA Live Arena, One Panther Parkway

FREE parking and admission!

There's something for everyone at our nighttime celebration, including inflatables for kids, a wide assortment of food and beverage vendors, live music, and a spectacular fireworks display!

6:15 pm - Alexander Star & The Golden People (Hip Hop and Top 40)

8:15 pm - Icon (Party Hits)

9:30 pm - Fireworks!

FOR YOUR SAFETY, the following items cannot be brought into the event area at the FLA Live Arena: backpacks, bags larger than 12"x12", coolers, glass bottles, alcohol, weapons, fireworks, pets, and bicycles. (Bring a lock to park your bike in the lot.) All bags will be searched. Sponsored by: FLA Live Arena, Florida Panthers, Memorial Healthcare System, and Baptist Health.



Presented by:



Sponsored by:



SPECIAL EVENTS

## NATIONAL NIGHT OUT

Tuesday, August 1, from 6:00 pm to 9:00 pm

Outdoors at the Public Safety Building,  
10440 West Oakland Park Boulevard

FREE admission!

Join the Sunrise Police Department for a family-friendly evening featuring live music, refreshments, public safety displays and demonstrations, crime-prevention resources, and plenty of fun! National Night Out promotes the police-community partnerships that make our City a better, safer place to live. For more information, call (954) 746-3383 or email [NationalNightOut@sunrisefl.gov](mailto:NationalNightOut@sunrisefl.gov).

## BACK TO SCHOOL ROUND-UP



Sponsored by Baptist Health

Saturday, August 5, from 10:00 am to 1:00 pm

Sunrise Civic Center, 10610 W. Oakland Park Boulevard

FREE admission!

Don't miss this annual end-of-summer celebration, complete with refreshments and inflatables. Representatives from Sunrise schools will be on hand to answer questions about the 2023-2024 academic year. In addition, the first 1,000 Sunrise K-12 students will receive a free grade-appropriate book and school supplies. Students must be accompanied by legal guardian. Driver's license required as proof of Sunrise residency.

## GET PAID TO GO TO COLLEGE: A Scholarship Event

Thursday, August 10, at 7:00 pm

Village Civic Center - Meeting Room, 6800 Sunset Strip

FREE admission!

Calling all high school students and their parents: Find out about the wide variety of scholarships available, learn how to write scholarship essays, and get tips on completing the FAFSA like a pro! Register now at <https://tinyurl.com/554xj62d>. The first 50 students to sign up will receive a FREE copy of "How to Apply for Scholarships in Five Easy Steps." For program details, email [info@scholarshipplug.com](mailto:info@scholarshipplug.com).

## SEPTEMBER 11TH REMEMBRANCE CEREMONY

Monday, September 11, at 8:30 am

Civic Center Theatre, 10610 W. Oakland Park Boulevard

Join us for a special ceremony in honor of the victims, heroes and survivors of the 2001 terrorist attacks on America. This event will feature distinguished speakers, music, and the presentation of colors.

## FALL HARVEST FESTIVAL

Sponsored by Memorial Healthcare

Saturday, September 23, from 10:00 am to 1:00 pm

Welleby Park, 11100 NW 44th Street

Admission: \$5 per participant age 12 and under

Enjoy a petting zoo, games and rides at this all-ages event! We'll also have food and retail vendors; bring your appetite and your holiday shopping list.



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).

## MAYORS' CHESS CHALLENGE

Saturday, September 30, from 10:00 am to 12:00 pm

Sunrise Athletic Complex Multipurpose Center, 11501 NW 44th Street

FREE admission!

Join elected officials and community members from across South Florida as we kick off a new season of scholastic chess! Participants will receive a Mayors' Chess Challenge Passport that can be stamped at each event they attend during the 2023-2024 school year. Participation is free, and instructors will be on hand to help those new to the game. Visit [www.sunrisefl.gov/chess](http://www.sunrisefl.gov/chess) for details—including series dates and locations.

## SAVE THE DATE! TUNES 'N TRUCKS CONCERT

Sponsored by Memorial Healthcare  
Hispanic Heritage Month Celebration featuring  
La Muñeca de la Salsa,

Friday, October 6, from 6:00 pm to 9:00 pm

City Park, 6600 Sunset Strip

FREE admission!

It's time for a new season of outdoor concerts—coming to a park near you! Bring your lawn chair or blanket and enjoy a fantastic lineup of cover bands and food trucks. Food trucks start serving at 6:00 pm; the music begins at 7:00 pm.



## 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!

### BROKEN GLASS BROUGHT TO LIFE

Works by Orel Ferguson

On exhibit July 14 through August 19

Opening reception: Friday, July 14 at 6:00 pm

Orel Ferguson is the artist behind *Uncutt Glass Pictures*. Born in Omaha, Nebraska, but raised in Port Antonio, Jamaica, Orel made his first piece at age 29 after a mirror fell from his wall. As he swept the jagged shards from the floor, he began seeing shapes and the possibility of making beautiful art. Now, utilizing mirror and stained glass as his medium, he creates unique pieces that can never truly be duplicated. Orel is based in Fort Lauderdale and is a member of the Greater Sunrise Chamber of Commerce.

### THE SPIRIT OF THIS PLACE

Works by Phoenix Marks

On exhibit August 25 through September 30

Opening reception: Friday, August 25 at 6:00 pm

This exhibition captures the soul of nature as seen through the eyes of internationally collected, award-winning conservation photographer Phoenix. Called a "legendary photographer" by curators and "intrepid" by collectors, her works are known for capturing the intersection of art and healing, transporting viewers to a place of peace and meditation. Phoenix's photographic images reflect her devotion to protecting the natural environment, her sense of oneness with the light and soul of the land and its inhabitants, and her reverence for wild places. The exhibition showcases works taken during two artist residencies - Ireland and Great Smoky Mountains National Park - as well as from her Sacred Trees, Landscape, Winged Life, Venice, and National Parks collections.

### CULTURE AND NATURE MATTERS

Works by Galal Ramadan

On exhibit October 6 through November 11

Opening reception: Friday, October 6, at 6:00 pm

Colored pencil technique demos: October 6, 13, 20 and 27 at 5:00 pm

Galal Ramadan is self-taught, award-winning, master colored-pencil artist. He participates in national and international exhibitions. His work reveals his fascination with cultural matters, his passion and respect for nature and his appreciation of the basic elements of art and life. His vision, as an artist, is to create out-of-the-box art that tells a story and makes people look at the world in a different way. Join the artist each Friday in October for in-person colored pencil technique demonstrations from 5:00 to 6:00 pm.



Attracting (detail) by Phoenix



## 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.

### HEATHERS THE MUSICAL: Teen Edition

Saturday, July 29 at 7:00 pm

Sunday, July 30 at 2:00 pm

Reserved seating: \$20

Based on the classic 1989 film, this show takes a look at the joys and anguish of high school. It's a hilarious, heartfelt, and homicidal new musical based on the greatest teen comedy of all time. Parents are cautioned about mild adult themes.

### DISNEY'S FINDING NEMO JR.

Friday, August 4 at 7:00 pm

Saturday, August 5 at 3:00 pm

Reserved seating: \$20

This one-hour stage adaptation of the beloved animated film "Finding Nemo" follows the adventures of a father clownfish named Marlin as he searches for his lost son Nemo with the help of a forgetful fish named Dory.

### THE WONDERFUL WIZARD OF OZ

Saturday, August 12 at 1:00 pm

Reserved seating: \$10

Adapted from L. Frank Baum's tale, this stage production brings to life all the wonderful characters you've grown to love: Dorothy, Scarecrow, the Tin Woodsman, the Cowardly Lion, the Good Witch, and of course, the Wicked Witch. When Dorothy lands in Oz, she looks for a way to get back home to Kansas. With some favorite songs, we follow Dorothy's adventure to seek help from the Wonderful Wizard of Oz!



**THE GOONIES:**  
Cosplay and Interactive Movie Experience

Friday, August 18

Trivia at 6:45 pm; Movie at 7:00 pm

General admission: \$7

Join us for a very special presentation of *The Goonies* (1985, Rated PG), one of the most beloved movies of all time. Wear your best pirate gear and arrive by 6:45 pm for '80s trivia. This event promises to be great fun for the whole family!

**THE SUPER MARIO BROS. MOVIE**

Friday, September 8 at 6:30 pm

General admission: \$7

Enjoy free popcorn and meet Mario & Luigi after the film! *The Super Mario Bros. Movie* (2023, Rated PG)—based on the world of Nintendo's Mario games—invites audiences into a vibrant, thrilling new universe for an action-packed, exuberant cinematic comedy event. Very special meet and greet immediately following the movie.

**BAILA FLAMENCO PRESENTS "BETWEEN US"**

Saturday, September 16 at 7:00 pm

Reserved seating: \$20

"Opening consciousness through flamenco music and dance. When they live life to the fullest, each second, each melody, each compass, each step, each moment, they become one."

