

Life in the Park

A MIAMI-DADE PARKS PUBLICATION

May / Jun 2008

www.miamidade.gov/parks

Enriching Your Life
Through Natural, Cultural and
Recreational Experiences

In this Issue:

Fit to
Play

En Garde!

The Ancient Sport of
Fencing at Parks

All Access:

A Look at Sports and Recreation
for People with Disabilities

MIAMI-DADE
COUNTY





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Miami-Dade Park and Recreation Department has received accreditation from the Commission for the Accreditation of Park and Recreation Agencies (CAPRA) of the National Recreation and Park Association.

Call (305) 755-7848 or (305) 755-7980 (TDD) to request materials in accessible format, a sign language interpreter (seven days advance notice required) and for information on access for persons with disabilities.



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We create
outstanding recreational,
natural and cultural experiences
to enrich you and to enhance
our community for this and
future generations.

FIT TO PLAY, FUN FOR LIFE

At one time, recreation was viewed as something nice to do when we had the time. It fell under the category of leisure activity. However, as the industry of park and recreation has evolved and a number of academic studies have been published, this perception has undergone significant change as individuals and communities have realized the broad reaching benefits of recreation and active living.

Some of these benefits include:

- Recreation and active living are essential to personal health

- Recreation is a key to balanced human development
- Recreation and parks are essential to quality of life
- Parks, open space and natural areas are essential to ecological survival

At its core, Parks and Recreation helps to build strong families and healthy communities. At Miami-Dade Parks, programs are offered for children, beginning at age 6, and continue through to our active seniors. Whether it is the after school program, summer camp, EcoAdventures tours, art exhibitions and performances, playing tennis at the Crandon Tennis

Center, learning to sail, participating in the walking club, taking an historic tour of the Deering Estate or biking along our many trails, Miami-Dade Parks offers quality opportunities to enrich your life and the community in which we live. Through our latest partnership with the University of Miami Health System for our Summer Camp program, the goal is to instill in our children the importance of a healthy lifestyle through participating regularly in physical activities and establishing healthy eating habits while developing friendships and enhancing social development. It is the foundation that will continue to build as Miami-Dade Parks offers opportunities to get Fit to Play, so we all can have Fun for Life.

Learn to Swim Program, A.D. Barnes Park

Parklife

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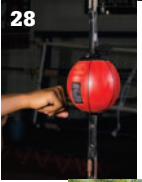
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Ben, Mountainbiking, Amelia Earhart Park
Photo by Peter Dooling & Ryan Holloway

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Amelia Earhart Park

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Let's Get Physical

By
Katherine
MacDiarmid

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise. The merits of exercise, from preventing chronic health conditions to boosting confidence and self-esteem, are hard to ignore. And the benefits are yours for the taking, regardless of age, gender, or physical ability.

“The merits of exercise, from preventing chronic health conditions to boosting confidence and self-esteem, are hard to ignore. And the benefits are yours for the taking, regardless of age, gender, or physical ability.”

In South Florida, we are fortunate to have beautiful, temperate weather year-round. Finding outdoor activities that meet your lifestyle is easier than you might think and Miami-Dade Parks can help you get up and moving to a longer, healthier life.

Walking is one of the most aerobic sports, and is widely promoted for its cardiovascular benefits, improved circulation, stress release, calorie burning (weight loss) and overall boost to mental and physical energy levels while improving your health and self-esteem. Walking offers the same

cardiovascular benefits received from running. With these benefits in mind, Miami-Dade Parks established walking clubs at almost 30 parks. Participants walk at their own pace and keep a log of the mileage walked. As mileage goals are met, participants are rewarded with incentives to continue to the next goal. To become

a participant of the Miami-Dade Parks Walking Club a registration and release form are required and must be turned in to the participating facility coordinator.

For those interested in taking their walking or jogging to the next level, fitness courts and vita courses have been installed at numerous parks from the north end of the County to the south. Vita courses are set up along running/walking paths in 13 parks, from Crandon Park on Key Biscayne to Larry and Penny Thompson Campground in south Miami-Dade County. The vita courses

have 12 to 20 stops, where signs explain the exercise you may do with that particular equipment.

Two of our parks, Miami Lakes West and South Dade Park, have fitness courts which are actually adult playgrounds with all the exercise equipment and the explanatory signs clustered in one compact area.

If you are interested in getting out on the open road on your bike, there are a number of bike paths and bikeways throughout the County that include in-park paths, open road bike ways and even a mountain bike trail at Amelia Earhart Park. Through the EcoAdventures program of Miami-Dade Parks, a variety of naturalist-guided bike tours are offered where you can peddle on scenic wilderness trails, discover the rich history of Key Biscayne, enjoy breathtaking views of tropical beaches, or explore historic country roads of former pioneers in the Redland Farming District.

EcoAdventures can also get you out on the water to kayak on Biscayne Bay or the Oleta River, or take a canoe trek on the Oleta River, Biscayne Bay, Chicken

Key, or the Everglades. Or maybe, it's time for Learn-to-Swim classes, taught by certified Red Cross Water Safety instructors and offered year-round at A.D. Barnes Park Pool, Goulds Park Pool, Palm Springs North Park Pool, Marva Bannerman Park Pool and Tamiami Park Pool for two-week sessions.

Tennis anyone? Historically called the 'sport of a lifetime,' you can learn tennis as a child and continue to play well into adulthood. But, it is never too late to start. Miami-Dade Parks has over 50 locations with more than 200 courts to serve every corner of the County. Depending on the park you choose, courts may be lighted for night play, you can take lessons from a professional, or join a league for tournament play. At Crandon Tennis Center you can learn to play like a pro or simply enjoy a challenging match with friends and family on any of the 26 courts (hard courts, green clay courts or red clay courts) under the warmth of the Florida sun and the coolness of the ocean breezes.

Mark Twain once said, "Golf is a good walk spoiled." Actually, golf is a great sport for increasing your



Crandon Tennis Center
Home of the Sony Ericsson Open

cardiovascular capacity, improving your lung capacity and your blood flow. When playing golf, your heart rate pumps away at between 90 and 120 beats per minute and you receive even more exercise if you choose to walk the course. Even the simple act of swinging your club, bending down to place your ball on its tee, or picking up your ball helps keep your joints supple and muscle groups active.

Miami-Dade Parks manages five golf courses from the precision nine-hole course at Greynolds Park to the beautiful, championship-designed Crandon Golf at Key Biscayne. Whether you choose to hit a few balls at the driving range, take lessons from a pro, or play a round, you will reap the benefits of getting your body moving.

Being active is not just about health benefits; there are additional rewards to be gained when you include the advantages of social interaction. While the activities

mentioned can be done individually, grab a friend or family member and get them moving as well.

Miami-Dade Parks encourages everyone to seek the advice of a physician before starting any exercise program.

For more information on the activities and parks mentioned above, visit the website at www.miamidade.gov/parks.



Miami-Dade Parks

June 9 - August 15, 2008

Summer Camps

FIT TO PLAY, FUN FOR LIFE

With over 80 specialized and general program camps offered at over 50 parks, kids ages 6-14 can spend the summer making friends, learning new things, and getting **FIT TO PLAY** so they can have **FUN FOR LIFE** at an affordable price.

Don't miss out on the fun this summer. Enroll today.

For more information, call 305.755.7800 or visit www.miamidade.gov/parks.

The Miami Herald

The Children's Trust

UHealth

MIAMI-DADE COUNTY

Call 305-755-7848 or 305-755-7980 (TDD) to request materials in accessible format, a sign language interpreter (seven days advance notice required) and for information on access for persons with disabilities.

AGED TO PERFECTION

After working 22 years for the United States Post Office, community activist Thelma Jones was enjoying her retirement when Miami-Dade Parks approached her to run the Seniors Program at Country Village Park. Jones had been instrumental in getting the park built as a facility that was much needed in the community. In the year since Jones has joined the department, the Seniors Program has grown tremendously and, with the help of co-worker Martha Gibbs, has become a great example of the importance of maintaining an active life in our golden years. On any given day of the week, there are numerous activities taking place including a Walking Club, Bingo, Steppers Class, Sewing Class, Dominoes, Ceramics, Water Aerobics, Judo for Seniors and field trips to other parks and events.

An avid fan of the NBC television show, *The Biggest Loser*, Jones was inspired to start a weight loss competition with her seniors at the park. On January 30, 36 people committed to losing 25 pounds each by the April 30 final weigh-in. Nine teams of four were

established and team names were determined including No Problem, Untouchables, Whatever, Not Really and Bring It On, among others. Not only is there a sense of competition to become the Biggest Loser, but even more important is the camaraderie that has been established. Team members share recipes and offer encouragement to stay on track. With the weight loss, participants have seen an increase in energy and the ability to maintain a healthy blood pressure. "I didn't even like to exercise," said participant Jackie Chew. "But, I started taking the Steppers Class and now I have become a line-dance coach."



For more information on the Senior Program at Country Village Park, call (305) 622-2594.

Country Village Park, Biggest Loser Club



I am Miami — Dade Parks

"We're proud of what we do.
We keep these areas maintained so the public
can enjoy them."



The Sunset Roving Crew

By
Katherine
MacDiarmid

Throughout the County, on any given day, you may be driving to work and see a landscape crew working in a park, median, right of way or entrance feature to a community. These are guys who start their workday at 7 a.m. by providing landscape maintenance to public areas. They make sure trees and hedges are trimmed, grass is cut and fertilized, adequate irrigation is provided, planting areas are mulched, and playgrounds and entrances are maintained.

On this day, on the corner of 157th Avenue and 64th Street in Southwest Miami-Dade County, works a crew of five men who are

However, each has a commitment to making sure the job is done, and done right. "We're proud of what we do," said Jones. "We keep these areas maintained so the public can enjoy them."

To have a good crew requires a good supervisor. "Mr. Simmons embodies the pride and professionalism expected of our staff," says Gil Delgado, Chief of the Special Tax District of Miami-Dade Parks. "He leads by example as he can regularly be seen shoulder to shoulder with his employees, in the trenches and motivating the crew."

Daniel Ferguson



Devon Jones



Armando Bonilla



Wayne Simmons



Steven Rivero



part of both the Sunset Roving Crew and the Tamiami Roving Crew of the Miami-Dade Parks' Special Tax District Division. There are a total of 11 men between the two crews with each crew having its own set of properties to maintain. Here, five members are spread out over the largest site assigned to the Sunset Roving Crew, the Westwind Lakes Special Tax District. These men are responsible for maintaining the expansive 38.13 acres that stretch from Miller Drive to Sunset Drive and 157th Avenue to 140th Avenue.

As the crew works, the park begins to fill with people walking and riding bikes for exercise and mothers pushing strollers enjoying the beautiful day. It is clear the neighborhood enjoys using the park. Ensuring your park or public area is safe, clean and maintained requires a lot of work and a commitment to delivering excellence. The Sunset Roving Crew exemplifies that commitment. They are Miami-Dade Parks.

This particular five-man crew is comprised of Landscape Supervisor Wayne Simmons (Sunset), Automotive Equipment Operator Daniel Ferguson (Tamiami) and Park Attendants Devon Jones, Steven Rivero and Armando Bonilla (Sunset). Their time with Miami-Dade Parks ranges from one month to eight years.

I am Miami-Dade Parks is a recurring article that will highlight volunteers, staff and participants in our recreational, natural and cultural programs.

Summertime...

and getting fit is easy

For decades, families have turned to Miami-Dade Parks for quality recreational and cultural programs for their children throughout the school year and summer months. Miami-Dade Parks has honored that trust by providing a variety of specialized and general programs that are fun as well as mentally stimulating and physically challenging.

