

# Boca Raton Community Center

150 Crawford Boulevard Boca Raton 33432 • (561) 393-7807 TDD Line (561) 391-0993

**Julia Pinkocze, Recreation Center Supervisor III**

Operating Hours: Monday-Friday 9:00am-9:00pm • Saturday: 9:00am-1:00pm

**Class registrations begin 2 weeks prior to start of class. Fees must be paid in advance and are non-refundable.**

**Payment may be made by cash or checks, VISA, MasterCard or American Express.**

**Children under 18 years may be registered ONLY by Parents or Legal Guardians.**

## ADULT CLASSES

### WHEN YOUR GARDEN MISBEHAVES...

These classes will give homeowners the "grass roots" knowledge needed to accomplish their landscaping ideals. Session 1 will deal with how to create great looking balconies, patios and front entrances. It will also deal with how to select and grow beautiful potted plants; design techniques for small spaces and attracting butterflies. Session 2 will focus on various ways to improve your lawn, creating low-maintenance low-water yards, improving the soil and options for bug and weed control. Session 3 will give you great do-it-yourself landscape design tips such as how to develop your own landscape plan that will fit your needs, fertilizing, pruning and selecting plants for location as well as touch on butterfly and native plant gardens. Min-5;max-36

**Instructor:** Janet Brosan

**Days:** Mondays **Time:** 7:00 – 8:30pm

**Session 1** June 8 – June 22 *Registration begins 5/18*

Topic: *Landscaping for Small Spaces*

**Session 2** July 6 – July 20 *Registration begins 6/22*

Topic: *When Your Garden Misbehaves*

**Session 3** August 3 – August 17 *Registration begins 7/20*

Topic: *Beginning to Create the Back or Front Yard You Love*

**Cost:** Per 3-week session Resident \$38 Non-resident \$45.50

### ADULT COOKING CLASSES- 30 MINUTE MEALS ON A BUDGET WITH WINE

Cooking for one or your family need not be time consuming nor expensive. Our cooking workshops will give you an opportunity to prepare foods without a lot of hassle or money. Each session will focus on a variety of cost effective dishes, including the tasting of different wines, to compliment the fare we will be making in our kitchen. Classes are designed to be hands on, so roll up your sleeves and get ready to have fun, enjoy the evening of cooking, and meeting "new" people. Class size is limited, don't miss out!! You must register 5 days prior to the start of the session

**Instructor:** Diane Ziegler-Hoffman, freelance writer, Sun-Sentinel –Fun with Food Column

**Days:** Wednesday **Time:** 6:45-8:15pm

**Session 1** May 20 *Registration begins 4/29*

**Session 2** June 24 *Registration begins 6/3*

**Session 3** July 22 *Registration begins 7/1*

**Session 4** August 19 *Registration begins 7/29*

**Cost:** Per person Resident \$40 Non-resident \$48

Per couple Resident \$70 Non-resident \$84

Per Person all 4 sessions: Resident \$140 Non-resident \$168

Per Couple all 4 sessions: Resident \$245 Non-resident \$295

**Note:** A \$12 material fee per person per session is due to the instructor at the beginning of class.

### LEARN TO SEW

Make clothes for yourself or family. All levels taught. Also learn how to alter clothes professionally, **Must bring own sewing machine.** Come prepared to work on first day with fabric, pattern, scissors, pins, thread, ext. Learn and have fun!! Min-5;max-10

**Instructor:** Muriel Mendoza

**Days:** Wednesdays **Time:** 9:00am-Noon or 1-4:00pm

**Session 1** May 6 – June 10 *Registration begins 4/22*

**Cost:** Per 6-week session Resident \$37.50 Non-resident \$45

[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

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### **NEW!** DR. SEARS L.E.A.N. ESSENTIALS COURSE

This highly-interactive, fun, and tasty two-hour workshop provides tools to impact Lifestyle, Exercise, Attitude and Nutrition (L.E.A.N.) in the lives of children ages 3-12 years. Based on scientific research and developed by "America's Pediatrician," Dr. Williams Sears, this workshop is beneficial for parents/caregivers, daycare providers, educators and healthcare workers. Participants will learn the importance of nutrition in the physical and mental development of young children, basic meal planning, quick tips for healthy snacks, and fundamentals of play. The L.E.A.N. Essentials book (complete with healthy recipes) and a tasty snack are included in the course fee. For specific class information please contact instructor at (561) 441-5829 or visit [drsearslean.com](http://drsearslean.com).

