

Winter 2017

# HB SANDS

[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)

**Every culture on this planet has art forms. Why is that?**

The continued existence of art in society must indicate that the arts contribute in some profound way to our survival. Academic and social studies show the profound impact that the arts have on the young brain's cognitive, social and emotional development. Much of what young children do as play — singing, drawing, dancing — are natural forms of art. These activities engage all of the senses and wire the brain for successful learning. Adults of all ages can be benefactors a well. When the arts are integrated into activities of daily living, participants learn from each other, leaders collaborate more, and interaction becomes more authentic. The arts play an important role in cognitive, emotional, and physical development. Within the pages of the SANDS Community Services Guide, we provide the community with opportunities to participate in a variety of arts experiences. It is our belief that exposure to all art forms provides a higher quality of human experience throughout a person's lifetime.

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**

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

**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.

**Winter Class Registration Begins November 15 at 9 a.m. See Page 3 for information.**

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

# Parks Make Life Better!® Photo Contest!

Congratulations to all our Winners!  
**Fall Sands winner: Carol Tsiatsios**

## Open Space & Passive Recreation Photo Category: **Testimonial: Carol Tsiatsios**

My Future surfer 5 years old, Bella, is practicing her balance on her boogie board. She did this for at least an hour while her dad and brother were out surfing.

She was all ready and excited to try it on Daddy's long board for the first time when they came back.

She had an awesome day at the beach!



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

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

## Hoag Health & Wellness Pavilion Senior Center In Central Park

State of the Art Exercise Equipment • Personal Training • Health Screenings



### Fitness Center Membership

Ages 50-79: \$120/year

Ages 80 & up: \$80/year

*Required Prior To Use:*

*A 30-Minute Equipment Orientation*

#### HOURS

Monday–Thursday 8am–8pm

Friday 8am–5pm

Saturday 8am–1pm

Sunday Closed

## Questions?

Contact the Hoag Health & Wellness Pavilion at 714-374-1578  
18041 Goldenwest Street, Huntington Beach, CA 92648



# CLASS REGISTRATION BEGINS **NOVEMBER 15 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)

<b>PAYEE</b>	*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.

<b>PARTICIPANT</b>	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: \_\_\_\_\_

<b>PAYMENT</b>	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

## CITY GYM MOVIE SERIES

Bring your own chair and relax in the beautiful indoor gymnasium (please bring a blanket to protect gymnasium floor). Prizes awarded to all children dressed in costume. Doors open at 7:15pm and movie begins at 8pm. 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.

### City Gym and Pool

111214-01	Inside Out	Sa	7:15 - 10pm	1/21	Free
111214-02	Kung Fu Panda	Sa	7:15 - 10pm	2/11	Free
111214-03	The Lego Movie	Sa	7:15 - 10pm	3/18	Free

## COMMUNITY SERVICES:

### OPEN HOUSE NIGHT

Grab your family, friends & neighbors and come see how PARKS MAKE LIFE BETTER in Huntington Beach! There will be a Parks Make Life Better Raffle, Open Swim (7-8pm), & Class Demonstrations - Dance, Gymnastics, Karate & More! For more information please contact City Gym 714-960-8884.

### Recreation Staff

111217-3A	All ages	Wed	5-8pm	1/4	Free
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### City Gym & Pool

1/4	Free
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## Surf Lessons

### Private & Semi-Private



### 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.\*

[theorangecountysurfschool.com](http://theorangecountysurfschool.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. (Exact location of surf lesson will be determined by Instructor).

[Hbjoe6565@yahoo.com](mailto:Hbjoe6565@yahoo.com)

714-536-0215

**Clint Carroll Surf School** We are a year round surf school offering beginner to advanced lessons. This lesson provides more attention and guides you through the basics of surfing with an emphasis on surfing your first day. Equipment included. The Clint Carroll Surf School is a family with over 60 years experience. Surf lessons are held between Tower 11 and 15. Exact location of surf lessons will be determined by Instructor.

[clintcarrollsurf.com](http://clintcarrollsurf.com)

949-355-7285

# Friday Night FunTime Dances

The FunTime Dance is a special event for adults with developmental disabilities held on the 3rd Friday of every month at Edison Community Center from 7:30 to 9:30pm. The event is co-sponsored by the City of Huntington Beach, Kiwanis Club, The Sts. Simon & Jude Knights of Columbus and Men's Club. Recreation staff and kind, individual volunteers create a safe, positive environment that allows the participants to have a fun experience dancing the night away to music played by a DJ. Each dance has a different theme and dancers often dress-up accordingly. Additionally, refreshments including donuts, generously donated to the dance by Adams Avenue Donuts, are served. The dance is completely supported by donations from sponsors and a suggested donation of \$2 per dancer. Come out and join in the fun! For more information, call or email Recreation Supervisor John Valinsky 714-960-8870 [jvalinsky@surfcity-hb.org](mailto:jvalinsky@surfcity-hb.org)



# INFANT/TOT

## ART

### 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.

**Lucia Henry** **HB Art Center**  
**130103-4A** 3-5 yrs Th 2:30 - 3:15pm 1/19 - 2/16 \$77/70

### 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 at first class.

**Lucia Henry** **HB Art Center**  
**130107-4A** 3-5 yrs Th 2:30 - 3:15pm 2/23 - 3/23 \$73/\$66

## DANCE

### TINY TOTS POLYNESIAN DANCE

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**  
**130403-4A** 2-4 yrs Tu 3:30 - 4pm 1/17 - 2/14 \$66/60  
**130403-4B** 2-4 yrs Tu 3:30 - 4pm 2/21 - 3/21 \$66/60

### TOTS POLYNESIAN DANCE

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**  
**130414-4A** 4-6 yrs Tu 4 - 4:45pm 1/17 - 2/14 \$66/60  
**130414-4B** 4-6 yrs Tu 4 - 4:45pm 2/21 - 3/21 \$66/60

### 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 at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**130402-1B** 1.5-2.5 yrs Th 9 - 9:30am 1/12 - 3/16 \$80  
**Huntington Academy of Dance** **Murdy Community Center**  
**130402-1A** 1.5-2.5 yrs M 9 - 9:30am 1/9 - 3/20 \$72

### 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.

**Dawna Ludwig** **Murdy Community Center**  
**130406-1A** 10 mo-3 yrs F 10 - 10:40am 1/13 - 2/10 \$45  
**130406-1B** 10 mo-3 yrs F 10 - 10:40am 2/17 - 3/17 \$45

### 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 at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **City Gym and Pool**  
**130407-3A** 3-5 yrs Th 3 - 4pm 1/12 - 3/16 \$105  
**Huntington Academy of Dance** **Edison Community Center**  
**130407-2A** 4-6 yrs W 3:30 - 4:30pm 1/11 - 3/15 \$105  
**130407-2B** 4-6 yrs Sa 10:15 - 11:15am 1/14 - 3/18 \$105  
**130407-2C** 3-5 yrs Sa 9:15 - 10:15am 1/14 - 3/18 \$105  
**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**130407-1C** 3-5 yrs Tu 11am - 12pm 1/10 - 3/14 \$105  
**Huntington Academy of Dance** **Murdy Community Center**  
**130407-1A** 3-5 yrs M 10:15 - 11:15am 1/9 - 3/20 \$95  
**130407-1B** 4-6 yrs M 3 - 4pm 1/9 - 3/20 \$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 at first class.

**Huntington Academy of Dance** **Murdy Community Center**  
**130408-1A** 3-5 yrs Th 10:15 - 11:15am 1/12 - 3/16 \$105



Parks & Recreation...  
Spark Creativity

## 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: Jan-16*

Tippi Toes HB		City Gym and Pool			
130405-3A	2.5-3 yrs Sa	10:15 - 10:55am	1/14 - 2/11	\$56	
130405-3B	2.5-3 yrs Sa	10:15 - 10:55am	2/25 - 3/25	\$56	
130405-3C	4-6 yrs Sa	11:05 - 11:45am	1/14 - 2/11	\$56	
130405-3D	4-6 yrs Sa	11:05 - 11:45am	2/25 - 3/25	\$56	

Tippi Toes HB		Edison Community Center			
130405-2A	3-5 yrs W	10:05 - 10:45am	1/11 - 2/8	\$56	
130405-2B	3-5 yrs W	10:05 - 10:45am	2/22 - 3/22	\$56	

Tippi Toes HB		Murdy Community Center			
130405-1A	3-5 yrs M	4:15-4:55pm	1/9-2/13	\$56	
130405-1B	3-5 yrs M	4:15-4:55pm	2/27-3/27	\$56	

## 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: Jan-16*

Tippi Toes HB		City Gym & Pool			
130404-3A	1.5-3 yrs Sa	9:30 - 10am	1/14 - 2/11	\$56	
130404-3B	1.5-3 yrs Sa	9:30 - 10am	2/25 - 3/25	\$56	
130404-3C	1.5-3 yrs Th	10 - 10:30am	1/12 - 2/9	\$56	
130404-3D	1.5-3 yrs Th	10 - 10:30am	2/23 - 3/23	\$56	

Tippi Toes HB		Edison Community Center			
130404-2A	1.5-3 yrs W	9:30 - 10am	1/11 - 2/8	\$56	
130404-2B	1.5-3 yrs W	9:30 - 10am	2/22 - 3/22	\$56	

Tippi Toes HB		Murdy Community Center			
130404-1A	1.5-3 yrs M	5:15-5:45pm	1/9-2/13	\$56	
130404-1B	1.5-3 yrs M	5:15-5:45pm	2/27-3/27	\$56	

## ONE & TWO BABY BOOGIE & FUN

Children 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 at first class. *No Class Dates: Jan-16, Feb-20*

Dawna Ludwig		City Gym and Pool			
130409-3A	4 mo-2 yrs M	11:30am - 12pm	1/9 - 2/13	\$45	
130409-3B	4 mo-2 yrs M	11:30am - 12pm	2/13 - 3/27	\$45	

Dawna Ludwig		Murdy Community Center			
130409-1A	5 mo- 2 yrs F	10:40 - 11:10am	1/13 - 2/10	\$45	
130409-1B	5 mo- 2 yrs F	10:40 - 11:10am	2/17 - 3/17	\$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 at first class.

Huntington Academy of Dance		16601 Gothard Street, Suite A			
130410-1B	2.5-4 yrs Tu	10 - 10:45am	1/10 - 3/14	\$105	

Huntington Academy of Dance		Murdy Community Center			
130410-1A	2.5-4 yrs M	9:30 - 10:15am	1/9 - 3/20	\$95	

## JAZZ & HIP HOP

Does your child dance around the house all day long? This is the class for your budding dancer! 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. Optional recital June 26th additional fees apply, please see instructor at the first class for details. \$1 materials fee due at first class.

Huntington Academy of Dance		Murdy Community Center			
130416-1A	3-5 yrs Th	11:15am - 12:15pm	1/12 - 3/16	\$105	

## EDUCATIONAL

### AMIGUITOS

Vamos 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 at first class includes crafts, books via digital and audio CD.

Araceli Leal		Murdy Community Center			
130612-1A	2-4 yrs Sa	10:15am - 11:15pm	1/21 - 2/25	\$70	

### CREATIVE LEARNING BY EXPLORING

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

Shelley Scoll		Edison Community Center			
130601-2A	2.5-5 yrs Th	10:30 - 11:30am	1/19 - 3/9	\$90	

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



## 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 materials fee due at first class. Public school holidays will be observed (You may sign up for both sessions.) *No Class Dates: Feb-13, Feb-20, Apr-17, Apr-21, May-29*

<b>Nancy Shurts</b>		<b>Edison Community Center</b>			
<b>130603-2A</b>	3-4 yrs Tu,Th	9am - 12pm	1/31 - 3/30	\$235	
<b>130603-2B</b>	3-4 yrs Tu,Th	9am - 12pm	4/4 - 6/8	\$235	

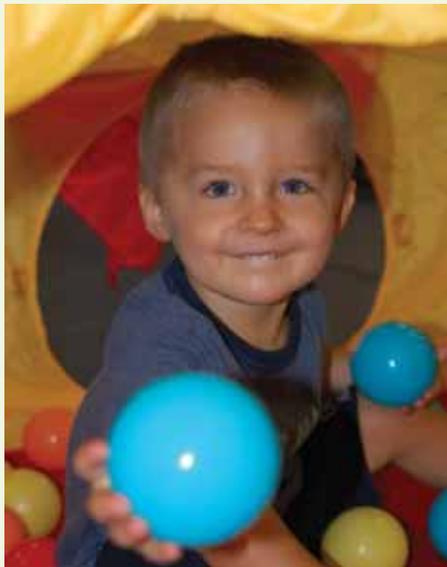
<b>Nancy Shurts</b>		<b>Murdy Community Center</b>			
<b>130603-1A</b>	3 yrs Tu,Th	9am - 12pm	1/31 - 3/30	\$235	
<b>130603-1B</b>	3 yrs Tu,Th	9am - 12pm	4/4 - 6/8	\$235	

## 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 materials fee due at first class. Public school holidays will be observed. (You may sign up for both sessions at one time.) *No Class Dates: Feb-13, Feb-20, Apr-17, May-29*

<b>Nancy Shurts</b>		<b>Edison Community Center</b>			
<b>130607-2A</b>	4-5 yrs M,W,F	9am - 12pm	1/30 - 3/31	\$325	
<b>130607-2B</b>	4-5 yrs M,W,F	9am - 12pm	4/3 - 6/9	\$325	