Developing one's athletic abilities through competitive sports, kayaking along the Oleta River and performing a jazz piece before a live audience at the Joseph

Caleb Auditorium are just some of the activities that draw more than 10,000 campers ages 6-14 each summer.

Offered at more than 50 parks throughout Miami-Dade County, the programs are designed to improve the quality of life

through physical fitness, environmental awareness and cultural appreciation.

Miami-Dade Parks' camps offers a wellness component, **Fit to Play, Fun for Life**, which helps families achieve good health through fun, exhilarating physical activities and wise eating habits. In partnership with The Children's Trust and University of Miami Health System, Miami-Dade Parks' recreation leaders share nutritional tips and lead kids through activities that promote healthy lifestyles.

Our goal is to instill in children a health-oriented way of life. We want them to become **Fit to Play** so they can have **Fun for Life**. Summer participants will enjoy the activities offered at general and specialty camps and take exciting field trips to Miami Metrozoo, Crandon Park Visitors and Nature Center, Deering Estate at Cutler, Pelican Island and/or Joseph Caleb



Auditorium for Magic City Monday performing arts productions.

Parents will enjoy peace of mind knowing their children are playing, learning, and becoming fit in a safe, nurturing environment at an affordable cost. Summer Camps run from June 9 through August 15, 2008, and are open weekdays from 9 a.m. to 5 p.m. with 7:30 a.m. drop-off and 6 p.m. pick-up.

GENERAL SUMMER CAMPS

In Miami-Dade Parks' general summer camps, children, ages 6-14, will be thrilled and challenged by activities such as football, basketball, soccer, tennis, swimming, fencing, arts and crafts, board games and exciting field trips. Campers will participate in fitness and nutrition programs designed to help kids become **Fit to Play**, so they can have **Fun for Life**.

SPECIALTY SUMMER CAMPS

Throughout the summer, a variety of camps are offered for youth to focus on a special interest, whether it is expanding their knowledge of the environment around them, honing their athletic skills, learning to express themselves through the arts, or just meeting other students with similar interests.

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MINI GOLF

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305.238.2922

www.golfpalmetto.com

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MIAMI-DADE COUNTY
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ARTS AND CULTURE CAMPS

Miami-Dade Parks manages two cultural centers dedicated to promoting the arts and enriching the community. At African Heritage Cultural Arts Center, students, ages 6 – 16, learn about the different art forms from Africa, the Caribbean, and the United States, while the students, ages 6 – 14, at Raices Hispanic Cultural Arts Center learn about the rich heritage found within the Hispanic culture. At both facilities during the Summer and Afterschool program, students learn techniques in the visual arts, performing arts and literary arts. At the end of the summer program, recitals are held in professional theaters to showcase the skills and talents of the participants.

SUMMER NATURE CAMPS

In Miami-Dade Parks Nature Camps, students get to explore a different side of Miami-Dade County through

activities, games, arts and crafts, field trips, and hands-on nature studies. Activities could include getting a taste of rural life at the Bill Graham Farm Village at Amelia Earhart Park, or canoeing and hiking as part of the programs at Greynolds Park, A.D.Barnes Park Sense of Wonder Nature Center, or taking marine walks at Bill Sadowski Park, or trekking through the Everglades at the Castellow Hammock Park program, or taking a summer Zoofari at Miami Metrozoo.

SUMMER SPORTS CAMPS

For youth interested in honing their athletic skills during the summer, sports camps are offered in Cheerleading and Dance, Basketball, Football, Lacrosse, Mountain Biking, Golf, Tennis and Sailing. Fundamentals are the focus of these camps, teaching students better technique and proper conditioning by experienced and professional staff to strengthen their game and skills.

SUMMER CAMPS FOR INDIVIDUALS WITH DISABILITIES

Children and teens with disabilities, ages 6 – 21, will find enriching camp experiences, including physical fitness activities, literacy and reading activities, social skills development, healthy snacks and meals, family events and field trips. These specialized camps are made possible through the funding support of The Children's Trust.

LEARN TO SWIM

Miami-Dade Parks' Learn-to-Swim program begins June 9 and continues through the month of August at all Miami-Dade Parks pools. Classes are Monday through Friday and are taught in two-week sessions by certified American Red Cross Water Safety instructors. There are also evening classes at select locations that run through September.

Classes offered are Tiny Tots 1 and Tiny Tots 2 (ages 3 to 5); Levels 1 – 3 (6 years and older) for beginners; Levels 4 – 6 (6 years and older) for more advanced training; and Adults (18 years and older) for beginners. Costs and times vary at each park. Registration for the Learn-to-Swim program is available on site.

Classes are also offered year-round at A.D. Barnes Park Pool, Goulds Park Pool, Palm Springs North Park Pool, Marva Bannerman Park Pool and Tamiami Park Pool for two-week sessions.



FOR MORE INFORMATION ON
SUMMER CAMP PROGRAMS VISIT THE WEBSITE AT
WWW.MIAMIDADE.GOV/PARKS.



Young at Heart

By Cristie Vidal, M.S. Ed.



“Participants in the Seniors Programs go on field trips, learn new skills such as oil painting and tai chi, share laughs and develop strong friendships, and encourage each other to stay healthy and fit”

Fencing...Step dancing...Water aerobics... While these may not sound like typical activities for older adults, they are among the new and exciting activities that are part of Miami-Dade Parks' Seniors Programs, customized specifically for adults ages 55 and over. Of course, you'll also find more traditional activities such as ceramics, bingo, board games, arts and crafts, and low-impact exercise classes. Regardless of your age, activity level, or health status, Miami-Dade Parks offers programs that will be a great fit for you.

One of the goals of the Seniors Program is to encourage participants to maintain healthy and active lives—and what better way to do this than to participate in fun activities along with your peers. Participants in the Seniors Programs go on field trips, learn new skills such as oil

painting and tai chi, share laughs and develop strong friendships, and encourage each other to stay healthy. At one of our programs, a group of seniors are challenging each other to a Biggest Loser contest, where the goal is for each team of four to lose 100 pounds among its members. At another program, members have formed a gospel choir and a dance troupe. Yet another program offers exciting EcoAdventures field trips to sites such as Matheson Hammock and the Everglades.

What are other activities you can participate in through Miami-Dade Parks' Seniors Programs?

- Walking is a great endurance activity which is low impact on muscles and joints. A great feature of walking is that you can set the level of exercise to

meet your individual goals. Members of the Miami-Dade Parks' walking clubs, which are open to individuals of all ages, participate in a year-long walking program that offers incentives for reaching various milestones.

- Swimming is another low impact activity for those with sensitive joints. There are several pools which offer adaptive aquatics and water aerobics, as well as instructional swimming classes and recreational swimming.
- Tai chi is a Chinese martial art based on slow controlled movements of the body. Tai chi is used to improve or maintain health, improve balance and flexibility, and create a sense of relaxation and overall well-being. Tai chi is offered at a variety of parks including some of our Seniors Programs sites.
- Group exercise classes are offered at many of our programs. Whether it's chair aerobics, stretching, or resistance training, exercising in a group can be a great way to stay in shape and have fun while doing it. Group-led activities can easily be tailored to fit your fitness level and needs. Other exercise programs include step dancing, fencing, and yoga.



- In addition to health and exercise programs, the Seniors Programs also offer a variety of other recreational activities such as oil painting, watercolor classes, ceramics, bingo, sewing, dominoes, and card and board games.

Whatever your interests and abilities, we have a program for you. Join the fun by participating at a park near you:

Arcola Lakes
1301 NW 83 St., 305-836-5095

Country Village
6550 NW 188 Terr., 305-622-2594

Goulds
21805 SW 114 Ave., 305-233-5100

Jefferson Reaves
3090 NW 50 St., 305-635-2081

Martin Luther King Jr.
6000 NW 62 Ct., 305-633-2044

Norman and Jean Reach
7895 NW 176 St., 305-823-2414

North Glade
17355 NW 52 Ave., 305-621-2461

Oak Grove
690 NE 159 St., 305-944-8670

Rockway
9460 SW 27 Dr., 305-223-8769



West Perrine
10301 SW 170 Terr., 305-235-2053

Westwind Lakes
6805 SW 152 Ave., 305-388-4771

Other activities offered:

WATER EXERCISE CLASSES

A.D. Barnes Pool
3401 SW 72 Ave., 305-665-1626

Tamiami Pool (Low-impact)
11201 SW 24 St., 305-223-7077

Goulds Pool (Low-impact)
21805 SW 114 Ave., 305-233-0537

TAI CHI

Deering Estate
16701 SW 72 Ave., 305-235-1668

Westwind Lakes
6805 SW 152 Ave., 305-388-4771

Ruben Dario
9825 W Flagler St., 305-222-2194

YOGA AND PILATES CLASSES

Deering Estate
16701 SW 72 Ave., 305-235-1668

If you would like more information regarding Parks' Seniors Programs, you may contact Cristie Vidal at 305-228-3406 or cristie@miamidade.gov.



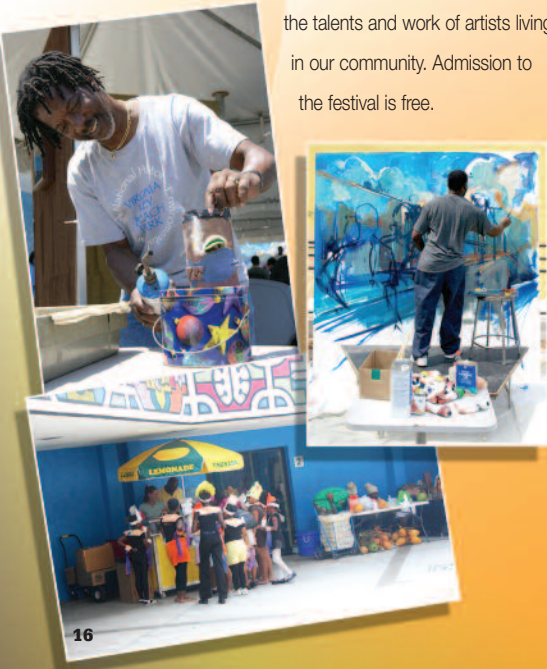
HOT FUN IN THE SUMMERTIME

While it may not be summertime yet, there are still many opportunities to have fun in your local parks. Over the next two months several large scale events are offered that span a wide range of interests. From arts festivals to music concerts to international cattle shows to fishing tournaments, there is something for everyone.

CALABASH VISUAL ARTS FESTIVAL

On Saturday, May 10, 11 a.m. – 6 p.m., the grounds at African Heritage Cultural Arts Center will be filled with artists demonstrating various techniques, selling their work, and offering workshops as part of the annual Calabash Visual Arts Festival. Presented in partnership with Miami-Dade Parks and Kuumba Artists Collective,

Calabash Visual Arts Festival highlights the talents and work of artists living in our community. Admission to the festival is free.



Presented in conjunction with the Annual Oscar Thomas Peoples Art Exhibition at Amadlodzi Gallery at African Heritage, the festival also honors the contributions and legacy of Miami artist Oscar Thomas, whose murals of prominent civic and cultural leaders can be found throughout the city.

May 10, 11 am – 6 pm
Calabash Visual Arts Festival
African Heritage Cultural Arts Center
6161 NW 22nd Ave • Miami, FL
(305) 638-6771
FREE

MIAMI INTERNATIONAL AGRICULTURE AND CATTLE SHOW

For those interested in learning more about the agriculture industry, the Miami International Agriculture and Cattle Show is for you. South Florida has a long history in agriculture and cattle in a state known for both. The first

Miami International Agriculture & Cattle Show will be an opportunity to showcase the significance of these activities to South Florida.

