

MARTIAL ARTS

KARATE AMERICA

Our traditional martial arts programs help children and adults find a new sense of empowerment that extends past the physical maneuvers. Karate America students develop the confidence and self-esteem it takes to face life head on, seeking new challenges and persevering when times get tough! Free uniform for new student sign-ups! WE HAVE 11 LOCATIONS FOR YOUR CONVENIENCE! www.KarateAmerica.info. Find the location nearest you and call to register.

KTMA MARTIAL ARTS - TAE KWON DO

98 Indian Trace Rd., Weston 33326. Experienced TaeKwonDo Korean Master Teaches Olympic Style TaeKwonDo and Traditional Martial Arts. Benefits include: Confidence, Respect, Discipline, Focus, Self Defense and Coordination. (954) 217-0626.

AMERICAN TIGERS MARTIAL ARTS

Self-defense is just one of the many personal attributes developed in our students through American Tiger's classes. Your child will also become physically fit, develop self-confidence, and improve social skills! Parents rave about the positive changes they see in their child's lifestyle at home and at school. From grades to household chores, our certified martial arts instructors work to cultivate a mindset geared towards order and achievement in all phases of life. 16600 Saddle Club Road, Weston. Call for more information: (954) 529-8619.

PREMIER MARTIAL ARTS

With locations in Weston and Pembroke Pines, PMA offers martial arts and fitness programs for the entire family unit. Under 5th Degree Black Belt Master Kurt Asesor, students as young as 3 can learn the basics of martial arts training. Those with more experience can advance their skills through Tae Kwon Do, Extreme Martial Arts and weapons training with the benefits of Character education and life-skill building. Krav Maga, Brazilian Jiu Jitsu and MMA classes conducted by nationally certified instructors specializing in teaching children and adults. Whatever your fitness level and goals, PMA has a program for you. FloridaPMA.com. (954) 389-9146.

PARKOUR

FLORIDA TRIPLE THREAT PARKOUR

We have the most experienced staff and safest program and we were the FIRST in Broward County! Beginner to advanced Parkour, Free Running, Tricking now available at Florida Triple Threat. Ages 8 and up. Friday nights 7:00pm - 9:00pm there is a structured class teaching the skills and the art of Parkour. Newly added obstacles to simulate the outdoors. (954) 514-7250. www.fl3threat.com.

RUGBY

OKAPI WANDERERS RUGBY FOOTBALL CLUB

Ages 6 to high school. We also have a Men division and Old Boys division. Season begins in October. Competitive Youth, Middle School and Junior Varsity and Varsity teams. No experience necessary. Tequesta Trace Park. For more information and for registration go to www.okapiwanderersrugby.com or email info@okapiwanderersrugby.com.

FORT LAUDERDALE MEN'S AND WOMEN'S RUGBY

No experience necessary. All play is at Mills Pond Park. Call (954) 543-6287 (men's division) or (201) 787-6503 (women's division) or visit www.flrugby.com.

ROLLER SKATING & SKATEBOARDING

WESTON SKATEPARK

Weston Regional Park, 20200 Saddle Club Road, Weston. (954) 389-4321. Open daily 8:00am - 10:00pm. Free for in-line skaters and skateboarders, the skate park is modular steel construction equipment by Skatewave, laid out in a 72 foot by 144-foot rink. No fees. You must bring full protective equipment - helmet, wrist guards, elbow and kneepads. Unsupervised. Children under 17 years of age need to file a waiver.

SOCCER

FUTSOC

Competitive and Elite Developmental tournament soccer program. Participation in local, state and regional Premier and national Premier Elite tournaments. All level players accepted for progressive development program. Accepting players all year long. Season runs from September to June, each year.

• COMPETITIVE AND ELITE DEVELOPMENTAL SOCCER CLUB:

U11-U23 Boys: www.futsoc.club & www.futsocusa.net. (954) 907-6848. Email: director@futsocusa.net & futsocusaenigma@aol.com. Contact: Jose Tamayo - Executive Director / Director of Coaching. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

• BAMBINOS ACADEMY: U5-U10 Boys & Girls www.futsoc.club & www.futsocusa.net. (954) 907-6725. Email: Bambinos@futsocusa.net.

Contact: Francisco Tamayo - Bambinos Academy Director. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

• SPRING, SUMMER AND WINTER SOCCER CAMP PROGRAMS:

U5-U16 Boys & Girls www.futsoc.club & www.futsocusa.net. (954) 907-6848. Email: Camps@futsocusa.net. Contact: Jose Tamayo - Executive Director / Program Director. Location: Tequesta Trace Park, 600 Indian Trace, Weston 33326.

WOMEN'S OVER 30 RECREATIONAL SOCCER LEAGUE

\$150 Registration Fee for the entire year includes team shirt and socks. Sunday afternoon games and Friday evening practices. Seasons: September - December and January - May. Beginners are welcome, individuals only. For more information, call (954) 445-8367, send an email to browardrecsocc@comcast.net or visit browardrecsocc.com.

