HORIZONS

CITY OF SUNRISE EVENT & ACTIVITY GUIDE

OCTOBER | NOVEMBER | DECEMBER | 2023





FEATURES





STAY CONNECTED



www.sunrisefl.gov







Services facilities and amenities on page 34.

@cityofsunrise

Horizons is now color coded by section! As you flip through our updated layout, be sure to explore the map of Leisure

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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.

Fitness Classes

Social Services **Special Interest Clubs**

Senior Center Events & Activities

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

Online at 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

A MESSAGE FROM THE MAYOR

As the sun sets on another remarkable year in our beloved Sunrise, it is my pleasure and honor to reflect on the wonderful sense of community that has flourished in 2023. Together, we have shared many achievements and extraordinary moments which have strengthened the bonds amongst our residents and our community.

We completed the construction of our new **City Hall!** This new building brings together our departments to provide better customer service in one location. To be sure, while we work to expand our municipal campus parking, we will have some parking challenges; however, we will work together during this time of "growing pains." In the meantime, City Hall is open for business and we look forward to hosting a Grand Opening ceremony.

Looking back on other achievements in 2023, the grand re-opening of Oscar Wind Park brought joy and expanded outdoor fitness options to families across the city. The introduction of new bike lanes on Weston Road continues our commitment to safe mobility and supporting green transportation throughout Sunrise. Our hometown heroes, the Florida Panthers, gave us countless reasons to cheer. From hosting the 2023 NHL All-Star Weekend at FLA Live Arena to partnering with us on the first-ever City of Sunrise

Don't miss our City Hall Grand Opening event—coming soon!

Visit sunrisefl.gov for updates!



Hockey Festival at Flamingo Park, to becoming NHL 2023 Eastern Conference Champions and fighting hard during the Stanley Cup Finals, the Florida Panthers continued to unite our community in the love of hockey and athletic excellence. We can't wait to see what this new season will bring.

Looking ahead, we anticipate even more remarkable developments, including the creation of a new intermodal transfer station that will add much-needed parking to our municipal campus and the expansion of the Sunrise Civic Center Outdoor Amphitheater, enhancing our ability to host memorable cultural and artistic experiences.

Please mark your calendars for the return of several beloved annual events that will bring us together as a community! The Tunes 'N Trucks free outdoor concert series will go on the road this year to parks throughout Sunrise beginning on October 6th at City Park in honor of Hispanic Heritage Month. You have even more to look forward to with the Trick or Trot 5K and Kids' Dash on October 21st at Markham Park, Boo Bash on October 28th at City Park, Cultural Festival on November 4th at City Park, a Holiday Tree Lighting on December 1st on the municipal campus, and then the Sunrise Arts & Crafts Festival featuring Winter Wonderland on December 9th at Welleby Park. We can't wait to close out the year with events that provide endless fun and opportunities to celebrate Sunrise's unity.

As a Compassionate City, our commitment to caring for one another shines brightest during the winter season. I am overjoyed to share that we will once again assemble seasonal baskets for families in need, ensuring that the spirit of generosity and compassion thrives in our Sunrise community. Our Compassion Center will continue what we do each day of the year to be a resource for our residents.

In closing, on behalf of the entire City Commission, I extend warm wishes for a joyful, loving and peaceful holiday season. Let us carry the spirit of togetherness, compassion and empathy that has defined this year into the days ahead, knowing that our Sunrise family will continue to grow stronger, brighter, and more vibrant.

Michael J. Ryan, Mayor









Plowers and plants have long played a special role in holidays and celebrations. Plus, they make wonderful gifts! Popular holiday plants such as poinsettias, Christmas cactus and rosemary bring a bit of nature indoors—and some can be replanted in South Florida landscapes.

The poinsettia (*Euphorbia pulcherrima*) has tropical origins: it's native to Mexico, and was traditionally used by the Aztecs in their fall celebrations. It was introduced to the U.S. by our nation's first Ambassador to Mexico, Joel Poinsett.

The colorful and showy "flower" is actually a cluster of modified leaves called bracts. (The true flowers are small and clustered in the centers of the bracts.) Contrary to popular belief, poinsettias are not poisonous; however, some people are allergic to the sap, and it may make pets sick if they ingest it. Poinsettias can be grown in outdoor gardens after the holidays—and can live to bloom through many seasons with proper care.

The chance of frost is pretty low in South Florida, but it can happen! Wait until any risk of freezing temperatures has passed before you transplant your poinsettia to its new home outside. You can either plant it in the ground or grow it in a pot. Poinsettias can grow quite large—up to 10 feet tall—so find a spot in your yard with lots of space for your poinsettia to mature. The area you choose should get plenty of direct sunlight and have moist, well-draining soil. Keep in mind that exposure to artificial light (street lights, porch lights, etc.) at night

can actually delay or even prevent your poinsettia from flowering. You'll need to pinch back your poinsettia several times during the summer. This helps create a full plant with lots of color.

This holiday season, also consider adding colorful native or Florida-friendly plants to your yard. As an added bonus, these plants will help to attract and support wildlife like birds and butterflies.

And a dash of red, white, green or blue by planting:

- Firebush (Hamelia patens). Native (look for red flowers, not yellow/ orange), wildlife-friendly, blooms all year.
- Coral Honeysuckle Vine (Lonicera sempervirens). Native, wildlife-friendly, works great on a trellis, blooms from spring to fall
- **Tropical Sage** (*Salvia coccinea*). Native, wildlife-friendly, can bloom at any time of year.
- **Sweet Almond** (*Aloysia virgate*). Florida-friendly, wildlife-friendly, blooms with fragrant white flowers from spring through fall.
- **Fiddlewood** (*Citharexylum spinosum*). Native, wildlife-friendly, blooms with fragrant white flowers throughout the year.
- **Blue Plumbago** (*Plumbago auriculate*). Florida-friendly, wild-life-friendly, blooms all year.

Learn more by subscribing to our *Sunrise Good and Green* Newsletter—delivered monthly via email!

'Tis the Season to Shop Sunrise!

Shop Sunrise is a home-grown incentive program that provides great deals to local customers—and supports businesses in our area. It's easy to find participating businesses! Visit www.sunrisefl.gov/shopsunrise for a complete list, available in an interactive map view and displayed by category:

- Food and Dining Deals
- Health and Wellness Deals
- Home and Local Services Deals
- Professional Services Deals
- Retail Shopping Deals

Discounts vary by business, but they're always easy to access: Simply mention "Shop Sunrise"

when you're making your purchase and your special offer will be applied!

As part of our ongoing efforts to support and uplift local businesses, we recently introduced a **Shop Sunrise Gift Card Program**. Customers can take advantage of a fantastic offer: Spend \$100 at any two Shop Sunrise businesses and receive a \$50 gift card to redeem at the Shop Sunrise business of your choice!

Whether you're a shopper or a Sunrise business owner, you won't want to miss out on this amazing incentive program! Visit www.sunrisefl.gov/shopsunrise for details.



SUNRISE YOUTH SPORTS Fun AND Affordable!

The City of Sunrise offers youth recreation athletic programs throughout the year. They're designed for children who want to participate in an activity in a non-competitive environment. There's no travel commitment, and the emphasis is on FUN!

In addition to boosting fitness and cultivating teamwork and good sportsmanship, these programs are a great value. Uniform pieces are included in the registration cost—and we offer several discounts and incentives.



DISCOUNTS FOR VOLUNTEER COACHES

The start of each new sports season brings with it the need for volunteer coaches. We support our coaches with instructional materials, and **head coaches receive a 50% discount on their child's registration**. To qualify, be sure to volunteer when your child enrolls!

\$50 GIFT CARD INCENTIVE

Our Youth Athletics Incentive Program makes available one **\$50.00 Dick's Sporting Goods gift card** per eligible child who participates in a City of Sunrise youth recreation athletics program. (If you have multiple children who play, they may each receive a gift card.)

The Program, launched in 2022, is funded with federal dollars from the American Rescue Plan Act (ARPA) in an effort to expand and enhance participation in the City of Sunrise youth athletics program, to support public health and economic response, and to assist Sunrise residents who experienced a hardship due to the COVID-19 pandemic.

Only a Sunrise-resident parent/guardian of a participant in the following programs is eligible to apply:

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

It's easy to establish eligibility for this program! Visit www.sunrisefl.gov/athlete50 or call our Leisure Services Department at (954) 747-4600.

See page 19 for information about our upcoming season of Youth Recreation Baseball and Softball!

THIS SEASON

IN SUNRISE

OCTOBER

- 6 Tunes 'N Trucks Concert Salsa City Park, 6:00 pm
- 6 Opening Reception: "Culture & Nature Matters" Civic Center Art Gallery, 6:00 pm
- 14 Sunrise Jazz in the Park
 City Park, 11:00 am to 4:00 pm
- 20 "Lyrical Lounge" Teen Workshop & Open Mic Civic Center Art Gallery, 6:00 pm
- 21 Trick or Trot 5K and Kids' Dash Markham Park, 7:30 am
- 21 "Rent: School Edition" Civic Center Theatre, 2:00 pm and 7:00 pm
- "Rent: School Edition"
 Civic Center Theatre, 2:00 pm
- 28 Boo Bash Sunrise Residents Only City Park, 3:00 pm to 6:00 pm

NOVEMBER

- 4 Cultural Festival
 City Park, 5:00 pm to 9:00 pm
- 4 "Spring Awakening" Civic Center Theatre, 7:00 pm
- 5 "Spring Awakening"
 Civic Center Theatre, 1:00 pm and 6:30 pm
- Blues Brothers Tribute
 Civic Center Theatre, 7:00 pm
- 11 Veterans Day Ceremony
 Civic Center Theatre, 10:30 am
- 17 Tunes 'N Trucks Concert Classic Rock Sunrise Sportsplex, 6:00 pm
- 17 "Lyrical Lounge" Teen Workshop & Open Mic Civic Center Theatre, 6:00 pm
- 17 Opening Reception: "Art on Fire Just Add Water" Civic Center Art Gallery, 6:00 pm

DECEMBER

- Holiday Tree Lighting Civic Center Campus, 6:00 pm to 8:00 pm
- 8 "The Nutcracker" Ballet Civic Center Theatre, 7:00 pm
- 9 Sunrise Arts & Crafts Festival / Winter Wonderland Welleby Park, 10:00 am to 4:00 pm
- "The Nutcracker" Ballet Civic Center Theatre, 2:00 pm and 7:00 pm
- 10 "The Nutcracker" Ballet
 Civic Center Theatre, 4:00 pm
- 16 "Disney's The Little Mermaid JR." Civic Center Theatre, 2:00 pm & 6:00 pm
- 17 "Disney's The Little Mermaid JR." Civic Center Theatre, 2:00 pm
- 19 "Christmas with the Ricardos" Civic Center Theatre, 7:00 pm
- 22 "Lyrical Lounge" Teen Workshop & Open Mic Civic Center Art Gallery, 6:00 pm
- 22 "The Grinch" Movie and Meet & Greet Civic Center Theatre, 6:30 pm

MAYORS' CHESS CHALLENGE SERIES

FREE admission!