**BACHELORS OF BROADWAY:**  
Gentlemen of the Theatre

Friday, September 22 at 7:00 pm

Reserved seating: \$20

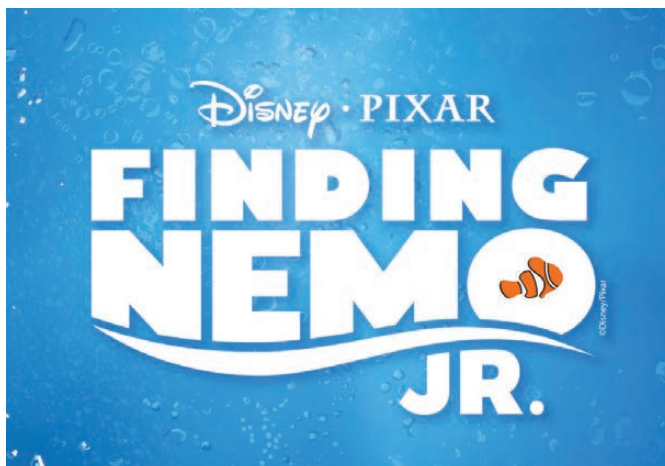
Take a trio of dashing men, add soaring melodies from stage and screen, and then refine the sound with contemporary three-part vocal harmony—you've got a ticket to *BACHELORS OF BROADWAY: Gentlemen of the Theatre*. Starring New York City's top theatrical talent, this show offers a fresh take on audience favorites that have captivated millions worldwide.

**LYRICAL LOUNGE:**  
Writing Workshop & Teen Open Mic

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

Day/Date	Theme	Location
Friday, July 14	Ice Cream	Theatre
Friday, August 25	Voices of the '60s	Theatre
Friday, September 15	Voices of the '70s	Art Gallery

FREE admission! Teen Open Mic now includes a writing workshop facilitated by a teaching artist. Fine-tune your words and then take the stage! Attire and poems that match the monthly theme are encouraged, and audience members are welcome. Light refreshments will be served. Lyrical Lounge is presented in collaboration with the Jason Taylor Foundation and the Omari Hardwick bluapple Poetry Network. Visit [www.sunrisefl.gov/lyrical](http://www.sunrisefl.gov/lyrical) for details.



# Sunrise Civic Center Athletic Club

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

Regular hours: Monday through Friday from 6:30 am to 9:00 pm,  
Saturday and Sunday from 8:00 am to 7:00 pm  
Holiday hours: 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 are eligible for free Basic Annual Membership to use the fitness track, game room, and racquetball courts; just present your ID at the front desk as proof of residency! Annual and monthly Athletic Club membership—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: Monday through Friday from 9:00 am to 9:00 pm,  
Saturday and Sunday from 9:00 am to 5:00 pm  
Holiday hours: 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: Monday through Friday from 9:00 am to 9:00 pm,  
Saturday and Sunday from 9:00 am to 5:00 pm  
Holiday hours: 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).

# \* 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.

## BOCCIA

Ages 18+

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

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

Activity #170693-A

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

## WHEELCHAIR BASKETBALL

Ages 16+

Tuesdays and Thursdays, from 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.



## WHOLE VIBES THEATRE

Ages 16+

Fee: \$360/\$430

Sunrise Athletic Complex, 11501 NW 44th Street

Mondays from 5:30 pm – 6:30 pm, 7/3 - 9/18 Activity #170707-A

Mondays from 5:30 pm – 6:30 pm, 9/25 - 12/11 Activity #170707-B

This group of young adults ages 16- 99 with special needs or exceptionalities fosters socialization, boosts confidence and allows actors of various abilities to express themselves through improvisation, script reading and musical theater. Join our special group of young adults as we learn theater and acting techniques. All abilities welcome! Including verbal and nonverbal young adults with communication devices or those that use sign language. Our team of music therapists and music teachers are trained to work with all exceptionalities. There will be a performance during our last class. \*Caregiver must be present to address any known challenging behaviors if needed.

## WHOLE VIBES CHORUS

Ages 16+

Fee: \$360/\$430

Sunrise Athletic Complex, 11501 NW 44th Street

Mondays from 5:30 pm – 6:30 pm, 7/3 - 9/18 Activity # 170706-A

Mondays from 5:30 pm – 6:30 pm, 9/25 - 12/11 Activity # 170706-B

This group for young adults ages 16 -99 years old with special needs or exceptionalities fosters socialization, boosts confidence and allows singers of various abilities to find or use their own voice. Join our special group of young adults as we sing popular and seasonal songs. All abilities welcome! Including verbal and nonverbal young adults with communication devices or those that use sign language. Our team of music therapists and music teachers are trained to work with all exceptionalities. There will be a performance during our last class. \*Caregiver must be present to address any known challenging behaviors if needed.



## WHOLE VIBES MUSIC THERAPY

Ages 5-11

Fee: \$360/\$430 or Daily: \$25/\$30

Sunrise Athletic Complex, 11501 NW 44th Street

Mondays, 3:30 pm – 4:30 pm, 7/3 - 8/7 Activity #170705-A

Mondays, 3:30 pm – 4:30 pm, 8/14 - 9/18 Activity #170705-B

Mondays, 3:30 pm – 4:30 pm, 9/25 - 10/30 Activity #170705-C

Daily - Activity #1470705D-Z

This group is perfect for kids ages 5- 11 years old. We welcome all abilities and kiddos with special needs. Our music enrichment groups offer opportunities for kids to communicate, express themselves, interact with their peers, gain musical knowledge, and learn educational and functional skills. Our classes are facilitated by music therapists and music teachers that will adapt sessions and activities to meet any participant's needs. Through singing, dancing, instrument playing and more, these groups are fun and engaging! \*Caregiver must be present to address any known challenging behaviors if needed.

## 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	Daily visit fee	N/A

Fees: Resident Free with Membership; \$5 Non-Resident Daily; \$75 Annual Non-Resident Membership per person. Wallyball is a fast-paced sport that is similar to volleyball played in a racquetball court, where it is legal to hit the ball off of the walls. For more information, call (954)747-4666

### Storytime

Location: Village Civic Center Meeting Room, 6800 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	7/15	SA	11:00 am- 12:00 pm	FREE	370702-G
	8/19				370702-H
	9/16				370702-I

Young readers are invited to enjoy a story, activity, and snack at the Village Civic Center. July: "Carla's Sandwich" by Debbie Herman; August: "Be Kind" by Pat Zietlow Miller; September: "Too Much Glue" by Jason Lefebvre. Call (954) 747-4601 to sign up.

### Sidewalk Chalk Art

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	7/15	SA	12:00 - 1:00 pm	FREE	N/A
	8/19				N/A
	9/16				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	7/16	SU	6:00 pm	FREE	N/A
	8/20				N/A
	9/17				N/A

Get ready to yell out BINGO! Bring your blanket or lawn chairs for a fun night of music and great prizes. 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.

### Movie Nights

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Movie	Activity #
Any	7/7	F	6:15 - 8:30 pm	FREE	Space Jam	N/A
	7/28				Space Jam 2	N/A
	8/4				Sing	N/A
	8/25				Sing 2	N/A
	9/1				Encanto	N/A
	9/29				Sonic the Hedgehog	N/A

Movie night will be held at SAC in the community room on the first and last Friday of each month. Registration must be done at SAC front desk. Sleeping bags and blankets are allowed. Popcorn can be brought and popped using onsite microwave. Children 12 and under must be accompanied by an adult. For more information please call (954) 747-4604.

### SAC Arcade (NBA 2K23)

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee*	Activity #
8-17	Ongoing	SA	2:30 - 4:30 pm	FREE	170713

Come join us in the friendly competition of NBA 2K23 at the SAC community room. Registration is required and can be completed at the front desk prior to participating in the event. Please call (954)747-4604 for more information.

### Hooked on a Book: "Harry Potter and the Sorcerer's Stone"

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee*	Activity #
8-13	7/9, 7/23 8/6, 8/20 9/3, 9/17	SU	10:00 - 11:00 am	FREE	170714

Be part of our first book club! We'll read some chapters aloud together, and some independently at home. During each session, we'll take time to discuss the book, its characters, and themes. Be sure to bring your own copy of the book with you! Please call (954) 747-4604 with questions.

### Youth Nights

Location: Village Multipurpose Center, 2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13-17	7/7, 7/21	F	5:00 - 7:00 pm	FREE	170703-A-B
	8/4, 8/18				170703-C-D
	9/1, 9/15				170703-E-F

Kick off 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. Registration is required. Call (954) 747-4601 for information.

### Kids Fishing Derby

Location: Welleby Park, 11100 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
	9/16	SA	8:30 - 10:00 am	FREE	N/A

Beginners welcome. Bring a pole and bait and enjoy a fun morning of fishing. Prizes will be awarded in several categories. Children under 12 must be accompanied by an adult.

### Kids Fitness - Mini Gladiators

Location: SAC Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
8 - 10	7/6 - 7/27*	TU/TH	9:45 - 10:30 am	\$72	120701-A
	8/1 - 8/17		9:45 - 10:30 am	\$72	120701-B
	8/22 - 8/31		4:00 - 4:45 pm	\$48	120701-C
	9/5 - 9/26		4:00 - 4:45 pm	\$84	120701-D
11 - 13	7/6 - 7/27*	TU/TH	10:30 - 11:15 am	\$72	120702-A
	8/1 - 8/17		10:30 - 11:15 am	\$72	120702-B
	8/22 - 8/31		4:45 - 5:30 pm	\$48	120702-C
	9/5 - 9/26		4:45 - 5:30 pm	\$84	120702-D
14 - 17	7/6 - 7/27*	TU/TH	11:15 am - 12:00 pm	\$72	120703-A
	8/1 - 8/17		11:15 am - 12:00 pm	\$72	120703-B
	8/22 - 8/31		5:30 - 6:15 pm	\$48	120703-C
	9/5 - 9/26		5:30 - 6:15 pm	\$84	120703-D

This program will provide a fun and engaging way for youth aged 8-17 to improve their fitness, coordination, and agility during the summer. By providing a safe and supportive environment, participants will develop positive attitudes towards exercise and healthy habits that will benefit them throughout their lives. For more information please contact instructor at (702) 883-2487. Participants must be registered before sessions begins. \*No class 7/18.

