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The PARKLAND Wedge

MAY
2026



Meet Your Neighbors: The Conte Family

Cover Photo By Marisa Plotnick Photography

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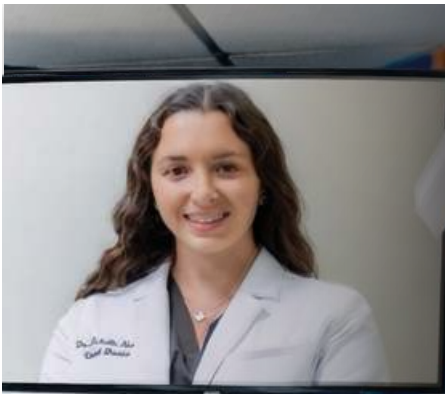


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GET SUMMER-READY:

BY BY KEVIN DERELLA,
OWNER - IM=X® PILATES CORAL SPRINGS

Smart Fitness Tips for Lasting Results



Getting ready for summer isn't about quick fixes—it's about creating a sustainable routine that helps you feel strong, energized, and confident. Whether you're just starting out or refining your current workouts, a few smart strategies can set you up for success.

First, prioritize consistency over intensity. You don't need extreme workouts to see results. Aim for 3-5 sessions per week that combine strength training, cardio, and flexibility. Strength training builds lean muscle, which boosts metabolism and helps shape your body, while cardio improves endurance and supports fat loss.

To stay on track:

- Schedule workouts like appointments
- Combine strength, cardio, and flexibility each week
- Start small and increase intensity gradually
- Track progress to stay motivated

Equally important is mobility and core strength. A strong core improves posture, enhances performance, and reduces injury risk. Programs like those at IM=X® Pilates and Fitness Coral Springs focus on Pilates-based core conditioning blended with strength and cardio intervals. Their fundamentals emphasize:

- Controlled, precise movements for better results

- Resistance training to build strength safely
- Core stability to support the spine
- Flexibility to improve mobility and reduce tension

Another effective approach is small group fitness classes. These offer a balance of personalized coaching and group motivation. Instructors can adjust exercises to your level while helping you maintain proper form. Plus, the supportive environment helps you stay consistent.

Benefits include:

- More individualized attention than large classes
- Built-in accountability and motivation
- A supportive, community-driven atmosphere
- Efficient, structured workouts

Finally, don't forget recovery and nutrition. Stay hydrated, fuel your body with protein-rich foods, and prioritize sleep so your body can repair and grow stronger.

Summer fitness isn't about perfection—it's about progress. With consistency, smart programming, and the support of small group training, you can build a routine that delivers lasting results well beyond the season.

IM=X® Pilates & Fitness offers pilates reinvented, re-choreographed, and reconstructed to include other physical disciplines. To learn more, visit www.imxpilates.com/coralsprings.



Natalia Conte
REALTOR

Natalia Conte is a real estate professional with over two decades of experience helping clients buy, sell, and invest in Coral Springs, Parkland, and the greater Broward and Palm Beach areas.

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Have feedback, ideas or submissions? We are always happy to hear from you. Deadlines for submissions are the 5th of each month. Email your thoughts, ideas and photos to jseitz@bestversionmedia.com.

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Dear Residents,

May brings a sense of celebration and transition as we head toward summer. From graduations to end-of-school-year events, it's a time filled with milestones and meaningful moments. It's a great time to pause and take it all in, especially the moments that remind us how quickly these seasons of life pass.

This month, we are excited to feature the Conte family. From their beginnings at Florida State University to building a life in Parkland, Isabelle and Joe Conte have created a family rooted in connection, travel, and everyday moments together. With three active children and a shared belief to "laugh every day," their home is filled with energy, purpose, and a deep appreciation for time spent as a family.

In this issue, you bring you a pet tip of the month, local real estate market watch, Summer Camps in Parkland, a message from Mayor Rich Walker, and a calendar filled with something for everyone!

As always, we welcome your ideas, stories, and photos highlighting our community. This magazine is for you—and because of you. Let's continue to share the moments, milestones, and memories that make our neighborhood unique.

Wishing everyone a month filled with the joy of community, family, and friends.



