

SPORTS & RECREATION



NT The Rosarian Academy Raiders track team wrapped up its season May 9 with a meet at St. Andrew's School, placing three athletes in the top three. From left, front: Ariane Holton, Heidi Alcime, Hannah Cook, Sloane Clarke, Isabella Dadey, Valery Gonzalez. Middle: Landon Ferguson, James Cohen, Trey Wagner, Anthony Iuliani. Back: Coaches Shannon Edwards, Katherine Murphy, CC Bennett. CONTRIBUTED

The Rosarian Academy track team competed at their final championship meet of the season May 9 at St. Andrew's School against All Saints, St. Vincent, St. Juliana and The Weiss School. Three fourth- and fifth-grade Raiders placed in the top three: Sloane Clarke, first in the girls 1600-meter event, and third in the 800-meter race, Trey Wagner, second in the boys 1600-meter event, and Heidi Alcime with first-place honors in both the girls 100-meter and 800-meter races.

The West Palm Beach Police Athletic League (PAL) will hold its annual "Going for the Gold" wrestling tournament at Keiser University June 2. With almost 200 local kids competing in folkstyle and freestyle forms, the event coincides with Keiser's launch of its National Association of Intercollegiate Athletics wrestling program and gives parents an opportunity to see their kids in action locally. Action starts at 9 a.m., admission \$8, come to the gym at 2600 N. Military Trail, just north of Okeechobee Boule-

vard. Teams may register at www.westpalmbeachpal.com/ wrestling, or call 561-835-7195 for information.

The Wellington Wrestling Club competed at the AAU Spring Tournament May 12 in Palm Bay with Tyler Gray capturing a gold medal in both the second- and third-grade and fourth- and fifth-grade divisions and a 7-0 record. Ryan King captured second place in the junior varsity 113-pound division and James Marvel placed third in the middle school, 117-pound division. The club is open to kids from kindergarten through 12th grade with practices Tuesday and Thursday evenings for beginners or advanced wrestlers at Village Park, 11700 Pierson Road. For information, call 561-827-8595.

Seagull Services will hold "Strikes for Seagull," a family-friendly fundraiser at the Greenacres Bowl June 10. The event runs from 2:30-5 p.m. \$25 per-person cost includes all-you-can bowl in two hours, plus pizza and soda, or \$100 per lane up to five people, or sponsor a team of Seagull students for \$125, raffle and

prizes included. All ages and skill levels welcome, buy tickets at www.seagull.org/Strikes, call 561-842-5814, ext. 111, or come to 6126 Lake Worth Road, Greenacres.

Pickleball courts are available at Wellington's Village Park Mondays, Wednesdays and Fridays from 9 a.m.-noon, Tuesdays, 6-9 p.m. and Saturdays and Sundays, 4-7 p.m. No registration required, first-come, first-serve basis, must bring your own paddle and balls. For information, call 561-791-4005.

The National Croquet Center in West Palm Beach begins its Summer Golf Croquet League July 10. Play will be split into Tuesday or Wednesday evening divisions for five weeks. A playoff match will be held Aug. 14, followed by a finals matchup, awards ceremony and lobster dinner. Free instructions and practice sessions offered 5-8 p.m. Tuesdays in June and July 3, teams must choose a name and consist of 2-4 players. The center offers free classes every Saturday at 10 a.m. Learn to hit the ball, score wickets, learn strategy and plot moves. Flat-soled shoes are a must and croquet attire is usually white. The center is at 700 Florida Mango Road, corner of Summit Boulevard. For information, call 561-478-2300, ext. 3.

The West Palm Beach Police Athletic League will hold a "Clay For Kids" sporting clay benefit event at the South Florida Shooting Club in Palm City June 22, 7:30 a.m.-1:30 p.m. All skill levels welcome. Registration fee is \$500 for individuals or \$1,500 for a foursome, which includes breakfast, shooting, lunch and an awards ceremony. Come to 500 SW Long Drive, Palm City. For information or to register, call 561-835-7195 or go to info@westpalmbeachpal.com.

West Palm Beach offers the following free programs at the Mandel Public Library, 411 Clematis St.:

- 22-Minute Hard Corps

Workout: Wednesdays, noon-1 p.m., stay longer and repeat the whole routine.

- Dance the Hustle: Wednesdays, 7-8 p.m., don't forget your dance shoes!

- Essentrics Exercise: Wednesdays, 6-7 p.m., a dynamic, full-body workout engaging all 650 muscles.

- Hip-Hop for Kids and Teens: Mondays, June 11-July 23, kids ages K-5th grade, 2-3 p.m., teens grades 6-12, 3-4 p.m., with instructor Jaleesa, sign up in person starting at 1:30 p.m. on June 11.

