

North Palm Beach Recreation Department

Fall Activity Schedule September - December 2017

Online registration – www.village-npb.org
Logon = HH ID#, password = HH ID#
For help call 841-3386

Building Codes:

Anchorage Activities Building (841-3386)	AAB	603 Anchorage Dr.
Osborne Park	OSB	715 Prosperity Fm. Rd.
Community Center (841-3389)	CC	1200 Prosperity Fm. Rd.

Students must be registered with the Recreation Dept. before attending a class.
(RDF) = North Palm Beach resident discount fee

Country Line Dance



Terri Bucciarelli continues on Wednesday evenings with her Country Line Dance classes at Osborne Park. These classes are for those who enjoy music and love to dance. You do not need a partner in order to join this ongoing intermediate class. Fee:

\$5/cls-OSB – pay at the door. Wed. 7:00-9:00 pm. For more information, call Terri at 561-315-4658.

Duplicate Bridge

We offer variety of Duplicate Bridge games. Games are at Osborne Park (M-F 12:30, Sunday) and the Anchorage Park Activities Bldg (M 6:00). Call 841-3386 for more information. Fee: \$6-\$10/player.



Engineering for Kids

Lego Robotics: Robotics Engineering combines many areas of science, technology, engineering and mathematics to develop useful machines that run on automatic controls. In this course students will use the computer to aid in the design of their Lego creation, then program their build using the computer. AAB - Th 4:30 starting 9/7, ages: 5-7 yrs. Fee: \$115/\$110(RDF)- 6wk

Electrical Engineering- Students will be introduced to the concepts of circuit design, building, and maintenance through various hands-on activities. Students will walk away with an in-depth knowledge on basic circuits. AAB - Th 5:30 starting 9/7, ages: 8-10 yrs. Fee: \$115/\$110(RDF)- 6wk

Marine Engineering- What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are all explored in Junior Marine. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible. AAB - Th 4:30 starting 10/26, ages: 5-7 yrs. Fee: \$115/\$110(RDF)- 6wk

Hardware Engineering- Students take on the role of a hardware engineer, a professional who uses science, math and technology to create products related to computer hardware. This class will have students creating video game controllers out of ordinary household supplies, cardboard cutouts and even their own bodies! Students will be introduced to concepts such as electrical circuits, ergonomics and computer interfaces. AAB - Th 5:30 starting 10/26 ages: 8-10 yrs. Fee: \$115/\$110(RDF)-6wk

Fitness Over 50

This is a wonderful movement class for seniors. This class has no pounding, jumping or dancing movements. It class consists primarily of stretching muscles and limbering the joints. Ongoing class meets on Monday, Wednesday and Friday mornings 8:45-9:45. Fee: \$12/mo/\$10/mo (RDF)-AAB

Instructional Bridge Classes



Abbie Feuer and Jan Vandersluis are accredited and certified contract bridge instructors/directors. They are offering bridge lessons at Anchorage Park Monday through Thursday from 9:30-11:30 am. Fee: \$10/cls The schedule is as follows:

Monday - Developmental class

Tuesday – Advancing Players, all levels
 Wednesday – Bridge Basics
 Thursday – Supervised Play, all levels
 To join a class, contact Jan @ jvanders29@comcast.net or 561-625-8742.

Jazzercise

This 60-minute dance-aerobics/strength training class is based on Jazz dance movements which incorporates Pilate’s principals into every workout. Instructors demonstrate how students can modify the steps to meet their own fitness needs. Contact Marti Pietro at 574-4341 or go to www.jazzercise.com for more information. Register at class – Osb M,W,F,Sat 9:00-10:00am, M-Th 6:00-7:00pm.

Soccer Shots

Soccer Shots is an introductory soccer program for youth 2-8 yrs. that meets on Saturdays at Anchorage Park. The 10 week session begins Sept. 16. Try it out first at a FREE trial class on Saturday, Aug. 26 at the same times listed below for each age group. Soccer Shots offers high energy, fun, and age appropriate curriculum. Soccer Shots coaches are energetic and enthusiastic, great teachers, and love working with children. Children will not only gain soccer skills, but also work on improving balance, coordination, and agility. Soccer Shots also teaches children important concepts such as teamwork, sharing, and respect.



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- 9:00am - 2 years
- 9:45am - 3-5 years
- 10:30am - 6-7 years

Fee: \$140/135(RDF)/10wk. Register before Aug. 15 for \$10 off. We are also offering a referral program of \$10 off for each person if they refer a friend. Both will have to register at the same time in order for both to get the \$10 off. Additional \$25 materials fee due at first class.

Table Tennis Open Play

Intermediate level players practice and play round robin tournaments on Saturdays at Osborne Park at 11:00 am and Tuesday evenings at 7:15 pm. The cost is \$5/person. Coordinator – Gerald Mangold - 845-2025 for more info.