**Instructor:** Jennifer Monroe, Certified L.E.A.N. coach

**Time:** 6:30-8:30 pm

**Session 1** Monday, May 18 *Registration begins 5/4*

**Session 2** Tuesday, June 16 *Registration begins 6/2*

**Session 3** Monday, June 29 *Registration begins 6/15*

**Session 4** Tuesday, July 21 *Registration begins 7/7*

**Session 5** Monday, August 24 *Registration begins 8/10*

**Cost:** Per session Resident \$40 Non-resident \$48

**NOTE:** All sessions will contain the same information.

### BALLROOM DANCE CLASSES

Always a happy, friendly atmosphere appealing to all ages! Dancers of all levels benefit from Lee's experience and detailed instruction. FOXTROT, WALTZ, SWING, TANGO, HUSTLE, CHACHA, MAMBO/SALSA, MERENGUE, SAMBA, AND RUMBA. Much attention is given to leading and following techniques plus styling. Singles and couples welcome.

**Instructor:** Lee Fox

**Days:** Fridays

**Time:** 7:30-9:00pm

**Session 1** May 8 – June 12 *Registration begins 4/24*

**Dance Style:** Samba

**Session 2** June 19 – July 24 *Registration begins 6/5*

**Dance Style:** Two-Step

**Cost:** Per 5-week session

*Resident \$60 Non-resident \$72*

No Class 5/22, 7/3

### MEMORIES, MILESTONES, MEMOIRS, & MISCELLANEOUS

A Creative Non Fiction FUN Writer's Workshop! For writers who want feedback, support and discipline, those who want to improve craft and those who simply want to tell their personal story or merely let it all hang out... Vignettes and personal essays work here too! Feedback is given by the instructor via email, handouts and readings. Call (561) 477-8727 for more information. Min-11;max-19

**Days:** Tuesdays

**Time:** 2:00-4:30pm

**Session 1** May 5 – May 26 *Registration begins 4/21*

**Session 2** June 2 – June 23 *Registration begins 5/19*

**Location:** Classes are held at the Train Depot (747 S. Dixie Hwy)

**Cost:** Per 4-week session Resident \$72 Non-resident \$86.50

# DOG OBEDIENCE CLASSES

(Puppy Kindergarten, Beginner Dog, Intermediate Dog, Dog Park Etiquette)

## PUPPY KINDERGARTEN

For all puppies 10 weeks up to 5 months. Get your pup off to a great start with puppy playtime for socialization while learning the basics of how to raise a well-behaved dog. Class includes housebreaking, discouraging play biting, chewing and leash pulling using gentle methods. Training is indoors. **PROOF OF VACCINATIONS** must be brought to the first class. Please bring chew bones or non-squeak toys and soft treats each week. Min-6;max-12

**Instructor:** Debbie Burgess

**Days:** Wednesdays

**Session 1** April 15 – May 20

**Session 2** June 3 – July 8

**Session 3** July 22 – August 26

**Cost:** Per 6-week session Resident \$85 Non-resident \$102

**Location:** Classes are held inside at Train Depot (747 S Dixie Hwy). Call Boca Raton Community Center for information.

**NOTE: Families are welcome, however, we ask that children under the age of 7 not attend class so as to focus attention on participating dogs and owners.**

**Time:** 6:30-7:30pm

*Registration begins 4/1*

*Registration begins 5/20*

*Registration begins 7/8*

## BEGINNER DOG CLASSES

Learn what your dog is thinking and why they behave the way they do. Teach your canine companion to SIT, DOWN, COME, STAY, WALK BESIDE YOU ON A LEASH, NOT TO PICK UP OBJECTS, TRICKS and much more. Focus is on developing a relationship of trust and obedience using positive reinforcement. Health care and safety tips are also discussed. A must for every dog owner!

**Instructor:** Debbie Burgess

**Days:** Mondays

**Session 1** April 27 – June 8

**Session 2** June 22 – July 27

**Session 3** August 10 – September 21

**Location:** Classes are held outside on basketball court behind Community Center and are cancelled in inclement weather. Call Community Center for information. No class 5/25, 9/7

**Days:** Wednesdays

**Session 1** April 15 – May 20

**Session 2** June 3 – July 8

**Session 3** July 22 – August 26

**Cost:** Per 6-week session Resident \$85 Non-resident \$102

**Location:** Classes are held outside at Train Depot (747 S Dixie Hwy) and are cancelled in inclement weather. Call Community Center for information.

**Time:** 6:00-7:00pm

*Registration begins 4/13*

*Registration begins 6/8*

*Registration begins 7/27*

**Time:** 7:30-8:30pm

*Registration begins 4/1*

*Registration begins 5/20*

*Registration begins 7/8*

## INTERMEDIATE DOG CLASSES

A trained dog is a happy dog and a happy owner! This class is designed to challenge and fine-tune what you have learned from basic training. Strengthen your dog's ability to respond to your commands while being distracted. Classes include games, prizes and an introduction to AGILITY. Come and have fun while spending quality time with your canine companion. Your dog will love it!

**Instructor:** Debbie Burgess

**Days:** Mondays

**Session 1** April 27 – June 8

**Session 2** June 22 – July 27

**Session 3** August 10 – September 21

**Cost:** Per 6-week session Resident \$85 Non-resident \$102

**Location:** Classes are held outside on basketball court behind Community Center and are cancelled in inclement weather. Call Community Center for information.