<b>Nancy Shurts</b>		<b>Murdy Community Center</b>			
<b>130607-1A</b>	4-5 yrs M,W,F	9am - 12pm	1/30 - 3/31	\$325	
<b>130607-1B</b>	4-5 yrs M,W,F	9am - 12pm	4/3 - 6/9	\$325	



## INFANT 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. \$5materials fee due at first class.

<b>Beverly Rico</b>	<b>Murdy Community Center</b>			
<b>130602-1A</b>	10 mo-2 yrs W	9:30 - 10:30am	1/11 - 3/15	\$80

## 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 at first class.

<b>Beverly Rico</b>	<b>Murdy Community Center</b>			
<b>130609-1A</b>	2-3.5 yrs W	10:30 - 11:30am	1/11 - 3/15	\$80

## 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, and painting, coloring, and, more importantly, interacting with other children. \$5 materials fee due at first class. *No Class Dates: Jan-16, Feb-20*

<b>Dawna Ludwig</b>	<b>City Gym and Pool</b>			
<b>130610-3A</b>	9 mo-3.5 yrs M	10:50 - 11:30am	1/9 - 2/13	\$45
<b>130610-3B</b>	9 mo-3.5 yrs M	10:50 - 11:30am	2/27 - 3/27	\$45

<b>Dawna Ludwig</b>	<b>Edison Community Center</b>			
<b>130610-2A</b>	9 mo-3.5 yrs M	9:20 - 10am	1/9 - 2/13	\$45

<b>Dawna Ludwig</b>	<b>Murdy Community Center</b>			
<b>130610-1A</b>	9 mo-3.5 yrs F	9:20 - 10am	1/13 - 2/10	\$45
<b>130610-1B</b>	9 mo-3.5 yrs F	9:20 - 10am	2/17 - 3/17	\$45



Parks & Recreation Build Self-Esteem

# GYMNASTICS

## GYMNASTICS: BABY YOGA-NASTICS

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. We make learning FUN for both partner and baby! Please bring receiving blanket and wear comfortable clothing, mats provided. Parent participation required. \$2 materials fee due at first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130701-1A** 8 mo-1.5 yrs Tu 10:30 - 11:15am 1/10 - 3/14 \$90

## GYMNASTICS/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. "Let the good times ROLL" \$2 materials fee due at first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**130704-2A** 10 mo-2 yrs Sa 9:30 - 10:15am 1/14 - 3/18 \$90

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130704-1A** 10 mo-2 yrs Sa 9:30 - 10:15am 1/14 - 3/18 \$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 at first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**130705-2A** 18 mo-3 yrs W 9:30 - 10:30am 1/11 - 3/15 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130705-1A** 18 mo-3 yrs Th 10 - 11am 1/12 - 3/16 \$110

## GYMNASTICS/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 at first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**130706-2A** 2-4 yrs Sa 10:15 - 11:15am 1/14 - 3/18 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130706-1A** 2-4 yrs Sa 10:15 - 11:15am 1/14 - 3/18 \$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 at first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**130707-2A** 2.5-4 yrs W 10:30 - 11:30am 1/11 - 3/15 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130707-1A** 2.5-4 yrs Th 11-12pm 1/12-3/16 \$110

## GYMNASTICS/YOGA-NASTICS

Release your child's inner "tumbler" in a FUN and controlled environment! Our active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! 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. We make learning FUN! Yoga mats provided, or bring your own mat. Some parent participation required. \$2 materials fee due at first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130715-1A** 3-5 yrs Tu 12:10 - 1:10pm 1/10 - 3/14 \$110

## GYMNASTICS/TINY YOGA-NASTICS

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. We make learning FUN! Yoga mats provided, or bring your own mat. Parent participation required. \$2 materials fee due at first class.

**Tumble-N-Kids Inc** **Murdy Community Center**  
**130702-1A** 18 mo-3 yrs Tu 11:15 - 12pm 1/10 - 3/14 \$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!" \$2 materials fee due at first class. Parents participant in the FUN!

**Tumble-N-Kids Inc** **City Gym and Pool**  
**130703-3A** 18 mo-3 yrs F 10:15 - 11am 1/13 - 3/17 \$90



Parks and Recreation  
 promote good health

## 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! \$2 materials fee due at first class. Parent participation.

**Tumble-N-Kids Inc** **City Gym and Pool**  
**130711-3A** 8-17 mo F 9:30 - 10:15am 1/13 - 3/17 \$90

**Tumble-N-Kids Inc** **Edison Community Center**  
**130711-2A** 8-17 mo W 11:30am - 12:15pm 1/11 - 3/15 \$90

## 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 at first class. Parent Participant Class.

**Tumble-N-Kids Inc** **City Gym and Pool**  
**130712-3A** 3-5 yrs F 11:15am - 12pm 1/13 - 3/17 \$90

## MARTIAL ARTS

### KARATE-DO TRADITIONAL JAPANESE 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, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130.

**Wadoryu USA** **Edison Community Center**  
**130901-2B** 5-7 yrs Th 5 - 5:40pm 1/12 - 3/23 \$110  
**130901-2C** 5-7 yrs F 5 - 5:40pm 1/13 - 3/24 \$110

### KARATE-DO TRADITIONAL JAPANESE NOVICE

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. Orange, yellow, and blue belts only. 1 day a week, Thursday or Friday, for \$60. 2 days a week for \$80.

**Wadoryu USA** **Edison Community Center**  
**130902-2A** 5-7 yrs Th 5:45 - 6:30pm 1/12 - 2/9 \$60  
**130902-2B** 5-7 yrs Th 5:45 - 6:30pm 2/16 - 3/23 \$60  
**130902-2C** 5-7 yrs F 5:45 - 6:30pm 1/13 - 2/10 \$60  
**130902-2D** 5-7 yrs F 5:45 - 6:30pm 2/17 - 3/24 \$60

### KARATE-DO TRADITIONAL JAPANESE INTERMEDIATE

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. Blue/St, Green/St, Purple, Purple/St, Red, Red/St belts only. 1 day a week, Thursday or Friday, for \$75. 2 days a week for \$95.

**Wadoryu USA** **Edison Community Center**  
**130903-2A** 5-7 yrs Th 5:45 - 7:15pm 1/12 - 2/9 \$75  
**130903-2B** 5-7 yrs Th 5:45 - 7:15pm 2/16 - 3/23 \$75  
**130903-2C** 5-7 yrs F 5:45 - 7:15pm 1/13 - 2/10 \$75  
**130903-2D** 5-7 yrs F 5:45 - 7:15pm 2/17 - 3/24 \$75

## MUSIC

### 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 at first day of class.

**Take the Stage Productions** **Murdy Community Center**  
**131102-1A** 6-8 yrs W 4:45 - 5:30pm 1/25 - 3/22 \$110

### 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 at first class.

**Take the Stage Productions** **Edison Community Center**  
**131013-2A** 4-7 yrs M 3:30 - 4:15pm 1/23 - 3/20 \$90

### PARENT AND ME SUNSHINE BABIES & 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**  
**131003-2A** 10 mo-3 yrs Th 9:15 - 10am 1/12 - 3/2 \$69

**Iskui Merdjanian** **Murdy Community Center**  
**131003-1A** 10 mo-3 yrs Tu 9:15 - 10am 1/10 - 2/28 \$69  
**131003-1B** 10 mo-3 yrs W 6 - 6:45pm 1/11 - 3/1 \$69

### 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.

**Iskui Merdjanian** **Edison Community Center**  
**131004-2A** 3-5 yrs Th 4:45 - 5:30pm 1/12 - 3/2 \$77

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

## 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. \$3 materials fee due at first class. This is a parent participant class.

<b>Patricia Hill</b>	<b>City Gym and Pool</b>
<b>131002-3A</b> 15 mo-3 yrs Tu 9:30 - 10:30am 1/10 - 2/28 \$86	
<b>Patricia Hill</b>	<b>Edison Community Center</b>
<b>131002-2A</b> 15 mo-3 yrs M 10:15 - 11:15am 1/9 - 3/13 \$86	

## 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 at first class. This is a parent participation class.

<b>Patricia Hill</b>	<b>Edison Community Center</b>
<b>131005-2A</b> 6-15 mo M 9:15 - 10am 1/9 - 3/13 \$70	
<b>Patricia Hill</b>	<b>Murdy Community Center</b>
<b>131005-1A</b> 6 mo-1.5 yrs Th 10:30 - 11:15am 1/12 - 3/2 \$70	

## 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 due at first class. *No Class Dates: Feb-22*

<b>Take the Stage Productions</b>	<b>Murdy Community Center</b>
<b>131007-1A</b> 3-4 yrs Tu 3:30 - 4:15pm 1/24 - 3/21 \$90	

## 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. \$5 materials fee due at first class. Parent participation required.

<b>Patricia Hill</b>	<b>City Gym and Pool</b>
<b>131001-3A</b> 18 mo-3 yrs Tu 10:45 - 11:30am 1/10 - 2/28 \$70	
<b>Patricia Hill</b>	<b>Murdy Community Center</b>
<b>131001-1A</b> 18 mo-3 yrs Th 9:30 - 10:15am 1/12 - 3/2 \$70	



## SPORTS

### 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.

<b>Skyhawks Sports Academy Inc</b>	<b>Edison Community Center</b>
<b>131304-2A</b> 2-3 yrs Sa 9 - 9:30am 1/21 - 3/18 \$145	
<b>131304-2B</b> 4-6 yrs Sa 9:45 - 10:30am 1/21 - 3/18 \$145	
<b>Skyhawks Sports Academy Inc</b>	<b>Murdy Community Center</b>
<b>131304-1A</b> 2-3 yrs W 3:30 - 4pm 1/18 - 3/15 \$145	
<b>131304-1B</b> 4-6 yrs W 4:15 - 5pm 1/18 - 3/15 \$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: Jan-16, Feb-20*

<b>OC Playball Inc</b>	<b>City Gym and Pool</b>
<b>131308-3A</b> 2-3 yrs M 9:15 - 10am 1/9 - 3/20 \$90	
<b>131308-3B</b> 3-4 yrs M 10:15 - 11am 1/9 - 3/20 \$90	
<b>131308-3C</b> 4-5 yrs M 3:15 - 4pm 1/9 - 3/20 \$90	
<b>OC Playball Inc</b>	<b>Edison Community Center</b>
<b>131308-2A</b> 2-3 yrs Th 9 - 9:45am 1/12 - 3/16 \$100	
<b>131308-2B</b> 2-3 yrs Th 10 - 10:45am 1/12 - 3/16 \$100	
<b>131308-2C</b> 3-4 yrs Th 11 - 11:45am 1/12 - 3/16 \$100	
<b>OC Playball Inc</b>	<b>Murdy Community Center</b>
<b>131308-1A</b> 2-3 yrs Tu 9 - 9:45am 1/10 - 3/14 \$110	
<b>131308-1B</b> 3-4 yrs Tu 10 - 10:45am 1/10 - 3/14 \$110	

### PEE WEE BASKETBALL

Boys and girls 3 to 5 years old will be introduced to the basics of basketball in the non-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNDamentals of basketball. Every player will receive a HB recreation jersey! Sign up at your local community center or online at [hbsands.org](http://hbsands.org)

<b>Youth Sports Staff</b>	<b>City Gym and Pool</b>
<b>131306-3A</b> 3-5 yrs Sa 9:30 - 10:20am 1/28 - 3/4 \$55	
<b>Youth Sports Staff</b>	<b>Edison Community Center</b>
<b>131306-2A</b> 3-5 yrs Sa 9:30 - 10:20am 1/28 - 3/4 \$55	
<b>Youth Sports Staff</b>	<b>Murdy Community Center</b>
<b>131306-1A</b> 3-5 yrs Sa 9:30 - 10:20am 1/28 - 3/4 \$55	

### SKYHAWKS HOOPSTER TOTS

This basketball class covers all of the beginner skills in a variety of engaging games. While maintaining the imaginative and fun atmosphere, this class introduces new exciting challenges to their skill levels in shooting, dribbling, passing, catching, and jumping. Each child receives a t-shirt.

<b>Skyhawks Sports Academy Inc</b>	<b>Murdy Community Center</b>
<b>131311-1A</b> 3-4 yrs M 4 - 4:45pm 1/23 - 3/13 \$135	
<b>131311-1B</b> 5-6 yrs M 5 - 5:45pm 1/23 - 3/13 \$135	

## SKYHAWKS SOCCER TOTS

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 else we promote fun, fun, fun! Parent participation may be required for younger ages.

Skyhawks Sports Academy Inc			Edison Community Center		
131316-2A	2-3 yrs	F	3:30 - 4pm	1/20 - 3/10	\$135
131316-2B	4-6 yrs	F	4:15 - 5pm	1/20 - 3/10	\$135

## 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 (3-5pm for Wednesday class and 12-2pm 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		
131312-1A	3-5 yrs	Th	3:40 - 4:10pm	1/19 - 2/9	\$37
131312-1B	3-5 yrs	Th	3:40 - 4:10pm	2/23 - 3/16	\$37
131312-1C	3-5 yrs	Sa	10:15 - 10:45am	1/21 - 2/11	\$37
131312-1D	3-5 yrs	Sa	10:15 - 10:45am	2/25 - 3/18	\$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 12-2pm 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		
131313-1A	3-5 yrs	Tu	4:10 - 4:40pm	1/17 - 2/7	\$37
131313-1B	3-5 yrs	Tu	4:10 - 4:40pm	2/21 - 3/14	\$37
131313-1C	3-5 yrs	Sa	11:15 - 11:45am	1/21 - 2/11	\$37
131313-1D	3-5 yrs	Sa	11:15 - 11:45am	2/25 - 3/18	\$37

## 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		
131314-1A	2-3.5 yrs	Sa	4:30 - 5pm	1/28 - 3/18	\$99

## 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		
131315-1A	3.5-5 yrs	Sa	3:45 - 4:30pm	1/28 - 3/18	\$97

## 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		
131402-2A	2-5 yrs	Sa	9 - 9:45am	1/14 - 2/11	\$55



**Parks  
Make  
Life  
Better!**

Parks and Recreation  
strengthen neighborhood  
involvement

# YOUTH

## ART

### 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 at first class.

**Lucia Henry** **HB Art Center**  
140101-4A 6-12 yrs Th 3:30 - 4:45pm 1/19 - 2/16 \$83/75

### 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) is payable to instructor at first class which covers all supplies. Pre-registration is required. All materials are provided.