- Hula Hoop Fitness: Sundays, 2-3 p.m., learn how to be fit using a weighted hula hoop.

- Indoor Soccer: Mondays, June 11-July 23, 3:30-4:15 p.m., ages 2-5, sign up in person starting at 3 p.m. on June 11.

- Itsy Bitsy Yoga: Mondays, June 18-July 23, 10 a.m. for crawlers and walkers, or 11 a.m. for non-crawlers, limited space.

- P90X Workout: Saturdays, 3-4 p.m., attend the class and check out a full set of P90X DVDs with a valid library card.

- Pilates: Thursdays, 10:30-11:30 a.m., bring your own mat.

- Pound Fitness Class: Saturdays, 1-2 p.m., make music and exercise, drumming experience not required.

- Senior Yoga: Thursdays, 1:30-2:30 p.m., join yogi Priyanka Shanbag and improve strength, flexibility and stability.

- Tai chi: Fridays, 10-11 a.m. for intermediate and advanced, 11 a.m.-noon for beginners.

- Yoga: Tuesdays, 5:45 to 6:45 p.m. or 7 to 8 p.m., also Saturdays, 9:45 to 10:45 a.m. or 11 a.m. to noon; donations accepted.

- Zumba: Thursdays, 6-7 p.m., all levels welcome.

For information or to register for these and other programs at the library, go to wpbcitylibrary.org call 561-868-7701.

Compiled by Jimmy Knight. Email sports news to him at jknight@pbpost.com.

Parks

continued from 10

LANTANA NATURE PRESERVE

East Ocean Avenue

Size: 6.5 acres

Hours: 7 a.m.-5 p.m.

Facilities: Nature walk, identified native plants, butterfly garden, benches, gazebo

Managed by: Lantana

SANTALUCES ATHLETIC COMPLEX

6750/6880 Lawrence Road

Size: 28 acres

Hours: Dawn to dusk; lighted facilities open until 11 p.m.

Facilities: Swimming pool with lockers, showers and restrooms, children's wading pool, four Major League baseball fields, parking

Managed by: Palm Beach County

MELEAR PARK

6684 Eastview Drive

Size: 1 acre

Hours: Dawn to dusk

Facilities: 200 feet of lake frontage and freshwater fishing

Managed by: Palm Beach County

LAKE CHARLESTON PARK

7001 Charleston Shores Blvd.

Size: 9.5 acres

Hours: Dawn to dusk

Facilities: Two T-ball fields, two Little League baseball fields, children's play area, restrooms, parking

Managed by: Palm Beach County

Palm Springs

SAGO PARK

10th Avenue and Sago Road

Size: 2.8 acres, surrounded by Sago Lake

Hours: Dawn to dusk

Facilities: Picnic pavilion, volleyball court, playground, picnic areas and fishing dock

Managed by: Palm Springs

VILLAGE CENTRE ATHLETIC COMPLEX AND RECREATIONAL COMPLEX

226 Cypress Lane

Size: 19 acres

Hours: Dawn to dusk; lighted areas open until 10 p.m.

Facilities: Multipurpose baseball, softball, football and soccer fields; lighted tennis courts; lighted sand volleyball court; two playgrounds and two meeting halls

Managed by: Palm Springs

Greenacres

GREENACRES COMMUNITY PARK

2905 Jog Road

Size: 19 acres

Hours: Dawn to dusk

Facilities: Six lighted shuffleboard courts, two lighted racquetball courts, two lighted tennis courts, multipurpose fields, picnic areas with restrooms, 12 barbecue grills, playground, gazebos, and main pavilion

Managed by: Greenacres

VETERANS MEMORIAL PARK

2390 Purdy Lane

Size: 4 acres

Hours: Dawn to dusk

Facilities: Lighted ball field, two tennis courts, two racquetball courts, picnic areas, volleyball court

Managed by: Greenacres

IRA VAN BULLOCK MEMORIAL PARK

520 Perry Ave.

Size: 6 acres

Hours: Dawn to dusk

Facilities: Two lighted ball fields, pavilion with barbecue area, two lighted basketball courts, playground equipment, restrooms

Managed by: Greenacres

BURROWING OWL PARK

2655 Sherwood Forest Blvd.

Size: 4 acres

Hours: Dawn to dusk

Facilities: Volleyball court, playground equipment, two lighted basketball courts

Managed by: Greenacres

BOWMAN PARK

4750 Bowman St.

Size: 5 acres

Hours: Dawn to dusk

Facilities: Two basketball courts, pavilion, exercise stations, playground

Managed by: Greenacres