No class 5/25, 9/7

**Time:** 7:00-8:00pm

*Registration begins 4/13*

*Registration begins 6/8*

*Registration begins 7/27*

## DOG PARK ETIQUETTE

Would you enjoy taking your dog to the dog park but aren't sure how he or she may react? Learn the warning signs and how you may be encouraging inappropriate behavior from your dog and other pets. Class will teach you how to deal with dominance and inappropriate behaviors while your dog socializes using the "Dog Whisperer" techniques. (This class is not for dogs that are extremely aggressive.) For specific class information please contact the instructor at (561) 791-7033.

**Instructor:** Debbie Burgess

**Days:** Saturdays

**Session 1** May 9 – June 13

**Session 2** June 27 - August 8

**Session 3** August 22 – September 26

**Cost:** Per 6-week session Resident \$85 Non-resident \$102

**Location:** Classes will be held in the City Hall Parking lot, East side of Boca Raton Community Center

No Class: 7/4

**Time:** 10:00-11:00am

*Registration begins 4/25*

*Registration begins 6/13*

*Registration begins 8/8*

## FITNESS / MARTIAL ARTS

### NEW! OUTDOOR HOUR OF POWER

Commit to getting in shape and staying in shape! No gym membership required. This class combines functional and core training to help you build strength, endurance, balance, coordination, and concentration. Not only will you look better but, you will feel better. The class is made up of a 5 minute warm-up, 45 minutes of strength training, and 10 minutes of stretching. Whether you want to lose weight, inches or just tone up, this 1 hour two day a week course will get you to your goal! Bring an exercise mat, water bottle, small towel, and two 3lb or 5lb dumbbells.

**Instructor:** Theresa Olsen, AFPA Certified Fitness Instructor

**Days:** Tuesday & Thursday

**Time:** 7:00- 8:00 am

6:15- 7:15 pm

**Location:** Lake Wyman Park

**Cost:** Per 8 classes Resident \$98 Non-resident \$118

Per 16 classes Resident \$190 Non-resident \$228

### NEW! YOGA AT THE BEACH

Experience Yoga as nature intended - in a relaxing and natural environment! The sights and sounds of the water stimulate the meditative portion of the conscious mind providing for one of the best Yoga platforms available. A balanced exercise regime is one that brings together the physical body, mental being, and the inner and outer spirit - Yoga is a must to achieve this balance. Join us by the water and experience one of the most enlightening exercise classes you'll ever attend. Participants should expect to experience a moderate workout and feel comfortable, stretched, and relaxed after any of these classes.

**Instructors:** Veronica Fowler and Marc Kozlin

**Days:** Mon, Wed, Fri, Sat, Sun

**Time:** 8:00-9:00am

**Location:** Spanish River Park (Beach Side)

**Days:** Fri, Sat, Sun

**Time:** 10:00-11:00am

**Location:** Red Reef West (Intracoastal Side)

**Cost:** 1 class Resident \$15 Non-resident \$18

5 classes Resident \$65 Non-resident \$78

10 classes Resident \$130 Non-resident \$156

15 classes Resident \$195 Non-resident \$234

**Note:** Registration is ongoing monthly

# SPANISH RIVER LIBRARY & COMMUNITY CENTER

Fridays • 3:30-4:15pm  
MEETING ROOM  
FREE

Summer reading programs are sponsored by  
**THE FRIENDS OF THE BRPL**

You must be registered **Summer Reader** to attend these programs.

**Registration for Summer Readers begins June 6.**

**All children 8 yrs and younger must be accompanied by an adult.**

**Your "Be Creative @ Your Library" button is your ticket in!**

**June 19** • Carrie Sue Ayvar

A storytelling journey into the imagination!

**June 26** • Duck in the Truck Puppet Show

A truck full of puppet fun! For all ages

**July 3** • Kidstuff by Melany

A musical adventure!

**July 10** • Suzy Hammer

Millennia the Muse Show

**July 17** • Windell Campbell

The Art of Storytelling

**July 24** • Michael Winters

Magic Show

**Programs subject to change**

## Spanish River Library Tween & Teen Programs

### Tweens (ages 9-12)

**Movie Club** – The following Wednesdays @ 4:30pm

**July 1 – Wall-E (G)**

**August 5 – Madagascar 2 (PG)**

Free pizza & drinks provided. No registration necessary.

**Crafts & More...** - The following Wednesdays @ 4:30pm

**June 17 – Tie-Dye**

Tie-dye a tee for FREE! Registration begins June 8.

**June 24 – Anime Club**

Enjoy manga readings, artwork, fun discussions & free snacks. No registration required.

**July 15 – CD Clock Craft**

Turn an old CD into a cool clock! Registration begins July 6.

**July 22 – Anime Club**

Enjoy manga readings, artwork, fun discussions & free snacks. No registration required.

**July 29 – Sundae, Sundae**

Create a scrumptious ice cream sundae with all the fixin's! No registration required.