**Pati Kent** **HB Art Center**  
140109-4A 7-13 yrs Tu 4:30 - 5:30pm 1/10 - 2/7 \$76/69  
140109-4B 7-13 yrs Tu 4:30 - 5:30pm 2/21 - 3/21 \$76/69

### 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 at first class.

**Lucia Henry** **HB Art Center**  
140110-4A 6-12 yrs Th 3:30 - 4:45pm 2/23 - 3/23 \$81/73

### BEGINNING IMPROV FOR KIDS

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**  
140115-4A 7-12 yrs W 3:30 - 5:30pm 1/18 - 2/8 \$71/64  
140115-4B 7-12 yrs W 3:30 - 5:30pm 2/22 - 3/15 \$71/64



Parks & Recreation Build Family Unity

## ELEMENTS OF ART

Explore the elements of art through fun step-by-step projects designed to raise awareness of line, form, space, value, texture, color, and composition. All materials are included. \$15 materials fee due at first class for all new students.

**Laura Black** **HB Art Center**  
140117-4A 4-9 yrs W 2 - 3:15pm 1/25 - 3/15 \$91/83

## JUNIOR ILLUSTRATOR

In this course students will learn the fundamentals of observational drawing and explore a variety of rendering techniques and styles. Students will produce a fun multi-media project to display their illustrations. \$20 materials fee due at first class.

**Laura Black** **HB Art Center**  
140118-4A 6-12 yrs W 3:30 - 5pm 1/25 - 3/15 \$106/96

## COOKING

### KIDS COOKING IT UP FRESH IN THE KITCHEN

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: Jan-16*

**Stephanie Collett** **Edison Community Center**  
140301-2A 7-11 yrs Sa 11am - 12:15pm 1/14 - 2/18 \$90  
140301-2B 11-14 yrs M 6 - 7:15pm 1/9 - 2/13 \$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**  
140408-1B 8-12 yrs Tu 5:30 - 6:30pm 1/10 - 3/14 \$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 at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **City Gym and Pool**  
140401-3A 5-7 yrs Th 4 - 5pm 1/12 - 3/16 \$105

**Huntington Academy of Dance** **Edison Community Center**  
140401-2A 5-7 yrs Sa 11:15am - 12:15pm 1/14 - 3/18 \$105

**Huntington Academy of Dance** **Murdy Community Center**  
140401-1A 6-8 yrs M 4 - 5pm 1/9 - 3/20 \$95

## 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 at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **Edison Community Center**  
**140404-2A** 5-7 yrs W 4:35 - 5:35pm 1/11 - 3/15 \$105

**Huntington Academy of Dance** **Murdy Community Center**  
**140404-1A** 7-12 yrs M 5:30 - 6:30pm 1/9 - 3/20 \$95

## POLYNESIAN YOUTH

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.

**Melody Seanoa** **HB Art Center**  
**140403-4A** 7-12 yrs Tu 5 - 6pm 1/17 - 2/14 \$68/62  
**140403-4B** 7-12 yrs Tu 5 - 6pm 2/21 - 3/21 \$68/62

## 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.

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**140407-1a** 7-12 yrs T 4:30-5:30p 1/10-3/14 \$105

## EDUCATIONAL

### MAD SCIENCE: SENSE-ATIONAL SCIENCE

zzZZAAPP! POWWW! KaBOOOOM! Beware junior scientists: you are headed for a scientific blast! Join us for a hair-raising good time! You'll harness heat energy and explore the properties of sound. You'll experiment with mysterious magnets, examine strange optical illusions and participate in an eye-popping demonstration of static electricity! \$10 materials fee due at first class.

**Mad Science** **Murdy Community Center**  
**140609-1A** 5-12 yrs F 3:30-4:30pm 1/27-3/17 \$99

### SERIOUSLY AWESOME SITTERS

The ultimate babysitter preparation class! You become certified in Basic First Aid and CPR/AEAD 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 at first class.

**Workshops on Wellness** **Murdy Community Center**  
**140608-1A** 10 yrs+ Sa 10am - 5pm 2/25 \$60

## GYMNASTICS

### CHEER-NASTICS

Students have fun while safely learning cheers, stunting techniques, and gymnastic skills great for all levels. Cartwheels, roundoffs, 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 at first class.

**Tumble-N-Kids Inc** **City Gym and Pool**  
**140701-3A** 6-12 yrs F 4 - 5pm 1/13 - 3/17 \$110  
**140701-3B** 6-12 yrs F 5 - 6pm 1/13 - 3/17 \$110

### JAMMIN' GYMNASTICS

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 at first class.

**Tumble-N-Kids Inc** **Edison Community Center**  
**140702-2A** 6-12 yrs W 3:45 - 4:45pm 1/11 - 3/15 \$110  
**140702-2B** 5-8 yrs Sa 11:20am - 12:20pm 1/14 - 3/18 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**140702-1A** 6-12 yrs Tu 4 - 5pm 1/10 - 3/14 \$110  
**140702-1B** 7-14 yrs Th 4 - 5pm 1/12 - 3/16 \$110  
**140702-1C** 5-8 yrs Sa 11:20am - 12:20pm 1/14 - 3/18 \$110

### 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 at first class.

**Tumble-N-Kids Inc** **City Gym and Pool**  
**140704-3A** 4-6 yrs F 3 - 4pm 1/13 - 3/17 \$110

**Tumble-N-Kids Inc** **Edison Community Center**  
**140704-2A** 4-6 yrs W 2:45 - 3:45pm 1/11 - 3/15 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**140704-1A** 4-6 yrs Tu 3 - 4pm 1/10 - 3/14 \$110  
**140704-1B** 4-6 yrs Th 3 - 4pm 1/12 - 3/16 \$110



Parks & Recreation  
 Stimulate the Mind

## HEALTH & FITNESS

### ZUMBA FOR ALL

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!

**SockhopFitness** Senior Center in Central Park  
150813-5A 6 yrs + Tu 6 - 6:45pm 1/10 - 3/21 \$71

## MARTIAL ARTS

### KARATE - DO TRADITIONAL JAPANESE 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.

**Wadoryu USA** Edison Community Center  
140903-2A 8-12 yrs Th 5 - 5:40pm 1/12 - 3/23 \$110  
140903-2B 8-12 yrs F 5 - 5:40pm 1/13 - 3/24 \$110

### KARATE-DO TRADITIONAL JAPANESE NOVICE

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 \$60. Two days a week for \$80.

**Wadoryu USA** Edison Community Center  
140904-2A 8-17 yrs Th 5:45 - 6:30pm 1/12 - 2/9 \$60  
140904-2B 8-17 yrs Th 5:45 - 6:30pm 2/16 - 3/23 \$60  
140904-2C 8-17 yrs F 5:45 - 6:30pm 1/13 - 2/10 \$60  
140904-2D 8-17 yrs F 5:45 - 6:30pm 2/17 - 3/24 \$60

### KARATE-DO TRADITIONAL JAPANESE INTERMEDIATE

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. Blue/St, Green, Green/St, Red, Red/St, Purple belts only. 1 day a week, Thursday or Friday, for \$75. 2 days a week for \$95.

**Wadoryu USA** Edison Community Center  
140906-2A 8-17 yrs Th 5:45 - 7:30pm 1/12 - 2/9 \$75  
140906-2B 8-17 yrs Th 5:45 - 7:30pm 2/16 - 3/23 \$75  
140906-2C 8-17 yrs F 5:45 - 7:30pm 1/13 - 2/10 \$75  
140906-2D 8-17 yrs F 5:45 - 7:30pm 2/17 - 3/24 \$75

### KARATE-DO TRADITIONAL JAPANESE ADVANCED

The 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 \$80. Two days a week for \$100.

**Wadoryu USA** Edison Community Center  
140907-2A 8-99 yrs Th 5:45 - 8:15pm 1/12 - 2/9 \$80  
140907-2B 8-99 yrs Th 5:45 - 8:15pm 2/16 - 3/23 \$80  
140907-2C 8-99 yrs F 5:45 - 8:15pm 1/13 - 2/10 \$80  
140907-2D 8-99 yrs F 5:45 - 8:15pm 2/17 - 3/24 \$80

### JUNIOR TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-16, Feb-20*

**Kiavash Tillehkoob** City Gym and Pool  
140908-3A 5-9 yrs M 5:45 - 6:30pm 1/9 - 3/20 \$177  
140908-3B 5-9 yrs Tu 5:45 - 6:30pm 1/10 - 3/21 \$177  
140908-3C 5-9 yrs W 5:45 - 6:30pm 1/11 - 3/22 \$177  
140908-3D 5-9 yrs Th 5:45 - 6:30pm 1/12 - 3/23 \$177

### TEEN TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-16, Feb-20*

**Kiavash Tillehkoob** City Gym and Pool  
140912-3A 10-17 yrs M,W 6:30 - 7:15pm 1/9 - 3/22 \$188  
140912-3B 10-17 yrs Tu,Th 6:30 - 7:15pm 1/10 - 3/23 \$188  
140912-3C 10-17 yrs W,Th 6:30 - 7:15pm 1/11 - 3/23 \$188  
140912-3D 10-17 yrs Tu,W 6:30 - 7:15pm 1/10 - 3/22 \$188

### 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.

**Young Champions Recreation Program** Murdy Community Center  
140905-1A New Student 4-15 yrs F 5:30 - 6:10pm 1/20 - 3/31 \$85  
140905-1B Yellow/Orange Belt 4-15 yrs F 6:15 - 6:55pm 1/20 - 3/31 \$85  
140905-1C Purple Belt & Above 4-15 yrs F 7 - 7:40pm 1/20 - 3/31 \$85

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



## MUSIC

### 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 at first class.

**Take the Stage Productions** **Edison Community Center**  
**141010-2A** 8-12 yrs M 4:20 - 5:20pm 1/23 - 3/20 \$105

### 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! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels and all ages are welcome, so don't delay and learn to play today! Full course runs from January 12 - March 23 and is payable in three installments (tuition due before each class section begins on 1/12, 2/9, and 3/9). Bring your own acoustic guitar, \$20 material fee for book to instructor. Walk-ins are welcome, but please register by 1/5 for best availability, and GET READY TO ROCK!

**The RockBand Experience** **HB Art Center**  
**141007-4A** 9-12 yrs Th 3:30 - 4:30pm 1/12 - 2/2 \$85/77  
**141007-4B** 9-12 yrs Th 3:30 - 4:30pm 2/9 - 3/2 \$85/77  
**141007-4C** 9-12 yrs Th 3:30 - 4:30pm 3/9 - 3/23 \$65/59

### 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.

**Iskui Merdjanian** **Edison Community Center**  
**141003-2A** 6-14 yrs Th 5:45 - 6:45pm 1/12 - 3/2 \$77



## SPECIAL INTEREST

### CLOWNING 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. *No Class Dates: Feb-22*

**Take the Stage Productions** **Murdy Community Center**  
**141105-1A** 5-10 yrs W 4 - 4:45pm 1/25 - 3/22 \$90

### 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 at first class. *No Class Dates: Feb-22*

**Take the Stage Productions** **Murdy Community Center**  
**131102-1A** 8-12 yrs W 4:45 - 5:30pm 1/25 - 3/22 \$110

### 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 due at first class. *No Class Dates: Feb-22*

**Take the Stage Productions** **Murdy Community Center**  
**131007-1B** 5-9 yrs Tu 4:15 - 5pm 1/24 - 3/21 \$90

## 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: Feb-20*

**Skyhawks Sports Academy Inc** **Murdy Community Center**  
**141302-1A** 7-10 yrs M 6 - 7pm 1/23 - 3/13 \$135

### SKYHAWKS INSTRUCTIONAL BASKETBALL 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**  
**141303-2A** 4-5 yrs Th 4 - 5pm 1/19 - 3/9 \$135  
**141303-2B** 6-7 yrs Th 5:15 - 6:15pm 1/19 - 3/9 \$135

## JUNIOR BASKETBALL

Boys and girls 6 to 8 years old will be introduced to the basics of basketball in the semi-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNDamentals of basketball. Every player will receive a HB recreation jersey!

Youth Sports Staff			City Gym and Pool		
141312-3A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55
Youth Sports Staff			Edison Community Center		
141312-2A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55
Youth Sports Staff			Murdy Community Center		
141312-1A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55

## INDOOR COED BASKETBALL LEAGUE

The City of Huntington Beach Coed Youth Basketball program provides a fun and competitive league in an instructional environment where the youth of the community can enjoy sports. All players in the 3rd thru 8th grades who are interested in playing basketball may sign up at City Gym, Murdy or Edison Community Centers. Sign-ups will begin on November 15, 2016, and will continue on a daily basis until evaluation day, January 14, 2017. Every participant will receive a team shirt. All games will be played on Saturday. Times of the games will vary depending on how many teams are in the league. Evaluations will be held at City Gym and Pool. If you have any questions, please contact the recreation coordinator at (714) 960-8884.