### 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	9/12 - 9/28	TU & TH	9:00 - 10:30 am	\$36	120915-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 9/6.

### Fantastic Toddler Fun

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18 mo - 2	9/13 - 9/27	W	9:00 - 10:30 am	\$18	120917-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 9/6.

## DAYS OFF

### Summer Mini Camp

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

Age	Date	Day	Time	Fee	Activity #
5-15	8/14-8/18	M-F	7:30 am - 6:00 pm	\$150/\$200*	120402-A

For more information, call the Department of Leisure Services at (954) 747-4600. Please make sure children bring their lunch and plenty of drinks and snacks for the entire day. Children must wear their yellow City of Sunrise camp shirts. \*Resident/Non-resident rate.

### 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	9/25	M	7:30 am - 6:00 pm	\$30/\$40*	120403-A

For more information, call the Department of Leisure Services at (954) 747-4600. Drop off and pick up children at the Civic Center. Please make sure children bring their lunch and plenty of drinks and snacks for the entire day. Children must wear their yellow City of Sunrise camp shirts. \*Resident/Non-resident rate.

## KARATE

### Beginner Karate

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

Age	Date	Day	Time	Fee*	Activity#
5+	7/3 - 7/26	M/W	5:00 - 6:00 pm	\$80	120740-A
5+	7/31 - 8/23	M/W	5:00 - 6:00 pm	\$80	120740-B
5+	8/28 - 9/25*	M/W	5:00 - 6:00 pm	\$80	120740-C

### Intermediate Karate\*\*

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

Age	Date	Day	Time	Fee*	Activity#
5+	7/3 - 7/26	M/W	6:00 - 7:00 pm	\$80	120741-A
5+	7/31 - 8/23	M/W	6:00 - 7:00 pm	\$80	120741-B
5+	8/28 - 9/25*	M/W	6:00 - 7:00 pm	\$80	120741-C

\*\$25/yr Membership to Karate Association (payable to instructor). Additional fees for ranking test and uniforms not included. 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. No class 9/4.



## CLASSES

### GYMNASTICS

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

#### Tumblebears

Age	Date	Day	Time	Fee	Activity #
3 - 4	7/8 - 8/26*	SA	10:00 - 10:45 am	\$94.50	120760-A
	9/2 - 9/30*			\$54	120760-B

#### Gymnastics Basics

Age	Date	Day	Time	Fee	Activity #
4 - 6	7/6 - 7/27	TH	5:15 - 6:00 pm	\$54	120765-A
	8/3 - 8/31*		5:15 - 6:00 pm	\$54	120765-B
	9/7 - 9/28		5:15 - 6:00 pm	\$54	120765-C
6 - 11	7/6 - 7/27	TH	6:05 - 6:50 pm	\$54	120766-A
	8/3 - 8/31*		6:05 - 6:50 pm	\$54	120766-B
	9/7 - 9/28		6:05 - 6:50 pm	\$54	120766-C
5 - 11	7/8 - 8/26*	SA	10:50 - 11:35 am	\$94.50	120761-A
	9/2 - 9/30*		10:50 - 11:35 am	\$54	120761-B

#### Gymnastics Level 1

Age	Date	Day	Time	Fee	Activity #
5 - 11	7/6 - 7/27	TH	6:55 - 7:40 pm	\$54	120767-A
	8/3 - 8/31*		6:55 - 7:40 pm	\$54	120767-B
	9/7 - 9/28		6:55 - 7:40 pm	\$54	120767-C
5 - 11	7/8 - 8/26*	SA	11:40 am - 12:25 pm	\$94.50	120762-A
	9/2 - 9/30*		11:40 am - 12:25 pm	\$54	120762-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 8/5, 8/17 and 9/16.



### DANCE FX DANCE CLASSES

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

#### Baby Ballerinas

Age	Date	Day	Time	Fee	Activity #
3 - 5	9/11 - 9/25	M	4:00 - 4:45 pm	\$36	120777-A

#### Hip Hop

Age	Date	Day	Time	Fee	Activity #
4 - 6	9/9 - 9/30*	SA	10:00 - 10:45 am	\$36	120785-A
6 - 10	9/11 - 9/25	M	4:45 - 5:30 pm	\$36	120775-A
4 - 5	9/5 - 9/26	TU	4:00 - 4:45 pm	\$48	120797-A

#### Jazz and Ballet

Age	Date	Day	Time	Fee	Activity #
6 - 10	9/5 - 9/26	TU	4:45 - 5:30 pm	\$48	120796-A

#### Tap and Ballet

Age	Date	Day	Time	Fee	Activity #
4 - 6	9/9 - 9/30*	SA	9:15 - 10:00 am	\$36	120784-A

Participants must be registered before session begins. A minimum of three students is required to run the class. \*No class 9/16.

## VISUAL & PERFORMING ARTS

### Let's Create Art

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10-15	7/5 - 7/26	W	5:30 - 7:00 pm	\$60	120711-A
	8/2 - 8/30*			\$60	120711-B
	9/6 - 9/27			\$60	120711-C

The goal of the class is to provide tutorial instructions that would maximize the students' artistic potentials. Every class will be an opportunity for them to learn something new. Materials are not included; supply list will be provided on the receipt. For more information please contact instructor at (954) 479-2966. Participants must be registered before session begins. A minimum of three students are required to run this class. \*No Class 8/16.

### Anime and Manga

Location: Sunrise Civic Center,  
10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10+	7/6 - 7/27	TH	6:15 - 7:15 pm	\$48	120818-A
	8/3 - 8/31*			\$48	120818-B
	9/7 - 9/28			\$48	120818-C
	7/7 - 7/28	F	6:15 - 7:15 pm	\$48	120718-A
	8/4 - 8/25			\$48	120718-B
	9/1 - 9/29*			\$48	120718-C
	7/7 - 7/28	F	7:30 - 8:30 pm	\$48	120719-A
	8/4 - 8/25			\$48	120719-B
	9/1 - 9/29*			\$48	120719-C

The goal of the class will center upon learning skills, developing creativity, inspiration and fun, as well as having the opportunity to meet others who love anime and manga. Students of all abilities are welcome and will be challenged accordingly. Participants must be registered before session begins. \*No class 8/17 and 9/15.

### 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 Jennifer Ginn at (954) 747-4646 or at jginn@sunrisefl.gov.



### Inside Out Theatre's Advanced Performance Ensemble: SPRING AWAKENING

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

Age	Date	Day	Time	Fee	Activity #
16+	8/27 - 11/5	SU	9:00 am - 4:00 pm	\$450	110604-A

BY AUDITION ONLY! This advanced performance class is by audition only and auditionees will be required to send in a vocal video prior to the in-person auditions held on August 20. According to Music Theatre International, "Spring Awakening explores the journey from adolescence to adulthood with a poignancy and passion that is illuminating and unforgettable. The landmark musical is an electrifying fusion of morality, sexuality and rock and roll" and Inside Out Theatre is bringing the musical back due to popular demand. If cast in the show, performers will need to register for the class through the Sunrise Civic Center. Rehearsals begin on August 27 and performances will be held on November 4 & 5. Additional rehearsal hours will be added as needed and students must attend the mandatory tech rehearsals the week prior to the performances. Mature subject matter. For more information, please visit <http://www.insideouttheatre.org> or call (954) 249-1380. To register, please contact Jennifer Ginn at (954) 747-4646 or at jginn@sunrisefl.gov.

### Inside Out Theatre's Musical Theatre Production Class: DISNEY'S FREAKY FRIDAY - ONE ACT EDITION

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

Age	Date	Day	Time	Fee	Activity #
11-15	9/11 - 1/28	M	5:00 - 8:00 pm	\$450	110606-A

This musical theatre class focuses on training in acting and voice, with a rehearsal period that leads to a performance of Disney's *Freaky Friday: One-Act Edition*. Here's the show summary from Music Theatre International: "When an uber-organized mother and her spontaneous teenage daughter magically swap bodies, they have just one day to put things right. By spending a day in each other's shoes, Katherine and Ellie come to appreciate one another in a way they never could have imagined. In the end, both learn the true power of love and the strength of the bond between a mother and daughter in this heartfelt and hilarious adaptation." No experience is necessary; however, this class leads to a performance for the public and students are expected to be committed and work at the highest level of professionalism. Class begins on 9/11. No class on 9/25, 12/25, 1/1 or 1/15. A complete rehearsal schedule will be handed out once the rehearsal process gets underway. Rehearsal hours may be extended if needed. Students must be available for performances on 1/27 and 1/28, as well as mandatory dress/tech rehearsals the week prior to the shows. For more information, please visit <http://www.insideouttheatre.org> or call (954) 249-1380. To register, please contact Jennifer Ginn at (954) 747-4646 or jginn@sunrisefl.gov.