David Conway
Publisher

561-379-4352

(call or text anytime)

What Every New Pet Owner Should Know About Parvo, Distemper, and Other Local Risks



BY DR. ARLIANNE VELEZ, DVM • OWNER & MEDICAL DIRECTOR, PARKLAND ANIMAL CLINIC

Bringing home a new puppy or kitten is an exciting time, but it also comes with a learning curve, especially when it comes to protecting them from illnesses they are not yet equipped to fight.

In a community like Parkland, where dogs are frequently out on walks, in backyards, and around neighborhood green spaces, young pets are naturally exposed to more of the environment early on. Add in our proximity to the Everglades, along with local wildlife and standing water, and there are a few health risks that pet owners should be aware of from the start.

One of the most serious is parvovirus. Parvo is highly contagious and spreads easily through contaminated surfaces, soil, and even on shoes or clothing. It primarily affects puppies and can cause severe vomiting, diarrhea, and dehydration. Many cases require hospitalization, and without treatment, it can be fatal.

Distemper is another disease we take very seriously. It affects multiple systems in the body, including the lungs and nervous system, and can lead to long-term complications even in pets that survive.

For dogs in South Florida, we also think about leptospirosis. This is a bacterial infection spread through water contaminated by wildlife. In areas like Parkland, where pets may come into contact with puddles, lakes, or damp outdoor environments, the risk is real. Leptospirosis can affect both pets and people, which makes awareness especially important.

Even pets that spend most of their time indoors are not completely risk-free. Mosquitoes can easily make their way inside homes, and many viruses, like parvo, can be carried in on shoes or clothing. I often remind owners that "indoor-only" does not always mean "no exposure," especially in a climate like ours.

A question I often get from new pet owners is how to balance protecting their pet while not doing more than necessary, especially early on. The goal is not to overdo anything, but to provide the right protection at the right time, based on your pet's age, environment, and lifestyle.

That is why early veterinary visits matter. We take the time to walk through risk factors, explain what each disease actually means, and build a plan that makes sense for your specific pet.

It is also important to be mindful of where young pets go before they are fully protected. High-traffic areas like dog parks or shared

outdoor spaces can increase exposure during a time when their immune system is still developing.

Starting with a thoughtful, informed approach early on can make a significant difference. If you have a new puppy or kitten and are unsure where to begin, having a conversation with your veterinarian is the best first step. At Parkland Animal Clinic, we focus on helping pet owners make informed decisions that support long-term health from day one.

Led by
Dr. Arlianne Velez



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FROM THE MAYOR Rich Walker



When we set our minds to achieve something in Parkland, we set our goals, dig in, and we get things done.

From my point of view as Mayor, we have always embraced a certain mindset that brings us together, propels us forward, and allows us to see things clearly – even when it may be a little out of focus and off in the distance.

Over the past 12 months, we have rehabilitated and repaved roads in some of the oldest communities in the City, we have joined the county and the state in transforming Loxahatchee Road, and we will have almost completed a 36-acre park – a historic undertaking, to say the least.

The groundwork for these wins was laid years before that. And it all happened because we dared to dream.

In 2019, Parkland's former Mayor, who is now State Rep. Christine Hunschofsky, Broward County Commissioner Michael Udine, and members of our current leadership, took steps to approve a land purchase at the corner of Hillsboro Boulevard and Nob Hill Road. Wedge Preserve Park, which features a community center, state-of-the-art covered pickleball court, ninja warrior-style course, and a fishing pier, is now just months from reality.

Parkland also has another dream – one that began in 2022, when we decided to take charge of our destiny and purchase a portion of land that is part of the former Heron Bay Golf course. In the near future, development plans will be underway for The Village, which will provide a small number of premium commercial/retail options for our community. And, as for improvements to Loxahatchee Road, you are not only hearing about it, but you are also living it and driving on it each day, as we round the halfway mark for our northernmost artery.

These projects and improvements will positively impact our life experiences for years to come. I am moved by the work that has been done to mold and shape our community-based, community-inspired future, and I will share more with you in person. Join me and the City of Parkland Commission at our annual State of the City event at 6:00 p.m. on Wednesday, May 13, 2026, at City Hall, 6600 University Drive.

We have turned some pretty hefty ideas into realities in this small town, and we should all be proud of who we are as a City, and what we will become. I encourage you to RSVP at the link on our homepage – www.CityofParkland.org. Join us for an evening of friendship, important updates, live music, and light bites, as we continue to embrace our dynamic future.

