

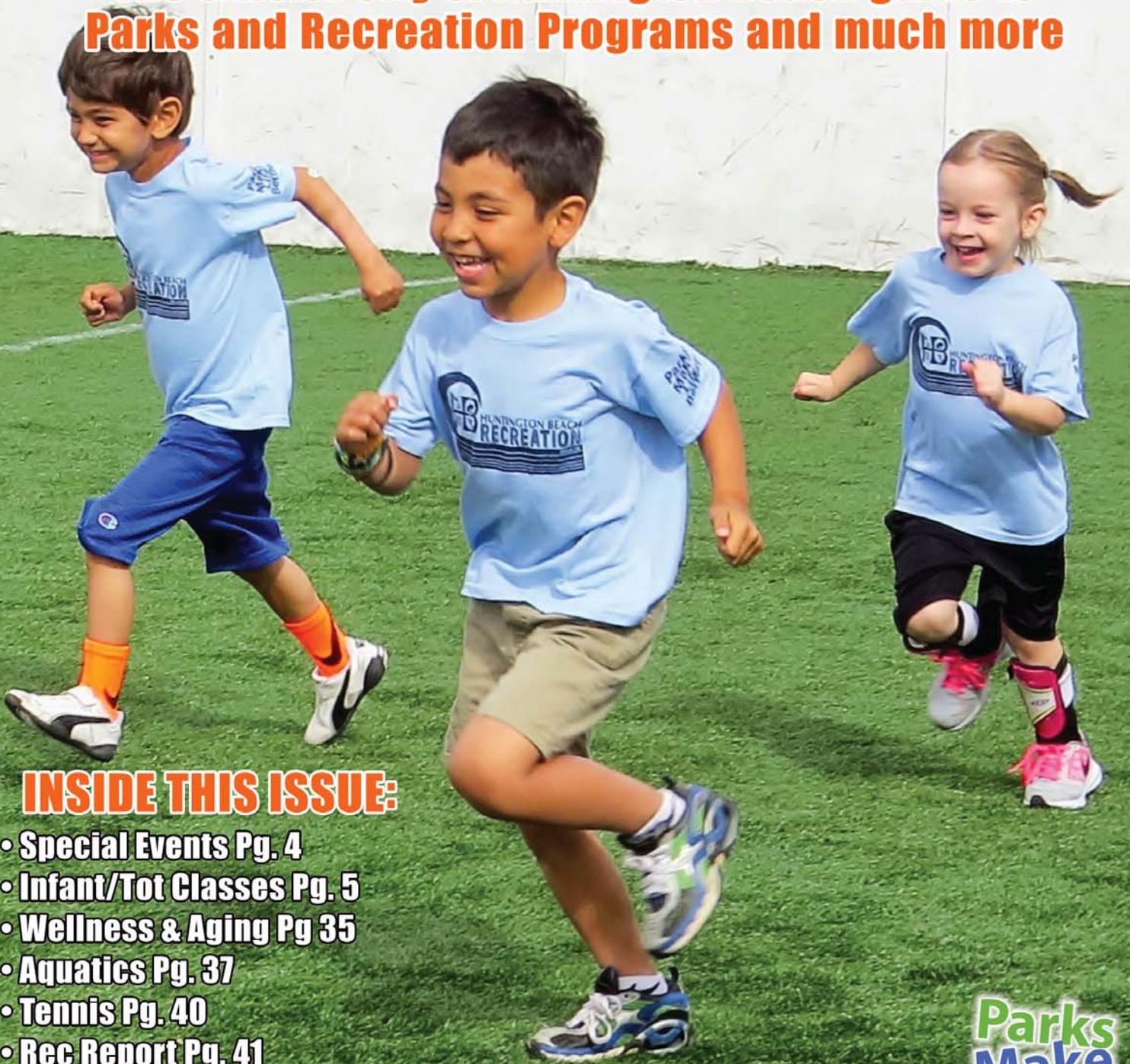
Fall 2016

# HBSANDS

[www.hbsands.org](http://www.hbsands.org)

## COMMUNITY SERVICES GUIDE

The official City of Huntington Beach guide to  
Parks and Recreation Programs and much more



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Community Services Department - Enhancing Life In Our Community

Parks  
Make  
Life  
Better!

# HUNTINGTON BEACH RECYCLES!



## Your Blue Cart Recyclables ~Fill the Blue. It's Easy to Do!

We are pleased to say that the list of recyclable items *keeps growing!*

Here is the expanded and complete list of **items that are recyclable** and a reminder of what goes in the **Trash Cart**.

Most consumer products come in some form of packaging consisting of paper, cardboard, plastic, aluminum or glass. When in doubt, if you can rip it or tear it, it can probably be recycled.

There is no need to separate inserts from the newspaper, nor is there a need to wash glass jars and bottles – simply empty out any food or liquid remnants before putting them in the **Blue Recycle Cart**. The only real work that should be done by you is flattening large cardboard boxes so they will properly fit into the **Blue Cart**.

Finally, if you are not sure if an item is recyclable, toss it in the **Blue Cart**. Rainbow will have the opportunity to recycle if it is possible to do so.

### PAPER

All clean, dry paper, including:

- Computer paper
- Ledger
- Wrapping
- Arts & crafts
- Unwanted mail
- Flyers
- Phone books
- Note cards
- Newspapers (remove from plastic wrapper)
- Blueprints
- Books & Magazines
- File folders
- Paper bags & tubes
- Post-it notes
- All envelopes (including those with plastic windows)
- Catalogs
- Tissue boxes
- Chip board
- Cardboard (flatten boxes)
- Pizza Boxes
- Cardboard cartons
- Cereal boxes & Cracker Boxes
- Egg Cartons

- Juice, soy milk & broth boxes (aseptic containers)

### METAL

All aluminum, tin, metal & bi-metal cans, including:

- Beverage (remove plastic 6 & 12-pack rings)
- Juice
- Pots, Pans & Cookie Sheets
- Coffee Cans
- Vegetable
- Pet food
- Pie Tins
- Aluminum foil
- Empty paint & aerosol cans
- Metal Clothes Hangers

### PLASTIC

All plastics numbered 1-7

Empty plastic bottles, including:

- Soda
- Juice
- Detergent
- Bleach
- Shampoo
- Lotion
- Mouthwash
- Styrofoam

- Coat Hangers
- Laundry baskets
- Old crates
- Old trash cans
- Dishwashing liquid
- Milk jugs
- Margarine and yogurt tubs
- Cottage cheese tubs
- Food and blister packaging

All plastic bags, including:

- Grocery bags
- Dry cleaner bags
- Newspaper Bags
- All clean film plastic

### GLASS

All glass bottles and jars, including:

- Soda
- Wine
- Beer
- Spaghetti sauce
- Pickle, etc.
- Broken Bottles

## Your Brown Cart ~ Non-Recyclable (Trash)

- Used Vacuum Bags
- Bathroom waste
- Carbon paper
- Cigarette butts
- Drinking glasses
- Waxed paper
- Pyrex
- Soiled paper plates
- Electric plastic toys
- Incandescent Light Bulbs
- Glass/Ceramic plates & cups
- Mirrors & window glass
- Rubber products & sponges
- Old clothes, rags & shoes (please donate when possible)
- Animal waste & Cat litter (please bag & tie)
- Disposable diapers (please bag & tie)
- Fast food contaminated paper

## Your Green Cart ~ ONLY Yard Waste

- Plant waste (minimal amounts of dirt, please)
- Grass cuttings
- Tree trimmings (must fit into cart); leaves
- Floral arrangements

Do NOT include:

- Garbage
- Small wood products
- Nursery pots or trays
- Plastic bags
- Pet waste
- Palm fronds
- Garden Hoses

## Household Hazardous Waste

Must be taken to the **HHW Collection Center**, located at **Rainbow Environmental Services**. Open Tuesday through Saturday, 9am to 3pm (except rainy days). Enter through Gate 6.

## Bulky Item Collection ~ Up to 4 Times per Year

It's easy to dispose of large hard-to-handle items that don't fit into your **Trash Cart**. Residents with curbside collection are provided 4 bulky item pickups per year, up to 10 items each pickup. Call Rainbow to arrange your pickup.

**Household Items** ~ Furniture, mattresses, appliances, etc.

**Electronic Waste** ~ TVs, monitors, computers, and other electronic devices.



17121 Nichols Lane + Huntington Beach  
(714) 847-3581 + [www.RainbowES.com](http://www.RainbowES.com)

The City of Huntington Beach Pee Wee soccer is fun for kids and parents alike! Playing physical games gives children opportunities to develop confidence in managing movement like balancing, bending or stretching, and gives parents the opportunity to socialize while watching their little ones play! With soccer, children explore new ways to move, and learn how to control these movements safely with other children. They can develop their large movement skills, control, coordination and strength as they explore this fun, active, physical play. And soccer is not only FUN! ... it helps children to become confident in their movement skills, social skills, and to develop hand-eye and foot-eye coordination. Learn more about soccer and other ways to play in this issue of the SANDS Community Services Guide!

*Janeen Laudenback*  
Director of Community Services



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### CITY COUNCIL

Jim Katapodis, *Mayor*  
Dave Sullivan, *Mayor Pro Tem*  
Barbara Delgleize  
Billy O'Connell  
Erik Peterson  
Jill Hardy  
Mike Posey

### COMMUNITY SERVICES COMMISSION

Paul Burkart	Jay Kreitz
Michael Couey	Amy Kwon
Nicolina Cuzzacrea	J.D Miles
Roger Forest	Roy Miller
Albert Gasparian	Jerry Moffatt
Bridget Kaub	Richard Thiel

### CITY ADMINISTRATION

Fred A. Wilson, *City Manager*  
Ken Domer, *Assistant City Manager*

### MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

**Class Registration Begins August 9 at 9 am**

**See Page 3 for information.**

**hbsands.org**

# Parks Make Life Better!® Photo Contest!

Congratulations to all our Winners!  
**Fall Sands winner: Chloe Lippold**

*Adult and Youth Sports Photo Category:*

## Testimonial: Chloe Lippold

I have found that the biggest reward lies in the smiles, laughter, and sheer joy of kids like the ones pictured here in the City's youth sports program. Their uninhibited pleasure in simple interactions with one another has led me to believe wholeheartedly that Parks Make Life Better in Huntington Beach!



Look for the next **Parks Make Life Better!®**  
Winner in the 2017 Winter Sands

For more information email [PMLB@surfcity-hb.org](mailto:PMLB@surfcity-hb.org) or call 714-960-8895

## Civil War Days 3 & 4 September

The HB Historical Society is proud to host the 23rd annual Civil War Days Living History Event in HB Central Park on the 155th anniversary of the War Between the States. Come out to see this grand display this Labor Day Weekend! See the ferocious battles as hundreds of soldiers descend on Central Park, stroll through the historic camps to see what life was like, and listen to President Lincoln deliver his Gettysburg Address!

**As always this event is absolutely free!**

**Location:** HB Central Park (Behind the Library)

*On Gothard between Slater and Talbert*

**Opens at 10 am daily**

**Battle Times:** Sat: 1:30 and 4 pm; Sun: 11 and 2 pm



[HBHistory.org](http://HBHistory.org)

**Private & Semi-Private**

## Surf Lessons



Contact these schools directly for more information

**Surf with Nicole** Learn to surf or refresh your skills to take your surfing to the next level! Private surf lessons for all ages, with or without experience. Each lesson is 1.5 hours and includes a 30 minute land lesson, then 1 hour in the water. **Private Surf Lessons: Student to instructor ratio 1:1. Semi Private Lessons. Student to instructor ratio 3:1.** Surf lessons are held between Tower 14 & 22.\*  
[surfwithnicole.com](http://surfwithnicole.com) **657-204-6555**

**OC Surf School** We teach skills well beyond most conventional surf schools. Our instructors are ocean safety experts who coach students through techniques, etiquette and safety. We provide customized 3 hours, private and semi private lessons with all equipment included. We will be offering semi private and private lessons daily. Spots are available everyday but must be reserved through us. Surf lessons are held between Tower 15 & 19.\*  
[theorangecountyurfschool.com](http://theorangecountyurfschool.com) **714-855-0673**

**HB Surf School** Named the No. 1 surf school in Surf City by locals, the HB Surf School offers a superior, fun experience for every level of surfer. Run by Bill Sharp, who has more than 30 years of experience coaching, the HB Surf School is located south of the pier. Check us out for private or semi-private lessons! Surf lessons are held between Tower 3 & 5.\*  
[hbsurfschool.com](http://hbsurfschool.com) **714-658-6873**

**Zack's** Serving Huntington Beach for over 35 years! Safety First! CPR certified instructors guarantee to surf on 1st session. Board and wet suit rental included for the whole day. Surf lessons are held between Tower 6 & 4.\*  
[Hbjoe6565@yahoo.com](mailto:Hbjoe6565@yahoo.com) **714-536-0215**

*\*Exact location of surf lesson will be determined by Instructor.*

# CLASS REGISTRATION BEGINS **AUGUST 9 AT 9 AM**

## REGISTER ONLINE *hbsands.org*

- Save Time
- No Waiting
- Save Postage
- No Stress

**Mail, Walk In or Drop Off your registration at any HB Community Services Center**

1. Mail-in registration will not be given any priority.
2. Payment by check or money order made payable to the City of Huntington Beach – please include a separate check for each class. \$30 will be charged for returned checks.
3. Payment by credit card – Please complete all payment information on the Registration Form.
4. To receive a class confirmation receipt, simply enclose one self-addressed, stamped envelope.
5. Improperly submitted registration will not be processed.
6. Mail registration to: **City of Huntington Beach, Community Services Department  
PO Box 190, Huntington Beach, CA 92648-0190**



### WITHDRAWAL AND REFUND POLICY:

Full refunds are available for classes that are cancelled. All other withdrawals are subject to a Six Dollar (\$6.00) processing fee for each class session. Refunds after the start of the program are contingent upon CITY approval and will be assessed a \$6.00 processing fee and will be prorated based on the number of classes held. Credit card transactions will be refunded to the same credit card used for enrollment. Cash or check transactions may receive a refund in the form of a City issued check. Refunds are not available for workshops without a two-day notice, special events, or classes that have concluded, unless approved by Supervisor due to extenuating circumstances.



The City of Huntington Beach Community Services Department intends to comply with the Americans with Disabilities Act. If you require special assistance for participation in our recreation programs please notify staff at the time of registration or call 714-536-5486.

**REGISTRATION**

## WALK-IN/MAIL-IN CLASS REGISTRATION FORM (PRINT)

P A Y E E	*Name:		*Email:	
	*Address:		Billing Address:	
	*City:		*Zip Code:	
	*Home Phone: (    )	Work Phone: (    )	Cell Phone: (    )	
* Required Fields. Email address will only be used for City of Huntington Beach information.				

P A R T I C I P A N T	Activity #	Activity Name	Day	Time	Participant Name	Birth Date	Gender	Fee
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	

**Total of Activities Fees \$** \_\_\_\_\_

The above named participant has my permission to participate in the activity indicated above. I realize every precaution is taken to eliminate any injuries or hazards and a competent supervisor is present; however, in the event of an injury, I hereby waive, release and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the Supervisor, Community Services Department personnel and the City of Huntington Beach. Registration constitutes permission or the City of Huntington Beach to take and use any photograph of the above named participant and/or legal guardian in any promotion materials without compensation to the above named participant and/or legal guardian of the above name participant for such use.

Date: _____	Signed: _____
-------------	---------------

P A Y M E N T	Cash (walk-in only) :	Check #:	Receipt #:
	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover                  # _____		
	Expiration Date _____ / _____ Month Year	Cardholder Signature _____	

# Special Events

## BREAKFAST WITH SANTA

Hear the jingle? It's time to mingle, with family and friends! Put on your best holiday gear and bring the family to enjoy festivities including a pancake breakfast, holiday music, arts and crafts, and a picture with Santa! Register early as space is limited, tickets will not be sold at the door. Children under the age of one are free!

Recreation Staff		Murdy Community Center			
411205-1A	All Ages	Sa	8:30-10:30am	12/10	\$10
411205-1B	All Ages	Sa	9:30-11:30am	12/10	\$10

## CITY GYM MOVIE SERIES

Bring your own chair and relax in the beautiful indoor gymnasium (please bring a blanket to protect gymnasium floor). DOORS OPEN AT 6:15PM AND MOVIE BEGINS AT 7:00PM. Light snacks will be served, but outside food is also allowed. Sponsored by Beach Boulevard of Cars & Toyota of Huntington Beach. Please call the City Gym & Pool at 714-960-8884 for more information.

Recreation Staff		City Gym and Pool			
411214-00	How to Train Your Dragon 2	Sa	6:15-9pm	9/17	Free
411214-01	The Nightmare Before Christmas	Sa	6:15-9pm	10/15	Free
411214-02	Frozen	Sa	6:15-9pm	11/19	Free
411214-03	Elf	Sa	6:15-9pm	12/17	Free

## HALLOWEEN PUMPKIN CARVING & COSTUME CONTEST

Calling all ghouls, ghosts and goblins for a Halloween pumpkin carving and costume contest inside the spooky City Gym and Pool. Dress up in your best costume and get ready to make a jack-o-lantern come to life! Festivities will include 'pick your own' pumpkin patch & carving, costume contest, games, kid-friendly haunted house and more! Separate costume contest for children & adults. Event will be held inside the gymnasium on Saturday, Oct. 29th from 6:00pm-8:00pm. \$15 per family which includes one pumpkin, safety carving kit and refreshments. Additional pumpkins \$5 each. Register online or in-person at the City Gym & Pool beginning August 9.

Recreation Staff		City Gym & Pool			
411202-3A	2-12 years	Sa	6-8pm	10/29	\$15

## SENIOR SURF INVITATIONAL

The City of Huntington Beach and the Huntington Beach Council on Aging (HBCOA) invite all surfers ages 50+ to register for this annual showcase of active aging. Surfers will be competing on the south side of the pier, judged on wave selection, maneuvers, fluidity, and style. Goody bags, event t-shirts, opportunity drawings, and awards for top finishers are included.

HBCOA		HB Pier-South Side			
411203-5A	50-54 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5B	55-59 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5C	60-64 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5D	65-69 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5E	70-74 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5F	75-99 yrs	Sa	7:30am-4pm	10/29	\$40
411203-5G	50 yrs +	Sa	7:30am-4pm	10/29	\$40

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

## SENIOR SATURDAY COMMUNITY FESTIVAL

Free



The Huntington Beach Council on Aging is proud to announce its 28th Annual Senior Saturday Community Festival to be held at the beautiful Pier Plaza in downtown Huntington Beach, on Saturday, September 10th, 2016 from 9 a.m. to 2 p.m. Admission is free!

Approximately 75 sponsor booths will offer product information and services geared toward Baby Boomers as well as the older adult population. This is an excellent opportunity for Boomers, Seniors, and their families to spend a Saturday by the Pier while gathering pertinent information amid a festive atmosphere.

In addition to the sponsor booths, there will be a \$2 breakfast, \$2 lunch, giveaways, health information and free entertainment throughout the day.



Pier Plaza is located adjacent to the Huntington Beach Pier at the intersection of Main St. and Pacific Coast Highway. Free shuttle service to and from the event is provided from City Hall at 2000 Main Street and the Senior Center in Central Park, 18041 Goldenwest Street.

The Huntington Beach Council on Aging is a non-profit organization that supports programs and services for Huntington Beach Seniors through the Senior Center in Central Park.

Bring your family and friends for a fun filled morning and afternoon. For more information, please call Senior Center in Central Park at 714-536-5600.

# INFANT/TOT

## ART

### DRAWING FOR LITTLE TOTS

Children ages 4 to 6 learn step-by-step how to create works of art, while developing an awareness of basic shapes, colors, compositions, hand-eye coordination and more. Pre-registration is required. All materials are included. \$15 materials fee due first class for all new students.

<b>Courtney Oquist</b>		<b>HB Art Center</b>	
430106-4A	4-6 yrs W 3-4pm	9/14-10/12	\$76/69
430106-4B	4-6 yrs W 3-4pm	10/19-11/16	\$76/69

### PARENT & ME ART WORKSHOP

Make art with your child! Little artists ages 2-3 create a work of art every week using watercolors, tempera, pastels, pencils, acrylic, clay, felt, fabric, and more. Parent/guardian participation required. Bring an apron or wear old clothes. \$15 materials fee due first class.

<b>Courtney Oquist</b>		<b>HB Art Center</b>	
440116-4A	2-3 yrs W 3:30-4:30pm	11/30-12/14	\$48/44

### PARENT & TOT ART TIME

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture and much more! Come and enjoy a special creative time with your little artist. All materials and aprons are provided. \$20 materials fee due first class.

<b>Lucia Henry</b>		<b>HB Art Center</b>	
430107-4A	3-5 yrs Th 2:30-3:15pm	10/20-11/17	\$73/66

### PARENT & TOT CLAY TIME

Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due at first class.

<b>Lucia Henry</b>		<b>HB Art Center</b>	
430103-4A	3-5 yrs Th 2:30-3:15pm	9/15-10/13	\$77/70



## DANCE

### BABY FIRST DANCE CLASS

Children delight in a sense of movement. Singing and dancing is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, knowledge and coordination. \$5 materials fee due at first class.

<b>Dawna Ludwig</b>		<b>Murdy Community Center</b>	
430406-1A	9 mo-3 yrs F 10-10:40am	9/16-10/14	\$45
430406-1B	9 mo-3 yrs F 10-10:40am	10/21-11/18	\$45

### BABY BALLERINA AND ME

Parents assist dancers in learning basic ballet positions, movements, short dances and more. Both parents and tiny dancers benefit by improving body awareness, coordination and flexibility. A great start for a budding ballerina and fun for parents, too. \$1 materials fee due first class.

<b>Huntington Academy of Dance</b>		<b>16601 Gothard Street, Suite A</b>	
430410-1B	2.5-4 yrs Tu 10-10:45am	9/13-11/15	\$105

<b>Huntington Academy of Dance</b>		<b>Murdy Community Center</b>	
430410-1A	2.5-4 yrs M 9:30-10:15am	9/12-11/14	\$105

### BALLET BUDDIES

Learn ballet the fun way with friends, great music, and an enthusiastic instructor. Learn basic ballet positions, jumps, turns, and short dances using French vocabulary. Leotard, tights, and ballet slippers encouraged. Parents are invited to watch the last class of the session. \$1 materials fee due first class. *No Class Dates: Oct-31, No Class Monday Afternoon 10/31*

<b>Huntington Academy of Dance</b>		<b>City Gym and Pool</b>	
430407-3A	3-5 yrs Th 3-4pm	9/15-11/17	\$105

<b>Huntington Academy of Dance</b>		<b>Edison Community Center</b>	
430407-2A	4-6 yrs W 3:30-4:30pm	9/14-11/16	\$105
430407-2B	3-5 yrs Sa 9:15-10:15am	9/17-11/19	\$105
430407-2C	4-6 yrs Sa 10:15-11:15am	9/17-11/19	\$105

<b>Huntington Academy of Dance</b>		<b>16601 Gothard Street, Suite A</b>	
430407-1C	3-5 yrs Tu 11am-12pm	9/13-11/15	\$105

<b>Huntington Academy of Dance</b>		<b>Murdy Community Center</b>	
430407-1A	3-5 yrs M 10:15-11:15am	9/12-11/14	\$105
430407-1B	4-6 yrs M 3-4pm	9/12-11/14	\$95

### BALLET & TAP

**WARNING:** If your child takes this class, they will perform dance routines for you at home all the time! This popular class teaches basic positions, movements, and rhythms of ballet and tap! Parents are invited to "show day" on the last class. Dance attire and tap shoes required. \$1 materials fee due first class.

<b>Huntington Academy of Dance</b>		<b>Murdy Community Center</b>	
430408-1A	3-5 yrs Th 10:15-11:15am	9/15-11/17	\$105



Parks & Recreation...  
Spark Creativity

## CREATIVE LEARNING BY EXPLORING

Parent participation class designed to enhance your child's development through hands-on learning. Each week brings new educational experiences while exploring books, art, and themed stations. Subjects covered: ABC's, 123's, parental teaching tips, and much more! Enroll year-round for new activities introduced every 8 weeks. \$5 material fee due at first class.