Youth Sports Staff			City Gym and Pool		
141315-3A	12-14 yrs	Sa	12:30 - 1:30pm	1/14 - 3/25	\$55
141315-3B	10-11 yrs	Sa	11am - 12pm	1/14 - 3/25	\$55
141315-3C	8-9 yrs	Sa	9:30 - 10:30am	1/14 - 3/25	\$55

## YOUTH ICE HOCKEY SKATING CLASS

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 Street, Westminster		
141323-1A	6-16 yrs	W	6:10 - 6:40pm	1/18 - 2/8	\$37
141323-1B	6-16 yrs	W	6:10 - 6:40pm	2/22 - 3/15	\$37
141323-1C	6-16 yrs	Sa	10:45 - 11:15am	1/21 - 2/11	\$37
141323-1D	6-16 yrs	Sa	10:45 - 11:15am	2/25 - 3/18	\$37

## YOUTH 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 Street, Westminster		
141324-1A	6-16 yrs	Th	4:10 - 4:40pm	1/19 - 2/9	\$37
141324-1B	6-16 yrs	Th	4:10 - 4:40pm	2/23 - 3/16	\$37
141324-1C	6-16 yrs	Sa	10:45 - 11:15am	1/21 - 2/11	\$37
141324-1D	6-16 yrs	Sa	10:45 - 11:15am	2/25 - 3/18	\$37

## 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.

Kidz Love Soccer			Murdy Community Center		
141335-1A	5-6 yrs	Sa	3 - 3:45pm	1/28 - 3/18	\$99

## 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.

Kidz Love Soccer			Murdy Community Center		
141336-1A	7-10 yrs	Sa	2:15 - 3pm	1/28 - 3/18	\$99

## 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: Jan-16, Feb-20*

Matt Taylor Volleyball			City Gym and Pool		
141309-3A	10-12 yrs	M	3:30 - 4:45pm	1/9 - 3/20	\$153
141309-3B	13-14 yrs	M	4:45 - 6pm	1/9 - 3/20	\$153
141309-3C	10-12 yrs	Th	3:30 - 4:45pm	1/12 - 3/16	\$153
141309-3D	13-14 yrs	Th	4:45 - 6pm	1/12 - 3/16	\$153

## BEACH VOLLEYBALL: BOYS ADVANCED TRAINING

The Golden Coast Beach Volleyball Club runs our advanced squad for athletes committed to serious training. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2017 youth tournament schedule. Three trainings a week over the eight weeks for \$350. [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

Beach Volleyball CA Inc			City Beach, 15th Street and Pacific Coast Hwy		
141327-2A	12-17 yrs	TBA	TBA	1/16 - 3/12	\$350

## BEACH VOLLEYBALL: GIRLS ADVANCED TRAINING

The Golden Coast Beach Volleyball Club runs our advanced squad for athletes committed to serious training. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2017 youth tournament schedule. Three trainings a week over the eight weeks for \$350. [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

Beach Volleyball CA Inc			City Beach, 15th Street and Pacific Coast Hwy		
141328-2A	12-17 yrs	TBA	TBA	1/16 - 3/12	\$350



Parks & Recreation  
Reduce Stress

## BEACH VOLLEYBALL: BOYS WINTER TRAINING

The Golden Coast Beach Volleyball Club runs skill development and game focused trainings for athletes wanting to keep their game sharp during the offseason. Go to [www.goldencoastcolleyball.com](http://www.goldencoastcolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach,  
15th Street and Pacific Coast Hwy

141330-2A	12-17 yrs	Tu	3:30 - 5pm	1/17 - 3/7	\$120
141330-2B	12-17 yrs	Th	3:30 - 5pm	1/19 - 3/9	\$120
141330-2C	12-17 yrs	Sa	9 - 10:30am	1/21 - 3/11	\$120

## BEACH VOLLEYBALL: GIRLS WINTER TRAINING

The Golden Coast Beach Volleyball Club runs skill development and game focused training for athletes wanting to keep their game sharp during the offseason. Go to [www.goldencoastcolleyball.com](http://www.goldencoastcolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach, 15th Street  
and Pacific Coast Hwy

141331-2A	12-17 yrs	Tu	3:30 - 5pm	1/17 - 3/7	\$120
141331-2B	12-17 yrs	Th	3:30 - 5pm	1/19 - 3/9	\$120
141331-2C	12-17 yrs	Sa	9 - 10:30am	1/21 - 3/11	\$120

## 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

141337-2A	5-8 yrs	M	4 - 5pm	1/23 - 2/27	\$95
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## BEGINNER YOUTH WRESTLING – LEVEL 1

This ground-breaking & super-fun 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! Youths are partnered with same age/size partners. MONDAY, TUESDAY, AND WEDNESDAY NIGHT CLASSES ARE HELD OUTSIDE ON MATS! For more info: [www.facebook.com/orangecountygrappling/](http://www.facebook.com/orangecountygrappling/) or [ocgrappling.org](http://ocgrappling.org). No Class Dates: Jan-16, Feb- 20

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141349-1A	5-15 yrs	M,W	5:30 - 6:30pm	1/9 - 3/22	\$206
141349-1B	5-15 yrs	M,W	5:30 - 6:30pm	1/9 - 2/1	\$100
141349-1C	5-15 yrs	M,W	5:30 - 6:30pm	2/6 - 3/1	\$100
141349-1D	5-15 yrs	M,W	5:30 - 6:30pm	2/27 - 3/22	\$100

### OC Youth Sports Academy

Murdy Community Center

141349-1E	5-15 yrs	T, Th	5:30 - 6:30pm	1/10 - 3/23	\$206
141349-1F	5-15 yrs	T, Th	5:30 - 6:30pm	1/10 - 2/2	\$100
141349-1G	5-15 yrs	T, Th	5:30 - 6:30pm	2/7 - 3/2	\$100
141349-1H	5-15 yrs	T, Th	5:30 - 6:30pm	2/28 - 3/23	\$100

## NOVICE YOUTH WRESTLING

This class is a great one for student-athletes who already have some wrestling background or have completed our Beginner Level 1 program twice. Foundational wrestling skills are taught in a dynamic environment reinforced by technique & LIVE wrestling. Positive reinforcement, instructional drills, and situational-oriented wrestling. The focus is on skill-development & fun! Youths are partnered with same age/size partners. MONDAY, TUESDAY, AND WEDNESDAY NIGHT CLASSES ARE HELD OUTSIDE ON MATS! For more info: [www.facebook.com/orangecountygrappling/](http://www.facebook.com/orangecountygrappling/) or [ocgrappling.org](http://ocgrappling.org). No Class Dates: Feb-2

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141350-1A	5-15 yrs	M,W	6:30 - 7:30pm	1/9 - 3/22	\$206
141350-1B	5-15 yrs	M,W	6:30 - 7:30pm	1/9 - 2/1	\$100
141350-1C	5-15 yrs	M,W	6:30 - 7:30pm	2/6 - 3/1	\$100
141350-1D	5-15 yrs	M,W	6:30 - 7:30pm	2/27 - 3/22	\$100

### OC Youth Sports Academy

Murdy Community Center

141350-1E	5-15 yrs	T,Th	6:30 - 7:30pm	1/10 - 3/23	\$206
141350-1F	5-15 yrs	T,Th	6:30 - 7:30pm	1/10 - 2/2	\$100
141350-1G	5-15 yrs	T,Th	6:30 - 7:30pm	2/7 - 3/2	\$100
141350-1H	5-15 yrs	T,Th	6:30 - 7:30pm	2/28 - 3/23	\$100

## YOUTH BEGINNER SPEED, QUICKNESS AND 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, increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. Coached by high school varsity track coaches with multi-sport backgrounds. For more information: [oc-ysa.org/speed-agility](http://oc-ysa.org/speed-agility). No Class Dates: Jan-16, Feb-20, Mar-3

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141339-1A	5-11 yrs	M,W,F	4:15 - 5:15pm	1/9 - 3/24	\$190
141339-1B	11-15 yrs	M,W,F	4:15 - 5:15pm	1/9 - 3/24	\$190
141339-1C	11-15yrs	M,W,F	4:15 - 5:15pm	1/9 - 2/3	\$100
141339-1D	11-15yrs	M,W,F	4:15 - 5:15pm	2/6 - 3/3	\$100
141339-1E	11-15 yrs	M,W,F	4:15 - 5:15pm	3/6 - 3/24	\$80

## YOUTH INTERMEDIATE SPEED, QUICKNESS & AGILITY WITH OCYSA

This is a more advanced Speed, quickness & agility program. It is designed for athletes who want to excel in elite club and or high school varsity sports. Exposure to more advanced drills, mechanics and breathing techniques. Increased plyometric programming along with increased understanding of pregame active stretching and post-game static stretching process. Difficulty increase on footwork, as well as agility ladder combinations and acceleration, maintenance and deceleration mechanics. Coached by high school varsity track coaches with multi-sport backgrounds. For more info visit: [oc-ysa.org/speed-agility](http://oc-ysa.org/speed-agility). No Class Dates: Mar-3

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141348-1A	11-15 yrs	T,Th	4:15 - 5:15pm	1/10 - 3/23	\$190
141348-1B	11-15 yrs	T,Th	4:15 - 5:15pm	1/10 - 2/3	\$100
141348-1C	11-15yrs	T,Th	4:15 - 5:15pm	2/7-3/2	\$100
141348-1D	11-15yrs	T,Th	4:15 - 5:15pm	3/7 - 3/23	\$100

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

## BEGINNER TRACK SPRINTS & RELAY RACES WITH OCYSA

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 youths to run the 100, 200, 400, 800m races & relay races. Standing starts and basics of starts using blocks. An awesome FUN fitness opportunity that will enhance form, speed, quickness, as well as enrich lives. Speed games will keep them wanting to come back! *No Class Dates: Mar-3*

OC Youth Sports Academy		Murdy Community Center	
141351-1A	11-15 yrs T,Th 4:15 - 5:15pm	1/10 - 3/223	\$190
141351-1B	11-15 yrs T,Th 4:15 - 5:15pm	1/10 - 2/3	\$90
141351-1C	11-15yrs T,Th 4:15 - 5:15pm	2/7 - 3/2	\$90
141351-1D	11-15yrs T,Th 4:15 - 5:15pm	3/7 - 3/23	\$150

## HB ATHLETIC EDGE –PERFECT SPEED, QUICKNESS, AGILITY, CORE-STRENGTH & PLYOMETRICS

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/core-strength/> & <http://www.oc-ysa.org/speed-agility>. Class coached by college athletes and high school varsity coaches. *No Class Dates: Feb-2*

OC Youth Sports Academy		Lake Park Clubhouse, 1035 11th Street	
141345-1A	10-18 yrs M-F 4:15 - 5:15pm	1/9 - 3/24	\$300
141345-1B	10-18 yrs M-F 4:15 - 5:15pm	1/9 - 2/3	\$150
141345-1C	10-18 yrs M-F 4:15 - 5:15pm	2/6 - 2/3	\$150
141345-1D	10-18 yrs M-F 4:15 - 5:15pm	3/6 - 3/24	\$125

## 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 need to wear roller skates or inlines, protective gear - helmet, knee/elbow pads, and wrist guards.

Elena Parra		Edison Community Center	
141406-2A	6-13 yrs Sa 10 - 11am	1/14 - 2/11	\$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. Ages 8 to 16 years.