Join mayors from across South Florida as they host a new season of gatherings in support of chess in our communities. Participants will receive a Mayors' Chess Challenge Passport that can be stamped at each event they attend during the 2023-2024 school year. New to the game? Instructors from the Sunrise Center for Excellence in Chess will be on hand to help! Visit sunrisefl.gov/chess for details and a complete schedule of host cities and dates.

TUNES 'N TRUCKS CONCERT SERIES

Sponsored by Memorial Healthcare

Memorial Healthcare System

October 6 – Hispanic Heritage Month Celebration La Muñeca de la Salsa

City Park, 6600 Sunset Strip

November 17

Mr. Nice Guy (classic rock)

Sunrise Sportsplex, 9101 NW 50th Street

January 19

The Rock Show ('60s, '70s, and '80s)

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

FREE admission!

Our seasonal outdoor concert series is traveling to a Sunrise park near you! Enjoy a fantastic lineup of tribute and cover bands, as well as tasty food-truck treats. The trucks start serving at 6:00 pm, and the live music begins at 7:00 pm. Bring your lawn chair or blanket and join us on the Friday nights listed above. For a list of dates and locations through June 2024, visit sunrisefl.gov/tunes!

TRICK OR TROT 5K AND KIDS' DASH

Sponsored by Baptist Health, Ed Morse Cadillac and Memorial Healthcare System

Saturday, October 21

5K start: 7:30 am; Kids' Dash start: 8:00 am

Markham Park, 16001 West State Road 84,

Sunrise 33326

5K registration: \$15 (before 10/1),

\$30 (beginning 10/1)

Kids' Dash registration: \$10 (ages 10 and under in the following divisions:

Baptist Health

ED MORSE

Memorial

3 and under, 4-5 years, 6-7 years, and 8-10 years)

Runners and walkers of all ages, skill levels and abilities are welcome to participate in our Halloween-themed race! Family-appropriate costumes are encouraged—and Best Costume winners will be recognized at the end of the event! Participants will receive a T-shirt and a commemorative medal. Best of all, proceeds will benefit the Paralyzed Veterans of America (Florida Chapter). For additional information and to register, visit sunrisefl.gov/5K.



Saturday, October 28, from 3:00 pm to 6:00 pm

City Park, 6600 Sunset Strip

FREE admission!

This event is OPEN ONLY TO SUNRISE RESIDENTS. Proof of residency is required, and children 12 and under must be accompanied by an adult. Celebrate safely at our family-friendly outdoor Halloween party! We will have themed trick-or-treat stations throughout the park, as well as a DJ, games, activities, photo ops and food vendors. Dress up to take part in our costume contest and bring an empty bag for candy!









NEW EVENT! SUNRISE JAZZ IN THE PARK

Saturday, October 14, from 11:00 am to 4:00 pm

City Park, 6600 Sunset Strip

Free admission!

Join us at City Park for a sophisticated afternoon of live music! Food will be available for purchase. Admission is free. Children 17 and under must be accompanied by an adult. Visit sunrisefl.gov/jazz for details.

CULTURAL FESTIVAL

Saturday, November 4, from 5:00 pm to 9:00 pm

City Park, 6600 Sunset Strip

FREE admission!

This free, family-friendly festival is a celebration of community and diversity. Enjoy children's activities, multi-ethnic foods, unique retail items, and live entertainment—including music and dance.

VETERANS DAY CEREMONY

Saturday, November 11, 10:30 am

Sunrise Civic Center Theatre, 10610 W. Oakland Park Blvd.

Take part in the City's annual celebration in honor of all Veterans. This event will feature a three-round volley, distinguished speakers, the presentation of colors, and more.

HOLIDAY TREE LIGHTING

Friday, December 1, from 6:00 pm to 8:00 pm

Sunrise Civic Center Campus, 10610 West Oakland Park Boulevard FREE admission!

Get into the holiday spirit with live music and colorful decorations as we light our seasonal display. This event provides a great backdrop for family photos!

GRINCHMAS FAMILY DANCE

Friday, December 8, from 7:00 pm to 8:30 pm

Sunrise Civic Center, 10610 West Oakland Park Boulevard

Tickets: \$5/person

Activity #220900A

Children ages 1-10 and their parents/caregivers are invited to Whoville for an evening of fun! Enjoy games, food, dancing, and more. Space is limited. Pre-registration is required.

SUNRISE ARTS & CRAFTS FESTIVAL, FEATURING WINTER WONDERLAND

Saturday, December 9, from 10:00 am to 4:00 pm (See Santa from 10:00 am to 1:00 pm)

Welleby Park, 11100 NW 44th Street

Admission: FREE for Festival; \$5 for kids 12 and under participating in Winter Wonderland

Shop for handmade arts and crafts, unique retail items, plants, and delicious foods! Kids 12 and under can experience snow and enjoy holiday activities in our Winter Wonderland. (All children must be accompanied by an adult.) Bring the entire family!

DRIVE-IN MOVIE

The Super Mario Bros. Movie

Friday, January 5

Gates open at 5:30 pm; Movie starts at 6:30

Markham Park, 16001 West State Road 84, Sunrise 33326

FREE admission!

Enjoy this animated film (rated PG) from the comfort of your car, or bring a lawn chair and grab a spot up front. Audio will be broadcast via radio frequency, and food vendors will be on site.









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. Closed Sunday-Monday. FREE admission!

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, 27, at 5:00 pm Pre-registration is required.

Galal Ramadan is a self-taught, award-winning master colored-pencil artist who participates in national and internationals 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 free colored-pencil technique demonstrations beginning at 5:00 pm. Pre-registration is required for each session. Contact Sean Todd at stodd@sunrisefl.gov for details.

ART ON FIRE - JUST ADD WATER

Works by the Gold Coast Watercolor Society - A Watermedia Group

On Exhibit: November 17 through January 6

Opening Reception: Friday, November 17, at 6:00 pm

The Gold Coast Watercolor Society (GCWS) is a group of watermedia artists who utilize traditional watercolor techniques as well as those a bit more abstract and edgy. Their membership consists of professional, award-winning and internationally-recognized artists, as well as local and new artists.







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

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.

RENT: SCHOOL EDITION Presented by Broadway Kids Studio

Saturday, October 21, at 2:00 pm and 7:00 pm

Sunday, October 22, at 2:00 pm

Reserved seating: \$25

Set in the East Village of New York City, Rent: School Edition is about falling in love, finding your voice and living for today. Winner of the Tony Award for Best Musical and the Pulitzer Prize for Drama, Rent has become a pop cultural phenomenon with songs that rock and a story that resonates with audiences of all ages.

SPRING AWAKENING Presented by Inside Out Theatre

Saturday, November 4, at 7:00 pm

Sunday, November 5, at 1:00 pm and 6:30 pm

Reserved seating: \$20

Content advisory: This show is appropriate for mature audiences only. The winner of eight Tony Awards, including Best Musical, 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 that is exhilarating audiences across the nation like no other musical in years.

BLUES BROTHERS TRIBUTE BAND

Thursday, November 9, at 7:00 pm

Reserved seating: \$20

One of the hottest tribute acts this side of the Mississippi, The Blues Brothers Soul Band is a high-energy powerhouse that generates excitement everywhere they perform. This band will remind you why Aretha demanded R-E-S-P-E-C-T, why Tina left her good job in the city, why Ray has Georgia on his mind, what the Temptations are talking about, and why James feels good!

THE NUTCRACKER BALLET

Friday, December 8, at 7:00 pm

Saturday, December 9, at 2:00 pm and 7:00 pm

Sunday, December 10, at 4:00 pm

Reserved seating: \$35

This holiday favorite, performed by the Fort Lauderdale Youth Ballet, features spectacular dancing, beautiful costumes, and the timeless music of Tchaikovsky. Bring your whole family to enjoy the story of young Clara, her Nutcracker Prince, and their enchanted travels.

DISNEY'S THE LITTLE MERMAID JR. Presented by Broadway Kids Studio

Saturday, December 16, at 2:00 pm and 6:00 pm

Sunday, December 17, at 2:00 pm

Reserved seating: \$25

Journey "Under the Sea" with Ariel and her aquatic friends in Disney's The Little Mermaid JR., adapted from Disney's Broadway production and the motion picture (featuring the enormously popular Academy Award-winning music and delightfully charming book and lyrics). Based on one of Hans Christian Andersen's most beloved stories, Disney's The Little Mermaid JR. is an enchanting look at the sacrifices we all make for love and acceptance.

CHRISTMAS WITH THE RICARDOS

Tuesday, December 19, at 7:00 pm

Reserved seating: \$20

Lucy and Ricky pack their bags and vacation in Florida to get away from the cold weather. See the mischief and shenanigans that ensue in this delightful one-of-a-kind show, performed by the most authentic Lucy impersonator in the world. This comedy musical will have you laughing and singing along to your favorite Christmas songs and comedy skits from the I Love Lucy show.

THE GRINCH: FAMILY MOVIE AND MEET & GREET

Friday, December 22, at 6:30 pm

General admission: \$7

The Grinch [2018] tells the story of a cynical grump who goes on a mission to steal Christmas, only to have his heart changed by a young girl's generous holiday spirit. Funny, heartwarming, and visually stunning, it's a universal story about the spirit of Christmas and the indomitable power of optimism. Enjoy a very special meet & greet with The Grinch and Santa after the movie!

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, October 20	Voices of the '20s & '30s	Art Gallery
Friday, November 17	Voices of the '50s	Theatre
Friday, December 22	Voices of the '80s	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 for details.











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 subject to change

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!



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 subject to change

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).



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 subject to change

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

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

Call Dana Wade at (954) 609-4345 or email SunriseSuns1@gmail.com for information. No practice 10/31, 11/21, 11/23, 12/26, 12/28, 1/2, & 1/4.

TOPSOCCER

Ages 3+

Nob Hill Soccer Park, 10200 Sunset Strip

FREE!

US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl who has a mental or physical disability, enabling thousands of young athletes with disabilities to become valued and successful members of the US Youth Soccer family. TOPSoccer creates a fun, adaptive environment for players 3 years old and up. Programs are geared toward player development rather than competition. Athletes learn skills and have fun! For more information, contact Michael Barbare at (954) 609-1263.