**Shelley Scoll** **Edison Community Center**  
**430601-2A** 2.5-5 yrs Th 10:30-11:30am 9/15-11/3 \$90

## DANCE: TIPPI TOES PARENT & ME

Tippi Toes Dance Company introduces music, movement, balance and the basic dance steps in a fun and positive manner! Instructors will keep fun & exciting music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. Performance opportunities available throughout the year. *No Class Dates: Nov-23, Nov-24, Nov-26, and Dec-10*

**Tippi Toes HB** **City Gym and Pool**  
**430404-3A** 1.5-3 yrs Th 10-10:30am 9/15-10/20 \$66  
**430404-3B** 1.5-3 yrs Th 10-10:30am 10/27-12/8 \$66  
**430404-3C** 1.5-3 yrs Sa 9:30-10am 9/17-10/22 \$66  
**430404-3D** 1.5-3 yrs Sa 9:30-10am 10/29-12/17 \$66

**Tippi Toes HB** **Edison Community Center**  
**430404-2A** 1.5-3 yrs W 9:30-10am 9/14-10/26 \$76  
**430404-2B** 1.5-3 yrs W 9:30-10am 11/2-12/14 \$66

**Tippi Toes HB** **Murdy Community Center**  
**430404-1A** 15 mo-3 yrs M 5:15-5:45pm 9/12-10/24 \$62  
**430404-1B** 15 mo-3 yrs M 5:15-5:45pm 11/7-12/12 \$54

## DANCE: TIPPI TOES PRINCESS

With songs like "Put'n on my Make-up" & "Pink High Heels" your little dancer is sure to leave class covered in sparkles while she leaps and twirls! The instructor in Princess Character will use dance, imagination and Tippi Toes music to make class a magical experience! Performance opportunities available throughout the year. *No Class Dates: Nov-23, Nov-24, Nov-26, Dec-10*

**Tippi Toes HB** **City Gym and Pool**  
**430405-3A** 2.5-3 yrs Sa 10:15-10:55am 9/17-10/22 \$66  
**430405-3B** 4-6 yrs Sa 11:05-11:45am 9/17-10/22 \$66  
**430405-3C** 2.5-3 yrs Sa 10:15-10:55am 10/29-12/17 \$66  
**430405-3D** 4-6 yrs Sa 11:05-11:45am 10/29-12/17 \$66

**Tippi Toes HB** **Edison Community Center**  
**430405-2A** 3-5 yrs W 10:05-10:45am 9/14-10/26 \$76  
**430405-2B** 3-5 yrs W 10:05-10:45am 11/2-12/14 \$66

**Tippi Toes HB** **Murdy Community Center**  
**430405-1A** 3-4 yrs M 4:15-4:55pm 9/12-10/24 \$76  
**430405-1B** 3-4 yrs M 4:15-4:55pm 11/7-12/12 \$66

## HIP HOP & JAZZ

Does your child dance around the house all day long? Bring a friend and learn the basics of Jazz Dance and get your groove on Hip Hopping. Your child will move to family friendly high energy music while learning funky fresh moves! Parents are invited to "show day" on the last class. Dance attire is encouraged. \$1 materials fee due first class.

**Huntington Academy of Dance** **Murdy Community Center**  
**430416-1A** 3-5 yrs Th 11:15am-12:15pm 9/15-11/17 \$105

## ONE & TWO BABY BOOGIE & YOU

Children will delight in a sense of movement. Dance is a marvelous introduction for little students to acquire confidence and discipline as well as strength, knowledge, and coordination. "Baby face, you've got the cutest, little baby face." Parent/child participation. \$5 materials fee due first class.

**Dawna Ludwig** **City Gym and Pool**  
**430409-3A** 4 mo-2.5 yrs M 11:30am-12pm 9/12-10/10 \$45  
**430409-3B** 4 mo-2.5 yrs M 11:30am-12pm 10/17-11/14 \$45

**Dawna Ludwig** **Murdy Community Center**  
**430409-1A** 4 mo-2.5 yrs F 10:40-11:10am 9/16-10/14 \$45  
**430409-1B** 4 mo-2.5 yrs F 10:40-11:10am 10/21-11/18 \$45

## TINY TUTU TOTS

Dance develops body awareness, coordination, and rhythm in young tots as they move and groove to the music. Parents will enjoy helping baby improve gross motor skills, plus it's so much fun to watch baby dance! Dance attire encouraged for tots. Parent participation required. \$1 materials fee due first class.

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**430402-1A** 1.5-2.5 yrs Th 9-9:30am 9/15-11/17 \$80

**Huntington Academy of Dance** **Murdy Community Center**  
**430402-1B** 1.5-2.5 yrs M 9-9:30am 9/12-11/14 \$80

## TINY TOTS HULA

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

**Melody Seanoa** **HB Art Center**  
**430403-4A** 2-4 yrs Tu 3:30-4pm 9/13-11/22 \$102/92

## TOTS HULA

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

**Melody Seanoa** **HB Art Center**  
**430414-4A** 4-6 yrs Tu 4-4:45pm 9/13-11/22 \$102/92



# EDUCATIONAL

## AMIGUITOS

*¡Vamos a jugar!* Let's Play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role play and art. \$30 materials fee due first class includes crafts, books via digital and audio CD. *No Class Dates: Nov-26, Dec-10*

**Araceli Leal**

**Murdy Community Center**

<b>430612-1A</b>	2-4 yrs	Sa	10:15-11:15am	9/17-10/22	\$70
<b>430612-1B</b>	2-4 yrs	Sa	10:15-11:15am	11/5-12/17	\$59

## TODDLER PLAY & LEARN

A special time for parents and toddlers to enjoy creative and stimulating play and learn centers, hands on age appropriate crafts including painting and playdough, singing and dancing time, plus bubbles and parachute play. Parenting tips, learning games, plus lots of family resources, activities and outing ideas in our community shared each class. Field trip to visit animals included each session. \$5 materials fee due first class.

**Beverly Rico**

**Murdy Community Center**

<b>430602-1A</b>	10 mo-2 yrs	W	9:30-10:30am	9/14-11/16	\$80
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## TOT HOUR

Parent participation class including creative play and learning centers; bubbles and parachute time; craft activity with Playdough, paints, collages; plus songs and dancing. Trip to visit farm animals. Provides opportunities in play and learning activities helpful for future preschool experiences. \$5 materials fee due first class.

**Beverly Rico**

**Murdy Community Center**

<b>430609-1A</b>	2-3.5 yrs	W	10:30-11:30am	9/14-11/16	\$80
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## PRE-SCHOOL PLAY & PRACTICE

Imagine learning activities, award-winning children's literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. \$5 materials fee due first class.

**Dawna Ludwig**

**City Gym and Pool**

<b>430610-3A</b>	9 mo-3.5 yrs	M	10:50-11:30am	9/12-10/10	\$45
<b>430610-3B</b>	9 mo-3.5 yrs	M	10:50-11:30am	10/17-11/14	\$45

**Dawna Ludwig**

**Edison Community Center**

<b>430610-2A</b>	9 mo-3.5 yrs	M	9:20-10am	9/12-10/10	\$45
<b>430610-2B</b>	9 mo-3.5 yrs	M	9:20-10am	10/17-11/14	\$45

**Dawna Ludwig**

**Murdy Community Center**

<b>430610-1A</b>	9 mo-4 yrs	F	9:20-10am	9/16-10/14	\$45
<b>430610-1B</b>	9 mo-4 yrs	F	9:20-10am	10/21-11/18	\$45

## LITTLE FOLK PRESCHOOL

This class provides an opportunity for social physical emotional and language development through arts, music, science, story time and more. We reinforce a positive self-image and make school a fun experience. **MUST BE FOUR YEARS OLD BY 9/01/16.** \$25 fee due first class session. Public school holidays will be observed. (You may sign up for both sessions at one time.)

**Nancy Shurts**

**Edison Community Center**

<b>430607-2A</b>	4-5 yrs	M,W,F	9am-12pm	9/12-11/9	\$325
<b>430607-2B</b>	4-5 yrs	M,W,F	9am-12pm	11/14-1/27	\$325

**Nancy Shurts**

**Murdy Community Center**

<b>430607-1A</b>	4-5 yrs	M,W,F	9am-12pm	9/12-11/9	\$325
<b>430607-1B</b>	4-5 yrs	M,W,F	9am-12pm	11/14-1/27	\$325

## WEE FOLK PRESCHOOL

A program designed to keep your child active, involved and playing with others. Tots will explore music, rhythm, arts, motor skills, and more. A fun-filled morning of social development and self-esteem builders. **MUST BE THREE YEARS OLD BY 9/1/2016 AND POTTY TRAINED.** \$20 fee due first class. Public school holidays will be observed (You may sign up for both sessions.)

**Nancy Shurts**

**Edison Community Center**

<b>430603-2A</b>	3 yrs	Tu,Th	9am-12pm	9/13-11/10	\$235
<b>430603-2B</b>	3 yrs	Tu,Th	9am-12pm	11/15-1/26	\$235

**Nancy Shurts**

**Murdy Community Center**

<b>430603-1A</b>	3 yrs	Tu,Th	9am-12pm	9/13-11/10	\$235
<b>430603-1B</b>	3 yrs	Tu,Th	9am-12pm	11/15-1/26	\$235



Parks & Recreation Build Self-Esteem

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

# GYMNASTICS

## GYMNASTICS: BABY YOGA-NASTICS

NEW! Tumble, roll, climb, slide, jump, balance, sing, explore tunnels and enjoy safe, creative FUN together! We combine baby friendly tumbling, yoga, music, imagination and social interaction to help baby build & improve important motor skills, hand/eye coordination, flexibility and confidence. Please bring receiving blanket and wear comfortable clothing, mats provided. Parent participation required. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430701-1A** 8-17 mo Tu 10:30-11:15am 9/13-11/15 \$90

## GYMNASTICS: TINY YOGA-NASTICS

New! A BIG dose of FUN, this active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Get strong and confident learning gymnastic rolls, balance beams, trampoline, "Big Cheese", animal walks and more. Improve balance, flexibility, concentration and body awareness with fun & easy kid's yoga. Yoga mats provided, or bring your own mat. Parent participation required. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430702-1A** 18 mo-3 yrs Tu 11:15am-12pm 9/13-11/15 \$90

## GYMNASTICS: TOOTSIE-ROLLERS

This class is jam-packed with music, movement and Tumble-N-Fun. Together, we'll tumble-roll-balance-bounce-sing-hop-jump...and enjoy safe, creative fun + music! Obstacle courses, beams, trampoline, and "Big Cheese" keep it roll'n! Gymnastic skills are a great foundation for all sports! Parent-participation. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**430705-2A** 18 mo-3 yrs W 9:30-10:30am 9/14-11/16 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430705-1A** 18 mo-3 yrs Th 10-11am 9/15-11/17 \$110  
**430705-1B** 18 mo-3 yrs Sa 10:20-11:20am 9/17-11/19 \$110

## GYMNASTICS: YOGA-NASTICS

New! Release your child's inner "tumbler" in a FUN and controlled environment! Kids get strong and confident learning gymnastics, balance beams, trampoline, rolling down inclines and coordination while doing animal walks. PLUS improve balance, flexibility and concentration with fun & easy kid's yoga. Yoga mats provided, or bring your own mat. Some parent participation required. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430715-1A** 3-5 yrs Tu 12:10-1:10pm 9/13-11/15 \$110

## GYMNASTICS: TUMBLE STARS

Boys and girls safely learn fun and age-appropriate Gymnastics/Tumbling skills. Students gain strength, coordination, flexibility, balance, and self-confidence. Obstacle courses, balance beams, trampoline and handspring barrel keep the fun roll'n. Students learn to follow directions-a great class to prepare for school. Parent participation. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**430707-2A** 2.5-4 yrs W 10:30-11:30am 9/14-11/16 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430707-1A** 2.5-4 yrs Th 11am-12pm 9/15-11/17 \$110  
**430707-1B** 2.5-4 yrs Sa 11:30am-12:30pm 9/17-11/19 \$110

## GYMNASTICS: TEENY TUMBLERS

"Teeny Tumblers" will develop important motor skills and confidence as they tumble, roll, balance, bounce, sing, sit and crawl in this fun, active class! Together we'll enjoy safe, creative fun +music!" Parent- participation. \$2 materials fee due first class. *No Class Dates: Nov-11*

**Tumble-N-Kids Inc** **City Gym and Pool**  
**430711-3A** 8-17 mo F 9-9:45am 9/16-11/18 \$81

**Tumble-N-Kids Inc** **Edison Community Center**  
**430711-2A** 8-17 mo W 11:30am-12:15pm 9/14-11/16 \$90

**Tumble-N-Kids Inc** **Murdy Community Center**  
**430711-1A** 8-17 mo Sa 9:30-10:15am 9/17-11/19 \$90

## TINY TUMBLE-N-DANCE

Combining two great skills, Gymnastics + Dance, your little one will improve rhythm, balance and coordination through music, creative movement and age-appropriate tumbling. Together, we'll sing, dance and tumble in a fun, safe environment-"Ta-Da!" Parents participant in the FUN! \$2 materials fee due first class. *No Class Dates: Nov-11*

**Tumble-N-Kids Inc** **City Gym and Pool**  
**430703-3A** 18 mo-3 yrs F 9:45-10:30am 9/16-11/18 \$81

## TUMBLE-N-FREEPLAY

Release your child's inner "Tumbler!" Supervised by TNK instructor, we offer a great opportunity to safely explore gymnastics in a fun, "freestyle" environment. Gymnastic equipment includes: balance beams, trampoline, incline wedge, cartwheel mat, handspring barrel. "Mr.Wobbles," obstacle courses, plus fun music. Come socialize plus exercise! \$2.00 material fee due at first class. Parent participation class.

**Tumble-N-Kids Inc.** **City Gym and Pool**  
**430709-3A** 3-5 yrs F 11:45am-12:45pm 9/16-11/18 \$99



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Life  
Better!**

Parks & Recreation...  
Promote good health

## TINY TWISTERS

Enjoy Saturday mornings with your "Tiny Twister." Learning age appropriate tumbling is great fun! Your little one improves important motor skills, strength, confidence and coordination. Together, we'll tumble-roll-balance-bounce-sing-sit-crawl-jump... and enjoy safe, creative fun and music. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**430704-2A** 10 mo-2 yrs Sa 9:30-10:15am 9/17-11/19 \$90

## TUMBLE-BUGS

Together, we'll tumble, roll, balance, bounce, sing, hop, jump and enjoy safe, creative tumble-fun & music. Obstacle courses, balance beams, trampoline, "big cheese", tunnels, animal walks, circle time, learning gymnastic positions, keep it roll'n. Parent participation required. \$2 materials fee due first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**430706-2A** 2-4 yrs Sa 10:15-11:15am 9/17-11/19 \$110

## TUMBLE-N-DANCE

Boys + Girls will improve rhythm, strength, body control, balance and coordination through music, creative movement and gymnastic skills. Gymnastics/Dance is great foundation for all sports! Have FUN + find your GROOVE! \$2 materials fee due first class. Parent Participant Class. *No Class Dates: Nov-11*

**Tumble-N-Kids Inc** **City Gym and Pool**  
**430712-3A** 3-5 yrs F 10:45-11:30am 9/16-11/18 \$81

## MARTIAL ARTS

### KARATE-DO TRADITIONAL JAPANESE KARATE BEGINNER

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. 1 day a week, Thursday, or Friday, for \$110. 2 days a week for \$130. *No Class Dates: Nov-11, Nov-24, Nov-25*

**Wadoryu USA** **Edison Community Center**  
**430901-2A** 5-7 yrs Th 5-5:40pm 9/15-12/15 \$110  
**430901-2B** 5-7 yrs F 5-5:40pm 9/16-12/16 \$110

### KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Orange, yellow, blue belts only. 1 day a week, Thursday or Friday, for \$60. 2 days a week for \$80. Must be enrolled in both sessions to be eligible for belt test. *No Class Dates: Nov-11, Nov-24, Nov-25*

**Wadoryu USA** **Edison Community Center**  
**430902-2A** 5-7 yrs Th 5:45-6:30pm 9/15-10/27 \$60  
**430902-2B** 5-7 yrs Th 5:45-6:30pm 11/3-12/15 \$60  
**430902-2C** 5-7 yrs F 5:45-6:30pm 9/16-10/28 \$60  
**430902-2D** 5-7 yrs F 5:45-6:30pm 11/4-12/16 \$60

## KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE & ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red, Red St belts only. 1 day a week, Thursday, or Friday, for \$70. 2 days a week for \$90. Must be enrolled in both sessions to be eligible for belt test. *No Class Dates: Nov-11, Nov-24, Nov-25*

**Wadoryu USA** **Edison Community Center**  
**430903-2A** 5-7 yrs Th 5:45-7:15pm 9/15-10/27 \$70  
**430903-2B** 5-7 yrs Th 5:45-7:15pm 11/3-12/15 \$70  
**430903-2C** 5-7 yrs F 5:45-7:15pm 9/16-10/28 \$70  
**430903-2D** 5-7 yrs F 5:45-7:15pm 11/4-12/16 \$70

## MUSIC

### LITTLE SINGERS

An introduction to voice for youth who love to sing. Students will build a solid foundation in vocal performance, rhythm, & musicianship while having fun singing favorites from Broadway musicals, Grammy winners, and popular children's songs. Students will develop listening, gross, and fine motor skills, coordination of articulators, concentration, and memory. \$10 materials fee due first class.

**Take the Stage Productions** **Edison Community Center**  
**431013-2A** 4-7 yrs M 3:30-4:15pm 9/12-11/14 \$110

### PARENT AND ME SUNSHINE BABIES AND TOTS

Have fun singing, dancing, marching & playing to upbeat music using bright colored props and introduce your child to the wonderful world of song combined with dance. Parachute games, bubbles, balls, tunnels, marching parade using rhythm instruments. Parent participation is required. 3 year olds can join our Sunshine Generation Performing Group.

**Iskui Merdjanian** **Edison Community Center**  
**431003-2A** 10 mo-3 yrs Th 9:15-10am 9/29-11/17 \$69

**Iskui Merdjanian** **Murdy Community Center**  
**431003-1A** 10 mo-3 yrs Tu 9:15-10am 9/27-11/15 \$69  
**431003-1B** 10 mo-3 yrs W 6-6:45pm 9/28-11/16 \$69

### PERFORMING ART: SUNSHINE GENERATION OF HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. *No Class Dates: Nov-24*

**Iskui Merdjanian** **Edison Community Center**  
**431004-2A** 3-5 yrs Th 4:45-5:30pm 10/6-12/1 \$77

Register Online! [www.hbsands.org](http://www.hbsands.org)

## RHYTHM BABIES

This class is an easy and fun way to introduce your child to age appropriate musical instruments. They will delight to the sounds while developing their balance and coordination skills. \$2 materials fee due first class. This is a parent participation class.

**Patricia Hill** **Edison Community Center**  
431005-2A 6-15 mo M 9:15-10am 9/12-11/7 \$78

**Patricia Hill** **Murdy Community Center**  
431005-1A 6-15 mo Th 10:30-11:15am 9/15-11/10 \$78

## RHYTHM, RHYME & FUN

Rhyming games, musical instruments, and a colorful costume parade are just some of the fun things that your child will take part in as they learn to socialize in a positive and cheerful environment. This is a parent participant class. \$3 materials fee due first class.

**Patricia Hill** **City Gym and Pool**  
431002-3A 15 mo-3 yrs Tu 9:30-10:30am 9/13-11/8 \$96

**Patricia Hill** **Edison Community Center**  
431002-2A 15 mo-3 yrs M 10:15-11:15am 9/12-11/7 \$96

## STORYBOOK THEATER

Students explore fairytales and fables as the basics to create new stories, inspire imagination and build performance skills. Through the use of their voices, bodies, costumes and props students will create memorable skits and characters while building skills in acting, public speaking, creative thinking, reading comprehension, and confidence! \$10 materials fee is payable to the instructor.

**Take the Stage Productions** **Murdy Community Center**  
431007-1A 3-4 yrs Tu 3:30-4:15pm 9/13-11/15 \$110

## WIGGLE, GIGGLE MUSIC TIME

It's time to let loose. Singing, dancing and playing musical instruments as we "get our wiggles out" in this fun and active class. Balance and coordination will be developed as we groove to the tunes. Parent participation required. \$5 materials fee due first class

**Patricia Hill** **City Gym and Pool**  
431001-3A 1.5-3 yrs Tu 10:45-11:30am 9/13-11/8 \$78

**Patricia Hill** **Murdy Community Center**  
431001-1A 1.5-3 yrs Th 9:30-10:15am 9/15-11/10 \$78



## SPECIAL INTEREST

### STORY TIME WITH A PRINCESS

You are royally invited to story time with a princess! Princesses love to tell stories, sing songs, play games and meet new friends. Each little princess will receive take home craft and have a meet-n-greet and photo opportunity. On December 3 it will be Elsa the Snow Queen

**Take the Stage Productions** **Murdy Community Center**  
431103-1A 2 yrs + Sa 10-11am 12/3 \$25

### SANTA'S HELPER PRESCHOOL SECTION

Your child will be making, wrapping and giving gifts to their whole family, this is not a parent participation class. Take this time to do some Christmas shopping alone. Snacks will be provided during class. \$20 materials fee is payable to instructor. Registration is limited.

**April Berg** **Murdy Community Center**  
431201-1A 3-6 yrs W 2-3:30pm 12/7-12/21 \$35

## SPORTS

### ICE SKATING FOR TOTS

Beginning ice skating made fun and easy. Your skater will have a smile on their face when he/she learns how to march, glide, hop and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

**The Rinks Westminster ICE 13071 Springdale Street, Westminster**

431312-1A 3-5 yrs Th 3:40-4:10pm 9/29-10/20 \$37  
431312-1B 3-5 yrs Th 3:40-4:10pm 10/27-11/17 \$37  
431312-1C 3-5 yrs Sa 10:15-10:45am 10/1-10/22 \$37  
431312-1D 3-5 yrs Sa 10:15-10:45am 10/29-11/19 \$37

### PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40pm for Tuesday class and 12:00-2:00pm for Saturday class) and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

**The Rinks Westminster ICE 13071 Springdale Street, Westminster**

431313-1A 3-5 yrs Tu 4:10-4:40pm 9/27-10/18 \$37  
431313-1B 3-5 yrs Tu 4:10-4:40pm 10/25-11/15 \$37  
431313-1C 3-5 yrs Sa 11:15-11:45am 10/1-10/22 \$37  
431313-1D 3-5 yrs Sa 11:15-11:45am 10/29-11/19 \$37

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**

## PEE WEE SOCCER

This non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Players will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive an HB recreation shirt and all soccer equipment will be made available.

Youth Sports Staff			Sports Complex		
431307-01	3-5 yrs	Tu	6-6:50pm	9/13-10/18	\$55
431307-02	3-5 yrs	Tu	4-4:50pm	9/13-10/18	\$55
431307-03	3-5 yrs	Tu	5-5:50pm	9/13-10/18	\$55
431307-04	3-5 yrs	Th	4-4:50pm	9/15-10/20	\$55
431307-05	3-5 yrs	Th	5-5:50pm	9/15-10/20	\$55
431307-06	3-5 yrs	Th	6-6:50pm	9/15-10/20	\$55

## MOMMY/DADDY & ME SOCCER

As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey.

Kidz Love Soccer			Murdy Community Center		
431314-1A	2-3.5 yrs	Sa	4:30-5pm	10/1-11/19	\$97

## TOT/PRE-SOCCER

Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer			Murdy Community Center		
431315-1A	3.5-5 yrs	Sa	3:45-4:20pm	10/1-11/19	\$97

## SKYHAWKS SOCCERTOTS

Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all, we promote fun, fun, fun! Parent participation may be required for younger ages.