Tai Chi Chuan/Qi Gong

Practice these ancient methods of health cultivation and mindfulness. Bring together the forces of mind, body and spirit to develop a daily practice of self-care, balance and spiritual harmony. Learn useful techniques and forms in your very first class! Your guide, John Cook, is a Certified



Advanced Instructor of Inner Chi Tai Chi Chuan and Taoist Yoga (Qi Gong) with over 17 years of experience sharing his practice with those seeking skillful means. Class meets Friday mornings 10:00-11:00 am Fee: \$55/50(RDF)/5 wk or \$17/15(RDF)/cls – AX

Yoga



Yoga instructor, Gwen Germaine, offers several classes/week to fit your schedule. Yoga is a system of exercise that calms the nerves and relieves stress/anxiety and strengthens abdominal muscles. It helps improve flexibility of the spine and all joints. You will learn yoga postures, breathing exercises, meditation and relaxation techniques. These classes are for all skill levels. Fee: \$65/60(RDF)/5 cls or \$17/15(RDF)/cls.

Yoga: Mon. 10-11:30am; Tue 6:00-7:30; Fri. 5:30-7:00
 Yoga for the physically challenged – Mon 12-1:30pm
 Chair Yoga: Thurs. 10:00-11:30 am



Zumba

NPB welcomes Tran Maddox and Zumba classes back to Anchorage Park! Zumba fitness is a Latin inspired dance fitness program. The class introduces international music and easy to follow dance steps to individuals of all age and fitness levels. This is a great workout that is fun and exciting! Participants enjoy a party-like atmosphere while experiencing an exhilarating, innovative and effective workout!

Tran is a licensed Zumba® instructor for Zumba® Gold, Zumba® Kids and Zumba® Kids Jr. and an active member of ZIN (Zumba Instructor Network). Tran is known for making class fun, easy-to-follow, and accessible to all levels. While Zumba

Fitness® offers creative choreography that focuses on balance, range of motion, and coordination, Tran’s goal is for her students to strive for progress, not perfection! Let loose, shake off the calories, and feel good about your mind, body & soul. Zumba classes begin Sept. 6 @ 6:00 pm. Fee: \$25/\$20(RDF)/4 cls, or \$8/\$6(RDF)/cls



Sports & Athletics

Winter Soccer Registration

Registration for the Winter Coed Soccer will be at Anchorage Park Activities Bldg. or online starting Oct. 1 and continuing until full. Registration fee: \$85/\$75(RDF). Age



Divisions: 7/8, 9-11, 12-14 Age group is determined by child's age on Oct. 1, 2017. There will be at least 1 game and 1 practice per week. Practices begin mid-November and run through the end of February. All games are held at the NPB Community Center. Team pictures are included in the registration fee! To coach or sponsor a team please contact Mary Romero – 841-3389 after 2pm. Register online at www.Village-npb.org (dept-parks&rec-activity sched).

Soccer Sponsorships

Sponsorships available for only \$150! Get your business name/logo on the shirt of every kid on a team!

NPB Pool

Location: 951 US Hwy 1
561-691-3427

Open to the Public

\$3/child, \$5/adult

Winter Pool Hours:

Tue–Fri 12:00 to 4:00 pm
Saturday 10:00 to 6:00 pm
Sunday – 12:00-6:00 pm



Member's Only Swim

Tue – Fri 10:00 am -12:00 pm

Water Aerobics

Mon - Fri 11:00 - 12:00
\$5/cls – open to all!

Lifeguarding & CPR classes also available. Contact Mark Howell at 561-701-1369 for more information.

Swim Lessons:

We are happy to be working with Swim with Gills in offering swim classes for *all ages and skill levels*. A wide variety of days and times are available. Please call Swim with Gills at 561-222-4994 for a complete schedule and to get started.



Group lessons: \$60/\$65(RDF)/4 lsn
Private lessons: \$145/\$140(RDF)/4 lsn
Semi-private lessons: \$95/\$90(RDF)/4 lsn

- Tadpoles and Starfish

Ages 6-24 months. Children swim with parent/guardian. This beginning program increases water comfort and introduces swim movements such as gliding on back and stomach. Creative activities make learning fun for children and adults.

- Advanced Starfish

Ages 2 – 3+ yrs. Assists in transitioning toddler to being in water without parent. Creates independence. Last phase before entering Beginner 1 level.

- Little Gills' Guppies

Ages 3 – 6 yrs. Preschool Aquatics and Learn-to-Swim Beginners Level 1. Children must be comfortable in the water without a parent. Introduces looking under the water and retrieving toys; front and back gliding with assistance. Goal is to increase child's confidence and begin swimming without assistance.

- Little Gills' Goldfish

Learn-to-Swim Beginners Level 2. Children must be comfortable and able to put their eyes underwater and 'look' around. Introduces independent front and back floating, arm strokes and leg movements; swimming independently and learning pop-up breathing.