CHALLENGER BASEBALL

March thru May; Registration Deadline 1/5/24 Sunrise Athletic Complex, 11501 N.W 44th Street FREE!

Activity #330201-I

This is an adaptive baseball program for all special needs children. Game rules are modified according to the needs of the player, whether it means a teenage buddy pushing a wheelchair around the bases, or a coach helping the child bat and field. This program allows these children the opportunity to play baseball and participate on a team. Challenger Baseball provides them the opportunity to participate in sports, learn good sportsmanship skills, socialize and develop friends, and greatly improve self-esteem. Everyone is a winner and share in each other's accomplishments.

WHOLE VIBES INTER-ABILITY MUSIC ENRICHMENT

Ages 5-11

Resident/Non-Resident Fee: \$360/\$430 or Daily: \$25/\$30 Sunrise Athletic Complex, 11501 NW 44th Street

Mondays, 3:30 pm - 4:30 pm, 11/6 - 12/11, Activity #270705-A Daily. Activity #270705-B-Z

Mondays, 3:30 pm - 4:30 pm, 12/18 - 1/22 Activity #370705-A Daily, Activity #370705-B-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

Youth Nights

Location: Village Multipurpose Center, 2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13-17	10/6, 10/20	F	5:00 - 7:00 pm	FREE	270703-A-B
	11/3, 11/17				270703-C-D
	12/1, 12/15				270703-E-F

Kick off your weekends with your crew! Youth Nights will take place on the 1st & 3rd Friday of each month. A variety of activities will be available ranging from game night, sporting challenges, team building and much more! Call (954) 747-4601 for information.

Storytime

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	10/21	SA	11:00 am- 12:00 pm	FREE	270702-A
	11/18				270702-В
	12/16				270702-C

Young readers are invited to enjoy a story, activity, and snack on the City Park stage. October: "Cedric's Tail" by Amani Uduman; November: "Gratitude is My Superpower" by Alicia Ortego; December: "The Moose Who Loved Noodles" by Rachel Dutton. Lawn chairs and blankets are recommended. Call (954) 747-4601 to sign up. This event is held rain or shine!

Sidewalk Chalk Art

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
4-8	10/21	SA	12:00 - 1:00 pm	FREE	N/A
	11/18				N/A
	12/16				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	10/15	SU	6:00 pm	FREE	N/A
	11/19				N/A
	12/17				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	10/6	F	6:15 - 8:30 pm	FREE	Harry Potter and the Sorcerer's Stone	N/A
	10/27				Hocus Pocus	N/A
	11/3				Soul	N/A
	11/24				Ratatouille	N/A
	12/1				Polar Express	N/A
	12/29				Super Mario Brothers	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	270713

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 Chamber of Secrets"

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee*	Activity #
8-13	10/8, 10/22 11/5, 11/19 12/3, 12/17 1/7	SU	10:00 - 11:00 am	FREE	270714

Calling all Harry Potter reading enthusiasts...We are looking for youth ages 8-13 who would like to read and discuss together this fascinating book. Please bring your own copy of the book.

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.

Kids in The Kitchen

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
8 - 10	10/2 - 12/18*	М	5:00 - 6:00 pm	\$66	220750-A
11 - 15	10/2 - 12/18*	М	6:30 - 7:30 pm	\$66	220750-B

Participants will gain basic cooking skills and knowledge while preparing various foods. Skills will include reading recipes, wet and dry measuring, food safety, and basic knife skills. We will consume our creations at the end of each class. Participants must be registered before sessions begins. Deadline for registration 9/28. A minimum of three students are required to run this class.*No class 11/20. Theme: Italian cuisine.

DAYS OFF / HOLIDAY

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	10/24	TU	7:30 am - 6:00 pm	\$30/\$40*	220403-A
	11/7			•	220403-B

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.

Fall Mini Camp

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

Age	Date	Day	Time	Fee	Activity #
5-15	11/20- 11/22	M-W	7:30 am - 6:00 pm	\$90/\$120*	220404-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.

Winter Mini Camps

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

Age	Date	Day	Time	Fee	Activity #
5-15	12/26- 12/29	TU-F	7:30 am - 6:00 pm	\$120/\$160*	220404-B
	1/2-1/5				220404-C

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. Register for Week 1 by 12/20. Register for Week 2 by 12/27.

Ho! Ho! Hotline

Holiday magic begins with a call from Santa! Parents: visit www.sunrisefl.gov/santacalls, complete our Ho! Ho! Hotline request form, and Santa will reach out to your child all the way from the North Pole. Calls will be made between 5:00 p.m. and 8:00 p.m. on December 4-7, and 11-14. (Sorry, we cannot guarantee a time or a date.) Only Sunrise residents age 10 or younger are eligible to receive calls. There's no cost to participate; however, Santa needs the information by December 1. For more information, call the City of Sunrise Leisure Services Department at (954) 747-4600.

FITNESS FUN / KARATE

Kids Fitness - Mini Gladiators

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
8 - 13	10/3 - 10/26	TU/TH	4:00 - 4:45 pm	\$96	220701-A
	11/2 - 11/30*		4:00 - 4:45 pm	\$84	220701-B
	12/5 - 12/21		4:00 - 4:45 pm	\$72	220701-C

This program will provide a fun and engaging way for youth aged 8-13 to improve their fitness, coordination, and agility. 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 11/21 and 11/23.

Beginner Karate

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

Age	Date	Day	Time	Fee*	Activity#
5+	10/2 - 10/25	M/W	5:00 - 6:00 pm	\$80	220740-A
5+	10/30 - 11/22	M/W	5:00 - 6:00 pm	\$80	220740-В
5+	11/27 - 12/20	M/W	5:00 - 6:00 pm	\$80	220740-C

Intermediate Karate**

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

Age	Date	Day	Time	Fee*	Activity#
5+	10/2 - 10/25	M/W	6:00 - 7:00 pm	\$80	220741-A
5+	10/30 - 11/22	M/W	6:00 - 7:00 pm	\$80	220741-B
5+	11/27 - 12/20	M/W	6:00 - 7:00 pm	\$80	220741-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.



CLASSES

GYMNASTICS

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

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Age	Date	Day	Time	Fee	Activity #
3-4	10/14 - 10/28	SA	10:00 - 10:45 am	\$40.50	220760-A
	11/4 - 12/9*			\$67.50	220760-B

Gymnastics Basics

Age	Date	Day	Time	Fee	Activity #
4-6	10/5 - 10/26	TH	5:15 - 6:00 pm	\$54	220765-A
	11/2 - 11/30*		5:15 - 6:00 pm	\$54	220765-B
	12/7 - 12/21		5:15 - 6:00 pm	\$40.50	220765-C
6 - 11	10/5 - 10/26	TH	6:05 - 6:50 pm	\$54	220766-A
	11/2 - 11/30*		6:05 - 6:50 pm	\$54	220766-B
	12/7 - 12/21		6:05 - 6:50 pm	\$40.50	220766-C
5 - 11	10/13 - 12/8*	F	6:30 - 7:30 pm	\$94.50	220763-A
5 - 11	10/14 - 10/28	SA	10:50 - 11:35 am	\$40.50	220761-A
	11/4 - 12/9*		10:50 - 11:35 am	\$67.50	220761-B

Gymnastics Level 1

Age	Date	Day	Time	Fee	Activity #
5 - 11	10/5 - 10/26	TH	6:55 - 7:40 pm	\$54	220767-A
	11/2 - 11/30*		6:55 - 7:40 pm	\$54	220767-B
	12/7 - 12/21		6:55 - 7:40 pm	\$40.50	220767-C
5 - 11	10/14 - 10/28	SA	11:40 am - 12:25 pm	\$40.50	220762-A
	11/4 - 12/9*		11:40 am - 12:25 pm	\$67.50	220762-B

For details, visit 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. Level 1 students must have experience in order to enroll in class. *No class 11/10, 11/23, 11/24 and 11/25.



Just You & Me

Location: Sunrise Civic Center.

10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
3 - 5	10/3 -11/16*	TU & TH	9:00 - 10:30 am	\$72	220915-A
	11/28 - 12/21*			\$48	220915-B

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 9/1. *No class 10/24 and 11/7.

Fantastic Toddler Fun

Location: Sunrise Civic Center,

10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18 mo - 2	10/4 - 12/20*	W	9:00 - 10:30 am	\$66	220917-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. *No class 11/22.

Kidnastics

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
3 - 5	10/25, 11/29, 12/13	W	10:30 - 11:30 am	\$54	220769-A

Boys and girls will love our creative action songs. Fun props will be introduced for coordination and gross motor skills. Tumbling tops off the class while building coordination and rhythm. Attire: comfortable clothes and sneakers. Three-class session. Minimum of 4 students required to run the class.

Creative Movement

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
4 - 5	10/3 - 10/24	TU	5:15 - 6:00 pm	\$54	220768-A
	11/7 - 11/28		5:15 - 6:00 pm	\$54	220768-B
	12/5 - 12/19	*************	5:15 - 6:00 pm	\$40.50	220768-C

A beginner class to introduce kids to basic movement, gross motor, loco motor and following directions. Boys and girls will love our creative action songs and fun props for variety. Minimum of 4 students required to run the class.

Cheerleading & Cartwheel

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
5 - 10	10/3 - 10/24	TU	6:00 - 6:45 pm	\$54	220759-A
	11/7 - 11/28		6:00 - 6:45 pm	\$54	220759-B
	12/5 - 12/19		6:00 - 6:45 pm	\$40.50	220759-C

Learn cheerleading techniques including small partner stunts, cheers, pom routines, and acro-tricks such as cartwheels will be taught. Attire: comfortable clothes and sneakers. Minimum of 4 students required to run the class.

VISUAL & PERFORMING ARTS

DANCE FX DANCE CLASSES

Location: Sunrise Civic Center,

10610 West Oakland Park Boulevard

Baby	Ballerinas				
Age	Date	Day	Time	Fee	Activity #
3 - 5	10/2 - 10/30	М	4:00 - 4:45 pm	\$60	220777-A
	11/6 - 12/18*			\$72	220777-B
Hip H	ор				
Age	Date	Day	Time	Fee	Activity #
4-6	10/14 - 12/2	SA	10:45 - 11:30 am	\$72	220785-A
6 - 10	10/4 - 10/25	W	4:45 - 5:30 pm	\$48	220775-A
	11/1 - 12/20*			\$84	220775-B
4 - 5	10/4 - 10/25	W	4:00 - 4:45 pm	\$48	220797-A
	11/1 - 12/20*			\$84	220797-B
Jazz a	nd Ballet				
Age	Date	Day	Time	Fee	Activity #
6 - 10	10/10 - 10/30	М	4:45 - 5:30 pm	\$60	220796-A
	11/6 - 12/18*			\$72	220796-B
Tap a	nd Ballet				
Age	Date	Day	Time	Fee	Activity #
4-6	10/14 - 12/2	SA	10:00 - 10:45 am	\$72	220784-A

Participants must be registered before session begins. A minimum of three students is required to run the class. No class 11/11, 11/20, 11/22 and 11/25, 12/9 and 12/23.