Skyhawks Sports Academy Inc			Edison Community Center		
431316-2A	2-3 yrs	F	3:30-4pm	9/16-11/4	\$135
431316-2B	4-6 yrs	F	4:15-5pm	9/16-11/4	\$135

## SKYHAWKS: MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

Skyhawks Sports Academy Inc			Edison Community Center		
431304-2A	2-3 yrs	Sa	9-9:30am	9/17-11/12	\$145
431304-2B	4-6 yrs	Sa	9:45-10:30am	9/17-11/12	\$145

Skyhawks Sports Academy Inc			Murdy Community Center		
431304-1A	2-3 yrs	W	3:30-4pm	9/14-11/9	\$145
431304-1B	4-6 yrs	W	4:15-5pm	9/14-11/9	\$145

## PLAYBALL

Playball is a coed progressive sports program developed 25 years ago by occupational therapists, sports psychologists and school teachers. Children learn basic skills for tennis, baseball, hockey, basketball and soccer. Playball is taught in a positive, non-intimidating and non-competitive environment where results are achieved while having fun. Parent participation required for the 2-3 years class. *No Class Dates: Nov-24*

OC Playball Inc			City Gym and Pool		
431308-3A	2-3 yrs	M	9-9:45am	9/12-12/5	\$130
431308-3B	3-4 yrs	M	10-10:45am	9/12-12/5	\$130
431308-3C	4-5 yrs	M	3:15-4pm	9/12-12/5	\$130

OC Playball Inc			Edison Community Center		
431308-2A	2-3 yrs	Th	9-9:45am	9/15-12/15	\$130
431308-2B	2-3 yrs	Th	10-10:45am	9/15-12/15	\$130
431308-2C	3-4 yrs	Th	11-11:45am	9/15-12/15	\$130

OC Playball Inc			Murdy Community Center		
431308-1A	2-3 yrs	Tu	9-9:45am	9/13-12/13	\$130
431308-1B	3-4 yrs	Tu	10-10:45am	9/13-12/13	\$130

## SKYHAWKS HOOPSTERTOTS

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. *No Class Dates: Oct-31*

Skyhawks Sports Academy Inc			Murdy Community Center		
431311-1A	3-4 yrs	M	4-4:45pm	9/12-11/7	\$135
431311-1B	5-6 yrs	M	5-5:45pm	9/12-11/7	\$135

## SURF & SKATE

### OC MINI ROLLERS

This roller skating class is designed for the young, first time skater. Students will learn the basics of roller skating, while building confidence and enjoying the outdoors. Parent participation is encouraged. Skaters to wear roller skates or inlines, protective gear-helmet, knee/elbow pads, and wrist guards.

Elena Parra			Edison Community Center		
431402-2A	2-5 yrs	Sa	9-9:45am	10/1-10/29	\$55



# YOUTH

## ART

### ART EXPLORATIONS

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills as young artists. The different elements of art will be introduced through a variety of media such as acrylic on canvas, pastels, charcoal, watercolor, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own masterpieces. All materials and aprons will be provided. \$20 materials fee due first class.

**Lucia Henry** **HB Art Center**  
440110-4A 6-12 yrs Th 3:30-4:45pm 10/20-11/17 \$81/73

### BEGINNING IMPROV

Beginning improv classes are for everyone! Class is designed to teach basic improvisational skills through exercises and games in a safe, fun, and laugh-filled environment. We help each child discover their special "voice."

**Brenda Glim** **HB Art Center**  
440115-4A 7-12 yrs W 3:30-5:30pm 9/21-10/12 \$71/64  
440115-4B 7-12 yrs W 3:30-5:30pm 10/26-11/16 \$71/64

### CLAY ADVENTURES

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, and slab building. We will decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due first class.

**Lucia Henry** **HB Art Center**  
440101-4A 6-12 yrs Th 3:30-4:45pm 9/15-10/13 \$83/75

### DRAWING & PAINTING FOR KIDS

The best of both worlds! Students explore the elements of drawing and painting rolled into one class. Projects will cover a variety of concepts, including composition, contour, shading, perspective, color theory and mixing, brush handling, and how to use a variety of dry and wet media. We will use pencils, charcoal, pastels, watercolors, acrylics, gouache, inks, and make unique and personal works of art. All supplies included. \$15 materials fee due first class.

**Courtney Oquist** **HB Art Center**  
440102-4A 7-12 yrs W 4:15-5:30pm 9/14-10/12 \$81/73  
440102-4B 7-12 yrs W 4:15-5:30pm 10/19-11/16 \$81/73



Parks & Recreation Build Family Unity

## ESSENTIAL CARTOONING

This fun and exciting class will teach character drawing and basic cartooning skills, including Japanese manga, anime, and current popular cartoons. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. \$25 materials fee for new students (\$20 for returning students) due at first class which covers all supplies. Pre-registration is required. All materials are provided.

**Pati Kent** **HB Art Center**  
440109-4A 7-13 yrs Tu 4:30-5:30pm 10/18-11/22 \$82/74

## COOKING

### KIDS COOKING IT UP FRESH

Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make his or her own individual recipe. *No Class Dates: 10-17*

**Stephanie Collett** **Edison Community Center**  
440301-2A 7-13 yrs M 6-7:15pm 9/19-10/24 \$90

**Stephanie Collett** **Murdy Community Center**  
440301-1A 7-13 yrs Sa 11am-12:15pm 9/24-10/22 \$90

## DANCE

### BASIC BALLET

Challenge your child to develop rhythm, strength and coordination the fun way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required.

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
440408-1B 8-12 yrs Tu 5:30-6:30pm 9/13-11/15 \$105

### HIP HOP

Hip Hop Hooray! Ho! Boys and girls will get their groove on hip hoppin' to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free! \$1 materials fee due first class. *No Class Dates: Oct-31*

**Huntington Academy of Dance** **Edison Community Center**  
440404-2A 5-7 yrs W 4:35-5:35pm 9/14-11/16 \$105

**Huntington Academy of Dance** **Murdy Community Center**  
440404-1A 7-12 yrs M 5:30-6:30pm 9/12-11/14 \$95

### POLYNESIAN DANCE FOR YOUTH

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

**Melody Seanoa** **HB Art Center**  
440403-4A 7-12 yrs Tu 5-6pm 9/13-11/22 \$102/92

## TAP

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making NOISE with their feet! Dance attire, please. This class is now held on Tuesdays at 4:30pm to 5:30pm

**Huntington Academy of Dance** 16601 Gothard Street, Suite A  
**440407-1A** 7-12 yrs Tu 4:30-5:30pm 9/13-11/15 \$105

## YOUTH BALLET

Challenge your child to develop rhythm, strength and coordination the FUN way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. Details will be given at first class. \$1 materials fee due first class. *NO Class Dates: 10-31*

**Huntington Academy of Dance** City Gym and Pool  
**440401-3A** 5-7 yrs Th 4-5pm 9/15-11/17 \$105

**Huntington Academy of Dance** Edison Community Center  
**440401-2A** 5-7 yrs Sa 11:15am-12:15pm 9/17-11/19 \$105

**Huntington Academy of Dance** Murdy Community Center  
**440401-1A** 6-8 yrs M 4-5pm 9/12-11/14 \$95

## EDUCATIONAL

### MAD SCIENCE: NASA JR. ASTRONAUT ACADEMY

Join our Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket, and then see the real thing – a rocket launch up to 300 ft. in the air! Study the stars with your own Cosmic Disc, Explore the atmosphere with your Meteorological Station and Shuttle Copter and more. This NASA Academy is 'Out of this World!' \$20 materials fee due first class.

**MAD Science** Murdy Community Center  
**440609-1A** 5-12 yrs Tu 3:30-4:30pm 10/18-12/6 \$99

### MAD SCIENCE: HALLOWEEN DATE NIGHT

Science Nights provide an amazing opportunity to bring students and Mad Scientists together for a night filled with education, entertainment, and parents get the night off! We bring a fascinating displays and hands on experience that allows kids to engage in scientific learning. Dinner and snacks included. \$5 materials fee due first class.

**MAD Science** City Gym and Pool  
**440611-3A** 5-12 yrs Sa 5-9pm 10/22 \$35

### MAD SCIENCE: WINTER WORKSHOPS

Keep your brain from going into deep freeze this winter with our Mad Science Winter Workshop! 3 hours of science games and experiments to break up the ice and bring on the FUN. \$5 materials fee due first class

**MAD Science** Murdy Community Center  
**440614-1A** 5-12 yrs Sa 9am-12pm 11/26 \$35  
**440614-1B** 5-12 yrs Sa 9am-12pm 12/17 \$35

## SERIOUSLY AWESOME SITTERS

The ultimate babysitter preparation class! You become certified in Basic First Aid and CPR/AED for adults and children. You'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be asked back again and again! \$30 materials fee due first class.

**Workshops on Wellness** Murdy Community Center  
**440608-1A** 10 yrs + Sa 10am-5pm 10/29 \$60

## GYMNASTICS

### GYMNASTICS: CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus gymnastic skills great for all levels. Cartwheels, round offs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! \$2 materials fee due first class. *No Class Dates: Nov-11*

**Tumble-N-Kids Inc** City Gym and Pool  
**440701-3A** 6-12 yrs F 4-5pm 9/16-11/18 \$99  
**440701-3B** 6-12 yrs F 5-6pm 9/16-11/18 \$99

### GYMNASTICS: JAMMIN' GYMNASTS

Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! \$2 materials fee due first class.

**Tumble-N-Kids Inc** Edison Community Center  
**440702-2A** 6-12 yrs W 3:45-4:45pm 9/14-11/16 \$110  
**440702-2B** 5-8 yrs Sa 11:20am-12:20pm 9/17-11/19 \$110

**Tumble-N-Kids Inc** Murdy Community Center  
**440702-1A** 6-12 yrs Tu 4-5pm 9/13-11/15 \$110  
**440702-1B** 7-14 yrs Th 4-5pm 9/15-11/17 \$110

### GYMNASTICS: KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including; cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 materials fee due first class. *No Class Dates: Nov-11*

**Tumble-N-Kids Inc** City Gym and Pool  
**440704-3A** 4-6 yrs F 3-4pm 9/16-11/18 \$99

**Tumble-N-Kids Inc** Edison Community Center  
**440704-2A** 4-6 yrs W 2:45-3:45pm 9/14-11/16 \$110

**Tumble-N-Kids Inc** Murdy Community Center  
**440704-1A** 4-6 yrs Tu 3-4pm 9/13-11/15 \$110  
**440704-1B** 4-6 yrs Th 3-4pm 9/15-11/17 \$110



Parks & Recreation  
 Stimulate the Mind

## HEALTH & FITNESS

### ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! *No Class Dates: Oct-25*

<b>SockhopFitness</b>		<b>Senior Center in Central Park</b>			
<b>440821-5A</b>	6 yrs+	Tu	6-6:45pm	9/13-12/6	\$75

<b>Sockhop Fitness</b>		<b>Murdy Community Center</b>			
<b>450813-1A</b>	6 yrs+	Tu	8:05-8:50am	9/13-12/6	\$75

## KARATE

### KARATE-DO TRADITIONAL JAPANESE KARATE BEGINNER

This traditional Japanese karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms are available for purchase from instructor. One day a week, Thursday or Friday, for \$110. Two days a week for \$130. *No Class Dates: Nov-11, Nov-24, Nov-25*

<b>Wadoryu USA</b>		<b>Edison Community Center</b>			
<b>440903-2A</b>	8-10 yrs	Th	5-5:40pm	9/15-12/15	\$110
<b>440903-2B</b>	8-10 yrs	F	5-5:40pm	9/16-12/16	\$110

### KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, yellow, and blue belts only. 1 day a week, Thursday, or Friday, for \$60. 2 days a week for \$80. Must be enrolled in both sessions to be eligible for belt test. *No Class Dates: Nov-11, Nov-24, Nov-25*

<b>Wadoryu USA</b>		<b>Edison Community Center</b>			
<b>440904-2A</b>	8-17 yrs	Th	5:45-6:30pm	9/15-10/27	\$60
<b>440904-2B</b>	8-17 yrs	Th	5:45-6:30pm	11/3-12/15	\$60
<b>440904-2C</b>	8-17 yrs	F	5:45-6:30pm	9/16-10/28	\$60
<b>440904-2D</b>	8-17 yrs	F	5:45-6:30pm	11/4-12/16	\$60

### KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. Blue/St, Green, Green/St, Red, Red/St, Purple belts only. 1 day a week, Thursday, or Friday, for \$70. 2 days a week for \$90. Must be enrolled in both sessions to be eligible for belt test. *No Class Dates: Nov-11, Nov-24, Nov-25*

<b>Wadoryu USA</b>		<b>Edison Community Center</b>			
<b>440906-2A</b>	8-18 yrs	Th	5:45-7:15pm	9/15-10/27	\$70
<b>440906-2B</b>	8-18 yrs	Th	5:45-7:15pm	11/3-12/15	\$70
<b>440906-2C</b>	8-18 yrs	F	5:45-7:15pm	9/16-10/28	\$70
<b>440906-2D</b>	8-18 yrs	F	5:45-7:15pm	11/4-12/16	\$70

### KARATE-DO TRADITIONAL JAPANESE ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Red stripe, brown or black belts only. Uniforms and equipment are available for purchase from instructor. One day a week for \$75 or 2 days a week for \$95. Must be enrolled in both sessions to be eligible for belt test. *No Class Dates: Nov-11, Nov-24, Nov-25*

<b>Wadoryu USA</b>		<b>Edison Community Center</b>			
<b>440907-2A</b>	8-18 yrs	Th	5:45-8:15pm	9/15-10/27	\$75
<b>440907-2B</b>	8-18 yrs	Th	5:45-8:15pm	11/3-12/15	\$75
<b>440907-2C</b>	8-18 yrs	F	5:45-8:15pm	9/16-10/28	\$75
<b>440907-2D</b>	8-18 yrs	F	5:45-8:15pm	11/4-12/16	\$75

### JUNIOR TAE KWON DO

Develop coordination, improve balance, achieve total fitness, and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor.

<b>Kiavash Tillehkook</b>		<b>City Gym and Pool</b>			
<b>440908-3A</b>	6-9 yrs	M	5:45-6:30pm	9/12-11/28	\$199
<b>440908-3B</b>	6-9 yrs	Tu	5:45-6:30pm	9/13-11/29	\$199
<b>440908-3C</b>	6-9 yrs	W	5:45-6:30pm	9/14-11/30	\$199
<b>440908-3D</b>	6-9 yrs	Th	5:45-6:30pm	9/15-12/1	\$199

### TEEN TAE KWON DO

Develop coordination, improve balance, achieve total fitness, and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor.

<b>Kiavash Tillehkook</b>		<b>City Gym and Pool</b>			
<b>440912-3A</b>	10-17 yrs	M,Tu	6:30-7:15pm	9/12-11/29	\$209
<b>440912-3B</b>	10-17 yrs	M,W	6:30-7:15pm	9/12-11/30	\$209
<b>440912-3C</b>	10-17 yrs	Tu,Th	6:30-7:15pm	9/13-12/1	\$209
<b>440912-3D</b>	10-17 yrs	W,Th	6:30-7:15pm	9/14-12/1	\$209
<b>440912-3E</b>	10-17 yrs	M,Th	6:30-7:15pm	9/12-12/1	\$209

### YOUTH SELF-DEFENSE & SAFETY AWARENESS

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts. All Classes available for ages 4-15. *No Class Dates: Nov-11, Nov-25, Dec-23, Dec-30*

<b>Young Champions Rec Prog</b>		<b>Murdy Community Center</b>			
<b>440905-1A</b>	4-15 yrs	F	5:30-6:10pm	9/30-1/13	\$92 New Student
<b>440905-1B</b>	4-15 yrs	F	6:15-6:55pm	9/30-1/13	\$92 Yellow/Orange Belt
<b>440905-1C</b>	4-15 yrs	F	7-7:40pm	9/30-1/13	\$92 Purple Belt & Above

## MUSIC

### GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr Greg, and have fun playing your favorite songs in no time! Full course runs from Sept 15-Dec 8 and is payable in three installments (\$85 tuition due before each class session begins on 9/15, 10/13, and 11/10), but will accept new students all season long! Walk-ins are welcome, but please register by 9/12 for best availability, and GET READY TO ROCK! *No Class Dates: Nov-24*

<b>The RockBand Experience</b>		<b>HB Art Center</b>			
<b>441007-4A</b>	8-15 yrs	Th	3:30-4:30pm	9/15-10/6	\$85/77
<b>441007-4B</b>	8-15 yrs	Th	3:30-4:30pm	10/13-11/3	\$85/77
<b>441007-4C</b>	8-15 yrs	Th	3:30-4:30pm	11/10-12/8	\$85/77

## HOLLYWOOD FILM ACTING

This introductory course is designed for all students wishing to learn the acting techniques of their favorite Film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. \$5 materials fee due first class.

**Take the Stage Productions** **Murdy Community Center**  
**441008-1A** 8-12 yrs W 4:45-5:30pm 9/14-11/16 \$110

## GLEE CLUB

This high-energy class provides male and female students with an opportunity to sing, dance, perform, and unlock their inner superstar! Students will learn Pop and Broadway music and choreography in a fun atmosphere, while building voice and mic technique, musical expression, and providing self-confidence in all areas. \$10 materials fee due first class.

**Take the Stage Productions** **Edison Community Center**  
**441010-2A** 8-12 yrs M 4:20-5:20pm 9/12-11/14 \$125

## PERFORMING ARTS: SUNSHINE GENERATION OF HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. *No Class Dates: Nov-24*

**Iskui Merdjanian** **Edison Community Center**  
**441003-2A** 6-13 yrs Th 5:45-6:45pm 10/6-12/1 \$77

## STORYBOOK THEATHER

Students explore fairytales and fables as the basics to create new stories, inspire imagination and build performance skills. Through the use of their voices, bodies, costumes and props- students will create memorable skits and characters while building skills in acting, public speaking, creative thinking, reading comprehension, and confidence! \$10 materials fee due first class.

**Take the Stage Productions** **Murdy Community Center**  
**441005-1A** 5-9 yrs Tu 4:15-5pm 9/13-11/15 \$110

## SPECIAL INTEREST

### BOO! BAGS

Make your very own Trick or Treat Bag! We'll provide each participant with a canvas tote bag in the color of their choice, then help them through creating their very own customized bag. Select from our extensive collection of Halloween fabrics, felts and shapes to trace, as well as beads, sparkles, ribbons and trims to give the bag the finishing touch. Fun for kids (or even adults) of all ages!

**Recreation Staff** **City Gym and Pool**  
**451119-1A** 4 yrs + F 4-5pm 10/28-10/28 \$19

## CLOWING AROUND COMEDY

This spirited, fun class is designed for anyone who wants to learn the essentials of improvisational comedy, improve storytelling skills, and learn techniques to think quickly on their feet and to be more creative. Exercises include vocal warm-ups creative performance games and basic short-form scene-work as well as how to listen in a fun, creative atmosphere.

**Take the Stage Productions** **Murdy Community Center**  
**441105-1A** 5-10 yrs W 4-4:45pm 9/14-11/16 \$110

## FASHIONABLE FRIDAYS

Join us for a 4-class series focused on fashion design, sewing and creating! We'll complete one project each week, and teach the basics of hand sewing, as well as give students an opportunity to use the sewing machine to complete their projects. Projects include: Fabric Headbands, Cross Body Purse, Binder Covers (perfect for back to school) and Belts. Perfect for the beginner.

**Take the Stage Productions** **City Gym and Pool**  
**441106-1A** 7-11 yrs F 3:30-5:30pm 9/30-10/21 \$128

## SEWING 101

Learn to thread the sewing machine, use a pattern, complete a fabric and cutting lesson, and learn sewing terminology. You will design and complete a reversible tote bag. Perfect for the beginner!

**Fashion Camp** **Murdy Community Center**  
**451118-1A** 8+ Th 2-4pm 10/6-10/27 \$145  
**451118-1B** 8+ Th 2-4pm 11/5-12/3 \$145

## SPORTS

### SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for the beginning to intermediate player. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. *No Class Dates: Oct-31*

**Skyhawks Sports Academy Inc** **Murdy Community Center**  
**441302-1A** 7-10 yrs M 6-7pm 9/12-11/7 \$135

### PRE SEASON BASKETBALL PREP

This City of Huntington Beach basketball program is a clinic-based program with an emphasis on learning the game and having fun. This is a pre season instructional camp to prepare players for the upcoming 2017 Coed Basketball League. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying basketball is the key to learning. All players will receive an HB recreation jersey!

**Youth Sports Staff** **City Gym and Pool**  
**441306-3A** 9-11 yrs M thru Th 3-4:30pm 12/19-12/22 \$55  
**441306-3B** 12-14 yrs M thru Th 4:30-6pm 12/19-12/22 \$55

Register Online! [www.hbsands.org](http://www.hbsands.org)



## VOLLEYBALL: HB ACES INDOOR

Formally known as Jr. Spikers, HB Aces continues on as the after-school alternative to the high costs and demands of club volleyball. Students can expect to learn the basics of the game in a fun yet challenging environment. Classes will include instruction on technique, drills to reinforce, and plenty of team play. All players will receive an HB Aces T-Shirt on the first day of class! *No Class Dates: Oct-31, Nov-24*

Matt Taylor Volleyball		City Gym and Pool			
441309-3A	10-12 yrs	M	3:30-4:45pm	9/19-11/28	\$153
441309-3B	12-14 yrs	M	4:45-6pm	9/19-11/28	\$153
441309-3C	10-12 yrs	Th	3:30-4:45pm	9/22-12/1	\$153
441309-3D	12-14 yrs	Th	4:45-6pm	9/22-12/1	\$153

## JUNIOR SOCCER

This semi-competitive introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Players will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive an HB recreation shirt and all soccer equipment will be made available.

Youth Sports Staff		Sports Complex			
441310-00	6-8 yrs	Tu	6-6:50pm	9/13-10/18	\$55
441310-01	6-8 yrs	Th	6-6:50pm	9/15-10/20	\$55

## INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach Indoor Coed Volleyball league is a competitive league with an emphasis on having fun and learning the game of volleyball. Boy and girls between the grades of 3rd through 8th grades will be placed on teams for the 11 week season which includes two weeks of evaluations, practice games, six league games and a city-wide championship tournament. All 3rd and 4th graders will play by volley tennis standards. There will be one practice per week and Saturday game times will vary. All participants will receive an HB recreation jersey and league awards.

Youth Sports Staff		City Gym and Pool			
441316-3A	8-9 yrs	Sa	9-10:30am	9/17-11/19	\$55
441316-3B	10-11 yrs	Sa	10:30am-12pm	9/17-11/19	\$55
441316-3C	12-13 yrs	Sa	12-1:30pm	9/17-11/19	\$55

## SKYHAWKS: INSTRUCTIONAL FLAG FOOTBALL LEAGUE

This innovative program encourages children to play, have fun, and enjoy the game without the added pressure of coaches, referees, and parents. No set teams or assigned coaches mean more focus on skill development and fun! After a short practice, small-sided teams will be selected and supervised game play will ensue.

Skyhawks Sports Academy Inc		Edison Community Center			
441321-2A	4-5 yrs	Th	4-5pm	9/15-11/3	\$135
441321-2B	6-7 yrs	Th	5:15-6:15pm	9/15-11/3	\$135

## ICE HOCKEY SKATING SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

The Rinks Westminster ICE		13071 Springdale, Westminster			
441323-1A	6-16 yrs	W	6:10-6:40pm	9/28-10/19	\$37
441323-1B	6-16 yrs	W	6:10-6:40pm	10/26-11/16	\$37
441323-1C	6-16 yrs	Sa	10:45-11:15am	10/1-10/22	\$37
441323-1D	6-16 yrs	Sa	10:45-11:15am	10/29-11/19	\$37

## BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport. Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE		13071 Springdale, Westminster			
441324-1A	6-16 yrs	Th	4:10-4:40pm	9/29-10/20	\$37
441324-1B	6-16 yrs	Th	4:10-4:40pm	10/27-11/17	\$37
441324-1C	6-16 yrs	Sa	10:45-11:15am	10/1-10/22	\$37
441324-1D	6-16 yrs	Sa	10:45-11:15am	10/29-11/19	\$37

## BEACH VOLLEYBALL: BOYS ADVANCED TRAININGS

This squad is for boys that are committed to competing in youth volleyball tournaments over summer. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2016 youth tournament schedule. 3 trainings a week over the 7 weeks for \$350.

Beach Volleyball CA Inc		Courts at 15 <sup>th</sup> & PCH			
441327-2A	12-15 yrs	TBA	TBA	9/12-10/30	\$350

## BEACH VOLLEYBALL: ADVANCED GIRLS TRAININGS

This squad is for girls that are committed to competing in youth tournaments over summer. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on 2016 youth tournament schedule. Three trainings a week over the 7 weeks for \$350.

