

WESTON REGIONAL PARK CHILDREN/YOUTH PROGRAMS

Karate: Wednesdays 6:00 – 7:00 p.m. (Ages 6-8) and 7:00 – 8:00 p.m. (Ages 9+). Provide your child with the ability to defend him/herself and react with confidence. David Schopp, 5th degree along with 4 certified Black Belts in Goju Karate, will teach your children the basic principles of self-defense, fighting, weaponry and forms. Monday night advanced classes are available to returning students. **Cost \$125/3 months. \$25 LATE FEE** if tuition is not paid by the 10th of the month. **Continuous.**

Superstars Dance and Baton: Thursdays 4:00-5:00 p.m. (beginner ages 4-7), 5:00-6:00 p.m. (beg. ages 8-12), 6:00-7:00 p.m. (intermediate). One hour classes separated by age and ability. High energy combination classes include dance, cheerleading and baton twirling. Develop grace, poise and self confidence. Members will be invited to perform in Disney World, University of Miami half time show, local events and much more. Wendy Russell is an award winning, professional choreographer. For more information visit, www.floridasuperstars.com or call 954-438-2075. **Cost \$50/month. (Plus \$50 registration fee and \$20 baton required.)** Monthly fee includes unlimited classes at locations around Broward County. **Continuous**

The Play's the Thing! Tuesday 3:30-4:30 p.m. (ages 7-8). Students engage in the theatrical process through acting exercises designed to increase concentration, free the imagination and increase confidence. Movement for the stage, character development and improvisation techniques are used to help students develop a script based on a value laden folktale. A class presentation will be held the last day of class. **Cost, \$210** Call Robin Braun of the Inside Out Theatre Company for more details and spring schedule: 954-385-3060.

Musical Theatre Production Workshop: Sundays 4:00 -6:30 p.m. (9-12 years). This class focuses on training in acting and movement with a rehearsal period that leads to a performance of one of our original musicals. Instruction includes traditional Stanislavski techniques, improvisation, and character development. No experience is necessary; this class leads to a performance in a professional theatre setting and students are expected to be committed and work at the highest level of professionalism. **Cost is \$395.** Call Robin Braun of the Inside Out Theatre Company for more details and spring schedule: 954-385-3060.

Chess Club: Come join us on Mondays, 4:00-5:30 p.m. (all ages and parents welcome) as we play and learn about the art of Chess in a lively, low stress environment. The club is broken into sessions of highly interactive guided instruction and play, allowing time to have fun while applying new knowledge. We focus on all aspects of chess, including fundamentals, tactics and strategies, chess history, psychology of competitive play, critical thinking, and personal development. Class is structured so that all levels will benefit. **Cost is \$45/4 sessions or \$15 per sessions.** For more information, contact Ms. Marcher at 954-217-9432. **Continuous**

Teen Performance Workshop: Sunday 7:00-9:00 p.m. (13-18 years) This class is for students interested in helping write and produce a performance piece based on relevant issues in their lives. Through the use of improvisation and scene work, students will hone their acting and performance skills as they present the play in a café-style setting at the end of the season **Cost, \$375.** Call Robin Braun of the Inside Out Theatre Company for more details and spring schedule: 954-385-3060.

Fencing Club: Mon. and Weds: Beginners (6:30-7:30 p.m.) Intermediate/advanced (7:30-9:00 p.m.) We invite males and females, ages 10 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 members of the committee. **Cost is \$120 per month.** For more information contact Coach Antoaneta Spassova at smotalinkova@aol.com or call her at (954) 249-3295. **Continuous**

Creative Minds Art: Fridays 4:30-5:30 (ages 5 to 13) Young Minds Arts prepares children for goals set forth by the National Standard for Art Education. Our exclusive program dispels the myth that art is a talent a child has or doesn't have. We view art not merely as a talent, but as a skill that can, and should, be learned by all children. Price includes all materials. For more information call 954-647-6403. **\$50 per 5 weeks.** **Winter #1:** 1/6-2/10 (no class 1/13) **Spring #1:** 2/17-3/16 **Spring #2:** 3/23-4/27 (no class 4/6) **Stroller**

Strides: Mondays, Wednesdays, Fridays 9:15-10:15 a.m. 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. **Continuous**

Kids Yoga: Wednesday 10:30-11:15 (18 months-4 years) Together moms and children can discover a playful introduction to kids yoga. During this 45 minute class help your child build the foundation for a healthy and fit lifestyle. Walk in with a yoga mat and smile to experience the fun! Full month \$50 per child or \$90 per family! **Contact Nipa Doshi at nipa-2010@live.com or 954-444-0383.**