The three-day event will take place, May 16-18, and is expected to attract regional agri-business interests and others from South America, Central America, the Caribbean and other parts of the world. In addition to a cattle show the event will feature: live entertainment, international music, delicious foods and beverages, a huge kids fun zone, dog skills show, arts and crafts, agricultural seminars and much more.

May 16 – 18
Miami International Agriculture and Cattle Show
Ronald Reagan Equestrian Center at Tropical Park
7900 SW 40th St • Miami, FL
(305) 755-5454
www.miamicattleshow.com
FREE

GREYNOLDS PARK LOVE-IN

The Greynolds Park Love-In is a celebration of the 1960s with music, vintage clothing and memorabilia. Once a hangout of the "flower child," Greynolds Park during the 1960s was the site for jam sessions, poetry readings and peaceful demonstrations.

That spirit is captured in the Love-In. Annually, an average of 5,000 groovy guys and gals turn out for the one-day event which features a live concert with a national act from the '60s era and activities for the entire family.

The 5th annual Love-In features The Spencer Davis Group best known for their top ten hits, "Gimme Some Lovin'" and "I'm a Man." Other performing artists include local favorites Geekus and Rewind. Be a part of an art installation by Florida artist

Doug Rhodehamel by making mushrooms out of brown paper bags and installing them in the park. Rhodehamel, known for his Spore Project, has planted up to 10,000 paper bag mushrooms in the Loch Haven Arts Center in Orlando, Florida, and throughout the state.

May 18, 11 am – 6 pm
Greynolds Park Love In
13570 W Dixie Highway • Miami, FL
(Entrance at 22 Ave and NE 186 St)
(305) 945-3425
www.greynoldslovein.com
Free Admission
\$7/vehicle parking
Coolers are not allowed.



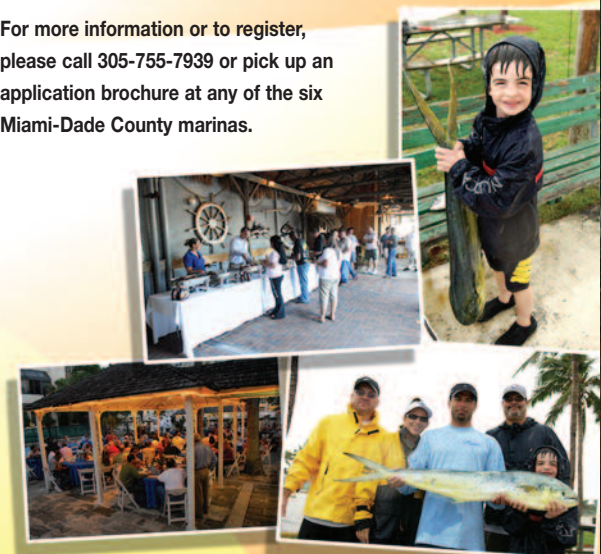
BLUE WATER FISHING CLASSIC

The 5th Annual Blue Water Fishing Classic returns June 7 at all six County marinas and the Miami Outboard Club. Professional, amateur, and junior fishing enthusiasts will have the opportunity to compete for up to \$30,000 in cash and prizes. The entry fee is a donation of \$350 per boat by June 1 and \$400 per boat after June 1. Deadline to register is June 7.

The tournament begins June 7 at 7 a.m. Participating boats check in at any of Miami-Dade County's six marinas: Black Point Marina, Crandon Marina, Haulover Marina, Herbert Hoover Marina at Homestead Bayfront Park, Matheson Hammock Marina, Pelican Harbor Marina and the Miami Outboard Club on Watson Island. Winners are determined by the combined weight of the three largest fish within the species of dolphin, wahoo, black-fin tuna and kingfish. All fish caught must meet local, state and

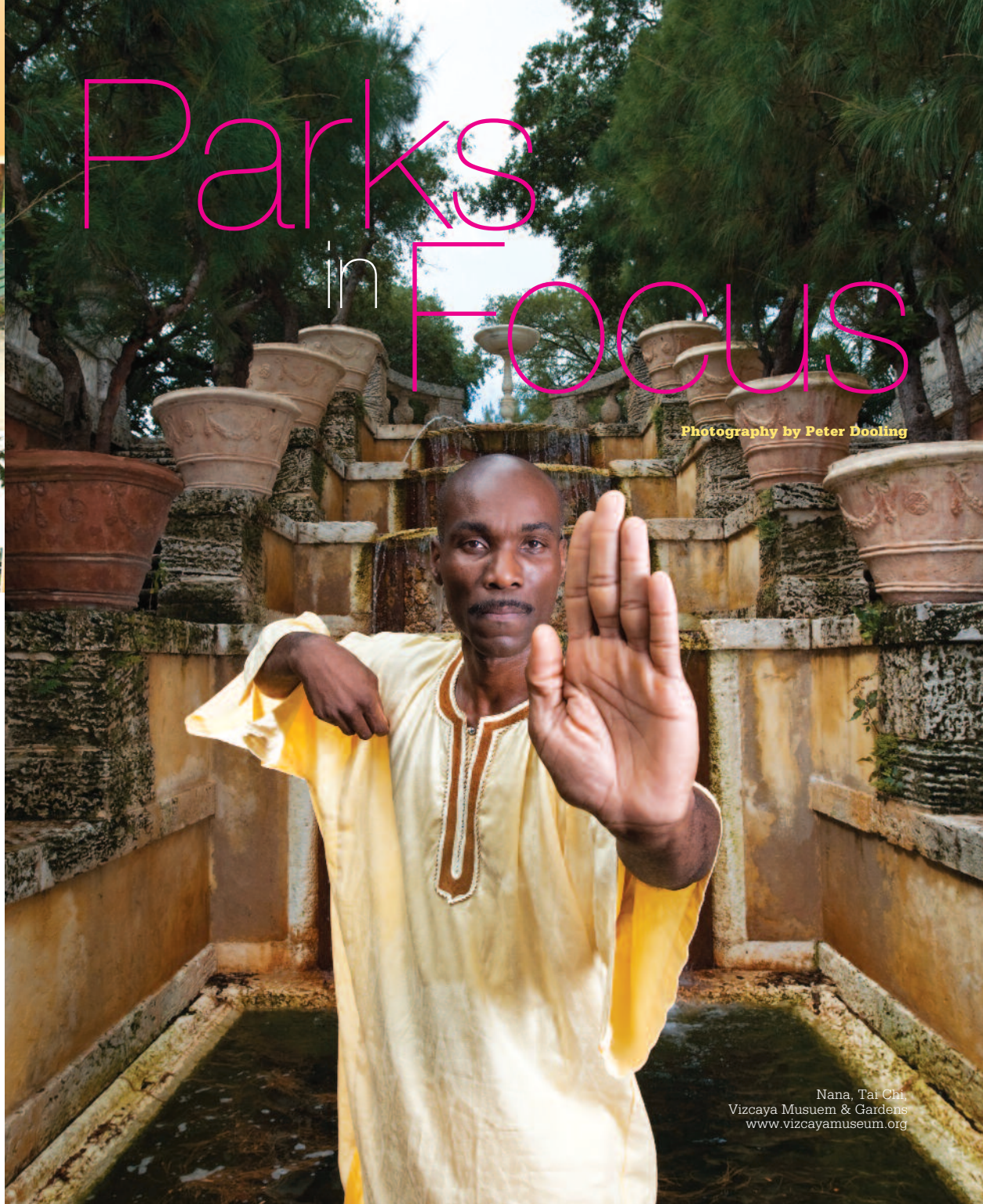
federal regulations. Boats must remain in U.S. waters and IGFA rules apply. Scales open at 2 p.m. and close by 5 p.m.

For more information or to register, please call 305-755-7939 or pick up an application brochure at any of the six Miami-Dade County marinas.



Parks in Focus

Photography by Peter Dooling



Nana, Tai Chi,
Vizcaya Museum & Gardens
www.vizcayamuseum.org

Miami-Dade
Parks

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Bird Watching
Summer Camps

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www.miamiecoadventures.org

MIAMI-DADE PARKS

ECOADVENTURES

Call 305-755-7848 or 305-755-7980 (TDD) to request materials in accessible format, a sign language interpreter (seven days advance notice required) and for information on access for persons with disabilities.

Get a spirit, mind
and body workout.

MIAMI-DADE
COUNTY

18

Parklife www.miamidade.gov/parks



Carlos, Wheelchair Basketball
Goulds Gym



Eli, Yoga
Crandon Beach



Ann, Grass Courts,
Crandon Tennis Center



Josh, Baseball
Tropical Park



*T*ake a moment to consider the myriad of activities offered by Miami-Dade County Park & Recreation, and the traditional community park activities readily come to mind: swimming, summer camps, arts & crafts, baseball, basketball, tennis, etc. But did you know that fencing, an official Olympic sport since 1896, is also available for children and adults to learn and enjoy? Well, it is, and you should be reaping the benefits of engaging in this challenging sport that requires and hones artistry as well as mental and physical astuteness.

A complex maneuvering of footwork, lunges, and escape moves, fencing is referred to as “physical chess,” requiring dexterity, endurance,

and discipline. Although its roots are in the ancient form of combat and is directly descended from the duel, today's fencing is a safe and professionally regulated activity, involving the use of highly protective clothing and weaponry, such as the foil, saber, and epee, that have virtually no risk of injury as the foil and epee use rubber tips for added protection. Many colleges and universities even offer academic and sports scholarships to worthy fencing students, so they may continue their education while pursuing their sport of choice.

The fencing classes offered at our parks are fun, physically and mentally challenging, and taught by fencing instructors who are extremely qualified and world renowned. Joaquin Tack-Fang is a former World and Pan American Games champion, and Mike Elder has been fencing for 50 years. Their fencing participants are both pupils and athletes who are taught methods of mental strategizing in order to beat an opponent. Both Tack-Fang and Elder are certified by the United States Fencing Coaching Association and offer not only vast experience and expertise, but exude an extraordinary and contagious love of the sport.

Participants, who train in regulation attire and weaponry, can compete in local, regional, state, and national tournaments sponsored by the United States Fencing Association, the Florida Sunshine Games, Miami-Dade Parks, and other fencing organizations

and clubs. Additionally, classes are conducted in our beautiful parks where the order of the day is countless trees, lakes, bike paths, birds, flowers, plants, and an all-around feeling of peace and well being.

Since its inception in 2001, more than 1,000 people have taken lessons and hundreds have competed in tournaments. The program hosted the 2003 Southeast Sectional Fencing Championships, where more than 200 top fencers from Florida, Georgia, Alabama, Virginia and Tennessee competed for national titles. So gear up, bring the entire family, and start shaping up. Remember – although it's too late to compete this summer – the next Olympics are only four years away!

For information about locations, times and fees for the Parks' fencing program, please call (305) 222-2194.



En Garde!

En Garde!

By
Susana
Cortázar

The Ancient Sport of Fencing at Parks

Friday Night Fencing Club

at Tamiami Park

By Katherine MacDiarmid

On Friday nights in Tamiami Park, a group of individuals, ages 10 – 20, gather to learn the fine art of fencing. As you walk into the community room where they practice you hear a thunderous “Yes!” and the sound of high-fives. These are regular participants of the Friday Night Fencing Club, a



program designed for individuals with disabilities. Recently featured on the NBC Nightly News with Brian Williams, the newscast focused on the affirmative approach of the program where “no is not an option.” Under the direction of Joaquin Maximo Tack-Fang, a former member of the Cuban National Team who competed in the 1968 Olympics, participants are praised and rewarded for what they can do. “It’s about respect,” says Tack-Fang. Plain and simple. It is about respect for one another and respect for the sport.