Beach Volleyball CA Inc		Courts at 15th & PCH			
441328-2A	12-14 yrs	TBA	TBA	9/12-10/30	\$350
441328-2B	15-17 yrs	TBA	TBA	9/12-10/30	\$350

## BEACH VOLLEYBALL: SUNDAY YOUTH LEAGUE

Golden Coast Beach Volleyball Club invites boys and girls to sign up for our beach volleyball league. After initial seeding, teams will be assigned games each week in a ladder style format. We encourage participants to sign up with a teammate but we will work with individuals to place them with a partner for games. Games held at the 15th street courts. For more info visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

Beach Volleyball CA Inc		Courts at 15th & PCH			
441329-2A	12-17 yrs	Su	9-10:30am	9/18-10/30	\$100

## BEACH VOLLEYBALL: BOYS WEEKDAY TRAININGS

Golden Coast Beach Volleyball Club invites all boys to register for our club trainings where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball and develop them in game-like situations. Trainings held at the 15th street courts.

Beach Volleyball CA Inc		Courts at 15th & PCH			
441330-2A	12-15 yrs	W	4-5:30pm	9/14-10/26	\$100
441330-2B	12-15 yrs	F	4-5:30pm	9/16-10/28	\$100



Parks & Recreation  
Reduce Stress

## BEACH VOLLEYBALL: GIRLS WEEKDAY TRAININGS

All girls are invited to register for our club trainings, where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Trainings held at the 15th street courts. For more information, please visit [www.GoldenCoastVolleyball.com](http://www.GoldenCoastVolleyball.com).

### Beach Volleyball CA Inc

### City Beach

441331-2A	12-14 yrs	W	4-5:30pm	9/14-10/26	\$100
441331-2B	15-17 yrs	W	4-5:30pm	9/14-10/26	\$100
441331-2C	12-14 yrs	F	4-5:30pm	9/16-10/28	\$100
441331-2D	15-17 yrs	F	4-5:30pm	9/16-10/28	\$100

## SOCCER 1: TECHNIQUES & TEAMWORK

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each child receives a soccer jersey. Shin guards are required after the first meeting. *No Class Dates: Nov-23*

### Kidz Love Soccer

### Murdy Community Center

441335-1A	5-6 yrs	Sa	3-3:45pm	10/1-11/19	\$97
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## SOCCER 2: SKILLZ & SCRIMMAGES

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each child receives a soccer jersey. Shin guards are required after the first meeting. *No Class Dates: Nov-23*

### Kidz Love Soccer

### Murdy Community Center

441336-1A	7-10 yrs	Sa	2:15-3pm	10/1-11/19	\$97
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## SKYHAWKS BEGINNING GOLF

Children will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

### Skyhawks Sports Academy Inc

### Edison Community Center

441337-2A	5-8 yrs	M	4-5pm	9/12-10/17	\$95
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## BEGINNER WRESTLING WITH OCG

This ground-breaking & super-fun OCG youth program is a first of its kind in HB. Basic wrestling skills are taught in a dynamic environment utilizing positive reinforcement, instructional drills, and technique-oriented games. The focus is on skill-development & fun! For more info call 949-439-6156 or visit our website, [www.ocgrappling.org](http://www.ocgrappling.org). **TUESDAY CLASS IS HELD OUTDOOR ON MATS.** *No Class Dates: Nov-24*

### OC Youth Sports Academy

### Murdy Community Center

441338-1A	5-10 yrs	Tu,Th	5:30-6:30pm	9/13-12/1	\$225
441338-1B	5-10 yrs	Tu,Th	5:30-6:30pm	9/13-10/6	\$95
441338-1C	5-10 yrs	Tu,Th	5:30-6:30pm	10/11-11/10	\$95
441338-1D	11-15 yrs	Tu,Th	5:30-6:30pm	9/13-12/1	\$225
441338-1E	11-15 yrs	Tu,Th	5:30-6:30pm	9/13-10/6	\$95
441338-1F	11-15 yrs	Tu,Th	5:30-6:30pm	10/11-11/10	\$95

## HB ATHLETIC EDGE: SPEED ATILITY CORE AD PLYOS

This program will take youth athletes to the next level. Speed, Footwork, Core, Power, Balance, Strength, Coordination and Rhythm will all be trained and enhanced. These are the elements of true athleticism. Scientifically proven training methods will be implemented to overcome plateaus and increase fast-twitch muscle fiber activation. For more information please visit: <http://www.oc-ysa.org/speed-agility>. *No Class Dates: Nov-11*

### OC Youth Sports Academy Lake Park Clubhouse, 1035 11th Street

441345-1A	5-10 yrs	M,F	3:30-4:30pm	9/12-11/28	\$300
441345-1B	5-10 yrs	M,F	3:30-4:30pm	9/12-10/7	\$125
441345-1C	5-10 yrs	M,F	3:30-4:30pm	9/12-11/11	\$200
441345-1D	11-15 yrs	M,F	3:30-4:30pm	9/12-11/28	\$300
441345-1E	11-15 yrs	M,F	3:30-4:30pm	9/12-10/7	\$125
441345-1F	11-15 yrs	M,F	3:30-4:30pm	9/12-11/11	\$200

## TRACK SPRINTS FOR YOUTH BEGINNERS

Track and Field is the highest U.S. participatory sport in high school and junior high. In this class experienced HS Varsity Track Sprint Coaches will teach youth to run the 100, 200, 400, and 800m races & relay races. Standing starts basics of starts using blocks and baton handoff. Speed games will keep them wanting to come back! For more information please visit [www.oc-ysa.org/track](http://www.oc-ysa.org/track). *No Class Dates: Nov-11, Nov-25*

### OC Youth Sports Academy

### Murdy Community Center

441346-1A	5-10 yrs	M,W,F	4:30-5:30pm	9/12-11/28	\$250
441346-1B	5-10 yrs	M,W,F	4:30-5:30pm	9/12-10/7	\$90
441346-1C	11-15 yrs	M,W,F	4:30-5:30pm	9/12-11/28	\$250
441346-1D	11-15 yrs	M,W,F	4:30-5:30pm	9/12-10/7	\$90

## YOUTH SPEED, AGILITY WITH OCYSA

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will enhance foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: [oc-ysa.org/speed-agility](http://oc-ysa.org/speed-agility). *No Class Dates: Nov-11, Nov-25*

### OC Youth Sports Academy Lake Park Clubhouse, 1035 11th Street

414339-1A	5-10 yrs	M,W,F	3:30-4:30pm	9/12-11/28	\$180
414339-1B	5-10 yrs	M,W	3:30-4:30pm	9/12-10/5	\$80
414339-1C	5-10 yrs	M,W	3:30-4:30pm	9/12-11/9	\$140
414339-1D	11-15 yrs	M,W,F	3:30-4:30pm	9/12-11/28	\$180
414339-1E	11-15 yrs	M,W	3:30-4:30pm	9/12-10/5	\$80
414339-1F	11-15 yrs	M,W	3:30-4:30pm	9/12-11/9	\$140

## KIDZ LOVE SOCCER

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Campers should bring a full water bottle and a snack. **ALL PARTICIPANTS MUST WEAR SHIN GUARDS.** Soccer shoes and sunscreen are recommended.

### Kidz Love Soccer

### City Gym and Pool

421311-3A	2-3.5 yrs	W	5:30-6pm	10/19-12/14	\$97
421311-3B	3.5-5 yrs	W	3:15-3:50pm	10/19-12/14	\$97
421311-3C	5-6 yrs	W	3:50-4:35pm	10/19-12/14	\$97
421311-3D	7-10 yrs	W	4:35-5:20pm	10/19-12/14	\$97

Register Online!  
[www.hbsands.org](http://www.hbsands.org)

## MOE AGER HOOP SCHOOL

This class, taught by former Dallas Mavericks shooting guard, develops teamwork, confidence, and fundamental basketball skills, such as dribbling, passing, shooting, ball handling, footwork, offense, and defense. It offers intense, real world guidance for those ready to skyrocket their game, but adds fun for those who just love basketball.

<b>Moe Ager Hoop School</b>	<b>City Gym &amp; Pool</b>
441347-3A 7-10 yrs Th 1:30-3pm	9/15-11/17 \$125

## SURFING: INTERMEDIATE SURF CLASS

Are you ready to take your skills to the next level? This class is designed for intermediate surfers who are paddling out the back and catching open face waves. This class meets for one hour each week, and is designed to help you improve your skills with basic maneuvers, wave selection, and understanding the ocean.

HB Surf School			City Beach		
441410-2A	8-16 yrs Tu	3:15-4:15pm	9/6-9/27	\$160	
441410-2B	8-16 yrs Tu	3:15-4:15pm	10/4-10/25	\$160	
441410-2C	8-16 yrs Tu	3:15-4:15pm	11/1-11/22	\$160	
441410-2D	8-16 yrs Tu	3:15-4:15pm	11/29-12/20	\$160	
441410-2E	8-16 yrs W	3:15-4:15pm	9/7-9/28	\$160	
441410-2F	8-16 yrs W	3:15-4:15pm	10/5-10/26	\$160	
441410-2G	8-16 yrs W	3:15-4:15pm	11/2-11/23	\$160	
441410-2H	8-16 yrs W	3:15-4:15pm	11/30-12/21	\$160	

## SURF & SKATE

### OC ROLLER KIDS

Has your child expressed interest in playing hockey or roller derby? This class is designed for the aspiring skater. Drills range from beginner to advanced, based on the individual skater needs. Skaters to wear roller skates or inlines, protective gear-helmet, knee/elbow pads, and wrist guards.

<b>Elena Parra</b>	<b>Edison Community Center</b>
441406-2A 7-13 yrs Sa 10-11am	10/1-10/29 \$55

### BEGINNER SURF CLASS

This is a 4 lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years' experience.

HB Surf School		City Beach	
441407-2A	8-16 yrs Sa 8-9am	9/3-9/24	\$160
441407-2B	8-16 yrs Sa 8-9am	10/1-10/22	\$160
441407-2C	8-16 yrs Sa 8-9am	10/29-11/19	\$160
441407-2D	8-16 yrs Sa 8-9am	11/26-12/17	\$160

### SKATEBOARDING CAMP

Whether you are just learning or ready to learn advanced tricks, this camp is right for you! Make new friends, advance your skills, play games, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

<b>Skatedogs</b>	<b>Sports Complex</b>
491402-6D 5-13 yrs M,Tu,W,Th,F 9am-12pm	12/26-12/30 \$167

### SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet.

<b>Skatedogs</b>	<b>Sports Complex</b>
491402-6A 6-16 yrs W 4-5:30pm	9/14-10/19 \$150
491402-6B 6-16 yrs W 4-5:30pm	11/2-12/7 \$150

# Skateboarding BIRTHDAY PARTY



## Sports Complex Parking Lot

Celebrate your birthday with your friends by riding ramps and getting skateboarding instruction from an experienced coach in the Skatedogs private skatepark. All parties include instruction, free skate, and fun games! For more information contact Skatedogs at 714-313-8787.

See page 2 for a list of Private or Semi-Private Surf Schools

# TEEN ADULT

## AQUATIC FITNESS

### AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool	
450802-3A	16 yrs + M	8:15-9:25am	9/12-10/24	\$71
450802-3B	16 yrs + M	8:15-9:25am	10/31-12/12	\$71
450802-3C	16 yrs + W	8:15-9:25am	9/14-10/26	\$71
450802-3D	16 yrs + W	8:15-9:25am	11/2-12/14	\$71
450802-3E	16 yrs + F	6:45-8am	9/16-10/28	\$71
450802-3F	16 yrs + F	6:45-8am	11/4-12/16	\$53
450802-3G	16 yrs + M,W	8:15-9:25am	9/12-10/26	\$135
450802-3H	16 yrs + M,W	8:15-9:25am	10/31-12/14	\$135

### AQUA TONE FITNESS: AQUA EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool	
450804-3A	16 yrs + M	5:30-6:30pm	9/12-10/24	\$59
450804-3B	16 yrs + M	5:30-6:30pm	10/31-12/12	\$59
450804-3C	16 yrs + W	5:30-6:30pm	9/14-11/2	\$59
450804-3D	16 yrs + W	5:30-6:30pm	11/9-12/14	\$52
450804-3E	16 yrs + F	5:30-6:30pm	9/16-10/28	\$59
450804-3F	16 yrs + F	5:30-6:30pm	11/4-12/16	\$45
450804-3G	16 yrs + M,W	5:30-6:30pm	9/12-11/2	\$104
450804-3H	16 yrs + M,W	5:30-6:30pm	10/31-12/14	\$104
450804-3I	16 yrs + M,W,F	5:30-6:30pm	9/12-10/28	\$150
450804-3J	16 yrs + M,W,F	5:30-6:30pm	10/31-12/16	\$136

### AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Debra Thurn and Jamie Fowler			City Gym and Pool	
450805-3A	16 yrs + M,W	1:15-2pm	September	\$70
450805-3B	16 yrs + M,W	1:15-2:15pm	October	\$70
450805-3C	16 yrs + M,W	1:15-2:15pm	November	\$70
450805-3D	16 yrs + M,W	1:15-2:15pm	December	\$70
450805-3E	16 yrs + F	11am-12pm	September	\$45
450805-3F	16 yrs + F	11am-12pm	October	\$45
450805-3G	16 yrs + F	11am-12pm	November	\$45
450805-3H	16 yrs + F	11am-12pm	December	\$45

### AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery.

Debra Thurn			City Gym and Pool	
450806-3A	16 yrs + Tu,Th	12:30-1:30pm	September	\$58
450806-3B	16 yrs + Tu,Th	12:30-1:30pm	October	\$58
450806-3C	16 yrs + Tu,Th	12:30-1:30pm	November	\$58
450806-3D	16 yrs + Tu,Th	12:30-1:30pm	December	\$58
450806-3E	16 yrs + M,W,F	12:15-1:15pm	September	\$84
450806-3F	16 yrs + M,W,F	12:15-1:15pm	October	\$84
450806-3G	16 yrs + M,W,F	12:15-1:15pm	November	\$84
450806-3H	16 yrs + M,W,F	12:15-1:15pm	December	\$84

### AQUA-TONE FITNESS: AQUATIC EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool	
450808-3A	16 yrs + M	7-8am	9/12-10/24	\$55
450808-3B	16 yrs + M	7-8am	10/31-12/12	\$55
450808-3C	16 yrs + W	7-8am	9/14-10/26	\$55
450808-3D	16 yrs + W	7-8am	11/2-12/14	\$55
450808-3E	16 yrs + M,W	7-8am	9/12-10/26	\$104
450808-3F	16 yrs + M,W	7-8am	10/31-12/14	\$104
450808-3H	16 yrs + Tu,Th	7-8am	9/13-10/27	\$104
450808-3I	16 yrs + Tu,Th	7-8am	11/1-12/15	\$97
450808-3M	16 yrs + Tu,Th	8:20-9:20am	9/13-10/27	\$104
450808-3N	16 yrs + Tu,Th	8:20-9:20am	11/1-12/15	\$97
450808-3J	16 yrs + F	8:20-9:20am	9/16-10/28	\$59
450808-3L	16 yrs + F	8:20-9:20am	11/4-12/16	\$45
450808-3K	16 yrs + Sa	7-8am	11/5-12/17	\$52
450808-3G	16 yrs + Sa	7-8am	9/17-10/29	\$59

### AQUA TONE FITNESS: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool	
450821-3A	16 yrs + F	9:30-10:15am	9/16-10/28	\$59
450821-3B	16 yrs + F	9:30-10:15am	11/4-12/16	\$45

### HUNTINGTON BEACH MERMAID SWIM

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid or instructor will hand out information for how to purchase your own tail. Monthly 1day/wk.

Debra Thurn			City Gym and Pool	
451166-3A	7 yrs + Tu	1:30-2pm	9/6-9/27	\$48
451166-3B	7 yrs + Tu	1:30-2pm	10/4-10/25	\$48
451166-3C	7 yrs + Tu	1:30-2pm	11/1-11/29	\$48

# ART

## ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

**Pati Kent**

**HB Art Center**

450103-4A 12 yrs + Tu 2:45-4:15pm 10/18-11/22 \$132/119

## ART EXPLORATION & DISCOVERY

Explore common materials and new processes to find your artistic flow. Starting with spontaneous "automatic drawing" exercises, you'll build mixed-media projects using graphite, acrylic paints, papers and fabrics. Collage and assemblage, color, shape and design are emphasized. No prior skill, just be ready to explore, discover and have fun!

**Jim Ellsberry**

**HB Art Center**

450148-4A 18 yrs + Sa 1-3:30pm 9/17-10/15 \$112/101

450148-4B 18 yrs + Sa 1-3:30pm 11/5-12/3 \$112/101

## ART: STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing. \$25 supply fee for new students.

**Marilyn Oropeza**

**Senior Center in Central Park**

450149-5A 18 yrs + Tu 12-3pm 9/6-10/11 \$25

450149-5B 18 yrs + Tu 12-3pm 10/18-11/22 \$25

450149-5C 18 yrs + Tu 12-3pm 11/29-12/20 \$20

## ARTIST PRESENTATIONS

Kurt Weston (MFA) instructs this class and will assist emerging and established artists to clearly articulate their artistic intent. Artists will be instructed on writing effective artists statements, creating their own Powerpoint presentations and refining their oral presentation skills. Some computer skills and Powerpoint for Windows or Mac required.

**Kurt Weston**

**HB Art Center**

450138-4A 18 yrs + Th 1-3pm 10/13-11/17 \$96/87

## BEGINNING IMPROV

Improv is no joke! If you are looking for a fun, but highly effective way to be free from shyness, fear of speaking, perfectionism, fear based planning or just build more creativity into your life, improv training is an excellent way to break through in a fun and safe environment.

**Brenda Glim**

**HB Art Center**

450145-4A 17 yrs + Tu 6:15-7:45pm 9/20-10/11 \$71/64

450145-4B 17 yrs + Tu 6:15-7:45pm 10/25-11/15 \$71/64

## CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

**Debbie Keller**

**Senior Center in Central Park**

451114-5A 18 yrs+ W 10:30-11:30am 9/21-12/7 \$6

## DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

**Kurt Weston**

**HB Art Center**

450109-4A 16 yrs + F 3:30-5:30pm 10/14-11/18 \$96/87

## DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

**Kurt Weston**

**HB Art Center**

450110-4A 16 yrs + Sa 1-3pm 10/15-11/19 \$96/87

## DIGITAL PHOTOGRAPHY ADVANCED

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

**Kurt Weston**

**HB Art Center**

450136-4A 18 yrs + F 1-3pm 10/14-11/18 \$96/87

## DROP IN PAINTING & DRAWING WORKSHOP

First you may come and bring work that you would like to finish, work on and get help with! Everything excluding oil paint. Secondly, you will be able to draw and paint from a still life on the model stand (no live models). The instructor will be available to give you individual instruction if you wish. Please bring your sketch book and bring your own materials. Upon completion of art work, students may have the opportunity to be included in an art show.

**Pati Kent**

**HB Art Center**

450153-4A 12 yrs + Tu 2:45-4:15pm 9/13 \$21/19

450153-4B 12 yrs + Tu 2:45-4:15pm 9/20 \$21/19

450153-4C 12 yrs + Tu 2:45-4:15pm 9/27 \$21/19

450153-4D 12 yrs + Tu 2:45-4:15pm 11/29 \$21/19

450153-4E 12 yrs + Tu 2:45-4:15pm 12/6 \$21/19

450153-4F 12 yrs + Tu 2:45-4:15pm 12/13 \$21/19

## FREE DISCOVER IMPROV WORKSHOP

We understand that taking the jump into improv is sometimes a scary thing to do, which is why we are excited to introduce our Free Discover Improv class! This workshop is a great introduction to what our beginning class is all about: listening, communication, creativity, and fun!

**Brenda Glim**

**HB Art Center**

450151-4A 7 yrs + Th 6:30-7:30pm 9/15 Free

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

## GARDEN MOSAIC ON STONE

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on stone that is weather proof for home or garden. \$25 materials fee due to instructor on first day of class. *No Class Dates: Nov-11*

**Anne Price**

**HB Art Center**

<b>450141-4A</b>	12 yrs +	F	3:30-5:30pm	9/16-10/7	\$125/113
<b>450141-4B</b>	12 yrs +	F	3:30-5:30pm	10/21-11/18	\$125/113

## HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$32 per painter-register in advance at HB Sands.org.

**Pati Kent**

**City Gym and Pool**

<b>450143-3A</b>	18 yrs +	F	6-8pm	10/14	\$32
<b>450143-3B</b>	18 yrs +	F	6-8pm	11/11	\$32
<b>450143-3C</b>	18 yrs +	F	6-8pm	12/9	\$32

**Pati Kent**

**Murdy Community Center**

<b>450143-1A</b>	18 yrs+	F	6-8pm	10/14	\$32
<b>450143-1B</b>	18 yrs+	F	6-8pm	12/9	\$32

## LANDSCAPE PAINTING IN OIL

This is a class for continuing students and those with some oil painting experience, designed to further strengthen and develop the student's oil painting abilities. Color mixing, relationships of dark and light, composition and perspective are studied as we work from photo assignments.

**Jim Ellsberry**

**HB Art Center**

<b>450114-4A</b>	18 yrs +	W	9:30am-12pm	9/21-10/19	\$112/101
<b>450114-4B</b>	18 yrs +	W	9:30am-12pm	11/2-11/30	\$112/101

## MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at Rodgers Senior Center. Class meets the 2nd and 4th Wednesday of each month.

**Angel Velasquez**

**Senior Center in Central Park**

<b>451113-5A</b>	18 yrs+	W	10:30-11:30am	9/28-12/14	\$6
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## METAL CLAY WORKSHOP

Explore working with metal clay. This is a two-part workshop for beginners who want to learn the basics of working with metal clay. You will learn how to handle, form, fire, and polish a silver pendant or pair of earrings. You will learn how to make a mold and then use it to form your jewelry.

**Laura Moore**

**HB Art Center**

<b>450129-4A</b>	13 yrs +	Sa	12:30-4:30pm	10/22-10/29	\$86/78
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## PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

**Marilyn Oropeza**

**Senior Center in Central Park**

<b>450115-5A</b>	18 yrs +	Tu	8:30-11:30am	9/6-10/11	\$50
<b>450115-5B</b>	18 yrs +	Tu	8:30-11:30am	10/18-11/22	\$50
<b>450115-5C</b>	18 yrs +	Tu	8:30-11:30am	11/29-12/20	\$35

## PAINT PEN TECHNIQUES

An easy to use medium, paint pens are a great way to express your creative side. Beginners to intermediate students will benefit from paint pen techniques, color theory, and basic drawing skills taught throughout the course.

**Sam Bernal**

**HB Art Center**

<b>450139-4A</b>	12 yrs +	W	6-7:45pm	9/14-10/19	\$136/123
<b>450139-4B</b>	12 yrs +	W	6-7:45pm	11/9-12/14	\$136/123

## WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list will be given on first day of class. Supplies will be provided by instructor on first day.

**Diane Merrill**

**HB Art Center**

<b>450116-4A</b>	13 yrs +	Tu	9:30am-12:30pm	9/20-10/25	\$114/103
<b>450116-4B</b>	13 yrs +	Tu	9:30am-12:30pm	11/8-12/13	\$114/103

## WRITING LIFE STORIES

Everyone has a story. What matters is how you tell it. Perhaps you have a funny or dramatic moment you lived through. Maybe a life changing moment, a story about how you met someone – a friend, a loved one-- but now how do you craft a meaningful story from it? Come find out how to create a focused narrative out of the many fascinating elements of your life. In a positive and supportive atmosphere, explore the different facets of memoir writing, including setting and place, point of view, voice, character arcs.