Dream Big, Parkland.

If you have questions or comments you would like to share, I would love to hear from you. I can be reached via e-mail at rwalker@Cityofparkland.org or via cell phone at (973) 390-1453. Of course, I am frequently available monthly at Parkland businesses and love to talk with residents there. I encourage you to visit the City's website Cityofparkland.org and click on the social media icon that you prefer, to ensure that you stay informed on events and helpful information.

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MEET YOUR NEIGHBORS: The Conte Family

BY JANICE SEITZ HUNT • PHOTOS BY MARISA PLOTNICK PHOTOGRAPHY

Life for the Conte family is centered on movement, connection, and making the most of each day. Whether they are traveling across the world, staying active close to home, or simply walking their dogs together, Natalia and Joseph Conte have created a lifestyle that reflects their shared values and the life they've built for their three children.



Their story began years ago at Florida State University, where they first met as students. "We met while both attending Florida State University," Natalia says. It was a simple beginning, but one that led to something lasting. After graduating, they made the decision to settle in South Florida, a place that would eventually become home for their growing family.

Their wedding brought together their different backgrounds in a meaningful way. "We were married in New Orleans, my hometown," Natalia shares, while Joe's Long Island roots added another layer to their story. From the start, their relationship has been about blending experiences and building something together.

Over time, their family became the center of everything. When asked about their most meaningful memory, the answer is immediate. "The birth of our children is our best memory together," Joe says. Natalia adds, "Those moments really defined our life as a family." It's clear that everything they do is grounded in their role as parents and the life they've created with their children.

Joe has built his career around serving clients and being a trusted resource in the community. As a co-founder and CPA at Sentinel Tax Advisors, he has spent more than two decades working closely with individuals and businesses. His experience allows him to guide clients through important financial decisions with confidence and consistency. His long-standing presence in the local community reflects his dedication not only to his profession but also to the people he serves.

Natalia has built a career blending her nursing background of 20+ years with real estate and focusing on helping others find a place to call home. As a realtor with Keller Williams Realty Consultants



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in Coral Springs, she works closely with families throughout the buying and selling process. Her role allows her to connect with people during meaningful transitions in their lives, and she brings both care and attention to each relationship she builds. Her work reflects the same values she brings to her own family: trust, connection, and a strong sense of home.

Staying active plays a big role in how they spend their time. "We both enjoy staying physically fit with CrossFit, Pilates, and Yoga," Natalia says. Joe adds, "It's something that keeps us feeling strong and balanced." Their commitment to health is something they share, and it's part of their everyday routine.

But if there's one thing that truly defines the Conte family, it's their love of travel. Exploring new places has become a tradition they look forward to each year. "Every year we travel with the kids and family and friends to a new country," Natalia says. Their travels have taken them across Spain, France, Italy, the Greek Isles, and Turkey. Joe adds, "We enjoy cruises with the kids to Europe," a way for them to experience multiple destinations while spending quality time together. These trips are more than vacations; they are shared experiences that bring the family closer.

At home, their days are filled with simple moments that matter just as much. Their family motto, "Laugh every day," is something they truly live by. Whether it's a busy weekday or a relaxed weekend, they make time to enjoy being together. One of their favorite routines is heading out for walks with their two cockapoos, Benji and Coco. "We take active walks with the dogs as a family," Isabelle says. Trips to Barkland Dog Park have become a favorite, giving both the dogs and the family a chance to unwind.

Their oldest daughter, Isabel, 18, is now a freshman at Florida State University, continuing a meaningful connection to the place where her parents first met. She is majoring in Psychology and beginning to build her own path. Her transition to college marks a new chapter for the family, one filled with pride and excitement.

Christian is one of the twins who attends St. Thomas Aquinas High School as well. His interests take a different direction, with a focus on growing plants and tropical trees in the family's yard. His hands-on hobby adds something unique to the home and reflects his patience and attention to detail.

Nicholas, 15, is one of the twins and a freshman at St. Thomas Aquinas High School. He has a strong passion for baseball and stays closely connected to

the sport. In addition to playing, he works as a local umpire in the Parkland Little League, showing a level of dedication and maturity that stands out.

They are also active members of Mary Help of Christians Catholic Church, where they stay connected to their faith and community. Their involvement extends into everyday neighborhood life as well, whether it's attending community events, going to the gym, practicing yoga, or simply spending time outdoors.