Musical Theatre Dance and Drama

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
6 - 10	10/3 - 10/24	TU	6:45 - 7:30 pm	\$54	220771-A
	11/7 - 11/28			\$54	220771-B
	12/5 - 12/19			7	220771-C
	11/7 - 11/28 12/5 - 12/19		c. is 7.eepiii	\$54 \$40.50	220771-

If you love to act, sing, and dance... this class is for you! Students will learn dances and practice rhythm and timing to build on coordination of their bodies. Musical theatre routines will be introduced from popular movies along with theatre terminology and small scripts. Attire: comfortable clothes and sneakers. Minimum of 4 students required to run the class.



Let's Create Art

Location: Sunrise Civic Center,

10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10-15	10/4 - 10/25	W	5:30 - 7:00 pm	\$60	220711-A
	11/1 - 11/29*			\$60	220711-B
	12/6 - 12/20			\$45	220711-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 11/22.

Anime and Manga

Location: Sunrise Civic Center,

10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
10+	10/5 - 10/26	TH	6:15 - 7:15 pm	\$48	220818-A
	11/2 - 11/30*			\$48	220818-B
	12/7 - 12/21			\$36	220818-C
	10/5 - 10/26	TH	7:30 - 8:30 pm	\$48	220819-A
	11/2 - 11/30*			\$48	220819-B
	12/7 - 12/21			\$36	220819-C
	10/13 - 10/27	F	6:15 - 7:15 pm	\$36	220718-A
	11/3 - 12/22*			\$60	220718-B
	10/13 - 10/27	F	7:30 - 8:30 pm	\$36	220719-A
	11/3 - 12/22*			\$60	220719-B

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 11/10, 11/23, 11/24 and 12/15.

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+	10/19 - 2/22	TH	6:00 - 9:00 pm	\$450	210601-A
	11/12 - 2/25	SU	3:00 - 6:00 pm		

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 19 as well as Sunday afternoons beginning November 12. 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 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

Age	Date	Day	Time	Fee	Activity #
9-17	10/2-12/20	Any	Any	\$20	270676-G-Z
	10/2-10/25	M&W	5:30 - 7:00 pm	\$140	270676-A
	10/30-11/22	M&W	5:30 - 7:00 pm	\$140	270676-B
	11/27-12/20	M&W	5:30 - 7:00 pm	\$140	270676-C

Intermediate Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	10/2-12/20	Any	Any	\$20	270676-G-Z
	10/2-10/25	M&W	7:00 - 8:30 pm	\$140	270676-D
	10/30-11/22	M&W	7:00 - 8:30 pm	\$140	270676-Е
	11/27-12/20	M&W	7:00 - 8:30 pm	\$140	270676-F

Advanced Volleyball Clinics

Age	Date	Day	Time	Fee	Activity #
9-17	10/6-12/29	Any	Any	\$20	270677-D-Z
	10/6-10/27	F	6:00 - 8:00 pm	\$95	270677-A
	11/3-12/1*	F	6:00 - 8:00 pm	\$71.25	270677-В
	12/8-12/29	F	6:00 - 8:00 pm	\$95	270677-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. *There will be no class on 11/10 and 11/24.





TNT SUNRISE FASTPITCH SOFTBALL

Fee: \$60/Resident; \$75/Non-Resident

Registration Deadline: Thursday, January 4

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Division	Tryout Date/Time	Field	Activity#
8 & under	January 6 & 7, 9:00 am	3	330203-A
10 & under	January 6 & 7, 9:00 am	2	330203-B
12 & under	January 6 & 7, 11:00 am	3	330203-C
14 & under	January 6 & 7, 11:00 am	2	330203-D
16 & under	January 6 & 7, 1:00 pm	3	330203-E
18 & under	January 6 & 7, 1:00 pm	2	330203-F

Player's age on January 1, 2024 will determine player age for each division. This traveling program is for girl's interested in playing competitive fast pitch softball. Each team will travel throughout Florida and compete in weekend tournaments. The season runs from late March to December. Tryouts will be held at the Sunrise Sportsplex, 9101 NW 50th Street. Interested players must complete a registration form and submit payment prior to tryouts. Players who do not make the team will receive a full refund.

START SMART SOCCER

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

Age	Date	Day	Time	Fee	Activity #
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.

START SMART BASEBALL

Location: Sunrise Athletic Complex, 11501 NW 44th Street, Field 1

Age	Date	Day	Time	Fee	Activity #
3-5	1/17 - 2/21	W	6:00 - 7:00 pm	\$35/60*	330204-A

Start Smart Baseball is a developmentally appropriate introductory program. The program prepares children and their guardians for organized tee ball and baseball/softball in a fun, non-competitive environment. Parent(s) work one-on-one with their child practicing a variety of skills including throwing, catching, batting, and running. Parent-child groups will receive a Start Smart Baseball kit which includes: 1 Koosh bat, glove & ball. Class will run for 6 weeks. Space is limited to twenty participants. *Resident/Non-resident rate.

See Page 11 for information on Challenger Division Baseball

13 & Under Open Play Basketball

Location: Village Multipurpose Center, 2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
13 & U	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.

 $\begin{array}{ll} \textbf{Location: Sunrise Athletic Complex (SAC) Multipurpose Center}, \\ \textbf{11501 NW 44th Street} \end{array}$

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 11/23.

Open Play Pickleball

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

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

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

Open Play Volleyball

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

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

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

Badminton

Location: Village Multipurpose Center, 2240 NW 68th Avenue

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

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







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) 804-9241. 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. *No class 11/23.

	· ,								
Thanksgiving Break Basketball Camp									
Age	Date	Day	Time	Fee	Activity #				
6 - 17	11/20 -11/22	M-W	7:30 am - 5:30 pm	\$75	470621-A				
	Daily		7:30 am - 5:30 pm	\$30	470621-B-D				
Winte	er Break Ba	sketba	II Camp						
Age	Date	Day	Time	Fee	Activity #				
6 - 17	12/26 -12/29	TU - F	7:30 am - 5:30 pm	\$100	270621-A				
	Daily		7:30 am - 5:30 pm	\$30	270621-B-E				
6 - 17	1/2 -1/5	TU-F	7:30 am - 5:30 pm	\$100	270621-F				
	Daily		7:30 am - 5:30 pm	\$30	270621-G-H				
Kids'	Day Off Bas	ketba	II Camps						
6 - 17	10/24	TU	7:30 am - 5:30 pm	\$30	370619-A				
	11/7	TU	7:30 am - 5:30 pm	\$30	370619-B				
Small	Fry Basketl	ball Pr	ogram						
4 - 5	10/28 - 11/25	SA	9:00 - 9:30 am	\$25	370623-A				
	Daily			\$6	370623-B-F				
	12/2 - 12/30	SA		\$25	370623-G				
	Daily			\$6	370623-H-L				

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 sanctioning competitive travel basketball circuit. We are currently looking for players in the 3rd and 4th grade levels. For more information please contact Coach Diaz at (954) 804-9241 or visit www.hoopsterbasketball.com. \$40.00 fee. Additional fees may apply.

Begiı	nner Skills P	rogra	ım		
6 - 17	10/24 - 11/21	TU	6:00 - 7:00 pm	\$50	370657-A
	Daily			\$12	370657-B-F
6 - 17	11/28 - 12/26	TU		\$50	370657-G
	Daily			\$12	370657-H-L
6 - 17	10/26 - 11/30*	TH	6:30 - 7:30 pm	\$50	370663-A
	Daily			\$12	370663-B-F
6 - 17	12/7 - 1/4	TH		\$50	370663-G
	Daily			\$12	370663-H-L
6 - 17	10/28 - 11/25	SA	9:45 - 10:45 am	\$50	370622-A
	Daily			\$12	370622-B-F
6 - 17	12/2 - 12/30	SA		\$50	370622-G
	Daily			\$12	370622-H-L
Inter	mediate Ski	lls Pr	ogram		
6 - 17	10/24 - 11/21	TU	7:00 - 8:00 pm	\$50	370661-A
	Daily			\$12	370661-B-F
6 - 17	11/28 - 12/26	TU		\$50	370661-G
	Daily			\$12	370661-H-I
6 - 17	10/26 - 11/30*	TH	7:30 - 8:30 pm	\$50	370665-A
	Daily			\$12	370665-B-F
6 - 17	12/7 - 1/4	TH		\$50	370665-G
	Daily			\$12	370665-H-L
6 - 17	10/28 - 11/25	SA	11:00 am - 12:00 pm	\$50	370606-A
	Daily			\$12	370606-B-F
6 - 17	12/2 - 12/30	SA		\$50	370606-G
	Daily			\$12	370606-H-L
Adva	nced Skills F	Progr	am		
6 - 17	10/28 - 11/25	SA	12:15 - 1:15 pm	\$50	370625-A
	Daily			\$12	370625-B-F
6 - 17	12/2 - 12/30	SA		\$50	370625-G
	Daily			\$12	370625-H-L
Indiv	idual Instru	ction			
6 - 17	10/1 - 12/31	Any	One Hour	\$35	370620-A-Z
Grou	p Instructio	n			
6 - 17	10/1 - 12/31	Any	One Hour	\$35	370624-A-Z



YOUTH RECREATION BASEBALL/SOFTBALL

Baseball open to ages 4 to 16; Softball open to ages 7 to 14

Season Dates: February to May

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

Registration Deadline: Thursday, January 4

Boys and girls are drafted on teams based on their age and skill level, as determined by player ratings. The City of Sunrise supplies each player with a shirt, pants/shorts, socks, and team ball cap. Players must supply their own glove. Rubber molded cleats are also recommended. Coaches will contact players on or before Saturday, February 3.

Games and Practices

Depending on the division, games will be played on weeknights and Saturday or Sunday. Practices will tentatively begin Monday, February 5 and are typically held on weeknights at 6:00 pm or later and on weekends. Teams will practice two or three times per week prior to the beginning of the season. It may be necessary for younger age divisions to practice on grass fields. Dates, times, and location of practices and games will be announced by team coaches. Don't forget to attend Baseball/Softball Opening Night on February 23 at the Sunrise Sportsplex! If you have any concerns please contact the Leisure Services Department, Monday through Friday, 9:00 am to 5:30 pm at (954) 747-4600.