**Martin Salgado**

**HB Art Center**

<b>450146-4A</b>	13 yrs +	Tu	6-7:45pm	9/27-10/25	\$81/73
<b>450146-4B</b>	13 yrs +	Tu	6-7:45pm	11/8-12/6	\$81/73

## WATERCOLOR BASICS

The goal of Watercolor Basics is to teach the student some basic watercolor painting techniques. These shall include washes, lifting, and textures. Basic composition, values, and understanding the paint shall be covered. This class is for beginning painters but will be a good review for the more advanced painters too. *No Class Dates: Oct-20*

**Nancy Caldwell**

**HB Art Center**

<b>450150-4A</b>	16 yrs +	Th	9:30am-12:30pm	9/15-11/10	\$150/136
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# COMPUTERS

## BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at the first class.

Senior Center Volunteer		Senior Center in Central Park			
450200-5A	18 yrs + Tu	9-11:30am	9/13-10/4	\$15	
450200-5B	18 yrs + Tu	9-11:30am	11/8-11/29	\$15	

## BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450202-5A	18 yrs + Sa	9am-12pm	9/3-9/3	\$38	

## ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450205-5A	18 yrs + F	9am-12pm	9/16-9/30	\$72	
450205-5B	18 yrs + F	9am-12pm	10/14-10/28	\$72	
450205-5C	18 yrs + Th	9am-12pm	12/1-12/15	\$72	

## FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander		Senior Center in Central Park			
450201-5A	18 yrs + Sa	9am-12pm	9/17-9/17	\$38	
450201-5B	18 yrs + Sa	9am-12pm	10/15-10/15	\$38	
450201-5C	18 yrs + Sa	9am-12pm	12/3-12/3	\$38	

## G-MAIL & OTHER GOODIES

A 3-hour hands-on workshop: Learn to use G-Mail and familiarize yourself with many of the FREE Google applications available. Tour the Google Maps, Calendar, the "play" store, Google Docs, Google News, YouTube, etc. Take advantage of free Google goodies. Class notes provided.

Joel Lander		Senior Center in Central Park			
450220-5A	18 yrs + Sa	9am-12pm	9/10-9/10	\$38	
450220-5B	18 yrs + Sa	9am-12pm	10/8-10/8	\$38	
450220-5C	18 yrs + Th	2-5pm	10/20-10/20	\$38	
450220-5D	18 yrs + F	9am-12pm	11/4-11/4	\$38	
450220-5E	18 yrs + Sa	9am-12pm	12/10-12/10	\$38	

## INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

OCSeniors Club		Senior Center in Central Park			
450218-5A	55 yrs + M	1:30-2:30pm	9/12-10/3	\$46	
450218-5B	55 yrs + M	1:30-2:30pm	10/10-10/31	\$46	

## INTRODUCTION TO SMARTPHONES & TABLETS

This 1-hour walk-in is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

OCSeniors Club		Senior Center in Central Park			
450219-5A	55 yrs + M	2:45-3:45pm	9/12-10/3	\$46	
450219-5B	55 yrs + M	2:45-3:45pm	10/10-10/31	\$46	

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7, or 8. Requires basic computer skills. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450210-5A	18 yrs + Th	9am-12pm	9/8-9/15	\$66	
450210-5B	18 yrs + Th	9am-12pm	11/3-11/10	\$66	

## PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450214-5A	18 yrs + Th	9am-12pm	10/6-10/20	\$72	
450214-5B	18 yrs + F	9am-12pm	12/2-12/16	\$72	

## PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

OCSeniors Club		Senior Center in Central Park			
450217-5A	55 yrs + M	11:15am-12:15pm	9/12-10/3	\$46	
450217-5B	55 yrs + M	11:15am-12:15pm	10/10-10/31	\$46	

## WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

Joel Lander		Senior Center in Central Park			
450211-5A	18 yrs + Th	2-5pm	10/6-10/13	\$66	

## WINDOWS 10

This is a 3-hour, starter workshop. Explore some new features in Windows 10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. **NOTE:** This class is for individuals with basic computer experience, not for beginners.

Joel Lander		Senior Center in Central Park			
450212-5A	18 yrs + Sa	9am-12pm	9/24-9/24	\$38	
450212-5B	18 yrs + Sa	9am-12pm	10/22-10/22	\$38	
450212-5C	18 yrs + F	9am-12pm	11/18-11/18	\$38	
450212-5D	18 yrs + Th	2-5pm	12/1-12/1	\$38	

## COOKING

### APPETIZERS AND DESSERTS

The most important part of planning the perfect party is the food. In this class you will be learning all new appetizer and dessert recipes along with storing to have on hand for last minute entertaining to display of food for the perfect Holiday party. \$15 materials fee due first class.

April Berg		Edison Community Center		
450308-2A	18 yrs + Tu	6:15-9:15pm	10/25	\$35

### CAKE DECORATING BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Rebecca Mejia		Murdy Community Center		
450301-1A	13 yrs + Tu	6-8pm	9/13-10/4	\$50
450301-1B	13 yrs + Tu	6-8pm	10/11-11/1	\$50
450301-1C	13 yrs + Tu	6-8pm	11/8-11/29	\$50

### CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia		Murdy Community Center		
450304-1A	13 yrs + W	6-8pm	10/5-10/26	\$50
450304-1B	13 yrs + W	6-8pm	11/2-11/23	\$50

### CANNING THE HARVEST BOUNTY

You don't need a garden to benefit from this class. The Farmer's Market will do. You will learn the techniques of hot and cold baths, freezing, and drying. We will be making several jams, jellies, relishes, fruit butters, and different jerkys. \$15 materials fee due first class.

April Berg		Edison Community Center		
450306-2A	18 yrs + Tu	6:15-9:15pm	9/13-9/13	\$35

## GIFTS FROM THE KITCHEN

So many friends, so many gifts to buy. Why not give them a gift straight from the heart and home. You will learn to make all types of food gifts: bread and cookie mixes, drink mixes, BBQ mixes. Also you will learn presentation and grouping techniques. \$15 materials fee due first class.

April Berg		Edison Community Center		
450305-2A	18 yrs + Tu	6:15-9:15pm	11/29-11/29	\$35

## HOLIDAY ENTERTAINING

In this class you will learn to prepare different types of dressings, potato dishes, vegetable dishes, relishes, desserts, and so much more. You will also learn to fry a turkey. This class is all new recipes. \$15 materials fee due first class.

April Berg		Edison Community Center		
450309-2A	18 yrs + Tu	6:15-9:15pm	11/8-11/8	\$35

## DANCE

### ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No Class Dates: Oct-31*

Huntington Academy of Dance		City Gym and Pool		
450442-3A	16 yrs + M	7-8pm	9/12-11/14	\$95

Huntington Academy of Dance		16601 Gothard Street, Suite A		
450442-1A	16 yrs + W	7:30-8:30pm	9/14-11/16	\$105

### BALLET & BALLET STRETCH FOR ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance		16601 Gothard Street, Suite A		
450426-1A	18 yrs + M	12:30-1:30pm	9/12-10/17	\$49
450426-1B	18 yrs + M	12:30-1:30pm	10/24-11/28	\$49

### DANCE: BALLROOM

The elegant Ballroom dances: Waltz and Cha Cha Session  
1. Foxtrot and Merengue Session 2. Foxtrot and Cha Cha Session  
3. Classic dance moves will give you confidence at parties, nightclubs, weddings, and cruises. No partner needed.

Kaylaa Fox		Edison Community Center		
450407-2A	16 yrs + M	7-7:45pm	9/12-10/3	\$49
450407-2B	16 yrs + M	7-7:45pm	10/10-10/31	\$49
450407-2C	16 yrs + M	7-7:45pm	11/7-11/28	\$49

## DANCE: COUNTRY LINE

Country Line Dance is so big, you can go out dancing to "in" country music immediately. Meet new friends, socialize, and have fun! Calories just jump off as your boots are flying to the music on the dance floor. *No Class Dates: Nov-24*

Kaylaa Fox		Edison Community Center		
450413-2A	16 yrs + W	7:30-8:15pm	9/14-10/5	\$49
450413-2B	16 yrs + W	7:30-8:15pm	10/12-11/2	\$49
450413-2C	16 yrs + W	7:30-8:15pm	11/9-11/30	\$49

Kaylaa Fox		Murdy Community Center		
450413-1A	18 yrs + Th	7-7:45pm	9/15-10/6	\$49
450413-1B	18 yrs + Th	7-7:45pm	10/13-11/3	\$49
450413-1C	18 yrs + Th	7-7:45pm	11/10-12/8	\$49

## DANCE: COUNTRY TWO STEP

Romantic COUNTRY 2 STEP lets you dance with your own partner or meet a partner in class or out at The COUNTRY CLUBS. Listen to favorite songs played by DJ and bands as you dance to the beat. No partner needed. *No Class Dates: Nov-24*

Kaylaa Fox		Edison Community Center		
450415-2A	18 yrs + W	8:15-9pm	9/14-10/5	\$49
450415-2B	18 yrs + W	8:15-9pm	10/12-11/2	\$49
450415-2C	18 yrs + W	8:15-9pm	11/9-11/30	\$49

Kaylaa Fox		Murdy Community Center		
450415-1A	16 yrs + Th	7:45-8:30pm	9/15-10/6	\$49
450415-1B	16 yrs + Th	7:45-8:30pm	10/13-11/3	\$49
450415-1C	16 yrs + Th	7:45-8:30pm	11/10-12/8	\$49

## DANCE: SALSA

SALSA dance is exploding in clubs and parties with its exotic rhythms just waiting to be Danced to. It is just plain sexy! Easy patterns in this class will take you out socializing and Dancing immediately. No partner needed.

Kaylaa Fox		Murdy Community Center		
450421-1A	16 yrs + Th	8:30-9:15pm	9/15-10/6	\$49
450421-1B	16 yrs + Th	8:30-9:15pm	10/13-11/3	\$49

## DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox		Murdy Community Center		
450423-1A	16 yrs + Th	8:15-9:15pm	9/15-10/6	\$40
450423-1B	16 yrs + Th	8:15-9:15pm	10/13-11/3	\$40

## DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. HOSTED BY MICHAEL AND OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox		Murdy Community Center		
450424-1A	16 yrs + Th	7:15-8:15pm	9/15-10/6	\$40
450424-1B	16 yrs + Th	7:15-8:15pm	10/13-11/3	\$40

## DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox		Murdy Community Center		
450422-1A	18 yrs + Th	6:15-7:15pm	9/15-10/6	\$40
450422-1B	18 yrs + Th	6:15-7:15pm	10/13-11/3	\$40

## DANCE: BRIDE AND GROOM'S FIRST DANCE

Bride & Groom's first Dance Class: Bride & Groom will learn how to dance to their FIRST DANCE music. One meeting class for one hour. Great for FATHER DAUGHTER Dance and MOTHER SON Dance, too. Just bring your music or choices.

Kaylaa Fox		Murdy Community Center		
450449-1A	18 yrs + Th	6-7pm	9/22	\$25
450449-1B	18 yrs + Th	6-7pm	10/13	\$25

## DANCE: HULA 'AUANA 'O KEKULAKAPU

Aloha Mai-This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

Guava Groove		Senior Center in Central Park		
450451-5A	35-65 yrs W	9:30-10:30am	9/14-11/16	\$95

## DANCE: SWING

Classic Swing dance moves will give you confidence at nightclubs, parties, weddings, and cruises. No partner needed.

Kaylaa Fox		Edison Community Center		
450452-2A	16 yrs + M	7:45-8:30pm	9/12-10/3	\$49
450452-2B	16 yrs + M	7:45-8:30pm	10/10-10/31	\$49
450452-2C	16 yrs + M	7:45-8:30pm	11/7-11/28	\$49

## LINE DANCE FITNESS NEW BEGINNERS

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-11, Nov-25*

Suzy Hazard		Senior Center in Central Park		
450419-5A	18 yrs + F	3-3:55pm	9/23-12/9	\$54

Linda Maarleveld		Senior Center in Central Park		
450450-5A	18 yrs+ Tu	2:30-3:30pm	9/13-12/6	\$71
450450-5B	18 yrs+ Tu	4-5pm	9/13-12/6	\$71

## LINE DANCE FITNESS: LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: New Beginner Line Dance. *No Class Dates: Nov-11, Nov-25*

Suzy Hazard		Senior Center in Central Park		
450420-5A	18 yrs + F	4-5pm	9/23-12/9	\$54

Linda Maarleveld		Senior Center in Central Park		
450453-5A	18 yrs+ W	7-8:30pm	9/21-12/7	\$65

Register Online! [www.hbsands.org](http://www.hbsands.org)

## LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. *No Class Dates: Nov-9, Nov-23*

**Suzy Hazard** Senior Center in Central Park  
450428-5A 18 yrs + W 3-4:30pm 9/21-12/7 \$54

## LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: Nov-7, Nov-14*

**Suzy Hazard** Senior Center in Central Park  
450433-5A 18 yrs + M 3:15-4:45pm 9/19-12/5 \$54

## LINE DANCE FITNESS LEVEL 3/4

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-9, Nov-23*

**Suzy Hazard** Senior Center in Central Park  
450434-5A 18 yrs + W 1-2:30pm 9/21-12/7 \$54

## PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Times and dates to be arranged with instructor.

**SockhopFitness** Edison Community Center  
450402-2A 6 yrs + TBA TBA TBA \$60

## TUPUA'S BEGINNING POLYNESIAN

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

**Tupua Productions** Senior Center in Central Park  
450440-5A 13 yrs + Tu 6:30-7:30pm 9/13-11/22 \$96

## TUPUA'S ADVANCED POLYNESIAN

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing, bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

**Tupua Productions** Senior Center in Central Park  
450439-5A 13 yrs + Tu 7:30-8:30pm 9/13-11/22 \$96

## IRA WEISBURD LINE DANCING WORKSHOP

Ira Weisburd is well known for his dancer-friendly choreographies and is a recent recipient of the distinguished Male Instructor of the Year Award. His dances continue to be some of the most requested dances here and around the world. Two workshops to choose from – come enjoy both if you want! Sign up early for \$25, fee will be \$35 after September 1.

**Suzy Hazard** Senior Center in Central Park  
451201-5A 18 yrs + Sa 10am-12pm 10/29-10/29 \$25  
451201-5B 18 yrs + Sa 1:30-3:30pm 10/29-10/29 \$25

## DOG TRAINING

### AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested.

**Dog Services Unlimited** Edison Community Center  
450503-2A 10 yrs + Tu 8:30-9:15pm 10/25-11/1 \$28

### DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class, includes training manual. *No Class Dates: Oct-31*

**Dog Services Unlimited** Murdy Community Center  
450502-1A 10 yrs + M 6:30-7:30pm 10/17-11/28 \$84

### DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 materials fee (includes training manual).

**Dog Services Unlimited** Edison Community Center  
450504-2A 10 yrs + Tu 7:30-8:30pm 9/20-11/1 \$95  
450504-2B 10 yrs + W 6-7pm 10/19-11/30 \$95

**Dog Services Unlimited** Murdy Community Center  
450504-1A 10 yrs + Th 7-8pm 10/6-11/17 \$95

### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

**Dog Services Unlimited** Murdy Community Center  
450506-1A 10 yrs + M 7:30-8:45pm 11/7-11/28 \$82

### FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs.

**Surf City Flyball Dog Park-Central Park-Slater/Goldenwest Street**  
450507-1A 18 yrs + Sa 9-10am 9/17-11/12 \$95

### FLYBALL INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition.

**Surf City Flyball Dog Park-Central Park-Slater/Goldenwest Street**  
450508-1A 18 yrs + Sa 10-11:30am 9/17-11/12 \$95

## EDUCATIONAL

### ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. Come and learn communication of daily activities, introductions, and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. Ci vediamo! (see you soon!).

**Spectrum Languages** **Edison Community Center**  
450601-2A 18 yrs + Th 6:30-7:30pm 9/15-11/17 \$168

### ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun.

**Spectrum Languages** **Edison Community Center**  
450603-2A 18 yrs + Th 7:30-8:30pm 9/15-11/17 \$168

### LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m.-12:00p.m.

**OC Learning Black History** **Senior Center in Central Park**  
450610-5A 8 yrs + Sa 10am-12pm 9/24-12/10 \$10

### LGBT- STRESS MANAGEMENT FOR WELLNESS

LGBT people often face unique challenges as they age. This class honors the rich life history of its participants and implements holistic education, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity, and quality of life. Class workbook is included.

**Karen Fazio** **Senior Center in Central Park**  
450613-5A 50 yrs + F 10-11am 9/16-11/4 \$68

### STRESS MANAGEMENT FOR WELLNESS

This class honors the rich life history of its participants and implements holistic education, the seven dimensions of wellness, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity and quality of life. Class workbook is included.

**Karen Fazio** **Senior Center in Central Park**  
450614-5A 50 yrs + F 11:30am-12:30pm 9/16-11/4 \$68

## HEALTH & FITNESS

### CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. No Class Dates: Nov-11, Nov-25

**Marianne Grossman** **Senior Center in Central Park**  
450816-5A 55 yrs + F 10:15-11:15am 9/16-12/9 \$55

### CARDIO STRENGTH & STRENGTH TRAINING

Whether you are a beginner or advanced, see results faster! Join us for a mix of step cardiovascular training, low impact, core, and muscular strength training to blast calories and improve total health. Steps and hand-held weights provided. Please bring mat, towel, and water. No Class Dates: Nov-24

**Joanne Pridomirski** **Edison Community Center**  
450850-2A 13 yrs + Tu,Th 8:45-9:45am 9/13-12/8 \$89

### CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No Class Dates: Nov-11, Nov-21, Nov-23, Nov-25

**Susan Hardy** **Edison Community Center**  
450851-2A 13 yrs + M,W,F 5:15-6:15pm 9/12-12/16 \$142

### CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. No Class Dates: Nov-11, Nov-21, Nov-25

**Susan Hardy** **Murdy Community Center**  
450835-1A 13 yrs + M,W,F 9:15-10am 9/12-12/16 \$136

### SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated!

**Marianne Grossman** **Senior Center in Central Park**  
450837-5A 55 yrs + Tu,F 9-9:45am 9/13-12/9 \$69

### FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

**Phil Hart** **Senior Center in Central Park**  
450838-5A 40 yrs + W 6-7pm 9/21-11/16 \$95

### FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). Materials fee of \$4 for Dynaband payable in class. No Class Dates: Nov-21, Nov-22, Nov-24

**Marianne Grossman** **Senior Center in Central Park**  
450817-1A 18 yrs + Th 9:15-10am 9/15-12/8 \$59  
450817-5A 55 yrs + Tu 10:15-11am 9/13-12/6 \$59  
450817-5B 55 yrs + Th 9:15-10am 9/15-12/8 \$59

## HB PILATES: UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.  
No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates	All Community Center Locations			
450896-1A	16 yrs +	M thru Sa	TBD	9/12-10/15 \$195
450896-1B	16 yrs +	M thru Sa	TBD	10/17-11/19 \$195
450896-1C	16 yrs +	M thru Sa	TBD	11/21-12/17 \$162

## HB PILATES: PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: Nov-11, Nov-24, Nov-25*

HB Pilates	All Community Center Locations			
450897-1A	16 yrs +	TBD	1 Session	9/12-12/7 \$76
450897-1B	16 yrs +	TBD	10 Sessions	9/12-12/7 \$700
450897-1C	16 yrs +	TBD	20 Sessions	9/12-12/7 \$1300

## HB PILATES STROLLER WORKOUT

Calling all moms! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one-hour workout that will sculpt and tighten your entire body while you are bonding with your babies and making new mom friends! Kids 0-4 welcome. 2 kids max. Bring stroller, mat, water, and snacks. Meet us in front of the new Senior Center! Email: [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

HB Pilates	Senior Center in Central Park			
450825-5A	18 yrs +	Tu	9-10am	9/13-10/11 \$68
450825-5B	18 yrs +	Th	9-10am	9/15-10/13 \$68
450825-5C	18 yrs +	Tu,Th	9-10am	9/13-10/13 \$97
450825-5D	18 yrs +	Tu	9-10am	10/18-11/15 \$68
450825-5E	18 yrs +	Th	9-10am	10/20-11/17 \$68
450825-5F	18 yrs +	Tu,Th	9-10am	10/18-11/17 \$97
450825-5G	18 yrs +	Tu	9-10am	11/22-12/20 \$68
450825-5H	18 yrs +	Th	9-10am	12/1-12/22 \$58
450825-5I	18 yrs +	Tu,Th	9-10am	11/22-12/20 \$87

## HB PILATES: AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: Nov-11, Nov-25*

HB Pilates	City Gym and Pool			
450833-3A	16 yrs +	W	11-11:30am	9/14-10/12 \$37
450833-3B	16 yrs +	W	11-11:30am	10/19-11/16 \$37
450833-3C	16 yrs +	W	11-11:30am	11/23-12/21 \$37

HB Pilates	Edison Community Center			
450833-2A	16 yrs +	F	11:30am-12pm	9/16-10/14 \$43
450833-2B	16 yrs +	F	11:30am-12pm	10/21-11/18 \$37
450833-2C	16 yrs +	F	11:30am-12pm	12/2-12/16 \$30

HB Pilates	Murphy Community Center			
450833-1A	16 yrs +	M	11-11:30am	9/12-10/10 \$43
450833-1B	16 yrs +	M	11-11:30am	10/17-11/14 \$43
450833-1C	16 yrs +	M	11-11:30am	11/21-12/12 \$37
450833-1D	16 yrs +	W	6:30-7pm	9/14-10/12 \$43
450833-1E	16 yrs +	W	6:30-7pm	10/19-11/16 \$43
450833-1F	16 yrs +	W	6:30-7pm	11/23-12/14 \$37

## HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. *No Class Dates: Nov-11, Nov-24, Nov-25*

HB Pilates	Edison Community Center			
450839-2A	16 yrs +	M	9-10am	9/12-10/10 \$68
450839-2B	16 yrs +	M	9-10am	10/17-11/14 \$68
450839-2C	16 yrs +	M	9-10am	11/21-12/12 \$58
450839-2D	16 yrs +	F	9-10am	9/16-10/14 \$68
450839-2E	16 yrs +	F	9-10am	10/21-11/18 \$58
450839-2F	16 yrs +	F	9-10am	12/2-12/16 \$45

HB Pilates	Murphy Community Center			
450839-1A	16 yrs +	Th	9-10am	9/15-10/13 \$68
450839-1B	16 yrs +	Th	9-10am	10/20-11/17 \$68
450839-1C	16 yrs +	Th	9-10am	12/1-12/15 \$58
450839-1D	16 yrs +	W	7-8pm	9/14-10/12 \$68
450839-1E	16 yrs +	W	7-8pm	10/19-11/16 \$68
450839-1F	16 yrs +	W	7-8pm	11/23-12/14 \$58

## HB PILATES: PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Nov-24*

HB Pilates	City Gym and Pool			
450855-3A	16 yrs +	W	10-11am	9/14-10/12 \$62
450855-3B	16 yrs +	Th	7-8pm	9/15-10/13 \$62
450855-3C	16 yrs +	W	10-11am	10/19-11/16 \$62
450855-3D	16 yrs +	Th	7-8pm	10/20-11/17 \$62
450855-3E	16 yrs +	W	10-11am	11/23-12/21 \$62
450855-3F	16 yrs +	Th	7-8pm	12/1-12/22 \$52

HB Pilates	Edison Community Center			
450855-2A	16 yrs +	M	7:30-8:30pm	9/12-10/10 \$68
450855-2B	16 yrs +	M	7:30-8:30pm	10/17-11/14 \$68
450855-2C	16 yrs +	M	7:30-8:30pm	11/21-12/12 \$58
450855-2D	16 yrs +	W	7-8pm	9/14-10/12 \$68
450855-2E	16 yrs +	W	7-8pm	10/19-11/16 \$68
450855-2F	16 yrs +	W	7-8pm	11/23-12/14 \$58

HB Pilates	Murphy Community Center			
450855-1A	16 yrs +	Tu	7-8pm	9/13-10/11 \$68
450855-1B	16 yrs +	Tu	7-8pm	10/18-11/15 \$68
450855-1C	16 yrs +	Tu	7-8pm	11/22-12/13 \$58
450855-1D	16 yrs +	Sa	10-11am	9/17-10/15 \$68
450855-1E	16 yrs +	Sa	10-11am	10/22-11/19 \$68
450855-1F	16 yrs +	Sa	10-11am	11/26-12/17 \$58

## HB PILATES: PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum women (minimum 6-8 weeks postpartum, with doctor's approval.) Drop-Ins: \$18. Please bring mat, towel, grip socks, and water. *No Class Dates: Nov-24*

HB Pilates	Murphy Community Center			
450856-1A	18 yrs +	Th	6-7pm	9/15-10/13 \$73
450856-1B	18 yrs +	Th	6-7pm	10/20-11/17 \$73
450856-1C	18 yrs +	Th	6-7pm	12/1-12/15 \$48

## HB PILATES: PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome.

Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water.