HB Surf School		City Beach, South Side of HB Pier	
141407-2A	8-16 yrs Sa 10 - 11am	1/7 - 1/28	\$180
141407-2B	8-16 yrs Sa 10 - 11am	2/4 - 2/25	\$180
141407-2C	8-16 yrs Sa 10 - 11am	3/4 - 3/25	\$180



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

## 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, South Side of HB Pier	
141410-2A	8-16 yrs Tu 3:30 - 4:30pm	1/10 - 1/31	\$180
141410-2B	8-16 yrs Tu 3:30 - 4:30pm	2/7 - 2/28	\$180
141410-2C	8-16 yrs Tu 3:30 - 4:30pm	3/7 - 3/28	\$180
141410-2D	8-16 yrs W 3:30 - 4:30pm	1/4 - 1/25	\$180
141410-2E	8-16 yrs W 3:30 - 4:30pm	2/1 - 2/22	\$180
141410-2F	8-16 yrs W 3:30 - 4:30pm	3/1 - 3/22	\$180

## 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.

Skatedogs		Sports Complex	
191401-6A	5-16 yrs W 4 - 5:30pm	1/11 - 2/8	\$125
191401-6B	5-16 yrs W 4 - 5:30pm	2/22 - 3/22	\$125

# 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.

# 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). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150802-3A	16 yrs +	F	6:45 - 8am	January	\$35
150802-3B	16 yrs +	F	6:45 - 8am	February	\$44
150802-3C	16 yrs +	F	6:45 - 8am	March	\$54
150802-3D	16 yrs +	M	8:15 - 9:25am	January	\$35
150802-3E	16 yrs +	M	8:15 - 9:25am	February	\$35
150802-3F	16 yrs +	M	8:15 - 9:25am	March	\$44
150802-3G	16 yrs +	W	8:15 - 9:25am	January	\$35
150802-3H	16 yrs +	W	8:15 - 9:25am	February	\$44
150802-3I	16 yrs +	W	8:15 - 9:25am	March	\$54
150802-3J	16 yrs +	M,W	8:15 - 9:25am	January	\$63
150802-3K	16 yrs +	M,W	8:15 - 9:25am	February	\$73
150802-3L	16 yrs +	M,W	8:15 - 9:25am	March	\$92

#### City Gym and Pool

### 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). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150804-3A	16 yrs +	M	5:30 - 6:30pm	January	\$29
150804-3B	16 yrs +	M	5:30 - 6:30pm	February	\$29
150804-3C	16 yrs +	M	5:30 - 6:30pm	March	\$36
150804-3D	16 yrs +	W	5:30 - 6:30pm	January	\$29
150804-3E	16 yrs +	W	5:30 - 6:30pm	February	\$36
150804-3F	16 yrs +	W	5:30 - 6:30pm	March	\$44
150804-3G	16 yrs +	M,W,F	5:30 - 6:30pm	January	\$29
150804-3H	16 yrs +	F	5:30 - 6:30pm	February	\$36
150804-3I	16 yrs +	F	5:30 - 6:30pm	March	\$44
150804-3J	16 yrs +	M,W	5:30 - 6:30pm	January	\$51
150804-3K	16 yrs +	M,W	5:30 - 6:30pm	February	\$59
150804-3L	16 yrs +	M,W	5:30 - 6:30pm	March	\$59
150804-3M	16 yrs +	M,W,F	5:30 - 6:30pm	January	\$74
150804-3N	16 yrs +	M,W,F	5:30 - 6:30pm	February	\$89
150804-3O	16 yrs +	M,W,F	5:30 - 6:30pm	March	\$111

#### City Gym and Pool

### 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. Monthly 2x/wk.

#### Debra Thurn and Jamie Fowler

Class	Age	Day	Time	Month	Price
150805-3A	16 yrs +	M,W	1:15 - 2pm	January	\$70
150805-3B	16 yrs +	F	11am - 12pm	January	\$45
150805-3C	16 yrs +	M,W	1:15am - 2pm	February	\$70
150805-3D	16 yrs +	F	11am - 12pm	February	\$45
150805-3E	16 yrs +	M,W	1:15 - 2pm	March	\$70
150805-3F	16 yrs +	F	11am - 12pm	March	\$45

#### City Gym and Pool

### 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. No Class Dates: Jan-16, Feb-20

#### Debra Thurn

Class	Age	Day	Time	Month	Price
150806-3A	16 yrs +	M,W,F	12:15 - 1:15pm	January	\$84
150806-3B	16 yrs +	M,W,F	12:15 - 1:15pm	February	\$84
150806-3C	16 yrs +	M,W,F	12:15 - 1:15pm	March	\$84
150806-3D	16 yrs +	Tu,Th	12:30 - 1:30pm	January	\$58
150806-3E	16 yrs +	Tu,Th	12:30 - 1:30pm	February	\$58
150806-3F	16 yrs +	Tu,Th	12:30 - 1:30pm	March	\$58

#### City Gym and Pool

### AQUA TONE FITNESS: AQUATIC CARDIO

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). No Class Dates: Jan-16, Feb-20

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150808-3A	16 yrs +	M,W	7 - 8am	January	\$51
150808-3B	16 yrs +	M,W	7 - 8am	February	\$59
150808-3C	16 yrs +	M,W	7 - 8am	March	\$59
150808-3D	16 yrs +	Tu,Th	7 - 8am	January	\$59
150808-3E	16 yrs +	Tu,Th	7 - 8am	February	\$66
150808-3F	16 yrs +	Tu,Th	7 - 8am	March	\$74
150808-3G	16 yrs +	M	7 - 8am	January	\$36
150808-3H	16 yrs +	M	7 - 8am	February	\$36
150808-3I	16 yrs +	M	7 - 8am	March	\$36
150808-3J	16 yrs +	W	7 - 8am	January	\$29
150808-3K	16 yrs +	W	7 - 8am	February	\$36
150808-3L	16 yrs +	W	7 - 8am	March	\$34
150808-3M	16 yrs +	Tu,Th	8:20 - 9:20am	January	\$59
150808-3N	16 yrs +	Tu,Th	8:20 - 9:20am	February	\$66
150808-3O	16 yrs +	Tu,Th	8:20 - 9:20am	March	\$74
150808-3P	16 yrs +	F	8:20 - 9:20am	January	\$29
150808-3Q	16 yrs +	F	8:20 - 9:20am	February	\$36
150808-3R	16 yrs +	F	8:20 - 9:20am	March	\$44
150808-3S	16 yrs +	Sa	7 - 8am	January	\$29
150808-3T	16 yrs +	Sa	7 - 8am	February	\$36
150808-3U	16 yrs +	Sa	7 - 8am	March	\$44

#### City Gym and Pool

### 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).

#### Dawnette Lowry

Class	Age	Day	Time	Month	Price
150821-3A	16 yrs +	F	9:30 - 10:15am	January	\$29
150821-3B	16 yrs +	F	9:30 - 10:15am	February	\$29
150821-3C	16 yrs +	F	9:30 - 10:15am	March	\$44

#### City Gym and Pool

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

## 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 1 day/wk.

**Debra Thurn**

**City Gym and Pool**

<b>151166-3A</b>	7 yrs +	Tu	1:30 - 2pm	January	\$48
<b>151166-3B</b>	7 yrs +	Tu	1:30 - 2pm	February	\$48
<b>151166-3C</b>	7 yrs +	Tu	1:30 - 2pm	March	\$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**

<b>150103-4A</b>	12 yrs +	Tu	2:45 - 4:15pm	1/10 - 2/7	\$104/94
<b>150103-4B</b>	12 yrs +	Tu	2:45 - 4:15pm	2/21 - 3/21	\$104/94

### ART OF 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.

**Recreation Staff**

**Senior Center in Central Park**

<b>151117-5A</b>	18 yrs +	M	12:30 - 1:30pm	1/9 - 3/13	\$6
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### OIL PAINTING 1- FUNDAMENTALS

Beginning oil painting class covers materials and techniques commonly used in traditional oil painting. The class consists of lecture, demos and hands-on exercises. Participants will complete a still life painting as well as a landscape painting during the class. A good foundation for Intermediate Oil Painting Landscape class.

**Jim Ellsberry**

**HB Art Center**

<b>150104-4A</b>	18 yrs +	Sa	1 - 3:30pm	1/14 - 2/11	\$112/101
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### BEGINNING DIGITAL PHOTOGRAPHY

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**

<b>150109-4A</b>	16 yrs +	F	3:45 - 5:45pm	1/13 - 2/17	\$100/91
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### INTERMEDIATE DIGITAL PHOTOGRAPHY

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**

<b>150110-4A</b>	18 yrs +	F	2:45 - 3:45pm	1/13 - 2/17	\$51/46
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### OIL PAINTING 2 - INTERMEDIATE, LANDSCAPE

Intermediate oil painting class designed to strengthen and develop the student's painting abilities using the landscape as subject. Color mixing, relationships of dark and light, composition and perspective. Emphasis is on traditional landscape painting techniques. The course also covers important historic and contemporary landscape painters, both European and American.

**Jim Ellsberry**

**HB Art Center**

<b>150114-4A</b>	18 yrs +	Sa	1 - 3:30pm	2/25 - 3/25	\$112/101
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### 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 prints on your receipt.

**Diane Merrill**

**HB Art Center**

<b>150116-4A</b>	13 yrs +	Tu	9:30am - 12:30pm	1/17 - 2/21	\$114/103
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### INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. All students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique.

**Jose Loza**

**HB Art Center**

<b>150135-4A</b>	15 yrs +	Tu	6 - 7:45pm	1/10 - 2/7	\$114/103
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### ADVANCED DIGITAL PHOTOGRAPHY

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**

<b>150136-4A</b>	18 yrs +	F	12:30 - 2:30pm	1/13 - 2/17	\$100/91
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### WATERCOLORS WITH THE MASTERS

Class will focus on three watercolor masters, exploring their style, techniques and use of color. Students learn how to apply these lessons to their own watercolor paintings. Focus will be on photo realism to abstract realism. Class is not for beginners.

**Eileen McCullough**

**HB Art Center**

<b>150137-4A</b>	18 yrs +	Th	9:30am - 12:30pm	1/12 - 3/9	\$150/141
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Register Online! [www.hbsands.org](http://www.hbsands.org)



## LEARN TO USE PAINT PENS

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

### Sam Bernal

### HB Art Center

150139-4A	12 yrs +	W	5:30 - 7:30pm	1/11 - 2/8	\$136/123
150139-4B	12 yrs +	W	5:30 - 7:30pm	2/22 - 3/22	\$136/123

## 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.

### Anne Price

### HB Art Center

150141-4A	12 yrs +	F	3:30 - 5:30pm	1/13 - 2/3	\$125/113
150141-4B	12 yrs +	F	3:30 - 5:30pm	2/10 - 3/3	\$125/113

## 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

150145-4A	17 yrs +	W	1 - 3pm	1/18 - 2/8	\$71/64
150145-4B	17 yrs +	W	1 - 3pm	2/22 - 3/15	\$71/64

## ART EXPLORATION & DISCOVERY

Explore common materials and new processes to expand your artwork. From spontaneous "automatic drawing" exercises, to 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

150148-4A	18 yrs +	W	9:30am - 12pm	1/11 - 2/8	\$112/101
150148-4B	18 yrs +	W	9:30am - 12pm	2/11-3/22	\$112/101

## INTERMEDIATE ACRYLIC PAINTING

The course is designed to explore advanced techniques in acrylic painting with an emphasis on color theory. Students will get the opportunity to experiment with acrylic glazing, impasto, and mixed media. Instruction will be given through demonstrations and observation based painting.

### Jose Loza

### HB Art Center

150152-4A	15 yrs +	Tu	6 - 7:45pm	2/21 - 3/21	\$114/103
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## DRAWING & RENDERING

Take your drawings to the next level! In this course students will explore classical and non-traditional drawing methods with a focus on improving the student's ability to draw from observation and render images realistically. All levels of experience are welcome. A \$40 material fee is due to the instructor on the first day of class.

### Laura Black

### HB Art Center

150154-4A	12 yrs +	Th	1 - 3pm	1/19 - 2/16	\$116/105
150154-4B	12 yrs +	Th	1 - 3pm	2/23 - 3/23	\$116/105

## HB 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! Supply fee \$25 for new students.

### Marilyn Oropeza

### Senior Center in Central Park

150115-5A	18 yrs +	Tu	8 - 11:30am	1/3 - 1/31	\$40
150115-5B	18 yrs +	Tu	8 - 11:30am	2/7 - 2/28	\$35
150115-5C	18 yrs +	Tu	8 - 11:30am	3/7 - 3/28	\$35

## 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.

### Pati Kent

### City Gym and Pool

150143-3A	18 yrs +	F	6 - 8pm	2/10	Free
150143-3B	18 yrs +	F	6 - 8pm	3/10	Free

## HB STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing.

### Marilyn Oropeza

### Senior Center in Central Park

150149-5A	18 yrs +	Tu	11:30am - 2:45pm	1/3 - 1/31	\$20
150149-5B	18 yrs +	Tu	11:30am - 2:45pm	2/7 - 2/28	\$20
150149-5C	18 yrs +	Tu	11:30am - 2:45pm	3/7 - 3/28	\$20

## 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

150200-5A	18 yrs +	Tu	9 - 11:30am	1/10 - 1/31	\$15
150200-5B	18 yrs +	Tu	9 - 11:30am	3/7 - 3/28	\$15

## 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

150201-5A	18 yrs +	Sa	9am - 12pm	1/21	\$38
150201-5B	18 yrs +	Th	2 - 5pm	2/9	\$38
150201-5C	18 yrs +	Th	2 - 5pm	3/9	\$38

## MSWORD 2013

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A \$5 suggested donation is due at the first class.

### Senior Center Volunteer

### Senior Center in Central Park

150209-5A	18 yrs +	W	9 am - 12 pm	3/8 - 3/29	\$15
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## SHOPPING 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  
150202-5A 18 yrs + Sa 9am - 12pm 1/28 \$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 and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

**Joel Lander** Senior Center in Central Park  
150205-5A 18 yrs + Th 9am - 12pm 1/5 - 1/19 \$72  
150205-5B 18 yrs + F 9am - 12pm 2/10 - 2/24 \$72

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

**Joel Lander** Senior Center in Central Park  
150210-5A 18 yrs + F 9am - 12pm 2/10-2/17 \$66

## 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  
150211-5A 18 yrs + F 2 - 5pm 3/17 - 3/24 \$66

## HOW TO USE WINDOWS 10

Two, 2-hour, hands on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10.