### Teens (ages 13-17)

**Movie Club** – The following Tuesdays @ 4:30pm

**June 9 – Dark Knight (PG-13)**

**July 7 – Journey to the Center of the Earth (PG)**

Free pizza & soda provided. No registration necessary.

**Games & More...** - The following Tuesdays @ 4:30pm

**June 23 – Guitar Hero**

Strap on your guitar & get ready to rock the library! No registration.

**July 21 – Duct Tape Craft**

Learn the cool "art" of duct taping & make your own wallet! Registration begins July 13.

**August 11 – Rock Band**

Put together your own rock band! No registration required.



## Be Creative @ Your Library

### Special Event

#### Summer Reading Kick-off Party

Saturday, June 6 • 11:30am to 1:30pm • Free

Page Turner Adventures Show at 12:00pm

Held at the Spanish River Library Lakeside Patio

(Children of all ages accompanied by an adult) Register before and after the show for the "Be Creative @ Your Library" Summer Reading Club

## FOOD FOR THOUGHT

### Check out our Library Café!

#### Located in the Spanish River Library

The Library Café is a locally owned and operated business dedicated to providing quality food at a reasonable price. The Café with its unique airy, light-filled lakeside view, is located on the west side on of the Library. The Café offers a wide variety of specialty foods--sandwiches, hot homemade soups, garden salads, robust coffees, muffins, ice cream, brownies and cookies. Lunch specials are available each day.

Whether planning a special occasion or a business meeting, let the Library Café cater it! Please call the Library Café for information regarding Catering and Chess Club at (561) 544-8594.

Café Hours

**Monday – Saturday** • 9:00am to 6:00pm

**Sunday** • Noon to 6:00pm

## FALL STORY TIME

Registration - Friday, August 11

Programs start Monday, August 31

## PLAN TO HOLD YOUR

### SPECIAL EVENT

#### AT THE SPANISH RIVER LIBRARY & COMMUNITY CENTER

Our Mizner-inspired building and patios are a perfect backdrop for your special event. The Lakeside Patio's striking views of the sunsets over Pondhawk Nature Preserve and our lake make every event special. The Rooftop Terrace's pergola and stone features make it the perfect spot to watch the blue skies turn to golden sunsets. Our Meeting Rooms will house any event from your business meetings to your family's special occasions. Make Spanish River Library and Community Center your next special events destination.

For reservations call Pam Nees at (561) 367-7016 or complete a room request form at [www.bocalibrary.org](http://www.bocalibrary.org)

## NEW LIBRARY CARDS!

### The Boca Raton Public Library has a new library card!

It includes a "key fob" so that Library patrons will be able to carry their library card on a key chain as well as in their wallet or purse. Old cards are still usable, but if you have lost your card or if you would like to take advantage of the new key fob option, you may replace your card for a nominal \$2.00 fee. But, please be sure that you HAVE a card! For security reasons, it is now REQUIRED that a valid library card be presented when checking out materials or when using the Library's computers.



[PROGRAMS, OPERATING HOURS, AND/OR PRICES SUBJECT TO CHANGE]

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THE RECREATOR

Summer 2009

# Sugar Sand Park Field House

300 S. Military Trail, Boca Raton • (561) 347-3950

**Kevin Beckman, Athletic Supervisor II**

**Jim Henegar, Athletic Supervisor I • Jack Thompson, Athletic Assistant**

Operating Hours: Monday-Saturday 8:00 am -10:30 pm • Sunday 10:00 am - 5:00 pm

**REGISTRATION FOR CLASSES IS TWO WEEKS PRIOR TO A NEW SESSION**

Registration fees must be paid in advance and are non-refundable



This Park has been designated  
a Non-Smoking Park

## OPEN ROLLER HOCKEY

Open Roller Hockey (youth & adult) is only available to residents of the City of Boca Raton/  
Greater Boca Raton Beach & Park District. For additional information call (561) 347-3950.  
Open Play schedule is posted at the hockey rink and copies are available in the Field House.

## YOUTH ROLLER HOCKEY

**City of Boca Raton**

**SESSION 1** NOVEMBER - FEBRUARY

**Registration:** Sugar Sand Park Field House  
Saturday, August 8 & August 22 • 9:00 - Noon

**Proof of date of birth required**

**Age:** 5-16 years (age as of 2/28/10)

**Time Commitment:** 1 weeknight practice, 1 Saturday/Wednesday game

**Cost:** Resident \$90 Non-resident \$108

**Phone:** Kevin Beckman (561) 347-3908

## YOUTH BASKETBALL

**SESSION 2**

**Registration:** Sugar Sand Park Field House  
Saturday, August 4 & 18 • 9:00am - Noon

**Proof of date of birth required**

**Play Location:** Sugar Sand Park Field House

**League Play:** November - February

**Age:** 5-6 (as of 11/1 of year playing)

**Cost:** Resident \$70 Non-resident \$84

**Phone:** Jim Henegar (561) 347-3916

## FIELD HOUSE SPECIAL EVENT

### MIDDLE SCHOOL DANCE PARTIES

Saturdays: June 27, July 25, August 22

All dances 7:30 -10:00pm

\$5.00 entrance fee • Live DJ

Call 347-3908 for information

Proof of middle school age is  
required (report card, school ID)

### FIELD HOUSE SCHEDULING INFORMATION

Open play schedule for basketball and volleyball will  
be posted on the 3rd Monday of the prior month.