For four years the program has existed and grown due largely to the commitment and leadership of Tack-Fang. He is a combination of infinite energy and quiet patience. More than 100 students have participated in the Friday Night Fencing Club reaping the benefits of the sport by improving their strength, coordination, and concentration, and doing so in a place where everyone ends up a winner.

For more information:
visit 11201 SW 24 St. or call (305) 222-2128



By
Lucy Binhack
and
Susana Cortázar



Miami-Dade Parks is committed to providing an inclusive recreation environment throughout all facilities and programs. Promotion of the involvement of persons with disabilities in all Park services is done through the Leisure Access Services Division.

Inclusion Teams, made up of general recreation staff supervisors and recreation therapists, provide for the accommodation of children and adults with disabilities in the Department’s general recreation programs and provides Disability Awareness training for staff. Recreation therapists are required to do an internship under a Certified Therapist and pass a national certification exam. Since 1993, over fifty students from more than ten colleges and universities have participated in the internship program managed by the Division.

Programs administered by Certified Therapeutic Recreation Specialists include wheelchair sports, blind sports, adapted sport clinics, seniors fitness, seniors arts & crafts, after-school, winter and summer break camps for children at six sites across the county, adult day training programs at AD Barnes Park Leisure Access Center, social and community outings for adults with developmental disabilities, special

ALL ACCESS

**MIAMI-DADE
PARK AND
RECREATION**



events, and Special Olympics. During the 2006-2007 year, 4,318 individuals with disabilities were registered in Leisure Access programs with a total attendance of 36,629.

The Division is also a BlazeSports Club and a United States Paralympics Sports Club, which holds US Paralympics Academy events and trains novice athletes with disabilities to participate in

recreational and competitive sports. For the last four years, the wheelchair basketball team has qualified for the National Wheelchair Basketball Division III Final Tournament.

The commitment of Miami-Dade Parks to providing all access programming is seen in the contributions made by staff. Department employees are responsible for funding over \$50,000 of disability sports travel in annual donations to the Leisure Access Foundation, a not-for-profit 501c3, in the last three years.



**FOR MORE
INFORMATION
ON ACCESS FOR
PERSONS WITH
DISABILITIES, CALL
305-755-7848 OR
305-755-7980 (TDD).**

FLOAT LIKE A BUTTERFLY...

Established in 1978 under the leadership of former amateur and professional boxer Dwaine Simpson, the Miami-Dade Parks Amateur Boxing Program has introduced thousands to the Olympic sport at two of the finest training facilities in the nation.

Committed to providing a safe and clean environment for its participants and to instilling the importance of fundamentals, the Boxing Program is open to anyone interested in learning about the sport or just wanting to get in shape.

Now under the direction of former World Cruiserweight Champion Robert Daniels, the program is offered to participants 10 years of age and older. For a nominal annual fee, participants can workout six days a week with guidance from a professional trainer. One of the

benefits of boxing is its affordability. At each facility, all equipment is provided, except handwraps, and a weight room is available for conditioning.

Growing up in Little Havana, Daniels used to see vans in the neighborhood that would pick up children and take them to the local boxing gym. At age 8, he decided to see what the sport was about and

discovered he loved the workout. Throughout his childhood, Daniels excelled at athletics playing baseball, football and soccer. And, it was his soccer coach who taught him about leadership and provided the

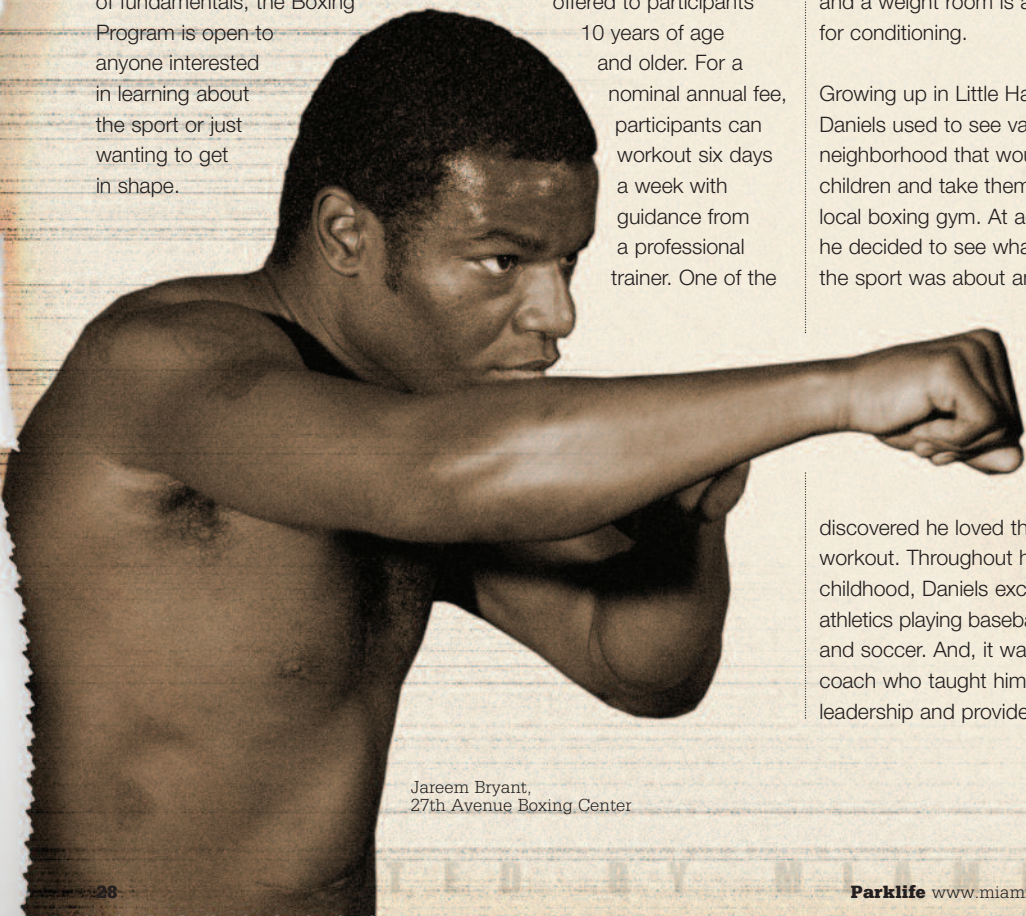
inspiration for the soccer team to go undefeated in its first year. It is this experience that guides Daniels in his approach to guiding participants in training. For the younger participant, an emphasis is placed on developing a sense of self-worth as an individual and as a team player.

For those interested in competing on an amateur level, qualified coaches can help to train for the quarterly boxing shows held in South Florida. There are also opportunities to participate in local, state, regional, and national tournaments sponsored by the U.S.A. Amateur Boxing Federation, the Golden Gloves,

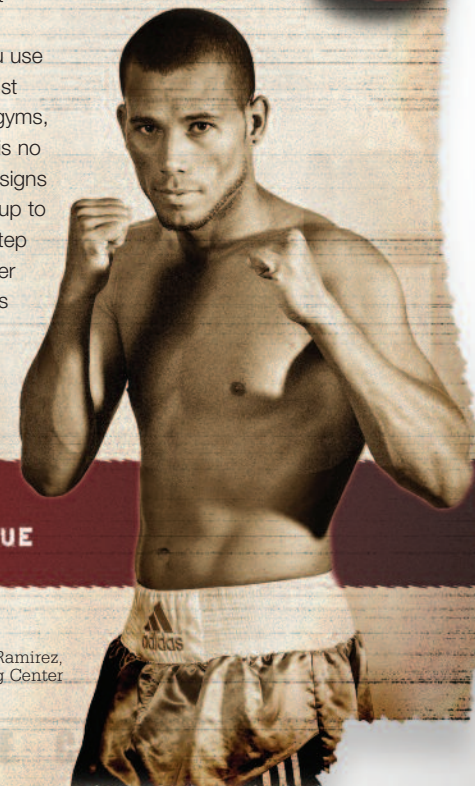
the Silver Gloves, the Police Athletic League, the Florida Sunshine State Games and other sanctioned tournaments in Florida and throughout the nation.

"Boxing teaches discipline," says Daniels. "It is this discipline that helps to direct kids in the right direction. It's a sport where you use your mind and body. It is not just about hitting someone. In our gyms, there is no profanity and there is no street fighting. Once someone signs up for the program it can take up to four months before you even step into the ring. You have to master technique and conditioning. It is up to the commitment of the individual, because you are competing with yourself."

By Katherine MacDiarmid



Jareem Bryant,
27th Avenue Boxing Center



Rafael Ramirez,
27th Avenue Boxing Center

**TROPICAL PARK
DEMOS BOXING CENTER
7900 SW 40TH STREET
(305) 221-0678**

**27TH AVENUE
BOXING CENTER
6940 NW 27TH AVENUE
(305) 835-7816**



1



2



3

Parks at a Glance

1

Great Park Summit 2008

Miami-Dade Parks presented the 2008 Great Park Summit on March 14. The day-long event featured nationally recognized speakers and international leaders, like Enrique Peñalosa, who championed the value of Parks' new Parks and Open Space System Master Plan designed to be a catalyst for a greener, healthier, more economically vibrant Miami-Dade County.

2

Great Park Summit Mayors' Dinner

On May 13, more than 200 people gathered at Deering Estate for the Mayors' Dinner to celebrate the completion of the creation of the Parks and Open Space System Master Plan, which was highly acclaimed by the evening's special guest-speaker, Will Rogers, the president and CEO of the Trust for Public Land.

3

Sony Ericsson Tennis Tournament

Miami-Dade Parks' Crandon Tennis Center was home to the 2008 Sony Ericsson Tennis Tournament, March 26 – April 6.

4

Palmetto Mini Golf Grand Opening

On Friday, March 14, 2008, from 7 – 10 p.m., the Miami-Dade Park & Recreation Department hosted the Palmetto Mini Golf grand opening festival with music and entertainment by a live steel-drum band, stilt walkers, and radio stations WQAM and POWER 96.

5

Dedication of Tropical Park Center

Miami-Dade Parks dedicated a new, 1,350 square-foot field center at Tropical Park on April 2. The center will serve the Westchester Optimist Youth League, which has actively used Tropical Park's baseball field since 1979, and the youth baseball league games played there during the school year.

6

Amaury Gutierrez at Noches Tropicales

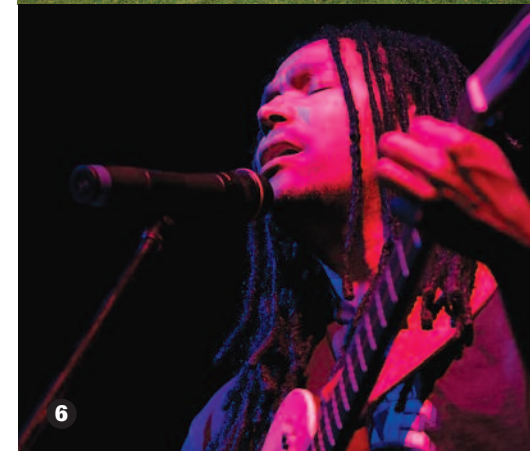
On Friday, February 15, 2008, 7 p.m., Tropical Park was full of the rhythms and soulful music of 2007 Latin Grammy nominee Amaury Gutierrez. Presented by Miami-Dade Parks, Noches Tropicales is a free concert series dedicated to celebrating the rich heritage of Hispanic music and dance.