Parkland has become more than just a place they live; it's a place they truly appreciate. "We really enjoy living in Parkland, where there is a sense of community, family, and a special place to call home," Natalia says. Joe adds, "The city is quiet and private, yet still close to everything we need." It's that balance that makes it the right fit for their family.

Looking at their life today, Natalia and Joe have built something grounded and meaningful. From their early days at Florida State University to raising their children in Parkland, their journey has been shaped by shared experiences, strong values, and a commitment to family. Through travel, daily routines, and time spent together, they continue to create a life that reflects their simple but powerful motto: to laugh every day.

local market WATCH

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7956 Canopy Terrace	5/5/1	5,928	\$3,200,000
9527 Exbury Court	5/3/1	3,968	\$1,459,900
7640 Red Bay Lane	3/2	2,454	\$1,060,000
9597 Cinnamon Court	5/3	2,816	\$1,100,000

Cascata

Address	Bed/Bath	Sq. Ft.	Price
10895 Passage Way	5/4	4,159	\$1,400,000
10705 Aqua Court	4/4	3,544	\$1,237,500
10490 Mira Vista Drive	5/4	3,443	\$1,190,000
10530 S Lago Vista Circle	5/4	3,443	\$1,130,000
10500 Cobalt Court	4/3	2,657	\$1,055,000

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Address	Bed/Bath	Sq. Ft.	Price
1832 Palermo Road	2/2/1	2,531	\$890,000
9088 E Leon Circle	2/2/1	2,610	\$820,000

Watercrest

Address	Bed/Bath	Sq. Ft.	Price
11645 Solstice Circle	4/3/1	3,848	\$1,400,000

Parkland Bay

Address	Bed/Bath	Sq. Ft.	Price
12020 Lake House Lane	5/5/1	4,255	\$2,110,000
9025 Parkland Bay Drive	4/3/1	4,203	\$1,670,000
11725 Bayview Circle	4/3/1	3,067	\$1,245,000

MiraLago

Address	Bed/Bath	Sq. Ft.	Price
8691 Waterview Terrace	6/5/1	5,182	\$2,200,000
8760 Miralago Way	5/4	3,188	\$1,075,000

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The Importance of Wellness in Aging: How Florida Senior Living Communities Support a Healthier Lifestyle

BY DAWN CLARK,
DIRECTOR REGIONAL MARKETING

Aging today looks very different than it did a generation ago. Older adults are living longer, staying active, and prioritizing their health and well-being well into their retirement years. At the center of this shift is a growing focus on **wellness in aging**—a holistic approach that supports physical health, social engagement, mental stimulation, and emotional well-being. For many retirees, choosing a **senior living community in Florida** offers the ideal environment to support this lifestyle. With built-in wellness programs, social opportunities, and access to services, senior living communities make it easier to stay active, connected, and engaged every day.

One of the most important aspects of wellness is **physical health**. Regular movement helps older adults maintain strength, mobility, and balance, which can reduce the risk of falls and support long-term independence. Many senior living communities offer a variety of fitness opportunities tailored specifically for older adults. These may include low-impact exercise classes, yoga, stretching sessions, strength and balance training, walking groups, and aquatic fitness programs. Having easy access to these programs encourages residents to stay active while also making exercise more enjoyable through group participation and structured routines.

Another essential component of wellness in aging is **social connection**. Research consistently shows that maintaining strong social relationships can have a positive impact on both mental and physical health. Loneliness and isolation can lead to increased stress, depression, and other health concerns, which makes social engagement particularly important for older adults. Senior living communities create an environment



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where residents can easily connect with others through daily interactions, community events, shared dining experiences, clubs, and group activities. These opportunities foster friendships and provide a strong sense of belonging.

Cognitive wellness is also a key factor in healthy aging. Keeping the mind engaged through learning and creative activities can help maintain mental sharpness and promote a sense of purpose. Many communities offer educational seminars, guest speakers, book clubs, technology classes, and art or creative workshops. These programs allow residents to explore new interests, continue learning, and remain intellectually stimulated throughout retirement.

Nutrition is another important element of overall wellness. Balanced, nutritious meals support heart health, brain function, immune strength, and energy levels. In many senior living communities, dining programs emphasize both healthy options and enjoyable experiences. Chef-prepared meals allow residents to maintain proper nutrition while also enjoying the social benefits of gathering with neighbors for meals and conversation.