### Inside Out Theatre's Performance Workshop: ANASTASIA: THE MUSICAL

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

Age	Date	Day	Time	Fee	Activity #
17+	10/26 - 2/25	TH	6:00 - 9:00 pm	\$450	210601-A
		SU	3:00 - 6:00 pm		

BY AUDITION ONLY! This advanced musical theatre workshop invites a limited number of professional actors as well as students to the production, resulting in an intergenerational performance of "Anastasia: The Musical", a spectacular new musical about discovering who you are and defining who you're meant to be. Auditions will be held on Friday, October 20 and auditionees will be asked to send in a vocal video prior to the in-person auditions. If cast in the show, actors will need to register with the Sunrise Civic Center. Rehearsals will be held on Thursday evenings beginning October 26 as well as Sunday afternoons. A complete schedule will be handed out once the rehearsal process gets underway. Actors must be available for the performances on February 24 & 25 and the mandatory tech rehearsals the week prior to the performances. For more information, please visit <http://www.insideouttheatre.org> or call (954) 249-1380. To register, please contact Jennifer Ginn at (954) 747-4646 or at jginn@sunrisefl.gov.

## VOLLEYBALL

Location: Sunrise Athletic Club,  
10610 West Oakland Park Boulevard

### Beginner Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	7/3 - 9/27	Any	Any	\$20	170676-G-Z
	7/3 - 7/26	M & W	5:30 - 7:00 pm	\$140	170676-A
	7/31 - 8/28	M & W	5:30 - 7:00 pm	\$157.50	170676-B
	8/30 - 9/27*	M & W	5:30 - 7:00 pm	\$140	170676-C

### Intermediate Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	7/3 - 9/27	Any	Any	\$20	170676-G-Z
	7/3 - 7/26	M & W	7:00 - 8:30 pm	\$140	170676-D
	7/31 - 8/28	M & W	7:00 - 8:30 pm	\$157.50	170676-E
	8/30 - 9/27*	M & W	7:00 - 8:30 pm	\$140	170676-F

### Advanced Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	7/7 - 9/29	Any	Any	\$20	170677-D-Z
	7/7-7/28	F	6:00 - 8:00 pm	\$70	170677-A
	8/4-8/25	F	6:00 - 8:00 pm	\$70	170677-B
	9/1-9/29	F	6:00 - 8:00 pm	\$87.50	170677-C

*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. \*No class on 9/4.*



## SUNRISE HURRICANES CHEERLEADING

Open to ages 4 to 15

Season Dates: July to November

Fees\*: \$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

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	130220-D*
10 and Under	120 lb to advance ball	130220-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.



## 13 & Under Open Play Basketball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
6 - 13	Ongoing	T/TH	2:00 - 3:30 pm	Daily visit fee*	N/A

Sunrise residents FREE with membership. \*Non-residents must pay a daily or annual visit fee. Children under 13 years old must be accompanied by a parent or legal guardian. Call (954) 747-4601 for information.

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

Age	Date	Day	Time	Fee	Activity #
6-13	Ongoing	Varies	Varies	Daily visit fee*	N/A

Sunrise residents FREE with membership. \*Non-residents must pay a daily or annual visit fee. Children under 13 years old must be accompanied by a parent or legal guardian. Call (954) 747-4604 for information.



## 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. No class 7/4.

## 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.



## 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.

## 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	270687-B

Netball is a ball sport played by two teams of seven players. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Note - this is an indoor court. Sunrise residents FREE with membership. Call (954) 747-4601 for information. No Jr Netball 7/4.

## JOGA BONITO FUTSAL ACADEMY

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

### Beginners

Age	Date	Day	Time	Fee*	Activity #
7 - 10	7/5 - 7/26	W	5:30 - 6:45 pm	\$115/125	170694-A
	8/2 - 8/30				170694-B
	9/6 - 9/27				170694-C

### Advanced

Age	Date	Day	Time	Fee*	Activity #
11 - 14	7/5 - 7/26	W	6:45 - 8:00 pm	\$115/125	170694-D
	8/2 - 8/30				170694-E
	9/6 - 9/27				170694-F

Futsal is a fast-paced sport that is similar to soccer but played on a basketball-sized hard floor court. Players are constantly engaged, moving, and learning, while having lots of fun. This class is offered to both boys and girls ages 7-14. \*Annual fee of \$125 for New members and \$75 for returning members not included. For more details and to schedule your FREE evaluation practice, please contact Coach Guga at (561) 542-0961.

# 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. \*Programs on 8/5 relocated to the Sunrise Athletic Complex (SAC).

## Summer Break Basketball Camp

Age	Date	Day	Time	Fee	Activity #
6 - 17	8/14 - 8/18	M - F	7:30 am - 5:30 pm	\$125	170621-G
	Daily			\$30	170621-H-L

## Kids' Day Off Basketball Camps

6 - 17	9/4	M	8:00 am - 3:00 pm	\$30	270619-A
	9/25	M	7:30 am - 5:30 pm	\$30	270619-B

## Small Fry Basketball Program

4 - 5	7/15 - 8/12*	SA	9:00 - 9:30 am	\$25	270623-A
	Daily			\$6	270623-B-F
	8/19 - 9/16	SA		\$25	270623-G
	Daily			\$6	270623-H-L
	9/23 - 10/21	SA		\$25	270623-M
	Daily			\$6	270623-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.hoopsterbasketball.com](http://www.hoopsterbasketball.com). \$40 fee. Additional fees may apply.

## Beginner Skills Program

6 - 17	7/11 - 8/8	TU	5:00 - 6:00 pm	\$50	270657-A
	Daily			\$12	270657-B-F
6 - 17	8/15 - 9/12	TU	6:00 - 7:00 pm	\$50	270657-G
	Daily			\$12	270657-H-L
	9/19 - 10/17	TU		\$50	270657-M
	Daily			\$12	270657-N-R
6 - 17	7/15 - 8/12*	SA	9:45 - 10:45 am	\$50	270622-A
	Daily			\$12	270622-B-F
	8/19 - 9/16	SA		\$50	270622-G
	Daily			\$12	270622-H-L
	9/23 - 10/21	SA		\$50	270622-M
	Daily			\$12	270622-N-R

## Intermediate Skills Program

6 - 17	8/15 - 9/12	TU	7:00 - 8:00 pm	\$50	270661-A
	Daily			\$12	270661-B-F
	9/19 - 10/17	TU		\$50	270661-G
	Daily			\$12	270661-H-L
6 - 17	7/15 - 8/12*	SA	11:00 am - 12:00 pm	\$50	270606-A
	Daily			\$12	270606-B-F
	8/19 - 9/16	SA		\$50	270606-G
	Daily			\$12	270606-H-L
	9/23 - 10/21	SA		\$50	270606-M
	Daily			\$12	270606-N-R

## Advanced Skills Program

6 - 17	7/15 - 8/12*	SA	12:15 - 1:15 pm	\$50	270625-A
	Daily			\$12	270625-B-F
	8/19 - 9/16	SA		\$50	270625-G
	Daily			\$12	270625-H-L
	9/23 - 10/21	SA		\$50	270625-M
	Daily			\$12	270625-N-R

## Individual Instruction

6 - 17	7/1 - 9/30	Any	One Hour	\$35	270620-A-Z
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## Group Instruction

6 - 17	7/1 - 9/30	Any	One Hour	\$35	270624-A-Z
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## 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.

## \$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.

## START SMART SOCCER

Location: Nob Hill Soccer Club Park, Field 2,  
10200 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
3 - 5	9/6 - 10/11	W	6:00 - 7:00 pm	\$35/60**	130203-A
3 - 5	11/1 - 12/13*	W	6:00 - 7:00 pm	\$35/60**	130203-B

Start Smart Soccer is a developmentally appropriate introductory program for boys and girls ages three to five years old that takes place over six classes. The program prepares children and their guardians for organized soccer 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 soccer ball, which will be used during the program and can be used to continue the development of the child. Space is limited to twenty participants per session. \*No class 11/22. \*\*Resident/Non-resident rate.

## RECREATIONAL YOUTH SOCCER

Open to ages 4 to 17

Season Dates: October to January

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

Registration Deadline: Thursday, September 7

**Player Ratings:** All participants, except Instructional Division, must attend player ratings, which take place at Nob Hill Soccer Club, Field 2. See below for dates and times of scheduled ratings. Soccer Opening Day Friday, October 27. Divisions may be combined based on registration numbers.

Division	Date of Birth	Rating Day/Time	Activity #
Instructional	8/1/17 to 7/31/19	N/A	230231-A
8 & Under Girls	8/1/15 to 7/31/17	9/12, 6:00 pm	230232-B*
10 & Under Girls	8/1/13 to 7/31/15	9/12, 6:45 pm	230232-C*
12 & Under Girls	8/1/11 to 7/31/13	9/12, 7:30 pm	230232-D*
8 & Under Boys	8/1/15 to 7/31/17	9/13, 6:00 pm	230231-B*
10 & Under Boys	8/1/13 to 7/31/15	9/13, 7:00 pm	230231-C*
14 & Under Girls	8/1/09 to 7/31/11	9/13, 8:00 pm	230232-E
12 & Under Boys	8/1/11 to 7/31/13	9/14, 6:00 pm	230231-D
14 & Under Boys	8/1/09 to 7/31/11	9/14, 7:00 pm	230231-E
HS Coed / 18U	8/31/05 to 7/31/09	9/14, 7:45 pm	230231-F

Make up Ratings	Rating Day/Time
8 & Under Girls and Boys	9/16, 9:00 am
10 & Under Girls and Boys	9/16, 10:00 am
12 & Under Girls and Boys	9/16, 11:00 am
14 & Under Girls and Boys	9/16, 12:00 pm
HS Coed / 18U	9/16, 1:00 pm

**Drafts and Practices:** The coaches will contact all players by October 7, and practices will tentatively begin on October 9. Teams will practice two to three times per week during the preseason and play two games/1 practice per week during the season.