Player Ratings

Players in the Instructional Tee Ball division do not need to attend ratings. All other baseball players and all softball players must attend ratings.

other baseban players			0.0	
Baseball Division	Field		Rating Da	te Time
Tee Ball	Sports	plex #1	January 10	Begins at 6:00 pm
Coach Pitch	Sports	plex #1	January 10	Begins at 7:00 pm
Minors	Sports	plex #1	January 9	Begins at 6:00 pm
Majors	Sports	plex #1	January 9	Begins at 7:00 pm
Juniors	Sports	plex#1	January 8	Begins at 7:30 pm
Seniors	Sports	plex #1	January 8	Begins at 7:30 pm
Softball Division	Field		Rating Da	te Time
Coach Pitch	Sports	plex #2	January 8	6:00 pm
Midget	Sports	plex #2	January 8	6:30 pm
Senior	Sports	plex #2	January 8	7:00 pm
Make up Ratings		Field		Rating Day/Time
All Softball Divisions		Sportsplex	#1	1/13, 9:30 am
Tee Ball / Coach Pitch		Sportsplex	:#1	1/13, 10:00 am
Minor and Major Divi	sions	Sportsplex	:#1	1/13, 10:30 am
Junior/Senior Baseba	II	Sportsplex	#1	1/13, 11:00 am
Softball Division		Age as of	1/1/24	Activity #
Coach Pitch		7,8		330202-B
Midget		9, 10		330202-C
Senior		11, 12, 13,	14	330202-D
Baseball Division		Age as of	4/30/24	Activity #
Instructional Tee Ball		4,5		330201-A
Tee Ball		6		330201-B
Coach Pitch		7,8		330201-D
Minors		9, 10		330201-E
Majors		11, 12		330201-F
Juniors		13, 14		330201-G
Seniors		15, 16		330201-H





ANY SPECIAL REQUESTS MUST BE IN WRITING. REQUESTS ARE NOT AUTO-MATICALLY 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.

Youth Recreation Baseball & Softball Coaches Wanted!

Volunteer coaches are needed in all age divisions, and will be selected immediately following the registration deadline. All coaches are required to be fingerprinted, have a criminal background check completed, and become CPR/AED certified. Certification is provided at no cost. If you are interested and need further information, please call Leisure Services at (954) 747-4600.



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.

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

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

^{*}Free with membership. Please call (954) 747-4604 for details.

Open Play Basketball

Location: Village Multipurpose Center, 2240 NW 68th Avenue

Age	Date	Day	Time	Fee	Activity #
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-В

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

Open Play Wallyball

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

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

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



Open Play Netball

Location: Village Multipurpose Center, 2240 NW 68th Avenue

A٤	ge [ate	Day	Time	Fee	Activity #
18	+ C	ngoing	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. *No Netball 12/24 and 12/31.

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	270688A-Z
	60 Min. Private	Any	Any	\$75	270689A-Z
	30 Min. Private	Any	Any	\$40	270692A-Z
	Semi Private	Any	Any	\$80	270690A-Z
	Group Clinic	Any	Any	\$25	270691A-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+	10/2-10/23	М	6:00 pm - 7:00 pm	\$55	270653-A
	10/4-10/25	W	5:30 pm - 6:30 pm	\$55	270653-D
	10/30-11/20	М	6:00 pm - 7:00 pm	\$55	270653-B
	11/1-11/29	W	5:30 pm - 6:30 pm	\$55	270653-E
	11/27-12/18	М	6:00 pm - 7:00 pm	\$55	270653-C
	12/6-12/27	W	5:30 pm - 6:30 pm	\$55	270653-F

Cars and Coffee

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

Age	Date	Day	Time	Fee	Activity #
16+	10/15	SU	10:00 am - 12:00 pm	Free	270715-A
	11/19	SU	10:00 am - 12:00 pm	Free	270715-B
	12/17	SU	10:00 am - 12:00 pm	Free	270715-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	М	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!

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.

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
		SA**	9:00 - 10:00 am		
		SU**	5:00 - 6:00 pm		

Women 40+ take a break from "adulting" by jumping Double Dutch, hula hooping, playing hopscotch and Chinese rope! Call (954) 747-4601 for information. *No Double Dutch 11/23. **Meet at City Park, 6600 Sunset Strip on Saturdays and Sundays.









Soca Step Dance Aerobics

Location: City Park, 6600 Sunset Strip

Age	Date	Day	Time	Fee	Activity #
All	10/27	F	7:00 pm	Free	N/A*
	12/29	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.

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	270685-A-Z
	3 Sessions	Any	Any	\$69	270673-A-G
	6 Sessions	Any	Any	\$138	270673-H-N
	9 Sessions	Any	Any	\$207	270673-O-U
	12 Sessions	Any	Any	\$276	270673-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! For more information, call Bobbi at (954) 779-8175.

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	270686A-Z
	3 Sessions	Any	Any	\$129	270674A-G
	6 Sessions	Any	Any	\$258	270674H-N
	9 Sessions	Any	Any	\$387	270674O-U
	12 Sessions	Any	Any	\$516	270674V-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! For more information, call Bobbi at (954) 779-8175.

PERSONAL TRAINING: 15-Minute "Lunch Rush"*

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

Age	Date	Day	Time	Fee	Activity #
16+	Weekly Pass	M-F	12:30 - 1:00 pm	\$50	270681-A-M
	Weekly Pass	M-F	1:00 - 1:30 pm	\$50	270681-N-Z

*Sessions are available only for current Athletic Club members! Space is limited. Must register by 5:00 pm the day before. For more information, call Bobbi at (954) 779-8175.

Blast & Burn Tuesdays

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

Age	Date	Day	Time	Fee	Activity #
18+	Any	Any	5:45 - 6:45 pm	\$15	270683-G-Z
	10/3-10/31	TU	5:45 - 6:45 pm	\$45	270683-A
	11/7-11/28	TU	5:45 - 6:45 pm	\$45	270683-B
	12/5-12/26	TU	5:45 - 6:45 pm	\$45	270683-C

A FUN yet challenging, cardio toning class that offers a combination of low and high intensity exercises that prioritize your lower body. Missed classes are NON-REFUNDABLE! For more information, call Bobbi at (954) 779-8175.

Baptist Health Boot Camp

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

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	TH*	5:30 - 6:30 pm	FREE	N/A

Bring a mat, water and a towel to class. *There will be no class on 11/16, 11/23, and 12/28.

Baptist Health Aqua Zumba

Location: Sunrise Civic Center Family Pool, 10610 West Oakland Park Boulevard

Age	Date	Day	Time	Fee	Activity #
18+	Ongoing	W	5:30 - 6:30 pm	FREE	N/A

Bring a towel to class.





South Florida Photography - Basic

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
18+	10/4 - 10/25	W	5:30 - 6:50 pm	\$150	270710-A
	11/8 - 11/29	W	5:30 - 6:50 pm	\$150	270710-В
	12/6 - 12/27	W	5:30 - 6:50 pm	\$150	270710-C

South Florida Photography - Advanced

Location: SAC Multipurpose Center, 11501 NW 44th Street

Age	Date	Day	Time	Fee	Activity #
18+	10/4 - 10/25	W	7:00 - 8:20 pm	\$150	270712-A
	11/8 - 11/29	W	7:00 - 8:20 pm	\$150	270712-B
	12/6 - 12/27	W	7:00 - 8:20 pm	\$150	270712-B

These classes are designed to be simple and straightforward with hands-on practice and demonstrations. Small class sizes allow for individual attention so students can learn at their own pace and obtain mastery. Whether you're a parent who wants to take better photos of your children, or a professional seeking to upgrade your skills, this fun and engaging program is for you. Bring your own SLR/DSLR camera. For more information, visit southfloridaphotographyclasses.com or call (609) 412-7546.



Salsa Dancing

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

Age	Date	Day	Time	Fee	Activity #
18+	10/6-10/27	F	6:00 - 7:00 pm	\$65	270664-A
	11/3-12/1*	F	6:00 - 7:00 pm	\$65	270664-B
	12/8-12/29	F	6:00 - 7:00 pm	\$65	270664-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. "No class on 11/10 & 11/24.

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	270658-D-Z
	10/2-10/23	М	7:15 - 8:15 pm	\$50	270658-A
	10/30-11/20	М	7:15 - 8:15 pm	\$50	270658-B
	11/27-12/18	М	7:15 - 8:15 pm	\$50	270658-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.

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	270667-D-Z
	10/7 - 10/28	SA	10:00 - 11:00 am	\$50	270667-A
	11/4- 12/2*	SA	10:00 - 11:00 am	\$50	270667-B
	12/9-12/30	SA	10:00 - 11:00 am	\$50	270667-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 11/11.

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.

Breast Cancer Health Lecture

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
10/13	F	10:00 - 11:30 am	Free	Call to sign up

Breast cancer is one of the most common cancers among women, second only to skin cancer. Learn how you can protect your health by detecting cancer at an early stage. A light lunch will be provided to all pre-registered participants.

Medicare Open Enrollment Presentation

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Date	Day	Time	Fee	Activity #
10/11	W	6:00 pm	Free	Call to sign up
10/18	W	10:00 am	Free	Call to sign up

This lecture outlines the Medicare paths, election options during Open Enrollment Period, and how SHINE can help. Do you think you might want to change plans or simply clarify your Medicare Advantage Plan? Come listen to an unbiased authority on Medicare.

Estate Planning Lecture Series

Location: Sunrise Senior Center, 10650 West Oakland Park Blvd.

Date	Day	Time	Fee	Activity #
10/18 - Trusts	W	6:00 - 7:00 pm	Free	Call to sign up
10/25 - Durable Power of Attorney, Health Care Surrogate, Living Will	W	6:00 - 7:00 pm	Free	Call to sign up
11/8 - Guardianship/ Incapacity Concerns	W	6:00 - 7:00 pm	Free	Call to sign up

Join us for an in-depth look at specific components of estate planning. Each session will provide valuable insight to aid in creating a comprehensive estate plan that ensures your wishes are honored and your loved ones are taken care of. Light refreshments will be offered.

Cardiac Health & Rehabilitation Lecture

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

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

Cardiac health is at the "heart" of overall good health. A Memorial Healthcare physician will discuss the latest advances in cardiology and rehabilitation, and share how diet and exercise can improve the health of your heart. A light lunch will be provided to all pre-registered participants.

