

# Athletics

## Martial Arts

### Aikido

**NEW!**

An Aikido practitioner's strength comes from natural movements, sincerity of spirit and connection with their surroundings. The purpose is for non-religious spiritual and personal development.

12+ yrs Tuesday 7-9 pm  
Wednesday 7-9 pm  
and Sunday 10:30 am - 12:30 pm

Dunedin Community Center  
\$45 / \$55 month or \$8 / \$10 drop-in

### Fencing Club

All levels are encouraged to join. Loaner equipment is available. En Garde!

6+ yrs T/Th 7:15-9 pm

Dunedin Community Center  
T/Th \$100 / \$150 year  
Tues \$55 / \$82 year  
Thurs \$55 / \$82 year

valid 1 year from date of purchase

### Karate

This professional program will build your child's confidence, positive outlook and self-esteem. [www.IngramsKarate.com](http://www.IngramsKarate.com)

6+ yrs Beginner T/Th 4:30-5:15 pm  
Advanced T/Th 5:15-6:00 pm

Dunedin Community Center  
\$54 / \$81 month

### Karate for Adults

The most up-to-date methods known for achieving total fitness and self defense in a progressive, non-competitive format. Karate provides a healthy break from the routines of home, school, and office. [www.IngramsKarate.com](http://www.IngramsKarate.com)

16+ yrs T/Th 6-7 pm

Dunedin Community Center  
\$54 / \$81 month

### Karate - Dragons

Our instructor has a special way with preschoolers; teaching manners, respect, and self-esteem. [www.IngramsKarate.com](http://www.IngramsKarate.com)

3-5 yrs Tues 4-4:30 pm

Dunedin Community Center  
\$37 / \$55 month

### Karate - Private Lessons

This professional program will build your child's confidence, positive outlook and self-esteem in a private lesson setting.

3+ yrs Times by appointment

Dunedin Community Center

\$30 hour lesson \$15 half-hour lesson

Please coordinate with your karate instructor.

### Tae Kwon Do

Classes focus on fitness, sparring and various forms of self defense. All instructors hold black belts. Head instructor, Paul Castricone Sr. is a 5th degree black belt and has trained and taught for thirty years.

8+ yrs Tues: 7-8 pm & Thurs 7-8:30 pm

Martin Luther King, Jr. Recreation Center

\$35 / \$52 month

\$5 drop-in

## Soccer

### Dunedin Stirling Soccer Club

A full service soccer club offering Recreational, Competitive, and Adult soccer programs at the Jerry Lake Recreational Complex. Two recreational seasons (fall/winter and spring).

See website for registration information.

Website: [www.DunedinStirling.com](http://www.DunedinStirling.com)



## Softball

### Adult Softball - Vanech Complex

All teams must be registered one week prior to season start (8 game season). All managers must attend the mandatory meeting. Call Dunedin Athletics for more information, 812-4537.

Season 3: July - September

Manager's Meeting: Mon. 7/11, 6:30-8 pm

Dunedin Community Center

Season 4: September - November

Season 1: January - March

Season 2: April - June

Co-Ed

Men's A, B & C Division

Men's Open

Men's 50 & Over

18+ yrs

Vanech Recreation Complex

\$430 Team Registration Fee

\$350 Men's 50 & Over

\$25 ISA Annual Fee (required of all teams)

Fridays

Tuesdays

Thursdays

Thursdays

Games: 6:00-10 pm

### Greater Dunedin Little League Youth Softball

Competitive softball program located at the Fisher Fields at Highlander Park.

5-15 yrs

Seasons: Spring: Feb-May Fall: Sept-Nov

Must bring birth certificate & 3 proofs of residency

See website for registration information

Website: [www.DunedinLLBaseball.com](http://www.DunedinLLBaseball.com)

Contact: 430-1338

## Track

### North Cities Track Program

Focus on self improvement and challenge yourself at meets as you compete with other cities. Excellent fitness conditioning program for any athlete.

5-15 yrs Registration TBA

Season: January - May

Dunedin High School, track meets at local cities

Transportation to meets is parent's responsibility

## Wrestling

### Talon Wrestling

Dunedin High School Wrestling coaches offer instruction to all skill levels teaching fundamentals of Greco and Roman wrestling styles. Year round program.

8+ yrs Tues & Thurs 4-6:30 pm

Martin Luther King, Jr. Recreation Center

\$35 / \$52 month

\$5 drop-in