All Open Play programs are free to residents of the  
Greater Boca Raton Beach & Park District and the City  
of Boca Raton. Proof of residency is required.

The weekly open play schedule can be obtained by  
calling (561) 347-3915. Non-residents will be charged  
\$5 for Open Play.

## 2009 ADULT BASKETBALL LEAGUES

**2009 Leagues** 18+ A, B

**Played On** Tuesday Nights • **Games** 10

**Fee** Resident team \$500 Non-Resident team \$600

**Play Begins** July 28

### REGISTRATION

Registration for basketball leagues will begin Tuesday, June 16, 7:00-8:00pm at the Sugar Sand Park Field House.

### IMPORTANT!

- Teams must pick up and complete the Roster/Waiver Form prior to registration! Each player's signature (see the Registration Packet) is required.
- Registration packets are available beginning Monday, June 1 at Sugar Sand Park Field House, Monday-Saturday 8am-10pm, and Sunday 10am-5pm.
- Registration will be taken on a first come basis. Space is limited!
- For additional information: (561) 347-3916

**PLEASE NOTE:** The Sugar Sand Park Field House will be closed from Thursday, September 3 through Monday, September 6, 2009, due to the resurfacing of the gymnasium floor. During this time there will be no activities scheduled. The office will be open during its normal operating hours: Thursday through Saturday, 8:00am - 10:30pm, Sunday, 10:00am - 5:00pm. Activities will resume on Tuesday, September 8, at 8:00am.

# Sugar Sand Park Community Center

300 S. Military Trail, Boca Raton 33486 • (561) 347-3900

Tiffany Lucia, Recreation Center Manager • Briann Harms, Recreation Center Supervisor III

COMMUNITY CENTER HOURS

Monday-Friday 8:00am-10:00pm • Saturday 8:00am-5:00pm • Sunday 10:00am-5:00pm

Class registrations begin 2 weeks prior to start of new session with the exception of where otherwise indicated.

FEES MUST BE PAID IN ADVANCE AND ARE NON-REFUNDABLE.

Programs, operating hours, and/or prices subject to change



This Park has been designated  
a Non-Smoking Park

## ADULT PROGRAMS

### THE ACTORS WORKSHOP **Ages 16 and up**

Intensive 8-week program for adults interested in tapping into their creative side, improving public speaking and presentation skills, overcoming shyness, having fun or seeking a career in acting. Taught in NY and LA, even the newest individual to acting immediately gains tools for consistent ability as an actor. Profiled by 'Sun Sentinel', 'Boca News' & 'Onstage' T.V. program. Min-4;max-24

**Instructor:** Jane Kelly

**Days:** Mondays

**Time:** 6:30-9:30pm

**Session 1** June 22-August 10

*Registration 6/8*

**Cost:** 8 classes Resident \$150 Non-resident \$180

### INSTANT GUITAR for Hopelessly Busy People

**Ages 14 and up.** Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Min-5;max-10

**Instructor:** Jerry Tyler

**Days:** Fridays

**Time:** 6:30-9:00pm

**Session 1** June 26

*Registration 6/12*

**Session 2** July 17

*Registration 7/3*

**Session 3** August 14

*Registration 7/31*

**Cost:** 1 class Resident \$25 Non-resident \$30  
\$26 Materials Fee paid to the instructor.

### PUTTING THE FUN IN FUNNY **Ages 19 and up**

**Writing Humorous Books for Kids**

Bring your ideas, your playful spirit and your sense of humor to this hands-on writing workshop. Have fun with your writing and make your writing more fun. Participate in ten-minute writing exercises, manuscript critiques, and book discussions. Learn what works in children's books...and what makes young readers laugh. Min-5;max-25

**Instructor:** Gloria Rothstein

**Days:** Wednesdays

**Time:** 7:00-9:00pm

**Session:** June 24-July 22

*Registration 6/10*

**Cost:** 5 classes Resident \$115 Non-resident \$138

### THURSDAY MOVIE CLASSICS

**Days:** Thursdays

**Time:** 7:30pm

**Movies:** Butch Cassidy and the Sundance Kid May 14

"The Summer of Eastwood"

*The Good, The Bad, and The Ugly* June 18

*Dirty Harry* July 16

*Two Mules for Sister Sarah* Aug. 13

**Tickets:** \$1 per person (price includes popcorn & drink)

Limited Seating. Please call the box office at

(561) 347-3948 to purchase tickets in advance.