Achieving Healthy Cholesterol Lecture

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Date	Day Time		Fee	Activity #	
12/8	F	10:00 - 11:30 am	Free	Call to sign up	

Monitoring and maintaining healthy cholesterol levels is easier when you have the right tools. These resources will help you talk with your doctor about what you can do to maintain healthy levels. Chen Medical and Wellcare will be here to sponsor the lecture. A light lunch will be provided to all pre-registered participants.

Property Tax Exemption Assistance

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
10/13, 12/8	F	10:00 - 11:30 am	Free	Walk-ins welcome
10/18, 11/15	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.

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.

Veterans Advisors/Assistance

Location: Sunrise Senior Center,

10650 West Oakland Park Boulevard

Date(s)	Day	Time	Fee	Activity #
10/13, 11/3, 12/8	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 #
10/13, 11/3, 12/8	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 #
10/11	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 for a list of required documents: 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	9·45 - 11·15 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.



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 communidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra communidad. 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.

SENIOR EVENTS & ACTIVITIES

Sunrise Senior Center

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

Hours of Operation:

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

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

Annual Membership Fees:

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

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

SPECIAL EVENTS

Halloween Social

Date	Day	Time		Fee	Activity #
10/31	TU	1:00 - 3:00 pm	Now	\$8/\$10	280822-A

Halloween is coming! Come celebrate the spooky season with some delightful entertainment that will keep everyone on the dance floor and lunch that will be sure to please. You'll have a spooky good time while dancing with your hosts, come dressed in a costume that will win you the most. This Halloween social will be an event you don't want to miss, you'll leave content and full of bliss. *This event will be held at Nob Hill Soccer Club Park*

Salute to Our Veterans Social

Date	Day	Time	Register	Fee	Activity#
11/15	W	12:30 pm - 3:00 pm	10/6	\$8/\$10	280822-B

Join the Sunrise Senior Center for an afternoon of entertainment and recognition as we celebrate our Veterans. Our annual patriotic luncheon will be filled with live music, dancing, a tasty lunch, tons of fun and surprises, as we pay tribute to the men and women who faithfully served our country. *This event will be held at Nob Hill Soccer Club Park*

Holiday In Whoville Social

Date	Day	Time	Register	Fee	Activity #
12/5	TU	1:00 pm - 3:00 pm	11/3	\$8/\$10	280822-C

This Whoville themed party will bring the whimsical charm of Dr. Seuss back to you, in a delightful and nostalgic atmosphere. As you enter, you will be greeted by a vibrant and colorful Whoville setting. Coupled with a delicious box lunch and a live DJ, we are sure you will have a fun time. You will be provided with a chance to revisit your youth and create new moments of fun and connection in a warm and uplifting environment. You won't want to miss out! *This event will be held at Nob Hill Soccer Club Park*

Dancing Through the Decades Dinner Dance

Date	Day	Time	Register	Fee	Activity #
1/11	TH	6:00 pm - 9:00 pm	12/1	\$22/\$24	280832-A

Welcome to an unforgettable evening of nostalgia and celebration as you to travel back in time and experience the magic of the past decades at our "Dancing Through the Decades" dinner dance. This lively event will transport you through the eras, offering a trip down memory lane as we celebrate the music, fashion, and culture that defined each decade. Oh, one more thing, you will be outfitted with a pair of hi-tech headphones, giving you the power to control your listening and entertainment experience as you travel through the decades. A delicious dinner will be served, along with great music and tons of fun! *This event will be held at Nob Hill Soccer Club Park*

UPCOMING SENIOR TRIPS

OCTOBER TICKET SALE - Members 10/6: Non-Members 10/13

Trip	Date	Day	Time	Fee	Activity#
Calder Casino	11/2	TH	9:00 am - 3:00 pm	\$5/\$7	280826-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.

The Shops at	11/7	TU	9:45 am - 3:00 pm	\$5/\$7	280846-A
Pembroke					
Gardens					

Explore this unique, open-air shopping destination and enjoy lunch on your own at one of Pembroke Gardens' many restaurants.

Sistrunk	11/17	F	6:00 -10:30 pm	\$37/\$39	280842-B
Marketplace					

Enjoy the evening out at Sistrunk Marketplace and Brewery. You won't want to miss this unique food hall experience with family style dinner and music. Your meal will include Cheeseburger Sliders, BBQ Flatbreads, Spanish Beef Empanadas, and Fried Eggplant Stack Skewers, A Soft Drink package is included. You can visit the breweries and purchase additional items and "adult" beverages on your own.

History Miami	11/21	TU	9:30 am -3:30 pm	\$27	280841-A
Museum				/\$29	

Visit the History Miami Museum and enjoy a one-hour guided tour of "Tropical Dreams". Tropical Dreams explores South Florida's history from prehistoric times to the present day. Topics explored include First Arrivals, International Rivalry, Southward Expansion, New People - New Technology, and Gateway of the Americas. Lunch on your own at one of the many eateries at Julia and Henry's.

Christmas on	11/28	TU	4:00 -10:00 pm	\$5/\$7	280842-C
Las Olas					

This is the MOST Wonderful Time of the Year, and Las Olas Boulevard will transform into an urban winter wonderland and celebrate its 61st year creating holiday magic in downtown Fort Lauderdale! Christmas on Las Olas is a timeless tradition and a wonderful kick-off to the holiday season that can be enjoyed by all ages. Local choirs from schools and churches fill the air with the sounds of the holidays from 3 stages while crowds fill their bellies with sips and sweets! Food can be purchased on your own.

NOVEMBER TICKET SALE - Members 11/3: Non-Members 11/10

Trip	Date	Day	Time	Fee	Activity #		
Harrah's Casino	12/7	TH	9:00 am - 3:30 pm	\$5/\$7	280826-C		
Try your luck at slots, table games and more. Lunch on your own.							
Palm Beach 12/12 TU 9:30 am - 3:30 pm \$5/\$7 280846-B Outlet Mall							
Get ready to shop, shop, shop! This mall features over 100 outlet stores, including some of the best names in fashion. Visit one of the many restaurants for lunch on your							

own

Jungle Queen	12/19	TU	3:45 pm - 11:00 pm	\$62/\$64	280842-B
Dinner Cruise					

Set sail on a fully-narrated cruise down Fort Lauderdale's New River, through Millionaire's Row with homes and yachts of the rich and famous. We'll disembark for an all-you-can-eat barbecue dinner and live entertainment.

Exhibit

Join us as we take a trip to Boca Raton Museum, for a one-hour guided tour of their "Smoke and Mirrors: Magical Thinking in Contemporary Art" exhibition. The title refers both to performative magic and to the "magical thinking" in today's culture rife with disinformation, conspiracy theories, and "alternative facts." The show includes artists who are inspired by stage magic or creators of deep fakes that, when exposed, reveal a greater truth. Afterwards, lunch on own at your restaurant of choice at Mizner Park.

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 nonrefundable 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

Senior Cooking Club Fee Activity # Class Day, Date Time Register Oct -F. 10/20 10:00 am - 1:00 pm \$6/\$8 280816-A Now Pumpkin Please

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. No Senior Cooking Club in November and December.

ESOL Classes						
Class	Day, Date	Time	Register	Fee	Activity #	
Adv/Int	M, 10/2 - 11/6	6:00 - 7:30 pm	Now	\$5/\$10	280821-A	
	M, 11/13 - 1/8*	6:00 - 7:30 pm	10/6	\$5/\$10	280821-B	
Beginners	W, 10/4 - 11/8	2:00 - 3:00 pm	Now	\$5/\$10	280817-A	
	W, 11/15 - 1/3*	2:00 - 3:00 pm	10/6	\$5/\$10	280817-B	
Conversa- tional English Workshop	M - TH, 10/9 - 12	4:00 - 6:00 pm	Now	\$5/\$10	280868-A	
	M - TH, 11/13 - 16	4:00 - 6:00 pm	10/6	\$5/\$10	280868-B	
	M - TH, 12/11 - 14	4:00 - 6:00 pm	11/3	\$5/\$10	280868-C	

Join instructor Bruce Fraser and learn how to improve your English during these sixweek courses. You may only register for one course at a time, either Beginners ESOL or Int/Adv ESOL. You cannot be registered for both. Conversational English Workshops are taught by volunteer instructor Don Pedro Guerad. *No classes on 12/13, 12/18, 12/20, 12/25 & 1/1.

SPECIAL INTEREST CLASSES

Beading Classes							
Class	Day, Date	Time	Register	Fee	Activity#		
Project TBA	M, 10/2-10/30	10:30 am - 12:00 pm	Now	Free	280814-A		
Project TBA	M, 11/6-11/27	10:30 am - 12:00 pm	10/2	Free	280814-B		
Project TBA	M, 12/4-12/18	10:30 am - 12:00 pm	11/6	Free	280814-C		
Open Beading	M, Ongoing*	12:30 - 2:30 pm	Walk-in	Free			
Open Sewing	TU, Ongoing*	1:00 - 3:00 pm	Walk-in	Free			
Open Stitchery	TH, Ongoing	6:30 - 8:00 pm	Walk-in	Free			

Join us for a Beginners Beading Class lead by Lazira Amar. Learn a new project each month. A list of materials will be available at the front desk. You must bring your supplies to the class. Senior Center membership required. *No class on 12/25 or 1/16.

Art, Crafti	ing, and Comput	ter Classes		
Class	Day, Date	Time	Fee	Activity #
Quilting Corner	M, Oct-Dec	10:00 am - 2:00 pm	Free	280828-A
	M, Oct-Dec	2:30 -5:30 pm	Free	280829-A
Coloring with the Classics	SA, Oct-Dec	9:00 - 10:00 am	Free	280814-C
Knitting & Crochet	TU, Oct-Dec	10:00 am - 12:00 pm	Free	280828-A
Photo Work- shop	SA, 10/7 - 11/18*	10:00 am - 12:00 pm	\$30/ \$32	280833-B
Card/Paper Crafting	W, Oct-Dec	10:00 am - 12:00 pm	Free	280806-A
Cut & Chat	TH, Oct-Dec	10:00 am - 1:00 pm	Free	NA
Wig Making	W, 10/4 - 12/6	2:00 - 4:00 pm	Free	280835-A
	TH, 10/5 - 12/7	6:00 - 8:00 pm	Free	280835-B
Computer Journey	TU/TH, 10/5 -11/14	9:30 - 10:30 am	\$5/\$10	280802-A
	TU/TH, 11/28 - 1/4	9:30 - 10:30 am	\$5/\$10	280802-B
Digital Scrapbook	TU/TH, 10/5 -11/14	11:00 am - 12:00 pm	\$5/\$10	280803-A
	TU/TH, 11/28 - 1/4	11:00 am - 12:00 pm	\$5/\$10	280803-B
Bag Making Workshop	SA, 10/7	9:30 am - 12:30 pm	\$5/\$7	280830-A
	SA, 10/14	9:30 am - 12:30 pm	\$5/\$7	280830-B
	SA, 11/18	9:30 am - 12:30 pm	\$5/\$7	280830-C
	SA, 11/25	9:30 am - 12:30 pm	\$5/\$7	280830-D
	SA, 12/16	9:30 am - 12:30 pm	\$5/\$7	280830-E

Register Now! 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.