ANY SPECIAL REQUESTS MUST BE IN WRITING. REQUESTS ARE NOT AUTOMATICALLY GRANTED. REQUESTS MUST BE RECEIVED PRIOR TO DRAFTS. REQUESTS FOR A CHILD TO PLAY IN AN AGE DIVISION ABOVE THEIR AGE APPROPRIATE DIVISION WILL BE REQUIRED TO FOLLOW THE FOLLOWING PROCEDURE. A SPECIAL REQUEST FORM MUST BE FILLED OUT PRIOR TO RATINGS. REQUESTS ARE NOT AUTOMATICALLY GRANTED. THE CHILD MUST ATTEND RATINGS OR MAKE-UP RATINGS IN THE AGE DIVISION THAT THEY WISH TO PLAY IN. IF THEY ARE UNABLE TO ATTEND THE RATINGS DATE OR THE MAKE-UP RATINGS DATE, THEY WILL AUTOMATICALLY BE PLACED IN THE AGE APPROPRIATE DIVISION. A DECISION REGARDING THE REQUEST TO PLAY ABOVE HIS/HER ASSIGNED AGE GROUP SHALL BE BASED UPON THE SKILL LEVEL DISPLAYED BY THE CHILD AT RATINGS.

### Open Play Volleyball

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

Age	Date	Day	Time	Fee	Activity #
18+	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.

### Open Play Basketball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

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

Sunrise residents FREE with membership. \*Non-residents must pay a daily or annual visit fee. Children under 13 years old must be accompanied by a parent or legal guardian. Call (954) 747-4601 for more information.

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

Sunrise residents FREE with membership. \*Non-residents must pay a daily or annual visit fee. Children under 13 years old must be accompanied by a parent or legal guardian. Call (954) 747-4604 for more information.

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

Sunrise residents FREE with membership. \*Non-residents must pay a daily or annual visit fee. Children under 13 years old must be accompanied by a parent or legal guardian. Call (954) 747-4666 for more information.

### 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

\*Free with membership. A City of Sunrise waiver must be completed to participate in the program. Call (954) 747-4601 for information. No badminton 7/4.

### 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 Netball

Location: Village Multipurpose Center,  
2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	SU	2:30 - 4:30 pm	Free	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.



### 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	Any	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	170688A-Z
	60 Min. Private	Any	Any	\$75	170689A-Z
	30 Min. Private	Any	Any	\$40	170692A-Z
	Semi Private	Any	Any	\$80	170690A-Z
	Group Clinic	Any	Any	\$25	170691A-Z

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

**All programs listed take place indoors!**

## Yoga

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

Age	Date	Day	Time	Fee	Activity #
18+	7/3-7/24	M	6:00 pm - 7:00 pm	\$55	170653-A
	7/31-8/21	M	6:00 pm - 7:00 pm	\$55	170653-B
	8/28-9/25*	M	6:00 pm - 7:00 pm	\$55	170653-C
<b>Couples Yoga</b>					
	7/11-8/1	TU	6:00 pm - 7:00 pm	\$80	170653-D
	8/8-8/29	TU	6:00 pm - 7:00 pm	\$80	170653-E
	9/5 - 9/26	TU	6:00 pm - 7:00 pm	\$80	170653-F
<b>Private Lesson</b>					
Any	Any	Any	Any	\$75	170653-K-L

For more information or private sessions, please contact instructor Josephine Mahabir at 954-654-3720. \*No class on 9/4.

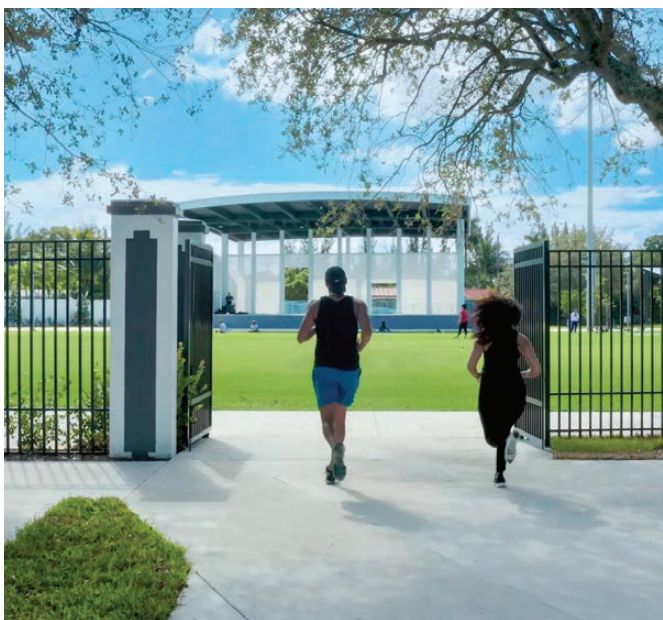


## Cars and Coffee

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

Age	Date	Day	Time	Fee	Activity #
16+	7/16	SU	10:00 am - 12:00 pm	Free	170715-A
	8/20	SU	10:00 am - 12:00 pm	Free	170715-B
	9/17	SU	10:00 am - 12:00 pm	Free	170715-C

Calling all Car enthusiasts... Join us on the third Sunday of each month in the SAC parking lot to show off your car. Please call (954)747-4604 for more information or stop by SAC to register your car in person.



## Stretch-N-Stroll

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

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	TU	9:30 - 10:30 am	Free	N/A

Want to get motivated and put some pep in your step? Come join us for a 30 minute walk in the newly refreshed Sunrise Athletic Complex beginning with a 15 minute stretch before and after the walk. Participants will meet at the SAC Multi-Purpose Center. A City of Sunrise waiver must be completed to participate in the program. Bottled water or sports drink is recommended for hydration!

## Sunrise Steppers

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
All	Ongoing	Daily	8:00 am - 10:00 am	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.

## 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

Come inside, and move your feet! 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	7/28	F	7:00 pm	Free	N/A*
	8/25	F	7:00 pm	Free	N/A*
	9/29	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).

### 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	170685-A-Z
	3 Sessions	Any	Any	\$69	170673-A-G
	6 Sessions	Any	Any	\$138	170673-H-N
	9 Sessions	Any	Any	\$207	170673-O-U
	12 Sessions	Any	Any	\$276	170673-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	170686A-Z
	3 Sessions	Any	Any	\$129	170674A-G
	6 Sessions	Any	Any	\$258	170674H-N
	9 Sessions	Any	Any	\$387	170674O-U
	12 Sessions	Any	Any	\$516	170674V-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	170679-A-Z
	1 Session	M-F	1:00 - 1:30 pm	\$15	170680-A-Z
	Weekly Pass	M-F	12:30 - 1:00 pm	\$50	170681-A-M
	Weekly Pass	M-F	1:00 - 1:30 pm	\$50	170681-N-Z

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

### Blast & Burn Tuesdays & Tone Up Saturdays

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	170683-G-Z
	7/11-8/1	TU	5:45 - 6:45 pm	\$45	170683-A
	8/8-8/29	TU	5:45 - 6:45 pm	\$45	170683-B
	9/5-9/26	TU	5:45 - 6:45 pm	\$45	170683-C
	7/1-7/22	SA	8:15 - 9:15 am	\$45	170683-D
	7/29-8/26*	SA	8:15 - 9:15 am	\$45	170683-E
	9/2-9/30	SA	8:15 - 9:15 am	\$56.25	170683-F

A FUN yet challenging, cardio toning class that offers a combination of low and high intensity exercises that prioritize your lower body. Tone Up Saturdays is designed to sculpt your body by shedding excess fat while building muscles. For more information please call Bobbi at (954) 779-8175. Missed classes are NON-REFUNDABLE! \*No class on 8/5.

### NEW! Baby & Me Fitness

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

Age	Date	Day	Time	Fee	Activity #
18+	Any	M	10:00 - 11:00 am	\$15	170682-D-Z
	7/3 - 7/24	M	10:00 - 11:00 am	\$45	170682-A
	7/31 - 8/21	M	10:00 - 11:00 am	\$45	170682-B
	8/28 - 9/25*	M	10:00 - 11:00 am	\$45	170682-C

Ready to work off the baby weight? Use your baby 6 months to 2 years old to shed excess fat while building muscle. \*No class 9/4.

## American Kenpo

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

Level/Age	Date	Day	Time*	Fee	Activity #
Beginners/ 13+	7/6-7/27	TU & TH	5:45 - 7:15 pm	\$70	170700-A
	8/1-8/31	TU & TH	5:45 - 7:15 pm	\$100	170700-B
	9/5-9/28	TU & TH	5:45 - 7:15 pm	\$80	170700-C
Int/Adv / 13+	7/6-7/27	TU & TH	7:15 - 8:45 pm	\$70	170701-A
	8/1-8/31	TU & TH	7:15 - 8:45 pm	\$100	170701-B
	9/5-9/28	TU & TH	7:15 - 8:45 pm	\$80	170701-C
Self-Defense Workshops/ 13+	7/15	SA	2:00 - 4:00 pm	\$50	170702-A
	8/19	SA	2:00 - 4:00 pm	\$50	170702-B
	9/9	SA	2:00 - 4:00 pm	\$50	170702-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. Contact Coach at (954) 873-2694.