4



5



6



Green Giving

By Donna Peyton

Get involved in the effort to foster Great Parks: parks that provide a diverse and balanced system of active and passive recreational opportunities for everyone; wherein every resident has access to places to walk, to exercise, to socialize, and to engage in a healthy, active lifestyle.

Miami-Dade Parks is reaching out to the community in an effort to promote "Green Giving." Through the Adopt-A-Park program, there are a myriad of ways—large and small—for you to help beautify and enhance your County's parks.

Corporations and individuals alike can "Adopt-A-Park" by financing and/or committing volunteers for projects such as planting trees, litter removal, replacing bleachers at our ball fields, supplying agility equipment for our dog parks, providing interpretive signage along nature trails, sending a child to summer camp, or participating in a matching scholarship program.

"Adopt-A-Park" is an umbrella that encompasses many "Green Giving" opportunities:

- Adopt-A-Bench
- Adopt-A-Tree
- Volunteer Opportunities
- Adopt-A-Dog Park
- Adopt-A-Program

Miami-Dade Parks recently completed creation of the Parks and Open Space System Master Plan, which envisions that great parks, public spaces, natural and cultural areas, streets, greenways, blueways, and trails can form the framework for a more sustainable Miami-Dade County. Such a plan for the public realm cannot be considered as an isolated system, but one that is integrated into the overall fabric of the community and one that will create the kind of place where residents want to live, employers want to do business, and tourists want to visit.

As such, we are engaging individuals, corporations, and foundations to join us in our public service mission by becoming

stewards of our parks. Your commitment will help us continue to build an even more distinguished park system designed according to and that implements the principles of equity, access, beauty, multiple benefits (including health), seamlessness, and sustainability for this and future generations.

Some of the entities who have already made a difference within our park system are corporations, neighborhood organizations, civic and church groups, schools, scout troops, non-profits, and families and individuals. An example of a corporation who made a big difference is NARS Cosmetics, who recently "Adopted-A-Park." Through a substantial donation to Haulover Park, they made possible an event that garnered volunteer support to plant a large area of flowering trees between the parking lot and the beach.

Whether you would like to make a donation, memorialize a loved one by adopting a bench or tree, or volunteer for a specific project at a particular park, please contact us to discuss how you can help.

Please call 305-755-7804 today or visit us at www.adopt-a-parkmiami.org to learn more about how your contribution can help.



PARKS FOR MAN'S BEST FRIEND

Not only is it important for us to stay fit to maintain our health for a long and active life, it is important for the ones we love to stay active. For many of us, our dogs are considered members of the family, and we are charged with making sure they have a fit diet and regular exercise. Since Miami-Dade Parks appreciates how much dogs mean to their owners and to help dog lovers enjoy their pets outdoors, we have established three types of parks to play in: Dog Parks and Dog Run Parks for unleashed dogs, and Dog Friendly Parks for leashed dogs.

Dog Parks are located within a larger park and allow dogs

to play and run free off their leash within a fenced-in area. At the Amelia Earhart Bark Park, five acres have been designated for your dog to run, jump and do stunts. Amenities include paved walkways, benches, shade trees, waste dispenser stations, and specially designed drinking and spray fountains for dogs and their owners. Our second Dog Park, the Northeast Regional Dog Park at East Greynolds Park is very popular among dog owners in the area. The 1.76 acres are divided into two sections, one for small dogs and another for larger dogs. The two sections feature fencing, landscaping, walkways, shade structures, site furniture, hosing stations, and water fountains for both pets and owners.

Our second type of park, a Dog Run Park, is a park with a dedicated fenced area for owners to exercise their dogs and let them run without wearing leashes. However, unlike the designated Dog Parks, a Dog Run Park does

not have water facilities. Currently, there is one Dog Run facility at Lago Mar Park. However, keep an eye out and an ear cocked for a future Dog Run site planned for Tropical Park.

Our third, and final type of park is the Dog Friendly Park where dog owners can now stroll, run and play with their dogs at 11 neighborhood parks, as long as their dogs are on a leash.

To make sure all residents have the chance to enjoy the park, we ask that you clean up after your pet. Many of our parks listed have bag dispensers and waste containers for just that purpose. Now that you know all the fun there is to have, bring your best friend out for a fun day of play at Miami-Dade Parks.

DOG PARKS

Bark Park at Amelia Earhart Park • Northeast Regional Dog Park at East Greynolds Park

DOG FRIENDLY

Acadia Park • Biscayne Shores and Gardens • Deerwood Park • Kevin Broils Park • Kings Meadow Park • Rockdale Park • San Jacinto Park • Snapper Creek Park • Spanish Lakes Park • Tamiami Trail North Park • West Kendale Lakes Park

DOG RUN

Lago Mar Park

Annette

Photo by Ryan Holloway

FOR MORE INFORMATION ON DOG PARKS IN YOUR NEIGHBORHOOD, VISIT THE WEB AT MIAMIDADE.GOV/PARKS

progress report...

By Eric Hansen
and Angus Laney

*"Make no little plans; they have no magic to stir men's blood".
– Daniel Burnham*

FEATURED PROGRAM

Recreation Program Plan

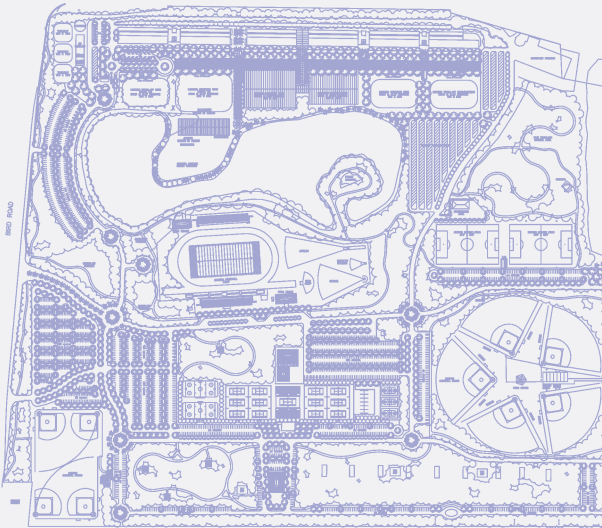
Charged with providing high quality recreation programs, services and experiences, an increasing number of Park and Recreation Departments across the country are in search of processes that will validate their importance as providers. A great many are looking for validation through accreditation programs. Many accreditation programs are based on self-assessment and peer review using national standards of best practices. Some of the benefits of becoming an accredited agency can be that the public will feel comfortable that the agency (1) will provide well-administered programs and services in accord with approved professional practices; (2) have in place external financial support and pass on savings to the public; (3) is recognized as a quality governmental service; (4) will be held accountable and responsive to meet community expectations and needs; and (5) will strive to improve customer satisfaction.

In 2005, the Department applied for and participated in two accreditation processes. Feedback received from both accreditation teams recommended the development of a Recreation Program Plan.

In 2006, the Park and Recreation Department began the process to develop a new Recreation Program Plan which would: (1) provide innovative, efficient and effective programs and services that are outcome based; (2) determine effective strategies for the allocation of resources; (3) maximize partnerships opportunities; (4) be attached to performance measures

and a process for systematic program evaluation; and (5) guide capital development.

The Recreation Program Plan will impact program content and service delivery in order to better meet the needs and expectations of the community. The Plan will provide staff with a new vision and clear goals, strategies and actions aimed at improving our parks and increasing recreation opportunities. Implementation will create a system that is fair and equitable; effective and efficient; accessible and inclusive; and one that will have a defined focus on mission-led program areas.





The Recreation Program Plan will help to enhance the way our Department appeals to residents, serves the community and conducts business in the future.

FEATURED CAPITAL PROJECTS

Family Aquatic Centers

With summer upon us, get a break from the heat at one of the new Family Aquatic Centers. Opening this year at South Dade and A.D. “Doug” Barnes Parks are new play elements at the existing pools. The new



splash playgrounds provide water cannons and spray nozzles for pool-side play. Water from the splash playgrounds is drained, filtered and reused, so these facilities are both fun and environmentally friendly.

The Family Aquatic Center projects also include upgrades to the bathhouses serving the pools, as required by current building codes. Those upgrades included handicapped accessibility as required by the Americans with Disabilities Act (ADA). The bathhouse upgrades will enhance your overall experience at our pools.

A third Family Aquatic Center is planned for Gwen Cherry Park. That splash playground is scheduled to be open for summer 2009.

The project team includes design consultant The Russell Partnership and construction firms Leadex Corp. (South Dade) and JCM Development Group (A.D. Barnes).

The Family Aquatic Centers were designed through the Safe Neighborhood Parks (SNP) bond program, and SNP construction funds were supplemented from the Building Better Communities and Quality Neighborhood Improvements Program bonds and Capital Outlay Reserve funding.

FEATURED NEW PARK DEVELOPMENT

Spanish Lake Park

Now open in Commission District 13 is Spanish Lake Park, a new neighborhood park located at 19405 NW 82nd Avenue. This 6.5-acre park was donated by the developer of the Spanish Lakes subdivision in the 1990s and was accepted by Miami-Dade County in 2000. The Park has been developed with walkways and site furniture, a playground with shade structure, parking and an irrigated open play area. The Park is dog-friendly, permitting pets on-leash.

The project team included design consultant Serralta & Associates, construction firms Comtech Engineering, Paradise Construction and Pabon Engineering, and vendors Piazza, Fence Connection and Shade Systems.

Funding for the development of the Park came from Park Improvement Impact Fees, fees collected against building permits within that community. Planned future park elements, per the Park's General Plan, include tennis courts, a rain shelter and vita course.

MAKE PLANS TO ATTEND!



May 16-18, 2008

Ronald Reagan Equestrian Center
at Tropical Park
7900 SW 40th Street
Miami, Florida, USA 33155

FREE ADMISSION & LIVE ENTERTAINMENT

International music
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Call (305)755-7848 or (305)755-7980 (TDD) to request materials in accessible format, a sign language interpreter (seven days advance notice required) and for information on access for persons with disabilities.



MAY / JUN 2008

(NOTE: Dates and times are subject to change.
Check the Parks website for added events and cancellations or call prior to attending.)