Fun In Spanish: Fridays 10:00-11:30 a.m. (ages 2-5) Don't forget your Spanish. The only way to hang on to your roots is to practice. Learn and practice Spanish with Latin kids and others that wish to learn in a playful, musical and artistic environment. For information, please call 954-822-7528 or email FuninSpainsh@Hotmail.com. **Cost is \$40 per month. Continuous**

Kidokinetics: The "Fun Way to Fitness" – your child will learn a new sport in a fun and non-competitive atmosphere. Activities include **soccer, hockey, tennis, basketball, volleyball, football, golf, hula hoops, obstacle course, T-ball, and more.** All classes are led by experienced coaches who will provide a fun and safe environment for learning. Kidokinetics focuses on individual achievement to improve the child's self confidence. For more information contact us at (954)385-8511 or www.Kidokinetics.com. Classes meet INDOORS at the Community Center. **\$63 for a 7 week session**

Ages	Tuesdays:	Wednesdays:	Thursdays:
15m – 24m	9:15-10:00		
2yr - 3yr	10:00-10:45		
3yr - 5yr		4:00-4:45	
2yr - 3yr		4:45-5:30	
5yr - 10yr			4:15-5:00
3yr - 5yr			5:00-5:45

Tuesday: 1/10-2/21; 2/28-4/17
Wednesday: 1/11-2/22; 2/29-4/18
Thursday: 1/12-2/23; 3/1-4/19
 No classes; 3/13, 3/14, 3/15

Kidokinetics Jr. - Parent and Child Sports: Saturdays 9:00-9:45 a.m. (Ages 18 months - 4 years). Kidokinetics is the fun way to fitness that's inspiring kids to get up, get moving and get into shape! We are an all around sports fitness program for children ages 2 to 4 years old. Participants will develop important building blocks for life: discipline, confidence, coordination, fine and gross motor skills, and fitness. **Activities include: soccer, hockey, tennis, basketball, volleyball, golf, T-ball, polo, lacrosse, football, hula-hoops, obstacle course, relays, hurdles, and more.** Children will be introduced to a new sport/activity each week in a fun and non-competitive atmosphere. For more information call (954)385-8511 or visit www.Kidokinetics.com. Class meets INDOORS.

Winter Session: 1/14 to 2/25 (7 weeks) \$63
Spring Session: 3/3 to 4/21 (7 weeks) \$63
 No class 3/17

WESTON REGIONAL PARK ADULT PROGRAMS

Art/Multi-Media: *Tuesdays 6:00-9:00 p.m.* 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: *Fridays 10:00 a.m.-1:00 p.m.* 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: *Wednesdays 8:00-9:30 p.m.* Come get in shape and learn to defend yourself at the same time. David Schopp, 5th 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 10th of the month. Advanced classes are available on Mondays. **Continuous**

Teen Performance Workshop: *Sunday 7:00-9:00 p.m.* (13-18 years) This class is for students interested in helping write and produce a performance piece based on relevant issues in their lives. Through the use of improvisation and scene work, students will hone their acting and performance skills as they present the play in a café-style setting at the end of the season. **Cost, \$375.** Call Robin Braun of the Inside Out Theatre Company for more details and spring schedule: 954-385-3060.

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.**

Open Bridge Play: *Mondays 12:30-4:00 p.m.* Join us on Mondays for social Bridge. Call Bernice Ross game organizer at 954-389-8756.

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

Fencing Club: *Mondays and Wednesdays: Beginners (6:30-7:30p.m.) Intermediate/Advanced (7:30-9:00 p.m.)* 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 members of the committee. **Cost is \$120 per month.** For more information contact Coach Antoaneta Spassova at (954)249-3295 or smotalinkova@aol.com. **Continuous**

SAT Preparation: *Sundays or Thursdays (Ages 15-20):* 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 score increase 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).** **Winter Session: 1/15 (Sun. 10:30-1:00 or 1:30-4:00) and 1/19 (Thur. 7:15-9:45) for test on 3/10/2012. Spring session: 4/8 (Sun. 10:30-1:00) and 4/12 (Thurs. 7:15-9:45) for test on 6/2/2012**

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Chess Club: Come join us on *Mondays, 4:00-5:30p.m. (all ages and parents welcome)* as we play and learn about the art of Chess in a lively, low stress environment. The club is broken into sessions of highly interactive guided instruction and play, allowing time to have fun while applying new knowledge. We focus on all aspects of chess, including fundamentals, tactics and strategies, chess history, psychology of competitive play, critical thinking, and personal development. Class is structured so that all levels will benefit. **Cost is \$45/4 sessions or \$15 per sessions.** For more information, contact Ms. Marcher at 954-217-9432. **Continuous**