- Sailfish Prestrokes

Preschool Aquatics and Learn-to-Swim Level 3. Introduces rotary breathing, strokes techniques including front crawl, backstroke, breaststroke, butterfly, side stroke, elementary backstroke treading water and advanced water safety skills

- Shark Strokes

Learn-to-Swim Level 4 & 5 Concentrates on stroke technique, endurance, and fine motor skills. Must be able to complete 25 yards of front crawl and have a knowledge of back crawl, breaststroke, and butterfly. Introduces streamlines and flip turns.

NPB Tennis



Location: 951 US Hwy 1
561-691-3425

Open to the Public

Court Hours: 7:00 am – 10:00 pm
Advanced reservations needed for 7:00 am and after dark play

Junior Tennis Program:

Session I: Aug. 21 – Oct. 9

Session II: Oct. 16 – Dec. 11

Mondays

3:30 under 7 yrs 4:30 under 10 yrs 5:30 under 16 yrs

One hour each week for 8 weeks

Members \$120, Residents \$140, Non-residents \$160

Session I: Aug. 26 – Oct. 14

Session II: Oct. 21 – Dec. 16

Saturdays

9:30 under 10 yrs

One hour each week for 8 weeks

Fee: Members \$120, Residents \$140, Non-residents \$160



Daily Adult Clinics:

Monday	9:30 clinic; 6:30 adv. men's singles
Tuesday	9:30 clinic or 9:00 cardio class
Wednesday	9:30 & 6:30 clinics
Thursday	9:30 clinic
Friday	9:30 clinic
Saturday	9:00 clinic

Sunday 8:00 &/or 9:00 clinic; 9:00 social round robin for all levels
 Fee: Clinics - \$20 members, \$22.50 residents, \$25 non-residents
 Sunday Round Robin – members FREE, guest fees for others

PRE-REGISTRATION REQUIRED for the above.
 Call 561-691-3425 or e-mail jwheeler@village-npb.org for complete details or to register.

Upcoming Activity/Events

October 7, 2017



This fun, community event gives children of all ages an opportunity to touch, explore and see their favorite trucks or equipment on wheels. The dump trucks, fire trucks, tractors, police cars and motorcycles and many other types of vehicles will be on display. You see them on the road everyday..... now you can get close enough to touch them all! Look at, climb on and explore the inner workings of your favorite big rigs! We are pleased to be offering a horn free hour from 10:00 am to 11:00 for children with special needs and sensitive ears. Fire Safety Fair features demonstrations, displays, and more! This is a **free** event that will be held at Anchorage Park, 603 Anchorage Dr. from 10:00 am – 1:00 pm.

5K Ghost Run

We are now registering for the 5K Ghost Run to be held on Saturday, Oct. 21st. The 5 kilometer (3.1 mile) certified course begins and ends at Anchorage Park. Anyone from 7 - 90 yrs is eligible for participation in this event. There will also be a Spooky Sprint for youths 3-6 yrs, and a 1K Goblin Run for youth 7-10 years of age. Pre-registration fee is \$20/person at www.runsignup.com. The first 200 entrants are guaranteed a t-shirt. Call 561-841-3386 for more information.



Arts & Crafts Fall Festival

The 31st Annual Arts & Crafts Fall Festival will be held on Saturday, Nov. 4th. This event is held at the NPB

Community Center and features over 100 local artists. Items in the festival must have been created, hand crafted, or embellished by the exhibitor. This is not a flea market! You will be able to find unique holiday gifts for your friends & family.

It may not be too late to get a space in this show! First time exhibitors must send a photo sample of their works with the application. For more information and availability, please call 561-841-3386

Freaky Food Truck Frenzy
October 28

The Food Truck Frenzy returns! This Halloween event and will include costumes, food trucks, and a movie in the park! Wow! A triple treat! Held at Anchorage Park, the Frenzy will be from 5:00-9:00pm. The movie, “**Monster House**” will begin at approx. 7:00 pm. Kids can come dressed in their costumes – and adults too but remember, this is a family event. Adult costumes should be appropriate. Bring your blankets & lawn chairs and appetites! Kids Costume contest begins at 6:30 pm. No admission charge!

Travel Tours

August:

26 – Orlando Outlet Shopping - \$20

September:

3 – Marlins vs Phillies in Miami - \$55
 17 – Red Sox vs Tampa Bay Rays in Tampa - \$65
 22 – 24 – Key West Weekender \$245pp/dbl

October:

8 – Dolphins vs Titans - \$90
 12 - Kennedy Space Center - \$65
 26 – Stiltsville Tour/Thriller Boat (Miami) - \$70

November:

3 – Stuart Thrift Store Frenzy - \$15
 11 – Brewery Tour (Boynton) – \$20
 16 – Bonnet House Tour (Ft. Lauderdale) - \$45

December:

8 - Art Basel (Miami) - \$70
 13 – Burroughs House (Ft. Myers) - \$45

NORTH PALM BEACH PARKS & RECREATION DEPT.