## CHILDREN AND TEEN PROGRAMS

### CARTOONING, DRAWING AND COLORING **Ages 7-15**

Learn basic cartooning techniques, drawing the cartoon face & figure and try to create our own funny cartoon. Learn simple line drawing and shading. Bring pencil and paper. Min-4;max-15

**Instructor:** Paul Markison

**Days:** Tuesdays

**Time:** 4:00-5:30pm

**Session 1** June 2-July 7

*Registration 5/19*

**Session 2** July 21-August 25

*Registration 7/7*

**Cost:** 6 classes Resident \$52 Non-resident \$62.40

### CHILDREN'S PERFORMANCE Drama **Ages 6-15**

#### (3 week) WORKSHOP

Taught by theatre professionals, your "CHILD STAR" will perform in a full scale production of "RAPUNZEL" (including group songs) at the end of the three week workshop. This is an original story based on the fairy tale with many fun characters added such as Reba Remax, the realtor who tries to sell the doll makers' house to get away from the witch. Let your child's imagination soar while having fun at the theatre! Their days include improvisation, singing, character study, rehearsing, cold reading and audition techniques, voice, movement, make up, technical aspects and more. Please bring a packed lunch. Min-15;max-25

**Instructor:** Kris Coffelt, Rusty Ellison

**Days:** Monday-Friday

**Time:** 10:00am-3:00pm

**Session:** June 15 - July 3

*Registration 6/1*

**Cost:** 15 classes Resident \$550 Non-resident \$660

\*Tickets for the performance are provided at no additional cost, upon availability.

### CHILDREN'S PERFORMANCE Drama **Ages 6-15**

#### (1 week) WORKSHOP

Taught by theatre professionals, each day in the series offers new opportunities to develop your child's dramatic talent while having fun at the theatre! Let your child's imagination soar! Many aspects of theatre are taught, including: improvisation, pantomime, character development, scene work, creative skills, drama exercises, voice, diction, body movement, and more. This series also focuses on positive interacting skills, poise, self-esteem, and memorization skills. Children work in age appropriate groups. Please bring a packed lunch. Min-15;max -25

**Instructors:** Kris Coffelt, Rusty Ellison

**Days:** Monday-Friday

**Time:** 10:00am - 3:00pm

**Session** July 6-July 10

*Registration 6/22*

**Cost:** 5 classes Resident \$180 Non-resident \$216

### SUGAR SAND'S SING SONG STORY TIME

Come join us for interactive stories with positive self-esteem enhancing themes. Singing, puppets and dancing are all part of the great adventures we will discover. Parents must accompany children.

**Instructor:** Carol Ann Birtwell

**Days:** Mondays

**Time:** 10:00-11:00am

**Dates:** May 11; June 1; July 13; August 3

**Cost:** No fee

## Junior Sea Turtle Specialists **Ages 8-10**

.Do you love sea turtles? Learn all about them, why they are in danger, and what you can do to help. Learn what a Gumbo Limbo turtle specialist really does from 6:00 am until midnight during this four week session. Sessions One and Two have the same content. Reservations required (561) 338-1473. *Payment is required at time of reservation for this program; no refunds.*

**Session One:** Wednesdays, June 10, 17, 24, July 1  
**Session Two:** Wednesdays, July 15, 22, 29, August 5  
**Time:** 2:30-4:30 pm  
**Cost:** Per child Members \$55 Non-members \$65

## Kinder Turtles **Ages 5 - 6 with an adult**

Spend some one-on-one time with your little one learning about sea turtles. Decorate a paper plate sea turtle to take home. Please make this time special for you and your child; do not bring siblings. Siblings are welcome to explore the nature center with another adult or guardian. Reservations required (561) 338-1473.

**Dates:** Saturdays May 2, June 6, August 1 **Time:** 10:30-11:15am  
**Cost:** Per child Members \$2 Non-members \$3

## Mother's Day Nature Craft **Ages 7 - 12**

Wondering what to get Mom for Mother's Day? Show her how much you love her by creating something special with natural objects you find at the nature center. Reservations required (561) 338-1473. *Payment is required at time of reservation for this program; no refunds.*

**Date:** Friday, May 8 **Time:** 3:30-4:30 pm  
**Cost:** Per child Members \$10 Non-members \$15

## Mr. Sand **Ages 7 - 12**

It comes from broken shells, protects the mainland from erosion and is fun to play in. Come enjoy this program about beach sand and create a sand castle. Dress for a mess! Reservations required (561) 338-1473. *Payment is required at time of reservation for this program; no refunds.*

**Date:** Monday, June 29 **Time:** 2:30-3:30 pm  
**Cost:** Per child Members \$8 Non-members \$12

## Tiny Turtles **Ages 3 - 4 with an adult**

Spend some one-on-one time with your little one learning about sea turtles. Decorate a paper plate sea turtle to take home. Please make this time special for your preschooler; do not bring siblings. Siblings are welcome to explore the nature center with another adult or guardian. Reservations required (561) 338-1473.