**Joel Lander** Senior Center in Central Park  
150212-5A 18 yrs + Th 2 - 4pm 1/5 - 1/12 \$48  
150212-5B 18 yrs + F 10am - 12pm 1/20 - 1/27 \$48  
150212-5C 18 yrs + Sa 10am - 12pm 2/18 - 2/25 \$48  
150212-5D 18 yrs + Th 10am - 12pm 3/9 - 3/16 \$48  
150212-5E 18 yrs + Sa 10am - 12pm 3/18 - 3/25 \$48

## PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

**Joel Lander** Senior Center in Central Park  
150214-5A 18 yrs + Sa 9am - 12pm 1/7 \$38  
150214-5B 18 yrs + Th 9am - 12pm 2/9 \$38  
150214-5C 18 yrs + F 9am - 12pm 3/10 \$38

## INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identity safe online. This course is for beginners.

**OCSeniors Club** Senior Center in Central Park  
150216-5A 55 yrs + M 9 - 11am 1/23 - 2/13 \$66

## 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  
150218-5A 55 yrs + M 1:30 - 2:30pm 1/23 - 2/13 \$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  
150219-5A 55 yrs + M 2:45 - 3:45pm 1/23 - 2/13 \$46

## ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers.

**Joel Lander** Senior Center in Central Park  
150220-5A 18 yrs + Th 2 - 4pm 1/19 - 1/26 \$48  
150220-5B 18 yrs + F 2 - 4pm 2/10 - 2/17 \$48  
150220-5C 18 yrs + Th 2 - 4pm 3/16 - 3/23 \$48

## INTERNET TIPS FOR TRAVEL

Tourism is an information-intensive industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after.

**OCSeniors Club** Senior Center in Central Park  
150221-5A 55 yrs + M 11:15am - 12:15pm 1/23 - 2/13 \$46

## SPECIAL APPS & PROGRAMS FOR SMARTPHONES

A presentation of what smart phone/tablet apps and computer programs are useful for seniors. A look at Facebook, YouTube, Skype, Uber, Pandora, Lumosity and more. Introductory instructions on how to find, obtain, and use these free applications. Two, 2-hour sessions. Ask questions, get answers.

**Joel Lander** Senior Center in Central Park  
150222-5A 18 yrs + F 10 - 12am 1/6 - 1/13 \$48  
150222-5B 18 yrs + Th 2 - 4pm 2/16 - 2/23 \$48  
150222-5C 18 yrs + F 10am - 12pm 3/17 - 3/24 \$48

## COOKING

### CAKE DECORATING: GUMPASTE & FONDANT

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.

<b>Rebecca Mejia</b>		<b>Murdy Community Center</b>			
<b>150301-1A</b>	18 yrs +	Tu	6 - 8pm	1/10 - 1/31	\$50
<b>150301-1B</b>	18 yrs +	Tu	6 - 8pm	2/7 - 2/28	\$50
<b>150301-1C</b>	18 yrs +	Tu	6 - 8pm	3/7 - 3/28	\$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.

<b>Rebecca Mejia</b>		<b>Murdy Community Center</b>			
<b>150304-1A</b>	18 yrs +	Tu	6 - 8pm	1/25 - 2/15	\$50

### HEARTWARMING SOUPS

If you have or haven't taken a soup class, you will want to come to this class. We will be making stock from scratch, learning to make bisque, stews, chowders and so much more. We are making all new soups and stews plus lots of new recipes. The soups will range from appetizers through desserts. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>		<b>Edison Community Center</b>			
<b>150306-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	2/7	\$35

### TAILGATE PARTY

Enjoy tailgating in the parking lot with friends or watching the big game at home, you will want to have the recipes that we prepare in class along with a big packet with additional recipes for your entertaining arsenal. We are going to learn about transport, preparation and of course display. Those portable BBQs are going to be brought and used after this class. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>		<b>Edison Community Center</b>			
<b>150308-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	1/10	\$35

### VICTORIAN TEA

Planning on hosting a baby or wedding shower or just planning on having a small gathering of friends, why not have a tea? In this class we will be learning how to prepare scones, lemon curd, an assortment of sandwiched and of course an assortment of desserts. When we are finished with the demonstration- you will sit down for a tea. Come hungry!! \$15 materials fee due at first class.

<b>April Berg</b>		<b>Edison Community Center</b>			
<b>150310-2A</b>	18 yrs +	Tu	6:15 - 9:15pm	3/14	\$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: Jan-9, Jan-16, Feb-20*

<b>Huntington Academy of Dance</b>		<b>City Gym and Pool</b>			
<b>150442-3A</b>	13 yrs +	M	7 - 8pm	1/9 - 3/20	\$95
<b>Huntington Academy of Dance</b>		<b>16601 Gothard Street, Suite A</b>			
<b>150442-1A</b>	16 yrs +	W	7:30 - 8:30pm	1/11 - 3/15	\$105

### BALLET & BALLET STRETCHING 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. *No Class Dates: Jan-16, Feb-20*

<b>Huntington Academy of Dance</b>		<b>16601 Gothard Street, Suite A</b>			
<b>150426-1A</b>	50 yrs +	M	12:30 - 1:30pm	1/9 - 2/13	\$49
<b>150426-1B</b>	50 yrs +	M	12:30 - 1:30pm	2/20 - 3/27	\$49

### 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.

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>			
<b>150449-1A</b>	18 yrs +	Th	6 - 7pm	1/19	\$25
<b>150449-1B</b>	18 yrs +	Th	6 - 7pm	2/16	\$25

### DANCE: BALLROOM

Smooth Dances: Waltz, Foxtrot. Rhythm Dances: Cha Cha, Salsa. Classic dance moves will give you confidence at parties, night clubs, weddings, cruises. No partner needed.

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>			
<b>150407-2A</b>	16 yrs +	M	7 - 7:45pm	1/23 - 2/13	\$49
<b>150407-2B</b>	16 yrs +	M	7 - 7:45pm	2/27 - 3/20	\$49

### DANCE: COUNTRY LINE

All the popular line dances taught with EASY INSTRUCTION. Socialize while listening to your favorite music. Don't miss out dancing country line dance and the country good fun! Instructor: Kaylaa Fox 714-205-4425. [Kaylaa@dancequick.com](mailto:Kaylaa@dancequick.com)

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>			
<b>150413-2A</b>	16 yrs +	W	7:30 - 8:15pm	1/18 - 2/8	\$49
<b>150413-2B</b>	16 yrs +	W	7:30 - 8:15pm	2/15 - 3/8	\$49

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>			
<b>150413-1A</b>	16 yrs +	Th	7 - 7:45pm	1/19 - 2/9	\$49
<b>150413-1B</b>	16 yrs +	Th	7 - 7:45pm	2/16 - 3/9	\$49

## DANCE: COUNTRY TWO STEP

COUNTRY 2 STEP AND COWBOY CHA-CHA let you dance at the COUNTRY CLUBS. Listen to favorite country songs. No partner needed. Instructor: Kaylaa Fox 714-205-4425. [Kaylaa@dancequick.com](mailto:Kaylaa@dancequick.com)

Kaylaa Fox	Edison Community Center			
150415-2A	16 yrs +	W	8:15 - 9pm	1/18 - 2/8 \$49
150415-2B	16 yrs +	W	8:15 - 9pm	2/15 - 3/8 \$49

Kaylaa Fox	Murdy Community Center			
150415-1A	16 yrs +	Th	7:45 - 8:30pm	1/19 - 2/9 \$49
150415-1B	16 yrs +	Th	7:45 - 8:30pm	2/16 - 3/9 \$49

## DANCE: SALSA

SALSA dance is exploding in clubs and parties with its exotic rhythms just waiting to be danced to. Easy patterns in this class will take you out socializing and dancing immediately. No partner needed.

Kaylaa Fox	Murdy Community Center			
150421-1A	16 yrs +	Th	8:30 - 9:15pm	1/19 - 2/9 \$49
150421-1B	16 yrs +	Th	8:30 - 9:15pm	2/16 - 3/9 \$49

## DANCE: SWING

SWING to both classic and modern music which covers ALL social events. Have FUN with this rhythm dance and best part, you don't need a partner!

Kaylaa Fox	Edison Community Center			
150452-2A	16 yrs +	M	7:45 - 8:30pm	1/23 - 2/13 \$49
150452-2B	16 yrs +	M	7:45 - 8:30pm	2/27 - 3/20 \$49

## 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.

Kaylaa Fox	Murdy Community Center			
150422-1A	16 yrs +	Th	6:15 - 7:15pm	1/19 - 2/9 \$40
150422-1B	16 yrs +	Th	6:15 - 7:15pm	2/16 - 3/9 \$40

## 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.

Kaylaa Fox	Murdy Community Center			
150423-1A	16 yrs +	Th	8:15 - 9:15pm	1/19 - 2/9 \$40
150423-1B	16 yrs +	Th	8:15 - 9:15pm	2/16 - 3/9 \$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.

Kaylaa Fox	Murdy Community Center			
150424-1A	16 yrs +	Th	7:15 - 8:15pm	1/19 - 2/9 \$40
150424-1B	16 yrs +	Th	7:15 - 8:15pm	2/16 - 3/9 \$40

## 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			
150451-5A	18 yrs +	W	9:30 - 10:30am	1/11 - 3/22 \$95

## LINE DANCE NEW BEGINNER

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.

Suzy Hazard	Senior Center in Central Park			
150419-5A	18 yrs +	F	2 - 3pm	1/20 - 3/24 \$54

Linda Maarleveld	Senior Center in Central Park			
150450-5A	18 yrs+	Tu	2:30 - 3:30pm	1/10 - 3/21 \$61
150450-5B	18 yrs+	Tu	4 - 5pm	1/10 - 3/21 \$61

## LINE DANCE 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%!

Suzy Hazard	Senior Center in Central Park			
150420-5A	18 yrs +	F	3:15 - 4:15pm	1/20 - 3/24 \$54

Linda Maarleveld	Senior Center in Central Park			
150453-5A	18 yrs +	W	7 - 8:30pm	1/11 - 3/22 \$60

## 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.

Suzy Hazard	Senior Center in Central Park			
150428-5A	18 yrs +	W	2:45 - 4:15pm	1/18 - 3/22 \$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.

Suzy Hazard	Senior Center in Central Park			
150433-5A	18 yrs +	M	3:15 - 4:45 pm	1/23 - 3/27 \$49

## LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Suzy Hazard	Senior Center in Central Park			
150434-5A	18 yrs +	W	1 - 2:30pm	1/18 - 3/22 \$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). Time and date to be arranged with instructor.

**SockhopFitness** Edison Community Center  
 150402-2A 16 yrs + TBA TBA 1/9 - 3/25 \$60

## TUPUA'S POLYNESIAN BEGINNING

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.

**Melody Seanoa** Senior Center in Central Park  
 150440-5A 14 yrs + Tu 6:30 - 7:30pm 1/17 - 2/14 \$60  
 150440-5B 14 yrs + Tu 6:30 - 7:30pm 2/21 - 3/21 \$60

## 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."

**Melody Seanoa** Senior Center in Central Park  
 150439-5A 13 yrs + Tu 7:30 - 8:30pm 1/17 - 2/14 \$60  
 150439-5B 13 yrs + Tu 7:30 - 8:30pm 2/21 - 3/21 \$60

# DOG TRAINING

## 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: Feb-20*

**Dog Services Unlimited** Murdy Community Center  
 150502-1A 10 yrs + M 6:30 - 7:30pm 2/6 - 3/20 \$84

## 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  
 150503-2A 10 yrs + Tu 8:30 - 9:15pm 2/21 - 2/28 \$28

## DOG TRAINING: BEGINNING DOG OBEDIENCE

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  
 150504-2A 10 yrs + Tu 7:30 - 8:30pm 1/17 - 2/28 \$95

**Dog Services Unlimited** Murdy Community Center  
 150504-1A 10 yrs + Th 7 - 8pm 2/2 - 3/16 \$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  
 150506-1A 10 yrs + M 7:30 - 8:45pm 2/27 - 3/20 \$82

## FLYBALL DOG TRAINING 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. *No Class Dates: Jan-28, Mar-11*

**Surf City Flyball** Dog Park- Central Park – Slater/Goldenwest  
 150507-1A 18 yrs + Sa 9 - 10am 1/21 - 3/25 \$95

## FLYBALL DOG TRAINING 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. *No Class Dates: Jan-28, Mar-11*

**Surf City Flyball** Dog Park- Central Park – Slater/Goldenwest  
 150508-1A 18 yrs + Sa 10:30am - 12pm 1/21 - 3/25 \$95



## EDUCATIONAL

### ITALIAN: CONVERSATIONAL ITALIAN 1A

If you like Italy and its culture, you will enjoy this fun and relaxed beginning conversational class. A native born Italian instructor will teach you how to speak in the present tense about yourself and about a variety of topics relating to day-to-day life. Focus is on creating a fun and interactive class.

**Spectrum Languages** Edison Community Center  
150601-2A 18 yrs + Th 6:30 - 7:30pm 1/19 - 3/23 \$168

### ITALIAN: CONVERSATIONAL ITALIAN 1B

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

**Spectrum Languages** Edison Community Center  
150603-2A 18 yrs + Th 7:30 - 8:30pm 1/19 - 3/23 \$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  
150610-5A 8 yrs + Sa 10am - 12pm 1/14 - 3/25 \$10

## HEALTH & FITNESS

### 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 \$129. No Class Dates: Jan-16, Feb-20

**Susan Hardy** Murdy Community Center  
150835-1A 18 yrs + M,W,F 9:15 - 10am 1/9 - 3/17 \$107

### CARDIO & STRENGTH TRAINING

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

**Joanne Pridomirski** Edison Community Center  
150850-2A 13 yrs + Tu,Th 8:45 - 9:45am 1/10 - 3/23 \$78

### 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: Jan-16, Feb-20

**Susan Hardy** Edison Community Center  
150851-2A 13 yrs + M,W,F 5:15 - 6:15pm 1/9 - 3/17 \$112

### 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 hand weights (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 core work done on the floor.