No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates		City Gym and Pool			
450811-3A	16 yrs +	W	9-10am	9/14-10/12	\$65
450811-3B	16 yrs +	Th	6-7pm	9/15-10/13	\$65
450811-3C	16 yrs +	W	9-10am	10/19-11/16	\$66
450811-3D	16 yrs +	Th	6-7pm	10/20-11/17	\$66
450811-3E	16 yrs +	W	9-10am	11/23-12/21	\$67
450811-3F	16 yrs +	Th	6-7pm	12/1-12/22	\$57

HB Pilates		Edison Community Center			
450811-2A	16 yrs +	M	6:30-7:30pm	9/12-10/10	\$65
450811-2B	16 yrs +	M	6:30-7:30pm	10/17-11/14	\$66
450811-2C	16 yrs +	M	6:30-7:30pm	11/21-12/12	\$57
450811-2D	16 yrs +	Tu	9-10am	9/13-10/11	\$65
450811-2E	16 yrs +	Tu	9-10am	10/18-11/15	\$66
450811-2F	16 yrs +	Tu	9-10am	11/22-12/13	\$57
450811-2G	16 yrs +	W	6-7pm	9/14-10/12	\$65
450811-2H	16 yrs +	W	6-7pm	10/19-11/16	\$66
450811-2I	16 yrs +	W	6-7pm	11/23-12/14	\$57
450811-2J	16 yrs +	F	10:30-11:30am	9/16-10/14	\$65
450811-2K	16 yrs +	F	10:30-11:30am	10/21-11/18	\$56
450811-2L	16 yrs +	F	10:30-11:30am	12/2-12/16	\$45

HB Pilates		Murdy Community Center			
450811-1A	16 yrs +	M	10-11am	9/12-10/10	\$65
450811-1B	16 yrs +	M	10-11am	10/17-11/14	\$66
450811-1C	16 yrs +	M	10-11am	11/21-12/12	\$57
450811-1D	16 yrs +	Tu	6-7pm	9/13-10/11	\$65
450811-1E	16 yrs +	Tu	6-7pm	10/18-11/15	\$66
450811-1F	16 yrs +	Tu	6-7pm	11/22-12/13	\$57
450811-1G	16 yrs +	Th	5-6pm	9/15-10/13	\$65
450811-1H	16 yrs +	Th	5-6pm	10/20-11/17	\$66
450811-1I	16 yrs +	Th	5-6pm	12/1-12/15	\$45
450811-1J	16 yrs +	Sa	9-10am	9/17-10/15	\$65
450811-1K	16 yrs +	Sa	9-10am	10/22-11/19	\$65
450811-1L	16 yrs +	Sa	9-10am	11/26-12/17	\$57

## HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises.

Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. No class 11/11 and 11/25

HB Pilates		Senior Center in Central Park			
450879-5A	18 yrs	M	9/12-10/10	12:30-1:30pm	\$58
450879-5B	18 yrs	W	9/14-10/12	12:00-1:00pm	\$58
480879-5C	18 yrs	F	9/16-10/14	12:30-1:30pm	\$58
480879-5D	18 yrs	Any 2 days		TBA	\$105
480879-5E	18 yrs	All 3 days		TBA	\$115
480879-5F	18 yrs	M	10/17-11/14	12:30-1:30pm	\$58
480879-5G	18 yrs	W	10/19-11/16	12:00-1:00pm	\$58
480879-5H	18 yrs	F	10/21-11/18	12:30-1:30pm	\$48
480879-5I	18 yrs	Any 2 days (No Fridays)		TBA	\$105
480879-5J	18 yrs	Any 3 days (With Fridays)		TBA	\$97
480879-5K	18 yrs	All 3 days		TBA	\$109
480879-5L	18 yrs	M	1/21-12/19	12:30-1:30pm	\$58
480879-5M	18 yrs	W	11/23-12/21	12:00-1:00pm	\$58
480879-5N	18 yrs	F	12/2-12/23	12:30-1:30pm	\$48
480879-5O	18 yrs	Any 2 days (No Fridays)		TBA	\$105
480879-5P	18 yrs	Any 3 days (With Fridays)		TBA	\$97
480879-5Q	18 yrs	All 3 days		TBA	\$109

## HB PILATES: PILATES CHAIR – SITTING ONLY

Pilates Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: strength, flexibility, posture, and an enhanced mind-body connection. Bring water and grip socks.

HB Pilates		Senior Center in Central Park			
450895-5A	18 yrs +	M	11:45am-12:30pm	9/12-10/10	\$48
450895-5C	18 yrs +	M	11:45am-12:30pm	11/21-12/19	\$48
450895-5B	18 yrs +	M	11:45am-12:30pm	10/17-11/14	\$48

## HB: PILATES: 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates		All Community Center Locations			
450611-1A	16 yrs +	Attend Any		9/12-10/15	\$85
450611-1B	16 yrs +	HB Pilates		10/17-11/19	\$85
450611-1C	16 yrs +	Class		11/21-12/17	\$85

## HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates		All Community Center Locations			
450612-1A	16 yrs +	Attend Any		9/12-10/15	\$160
450612-1B	16 yrs +	HB Pilates		10/17-11/19	\$160
450612-1C	16 yrs +	Class		11/21-12/17	\$160

## HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. \*Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$165.

Susan Hardy		Murdy Community Center			
450841-1A	13 yrs +	M,W,F	8:30-9:15am	9/12-12/16	\$136

## JAZZERCISE

Torch fat, sculpt lean muscle and CRUSH calories with this high intensity workout that mixes dance based cardio with strength training. Fresh pulse pounding music and body blasting moves jam up the intensity to transform your body, boost your mood, and IGNITE YOUR ENERGY! Mondays 9-10am, Tuesdays 5:30-6:35 pm, Wednesdays 8-9 am, Fridays 9-10am

Erica Den Hartog		City Gym and Pool			
450853-3A	13 yrs +	10 class pack		9/5-12/20	\$68
450853-3B	13 yrs +	20 class pack		9/5-12/20	\$98

Register Online! [www.hbsands.org](http://www.hbsands.org)

## KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

**Julia Weber** **Murdy Community Center**  
**450842-1A** 14 yrs + Tu 7-8pm 9/13-11/29 \$89

## KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living.

**David Phears** **Senior Center in Central Park**  
**450815-5A** 18 yrs + M 9:30-10:30am 10/10-11/28 \$125

## MENTAL GYMNASTICS

Learn the latest research on the brain and how you can use it to become stronger and sharper as you get older by exercising your mental abilities, memory, and critical thinking power. Also included will be nutrition, exercise, and attitude changes than can empower you on a daily basis. Join this fun and supportive group and learn tools for life to keep "senior moments" from becoming "senior months."

**Sharon Fleming** **Senior Center in Central Park**  
**450877-5A** 18 yrs + Th 9:15-11:15am 10/13-12/8 \$79

## QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

**Donald Walker** **Murdy Community Center**  
**450864-1A** 18 yrs + W 6-7:15pm 9/14-10/26 \$49

## SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!  
*No Class Dates: Nov-27*

**Susan Hardy** **Edison Community Center**  
**450846-2A** 13 yrs + Sa 9:15-10:15am 9/17-12/17 \$60

## SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

**Georgia Spidle** **Lake Park Clubhouse, 1035 11th Street**  
**450847-2A** 18 yrs + M,W,F 9-10am 9/12-12/2 \$60

## HB PILATES POWER YOGA

Join us for an hour of Power! This dynamic yoga class will focus on increasing strength and flexibility while utilizing rhythmic breath, and building heat and stamina in the body and mind. Bring mat, towel, water. Suggested props: yoga strap, yoga blocks (1-2).

<b>HB Pilates</b>		<b>Senior Center in Central Park</b>		
<b>450878-5A</b>	16 yrs + W	6-7pm	9/12-10/10	\$68
<b>450878-5B</b>	16 yrs + Sa	9am-10pm	9/17-10/15	\$68
<b>450878-5C</b>	16 yrs + W	6-7pm	10/17-11/14	\$68
<b>450878-5D</b>	16 yrs + Sa	9-10am	10/22-11/19	\$68
<b>450878-5E</b>	16 yrs + W	6-7pm	11/21-12/12	\$68
<b>450878-5F</b>	16 yrs + Sa	9-10am	11/26-12/17	\$68

## CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Oct-10, Oct-17, Nov-21*

**Diane Pavesic** **Senior Center in Central Park**  
**450866-5A** 18 yrs + M 10-11am 9/19-12/5 \$74  
**450866-5B** 18 yrs + M 11:15am-12:15pm 9/19-12/5 \$74

## YOGA AT EDISON

Yoga unites mind & body improving general health, balance, and well-being. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Oct-12, Oct-19, Nov-23*

**Diane Pavesic** **Edison Community Center**  
**450868-2A** 18 yrs + W 4:30-5:30pm 9/21-12/7 \$74  
**450868-2B** 18 yrs + W 5:45-6:45pm 9/21-12/7 \$74  
**450868-2C** 18 yrs + W 7-8pm 9/21-12/7 \$74



Personal Training and Fitness Center  
 Memberships available at the  
 Senior Center in Central Park.  
 For Information call 714-374-1578





Parks and Recreation provide space to enjoy nature

## YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. No Class Dates: Oct-13, Oct-20, Nov-24

Diane Pavesic		Senior Center in Central Park			
450872-5A	18 yrs + Th	10am-11am	9/22-12/8	\$74	
450872-5B	18 yrs + Th	11am-12pm	9/22-12/8	\$74	

## YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No Class Dates: Oct-10, Oct-11, Oct-12, Nov-11, Nov-21, Nov-22, Nov-23, Nov-25

Jacki King, E-RYT		Murdy Community Center			
450876-1F	18 yrs + M	4:35-5:35pm	9/19-12/5	\$82	
450876-1H	18 yrs + W	4-5pm	9/21-12/7	\$82	

Susan Holden		Murdy Community Center			
450876-1A	16 yrs + M	6-7pm	9/19-12/5	\$82	
450876-1B	16 yrs + M	7:15-8:15pm	9/19-12/5	\$82	
450876-1C	16 yrs + Tu	5:30-6:45pm	9/20-12/6	\$82	
450876-1D	16 yrs + F	4-5pm	9/23-12/9	\$82	

Yvonne Carmichael		Lake View Clubhouse, 17461 Zeider Lane			
450876-1E	16 yrs + W	10:30am-12pm	9/14-11/2	\$97	
450876-1G	16 yrs + F	10:30am-12pm	9/16-11/4	\$97	

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael		City Gym & Pool			
450867-3A	16 yrs + M	10:30am-12pm	9/12-11/14	\$97	

## YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket.

Susan Holden		Senior Center in Central Park			
450892-5A	16 yrs+ T	10:30-11:30am	9/20-12/6	\$74	

## TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Oct-31, Nov-24

Elizabeth Pham		Senior Center in Central Park			
450881-5A	18 yrs + M	6:45-8:15pm	9/12-12/12	\$65	
450881-5B	18 yrs + Th	9-10:30am	9/15-12/15	\$65	

## TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Oct-31 and Nov-24

Shona Howe		Senior Center in Central Park			
450882-5A	18 yrs + M	6:45-8:15pm	9/12-12/12	\$65	
450882-5B	18 yrs + Th	9-10:30am	9/15-12/15	\$65	

## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Class material and DVD included with \$20 paid to instructor at the first class. Check payable to Makena Solutions LLC or Bing Luh.

Makena Solutions LLC		HB Art Center			
Free Demo	Tu	10:30-11:45 am	9/27	Free	
450884-4A	16 yrs + Tu	10:30-11:45am	10/4-11/22	\$109/99	
Free Demo	W	6:30-7:30pm	9/28	Free	
450884-4B	16 yrs + W	6:30-7:45pm	10/5-11/23	\$109/99	

## TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No Class Dates: Nov-21, Nov-22

Marianne Grossman		Edison Community Center			
450857-2A	18 yrs + Tu	5:30-6:30pm	9/13-12/6	\$78	

Marianne Grossman		Senior Center in Central Park			
450857-5A	18 yrs + M	5:30-6:30pm	9/12-12/5	\$78	

## TOTAL BODY WORKOUT/CARDIO STEP

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. No Class Dates: Nov-11, Nov-21, Nov-23, Nov-25

Susan Hardy		Murdy Community Center			
450886-1A	13 yrs + M,W,F	8:30-10am	9/12-12/16	\$165	

## TAI CHI FOR WELLNESS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

Donald Walker		Edison Community Center			
450887-2A	18 yrs + M	1-2:15pm	9/12-10/24	\$49	

## TAI CHI FOR WELLNESS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free! Must complete Set 1 prior to taking Set 2.

**Donald Walker** **Edison Community Center**  
450911-2A 18 yrs + M 2:30-3:45pm 9/12-10/24 \$49

## WALKING AWAY FROM PAIN

Jumpstart your walking to look and feel younger. Revitalize your movement and balance so you can walk farther, faster while pain free. Discover the latest scientific findings regarding how to walk easily and effortlessly while also learning mindful movement and posture skills derived from Tai Chi. Step right up! 1st class is free.

**Donald Walker** **Edison Community Center**  
450898-2A 18 yrs + Tu 1:30-2:45pm 9/27-10/25 \$49

## ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

**SockhopFitness** **Edison Community Center**  
450858-2A 16 yrs + W 6:30-7:15pm 9/14-12/7 \$77

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

**SockhopFitness** **Edison Community Center**  
450888-2A 16 yrs + M 6-6:45pm 9/12-12/5 \$77

## ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm

**SockhopFitness** **Edison Community Center**  
450827-2A 16 yrs + M 6-6:45pm 9/12-12/7 \$123  
W 6:30-7:15pm

## ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! No Class Dates: Oct-25

**SockhopFitness** **Murdy Community Center**  
450813-1A 6 yrs + Tu 8:05-8:50pm 9/13-12/6 \$75

## ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances.

**Marianne Grossman** **Senior Center in Central Park**  
450848-5A 55+ Th 10:15-11:15am 9/15-12/8 \$72

## MARTIAL ARTS

### FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$75 includes 4 family members one time per week., and there is a \$6 fee per each extra student. Take 2 days per week for \$115 up to 4 people--if more than 4 students, add \$6 per student.

**Frances Cardinal** **Senior Center in Central Park**  
450904-5A 3 yrs + Tu 5-6pm 9/13-12/13 \$75  
450904-5B 3 yrs + Th 5-6pm 9/15-12/15 \$75

### KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks

**Wadoryu USA** **Edison Community Center**  
450907-2A 18 yrs + Th 7:15-8:15pm 9/15-12/15 \$100

### MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$91, any 2 days \$130, all 3 days \$156. No Class Dates: Nov-24

**Frances Cardinal** **Senior Center in Central Park**  
450901-5A 14 yrs + Tu 6:15-7:45pm 9/13-12/13 \$91  
450901-5B 14 yrs + Th 6:15-7:45pm 9/15-12/15 \$91  
450901-5C 14 yrs + Sa 10am-12pm 9/17-12/17 \$91

### TAE KWON DO: ADULT

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor.

**Kiavash Tillehkoob** **City Gym and Pool**  
450912-3A 17 yrs + M 7:15-8pm 9/12-11/28 \$199  
450912-3B 17 yrs Tu 7:15-8pm 9/13-11/29 \$199  
450912-3C 17 yrs W 7:15-8pm 9/14-11/30 \$199  
450912-3D 17 yrs Th 7:15-8pm 9/15-12/1 \$199

## MUSIC

### GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

**McGrath Music** **Edison Community Center**  
451002-2A 10 yrs + Tu 7-8pm 9/13-11/1 \$125

### GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

**McGrath Music** **Edison Community Center**  
451001-2A 10 yrs + Tu 8:10-9:10pm 9/13-11/1 \$125

### GROUP GUITAR

Learn to play guitar from Mr Greg, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels and all ages are welcome. Full course runs from Sept 15-Dec 8 and is payable in three installments (\$85 tuition due before each class section begins on 9/15, 10/13, and 11/10), but will accept new students all season long! Walk-ins are welcome, but please register by 9/12 for best availability, and GET READY TO ROCK! No Class Dates: Nov-25

**The RockBand Experience** **HB Art Center**  
451008-4A 16 yrs + Th 4:30-5:30pm 9/15-10/6 \$85/77  
451008-4B 16 yr + Th 4:30-5:30pm 10/13-11/3 \$85/77  
451008-4C 16 yr + Th 4:30-5:30pm 11/10-12/8 \$85/77

### GUAVA GROOVE UKULELE PLAYERS

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! \$5 materials fee is due first class.

**Guava Groove** **Senior Center in Central Park**  
451004-5A 18 yrs + Tu 10:45-11:45am 9/13-10/18 \$65  
451004-5B 18 yrs + Tu 10:45-11:45am 10/25-11/29 \$65

### UKE PLAYERS ANONYMOUS

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due first class.

**Guava Groove** **Senior Center in Central Park**  
451003-5A 18 yrs + Tu 9:30-10:30am 9/13-10/18 \$65  
451003-5B 18 yrs + Tu 9:30-10:30am 10/25-11/29 \$65

## SPECIAL INTEREST

### DISCOVER YOUR PARENTING POWERS

Discover your parenting powers, feel more empowered and be more confident in an 8 week parenting class that will change the way you look at parenting education forever. This class mixes attachment parenting techniques with connection-based strategies to help you effectively manage your child's behaviors in a consistent and effective way.

**The Parenting Skill** **Murdy Community Center**  
450615-1A 18 yrs + W 10:30am-12pm 9/14-11/2 \$150

### DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "The Painted Girls" by Cathy Marie Buchan before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee is due at each meeting. Class meets 10/12, 11/9, 12/14, 1/11.

**April Berg** **Senior Center in Central Park**  
451101-5A 18 yrs + W 7-10pm 10/12-1/11 \$35

### BEGINNING BRIDGE

This can be the beginning of the journey into the exciting game of bridge. This is called contract or party bridge because it is a fun game. Not the easiest game to learn but very rewarding. Patience and practice make it work. No partner requirement. Lecture, handouts, quizzes all help.

**Rita Spira** **Senior Center in Central Park**  
451102-5A 18 yrs + M 2-4pm 9/12-11/7 \$66  
451102-5B 18 yrs + W 6:30-8:30pm 9/14-11/9 \$66

### BRIDGE INTERMEDIATE 1

Knowledge of the Basics is required as you move to the next level of your bridge learning experience. Many conventions will be covered: Stayman, Take out double, Blackwood, Jacoby Transfer, Defending strategy, Michael's cuebid and more will be covered. Handouts with each lesson. No partner required to participate.

**Rita Spira** **Senior Center in Central Park**  
451103-5A 18 yrs + Tu 2:30-4:30pm 9/13-11/8 \$66

### CPR/AED FOR INFANTS, CHILDREN AND ADULTS

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due first class. Includes Heartsaver CPR book.

**OC-CPR NET** **Murdy Community Center**  
451104-1A 16 yrs + Sa 9am-1pm 10/29-10/29 \$50

**OC-CPR NET** **Senior Center in Central Park**  
451104-5A 16 yrs + Sa 9am-2pm 11/19-11/19 \$50

## SEWING 101

Learn to thread the sewing machine, use a pattern, complete a fabric and cutting lesson, and learn sewing terminology. You will design and complete a reversible tote bag. Perfect for the beginner! *No Class Dates: Nov-26*

<b>Fashion Camp</b>		<b>Murdy Community Center</b>			
451118-1A	8 yrs + Th	2-4pm	10/6-10/27	\$145	
451118-1B	8 yrs + Sa	10am-12pm	11/5-12/3	\$145	

## ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets the 2nd and 4th Monday of each month.

<b>Recreation Staff</b>		<b>Senior Center in Central Park</b>			
451117-5A	18 yrs + M	12:30-1:30pm	9/12-12/12	\$6	

# SPORTS

## BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Trainings held at 15th St and PCH. For more info, please visit [www.GoldenCoastVolleyball.com](http://www.GoldenCoastVolleyball.com).

<b>Beach Volleyball CA Inc</b>		<b>City Beach</b>			
451313-2A	18 yrs + Tu	5:20-6:20pm	9/13-10/25	\$100	

## BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Trainings held at 15th St and PCH.



<b>Beach Volleyball CA Inc</b>		<b>City Beach</b>			
451311-2A	18 yrs + Th	5:20-6:20pm	9/15-10/27	\$100	

## VOLLEYBALL: WOMEN'S

Tuesday is Intermediate only & Thursday is advanced only-if a new player, you must try out on the first day of the session to assess satisfactory skill level. Please arrive 20 minutes early for try-out. Wednesday is Advanced players only-Drills Class. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-22, Nov-24*

<b>Joann DiGiovanni</b>		<b>City Gym and Pool</b>			
<b>INTERMEDIATE</b>					
451302-3A	18 yrs+ Tu	9:30am-12:30pm	9/20-10/18	\$40	
451302-3B	18 yrs+ Tu	9:30am-12:30pm	10/25-11/22	\$40	
<b>ADVANCED</b>					
451302-3C	18 yrs+ Th	9:30am-12:30pm	9/22-10/20	\$40	
451302-3D	18 yrs+ Th	9:30am-12:30pm	10/27-12/1	\$40	
451302-3E	18 yrs+ F	10am-12pm	9/23-10/21	\$40	
451302-3F	18 yrs+ F	10am-12pm	10/28-12/2	\$40	
451302-3G	18 yrs+ F	10am-12pm	12/9-12/16	\$10	
451302-3H	18 yrs+ W	10am-12pm	9/14-11/30	\$50	
451302-3I	18 yrs+ W	10am-12pm	12/7-12/14	\$10	

## VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. \*8 classes plus 2 free classes to be used as make-up or additional sessions. *No Class Dates: Nov-24*

<b>Matt Taylor Volleyball</b>		<b>City Gym and Pool</b>			
<b>BEGINNER/LOW</b>					
451309-3A	14 yrs+ Th	6:15-7:45pm	9/22-12/1	\$129	
<b>INTERMEDIATE</b>					
451309-3B	14 yrs+ Th	7:45-9:15pm	9/22-12/1	\$129	

## CALIFORNIA FOOTVOLLEY

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week. *No Class Dates: Nov-11 & Nov-25*

<b>California Footvolley</b>		<b>PCH &amp; Beach Blvd</b>			
451320-3A	18 yrs + Tu	4-5:30pm	9/13-11/15	\$120	
451320-3B	18 yrs + Fri	4-5:30pm	9/16-12/02	\$120	

## ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

<b>The Rinks Westminster ICE 13071 Springdale Street, Westminster</b>					
451312-1A	17 yrs + W	6:10-6:40pm	9/28-10/19	\$37	
451312-1B	17 yrs + W	6:10-6:40pm	10/26-11/16	\$37	

Register Online! [www.hbsands.org](http://www.hbsands.org)



## SURF & SKATE

### LEARN TO SURF BASIC LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.HBSurfSchool.com](http://www.HBSurfSchool.com)

HB Surf School			City Beach		
451402-2A	18 yrs +	Sa	9-10:30am	9/3-9/3	\$90
451402-2B	18 yrs +	Sa	9-10:30am	9/10-9/10	\$90
451402-2C	18 yrs +	Sa	9-10:30am	9/24-9/24	\$90
451402-2D	18 yrs +	Sa	9-10:30am	10/1-10/1	\$90
451402-2E	18 yrs +	Sa	9-10:30am	10/8-10/8	\$90
451402-2F	18 yrs +	Sa	9-10:30am	10/22-10/22	\$90
451402-2G	10 yrs +	Sa	9-10:30am	11/5-11/5	\$90
451402-2H	10 yrs +	Sa	9-10:30am	11/12-11/12	\$90
451402-2I	10 yrs +	Sa	9-10:30am	11/19-11/19	\$90
451402-2J	10 yrs +	Sa	9-10:30am	12/10-12/10	\$90
451402-2K	10 yrs +	Sa	9-10:30am	12/17-12/17	\$90
451402-2L	10 yrs +	Sa	9-10:30am	12/24-12/24	\$90

## ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 22, 2016 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons or evenings and Wednesday nights. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call: 714 523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, August 5, 2016.

Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2017 season will be available in November for the season starting in Mid-January, 2017.

## ADULT SPORTS

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

Win Win Production Inc		City Gym and Pool	
462107-3A	18 yrs +	M,W	6-10pm 9/12-12/14 \$235

### ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 12, 2016. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website ([surfcity-hb.org](http://surfcity-hb.org)) or by mail. For league information or to be placed on the individual players list, please call (714) 536-2530. The first day of registration will be August 1, 2016. The deadline to turn in team registration to City Hall is September 2, 2016.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League-28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Coed Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Winter 2017 season will be available in November for the season starting in Mid-January, 2017.

See page 2 for a list of  
**SURF SCHOOLS**



# WELLNESS & AGING

## HOAG: EXERCISE FOR BALANCE

Have you ever noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a five – week session that will include discussion and exercise to help improve your balance. These classes are designed for participants of all activities levels. Please select one of the five-week sessions.

### Hoag Licensed Therapist

450899-5A 18yrs+ T 9:00-10:00am 10/4 – 11/1 Free  
450899-5B 18yrs+ T 9:00-10:00am 11/8 – 12/13 Free

## HOAG: CATARACT SYMPTOMS AND LATEST TREATMENT OPTIONS

Learn what causes cataracts, how they are diagnosed and latest technologies to treat, including the new cataract Laser surgery. Presented by Lee H. Novick, MD

Hoag Senior Center in Central Park  
453307-5A 18 yrs + Tu 12:30-1:30pm 9/13-9/13 Free

## HOAG: MEMORY: RISK SIGNS & TIPS FOR STAYING SHARP

Join our Hoag Medical Group internist for an education presentation on memory. Her presentation will discuss risk factors, warning signs, treatment, and tips for keeping your memory sharp. Presented by Nancy Love, MD

Hoag Senior Center in Central Park  
453308-5A 18 yrs + W 10:30-11:30am 9/14-9/14 Free

## HOAG: FALL PREVENTION & EXERCISE

Each year, more than one out of three people over the age of 65 has a fall. Learn how to decrease your fall risk and how to get back up. Presented by Julie Matsuura, MD and Jen Brandon, Rehab Supervisor, Hoag Orthopedic Institute

Hoag Senior Center in Central Park  
453309-5A 18 yrs + Th 10:30-11:30am 9/22-9/22 Free

## HOAG: MEMORY SCREENING

*Provided by Hoag's Orange County Vital Brain Aging Program*

Take steps now to maintain healthy brain aging for years to come. Adopting strategies to reduce your risk for multiple medical conditions will help maintain your brain health as you age. The Orange County Vital Brain Aging Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized confidential memory screening at the Senior Center in Central Park, please call 949-764-6288. The screenings are generously subsidized by Hoag Neurosciences Institute and offered at a cost of \$45. For more information visit [www.ocbrain.org](http://www.ocbrain.org)

Cost: \$45

Register Online!  
[www.hbsands.org](http://www.hbsands.org)

## HOAG: NOVEL WAY TO DIAGNOSE AND TREAT BREAST CANCER

Learn the newest surgical techniques and technologies available that have changed the way breast cancer is treated. Presented by Sadia Khan, M.D.

453316-5A Th 10/6 12:30-1:30pm Senior Center in Central Park

## HOAG: HYPERTENSION-WHAT TO KNOW AND HOW TO PREVENT IT

Hypertension affects many Americans. Dr. Vo will discuss the correct monitoring of our blood pressure and how we can manage elevated blood pressure. Presented by: Danny Vo, M.D.

453317-5A Th 10/13 10:00-11:00am Senior Center in Central Park

## PROSTATE HEALTH: THE LATEST RECOMMENDATIONS & GUIDELINES

Join Urologic Oncologist and Hoag Urologic Oncology program Director, Jeffrey Yoshida, M.D., as he discusses prostate health and the latest recommendations for men. The class will also include an overview of diagnosis and treatment options for prostate cancer, including state-of-the-art robotic surgery.

453310-5A Th 9/29 10:30-11:30am Senior Center in Central Park



A member of the  
St. Joseph Hoag Health alliance

## Complimentary Health Screenings

### Blood Pressure Checks

September 9 & 20, November 2, December 7  
9:30 a.m. – 11:30 a.m.

### Hearing Screening

September 7 & 21, October 12, November 9,  
& December 14  
9:30 a.m. – 11:30 a.m.

### Individual Consultation for Medicare Questions

November 3, 2016  
9:30am – 11:30am

Join our independent licensed insurance agent, available to answer your Medicare and related insurance questions.

To register for a presentation or screening at  
Huntington Beach Senior Center in Central  
Park, please call 714-536-5600.

## HOAG: MEDICARE BASICS

Turning 65, new to Medicare, or changing from an employer group plan? Learn the basics about Medicare and the different Medicare plan options: Medicare Supplement Insurance plans, Medicare Advantage HMO and PPO plans, and Medicare Part D prescription drug coverage. This event is for educational purposes only. No specific plan information will be shared. Presented by an independent insurance agent.

453318-5A Th 10/20 6:00-7:30pm Senior Center in Central Park

## HOAG: WHY DO I FEEL OFF BALANCE?

Join us for a discussion on what medical conditions can cause an unsteady gait. Neurologist, Dr. Kaveh Saremi, will also talk about long term complications of untreated unsteady gait, the different relationship between gait variability and neurological conditions, interventions that aim to improve gait function in patients with neurological disorders, and treatment options.

453319-5A T 11/8 6-7:30pm Senior Center in Central Park

## HOAG: FOOD ALLERGIES ON THE RISE - WHAT TO KNOW & HOW TO SHOP

With the increase of food allergies, it has many people looking for resources and advice? Join our Hoag Medical Group allergist & immunologist, Ankmalika Gupta Louis, M.D., as she educates you on nut and dairy allergies. She will share recent research and learnings.

453320-5A Th 11/17 6-7pm Senior Center in Central Park

## HOAG: OH MY ACHING BACK!

Join us for an informative discussion on ways to help improve and control your back pain. Hoag Medical Group physician, Dr. Erin O'Hara will also be discussing exercises you can incorporate into your daily life to help keep you moving and grooving better. Class participation is encouraged.

453321-5A Th 12/8 Senior Center in Central Park

## HOAG: SLEEP DISORDERS AND TREATMENTS

Do you suffer from snoring, insomnia and/or excessive daytime sleepiness? Learn about the symptoms and treatment options available for sleep disorders. Presented by Neurologist, Jay Puangco, M.D., program director of Voltmer Sleep Center

453315-5A Tu 12/13 6-7:30pm Senior Center in Central Park

## ORANGE COAST MEMORIAL LECTURES

Sign up through Orange Coast Memorial  
1-800-MEMORIAL (1-800-636-6742)

### OC MEMORIAL LECTURE: LAUGHTER YOGA

Join Orange Coast Memorial and MemorialCare Medical Group for an invigorating session of Laughter Yoga. No special equipment or clothing is required. Light refreshments will be provided following Laughter Yoga. Space is limited and reservations are required. Visit [memorialcare.org](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 9/8 6-7:30pm Senior Center in Central Park

### OC MEMORIAL LECTURE: MEMORY AND AGING

Cambria Hembree, M.D., an internal medicine physician with Edinger Medical Group, will discuss strategies for keeping memory sharp as we age. Light refreshments will be provided. Space is limited and reservations are required. Visit [memorialcare.org](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 10/6 Noon-1:30pm Senior Center in Central Park

### OC MEMORIAL LECTURE: THE HISTORY LADY

The History Lady, Jeanette Alesso Way, will remind you of all the reasons why America is wonderful while triggering your memory and engaging your interest in an hour of informative historical facts. Sponsored by Orange Coast Memorial and MemorialCare Medical group, this is an enrichment class and not a clinical discussion. Light refreshments will be provided. Space is limited and reservations are required. Visit [memorialcare.org](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 11/3 6-7:30pm Senior Center in Central Park

### OC MEMORIAL LECTURE: SUPER FOODS

We have been told that we are what we eat. Join Nanette Mitchell, M.D., a board-certified internal medicine physician with MemorialCare Medical Group, to learn which foods are considered beneficial for leading a youthful, strong and healthy life. Light refreshments will be provided. Space is limited and reservations are required. Visit [memorialcare.org](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 12/1 12-1:30p Senior Center in Central Park



# Directory

Huntington Beach Senior Services  
Senior Center In Central Park  
18041 Goldenwest St  
Huntington Beach, CA 92648

Front Desk . . . . .	714-536-5600
Hoag Health and Wellness Pavilion . . . . .	714-374-1578
Transportation . . . . .	714-374-1742
Huntington Beach Council on Aging . . . . .	714-374-1524
SeniorServ Office . . . . .	714-375-8404

**Scott Getman**, Recreation Specialist  
[Scott.getman@surfcity-hb.org](mailto:Scott.getman@surfcity-hb.org)

**Teri Simonis**, Volunteer Coordinator  
[TSimonis@surfcity-hb.org](mailto:TSimonis@surfcity-hb.org)

**Randy Pesqueira**  
Senior Services Executive Director  
[RPesqueira@surfcity-hb.org](mailto:RPesqueira@surfcity-hb.org)

**Kristin Martinez**  
Recreation Supervisor  
[Kmartinez@surfcity-hb.org](mailto:Kmartinez@surfcity-hb.org)

**Brandi Kelly**, Transportation Coordinator  
[BKelly@surfcity-hb.org](mailto:BKelly@surfcity-hb.org)

**Heather Dodd**, Office Assistant II  
[Heather.dodd@surfcity-hb.org](mailto:Heather.dodd@surfcity-hb.org)

**Michelle Yerke**, Care Manager  
[MYerke@surfcity-hb.org](mailto:MYerke@surfcity-hb.org)

# AQUATICS

## SWIM LEVELS

### PARENT AND CHILD (PC) 6 mos to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

- **PC Level 1 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

### PRESCHOOL AQUATICS (PA) About 4 to 5 years:

Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

- **PA Level 1 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

### LEARN-TO-SWIM (LS) About 6 years through adult:

Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

- **Level 1 (LS1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- **Level 2 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- **Level 4 (LS4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.
- **Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.
- **Adult Lessons:** Adults will improve swimming skills and learn new skills.

The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.



American Red Cross

## CITY GYM AND POOL

Register online beginning 9 am August 9 at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

**OFFICE HOURS:** M-Th 9 am-9 pm  
Fri 9 am-8 pm  
Sat 9 am-1 pm

## NEED ADDITIONAL HELP OR HAVE QUESTIONS?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

**SWIM LEVEL TESTING:** Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

1-1:30 pm Saturdays September 3

**SENIOR CITIZEN SWIM:** Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

1:30-3 pm City Gym Pool Friday \$2



# Fall 2016 – City Gym Swim Schedule

Fees: \$50 per 10-class session – All swim lessons are one half hour.

Classes taught by Aquatics Staff at City Gym and Pool.

All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes Nov 11 and 25.**

Time	Mon/Wed 9/12 - 10/12	Tues/Thurs 9/13 - 10/13	Mon/Wed 10/17 - 11/16	Tues/Thurs 10/18 - 11/17	Saturday 9/17 - 11/19
8:00 am					LS 1- 472206-04
8:30 am					LS 2- 472207-05
9:00 am					PA L1- 472203-15 PA L2- 472204-24
9:30 am	PA L1- 472203-00 PA L2- 472204-00	PA L2- 472204-05 PA L3- 472205-03	PA L1- 472203-09 PA L2- 472204-12	PA L2- 472204-17 PA L3- 472205-11	PA L2- 472204-25 PA L3- 472205-17
10:00 am	PA L2- 472204-01 PA L3- 472205-00	PA L1- 472203-04 PA L2- 472204-06	PA L2- 472204-13 PA L3- 472205-07	PA L1- 472203-12 PA L2- 472204-18	PC L1- 472201-06
10:30 am	PC L1- 472201-00	PC L1- 472201-01	PC L1- 472201-03	PC L1- 472201-04	PC L2- 472202-06
11:00 am	PC L2- 472202-00	PC L2- 472202-01	PC L2- 472202-03	PC L2- 472202-04	PA L1- 472203-16 PA L2- 472204-26
11:30 am		PA L1- 472203-05 PA L2- 472204-07		PA L1- 472203-13 PA L2- 472204-19	PA L2- 472204-27 PA L3- 472205-18
Noon		PA L2- 472204-08 PA L3- 472205-04		PA L2- 472204-20 PA L3- 472205-12	LS 1- 472206-05 LS 2- 472207-06
12:30 pm					LS 3- 472208-05 LS 4- 472209-04
2:00 pm	PA L1- 472203-01 PA L3- 472205-01	PA L1- 472203-06 PA L3- 472205-05	PA L1- 472203-10 PA L3- 472205-08	PA L1- 472203-14 PA L3- 472205-13	
2:30 pm	PA L2- 472204-02 PA L3- 472205-02	PA L2- 472204-09 PA L3- 472205-06	PA L2- 472204-14 PA L3- 472205-09	PA L2- 472204-21 PA L3- 472205-14	
3:00 pm	PA L1- 472203-02 PA L2- 472204-03	PA L1- 472203-07 PA L2- 472204-10	PA L2- 472204-15 PA L3- 472205-10	PA L2- 472204-22 PA L3- 472205-15	
3:30 pm	LS 1- 472206-00	LS 1- 472206-01	LS 1- 472206-02	LS 1- 472206-03	
4:00 pm	LS 2- 472207-00	LS 2- 472207-01	LS 2- 472207-03	LS 2- 472207-04	
4:30 pm	LS 3- 472208-00	LS 2- 472207-02	LS 3- 472208-02	LS 3- 472208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3- 472208-01 LS 4- 472209-00	Private Lessons (See Schedule)	LS 3- 472208-04 LS 4- 472209-02	
5:30 pm		LS 4- 472209-01		LS 4- 472209-03	
6:00 pm		PC L1- 472201-02		PC L1- 472201-05	
6:30 pm	PA L1- 472203-03 PA L2- 472204-04	PC L2- 472202-02	PA L1- 472203-11 PA L2- 472204-16	PC L2- 472202-05	
7:00 pm	Rec Swim \$2	PA L1- 472203-08 PA L2- 472204-11		PA L2- 472204-23 PA L3- 472205-16	
7:30 pm		472213-00 Exceptional Swim \$18		472213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	472212-00 Adult Lessons		472212-01 Adult Lessons	

# Fall 2016 – City Gym Swim Schedule

Fees: \$75 for one swimmer/ \$85 for two swimmers

5-class session (unless otherwise noted) / All private swim lessons are 15 minutes.

All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes Nov 11 and 25.**

## SESSION 1

CLASS #	DAY	TIME	DATES
472214-36	M	5:05pm	9/12-10/10
472214-37	M	5:05pm	9/12-10/10
472214-38	W	5:05pm	9/14-10/12
472214-39	W	5:05pm	9/14-10/12
472214-00	F	3:20pm	9/16-10/14
472214-01	F	3:20pm	9/16-10/14
472214-02	F	3:20pm	9/16-10/14
472214-03	F	3:40pm	9/16-10/14
472214-04	F	3:40pm	9/16-10/14
472214-05	F	3:40pm	9/16-10/14
472214-06	F	4:00pm	9/16-10/14
472214-07	F	4:00pm	9/16-10/14
472214-08	F	4:00pm	9/16-10/14
472214-09	F	4:20pm	9/16-10/14
472214-10	F	4:20pm	9/16-10/14
472214-11	F	4:20pm	9/16-10/14
472214-12	F	4:40pm	9/16-10/14
472214-13	F	4:40pm	9/16-10/14
472214-14	F	4:40pm	9/16-10/14
472214-15	F	5:00pm	9/16-10/14
472214-16	F	5:00pm	9/16-10/14
472214-17	F	5:00pm	9/16-10/14

## SESSION 2

CLASS #	DAY	TIME	DATES
472214-40	M	5:05pm	10/17-11/14
472214-41	M	5:05pm	10/17-11/14
472214-42	W	5:05pm	10/19-11/16
472214-43	W	5:05pm	10/19-11/16
472214-18	F	3:20pm	10/21-12/02
472214-19	F	3:20pm	10/21-12/02
472214-20	F	3:20pm	10/21-12/02
472214-21	F	3:40pm	10/21-12/02
472214-22	F	3:40pm	10/21-12/02
472214-23	F	3:40pm	10/21-12/02
472214-24	F	4:00pm	10/21-12/02
472214-25	F	4:00pm	10/21-12/02
472214-26	F	4:00pm	10/21-12/02
472214-27	F	4:20pm	10/21-12/02
472214-28	F	4:20pm	10/21-12/02
472214-29	F	4:20pm	10/21-12/02
472214-30	F	4:40pm	10/21-12/02
472214-31	F	4:40pm	10/21-12/02
472214-32	F	4:40pm	10/21-12/02
472214-33	F	5:00pm	10/21-12/02
472214-34	F	5:00pm	10/21-12/02
472214-35	F	5:00pm	10/21-12/02

## SESSION 3 (3 LESSONS - \$45)

CLASS #	DAY	TIME	DATES
472214-44	F	3:20pm	12/09-12/23
472214-45	F	3:20pm	12/09-12/23
472214-46	F	3:20pm	12/09-12/23
472214-47	F	3:40pm	12/09-12/23
472214-48	F	3:40pm	12/09-12/23
472214-49	F	3:40pm	12/09-12/23
472214-50	F	4:00pm	12/09-12/23
472214-51	F	4:00pm	12/09-12/23
472214-52	F	4:00pm	12/09-12/23
472214-53	F	4:20pm	12/09-12/23
472214-54	F	4:20pm	12/09-12/23
472214-55	F	4:20pm	12/09-12/23
472214-56	F	4:40pm	12/09-12/23
472214-57	F	4:40pm	12/09-12/23
472214-58	F	4:40pm	12/09-12/23
472214-59	F	5:00pm	12/09-12/23
472214-60	F	5:00pm	12/09-12/23
472214-61	F	5:00pm	12/09-12/23



# TENNIS

## PEE WEE TENNIS ACADEMY

Is your young child tired of watching the big kids have all the tennis fun? Well now there's a group just for the Pee Wees! This clinic is the perfect tennis intro. Students will learn the basics of the: forehand, backhand, volley, and serve in a coordination building, fitness friendly, fun, atmosphere. Your child will love joining in fun tennis games like: popcorn machine, walk the tennis dog, and alley rally. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime. Materials fee, one unopened can of tennis balls. 1 day a week for \$59. 2 days for \$85, 3 days for \$109. *No Class Dates: Oct-31*

Tennis Anyone Inc			Edison Community Center		
482501-2A	3-6 yrs	M	3:45-4:30pm	9/19-10/10	\$65
482501-2B	3-6 yrs	W	3:45-4:30pm	9/21-10/12	\$65
482501-2C	3-6 yrs	Sa	8:15-9am	9/24-10/15	\$65
482501-2D	3-6 yrs	M	3:45-4:30pm	10/17-11/7	\$65
482501-2E	3-6 yrs	W	3:45-4:30pm	10/19-11/9	\$65
482501-2F	3-6 yrs	Sa	8:15-9am	10/22-11/12	\$65
482501-2G	3-6 yrs	M	3:45-4:30pm	11/14-12/5	\$65
482501-2H	3-6 yrs	W	3:45-4:30pm	11/16-12/7	\$65
482501-2I	3-6 yrs	Sa	8:15-9am	11/19-12/10	\$65

Tennis Anyone Inc			Murdy Community Center		
482501-1A	3-6 yrs	Tu	3:45-4:30pm	9/20-10/11	\$59
482501-1B	3-6 yrs	Tu	3:45-4:30pm	10/18-11/8	\$59
482501-1C	3-6 yrs	Tu	3:45-4:30pm	11/15-12/6	\$59

## JUNIOR TENNIS ACADEMY: BEGINNING TO INTERMEDIATE

The focus of the Junior Tennis Academy for Beginners is on learning the 4 major strokes of the game in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. There are 3 mastery levels that students will be tested on so that parents and students are always clear on progress. Students will love playing drills like: King of the Tennis Hill, Tennis Baseball, and Tennis Line Tag. Beginners over the age of 13 should start in the Junior Tennis Academy-Intermediate/Advanced. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$73, 2 days a week for \$120, 3 days for \$139. *No Class Dates: Oct-31*

Tennis Anyone Inc			Edison Community Center		
482510-2A	7-13 yrs	M	4:30-6pm	9/19-10/10	\$73
482510-2B	7-13 yrs	W	4:30-6pm	9/21-10/12	\$73
482510-2C	7-13 yrs	Sa	9-10:30am	9/24-10/15	\$73
482510-2D	7-13 yrs	M	4:30-6pm	10/17-11/7	\$73
482510-2E	7-13 yrs	W	4:30-6pm	10/19-11/9	\$73
482510-2F	7-13 yrs	Sa	9-10:30am	10/22-11/12	\$73
482510-2G	7-13 yrs	M	4:30-6pm	11/14-12/5	\$73
482510-2H	7-13 yrs	W	4:30-6pm	11/16-12/7	\$73
482510-2I	7-13 yrs	Sa	9-10:30am	11/19-12/10	\$73

Tennis Anyone Inc			Murdy Community Center		
482510-1A	7-13 yrs	Tu	4:30-6pm	9/20-10/11	\$73
482510-1B	7-13 yrs	Tu	4:30-6pm	10/18-11/8	\$73
482510-1C	7-13 yrs	Tu	4:30-6pm	11/15-12/6	\$73

## JUNIOR TENNIS ACADEMY: INTERMEDIATE TO ADVANCED

This class is for students that have either attained all 3 mastery levels in the Beginning Academy or are coming in with proper form on the major tennis strokes. The focus in this group is on building stroke dependability so that students are able to rally with proper form. This is a high energy, dynamic, fitness challenging, tennis program designed to bring students to a level where they have the tools to start playing matches. There are 5 mastery levels in this group that students will be tested on for progress. Students will absolutely love playing drills like: Tennis Olympics, Team-up & Back, and Tennis Bump. Beginning students older than 13 should start in this group. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$73, 2 days a week for \$120, 3 days a week for \$139. *No Class Dates: Oct-31*

Tennis Anyone Inc			Edison Community Center		
482520-2A	7-15 yrs	M	6-7:30pm	9/19-10/10	\$73
482520-2B	7-15 yrs	W	6-7:30pm	9/21-10/12	\$73
482520-2C	7-15 yrs	M	6-7:30pm	10/17-11/7	\$73
482520-2D	7-15 yrs	W	6-7:30pm	10/19-11/9	\$73
482520-2E	7-15 yrs	M	6-7:30pm	11/14-12/5	\$73
482520-2F	7-15 yrs	W	6-7:30pm	11/16-12/7	\$73

Tennis Anyone Inc			Murdy Community Center		
482520-1A	7-15 yrs	Tu	6-7:30pm	9/20-10/11	\$73
482520-1B	7-15 yrs	Tu	6-7:30pm	10/18-11/8	\$73
482520-1C	7-15 yrs	Tu	6-7:30pm	11/15-12/6	\$73

## SEMI-PRIVATE LESSONS: YOUTH BEGINNING

These groups are for 2-4 students interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$105, 2 days a week for \$184

Tennis Anyone Inc			Murdy Community Center		
482601-1A	7-15 yrs	Th	4:30-5:30pm	9/22-10/13	\$105
482601-1B	7-15 yrs	Th	4:30-5:30pm	10/20-11/10	\$105
482601-1C	7-15 yrs	Th	4:30-5:30pm	11/17-12/8	\$105

## SEMI-PRIVATE LESSONS: YOUTH INTERMEDIATE TO ADVANCED

These groups are for 2-4 students interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$105, 2 days a week for \$184. *No Class Dates: Nov-24*

Tennis Anyone Inc			Edison Community Center		
482602-2A	7-15 yrs	Sa	10:30-11:30am	9/24-10/15	\$105
482602-2B	7-15 yrs	Sa	10:30-11:30am	10/22-11/12	\$105
482602-2C	7-15 yrs	Sa	10:30-11:30am	11/19-12/10	\$105

Tennis Anyone Inc			Murdy Community Center		
482602-1A	7-15 yrs	Tu	3:30-4:30pm	9/20-10/11	\$105
482602-1B	7-15 yrs	Tu	3:30-4:30pm	10/18-11/8	\$105
482602-1C	7-15 yrs	Tu	3:30-4:30pm	11/15-12/6	\$105
482602-1D	7-15 yrs	Th	5:30-6:30pm	9/22-10/13	\$105
482602-1E	7-15 yrs	Th	5:30-6:30pm	10/20-11/10	\$105
482602-1G	7-15 yrs	Th	5:30-6:30pm	11/17-12/8	\$105
482602-1H	7-15 yrs	Th	6:30-7:30pm	9/22-10/13	\$105
482602-1I	7-15 yrs	Th	6:30-7:30pm	10/20-11/10	\$105
482602-1J	7-15 yrs	Th	6:30-7:30pm	11/17-12/8	\$105

**Tennis Rain Hot Line 909-625-2060**

### ADULT ACADEMY: BEGINNING TO INTERMEDIATE

The focus of this class is on learning the 4 major strokes of the game and building stroke dependability in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve and then put these skills to use in creative and slightly competitive tennis games unique to the Tennis Anyone program. Bring 1 unopened can of tennis balls to first class.

