

## THE COMMUNITY CENTER AT THE WESTON REGIONAL PARK ADULT PROGRAMS

**Art/Multi-Media** *Tues 6-9pm* Acclaimed artist Rolande Moorhead, **954-721-6055**, teaches all skill levels in the mediums of their choosing including oil, acrylic, watercolor, pastel, painting and charcoal drawing. With individual attention, students explore their creative potential. **Cost \$195/6 weeks. Continuous**

**Watercolor Painting** *Fri 10am-1pm* Award winning watercolorist Rolande Moorhead, **954-721-6055**, teaches the vocabulary of colors, shapes, composition and preliminary drawing. All skill levels. **Cost \$195/6 weeks. Continuous**

**Karate** *Wed 8-9:30pm* Come get in shape and learn to defend yourself at the same time. David Schopp, 5<sup>th</sup> degree along with 4 certified Black Belts in Goju Karate, will instruct ages 14 and up in skills of fighting, forms, weaponry, and self-defense. **Cost \$125/3 months. \$25 LATE FEE** if tuition is not paid by the 10<sup>th</sup> of the month. Advanced classes are available on Mondays. **Continuous**

**Open Bridge Play** *Mon 12:30-4pm* Join us on Mondays for social Bridge. Call Bernice Ross game organizer at 954-389-8756.

**Open Mahjong** *Thurs 12:30-3:30pm* Join us on Thursdays for Mahjong. Call Sandy Greene, game organizer, for more information at 954-446-6299.

**Weston 55+ Club** This club was founded in 2001 by a group of men and women who enjoy each others company at outings and other social gatherings. For more information call Dottie at 954-349-6029. **Membership: \$30/person/year.**

**Stroller Strides** *Mon through Fri 9:15-10:15* Stroller Strides is a one hour total body workout designed specifically for moms with stroller-age children (6 weeks-4 years), offering dynamic classes that combine power walking, running and intervals of body toning using exercise tubing, fitness balls, the environment AND your stroller. This is not just a stroll in the park—it's a workout that gets you striding into your best shape, while spending time with your child and other moms. **Babies are our priority, so don't worry if your little one is fussy or if you have to feed! We are all moms, and that's what makes Stroller Strides so special.** Classes are taught by nationally certified instructors who are moms just like you and structure class so that moms can make baby happy and not miss out on your workout. Whatever your fitness level, Stroller Strides will give you the workout you need. We are more than a fitness class too – as a member, you get to enjoy play groups, Moms Night Out, community service and charity projects, as well as other social activities with you, your baby and your family. Stroller Strides is a great way to make instant friends who have fitness and health in common. Multiple Class packages are available, starting at \$2.75/class with a monthly membership. **For more information call Cynthia 1-888-868-4763 or go to [www.strollerstrides.net/weston](http://www.strollerstrides.net/weston).** Continuous

**SAT Preparation** (*Age 15-20*) *Tues (7:00-9:30pm), Thurs (7:15-9:45) or Sun (10:30-1:00 or 1:30-4:00pm)*. This course prepares students for all facets of the College Board exam. Class not only thoroughly reviews content of what is tested but also exposes students to numerous insightful strategies for scoring well on the SAT. Jeff Steinberg, the instructor, has specialized in developing and instructing SAT preparation courses since 1990 (including for the University of Miami). Students are assured of receiving expert instruction (the average increase in scores is 200 points), while paying less than half of what some commercial courses charge. To enroll in this course, please contact Mr. Steinberg directly at (954) 478-0792. **Cost is \$475 for 8 week, 20 hour course (including text and materials). Summer Session starts 8/15 (Sun) 8/17 (Tues) and 8/19 (Thurs) for test on 10/9. Fall Session starts 10/10 (Sun) and 10/12 (Tues) for test on 12/4.**

**Fencing Club** – Monday and Wednesday:  
Beginners (6:30-7:30) Intermediate/Advanced  
(7:30-9:00) We invite males and females, ages  
18 and up to join our fencing classes and learn  
the sport of fencing! We offer beginner and  
intermediate level foil classes, taught by a  
former member of the Bulgarian National  
Fencing Team, Antoaneta Spassova. Our  
members include nationally ranked of the  
committee, **Cost is \$120 per month. For more  
information contact Coach Antoaneta  
Spassova at (954) 249-3295 or  
[smotalinkova@aol.com](mailto:smotalinkova@aol.com). Continuous**

**Chess Club** *Mon. 4:30-6:00 or Fri. 6:00-7:30  
(ages 15 and up) [www.alphachessa.com](http://www.alphachessa.com) By  
joining the chess club, students are given a  
different avenue to use in order to challenge  
their minds. This mental persistence gained  
through chess will enable students to focus on  
achieving goals through out their lives. **Cost is  
\$130 for 8 sessions.** For more information  
contact Chess Grand Master Garcia at  
[gilgarchess@gmail.com](mailto:gilgarchess@gmail.com) or (954) 867-8498.  
**Continuous***