Dance Class	es				
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	
Latin Dance	W, Oct	11:00 am - 12:00 pm	Now	\$12/ \$14	280864-A
Latin Dance	W, Nov	11:00 am - 12:00 pm	10/6	\$15/ \$17	280864-B
Latin Dance	W, Dec	11:00 am - 12:00 pm	11/3	\$12/ \$14	280864-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. Latin 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/Mov	vies				
Class	Day, Date	Time	Register by	Fee	Activity #
Senior Bowling League	W, 9/20 - 6/5	12:00 pm - 3:00 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, 10/19	9:00 am- 3:00 pm	Now	\$20/\$25	280853-A
TH, 11/16	9:00 am- 3:00 pm	10/2	\$20/\$25	280853-B
TH, 12/14	9:00 am- 3:00 pm	11/6	\$20/\$25	280853-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 E	Total Body Fitness With Alli							
Month	Day	Time	Register by	Fee	Activity #			
Oct	M*	9:45 - 10:45 am	Now	\$15/\$17	280870-A			
	F	9:30 - 10:30 am	Now	\$12/\$14	280870-B			
Nov	М	9:45 - 10:45 am	10/6	\$12/\$14	280870-C			
	F	9:30 - 10:30 am	10/6	\$9/\$11	280870-D			
Dec	М	9:45 - 10:45 am	11/3	\$9/\$11	280870-E			
	F	9:30 - 10:30 am	11/3	\$15/\$17	280870-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.

Full Body Fitness with Rosie							
Month	Day	Time	Register by	Fee	Activity#		
Oct	М	6:00 - 7:00 pm	N/A	\$15/\$17	280856-A		
Nov	М	6:00 - 7:00 pm	10/6	\$12/\$14	280856-B		
Dec	М	6:00 - 7:00 pm	11/3	\$9/\$11	280856-C		

Classes taught by instructor Rose Michaelson. Incorporates aerobics, Aerobics, yoga, and strength training to help you to stay fit in a fun environment.

Step Up to Fitness With Rosie							
Month	Day	Time	Register by	Fee	Activity #		
Oct	SA	10:15 - 11:15 am	Now	\$12/\$14	280852-A		
Nov	SA	10:15 - 11:15 am	10/6	\$9/\$11	280852-B		
Dec	SA	10:15 - 11:15 am	11/3	\$15/\$17	280852-C		

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#	
Oct-Dec	TU/TH	9:00 - 9:45 am	Now	Free	280891-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						
Day	Time	Register by	Fee	Activity #		
TH	5:00 - 5:45 pm	N/A	FREE			
	6:00 - 6:45 pm	N/A	FREE			
TH	5:00 - 5:45 pm	N/A	FREE			
	6:00 - 6:45 pm	N/A	FREE			
TH	5:00 - 5:45 pm	N/A	FREE			
	6:00 - 6:45 pm	N/A	FREE			
	Day TH TH	Day Time TH 5:00 - 5:45 pm 6:00 - 6:45 pm TH 5:00 - 5:45 pm 6:00 - 6:45 pm TH 5:00 - 5:45 pm	Day Time Register by TH 5:00 - 5:45 pm N/A 6:00 - 6:45 pm N/A TH 5:00 - 5:45 pm N/A TH 5:00 - 6:45 pm N/A TH 5:00 - 5:45 pm N/A	Day Time Register by Fee TH 5:00 - 5:45 pm N/A FREE 6:00 - 6:45 pm N/A FREE TH 5:00 - 5:45 pm N/A FREE TH 5:00 - 5:45 pm N/A FREE TH 5:00 - 5:45 pm N/A FREE		

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

1	Flex and Stretch with Darius						
1	Month	Day	Time	Register by	Fee	Activity #	
(Oct	TH	9:30 - 10:30 am	N/A	FREE		
1	Nov	TH	9:30 - 10:30 am	N/A	FREE		
	Оес	TH	9:30 - 10:30 am	N/A	FREE		

Maximum 24 students per class.

W	Walk Your Way To Health						
Da	ny	Time	Fee	Format			
М		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	l	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		
М	11:30 am - 12:30 pm	Free	DVD		
М	12:45 - 1:45 pm	Free	DVD		

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

Firm and Burn/Tone Every Zone						
Day	Time	Fee	Format			
TU	2:00 - 3:00 pm	Free	DVD			
	6:00 - 7:00 pm	Free	DVD			
	7:00 - 8:00 pm	Free	DVD			
TH	7:00 - 8:00 pm	Free	DVD			

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

SUNRISE CIVIC CENTER AQUATICS COMPLEX

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

Lap Pool Hours: Open daily, 10:00 am to 7:00 pm

Holiday Hours: Open 10:00 am to 3:00 pm on

11/10, 11/11, 11/24, 12/24, and 12/31 Closed on 11/23, 12/25, 1/1.

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

Waterslide Hours: Closed Monday - Thursday;

Fridays 2:30 pm - 7:00 pm; Weekends 10:00 am - 7:00 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 *Proof of residency required upon payment.

Annual Pool Memberships: Resident* - \$75/Individual; \$175/Family

Non-Resident - \$175/ Individual; \$250/Family

*Proof of residency required upon payment.

*All satellite pools - Roarke Pool, Village Beach Club and Welleby Pool - open weekends only from 12:00-5:00 pm.

Preschool - School Age Swim Lessons

Age	Days	Dates	Time	Fee*
3 - 12	TBA	TBA	TBA	\$55/four 30-minute lessons

Class size is limited to four students per instructor. Make-ups will ONLY be scheduled in the event the facility or instructor cancels the class. Call (954) 747-4635 or visit 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 for more information and to make an appointment. *Fee does not include use of pool outside of class time.





Privat	e Swir	n Lessons				
Age	Days	Dates	Time	Fee*	Register by	Activity#
18 mo+	M-TH	10/2-10/5	10:00 am	\$45/\$55	9/28	251201-A
18 mo+	M-TH	10/2-10/5	10:35 am	\$45/\$55	9/28	251201-AA
18 mo+	M-TH	10/2-10/5	11:10 am	\$45/\$55	9/28	251201-AB
18 mo+	M-TH	10/2-10/5	3:00 pm	\$45/\$55	9/28	251201-AC
18 mo+	M-TH	10/2-10/5	3:35 pm	\$45/\$55	9/28	251201-AD
18 mo+	M-TH	10/2-10/5	4:10 pm	\$45/\$55	9/28	251201-AE
18 mo+	M-TH	10/2-10/5	4:45 pm	\$45/\$55	9/28	251201-AF
18 mo+	M-TH	10/9-10/12	10:00 am	\$45/\$55	10/5	251201-BA
18 mo+	M-TH	10/9-10/12	10:35 am	\$45/\$55	10/5	251201-BB
18 mo+	M-TH	10/9-10/12	11:10 am	\$45/\$55	10/5	251201-BC
18 mo+	M-TH	10/9-10/12	3:00 pm	\$45/\$55	10/5	251201-BD
18 mo+	M-TH	10/9-10/12	3:35 pm	\$45/\$55	10/5	251201-BE
18 mo+	M-TH	10/9-10/12	4:10 pm	\$45/\$55	10/5	251201-BF
18 mo+	M-TH	10/9-10/12	4:45 pm	\$45/\$55	10/5	251201-BG
18 mo+	M-TH	10/16-10/19	10:00 am	\$45/\$55	10/12	251201-CA
18 mo+	M-TH	10/16-10/19	10:35 am	\$45/\$55	10/12	251201-CB
18 mo+	M-TH	10/16-10/19	11:10 am	\$45/\$55	10/12	251201-CC
18 mo+	M-TH	10/16-10/19	3:00 pm	\$45/\$55	10/12	251201-CD
18 mo+	M-TH	10/16-10/19	3:35 pm	\$45/\$55	10/12	251201-CE
18 mo+	TU-F	10/16-10/19	4:10 pm	\$45/\$55	10/12	251201-CF
18 mo+	M-TH	10/16-10/19	4:45 pm	\$45/\$55	10/12	251201-CG
18 mo+	M-TH	10/23-10/26	10:00 am	\$45/\$55	10/19	251201-DA
18 mo+	M-TH	10/23-10/26	10:35 am	\$45/\$55	10/19	251201-DB
18 mo+	M-TH	10/23-10/26	11:10 am	\$45/\$55	10/19	251201-DC
18 mo+	M-TH	10/23-10/26	3:00 pm	\$45/\$55	10/19	251201-DD
18 mo+	M-TH	10/23-10/26	3:35 pm	\$45/\$55	10/19	251201-DE
18 mo+	M-TH	10/23-10/26	4:10 pm	\$45/\$55	10/19	251201-DF
18 mo+	M-TH	10/23-10/26	4:45 pm	\$45/\$55	10/19	251201-DG

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.







"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. 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	5:30 - 7:00 pm	\$90/month
Gold	M-F	4:45 - 6:45 pm	\$100/month
Champions/SR	M-F	4:00 - 6:00 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.

Group Swim Lessons - Preschool 1 (Age 3)

Age	Days	Dates	Time	Fee	Register by	Activity#
3	M-TH	10/2-10/12	3:00 pm	\$42/\$50	9/28	251310-A
3	M-TH	10/2-10/12	3:35 pm	\$42/\$50	9/28	251310-B
3	M-TH	10/16-10/26	3:00 pm	\$42/\$50	10/12	251310-C
3	M-TH	10/16-10/26	3:35 pm	\$42/\$50	10/12	251310-D

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

Age	Days	Dates	Time	ree	Register by	ACTIVITY #
4-5	M-TH	10/2-10/12	4:10 pm	\$42/\$50	9/28	251311-A
4-5	M-TH	10/2-10/12	4:45 pm	\$42/\$50	9/28	251311-B
4-5	M-TH	10/16-10/26	4:10 pm	\$42/\$50	10/12	251311-C
4-5	M-TH	10/16-10/26	4:45 pm	\$42/\$50	10/12	251311-D

Group Swim Lessons - Level 1

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M-TH	10/2-10/12	3:00 pm	\$42/\$50	9/28	251331-A
6-13	M-TH	10/2-10/12	3:35 pm	\$42/\$50	9/28	251331-B
6-13	M-TH	10/16-10/26	3:00 pm	\$42/\$50	10/12	251331-C
6-13	M-TH	10/16-10/26	3:35 pm	\$42/\$50	10/12	251331-D

Group Swim Lessons - Level 2

Age	Days	Dates	Time	Fee	Register by	Activity #
6-13	M-TH	10/2-10/12	4:10 pm	\$42/\$50	9/28	251332-A
6-13	M-TH	10/2-10/12	4:45 pm	\$42/\$50	9/28	251332-B
6-13	M-TH	10/16-10/26	4:10 pm	\$42/\$50	10/12	251332-C
6-13	M-TH	10/16-10/26	4:45 pm	\$42/\$50	10/12	251332-D

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.