Tennis Anyone Inc		Edison Community Center		
482701-2A	16 yrs + W	7:30-9pm	9/21-10/12	\$69
482701-2B	16 yrs + W	7:30-9pm	10/19-11/9	\$69
482701-2C	16 yrs + W	7:30-9pm	11/16-12/7	\$69

### ADULT ACADEMY: INTERMEDIATE TO ADVANCED

The focus of this academy is on gaining higher level skills like topspin, slice, overheads, and drop shots in a fun filled, fitness challenging atmosphere. These clinics are a terrific training ground for skills used in match play. Be ready to sweat! Bring 1 unopened can of tennis balls to first class. *No Class Dates: Nov-24*

Tennis Anyone Inc		Murdy Community Center		
482710-1A	16 yrs + Tu	7:30-9pm	9/20-10/11	\$71
482710-1B	16 yrs + Tu	7:30-9pm	10/18-11/8	\$71
482710-1C	16 yrs + Tu	7:30-9pm	11/15-12/6	\$71
482710-1D	16 yrs + Th	7:30-9pm	9/22-10/13	\$71
482710-1E	16 yrs + Th	7:30-9pm	10/20-11/10	\$71
482710-1F	16 yrs + Th	7:30-9pm	11/17-12/8	\$71

### SEMI-PRIVATE LESSONS: ADULT BEGINNING

These groups are for 2-4 students, ages 16+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Please bring 1 unopened can of tennis balls to first class. 1 day a week for \$105, 2 days a week for \$184. *No Class Dates: Nov-24*

Tennis Anyone Inc		Edison Community Center		
482800-2A	16 yrs + Sa	10:30-11:30am	9/24-10/15	\$105
482800-2B	16 yrs + Sa	10:30-11:30am	10/22-11/12	\$105
482800-2C	16 yrs + Sa	10:30-11:30am	11/19-12/10	\$105

Tennis Anyone Inc		Murdy Community Center		
482800-1A	16 yrs + Tu	9-10am	9/20-10/11	\$105
482800-1B	16 yrs + Tu	9-10am	10/18-11/8	\$105
482800-1C	16 yrs + Tu	9-10am	11/15-12/6	\$105
482800-1D	16 yrs + Th	6:30-7:30pm	9/22-10/13	\$105
482800-1E	16 yrs + Th	6:30-7:30pm	10/20-11/10	\$105
482800-1F	16 yrs + Th	6:30-7:30pm	11/17-12/8	\$105

### SEMI-PRIVATE LESSONS: ADULT INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, ages 16+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped my level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$105, 2 days a week for \$184.

Tennis Anyone Inc		Edison Community Center		
482810-2A	18 yrs + M	7:30-8:30pm	9/19-10/10	\$105
482810-2B	18 yrs + M	7:30-8:30pm	10/17-11/7	\$105
482810-2C	18 yrs + M	7:30-8:30pm	11/14-12/5	\$105

Tennis Anyone Inc		Murdy Community Center		
482810-1A	16 yrs + Tu	10-11am	9/20-10/11	\$105
482810-1B	16 yrs + Tu	10-11am	10/18-11/8	\$105
482810-1C	16 yrs + Tu	10-11am	11/15-12/6	\$105

### PRIVATE LESSONS WITH ASSISTANT PRO

Private lesson students enjoy one on one tennis experience where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. Students can talk directly to a Tennis Anyone coach to set up a time or call Tennis Anyone staff at 909-625-2060. *No Class Dates: Oct-31, Nov-24, Nov-25*

Tennis Anyone Inc		Murdy Community Center		
482901-1A	3 yrs + 2 lessons	TBD	9/19-10/12	\$90
482901-1B	3 yrs + 2 lessons	TBD	10/17-11/9	\$90
482901-1C	3 yrs + 2 lessons	TBD	11/14-12/10	\$90
482901-1D	3 yrs + 4 lessons	TBD	9/19-10/12	\$180
482901-1E	3 yrs + 4 lessons	TBD	10/17-11/9	\$180
482901-1F	3 yrs + 4 lessons	TBD	11/14-12/10	\$180

### PRIVATE LESSONS WITH STAFF PRO

Private Lesson Students enjoy a one on one tennis experience where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. Students can talk directly to Tennis Anyone coach to set up a time or call Tennis Anyone Staff at 909-625-2060. *No Class Dates: Oct-31, Nov-24, Nov-25*

Tennis Anyone Inc		Murdy Community Center		
482902-1A	3 yrs + 2 lessons	TBD	9/19-10/12	\$100
482902-1B	3 yrs + 2 lessons	TBD	10/17-11/9	\$100



Rec Report is a monthly video segment designed to highlight the programs, services and events presented by the Huntington Beach Community Services Department.

Tune in to HBTv3 during 'Surf City Highlights' or follow the City of Huntington Beach on Facebook and Twitter to see what makes the show and our recreation programs award-winning!



**Register  
Online!**  
[www.hbsands.org](http://www.hbsands.org)

# FACILITIES & SERVICES

## CULTURAL SERVICES

**Kate Hoffman**

Senior Supervisor, Cultural Services

### HUNTINGTON BEACH ART CENTER

*...where art meets community*

The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

Join Us and Make Art a Part of Your Family Life

#### Art Center Hours

Tuesday – Thursday, 12:00 – 8:00 pm

Friday, 12:00 – 6:00 pm

Saturday, 12:00 – 5:00 pm

Phone: (714) 374-1650; FAX: (714) 374-5304

Web: [www.huntingtonbeachartcenter.org](http://www.huntingtonbeachartcenter.org)

Administrative Office Hours

Monday – Friday 8:30 am – 5:30 pm

538 Main Street

Phone: (714) 374-1663

## EVENTS FALL 2016

### SKULLS & BONES SHOW

This exhibition features local, national and international artists whose work incorporates images and objects of skulls and bones. The exhibit explores classic images from the Renaissance period to new expressions in contemporary art. The exhibit will also include a visual representation of the Dia de los Muertos cultural celebration. This exhibition is collaboration with the Oak View Renewal Partnership.

**Opening Reception: Saturday, September 24, 6-9 pm**

**Exhibition: September 24-November 5**

Family Arts Day: October 9, 12-4 pm

Art for Lunch: October 13, 11:30 am-1:30 pm

Day of the Dead Workshop: October 29, 12 pm-4 pm

Day of the Dead Celebration: October 30, 12 pm- 4 pm

Closing Reception: November 5, 6-9 pm

### LAGUNA PLEIN AIR PAINTERS SIGNATURE EXHIBITION

An exhibition and sale of landscapes created en plein air by the Signature artists of the Laguna Plein Air Painters Association.

**Opening Reception: November 19, 6-9 pm**

**Exhibition: November 19 – December 17**

Art for Lunch: December 8, 11:30 am-1:30 pm

## BEACH INFORMATION



**Scott Smith**  
Supervisor  
Beach Operations

**Dottie Hughes**  
Supervisor  
Parking/Camping

The Huntington City Beach spans 3.5 miles from Beach Boulevard to the west of the city limits. The beachfront includes the pier, food and rental concessions, restrooms, showers, volleyball nets, fire rings, and a 2,200 space beach parking lot plus additional metered parking on Pacific Coast Highway. Sunset Vista RV Camping is open each year from October 1st through May 31st and reservations can be made online at <http://sunsetvistacamping.huntingtonbeachca.gov>. Lifeguard service is provided everyday and the number of guards on duty as well as location vary depending on season, weather, and surf conditions. The strictly enforced curfew is 10:00 p.m. – 5:00 a.m. Beach Headquarters: 103 Pacific Coast Highway. Office Hours: Monday – Friday, 8:00 a.m. – 5:00 p.m. For information, visit [www.surfcity-hb.org/visitors/parking](http://www.surfcity-hb.org/visitors/parking) or call 714-536-5281.

### THE HUNTINGTON BEACH PLAYHOUSE

The Huntington Beach Playhouse is a non-profit community theatre group coordinated and run strictly by local volunteers, performing at the 319 seat theater in the lower level of the Central Library. For information, call 714-375-0696, or like us on Facebook.



### HUNTINGTON BEACH CONCERT BAND

The Huntington Beach Concert Band is a volunteer organization of approximately 70 musicians providing music to the HB community. For information, call 714-963-3681 or visit [www.hbconcertband.org](http://www.hbconcertband.org).

### HUNTINGTON BEACH HISTORICAL SOCIETY – (NEWLAND HOUSE MUSEUM)

Built in 1898, the Newland House Museum is the city's best-preserved and most historically significant example of early homes. The Newland House Museum is open the first and third weekends of the month, Saturday and Sunday from 12:00 p.m. to 4:00 p.m., except holidays and rainy days. For membership and information, call 714-962-5777 or visit [www.hbnews.us/nwhouse.html](http://www.hbnews.us/nwhouse.html)

### HUNTINGTON BEACH ART LEAGUE

The Huntington Beach Art League meets on the first Wednesday of each month at the Rodgers Senior Center. For information, visit [hbartleague.org](http://hbartleague.org), or email [president@hbartleague.org](mailto:president@hbartleague.org).

### THE INTERNATIONAL SURFING MUSEUM

The International Surfing Museum plays host to this international monument to surfing, featuring exhibits on the culture and sport of surf, and a summer concert series. For information, call 714-960-3483 or visit [www.surfingmuseum.org](http://www.surfingmuseum.org).

## HUNTINGTON BEACH COMMUNITY GARDEN



### Did You Know that Huntington Beach has a Community Garden?

Imagine your kitchen full of delicious, organic produce that you grew in your own plot at the Huntington Beach Community Garden! For a low annual fee you can have your own garden plot!

In addition to providing an area where Huntington Beach residents can grow food for their own use,

HBCG donates thousands of pounds of excess harvest to local charities and educates the public on organic gardening. HBCG supports Scouting candidates and has helped several to achieve this highest award.

Visit the HBCG website to find out how you can become a member: [www.huntingtonbeachcommunitygarden.com](http://www.huntingtonbeachcommunitygarden.com) or e-mail [HBCommunityGarden@gmail.com](mailto:HBCommunityGarden@gmail.com). "Like" us on Facebook and learn about upcoming events, volunteer opportunities and more: <https://www.facebook.com/pages/Huntington-Beach-Community-Garden/296983062332>

## SHIPLEY NATURE CENTER

### COMPOSTING SEMINARS

Learn all about Composting and Vermicomposting and how to turn kitchen scraps and backyard cuttings into "black gold." Classes will be held in June and August See [www.shipleynature.org](http://www.shipleynature.org) for all event details.

### PARENT AND ME TIME

Come enjoy stories and crafts on Wednesdays at 11:00 am; cost is \$3.00 per Parent.

### VOLUNTEER OPPORTUNITIES

If you are interested in volunteer work and helping your community, please consider Shipley Nature Center. We are always looking for helping hands and have many opportunities available.

Visit Shipley Nature Center and enjoy nature in an urban setting. Open Monday – Saturday, 9 am to 1 pm. Located at 17851 Goldenwest St. 714-842-4772.

## STUDENT OPPORTUNITY!

High school students enjoy travel and develop international friendships through the Huntington Beach Sister City Youth Exchange. Freshmen, sophomores and juniors who live in Huntington Beach or attend any of the Huntington Beach Union High School District schools are eligible.

This marks the 35th year of the successful exchange with Anjo, Japan. The program strives to provide an opportunity for our students and families to develop an understanding and long-lasting friendship with citizens of Japan through a reciprocal family living experience. Ambassadors host a Japanese student the first two weeks in July, 2017 and travel to Japan the first two weeks in August, 2017.

Applications are available at the high schools, Central Library, and the Community Services Department of City Hall. **Deadline: Wednesday, November 16, 2016.**

For more information or an application: 714-846-7685 or google **Sister City Association of Huntington Beach.**

## HUMAN SERVICES

### HUNTINGTON BEACH SENIOR SERVICES

**Randy Pesqueira**  
Senior Supervisor  
Human Services

**Kristin Martinez**  
Supervisor  
Rodgers Seniors' Center

### SENIOR CENTER IN CENTRAL PARK

18041 Goldenwest Street, (714) 536-5600  
Monday-Thursday 8:00 am – 9:00 pm  
Friday 8:00 am – 5:00 pm  
Saturday 8:00 am – 1:00pm

The Senior Center in Central Park is a focal point for an array of programs and services important to the quality of life for the seniors in our community. The center is a multi-purpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness. In addition, Senior Services operates three key programs that enhance independence with an emphasis of successfully aging in place; Care Management, Home Delivered Meals, and Transportation/Surf City Seniors on the Go!

**Recreation** – The Senior Center in Central Park offers a myriad of inclusive social activities, programs, classes and events designed to make and Active Aging lifestyle achievable.

**Hoag Health and Wellness Pavilion** – The Senior Center in Central Park in alliance with Hoag features a state-of-the-art fitness center designed to meet the health and wellness needs of older adults in Huntington Beach. Membership is \$120 per year, 50-79 years; \$80 for 80 years+.

**SeniorServ Lunch Program** – Offers a wide variety of delicious, nutritious lunches each weekday at 11:30am. A donation of \$3 per meal is suggested for people 60 years of age and older. A meal cost for those under 60 years of age is \$5.

### SOCIAL SERVICES RESOURCE CENTER

**Care Management** – Care Managers focus on connections with programs and services for the frail and elderly, homebound and at-risk seniors. They connect seniors with services that assist elders in the city with physical, social and nutritional needs.

**Home Delivered Meals** – For over 26 years the Home Delivered Meals program has provided nutrition services to vulnerable, nutritionally at-risk, adults 60 years of age and older in Huntington Beach.

**Transportation/Surf City Seniors on the Go!** – Transportation program provides much needed ability to keep seniors moving and healthy. Transportation is for those age 60+ and is available for trips in Huntington Beach including Huntington Beach Hospital, also includes trips to Hoag Hospital and Cancer Center, Fountain Valley Hospital and Orange Coast Memorial Medical Center. Call (714) 374-1742 for more information.

### PROJECT SELF-SUFFICIENCY

Project Self-Sufficiency is a local Huntington Beach program that assists low-income, single parents to achieve economic independence through education and training. The program is in its 30th year of helping local families in need.

The Huntington Beach community, civic organizations, businesses and public and private donors support the PSS program in a variety of ways. Project Self Sufficiency Foundation is a 501 (C)(3) organization and all contributions are tax deductible. For more information, please call 714-536-5263 or 714-536-5439 or visit our website: [www.pssfoundation.org](http://www.pssfoundation.org).

## HUNTINGTON BEACH COUNCIL ON AGING



The Huntington Beach Council on Aging (HBCOA) is officially recognized by the City Council of Huntington Beach as representing its local senior citizens. The mission of this nonprofit corporation is to work with city staff and volunteers to enhance the dignity and quality of life for city seniors through comprehensive services, education, and advocacy aimed to empower and meet the needs of a diverse population. As the senior population continues to grow, the HBCOA will respond to the broadening needs of our senior community and advocate on their behalf.

The Board meets at 9:00 a.m. on the first Thursday of each month at the Senior Center in Central Park; and general membership meetings are held four times a year. Please help us continue our efforts by becoming a member of the HBCOA, or by making a donation. The HB Council on Aging and the seniors who benefit directly from your generosity appreciate your support of senior programs. Please call Senior Center in Central Park at 714-536-5600 or [www.hbcoa.org](http://www.hbcoa.org) for additional information.

## RECREATION FACILITIES

### EDISON COMMUNITY CENTER (EGC)

**John Valinsky**

Community Services Recreation Supervisor,  
Edison Community Center

21377 Magnolia Street, 714-960-8870

### MURDY COMMUNITY CENTER (MCC)

**Kaci Thol**

Community Services Recreation Supervisor,  
Murdy Community Center

7000 Norma Drive, 714-960-8895

### CITY GYM AND POOL (CG)

**Erin Burke**

Community Services Recreation Supervisor,  
City Gym and Pool

1600 Palm Avenue, 714-960-8884

### COMMUNITY SERVICES DEPARTMENT MANAGEMENT

2000 Main Street  
Huntington Beach, CA 92648-2702

**Janeen Laudенback**

Director of Community Services

**Chris Slama**

Community Services Manager

**David Dominguez**

Facilities, Development and Concessions Manager

## HUNTINGTON CENTRAL PARK (HCP)

Huntington Central Park is the city's largest park, consisting of over 350 acres. Park entrances can be found on Edwards Street, Goldenwest Street, Gothard Street, Slater Avenue, and Talbert Avenue. The park provides a quiet retreat from the usual city turmoil. A sense of serenity is felt as one strolls amidst the trees, expansive lawns, and placid lakes and observes a variety of bird life. Additionally, the park has picnic tables, barbecues, restrooms, several playgrounds, disc golf, and six miles of trails. For information, phone 714-536-5486 or telephone numbers listed below for specific activity.

**Covered Group Picnic Shelter** – Seats 200 people and includes tables, barbecues, sinks, and electricity.

**Amphitheater** – Small rustic Amphitheater which seats 200 people and includes wooden benches, a stage, and electricity.

**Band Stand** – Cement Stage approximately 45'x82'

**Disc Golf Course** – Includes 18 holes and is played like golf using a "Frisbee."

**Dog Park** – Fenced free-run dog area at Edwards and Inlet. For information, phone 714-536-5672.

**Youth Group Campground** – Organized youth groups; no individual camping is permitted.

**Food Concessions** – Kathy May's Lakeside Cafe, 714-842-7700, and The Park Bench Café, 714-842-0775, are located in the park.

**Equestrian Center** – This 25-acre center offers boarding, riding school, training, and party rentals. For information, phone 714-848-6565.

**Shiple Nature Center** – 18-acre Nature Center with trails and Interpretive Center. Parking at 17851 Goldenwest Street. For information, phone 714-842-4772, [www.shipleynature.org](http://www.shipleynature.org).

**Urban Forest** – Urban Forest- North of Ellis Avenue between Goldenwest Street and Edwards Street. This is a passive park featuring California Native plants and trees and low water flora.

## SPORTS COMPLEX AT HUNTINGTON CENTRAL PARK

**Ray Frankeny**

Supervisor, Sports Complex

**Fields** – For information, phone 714-536-5230.

**Batting Cages** – For hours, information or reservations, please call 714-375-3960.

**Food Concessions** – Two food concessions conveniently located within the Sports Complex: HB Outdoor Barbeque 714-842-6255, and Stadium Club 714-847-4555.

## RENTAL FACILITIES

HARBOUR VIEW CLUBHOUSE . . . . .16600 Saybrook Lane

LAKE PARK CLUBHOUSE and BBQ. . . . .1035 11th Street

NEWLAND BARN . . . . .19822 Beach Boulevard

These rental halls with meeting rooms also include a complete kitchen, restrooms, tables and chairs. For further information, please call 714-536-5486 or visit [www.huntingtonbeachca.gov](http://www.huntingtonbeachca.gov). Community Centers are also available for rental. For more information please call individual centers.

Reserve a picnic area for your special event. Contact:

**Edison Community Center:**

**714-960-8870** or

**Murdy Community Center:**

**714-960-8895**

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**TUESDAYS  
5PM-9PM**

YEAR ROUND

ORANGE COUNTY'S LARGEST  
WEEKLY STREET FAIR &  
CERTIFIED FARMERS' MARKET

90 UNIQUE VENDORS  
STREET PERFORMERS  
**LIVE MUSIC**  
KIDS' ACTIVITIES

[SurfCityNights.com](http://SurfCityNights.com)

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STREET FAIR  
FARMERS' MARKET

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SATURDAY AUGUST 27

HB Downtown

ART in the PARK



**FINE ART &  
CRAFT FESTIVAL**

MUSIC / FOOD / KIDS' ART ACTIVITIES

TRIANGLE PARK and HB ART CENTER

538 MAIN ST

I art HB

11AM-4PM

September 17th & 18th



Huntington Beach Pier & Downtown

SURF • SUP • SK8 • DORY • VOLLEYBALL  
CROSSFIT • VINTAGE VW BUS SHOW  
LIVE MUSIC • UNIQUE VENDORS

SATURDAY/OCTOBER 15TH



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AUTHENTIC ISLAND FOOD • MUSIC • VENDORS

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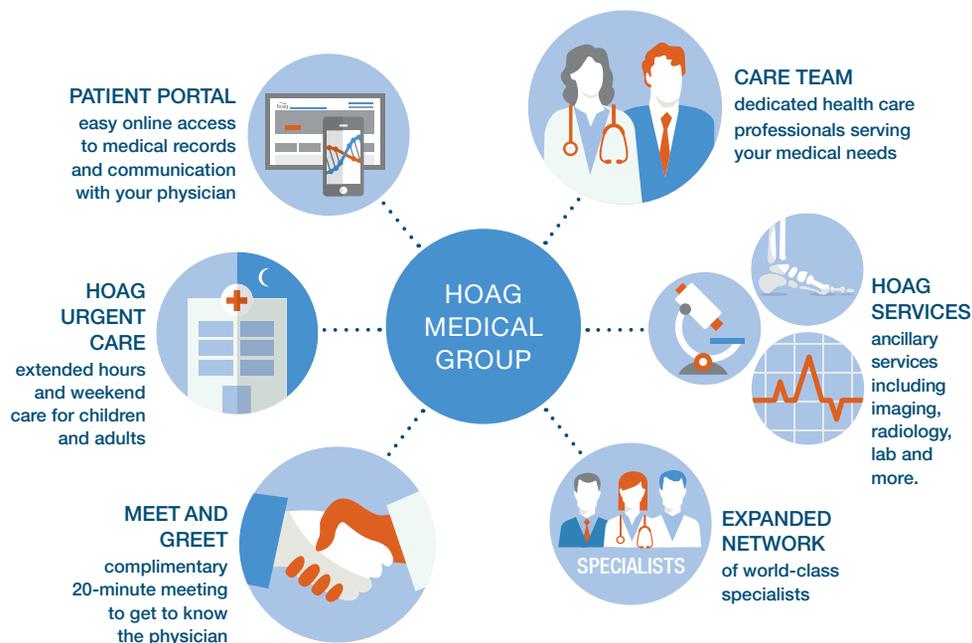
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Internal Medicine & Pediatrics – 855-997-2644

#### HUNTINGTON BEACH

Hoag Health Center  
Family Medicine & Internal Medicine – 855-997-2391  
Pediatrics – 855-997-2630

#### IRVINE

Hoag Health Center Woodbridge  
Family Medicine – 855-997-2397  
Pediatrics – 855-997-2642

Hoag Health Center Woodbury  
Family Medicine & Urgent Care – 855-997-2744\*\*

Sand Canyon Avenue  
Internal Medicine – 855-997-2635

#### NEWPORT BEACH

Fashion Island Area  
Internal Medicine – 855-997-2527

Hoag Health Center  
Family Medicine, Internal Medicine, Pediatrics – 855-997-2693



**For more information, visit [HoagMedicalGroup.com/offer](http://HoagMedicalGroup.com/offer).**

\*Limited to general questions, anything related to diagnosis and/or treatment would designate the need for a separate medical appointment. Limited time offer.

\*\*Offer not available at this location.