» THROUGH MAY 20, (TUE) 5:30 – 6:30 PM HOMERUN HITTERS

\$35 for 8 sessions + one time registration fee of \$10. Sports development program for children and teens with Autism. Provides participants with the fundamentals of softball, teamwork, sportsmanship, catching, throwing, running and batting. Coral Estates Park
1405 SW 97th Ave.
(305) 226-1622

» THROUGH MAY 25 IMAGES OF EMPOWERMENT

Free. Artwork by participants from the Museum of Contemporary Art's nationally acclaimed outreach program for at-risk girls. Women on the Rise! will be featured in a special exhibition. Roxcy O'Neal Women's History Gallery at the Women's Park
10251 W Flagler St.
(305) 480-1717

» MAY 1, 7 – 8 PM LECTURE ON SEA TURTLES

Free to the public. Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» MAY 2, 7:30 PM TARDE ROMANTICA FEATURING LUISA MARIA GÜELL

Free. This concert celebrates the rich heritage of Hispanic music and dance. Amelia Earhart Park
401 E 65th Ave.
(305) 271-0812

» MAY 3, 10 AM – 5 PM ECOADVENTURES: HISTORIC CORAL GABLES CANOE TOUR

\$30/Adults; \$15/Child. Canoe the historical Coral Gables waterway with naturalist guides. Reservations are required. A.D. Barnes Sense of Wonder Nature Center
A.D. Barnes Park, 3401 SW 72 Ave.
(305) 365-3018

» MAY 3, 3 PM / JUN 7, 3 PM ARCHITECTURE TOUR

Free with admission: \$7/Adults; \$5/Children (Ages 4-14). Discover the architectural features of some of South Florida's earliest buildings. Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» MAY 4, 5 PM LEYENDAS DE NOCTURNO: LOS JAVALOYAS, LOS MITOS, R. JORDAN

\$40, \$45, \$50, \$60. Popular Latin musical groups from the 1970s. Miami-Dade County Auditorium
2901 W Flagler St.
(305) 547-5414

» MAY 4, 7 PM PROFESSIONAL SOCCER: MIAMI FC VS. CAROLINA RAILHAWKS

\$5 - \$25
Tropical Park
7900 SW 40 St.
866-57-MIAMI

» MAY 4 & 24, 7 AM – 7 PM ECOADVENTURES: INDIAN KEY CANOE & SNORKEL ADVENTURE

\$45/Adults; \$15/Children (Ages 9-14). Canoe and snorkel in the coral reefs of the Florida Keys. Reservations are required. A.D. Barnes Sense of Wonder Nature Center
A.D. Barnes Park, 3401 SW 72 Ave.
(305) 365-3018

» MAY 7 & 21, 7:30 – 9 PM / JUNE 4 & 18, 7:30 – 9 PM ECOADVENTURES:

ARCH CREEK GHOST TOURS
\$5/Person. This naturalist guided tour is a journey through the past from historical accounts dating back to the 1800's to modern-day sightings. Reservations are required. Arch Creek Museum & Nature Center
1855 NE 135 St.
(305) 948-2891

» MAY 9, 7:30 PM – 9 PM / JUNE 13, 7:30 PM – 9 PM ECOADVENTURES: GREYNOLDS PARK CREATURES OF THE NIGHT HIKE

\$5/Person. Learn about the mysteries of the night and see what lurks around our park when the lights go out! Reservations are required. Greynolds Park Boathouse and Nature Center
17530 W Dixie Hwy.
(305) 948-2891

visit our website at
www.miamidade.gov/parks



- » **MAY 10, 7:30 AM – 10:30 PM**
BIRD WALK
Free with admission: \$7/Adults; \$5/Children (Ages 4-14). Join one of the naturalist guides in search of some of the Deering Estate's estimated 170 perennial and migratory bird species. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 10, 9 AM – 12 PM**
SATURDAY MORNING KID'S CAMP
\$30; plus a \$10 one-time yearly registration fee. The program focuses on nature, archeology, arts and science. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 10 & 18, 9 AM – 12 PM**
ECOADVENTURES: MATHESON SURF N' TURF EXCURSION
\$5/Adult; \$5/Child. Hike and wade through Biscayne Bay and a Hardwood Hammock and learn about our native birds bay and forest animals, and plants. Meet your naturalist guide at the main park entrance parking lot at 9610 Old Cutler Road. Reservations are required. A.D. Barnes Sense of Wonder Nature Center 3401 SW 72 Ave. (305) 365-3018
- » **MAY 10, 10 AM – 12 PM**
ECOADVENTURES: OUTDOOR SKILLS
\$15/Person. Learn the basic skills to have an enjoyable and safe camping experience in South Florida. Practical equipment, knots, cuisine, and places to camp will be discussed. Castellow Hammock Nature Center 22301 SW 162 Ave. (305) 242-7688


- » **MAY 10, 10 AM – 6 PM**
CALABASH VISUAL ARTS FESTIVAL
Free. Celebrating the visual arts with local artists in a day-long event that includes exhibitions, lectures, workshops, fashion shows and activities for children. African Heritage Cultural Arts Center 6161 NW 22nd Ave. (305) 638-6771
- » **MAY 10, PIONEERING LIFE, 1 – 3 PM / JUNE 14, ARCHAEOLOGY, 1 – 3 PM**
ECOADVENTURES: ARCH CREEK'S FAMILY FUN DAYS
\$5/Person. Bring the whole family for a fun filled Saturday afternoon. Every month features a different theme from butterflies to pioneers to archaeology. Reservations are required. Arch Creek Museum & Nature Center Arch Creek Park, 1855 NE 135 St. (305) 948-2891
- » **MAY 10, 8 PM**
MIAMI DADE COLLEGE – KENDALL CAMPUS – MID-EASTERN DANCE RECITAL
Ticket prices: TBA
Miami-Dade County Auditorium 2901 W Flagler St. (305) 47-5414
- » **MAY 11 & 25, 8 – 11 AM**
ECOADVENTURES: DEERING ESTATE AT CUTLER - CHICKEN KEY CANOE TOUR
\$25/Adults; \$15/Children (Ages 9-14). Canoeists will experience the beauty of Biscayne Bay as they make their way to Chicken Key Island, a seven-acre bird rookery. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233

- » **MAY 11, 9 – 11:30 AM**
ECOADVENTURES: MOTHER'S DAY WILDFLOWER WALK
\$15/Person + Everglades National Park Entrance Fee (\$10/Vehicle). Join naturalists from Castellow Hammock on this leisurely-paced walk on Long Pine Key in Everglades National Park. Meet at the Ernest F. Coe Visitor Center 40001 State Road 9336 (305) 242-7688
- » **MAY 11, 10:30 AM – 1:30 PM**
MOTHER'S DAY BRUNCH
\$65/Adults; \$55/Children (Ages 4-12). Treat mom to a morning of delicious food in an elegant setting. Taste appetizing dishes, tour the historic Richmond Cottage and grand Stone House and take in the scenery as you enjoy a relaxing day at the Deering Estate. Deering Estate at Cutler 16701 SW 72 Ave. 305-235-1668 ext. 233
- » **MAY 15 – 18, 10 AM – 5 PM**
MIAMI INTERNATIONAL AGRICULTURE & CATTLE SHOW
Free. In addition to a cattle show the event will also feature: live entertainment, international music, delicious foods and beverages, a huge kids fun zone, dog skills show, arts and crafts, agricultural seminars and much more. Tropical Park Equestrian Center 7900 SW 40 St. (305) 755-7800 www.miamicattleshows.com

- » **MAY 15 – AUG 30, 10 AM – 5 PM**
ARTIST IN RESIDENCY CULMINATION EXHIBIT: DISCOVERING DEERING'S DREAM
Free with general admission to the Estate; \$7/Adults, \$5/Children. Artists in Residence Anne Blazejack, Brian Call, Aramis Gutierrez, and Pepe Mar will participate in a exhibit to be held in the historic Richmond Cottage and the Stone House. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 16, 7 PM**
PROFESSIONAL SOCCER: MIAMI FC VS. VANCOUVER WHITECAPS
\$5 - \$25. Tropical Park 7900 SW 40 St. 866-57-MIAMI
- » **MAY 16, 17 & 18, 9 AM – 5 PM**
REDLAND INTERNATIONAL ORCHID SHOW
\$6/Person. The largest annual orchid show in the United States featuring over 50 booths of educational exhibits and orchid vendors. Fruit and Spice Park 24801 SW 187 Ave. (305) 247-5727 www.fruitandspicepark.org
- » **MAY 17, 10 AM – 12 PM**
ECOADVENTURES: BIRD & BUTTERFLY GARDENING WORKSHOP
\$15/Person. This class covers all aspects of gardening to help you create an oasis for hummingbirds and butterflies in your own back yard. Castellow Hammock Nature Center 22301 SW 162 Ave. (305) 242-7688

- » **MAY 17, 10 AM – 12 PM**
BUTTERFLY WALK
Free with admission: \$7/Adults; \$5/Children (Ages 4-14). Explore various habitats of the Estate while finding and identifying numerous butterfly species. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 18, 11 AM – 6 PM**
GREYNOLDS PARK LOVE-IN FEATURING THE SPENCER DAVIS GROUP
\$7/Car. Take a journey back to the 1960s with folk music, beat poetry, and classic cars. Greynolds Park 17530 W Dixie Hwy. (305) 945-3425 www.greynoldslovein.com
- » **MAY 18, 4 – 6 PM (PLEASE ARRIVE AT 3:30 PM)**
ECOADVENTURES: DEERING ESTATE BAY CRUISE ON THE PELICAN ISLAND SKIPPER
\$35. Take a relaxing trip on the "Pelican Island Skipper" Pontoon Boat and discover South Florida's nature and history. Space is limited. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 18, 7 PM**
PROFESSIONAL SOCCER: MIAMI FC VS. PORTLAND TIMBERS
\$5 - \$25. Tropical Park 7900 SW 40 St. (866) 57-MIAMI

- » **MAY 20, 6:30 – 8 PM / JUNE 18, 6:30 – 9 PM**
ECOADVENTURES: CRANDON PARK'S SUNSET & MOONLIGHT KAYAK ADVENTURE
\$40/Adult; \$15/Child (Ages 9-14). Residents: \$35/Adult; \$15/Child (Ages 9-14). View a spectacular South Florida sunset from the seat of a kayak. Reservations are required. Crandon Park Visitors & Biscayne Nature Center 6767 Crandon Blvd. Parking Lot #1, North Beach Entrance (305) 365-3018
- » **MAY 21, 7 – 11 PM**
ECOADVENTURES: DEERING ESTATE AT CUTLER - MOONLIGHT CANOE TOUR
\$35 (Ages 18 and older). Canoeists will enjoy the moonlit beauty of Biscayne Bay as they make their way to Chicken Key. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233
- » **MAY 22 – JUN 26, (THU) 10 AM – 12:30 PM**
WATERCOLORS CLASS: SESSION III
\$150 for a six-week session. Learn the basic techniques of water colors and paper preparation. Space is limited and advance registration is required. A materials list will be provided upon registration. Deering Estate at Cutler 16701 SW 72 Ave. (305) 235-1668 ext. 233



» **MAY 23, 7:30 – 9 PM / JUNE 27, 7:30 – 9 PM**
ECOADVENTURES: GREYNOLDS PARK OWL PROWL
\$5/Person. Come learn about the fascinating lives of these rarely seen animals. Reservations are required. Greynolds Park Boathouse and Nature Center
17530 W Dixie Hwy.
(305) 948-2891

» **MAY 24, 10 AM – 12 PM**
ECOADVENTURES: DEERING ESTATE AT CUTLER - BIKE TOUR
\$15 (bike included); \$10 (bring your own bike). Ride along the trails and explore the scenic landscapes while learning about the Estate's historic past. Meet at the Visitor's Center at 9:45 a.m.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **MAY 29 – JUN 10, (NO CLASS ON 7/3), 6:30 – 7:30 PM**
PILATES
\$60 for six-week session. Focus on improving flexibility and strength with controlled movements that engage your body and mind. Instructed by Celia Maluf. Class size is limited.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **MAY 31, 9 AM – 12 PM**
ECOADVENTURES: ARCH CREEK PARK VOLUNTEER DAY
Free. Join our naturalists in restoring our parks and natural areas. Projects include removing weeds or invasive exotic vegetation, planting, mulching, and picking up garbage. Bring work gloves and small hand tools. Sunscreen, long shirts/ pants, water, hats, sunglasses are highly recommended. Registration is required.
Arch Creek Museum & Nature Center
Arch Creek Park, 1855 NE 135 St.
(305) 948-2891