**Marianne Grossman** Senior Center in Central Park  
150816-5A 55 yrs + F 10:15 - 11:15am 1/13 - 3/24 \$58

### EXERCISE FOR BALANCE

Have you 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 activity levels. Instructor: Hoag Licensed Therapist.

**Hoag Licensed Therapist** Senior Center in Central Park  
150899-5A 18 yrs + Tu 9 - 10am 1/3 - 1/31 Free  
150899-5B 18 yrs + Tu 9 - 10am 2/7 - 3/7 Free  
150899-5C 18 yrs + Tu 9 - 10am 3/14 - 4/11 Free

### 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  
150838-5A 18 yrs + W 5:45 - 6:45pm 1/11 - 3/8 \$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.

**Marianne Grossman** Senior Center in Central Park  
150817-5A 55 yrs + Tu 10:15 - 11am 1/10 - 3/21 \$49  
150817-5B 55 yrs + Th 10:40 - 11:25am 1/12 - 3/23 \$49

## 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  
150614-5A 50+ F 10 - 11am 1/13 - 3/3 \$68

## 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  
150613-5A 50+ F 11:30am - 12:30pm 1/13 - 3/3 \$68

## 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: Jan-16, Feb-20

HB Pilates	City Gym and Pool				
150811-3A	16 yrs +	W	9 - 10am	1/11 - 2/15	\$78
150811-3B	16 yrs +	Th	6 - 7pm	1/12 - 2/16	\$78
150811-3C	16 yrs +	W	9 - 10am	2/22 - 3/15	\$65
150811-3D	16 yrs +	Th	6 - 7pm	2/23 - 3/16	\$65

HB Pilates	Edison Community Center				
150811-2A	16 yrs +	M	6:30 - 7:30pm	1/9 - 2/13	\$65
150811-2B	16 yrs +	M	6:30 - 7:30pm	2/27 - 3/13	\$55
150811-2C	16 yrs +	Tu	9 - 10am	1/10 - 2/14	\$78
150811-2D	16 yrs +	Tu	9 - 10am	2/21 - 3/14	\$65
150811-2E	16 yrs +	W	6 - 7pm	1/11 - 2/15	\$78
150811-2F	16 yrs +	W	6 - 7pm	2/22 - 3/15	\$65
150811-2G	16 yrs +	F	10 - 11am	1/13 - 2/17	\$78
150811-2H	16 yrs +	F	10 - 11am	2/24 - 3/17	\$65

HB Pilates	Murdy Community Center				
150811-1A	16 yrs +	M	10 - 11am	1/9 - 2/13	\$65
150811-1B	16 yrs +	M	10 - 11am	2/27 - 3/13	\$55
150811-1C	16 yrs +	Tu	6 - 7pm	1/10 - 2/14	\$78
150811-1D	16 yrs +	Tu	6 - 7pm	2/21 - 3/14	\$65
150811-1E	16 yrs +	Th	5 - 6pm	1/12 - 2/16	\$78
150811-1F	16 yrs +	Th	5 - 6pm	2/23 - 3/16	\$65
150811-1G	16 yrs +	Sa	9 - 10am	1/14 - 2/18	\$78
150811-1H	16 yrs +	Sa	9 - 10am	2/25 - 3/18	\$65

## 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, Power Yoga, Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

HB Pilates	All Community Center Locations				
150611-1A	16 yrs +	Attend any HB Pilates class	1/9 - 2/18	\$85	
150611-1B	16 yrs +	Attend any HB Pilates class	2/21 - 3/18	\$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, and Pilates Barre with cardio, Power Yoga, Pilates Chair, Pilates Mat, Restorative, YogaPrenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Jan-16

HB Pilates	All Community Center Locations				
150612-1A	16 yrs +	Attend any HB Pilates class	1/9 - 2/18	\$160	
150612-1B	16 yrs +	Attend any HB Pilates class	2/21 - 3/18	\$160	

## 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.

HB Pilates	Edison Community Center				
150839-2A	16 yrs +	M	9 - 10am	1/9 - 2/13	\$65
150839-2B	16 yrs +	M	9 - 10am	2/27 - 3/13	\$55
150839-2C	16 yrs +	F	9 - 10am	1/13 - 2/17	\$78
150839-2D	16 yrs +	F	9 - 10am	2/24 - 3/17	\$65

HB Pilates	Senior Center in Central Park				
150839-5A	16 yrs +	W	7 - 8pm	1/11 - 2/15	\$78
150839-5B	16 yrs +	Th	10:15 - 11:15am	1/12 - 2/16	\$78
150839-5C	16 yrs +	Sa	10 - 11am	1/14 - 2/18	\$78
150839-5D	16 yrs +	W	7 - 8pm	2/22 - 3/15	\$65
150839-5E	16 yrs +	Th	10:15 - 11:15am	2/23 - 3/16	\$65
150839-5F	16 yrs +	Sa	10 - 11am	2/25 - 3/18	\$65

## 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 at the park 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, snacks. Meet us at the back of the Senior Center in Central Park! Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

HB Pilates	Senior Center in Central Park				
150825-5A	18 yrs +	Tu	9 - 10am	1/10 - 2/14	\$78
150825-5B	18 yrs +	Th	9 - 10am	1/12 - 2/16	\$78
150825-5C	18 yrs +	Tu,Th	9 - 10am	1/10 - 2/16	\$120
150825-5D	18 yrs +	Tu	9 - 10am	2/21 - 3/14	\$65
150825-5E	18 yrs +	Th	9 - 10am	2/23 - 3/16	\$65
150825-5F	18 yrs +	Tu,Th	9 - 10am	2/21 - 3/16	\$100

## HB PILATES: RESTORATIVE YOGA

Restorative Yoga is a gentle yoga class that focuses on healing the aches and pains of daily life through gentle movements and stillness by aligning the body and mind. Whether you are seated at a desk all day, working in a fast paced environment, or a fitness addict, everyone needs a little bit of Restorative Yoga in their life to create balance. All levels welcome. Bring yoga mat. Suggested props: yoga strap, yoga blocks (1-2).

HB Pilates	Senior Center in Central Park				
150828-5A	18 yrs +	W	5:30 - 6:30pm	1/11 - 2/15	\$78
150828-5B	18 yrs +	W	5:30 - 6:30pm	2/22 - 3/15	\$65

## 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:*

Jan-16

HB Pilates		Murdy Community Center			
150833-1A	16 yrs + M	11 - 11:30am	1/9 - 2/13	\$40	
150833-1B	16 yrs + M	11 - 11:30am	2/27 - 3/13	\$35	

## 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: Jan-16, Jan-20*

HB Pilates		City Gym and Pool			
150855-3A	16 yrs + W	10 - 11am	1/11 - 2/15	\$78	
150855-3B	16 yrs + Th	7 - 8pm	1/12 - 2/16	\$78	
150855-3C	16 yrs + W	10 - 11am	2/22 - 3/15	\$65	
150855-3D	16 yrs + Th	7 - 8pm	2/23 - 3/16	\$65	

HB Pilates		Edison Community Center			
150855-2A	16 yrs + M	7:30 - 8:30pm	1/9 - 2/13	\$65	
150855-2B	16 yrs + M	7:30 - 8:30pm	2/27 - 3/13	\$55	
150855-2C	16 yrs + W	7 - 8pm	1/11 - 2/15	\$78	
150855-2D	16 yrs + W	7 - 8pm	2/22 - 3/15	\$65	

HB Pilates		Murdy Community Center			
150855-1A	16 yrs + Tu	7 - 8pm	1/10 - 2/14	\$78	
150855-1B	16 yrs + Tu	7 - 8pm	2/21 - 3/14	\$65	
150855-1C	16 yrs + Sa	10 - 11am	1/14 - 2/18	\$78	
150855-1D	16 yrs + Sa	10 - 11am	2/25 - 3/18	\$65	

## HB PILATES: PILATES CHAIR

Join us for our original Pilates Chair class. Using resistance bands and small exercise balls, you will find sitting and standing exercises that help improve balance, core strength, posture, flexibility, upper and lower body strength, and an enhanced mind-body connection to help reduce the risk of falls. This class is ideal for individuals that can stand and walk without assistance. Bring water and grip socks. *No Class Dates: Jan-16*

HB Pilates		Senior Center in Central Park			
150879-5A	18 yrs + M	12:30 - 1:30pm	1/9 - 2/13	\$58	
150879-5B	18 yrs + W	12:30 - 1:30pm	1/11 - 2/15	\$68	
150879-5C	18 yrs + F	12:30 - 1:30pm	1/13 - 2/17	\$68	
150879-5D	18 yrs + Any 2 Days	TBD	1/9 - 2/17	\$120	
150879-5E	18 yrs + All 3 Days	TBD	1/9 - 2/17	\$119	
150879-5F	18 yrs + M	12:30 - 1:30pm	2/27 - 3/13	\$48	
150879-5G	18 yrs + W	12:30 - 1:30pm	2/22 - 3/15	\$58	
150879-5H	18 yrs + F	12:30 - 1:30pm	2/24 - 3/17	\$58	
150879-5I	18 yrs + Any 2 Days	TBD	2/22 - 3/17	\$100	
150879-5J	18 yrs + All 3 Days	TBD	2/22 - 3/17	\$98	

## 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 at minimum 6-8 weeks postpartum, with doctor's approval). Drop-Ins: \$18. Please bring: mat, towel, grip socks, and water.

HB Pilates		Murdy Community Center			
150856-1A	18 yrs + Th	6 - 7pm	1/12 - 2/16	\$84	
150856-1B	18 yrs + Th	6 - 7pm	2/23 - 3/16	\$70	
150856-1C	18 yrs + Private Lesson	30 Minutes	TBD	\$46	
150856-1D	18 yrs + Private Lesson	1 Hour	TBD	\$76	

## 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).

HB Pilates		Senior Center in Central Park			
150878-5A	18 yrs + W	6:30 - 7:30pm	1/11 - 2/15	\$78	
150878-5B	18 yrs + Sa	9 - 10am	1/14 - 2/18	\$78	
150878-5C	18 yrs + W	6:30 - 7:30pm	2/22 - 3/15	\$65	
150878-5D	18 yrs+ Sa	9 - 10am	2/25 - 3/18	\$65	

## HB PILATES: PILATES CHAIR: SITTING ONLY

Join us for a gentle Pilates Chair class where all exercises will be done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, and enhanced mind-body connection. Great for individuals needing assistance walking and/or using walkers, canes, wheel chairs and/or motor scooters. Bring water and grip socks. *No Class Dates: Jan-16*

HB Pilates		Senior Center in Central Park			
150895-5A	18 yrs + M	11:45am - 12:30pm	1/9 - 2/13	\$50	
150895-5B	18 yrs + F	11:45am - 12:30pm	1/13 - 2/17	\$60	
150895-5C	18 yrs + M	11:45am - 12:30pm	2/27 - 3/13	\$43	
150895-5D	18 yrs + F	11:45am - 12:30pm	2/24 - 3/17	\$50	

## HB PILATES: PILATES CHAIR-PLUS

Using a chair for sitting and standing exercises, this more advanced class will integrate a variety of equipment in the fitness facility, moving at a faster pace. Improve: strength, flexibility, posture, functional fitness, balance, core strength, and an enhanced mind-body connection. This class is great for the active older adult that needs a challenge and can move about independently without the use of a walker/cane. Prerequisites: one session of Pilates Chair, and instructor approval. Bring water and grip socks.

HB Pilates		Senior Center in Central Park			
150826-5A	18 yrs + W	11:30am - 12:30pm	1/11 - 2/15	\$68	
150826-5B	18 yrs + W	11:30am - 12:30pm	2/22 - 3/15	\$58	

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



## HB PILATES: UNLIMITED HB PILATES CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Restorative Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/ Postnatal Pilates, Stroller Workout and Power Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. Email: [info@hbpilates.com](mailto:info@hbpilates.com).  
No Class Dates: Jan-16

<b>HB Pilates</b>	<b>All Community Center Locations</b>				
<b>150896-1A</b>	16 yrs +	M - Sa	TBD	1/9 - 2/18	\$234
<b>150896-1B</b>	16 yrs +	M - Sa	TBD	2/21 - 3/18	\$195

## 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: Jan-16, Feb-20

<b>HB Pilates</b>	<b>Murdy Community Center</b>				
<b>150897-1A</b>	18 yrs +	M - Sa	1 Session	1/9 - 3/18	\$76
<b>150897-1B</b>	18 yrs +	M - Sa	10 Sessions	1/9 - 3/18	\$700
<b>150897-1C</b>	18 yrs +	M - Sa	20 Sessions	1/9 - 3/18	\$1300

## 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 \$129. No Class Dates: Jan-16, Feb-20

<b>Susan Hardy</b>	<b>Murdy Community Center</b>				
<b>150841-1A</b>	18 yrs +	M,W,F	8:30 - 9:15am	1/9 - 3/17	\$107

## JAZZERCISE- AS LOW AS \$5 PER CLASS

Torch fat, sculpt lean muscle and CRUSH calories with this dance party workout that mixes hot playlist cardio with strength training and stretching. Fresh pulse-pounding music and body blasting moves jam up the fun to transform your body, boost your mood, and IGNITE your energy!!! Classes will be Monday, Wednesday and Friday's from 8:30-9:30am and Tuesday's from 5:30-6:40 pm

<b>Erica Den Hartog</b>	<b>City Gym and Pool</b>				
<b>150853-3A</b>	13 yrs +		10 Class Pack	1/9 - 3/24	\$70
<b>150853-3B</b>	13 yrs +		20 Class Pack	1/9 - 3/24	\$100

## 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. No Class Dates: Feb-20

<b>David Phears</b>	<b>Senior Center in Central Park</b>				
<b>150815-5A</b>	18 yrs +	M	9:30 - 10:45am	1/23 - 3/27	\$125

## 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.

<b>Julia Weber</b>	<b>Murdy Community Center</b>				
<b>150842-1A</b>	14+	Tu	7 - 8pm	1/10 - 3/21	\$78

## QIGONG FOR WELLNESS

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.