**Dates:** Saturdays May 2, June 6, August 1 **Time:** 9:30-10:15am  
**Cost:** Per child Members \$2 Non-members \$3

## Tween Turtles **Ages 11 - 13**

A totally turtles class for tweens interested in learning more about sea turtles and Gumbo Limbo programs. Learn what the Marine Turtle Specialist responsibilities are. Have a chance to feed the resident marine creatures! If we are in luck, we may have some hatchlings to observe. Reservations required (561) 338-1473. *Payment is required at time of reservation for this program; no refunds.*

**Date:** Monday, July 13 **Time:** 2:30- 4:00pm  
**Cost:** Per child Members \$8 Non-members \$12

## Seashells by the Seashore **Ages 7 - 12**

Our beaches hold the remains of millions of tiny animals. Learn about the seashore creatures and how they make their shells. Walk over to Red Reef Park and go collecting! Reservations required (561) 338-1473. *Payment is required at time of reservation for this program; no refunds.*

**Date:** Tuesday, July 7 **Time:** 2:30-4:00pm  
**Cost:** Per child Members \$6 Non-members \$9

## Seining the Lagoon **Ages 10 - adult**

**An adult must sign-up and participate with children.** Grab a net and find out what lives in the grasses of the Intracoastal at Gumbo Limbo. Hand-held dip nets and large seine nets allow us to catch and release a variety of fish, shrimp, crabs and other marine life. Wear old sneakers or wading shoes. Reservations required (561) 338-1473.

**Date:** Monday, May 11 **Time:** 3:00-4:30pm  
**Dates:** Tuesdays June 30, July 28 **Time:** 9:30-11:00am  
**Cost:** Per person Members \$4 Non-members \$6

## Solar Science **Ages 7 - adult**

**An adult must sign-up and participate with children.** We live in the sunshine state, yet what do you really know about the sun? Meet at Gumbo Limbo, and travel by van to Florida Atlantic University for a science lecture. Then climb the stairs up to the observatory and see our active star up close for yourself. Reservations required (561) 338-1473.

**Dates:** Fridays May 1, June 5, July 17, August 7 **Time:** 1:00-3:30 pm  
**Cost:** Per person Members \$6 Non-members \$9

## Volunteer Training **Ages 14 - adult**

Have you ever considered taking an active part in a nature center? Volunteering at Gumbo Limbo will give you the opportunity to become knowledgeable about a variety of nature indigenous to south Florida, while interacting with visitors from around the world. We offer a variety of classes for volunteers to learn more about the coastal island, hardwood hammock, and sea turtle conservation. The gift store is looking for volunteers who enjoy retail and have experience with computers. We also need volunteers with carpentry skills to assist with boardwalk repairs. There is a mandatory, two part training session offered every month for new volunteers. Call our Volunteer Coordinator to learn more or to setup an interview (561)338-1588.

**Fee:** \$20 covers training handbook and volunteer t-shirt.



# Summertime in Florida: Day Tripping with Gumbo Limbo '09

Day Tripping with Gumbo Limbo is taking on a greener dimension; we're actively trying to make the travel part of the trips environmentally correct. Trains are one of the ways we take advantage of our historic and natural wonders. Our summer trip takes us to the center of Miami. The location is perfect; the commuter train makes a stop at Government Center, two blocks walking distance to our destination. Going to Miami on the TriRail is an adventure in itself.

## Historical Museum of Southern Florida

### *Black Crossroads*

Since the 1890's Miami has attracted people from many places and cultures. Perhaps the city's proximity to the islands and rural America, and overcrowded northern cities made it an accessible crossroad for black peoples. Miami was also a relatively newcomer to the city scene and may have seemed full of opportunities. They came from many different places, looking for the American dream: a better way of life. Little by little a black community of settlers added to the fabric of Miami. The exhibit tells their stories, a history that spans over one hundred years.

### *Black Freedom in Florida, 1700-1865*

A concurring exhibit tells the stories of Florida as a haven for black communities during the international battles by Spaniards and Brits. Their struggles for freedom from slavery and refuge among the Seminole Indians are told through a composite of court and military records, maps, and advertisements. These two exhibits help us gain a better appreciation of Florida's diversity and its extraordinary history.

### *Tropical Dreams*

The museum's permanent installation, Tropical dreams: A People's History of South Florida, dovetails the Black Crossroads exhibit with a look at prehistoric geology, subtropical climate, and development. Adapting to the rigors and pleasures of our unique climate is one aspect that daunted earlier settlements. The history of southern Florida is truly a saga of immigrations. They came – and continue to come - from diverse regions in the States and numerous other countries. The first people, the defining of The Everglades, the impacts of war and aviation are all part of the Florida we know today.