» **MAY 31 – JUL 5, (SAT), 10:30 AM – 12:00 PM**
TAI CHI CLASSES
\$60/Person. Apply your internal power with slow motion routines that promote health and longevity. Space is limited. Advance registration is required.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **MAY 31 – JUL 5, (SAT), 10 AM – 12 PM**
INTRODUCTION TO CLAY SCULPTING
\$150/Person. Learn the basic clay modeling, mold making and cold casting techniques. All levels are welcome. Space is limited and advanced registration is required. A materials list will be provided upon registration.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUNE, (EVERY SAT & SUN), 11 AM**
ECOADVENTURES: GREYNOLDS PARK GUIDED NATURE WALKS
\$3/Person. Join a naturalist guided walk around Miami-Dade County's second oldest park to discover the wonder of our local history, flora and fauna. Reservations are recommended.
Greynolds Park Boathouse and Nature Center
17530 W Dixie Hwy.
(305) 948-2891

» **JUN 1, 3 PM**
ROSENDA ROSELL
\$13, \$16, \$22, \$26, \$33, \$36. Popular Cuban comedian from the 1960s.
Miami-Dade County Auditorium
2901 W Flagler St.
(305) 547-5414

» **JUN 1, 6 PM**
PROFESSIONAL SOCCER: MIAMI FC VS. SEATTLE SOUNDERS
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 3 – JUL 8, (TUE), 6 – 7:30 PM / JUN 4 – JUL 9, (WED), 10 – 11:30 AM**
YOGA CLASSES
\$60 for six-week session. Learn how to relax, meditate and relieve stress during this six-week course. Class size is limited.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 5, 7 – 8 PM**
LECTURE: VENOM I
Free to the public.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 7**
5TH ANNUAL BLUE WATER FISHING CLASSIC
A fishing tournament for amateur, professional and junior fishermen, this annual event attracts anglers from throughout Miami-Dade County and offers cash awards and prizes for largest fish within the species of dolphin, wahoo, black-fin tuna and kingfish.
All six Miami-Dade Parks Marinas
(305) 755-7939

» **JUN 7, 3 PM**
PROFESSIONAL SOCCER: MIAMI FC KENDALL U-18/16 VS. ATLANTA FIRE UNITED
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 7 & 8, 8 AM – 5 PM**
HERITAGE HORSE SHOW
Free to spectators.
Tropical Park
7900 SW 40 St.
(954) 347-1799

» **JUN 8, 3 PM**
PROFESSIONAL SOCCER: MIAMI FC KENDALL U-18/16 VS. BIRMINGHAM UNITED
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 9 – 20, 9 AM – 4:30 PM**
SUMMER CAMP SESSION I
\$300/Child, per session. Enroll the kids at a unique summer camp where children, ages 6-13, have fun learning about South Florida history, archeology and our unique ecosystem. Five sessions are available throughout the summer.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 9 – AUG 15**
ECOADVENTURES: CASTELLOW HAMMOCK SUMMER CAMP
At Camp Silver Palm your children will explore South Florida's wild side. Each week of camp introduces your camper to South Florida's natural environment through field trips, hands on learning, presentations, games & activities, journals & crafts and much more.
Castellow Hammock Nature Center
22301 SW 162 Ave.
(305) 242-7688

» **JUN 14, 10 AM – 1 PM**
MANGO MANIA
Instructor: Chris Rollins
\$50/Person. It's everything you want to know about mangos; how to grow them, their insect and disease problems, recipes, and the many varieties.
Fruit and Spice Park
24801 SW 187th Ave.
(305) 247-5727
www.fruitandspicepark.org

» **JUN 14, 3 PM**
PROFESSIONAL SOCCER: MIAMI FC KENDALL U-18/16 VS. AFC LIGHTNING
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 14, 7 PM**
PROFESSIONAL SOCCER: MIAMI FC VS. CAROLINA RAILHAWKS
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 15, 3 PM**
AMAURY GUTIERREZ
Tickets: TBA. Popular Latin singer & guitarist.
Miami-Dade County Auditorium
2901 W Flagler St.
(305) 547-5414

» **JUN 15, 3 PM**
PROFESSIONAL SOCCER: MIAMI FC KENDALL U-18/16 VS. CONCORDE FIRE
\$5 - \$25.
Tropical Park
7900 SW 40 St.
(866) 57-MIAMI

» **JUN 15, 4 – 6 PM (PLEASE ARRIVE AT 3:30 PM)**
ECOADVENTURES: DEERING ESTATE BAY CRUISE ON THE PELICAN ISLAND SKIPPER
\$35/Person. Celebrate Father's Day with a relaxing cruise on the "Pelican Island Skipper" Pontoon Boat. Space is limited.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext 233

» **JUN 15 – SEP 30, 10 AM – 5 PM**
FINE ART PHOTOGRAPHY
EXHIBIT: “PRESERVING FLORIDA’S PAST: ENDANGERED”
Free. Artist in Residence Brian Call will present his final fine art photography exhibition “Preserving Florida’s Past: Endangered”.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 19, 8 PM**
MOCHA SOUL PRESENTS
\$5/Person. This cabaret series spotlights emerging and nationally recognized artists in the performing arts.
Joseph Caleb Auditorium
5400 NW 22 Ave.
(305) 636-1350

» **JUN 21 & 22, 10 AM – 5 PM**
REDLAND SUMMER FRUIT FESTIVAL
\$6 (children under 12 admitted free). This annual event showcases local agriculture, tropical fruits and vendor booths featuring local wines, yummy foods, and rare fruit samplings.
Fruit and Spice Park
24801 SW 187 Ave.
(305) 247-5727
www.fruitandspicepark.org

» **JUN 21, 1 – 3 PM**
LYCHEE & LONGAN WORKSHOP
Instructor: Chris Rollins
\$25/Person. Held during the Redland Summer Fruit Festival this workshop will cover the growing needs, problems, and different varieties of this revered Chinese fruit.
Fruit and Spice Park
24801 SW 187 Ave.
(305) 247-5727
www.fruitandspicepark.org

» **JUN 23 – JUL 3, (NO CAMP ON 7/4), 9 AM – 4:30 PM**
SUMMER CAMP SESSION II
\$270/Child, per session. Enroll the kids at a unique summer camp where children, ages 6-13, have fun learning about South Florida history, archeology and our unique ecosystem. Five sessions are available throughout the summer.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 23 – JUL 28, (MON), 6 – 8 PM**
INTRODUCTION TO ACRYLICS CLASS
\$150/person. Students will complete two acrylic paintings inspired by the natural surroundings of the Deering Estate. All levels are welcome. Space is limited and advanced registration is required. A materials list will be provided upon registration.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUNE 28, 9 AM – 12 PM**
ECOADVENTURES: GREYNOLDS PARK VOLUNTEER DAY
Free. Join our naturalists in restoring our parks and natural areas. Projects include removing weeds or invasive exotic vegetation, planting, mulching, and picking up garbage. Bring work gloves and small hand tools. Sunscreen, long shirts/pants, water, hats, sunglasses are highly recommended. Registration is required.
Greynolds Park Boathouse and Nature Center
17530 W Dixie Hwy.
(305) 948-2891

» **JUN 28, 8 PM**
(GATE OPENS AT 7 PM)
SUMMER CABARET CONCERT
SERIES: JOHNNY RODGERS
\$20/Person. The Concert Series features eclectic and world music artists in an intimate setting during the summer months. Guests are welcome to bring refreshments and snacks to enjoy during the show. Limited seating is available. Advance tickets recommended.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **JUN 29, 9:30 AM – 4:30 PM**
FREE SUNDAYS AT VIZCAYA MUSEUM AND GARDENS
Free. Includes tours of the main house and gardens*; art activities, and orchid-potting demonstrations. *Not all areas are wheelchair accessible.
Vizcaya Museum and Gardens
3251 South Miami Ave.
(305) 250-9133
www.vizcayamuseum.org

Ongoing Activities

» **MAY – JUN, MON – FRI, 2 – 5 PM**
AFTER SCHOOL PROGRAM FOR CHILDREN WITH DISABILITIES
Free. After school program for children age 6-21 with varying disabilities. Program will aid participants to improve literacy skills, social skills, and participate in arts & crafts and field trips. Includes out-of-school days.
Coral Estates Park
1405 SW 97th Ave.
(305) 226-1622

» **JUN 9, (10 WEEKS), MON – FRI 8 AM – 5 PM**
SUMMER CAMP FOR CHILDREN WITH DISABILITIES
Free. Summer camp for children age 6-21 with varying disabilities. Program will continue to assist participants to improve literacy skills, social skills, and participate in arts & crafts and field trips.
Coral Estates Park
1405 SW 97th Ave.
(305) 226-1622

» **MAY – JUNE 2008, MON – FRI 2 – 5 PM**
AFTER SCHOOL PROGRAM FOR CHILDREN WITH DISABILITIES
Free. After school program for children age 6-21 with varying disabilities. Program will aid participants to improve literacy skills, social skills, and participate in arts & crafts and field trips. Includes out-of-school days.
Tamiami Park
11201 SW 24 St.
(305) 222-2128

» **FRI IN MAY, 5:30 – 7 PM**
FRIDAY FENCING CLUB
\$35 for 8 classes + one time registration fee of \$10. Fencing program for individuals age 6-20 with physical impairments. Program will provide participants with the fundamentals of Fencing, joining competition, sportsmanship, and social skills while aiding to improve gross motor development.
Tamiami Park
11201 SW 24 St.
(305) 222-2128

» **MAY – JUNE, TUE & THURS 11:30 AM – 12:30 PM**
WATER EXERCISE
\$30 for 10 classes + one time registration fee of \$10. Low-impact water exercise class for adults with all disabilities.
Tamiami Park
11201 SW 24 St.
(305) 222-2128

» **JUNE 9, (10 WEEKS), MON – FRI 8 AM – 5 PM**
SUMMER CAMP FOR CHILDREN WITH DISABILITIES
Free. Summer camp for children age 6-21 with varying disabilities. Program will continue to assist participants to improve literacy skills, social skills, and participate in arts & crafts and field trips.
Tamiami Park
11201 SW 24 St.
(305) 222-2128

» **TUE & THU, 11 AM – 12 PM**
ARTHRITIS AQUATICS
\$2/Class. Low-impact aquatic exercises for individuals with arthritis or other physically limiting conditions. Classes may be canceled due to inclement weather.
Goulds Park Pool
21805 SW 114 Ave.
(305) 234-1673

» **EVERY SUN, JUNE, 10 AM – 1 PM**
ECOADVENTURES: ARCH CREEK PARK OLETA RIVER KAYAK TRIP
\$25/Adult; \$15/Child (Ages 7-14). Join park naturalists on this guided kayak exploration of the Oleta River. Reservations are required.
Greynolds Park Boathouse and Nature Center
17530 W Dixie Hwy.
(305) 365-3018

» **EVERY SUN, 1:30 PM – 4 PM**
ECOADVENTURES: CRANDON PARK’S FOSSIL REEF SNORKEL ADVENTURE
\$40/Adult; \$22/Child, (Ages 9-14). Residents: \$32/Adult; \$22/Child, (Ages 9-14). (Fee includes snorkeling gear). Take a tram ride from land to sea where you’ll end up in an underwater adventure through a rare geologic formation located in Bear Cut Preserve. We highly recommend closed-toe shoes (water shoes). Reservations are required.
Crandon Park Visitors & Biscayne Nature Center
6767 Crandon Blvd.
Parking Lot #1, North Beach Entrance
(305) 365-3018

» **EVERY SAT, 9:30 PM – 1 PM**
ECOADVENTURES: CRANDON PARK’S KEY BISCAYNE BIKE ADVENTURE
\$42/Adult; \$22/Child (Ages 9-14). Residents, \$25/Adult, \$20/Ride your own bike), \$15/Child (Ages 9-14). Explore beautiful Key Biscayne as you bike along the streets and paths of this historic barrier island. Reservations are required.
Crandon Park Visitors & Biscayne Nature Center
6767 Crandon Blvd.
Parking Lot #1, North Beach Entrance
(305) 365-3018