## South Florida Photography - Basic

Location: SAC Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time*	Fee	Activity #
18+	8/2 - 8/23	W	5:30 - 6:50 pm	\$150	170710-A
	9/6 - 9/27	W	5:30 - 6:50 pm	\$150	170710-B

## South Florida Photography - Advanced

Location: SAC Multipurpose Center,  
11501 NW 44th Street

Age	Date	Day	Time*	Fee	Activity #
18+	8/2 - 8/23	W	7:00 - 8:20 pm	\$150	170712-A
	9/6 - 9/27	W	7:00 - 8:20 pm	\$150	170712-B

For more information please call the instructor at (609) 412-7546 or visit [southfloridaphotographclasses.com](http://southfloridaphotographclasses.com).



## Salsa Dancing

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

Age	Date	Day	Time	Fee	Activity #
18+	7/7 - 7/28	F	9:30 am - 10:30 am	\$65	170711-A
	8/4 - 8/25	F	9:30 am - 10:30 am	\$65	170711-B
	9/8 - 9/29	F	9:30 am - 10:30 am	\$81.25	170711-C

All experience levels welcome. 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+	7/7 - 7/28	F	6:00 - 7:00 pm	\$65	170664-A
	8/4 - 8/25	F	6:00 - 7:00 pm	\$65	170664-B
	9/1 - 9/29	F	6:00 - 7:00 pm	\$81.25	170664-C

Dress comfortably, however sneakers not encouraged due to turns and pivots. Heels recommended for the ladies and dress shoes or loafers for the gentlemen. For more information contact Developing Dreams Foundation at (954) 282-1014.

## 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	170658-D-Z
	7/3 - 7/24	M	7:15 - 8:15 pm	\$50	170658-A
	7/31 - 8/21	M	7:15 - 8:15 pm	\$50	170658-B
	9/28 - 9/25	M	7:15 - 8:15 pm	\$50	170658-C

Dance yourself into shape with this one-hour body twisting, leg lifting, bun burning and ab firming fitness class. For more information, contact Developing Dreams Foundation at (954) 282-1014. \*No class on 9/4.

## 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	170667-D-Z
	7/1 - 7/22	SA	10:00 - 11:00 am	\$50	170667-A
	7/29 - 8/26*	SA	10:00 - 11:00 am	\$50	170667-B
	9/2-9/30	SA	10:00 - 11:00 am	\$62.50	170667-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 Developing Dreams Foundation at (954) 282-1014. \*No class on 8/5.

## 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.

### Skin Cancer and UV Health Lecture

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
7/14	F	10:00 - 11:30 am	Free	Call to sign up

Skin cancer is the most common cancer in the United States, with millions of cases diagnosed each year. It's also one of the most preventable cancers and highly treatable when found early. Some UV radiation is essential to the body as it stimulates the production of vitamin D, learn how much exposure is a good amount.

### Estate Planning

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
7/26	W	6:00 - 7:00 pm	Free	Call to sign up

Estate planning is not just about passing on wealth, it's also about protecting your assets, making decisions about your healthcare and finances, and ensuring that your loved ones are taken care of after your passing. Even if you don't have significant financial assets, estate planning allows you to have control over your affairs and ensures that your wishes are respected. Come learn how to get started to create or update your estate plan with the attorneys of GAPS Legal, PLLC. A light meal will be provided to all registered participants.

### Spine & Back Health Lecture

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
8/11	F	10:00 - 11:30 am	Free	Call to sign up

Eight out of 10 Americans will suffer from back pain. Even the most basic tasks can become difficult and painful for people with back and neck problems. A doctor from Florida Medical Center will be here to discuss treatment options. Learn how to keep your spine and back healthy as you age. A light lunch will be provided for pre-registered participants.

### Fall Prevention Lecture

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
9/8	F	10:00 - 11:30 am	Free	Call to sign up

Falls affect us all—whether personally or someone we love or care about. There are simple steps you can take to prevent falls and decrease falls risks. Join Dr. Bartolone, PT, DPT from Florida Strong Physical Therapy as he shares what you can do to prevent a fall. A light lunch will be provided for pre-registered participants.

### 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.

### Property Tax Exemption Assistance

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
7/14, 8/11, 9/8	F	10:00 - 11:30 am	Free	Walk-ins welcome
7/19, 8/16, 9/20	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 #
7/14, 8/11, 9/8	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.

### Blood Pressure Check

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
7/14, 8/11, 9/8	F	11:00 am	Free	Walk-ins welcome

Hosted by Sunrise Fire Rescue.

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

Location: Sunrise Senior Center,  
10650 West Oakland Park Boulevard

Date	Day	Time	Activity #
8/9	W	10:00 am - 1:45 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.

### 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.

### 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.





## 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.



**Free Transportation Minibus Routes** operate weekdays 8:00 am to 2:45 pm within Sunrise. Call (954) 764-3677 for information or schedule. **Non-Emergency Medical Transportation** is available to eligible Sunrise residents 62+, or physically handicapped. If you no longer drive or maintain a vehicle and need transportation to medical appointments, call (954) 746-3676 for info. Application and approval 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

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. We invite the Latin community to come embrace our center and be a part of our community. Queremos invitar a la comunidad. 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 7:00 - 9:00 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.*

## UPCOMING SENIOR TRIPS

### JULY TICKET SALE: Members 7/7; Non-Members 7/14

Trip	Date	Day	Time	Fee	Activity #
Coconut Creek Casino	8/3	TH	9:00 am - 3:00 pm	\$5/\$7	180826-B

Get ready for a day at the casino. Enjoy 2,100 Las Vegas-style slot machines, and 75 live Table Games, you're sure to find something to entertain you. Lunch on your own.

Toppolf & Dolphin Mall	8/8	TU	8:30 am - 3:30 pm	\$38/\$40	180842-A
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Start the day off with a visit to Topgolf Doral, a state-of-the-art driving range. Brunch buffet included. Afterwards, shop a wide array of retail stores and restaurants at Dolphin Mall. Tickets are limited, so be sure to get yours soon!

Marlins vs Yankees	8/13	SU	11:00 am - 6:00 pm	\$50/\$52	180837-A
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Don't miss your chance to see the Marlins take on the Yankees. Tickets won't last long, be sure to get yours early! Seats are in Section 24, Rows 9 - 11 (subject to change).

Dave & Busters	8/24	TH	10:15 am - 3:00 pm	\$45/\$47	180842-B
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Find your inner child, and get ready for the ultimate outing! Join us for an afternoon filled with fun, food, and games. Lunch and Power Cards for gaming included.

### AUGUST TICKET SALE: Members 8/4; Non-Members 8/11

Trip	Date	Day	Time	Fee	Activity #
Dania Casino	9/5	TU	9:00 am - 3:30 pm	\$5/\$7	180826-C

Get ready for a great day at the casino. Lunch on your own.

Perez Art Museum	9/14	TH	9:30 am - 3:30 pm	\$17/\$19	180841-A
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Participate in a memorable and unique one hour guided tour of Modern and Contemporary art pieces housed at the Perez Art Museum. Then enjoy lunch on your own at one of the many eateries at Bayside.

Shops at Merrick Park	9/19	TU	9:30 am - 3:30 pm	\$5/\$7	180846-B
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Experience this high-end shopping destination in Coral Gables, offering a wide range of luxury brands, upscale shops, gourmet dining options, and entertainment. Enjoy lunch 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, 7/3 - 7/31	10:30 am - 12:00 pm	Now	Free	180814-A
Project TBA	M, 8/7 - 8/28	10:30 am - 12:00 pm	7/3	Free	180814-B
Project TBA	M, 9/11 - 9/25*	10:30 am - 12:00 pm	8/7	Free	180814-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	180877-A
Open Stitchery	TH, Ongoing	6:30 - 8:00 pm	Walk-in	Free	180879-A

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 9/4.

### Art, Crafting, and Computer Classes

Class	Day, Date	Time	Register by	Fee	Activity #
Quilting Corner	M, Jul-Sep	10:00 am - 2:00 pm	Now	Free	180828-A
	M, Jul-Sep	2:30 pm - 5:30 pm	Now	Free	180829-A
Coloring with the Classics	SA, Jul-Sep	9:00 - 10:00 am	Now	Free	180814-C
Knitting & Crochet	TU, Jul-Sep	10:00 am - 12:00 pm	Now	Free	180828-A
Photography Workshop	SA, 6/24-7/29	10:00 am - 12:00 pm	Now	\$30/\$32	180833-B
Card/Paper Crafting	W, Jul-Sep	10:00 am - 12:00 pm	Now	Free	180806-A
Wig Making	W, 7/19 - 9/20	2:00 pm - 4:00 pm	Now	Free	180835-A
Wig Making	TH, 7/20 - 9/21	6:00 - 8:00 pm	4/7	Free	180835-B
Computer Journey	TU/TH, 7/6 - 8/15	9:30 - 10:30 am	Now	\$5/\$10	180802-A
Digital Scrapbooking	TU/TH, 7/6 - 8/15	11:00 am - 12:00 pm	Now	\$5/\$10	180803-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.

### Senior Cooking Club

Class	Day, Date	Time	Register by	Fee	Activity #
July - TBD	F, 7/21	10:00 am - 1:00 pm	Now	\$6/\$8	180816-A
Aug - TBD	F, 8/18	10:00 am - 1:00 pm	7/7	\$6/\$8	180816-B
Sept - TBD	F, 9/15	10:00 am - 1:00 pm	8/4	\$6/\$8	1380816-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.

### 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	10:00 - 11:15 am	Walk-in	Free	
Line Dancing	TH, Ongoing	10:00 - 11:00 am	Walk-in	Free	
Ballroom Dance	W, July	11:00 am - 12:00 pm	Now	\$12/\$14	180864-A
Ballroom Dance	W, August	11:00 am - 12:00 pm	7/7	\$15/\$17	180864-B
Ballroom Dance	W, Sept	11:00 am - 12:00 pm	8/4	\$12/\$14	180864-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.