#### **Location, Cost & Lunch:**

The Museum is in mid-town Miami next to the Museum of Art and the Library. The MetroRail/Tri Rail station is two blocks from the museum. A near-by restaurant, Granny Feelgood's Natural Food, provides a favorite stop for lunch. The cost of the trip covers entrance fee, donations and/or gratuities. Please note: TriRail train fare and lunch is at your own expense. A week prior to our trip participants will be contacted regarding train schedule and meeting time. This program is for adults. Reservations required (561) 338-1473.

**Date:** Friday, June 5

**Time:** 9:30 am – 4:30 pm

**Cost:** Per person Members \$10 Non-members \$15

# Boca Raton Beaches

## OCEAN RESCUE / PARK RANGER HEADQUARTERS

3939 N. Ocean Boulevard, Boca Raton 33432 • (561) 393-7820  
Grant E. McCosh, Ocean Rescue Chief

### GENERAL INFORMATION

The residents of Boca Raton are proud of the two miles of lifeguard protected beaches which are provided for their recreational use. There are four guarded sections of beach: South Beach, South Beach Park, Red Reef Park and Spanish River Park.

### LIFEGUARD HOURS

9:00 am - 5:00 pm  
7 days a week, year-round

### DESIGNATED SURFING AREAS

South Beach Park - South End  
Red Reef Park - South End  
Spanish River Park - North End  
(Areas adjusted according to surf conditions)

### DAILY BEACH CONDITIONS

(561) 393-7989 or  
<http://www.ci.boca-raton.fl.us/OceanRescue/ocean.htm>

### SOUTH BEACH WEB CAM

<http://www.video-monitoring.com/boca/default.htm>

### RECOMMENDED CANOE/KAYAK

#### OCEAN LAUNCH AREA

South end of Spanish River Park.

### RECOMMENDED SNORKELING AREA

Red Reef Park - South End

### VOLLEYBALL COURTS

Spanish River Park - North End

### A BEACH WHEEL CHAIR IS AVAILABLE

from 10am-4pm. Inquire at the Spanish River Gatehouse when you enter the Park. You must submit a valid driver's license as a deposit for use of the chair.

## SPECIAL EVENT

### JUNIOR LIFEGUARD PROGRAM

Open to boys and girls ages 10-17  
Monday, Wednesday, Friday mornings 9:00am to Noon  
June 15 - July 24 (No class June 29, July 1 or July 3)

Spanish River Park

Registration and tryouts (Run-Swim-Run activity) will be conducted at 9:00am on Sat, May 16 and/or Sat, May 30.

Lifeguard staff members of Ocean Rescue conduct this program.

Cost: \$150 Resident \$175 Non-resident

For more information call Squid McGlamery at (561) 393-7820

## SEASON HIGHLIGHTS

### Sea Bathers Eruption (Sea Lice)

What is it? Ocean bathers report red welts and blotches, which are concentrated under the swimsuit and other parts of the body after swimming in the ocean. Itching and redness usually occur several hours after ocean bathing. Some experience a slight "prickling" sensation while they are in the water. This occurs mostly from April to July.

**Symptoms:** Itching -- usually lasts 2-4 days, but it can last as long as 2 weeks. Some people have more severe reactions, including headache, fever, nausea and infected blisters. Children may develop high fever.

**Prevention:** Make sure you change out of your bathing suit before showering. This may reduce your risk for sea bather's eruption by half.

**Treatment:** An oral antihistamine may help to relieve the itching. Also, an over-the-counter topical 1% cortisone cream or sting aid may be helpful. With severe reactions or complications, call your physician immediately.

**For more information, call (561) 514-5369, HRS-Palm Beach County Public Health Unit.**

## BEACH PERMIT INFORMATION

Beach permit stickers may be purchased at the following locations:

#### James A. Rutherford Community Center

2000 Yamato Road • (561) 367-7035  
Monday-Friday 8:00 am - 10:00 pm  
Saturday 8:00 am - 5:00 pm  
Sunday 10:00 am - 5:00 pm

#### Sugar Sand Community Center

300 S. Military Trail • (561) 347-3900  
Monday-Friday 8:00 am - 10:00 pm  
Saturday 8:00 am - 5:00 pm  
Sunday 10:00 am - 5:00 pm

#### Boca Raton Community Center

150 Crawford Blvd. • (561) 393-7806 #2  
Monday-Friday 9:00 am - 9:00 pm  
Saturday 9:00 am - 1:00 pm

**Proof of residency and car registration required. Stickers are valid from October 1 through September 30 annually.**

• **City Residents** - Ownership of South Beach, Red Reef and Spanish River Parks is held by the City. City residents are allowed use of all three parks for one permit cost (\$37 inc. tax).

• **Beach and Park District Residents** - Ownership of South Beach, Red Reef and Spanish River Parks is held by the City. District residents may purchase a permit that allows use of all three parks (\$37 inc. tax).

• **County Residents** - Residents of Palm Beach County may purchase a permit for South Beach Park through an agreement between the City and County. The City is responsible for all operation and maintenance, with the provision that County residents be allowed usage of the Park at the same rate as City residents (\$37 inc. tax).

**(Fees subject to change)**