» **EVERY SAT, MAY, 10 AM – 11 AM**
ECOADVENTURES: ARCH CREEK TRAIL TOURS
\$3/Person. Join this naturalist guided tour through a tropical hardwood hammock and find an assortment of interesting plants and animals native to South Florida. Reservations are required.
Arch Creek Museum & Nature Center
Arch Creek Park, 1855 NE 135 St.
(305) 948-2891

» **SAT, 2 – 5 PM**
GOAL BALL TEAM

Free. Sport designed for individuals with blindness or visual impairments interested in participating and learning a team sport.
NFL Yet Center / Gwen Cherry Park
7090 NW 22 Ave.
(305) 380-9106

» **EVERY SAT & SUN, 10 AM – 12 PM & 4 PM – 6 PM**

ECOADVENTURES: MATHESON BAY SHORE CANOE TREK

\$25/Adult; \$15/Child (Ages 7-14). Canoe through a South Florida Ecosystem, the Mangrove Forest. Learn about our native wading birds and other bay animals and plants. Reservations are required.
A.D. Barnes Sense of Wonder Nature Center
3401 SW 72 Ave.
(305) 365-3018

» **EVERY SAT JUNE, 10 AM – 1 PM**

ECOADVENTURES: ARCH CREEK PARK OLETA RIVER CANOE TRIP

\$25/Adult; \$15/Child (Ages 7-14). Relive the river's historic past with park naturalists. Explore this natural haven for wading birds, osprey, fish and the endangered West Indian Manatee. Reservations are required.
Greynolds Park Boathouse and Nature Center
Greynolds Park, 17530 W Dixie Hwy.
(305) 365-3018

» **EVERY SAT & SUN, 10 AM – 1 PM**

ECOADVENTURES: BEAR CUT PRESERVE NATURE WALKS

\$3/Person. Learn about the invertebrates that inhabit the sea grass beds of Crandon Park as you participate in a touch tank presentation. Then enjoy a leisurely walk along one of the many trails of Bear Cut Preserve. Bring your binoculars and water shoes. You never know what might be washed in by the tide!
Crandon Park Visitors & Biscayne Nature Center
6767 Crandon Blvd.
Parking Lot #1, North Beach Entrance
(305) 365-3018

» **DAILY, 10:30 AM & 3 PM**
DEERING HISTORIC HOUSE TOURS

Free with admission: \$7/Adults; \$5/Children (Ages 4-14). This tour highlights the history surrounding the Deering Estate at Cutler and the story of Charles Deering.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668

» **DAILY, 12:30 PM**
NATURAL AREAS TOURS

Free with admission: \$7/Adults; \$5/Children (Ages 4-14). Join a Naturalist Guide and walk in the footsteps of Florida's first peoples. Hike through a lush forest of tropical hardwood trees and clinging vines down the Native American footpath that would become the first Cutler Road/Ingram Highway.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668

» **SAT & SUN, 10 AM – 3 PM**
KAYAK RENTALS

\$10 hr./Adults; \$8 hr./Children (Ages 9-15). Minimum 1 hour rental. Includes kayaks, life vests, paddles and a small dry bag. To rent a kayak, you must be at least 21 years old. People between the ages of 9-20 must be accompanied by an adult or a legal guardian in the same kayak. All rentals are subject to weather and wind conditions. Embarkation and debarkation point is at the People's Dock.
Deering Estate at Cutler
16701 SW 72 Ave.
(305) 235-1668 ext. 233

» **DAILY, 9 AM – 4 PM (YEAR-ROUND)**
ECOADVENTURES:

CRANDON PARK VISITORS AND BISCAYNE NATURE CENTER

\$5/Vehicle; \$10/Bus. The Crandon Park Visitors and Biscayne Nature Center is your gateway to the Bear Cut Preserve, a 264-acre natural barrier island habitat located on the northern tip of Key Biscayne. Guided tours and educational programs are offered year round for all ages - from low tide marine beach and wading tours, to bird watching, canoeing, kayaking, snorkeling and bicycling. Visit the center's exhibit room and aquariums with different recreated underwater habitats. Self-guided nature trails are available. Trail Guides are available in the Nature Center.
6767 Crandon Blvd.
Key Biscayne, North Beach Entrance
(305) 361-6767

» **DAILY, 9:30 AM – 1 PM**
ECOADVENTURES:

CRANDON PARK'S KAYAK & SNORKEL ADVENTURE

\$50/Adult; \$15/Child (Ages 9-14). Residents: \$42/Adult; \$22/Child (Ages 9-14). Kayak along the beautiful shallow waters of Key Biscayne and explore the protected areas of Bear Cut Preserve where land meets the sea. We highly recommend closed-toe shoes (water shoes). Reservations are required.
Crandon Park Visitors & Biscayne Nature Center
6767 Crandon Blvd., Key Biscayne
Parking Lot #1, North Beach Entrance
(305) 365-3018

» **DAILY, 10 AM – 5 PM**
FREE FLIGHT AVIARY

Encounter rare and exotic Asian birds close-up and in free flight. Watch them build their nests and care for their young.
American Bankers Family Aviary, Wings of Asia Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **DAILY, 10:30 AM & 2:30 PM**
BIRD FEEDINGS

Follow the bird keepers for fun and information while they go throughout the aviary feeding the birds.
American Bankers Family Aviary, Wings of Asia Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **DAILY, 9:30 AM – 5 PM**
INDOOR ACTIVITIES

Observe ducks swimming on top of and under the water with fish and turtles through the viewing glass of the indoor, air-conditioned Observation Center. Step out behind two waterfalls to see the aviary from a duck's eye view, and learn how you can participate in local conservation efforts in the Potamkin Conservation Center, Miami MetroZoo, 12400 SW 152 Street
(305) 251-0400
www.miamimetrozoo.com

» **DAILY, 9:30 AM – 5 PM**
DINOSAUR ENCOUNTERS

View a film showing the link between dinosaurs and birds at the Field Research Center, then search for the skeleton of a 40-foot-long carnivorous dinosaur in a mock fossil excavation dig pit.
Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **10 AM – 5 PM**
TOADSTOOL!

ToadStool features close encounters with small animals that live in naturalistic habitats. You can observe poison dart frogs in ferocious battles, watch blind cave fish as they swim without bumping into each other, see Emperor scorpions and meet a large Burmese python!
Commercebank Children's Zoo
Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **DAILY, 11 AM – 4 PM**
THE SAMBURU GIRAFFE FEEDING STATION

\$2. Feed our giraffes delicious veggie treats like romaine or iceberg lettuce, kale or collard greens.
Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

PINE ROCKLAND GUIDED TOUR

Walk through this fire-dependent habitat that the gopher tortoise, great horned owl and the Florida panther call home. Learn about the county's largest remnant of the rare native pinelands that exists nowhere else on earth.
Miami MetroZoo
12400 SW 152 St.
(305) 255-5551
www.miamimetrozoo.com

» **DAILY, 1:30 PM (EXTRA SHOW AT 2:30 PM ON WEEKENDS & HOLIDAYS)**
DIEGO'S DISCOVERY DEN

At the Commercebank Children's Zoo, see Diego in his Discovery Den! The star of Nick Jr.'s Go, Diego, Go!, presents a 20-minute show featuring various animals with handlers and of course, a lively and life-sized costumed character Diego!
Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **FRI & SAT, 6 PM – 9 AM
(DURING THE SCHOOL YR.)
ZOO INN**

Bring your youth group, scout troop, biology class or adult group to spend the night! In this sleepover program you will have a behind-the-scenes walking tour of the Zoo after dark and a special morning activity. Zoo Inns include a pizza dinner, continental breakfast and souvenir. Minimum group size: 15, maximum group size: 30. Pre-registration is required.

Miami MetroZoo
12400 SW 152 St.
(305) 251-0400
www.miamimetrozoo.com

» **SAT, 10 – 11 AM**

**ECOADVENTURES:
ARCH CREEK TRAIL TOURS**
\$3/Person. Join a naturalist guided tour through a Tropical Hardwood Hammock where you will find an assortment of interesting plants native to South Florida. Reservations are required.
Arch Creek Museum
1855 NE 135 St
(305) 944-6111

» **SAT & SUN, 9 AM, 12 PM
AND 2 PM**

**ECOADVENTURES: BEAR CUT
PRESERVE NATURE WALKS**
\$3/Person. Enjoy a leisurely walk along one of the many trails of Bear Cut Preserve. Learn about butterflies, birds and the many plant and animal species that inhabit the coastal environments of South Florida. Bring binoculars and water shoes.
Crandon Park Visitors and Biscayne Nature Center
Key Biscayne, North Beach Entrance
6767 Crandon Blvd.
(305) 361-6767 ext. 112

» **SAT, SUN & HOL,
10 AM – 4 PM
ECOADVENTURES:
KAYAK RENTALS**

Single or 2 Person Kayak: \$15/Hr or \$30/3Hrs; Snorkeling Gear Rental: \$7 Daily. Fully equipped "sit on top" ocean kayak rentals and snorkeling equipment available.
6767 Crandon Blvd.
Key Biscayne, North Beach Entrance or Kayak Aquatic Concession located on the beach southeast of the Crandon Park Visitors and Biscayne Nature Center.
(305) 361-6767 ext. 112 or
(305) 365-3067

» **SUN, 9:30 AM – 1 PM**

**ECOADVENTURES:
CRANDON PARK'S BAYSIDE
CANOE ADVENTURE**
\$40/Adult; \$15/Child (Ages 7-14). Residents: \$25/Person; \$15/Child (Ages 7-14). This naturalist-led canoe trip explores Key Biscayne. Reservations required.
Crandon Park Visitors and Biscayne Nature Center
6767 Crandon Blvd.
Key Biscayne, North Beach Entrance
(305) 365-3018

» **SUN, 1 – 4 PM**

**ECOADVENTURES:
CRANDON PARK'S KEY BISCAYNE
BIKE ADVENTURE**
\$25/Adult; \$15/Child (Ages 9-14). \$20 (Ride your own bike). Explore Key Biscayne as you bike along the streets and paths of this historic barrier island. Reservations required.
Crandon Park Visitors and Biscayne Nature Center
6767 Crandon Blvd.
Key Biscayne, North Beach Entrance
(305) 365-3018

» **AVAILABLE UPON REQUEST
ECOADVENTURES: CRANDON
PARK HERITAGE TRAM TOURS**
\$2/Adult; \$1/Children, minimum 10 people. Reservation required. Enjoy a tram ride through the Bear Cut Preserve. Also available upon request for birthday parties, corporate events and other special events.
6767 Crandon Blvd.
Key Biscayne, North Beach Entrance
(305) 361-6767 ext. 112

» **LAST WED OF EACH
MONTH, 7:30 PM
TROPICAL FRUIT & VEGETABLE
SOCIETY OF THE REDLAND**
Free tasting table, plant exchange, horticultural library and monthly guest speaker lecturing on tropical fruits & vegetables.
Fruit and Spice Park
24801 SW 187 Ave.
(305) 247-5727
www.fruitandspicepark.org

» **2ND THU OF THE MONTH,
7 PM
SOUTH DADE GARDEN CLUB**
In existence for 70 years, the South Dade Garden Club is an opportunity to learn about gardening and make new friends.
Fruit and Spice Park
24801 SW 187 Ave.
(305) 247-5727
www.fruitandspicepark.org

» **1ST WED OF THE MONTH,
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"For me, winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream."

– Emmitt Smith,
Football Player