### Games/Movies

Class	Day, Date	Time	Register by	Fee	Activity #
Senior Bowling League	W, 9/6 - 5/22	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	8:30 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.

### 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	Previous month	Free	

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

### AARP Safe Drivers Course

Day/Date	Time	Register	Fee	Activity #
TH, 7/20	9:00 am - 3:00 pm	Now	\$20/\$25	180853-A
TH, 8/17	9:00 am - 3:00 pm	7/3	\$20/\$25	180853-B
TH, 9/21	9:00 am - 3:00 pm	8/7	\$20/\$25	180853-C

Bring a check to class made payable to AARP. (Fees - \$20 AARP Members, \$25 Non-Members). Classes may be cancelled due to AARP protocols. Please stop by the front desk or contact the Senior Center (954) 746-3670 to confirm.

## SENIOR FITNESS CLASSES

### Total Body Fitness With Alli

Month	Day	Time	Register by	Fee	Activity #
July	M*	9:45 - 10:45 am	Now	\$9/\$11	180870-A
	F	9:30 - 10:30 am	Now	\$12/\$14	180870-B
Aug	M	9:45 - 10:45 am	7/7	\$12/\$14	180870-C
	F	9:30 - 10:30 am	7/7	\$12/\$14	180870-D
Sept	M	9:45 - 10:45 am	8/4	\$9/\$12	180870-E
	F	9:30 - 10:30 am	8/4	\$15/\$17	180870-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. \*No class 7/3.

### Floor & Chair Yoga

Month	Day	Time	Register by	Fee	Activity #
July - Chair	TH	1:00 - 1:45 pm	N/A	Free	
July - Floor	TH	2:00 - 2:45 pm	N/A	Free	
Aug - Chair	TH	1:00 - 1:45 pm	N/A	Free	
Aug - Floor	TH	2:00 - 2:45 pm	N/A	Free	
Sept - Chair	TH	1:00 - 1:45 pm	N/A	Free	
Sept - Floor	TH	2:00 - 2:45 pm	N/A	Free	

Classes are being offered as "Drop In" with no registration required, however Senior Center membership is required to participate. 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 #
July	SA	10:15 - 11:15 am	Now	\$15/\$17	180852-B
August	SA	10:15 - 11:15 am	7/7	\$12/\$14	180852-D
Sept	SA	10:15 - 11:15 am	8/4	\$15/\$17	180852-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.

### Aqua Fitness

Month	Day	Time	Register by	Fee	Activity #
Jul-Sep	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.



**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.

### Tai Chi

Month	Day	Time	Register by	Fee	Activity #
July	TH	5:00 - 6:00 pm	N/A	FREE	
		6:00 - 7:00 pm	N/A	FREE	
August	TH	5:00 - 6:00 pm	N/A	FREE	
		6:00 - 7:00 pm	N/A	FREE	
Sept	TH	5:00 - 6:00 pm	N/A	FREE	
		6:00 - 7:00 pm	N/A	FREE	

Tai Chi is a great way to improve your balance and help prevent falls. 5pm class is Tai Chi for Arthritis. 6pm class is Tai Chi for Energy. Taught by a live instructor from the Area Agency on Aging of Broward County (AAABC). Maximum 24 students per class.

### REVIVE (Stretching)

Month	Day	Time	Register by	Fee	Activity #
July	TH	9:30 - 10:30 am	N/A	FREE	
August	TH	9:30 - 10:30 am	N/A	FREE	
Sept	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, 8:00 am to 7:00 pm through 8/20

Lap Pool Hours beginning 8/21, 10:00 am to 7:00 pm

Holiday Hours: Open 10:00 am to 3:00 pm on 7/4 & 9/4

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

Waterslide Hours through 8/20: Daily 10:00 am to 6:45 pm

Waterslide Hours beginning 8/21: Closed Monday - Thursday;  
Open Fridays 2:30 pm - 6:45pm; Weekends 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 Boulevard, (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 Avenue, (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 daily from 12:00-5:00 pm through August 20.  
Beginning August 21, they will be open weekends only from 12:00-5:00 pm.



## Private Swim Lessons

Age	Days	Dates	Time	Fee*	Register by	Activity #
18 mo+	M-TH	7/10-7/13	9:00 am	\$45/\$55	7/6	151201-A
18 mo+	M-TH	7/10-7/13	9:35 am	\$45/\$55	7/6	151201-B
18 mo+	M-TH	7/10-7/13	10:10 am	\$45/\$55	7/6	151201-C
18 mo+	M-TH	7/17-7/20	9:00 am	\$45/\$55	7/13	151201-D
18 mo+	M-TH	7/17-7/20	9:35 am	\$45/\$55	7/13	151201-E
18 mo+	M-TH	7/17-7/20	10:10 am	\$45/\$55	7/13	151201-F
18 mo+	M-TH	7/24-7/27	9:00 am	\$45/\$55	7/20	151201-G
18 mo+	M-TH	7/24-7/27	9:35 am	\$45/\$55	7/20	151201-H
18 mo+	M-TH	7/24-7/27	10:10 am	\$45/\$55	7/20	151201-I
18 mo+	M-TH	7/31-8/3	9:00 am	\$45/\$55	7/27	151201-J
18 mo+	M-TH	7/31-8/3	9:35 am	\$45/\$55	7/27	151201-K
18 mo+	M-TH	7/31-8/3	10:10 am	\$45/\$55	7/27	151201-L
18 mo+	M-TH	8/7-8/10	9:00 am	\$45/\$55	8/3	151201-M
18 mo+	M-TH	8/7-8/10	9:35 am	\$45/\$55	8/3	151201-N
18 mo+	M-TH	8/7-8/10	10:10 am	\$45/\$55	8/3	151201-O
18 mo+	M-TH	8/14-8/17	9:00 am	\$45/\$55	8/10	151201-P
18 mo+	M-TH	8/14-8/17	9:35 am	\$45/\$55	8/10	151201-Q
18 mo+	M-TH	8/14-8/17	10:10 am	\$45/\$55	8/10	151201-R
18 mo+	M-TH	8/28-8/31	3:00 pm	\$45/\$55	8/24	151201-S
18 mo+	TU-F	9/5-9/8	3:00 pm	\$45/\$55	8/31	151201-T
18 mo+	M-TH	9/11-9/14	3:00 pm	\$45/\$55	9/8	151201-U
18 mo+	M-TH	9/18-9/21	3:00 pm	\$45/\$55	9/14	151201-V

Private lessons consist of four 30-minute classes. Classes held at the Civic Center Family Pool. Registration 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.

### Learn to Swim FREE Lessons - Preschool 1 (Age 3)

Age	Days	Dates	Time	Fee*	Register by	Activity #
3	M/W	9/11 - 10/4	4:30 pm	\$0	9/7	151320-A
3	T/TH	9/12 - 10/5	4:30 pm	\$0	9/7	151320-B

### Learn to Swim FREE Lessons - Preschool 1 (Age 4-5)

Age	Days	Dates	Time	Fee*	Register by	Activity #
4-5	M/W	9/11 - 10/4	4:30 pm	\$0	9/7	151321-A
4-5	T/TH	9/12 - 10/5	4:30 pm	\$0	9/7	151321-B

### Learn to Swim FREE Lessons - Level 1

Age	Days	Dates	Time	Fee*	Register by	Activity #
6-13	M/W	9/11 - 10/4	5:05 pm	\$0	9/7	151341-A
6-13	M/W	9/11 - 10/4	5:05 pm	\$0	9/7	151341-B
6-13	T/TH	9/12 - 10/5	5:05 pm	\$0	9/7	151341-C
6-13	T/TH	9/12 - 10/5	5:05 pm	\$0	9/7	151341-D

### Learn to Swim FREE Lessons - Level 2

Age	Days	Dates	Time	Fee*	Register by	Activity #
6-13	M/W	9/11 - 10/4	5:40 pm	\$0	9/7	151342-A
6-13	M/W	9/11 - 10/4	5:40 pm	\$0	9/7	151342-B
6-13	T/TH	9/12 - 10/5	5:40 pm	\$0	9/7	151342-C
6-13	T/TH	9/12 - 10/5	5:40 pm	\$0	9/7	151342-D

### Stroke Fundamentals

Age	Days	Dates	Time	Fee*	Register by	Activity #
10+	M/W	9/11 - 10/4	6:15 pm	\$0	9/7	151345-A
10+	M/W	9/11 - 10/4	6:15 pm	\$0	9/7	151345-B
10+	T/TH	9/12 - 10/5	6:15 pm	\$0	9/7	151345-C
10+	T/TH	9/12 - 10/5	6:15 pm	\$0	9/7	151345-D

Learn to Swim Free group Swim Lessons- \*Sunrise Residents only: Registration begins August 22. Group lesson consists of up to eight free 30- minute classes at VILLAGE BEACH CLUB POOL, 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 the Sunrise Civic Center 10:00am-7:00pm. Do not mail or fax registrations. Copy of birth certificate & parent/guardian driver's license and current utility bill for proof of Sunrise residency required at registration.