Florida's environment also contributes to a wellness-focused lifestyle. The state's warm climate and abundance of outdoor spaces make it easier for residents to stay active year-round. Walking paths, gardens, recreational activities, and cultural outings all encourage movement, exploration, and engagement with the surrounding community.

Senior living communities bring all of these elements together by offering structured wellness programs, engaging activities, and supportive services in one place. This holistic approach helps residents focus on maintaining their health while enjoying meaningful connections and enriching experiences.

Ultimately, wellness in aging is about more than simply extending lifespan—it's about enhancing the quality of those years. By prioritizing physical activity, social engagement, mental stimulation, and healthy living, senior living communities help older adults thrive and enjoy a vibrant, fulfilling lifestyle.



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May calendar of events

EACH WEDNESDAY

Parent 'N Me Creative Labs & Story Time

@Coral Springs Museum of Art
Time: 9:30am-10am
www.coralsspringsmuseum.org

FRI., MAY 1

Art for Warriors:

Art Therapy for Veterans

@Coral Springs Museum of Art
Time: 10am-11:30am
www.coralsspringsmuseum.org

FRI., MAY 1

Community Concert

@Coral Springs City Hall Lawn

Time: 5:30pm-9:30pm
www.coralssprings.gov

SAT., MAY 2

Charles Deering: Artist, Collector, Patron, Preservationist

@Coral Springs Museum of Art
Time: 2pm-3pm
www.coralsspringsmuseum.org

SAT., MAY 2

Eats 'n Beats

@City of Parkland Amphitheatre
Time: 6pm-9pm
www.cityofparkland.org

SUN., MAY 3 - SUN., DEC. 6

Sunday Jazz Brunch

@Broward Center
Time: 11:00am
www.browardcenter.org

WED., MAY 6

Parent 'N Me

Creative Labs & Story Time

@Coral Springs Museum of Art
Time: 9:30am-10:30am
www.coralsspringsmuseum.org

THU., MAY 7

National Day of Prayer

@Coral Springs Center for the Arts
Time: 7pm
www.coralssprings.gov

THU., MAY 7

Crafternoon - Decoupage

Clam Shells (adults)

@City of Parkland Library
Time: 7:30am-5:30pm
www.cityofparkland.org

FRI., MAY 8

Movie in the Park

@City of Parkland Amphitheatre
Time: 8pm-9:45pm
www.cityofparkland.org

SAT., MAY 9

Uncorked: Paint 'n Sip

@Coral Springs Museum of Art
Time: 5pm-7pm
www.coralsspringsmuseum.org

SAT., MAY 9

Clay Dates

@Coral Springs Museum of Art
Time: 5pm-7pm
www.coralsspringsmuseum.org

SAT., MAY 9

Richard Clayderman Live!

@The Parker
Time: 8pm
www.browardcenter.org

SUN., MAY 10

Indecent Proposal

@Coral Springs Center for the Arts,
The Center
Time: 6pm
www.thecentercs.com

MON., MAY 11

Zentangle (adults)

@City of Parkland Library
Time: 11am-12pm
www.cityofparkland.org

WED., MAY 13

Parent 'N Me

Creative Labs & Story Time

@Coral Springs Museum of Art
Time: 9:30am-10:30am
www.coralsspringsmuseum.org

FRI., MAY 15

Art for Warriors:

Art Therapy for Veterans

@Coral Springs Museum of Art
Time: 10am-11:30am
www.coralsspringsmuseum.org

FRI., MAY 15

Beyond Art for Teens

@Coral Springs Museum of Art
Time: 3:30pm-5pm
www.coralsspringsmuseum.org

FRI., MAY 15

Luka Šulić - 2CELLOS

@The Parker
Time: 7:30pm
www.browardcenter.org

SAT., MAY 16

King of Coral Springs Chess

@Coral Springs Kiwanis
Community Center
Time: 8am-2pm
www.coralssprings.gov

SAT., MAY 16

Homes Fur Dogs Expo

@City of Parkland
Barkland Dog Park
Time: 9am-12pm
www.cityofparkland.org



SAT., MAY 16

ARTventures Family Fun

@Coral Springs Museum of Art
Time: 2pm-3pm
www.coralsspringsmuseum.org

SAT., MAY 16

Samantha Bee: How to Survive Menopause

@Broward Center
Time: 7:30pm
www.browardcenter.org

WED., MAY 20

Craft Corner

@Coral Springs Museum of Art
Time: 6pm-8pm
www.coralsspringsmuseum.org

WED., MAY 20

The Parables Tour

with Father Mike Schmitz
@Broward Center
Time: 7pm
www.browardcenter.org

WED., MAY 20

Jim Breuer: Find The Funny

with Special Guest Bryan McKenna
@The Parker
Time: 7:30pm
www.browardcenter.org

THU., MAY 21

Juice Box Jam

@Coral Springs Gymnasium
Time: 10am-12pm
www.coralssprings.gov

SUN., MAY 24

Dance Through the Ages

- "21st & Broadway"

@The Parker
Time: Various
www.browardcenter.org

MON., MAY 25

Memorial Day Ceremony

@Parkland Recreation and
Enrichment Center
Time: 5pm-7:30pm
www.cityofparkland.org

SAT., MAY 30

Tour the Museum of History

@Coral Springs Museum
Time: 11am-2pm
www.coralssprings.gov

SAT., MAY 30

ASTRID AUDET ACADEMY: DANCING TROUGH THE DECADES

@The Parker
Time: Various
www.browardcenter.org

THU., JUN. 4 - FRI., JUN. 5

Kids Days Off

@City of Parkland Amphitheatre
Time: 7:30am-5:30pm
www.cityofparkland.org

SAT., JUN. 6

Eats 'n Beats

@City of Parkland Amphitheatre
Time: 6pm-9pm
www.cityofparkland.org

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Top Sports Camps in Parkland for an Active Summer

COMPILED BY
JANICE SEITZ HUNT

As summer approaches, families in Parkland are looking for ways to keep their kids active, engaged, and having fun. From multi-sport programs to specialized training camps, there are plenty of great local options designed for every age and skill level.

CITY OF PARKLAND SUMMER CAMPS (P-REC)

Parkland's Parks and Recreation camps remain the go-to option for families looking for a well-rounded summer. These camps combine structured sports, games, and field trips in a safe and energetic environment.

Ages: K-8

Hours: 7:30 AM – 5:30 PM

Cost: \$275/week (residents), \$330/week (non-residents)

Includes: Daily sports, outdoor games, and activities

Register: www.cityofparkland.org/1098/Summer-Camps



SPECIALTY SPORTS CAMPS (CITY OF PARKLAND)

Best for Skill Development

For kids who want to focus on a specific sport, Parkland offers weekly specialty camps led by experienced coaches and trainers.

Sports Offered: Basketball, Volleyball, Tennis, Performance Training

Cost: Starting at \$275/week

Led By: Kingdom Training, Reign Volleyball, and more

Register: www.cityofparkland.org/1723/Specialty-Camp-Programs

ATHLETIC REPUBLIC PARKLAND

Best for Competitive Athletes

Athletic Republic is designed for athletes looking to take their performance to the next level. Their science-based training focuses on speed, strength, and agility.

Focus: Performance training, strength, speed & conditioning

Cost: Approximately \$150-\$300/week

Best For: Middle and high school athletes

Learn More: parkland.athleticrepublic.com

CORAL SPRINGS MULTI-SPORT CAMP

Best for Variety & Fun

Just minutes from Parkland, this camp offers a fun and energetic mix of sports and games, making it perfect for younger kids who enjoy trying different activities.

Sports: Soccer, basketball, volleyball, and group games

Cost: \$199-\$250/week

Options: Half-day and full-day programs

Register: www.coralspringsoccer.com/parkland-summer-camps

N ZONE SPORTS CAMPS

Best for Beginners

N Zone Sports provides a positive, non-competitive environment focused on learning fundamentals and building confidence.

Sports: Flag football, soccer, basketball, T-ball

Cost: \$150-\$250 per session

Ages: 3-14

Register: nzonesports.com/southflorida

PARKLAND CHILDREN'S ACADEMY

Best for Younger Kids

This camp blends sports with structured play, making it ideal for younger children who benefit from a balanced day of activity and routine.

Activities: Soccer, baseball, gymnastics, water play

Format: Weekly program

Cost: Contact for details

Learn More: www.parklandchildrensacademy.com/summer-camp



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