In Case You Missed It!



July 4th Celebration

Our annual Independence Day bash was bigger and better than ever! We kicked off the festivities with a traditional parade down Sunset Strip. This year's theme—Lights! Camera! Action!—put the spotlight on moviethemed floats and marching units. After the parade, our Family Fun Day at City Park drew fun-seekers of all ages for free refreshments, rides and games. And, in the evening, revelers flocked to the FLA Live Arena for food vendors, children's activities, live music, and a fantastic fireworks display.

Back to School Round-Up

The City hosted its annual Back to School Round-Up on Saturday, August 5, at the Sunrise Civic Center. This free event celebrates the end of summer and connects students and families with school representatives. Children in grades K-12 received a free drawstring backpack filled with school supplies and selected a grade-appropriate book. The event also featured games, refreshments and DJ entertainment. Special thanks to our Round-Up sponsor, Baptist Health, for distributing free fruits and veggies to attendees!



CORTON CONTROL OF THE PARTY OF

Youth Athletes of the Month

Each month, the Sunrise City Commission recognizes City employees who go above and beyond, top teachers from Sunrise public schools, and others whose stories engage and inspire—including youth athletes from Sunrise recreational, travel and instructional sports programs. Athletes are nominated by their coaches, selected by the City's Leisure Services Advisory Board, and exemplify the highest standards of sportsmanship, teamwork and academic achievement. Congrats to these recent Youth Athlete of the Month honorees:

July 2023 - Jacob Alonzo, City of Sunrise Karate and Grace Chinigo, Hoopster Basketball Academy August 2023 - Isabella Pisarczyk and Marcelo Smashey, Sunrise Tennis September 2023 - London Ewald and Aakash Sharma, Youth Recreation Basketball (pictured)



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 on 11/10, 11/24. The club will be closed on 11/23, 12/25, and 1/1/24.

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 Owne	ers	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.

Winter Camp								
Activity	Age	Dates	Time	Fee				
Jr. Winter Camp	4-11	M-F, see dates below	8:00 - 11:00 am	\$45 daily, \$180/week				
Dates: 10/24, 11/7, 11/10, 11/20, 11/21, 11/22, 12/26, 12/27, 12/28, 12/29.								

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 Progra	mmin	g		
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

*Free to residents every 3rd Saturday.

Termis 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			

12-16 M/T/TH 6:00 - 7:30 pm

\$90/week,

\$360/month

Beginner/

Juniors

Intermediate

Tennis Academy

^{*}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;

Beginning 11/1, 6:00 am-5:00 pm

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

Holiday Hours:

Thanksgiving Day – Golf Course open 6:00 am-1:00 pm (1:00 pm last tee time); Kitchen & bar closed all day.

Christmas Day – Golf Course open 6:00am-1:00pm (1:00 pm last tee time); Kitchen & bar closed all day.

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 to book tee times and to find out about memberships and daily rates.

Golf Membership Fees

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

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.

UPCOMING EVENTS

October

October 21 at 8:00 am - Monthly Scramble

November

November 11 at 8:00 AM - Monthly Scramble

December

December 2 at 11:00 am - Kaitlyn's Gift
Charity Golf Tournament
December 16 at 8:00 am - Monthly Scramble





Gol	ТΔ	CTIV	V 1	25
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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 Rates (Through 10/31/2023)

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

Golf Rates (Shoulder - 11/1 to12/22/23)

18-Holes Riding	Member	Sunrise Resident	Non-Resident
Before 2:00 pm	\$14.49	\$24	\$41
After 2:00 pm	\$14.49	\$16	\$35

Golf Rates		(Winter - 12/23/23 to 3/31/24)					
18-Holes Riding	Member	Sunrise Resident	Non-Resident				
Before 2:00 pm	\$14.49	\$29	\$49				
After 2:00 pm	\$14.49	\$23	\$43				

MAP OF LEISURE SERVICES AMENITIES



MAP OF LEISURE SERVICES AMENITIES

1.	12th Street Park	(954) 747-4600	Corner of 12th Street & NW 58th Terrace	-	昌																
2.	City Park	(954) 747-4600	6600 Sunset Strip			3	(A	B	F	(S)	T		<u>ģ</u>	1	T	7	† †	核			
3.	Cypress Preserve Park	(954) 747-4600	9020 NW 38th Street	-		Æ		1	7	* 1	KK			NAME OF TAXABLE PARTY.				111			
4.	Flamingo Park	(954) 747-4600	12855 NW 8th Street			H	B	B	F	S	T	90	12			* +	核				
5.	Flamingo Road Linear Park	(954) 747-4600	Flamingo Road between & West Oakland Park Bo	Panther Pkwy	7	核核															
6.	Lakeside Park	(954) 747-4600	3000 Sunrise Lakes Drive	, West	KK																
7.	New River Civic Center	(954) 747-4600	60 Weston Road			* +															
8.	Nob Hill Soccer Club Park	(954) 747-4600	10200 Sunset Strip				F	S	90	ALLY.		* †	KK								
9.	Oak Hammock Park	(954) 747-4600	9220 NW 44th Street			14		A	7	* †	旅										
10.	Oscar Wind Park	(954) 747-4600	200 North New River Circ	le —		Œ	B	F	S	₫ <u>€</u>) @ (會會	旅								
11.	Piper Field	(954) 747-4600	8000 NW 44th Street		B	F	S	* *													
12.	Roarke Pool	(954) 572-2460	1720 NW 60th Avenue			A	† †														
13.	Sawgrass Sanctuary	(954) 747-4600	237 North New River Cir	cle	捶	₫)	* 1	KK												
14.	Shotgun Road Linear Park	(954) 747-4600	Shotgun Road, between Street & SW 148th Avenu	SW 14th	T	林															
15.	Sunrise Athletic Complex (SAC) & Multipurpose Center	(954) 747-4604	11501 NW 44th Street			B	B	B	ø	R.	(3)	T	(V)	A	(A) 51-		* †	旅			
	Sunrise Civic Center & Athletic Club	(954) 747-4600	10610 West Oakland Park	Boulevard ——	B		P	R	(V)				##		UPPLE DESCRIPTION OF THE PERSON OF THE PERSO		1	† †	*	П	
17.	Sunrise Golf Village Park	(954) 747-4600	1277 Sunset Strip —		昌		2171														
18.	Sunrise Senior Center	(954) 746-3670	10650 West Oakland Park	Boulevard ——	55+			† †													
19.	Sunrise Sportsplex	(954) 747-4600	9101 NW 50th Street			B	1	S	Y	₫ €		†I	梯柱								
20.	Sunrise Tennis Club	(954) 572-2286	9605 West Oakland Park E	Boulevard ———	T		SHOP	* 1													
21.	The Bridges at Springtree Golf Club	(954) 572-2270	8150 Springtree Drive — 18-hole executive course	-	5	SHOP	† †	0													
22.	Veterans Park	(954) 747-4600	5400 N Nob Hill Road		4	Close	d for C	onstru	ction												
23.	Village Beach Club	(954) 572-2480	6767 NW 24th Street		升	* *															
24.	Village Civic Center	(954) 747-4600	6800 Sunset Strip Sunris	se ———		* *															
25.	Village Multipurpose Center	(954) 747-4601	2240 NW 68th Avenue		B	P	(V)		* †												
26.	Village Square Park	(954) 747-4600	6601 Sunset Strip —		昌										-	,			Sunt		100
27.	Welleby Park & Dog Park	(954) 747-4600	11100 NW 44th Street				匥	F	S	(V)) (Į [09455 16 5.5	[7]	No.	7		* †	KK
28.	Welleby Pool	(954) 572-2285	9605 West Oakland Park	k Boulevard ——	A	* †			110												



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

MEETING ROOMS AND HALLS

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

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

THEATRE

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 or call (954) 747-4600.

For information about our *Theatre*, visit 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 you	uth athletics volunteer	r coaching opport	tunities.			
PARTICIPANT INFORMATION Please	e print in ink and fill out con	npletely	Have you registe	ered for a recreation activity	y before? Yes	No
Parent/Legal Guardian's Name						
Relationship to Participant M	1other Father	Court Appointed	d Legal Guardian			
Home Phone	Work Pho	one -	-	Cell Phone		
Street Address						
City			State	Zip Code		
Email Address				Yes, please use this email address to event information. I understand that	provide me with City of Su t I can opt out of this servic	nrise program and e at any time.
Secondary Guardian's Name						
Relationship to Participant M	1other Father	Court Appointed	d Legal Guardian			
Home Phone	Work Pho	one	-	Cell Phone		
Street Address						
City			State	Zip Code Yes, please use this email address to	nrovide me with City of Su	inrise program and
Email Address				event information. I understand that		
PARTICIPANT NAME	DATE OF BIRTH	GRADE AGE	SEX ACTIVIT	ГΥ	ACTIVITY#	FEE
	_					
FOR CAMP/DAYS OFF ONLY: AUTH						
Last Name F	irst Name	Cell	Phone	Home P	hone	
EMERGENCY CONTACT (Other than	n parent/guardian. To be co	ontacted in the event	that parent/guardian	n listed above cannot be read	ched.)	
Emergency Contact		Rel	ationship to Partic	cipant		
Home Phone	Work Ph	one -	-	Cell Phone		
Allergies or medications (specify which	ch child)					
CREDIT CARD / GIFT CARD PAYME	ENT					
MasterCard Visa Discover		Date /	Card#			
	appears on the card		our a n			
	o pay the above amounts lis	sted as credit card ch	arges according to cre	edit card user agreements.		
9-Digit Gift Card #		6-Dig	git Gift Card PIN (L	Letters & Numbers)	ш	
RELEASE INFORMATION & REFUN	D POLICIES					
The Release and Waiver on the back		m must be comple	eted and submitted	d in order for a registrati	ion to be accepte	ed.

- 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:

REGISTRATION INSTRUCTIONS

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



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. Scuotto