### Group Swim Lessons - Preschool 1 (Age 3)

Age	Days	Dates	Time	Fee	Register by	Activity #
3	M-TH	8/7-8/17	10:00 am	\$42/\$50	8/3	151310-A
3	M-TH	8/7-8/17	4:05 pm	\$42/\$50	8/3	151310-B
3	M-TH	8/28-9/7	4:05 pm	\$42/\$50	8/17	151310-C
3	M-TH	9/11-9/21	4:05 pm	\$42/\$50	9/7	151310-D

### Group Swim Lessons - Preschool 1 (Age 4-5)

Age	Days	Dates	Time	Fee	Register by	Activity #
4-5	M-TH	8/7-8/17	4:05 pm	\$42/\$50	8/3	151311-A
4-5	M-TH	8/28-9/7	4:05 pm	\$42/\$50	8/17	151311-B
4-5	M-TH	9/11-9/21	4:05 pm	\$42/\$50	9/7	151311-C

### Group Swim Lessons - Level 1

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M-TH	8/7-8/17	4:40 pm	\$42/\$50	8/3	151331-A
6-13	M-TH	8/28-9/7	4:40 pm	\$42/\$50	8/17	151331-B
6-13	M-TH	9/11-9/21	4:40 pm	\$42/\$50	9/7	151331-C

### Group Swim Lessons - Level 2

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M-TH	8/7-8/17	5:15 pm	\$42/\$50	8/3	151332-A
6-13	M-TH	8/28-9/7	5:15 pm	\$42/\$50	8/17	151332-B
6-13	M-TH	9/11-9/21	5:15 pm	\$42/\$50	9/7	151332-C

### Group Swim Lessons - Stroke Fundamentals

Age	Days	Dates	Time	Fee	Register by	Activity #
10+	M-TH	8/7-8/17	5:50 pm	\$42/\$50	8/3	151346-A

The 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.



## “SUNRISE SWIMMING” SWIM TEAM

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, \$65/mo 3 practices/week, \$70/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	\$85/month
Silver	M - F	4:45 - 6:45 pm	\$90/month
Gold	M - F	4:45 - 6:45 pm	\$100/month
Champions/SR	M - F	4:45 - 7:00 pm	\$110/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 or use of the pool outside of class time.

### Parent & Tot Swim Lessons

Age	Days	Dates	Time	Fee*
10 mo - 3	TBA	TBA	TBA	\$55/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 on 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	\$55/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.

### Private Swim Lessons

Age	Days	Dates	Time	Fee*
15 mo+	TBD	TBD	TBD	\$35/25-minute lesson

Private lessons are offered year-round at the Civic Center Aquatics Center and include water safety and stroke lessons for children and adults. 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 TENNIS CLUB

9605 West Oakland Park Boulevard, (954) 572-2286

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 7/4 and 9/4.

### 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.

### Summer Camps

Activity	Age	Dates	Time	Fee
Jr. Summer Camp	4-11	M-F, through 8/18	8:00 - 11:00 am	\$45 daily, \$180/week
Recreational Summer Camp	11-17	M-F, through 8/18	9:00 - 11:00 am OR 6:00 - 8:00 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, (954) 572-2270

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.

### Golf Activities

Activity	Age	Day	Time
Private Lesson	5+	M-SU	8:00 am-5:00 pm
Package 5 ½ hr	5+	M-SU	8:00 am-5:00 pm

Lesson prices vary depending on instructor. For more information about golf activities, please call (954) 572-2270.

### Golf Membership Fees

Sunrise Residents		Non-Residents	
Single	\$325	Single	\$1000
Family	\$425	Family	\$1500
6-Month		Juniors	
Single	\$850	Juniors	\$0
Family	\$1250		

Annual membership benefits include significantly reduced daily play rates for members, complimentary access to the short game area, and complimentary pull carts. Prices do not include taxes. \*Junior memberships available to ages 15 and under.

### Golf Rates

(Summer 5/1/2023 - 10/31/2023)

18-Holes Riding	Member	Sunrise Resident	Non-Resident
Before 12:00 pm	\$14.49	\$22	\$38
After 2:00 pm	\$14.49	\$14	\$32

\*All juniors are free with a paying adult after 3:00 pm daily.



### UPCOMING EVENTS

#### July

- July 10-12 - Aerification
- July 17 - Junior Golf Association Tournament
- July 22 - Monthly Scramble

#### August

- August 4- Nine & Dine
- August 13 - Gold Coast Junior Golf Tournament
- August 19 - Monthly Scramble
- August 26 - Open House, 10 am to 2 pm

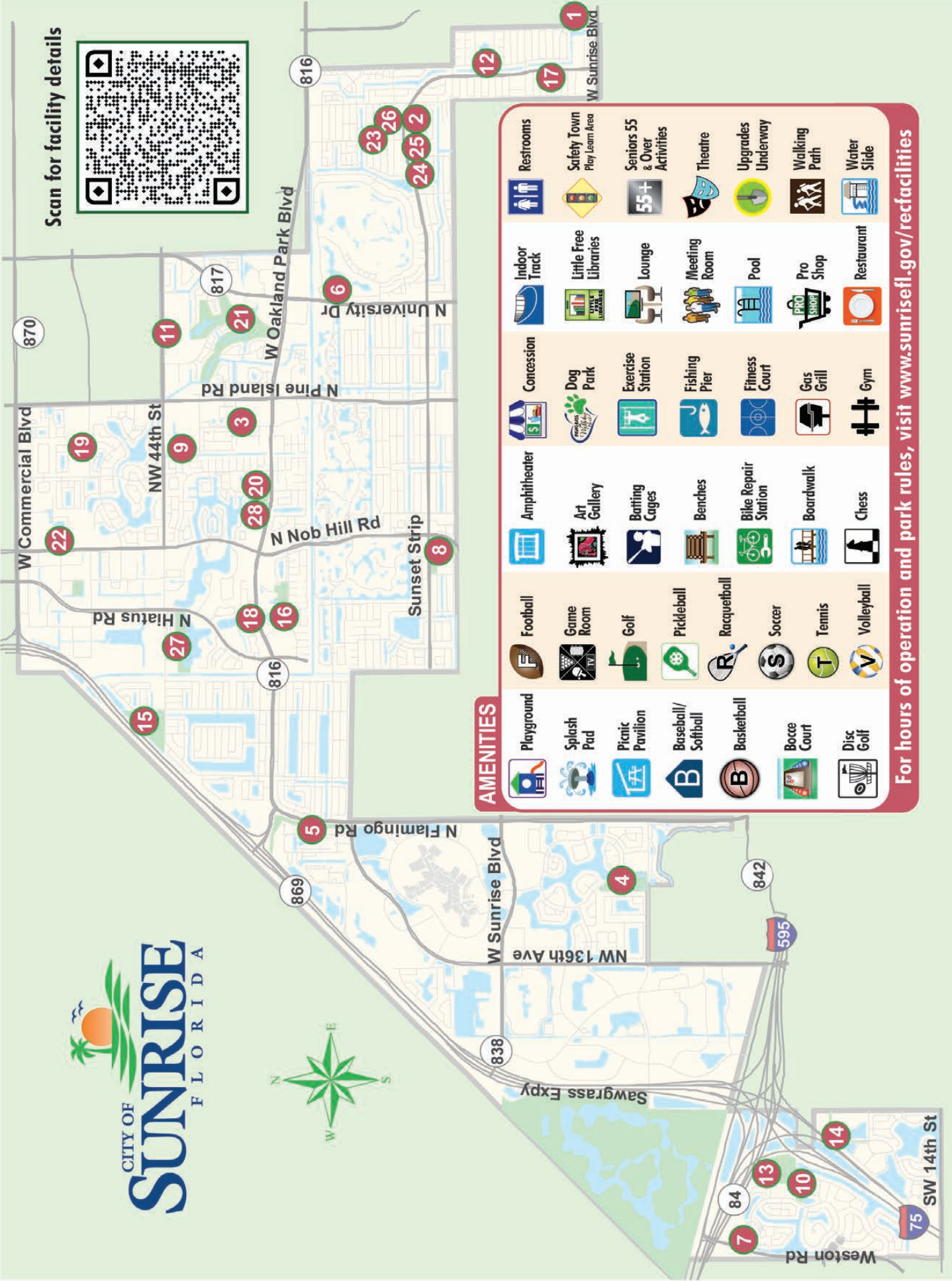
#### September

- September 16 - Monthly Scramble

# MAP OF LEISURE SERVICES AMENITIES



Scan for facility details



## AMENITIES

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

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





# 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. 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
- Oscar Wind Park
- Cypress Preserve Park
- Sawgrass Sanctuary
- Oak Hammock Park
- 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
- Village Civic Center
- New River Civic Center
- Welleby Park
- Nob Hill Soccer Club Park
- Sunrise Athletic Complex

## THEATRE AND AMPHITHEATER

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



## 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**, visit [www.sunrisefl.gov/rentals](http://www.sunrisefl.gov/rentals) or call (954) 747-4646.

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

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Residential Customer  
 Sunrise, Florida

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

**Tricker Trot**  
 Saturday **5K** and Kids' Dash  
 October 21, 2023

**Markham Park**  
 16001 W State Rd. 84 • Sunrise, FL 33326

**RACE STARTS AT 7:30 A.M.**  
**DASHES START AT 8:00 A.M.**

5K REGISTRATION	KIDS' DASH REGISTRATION
<b>\$15</b> Prior to October 1st	<b>\$10</b> Ages 10 and Under
<b>\$30</b> Starting October 1st	AGE DIVISIONS: 3 and under    6-7 years old 4-5 years old    8-10 years old

**SIGN UP NOW!**  
[www.sunrisefl.gov/5K](http://www.sunrisefl.gov/5K)

@cityofsunrise