

11:30am. \$35/per class, plus \$5 registration fee, Non-residents \$45/per class, plus \$5 registration fee. Package of 4 sessions you may use at anytime, \$125/Residents, \$135/Non-residents, plus tax and \$5 registration fee.

- **CHILDREN'S GROUP RIDING LESSONS:** Plantation Equestrian Center (954) 476-4316. Ages 6-16. A small group of beginner riders learning the art of horsemanship in a fun confidence-building atmosphere. Children will learn basic skills that will enable them to control a horse in a safe and trusting manner. Hourly sessions Thursdays, 4:00pm & 5:00pm.

LACROSSE

GIRLS STORM LACROSSE

LEARN FOR FREE! Ages 7 to 17. Fastest growing sport in USA, non-contact and super fun!! Get your kids outside and increase their fitness doing a sport they will LOVE!! STORM Lacrosse is entering our 8th year. We have FREE clinics to try Lacrosse. Our staff consists of experienced high school US Lacrosse certified coaches. CALL (954) 625-0120 or visit www.storm.lacrossenite.com.

WESTON WARRIOR LACROSSE CLUB, INC.

Rich Barba, President. (754) 264-2405. Boys & Girls Teams for K-8th grade @ Tequesta Trace Park. Season: January - April, Registration: October - December. (Limited spots, register early!) Developmental travel team competing at various parks throughout South Florida. Novices as well as experienced players are encouraged to join the Warriors to develop and improve skills, conditioning and competitive play. As one of the fastest growing sports in the south, this is excellent preparation for those interested in making their High School team. Recreational League: westonwarriorlacrosse.com. For Fall & Summer travel program for boys & girls U-13 - HS, go to www.praetorianlacrosse.com.

MARTIAL ARTS

RETRO FITNESS

Our spacious workout environment and state-of-the-art facilities offer 23,000 sq ft of fitness. Memberships include access to Personal Training, Group X Classes, MMA Classes, Boxing, Spinning, Yoga, Tanning and more! We offer a \$70 gym experience for as low as \$19.99 per month. Come by our location today to get started with your FREE guest pass trial! 9900 Griffin Rd. Cooper City. (954) 590-0496. www.retrofitness.com.

MULTI-SPORT TRAINING CLUBS

FORT LAUDERDALE TRIATHLETES (FLT)

Ready to join a club, but not sure where to begin? Florida, with its ideal weather, is a mecca for triathletes and FLT is one of the newly formed training clubs to meet growing demand. FLT was formed to perpetuate a healthy lifestyle, through the collaboration of Multi-Sport athletes. It is based on a culture of inclusion, support, and fellowship, through training, racing, and social interaction. In only one season, it has grown to 75 athletes strong thanks to support of the membership and its generous sponsors. Fort Lauderdale Triathletes is an official USAT (USA Triathlon) and IRONMAN™ TriClub team. Members enjoy regular clinics/socials and "voluncheering" for each other and the tri-community at large. All members receive discounts from the sponsors and on select endurance races. Find out more at www.fltri.com or on Facebook (Fort Lauderdale Triathletes).

WOMEN FOR TRI (FLT LADIES)

Women For Tri embodies the heart and soul of what makes the sport so rewarding: testing your ability, overcoming challenges, and realizing the full depth of your potential in the most widely recognized test of endurance - triathlon. The FLT Women For Tri Program is designed to bring more women into the exciting sport of Triathlon, in the warm, supportive, and encouraging environment of FLT. Find out more at fltri.com or on Facebook (FLT Ladies - Women for Tri).



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. Fully air conditioned building featuring two spring floors, tumble trak, rod floor and trampoline. All Ages, All Skill Levels! (954) 514-7250. 2290 SW 71st Terrace, Davie 33317. www fla3threat.com.

TAG USA GYMNASTICS + TRAMPOLINE + CHEER

Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadru-pedal movement, and other movements as deemed most suitable for the situation. Parkour's development from military training offers each athlete a great new discipline. We aim for our athletes to gain confidence and exercise. Athletes learn to get from one point to another in a complex environment, without assistive equipment and in the fastest, most efficient way possible with our new parkour course! Register by phone, (954) 384-9191. 1951 North Commerce Parkway, Weston. www.TagGymnastics.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.

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.