<b>Donald Walker</b>	<b>Murdy Community Center</b>				
<b>150864-1A</b>	18 yrs +	W	6 - 7:15pm	1/11 - 2/22	\$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!

<b>Susan Hardy</b>	<b>Edison Community Center</b>				
<b>150846-2A</b>	13 yrs +	Sa	9:15 - 10:15am	1/14 - 3/11	\$44

## 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.

<b>Georgia Spidle</b>	<b>Lake Park Clubhouse, 1035 11<sup>th</sup> Street</b>				
<b>150847-2A</b>	18 yrs +	M,W,F	9 - 10am	1/9 - 3/10	\$60

## 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!

<b>Marianne Grossman</b>	<b>Senior Center in Central Park</b>				
<b>150837-5A</b>	55 yrs +	Tu,F	9 - 9:45am	1/10 - 3/24	\$77



## TAI CHI BASICS

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  
150887-2A 18 yrs + Tu 1:30 - 2:45pm 1/10 - 2/21 \$49

## 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: Jan-16, Feb-20*

**Elizabeth Pham** Senior Center in Central Park  
150881-5A 18 yrs + M 6:45 - 8:15pm 1/9 - 3/20 \$55  
150881-5B 18 yrs + Th 9 - 10:30am 1/12 - 3/23 \$55

## 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: Jan-16, Feb-20*

**Shona Howe** Senior Center in Central Park  
150882-5A 18 yrs + M 6:45 - 8:15pm 1/9 - 3/20 \$55  
150882-5B 18 yrs + Th 9 - 10:30am 1/12 - 3/23 \$55

## CANDLELIGHT YIN YOGA

Candlelight Yin Yoga is a yoga practice that consists of stretching poses that target connective tissue and fascia. It focuses on compression and tension based movements held over longer periods of time creating more flexibility, freedom, and mobility in the body. It is a calm practice set to soft music and is a great way to destress at the end your work day. Bring a bolster yoga pillow, 2 yoga blankets, and 2 foam yoga blocks. Recommended Stores: [YogaDirect.com](http://YogaDirect.com)

**Denise Stanek** HB Art Center  
150865-4A 17 yrs + Tu 6:30 - 7:30pm 1/10 - 2/28 \$106/96

## 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 payed to instructor at the first class. Check payable to Makena Solutions LLC or Bing Luh.

**Makena Solutions LLC** HB Art Center  
150884-4A 16 yrs + Tu 10:15 - 11:30am 1/10 - 1/10 FREE  
150884-4B 16 yrs + Tu 10:15 - 11:30am 1/17 - 3/7 \$109/99  
150884-4C 16 yrs + W 6:30 - 7:45pm 1/11 - 1/11 FREE  
150884-4D 16 yrs + W 6:30 - 7:45pm 1/18 - 3/8 \$109/99



Parks & Recreation...  
Promote good health

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: Jan-16, Feb-20*

**Susan Hardy** Murdy Community Center  
150886-1A 18 yrs + M,W,F 8:30 - 10am 1/9 - 3/17 \$129

## 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: Jan-16, Feb-20*

**Marianne Grossman** Edison Community Center  
150857-2A 18 yrs + Tu 5:30 - 6:30pm 1/10 - 3/21 \$72

**Marianne Grossman** Senior Center in Central Park  
150857-5A 18 yrs + M 5:30 - 6:30pm 1/9 - 3/20 \$58

## 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, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Jan-16, Feb-13, Feb-20*

**Diane Pavesic** Senior Center in Central Park  
150866-5A 18 yrs + M 10 - 11am 1/9 - 3/13 \$60  
150866-5B 18 yrs + M 11:15am - 12:15pm 1/9 - 3/13 \$60

## 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 and Pool  
150867-3A 16 yrs + F 10:30am - 12pm 1/13 - 3/17 \$97

## YOGA AT EDISON

Yoga unites mind & body improving general health, balance, & well being. Therapeutically oriented class combines postures, meditation and yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. Class Instructor: Diane Pavesic, C-IAYT, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-15, Feb-22*

**Diane Pavesic** Edison Community Center  
150868-2A 18 yrs + W 4:30 - 5:30pm 1/11 - 3/15 \$66  
150868-2B 18 yrs + W 5:45 - 6:45pm 1/11 - 3/15 \$66  
150868-2C 18 yrs + W 7 - 8pm 1/11 - 3/15 \$66

## 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, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Feb-16, Feb-23*

**Diane Pavesic** Senior Center in Central Park  
150872-5A 18 yrs + Th 10 - 11am 1/12 - 3/16 \$66  
150872-5B 18 yrs + Th 11am - 12pm 1/12 - 3/16 \$66



## 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: Jan-16, Feb-20, Feb-21, Feb 22*

Jacki King, E-RYT, CYT		Murdy Community Center		
150876-1F	18 yrs + M	4:35 - 5:35pm	1/23 - 3/13	\$60
150876-1H	18 yrs + W	4 - 5pm	1/18 - 3/15	\$66

Susan Holden		Murdy Community Center		
150876-1A	16 yrs + M	6 - 7pm	1/23 - 3/13	\$60
150876-1B	16 yrs + M	7:15 - 8:15pm	1/23 - 3/13	\$60
150876-1C	16 yrs + Tu	5:30 - 6:45pm	1/17 - 3/14	\$66
150876-1D	16 yrs + F	4 - 5pm	1/20 - 3/10	\$66

Yvonne Carmichael		Lake View Clubhouse, 17461 Zeider Lane		
150876-1E	16 yrs + W	10:30am - 12pm	1/11 - 3/15	\$97
150876-1G	16 yrs + F	10:30am - 12pm	1/13 - 3/17	\$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. *No Class Dates: Feb-21*

Susan Holden		Senior Center in Central Park		
150892-5A	16 yrs + Tu	10:30 - 11:30am	1/17 - 3/14	\$66

## 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		
150827-2A	16 yrs + M	6 - 6:45pm	1/9 - 3/22	\$113
	W	6:30 - 7:15 pm		

## 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		
150848-5A	55 yrs + Th	9 - 10am	1/12 - 3/23	\$66

## 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		
150858-2A	16 yrs + W	6:30 - 7:15pm	1/11 - 3/22	\$71

## ZUMBA GOLD

Zumba Gold is perfect for active adults looking for the great moves of Zumba at lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

SockhopFitness		Senior Center in Central Park		
150860-5A	16 yrs + F	9 - 9:45am	1/13 - 3/24	\$71

Sockhop Fitness		Murdy Community Center		
150860-1A	18 yrs + Tu	8:05-8:50am	1/10-3/21	\$71

## 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		
150888-2A	16 yrs + M	6 - 6:45pm	1/9 - 3/20	\$58

## ZUMBA FOR ALL

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!

SockhopFitness		Senior Center in Central Park		
150813-5A	6 yrs + Tu	6 - 6:45pm	1/10 - 3/21	\$71

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

## MARTIAL ARTS

### 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 \$80, any 2 days \$145.

Frances Cardinal		Senior Center in Central Park			
150901-5A	16 yrs + Tu	6:15 - 7:45pm	1/10 - 3/28	\$80	
150901-5B	16 yrs + Th	6:15 - 7:45pm	1/12 - 3/30	\$80	

### 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 \$80 includes 4 family members one time per week, a \$6 fee per each extra student. Take 2 days per week for \$100 up to 4 people – if more than 4 students, add \$6 per student.

Frances Cardinal		Senior Center in Central Park			
150904-5A	3 yrs + Tu	5 - 6pm	1/10 - 3/28	\$80	
150904-5B	3 yrs + Th	5 - 6pm	1/12 - 3/30	\$80	
150904-5C	3yrs+ Sa	10am - 12pm	1/14 - 4/1	\$80	

### ADULT TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-16, Feb-20*

Kiavash Tillehkoob		City Gym and Pool			
150906-3A	15 yrs + M	7:15 - 8pm	1/9 - 3/20	\$177	
150906-3B	15 yrs + Tu	7:15 - 8pm	1/10 - 3/21	\$177	
150906-3C	15 yrs + W	7:15 - 8pm	1/11 - 3/22	\$177	
150906-3D	15 yrs + Th	7:15 - 8pm	1/12 - 3/23	\$177	

### 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			
150907-2A	18 yrs + Th	7:15 - 8:15pm	1/12 - 3/23	\$120	



Parks and Recreation provide space to enjoy nature

## 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! Beatles, Rolling Stones, Green Day, Weezer, and so much much more! All levels and all ages are welcome, so don't delay and learn to play today! Full course runs from January 12 - March 23 and is payable in three installments (tuition due before each class section begins on 1/12, 2/9, and 3/9). Bring your own acoustic guitar, \$20 material fee for book to instructor. Walk-ins are welcome, but please register by 1/5 for best availability, and GET READY TO ROCK!

The RockBand Experience		HB Art Center			
151008-4A	13-17 yrs Th	4:30 - 5:30pm	1/12 - 2/2	\$85/77	
151008-4B	13-17 yrs Th	4:30 - 5:30pm	2/9 - 3/2	\$85/77	
151008-4C	13-17 yrs Th	4:30 - 5:30pm	3/9 - 3/23	\$65/59	

### 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			
151002-2A	10 yrs + Tu	7 - 8pm	1/10 - 2/28	\$125	

### GUAVA GROOVE UKULELE PLAYERS – BEGINNING

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove 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			
151003-5A	18 yrs + Tu	9:30 - 10:30am	1/10 - 2/7	\$55	
151003-5B	18 yrs + Tu	9:30 - 10:30am	2/14-3/14	\$55	

### GUAVA GROOVE UKULELE PLAYERS – INTERMEDIATE

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! A \$5 materials fee is due at first class.

Guava Groove		Senior Center in Central Park			
151004-5A	18 yrs + Tu	10:45 - 11:45am	1/10 - 2/7	\$55	
151004-5B	18 yrs + Tu	10:45 - 11:45am	2/14-3/14	\$55	

### “UKULELE STRUM” CATCH THE UKULELE BUG!

Catch the Ukulele bug! Play and sign great American songs from many decades. Improve your ability and style while expanding your music repertoire and meeting great people like yourself. Must have taken any beginning ukulele class first. \$15 materials fee due at first class.

Shirley Orlando		Senior Center in Central Park			
151010-5A	18 yrs+ F	1 - 2:30pm	1/13 - 3/17	\$70	

## SPECIAL INTEREST

### BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Close Your Eyes, Hold Hands" by Chris Bohjalian before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 2/8, 3/8, 4/12, 5/10.

**April Berg** Senior Center in Central Park  
151101-5A 18 yrs + W 7 - 9pm 2/8 - 5/10 \$30

### BEGINNING BRIDGE

Come join us in our new senior center to learn Bridge. We will cover the basics along with some of the defensive bidding and playing that makes this game so different. It takes patience and practice but it's well worth it if you donate the time! No partner requirement. *No Class Dates: Jan-16, Jan-18, Feb-20, Feb-21*

**Rita Spira** Senior Center in Central Park  
151102-5A 18 yrs + M 2 - 4pm 1/9 - 3/13 \$66  
151102-5B 18 yrs + W 6:30 - 8:30pm 1/11 - 3/15 \$66

### BRIDGE INTERMEDIATE 1

Knowledge of the basics is required for this class. Class covers different ways of scoring; Stayman, Jacoby transfer, Pre-emptive bids, Weak two's, Two clubs, Defense. No partner required but you are welcome to bring one or more. Lots of time to play. Each lesson has a handout. *No Class Dates: Jan-17, Feb-20*

**Rita Spira** Senior Center in Central Park  
151103-5A 18 yrs + Tu 3 - 5pm 1/10 - 3/14 \$66

### CPR/AED FOR INFANTS, CHILDREN

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 material fee due at class. Includes Heartsaver CPR book.

**OC-CPR NET** Murdy Community Center  
151104-1A 16 yrs + Sa 9am - 2pm 2/18 \$50

**OC-CPR NET** Senior Center in Central Park  
151104-5A 16 yrs + Sa 9am - 1pm 1/28 \$50

### WARD'S DUPLICATE BRIDGE GROUP

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

**Recreation Staff** Senior Center in Central Park  
151107-5A 18 yrs + Tu 12:30 - 2:30pm 1/3 - 3/14 \$20

### PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

**Recreation Staff** Senior Center in Central Park  
151108-5A 18 yrs + F 12:30 - 4pm 1/6 - 3/17 \$20

## 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 the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

**Senior Center Volunteer** Senior Center in Central Park  
151113-5A 18 yrs + W 10:30 - 11:30am 1/11 - 3/8 \$6

## 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.

**Senior Center Volunteer** Senior Center in Central Park  
151114-5A 18 yrs + W 10:30 - 11:30am 1/4 - 3/15 \$6

## WRITING YOUR LIFE STORY

You are unique in the entire universe and no one has lived a life like you have. Writing the story of your life can be one of the most life affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life so far. Prior writing skills are not necessary.

**Sharon Fleming** Senior Center in Central Park  
151121-5A 18 yrs+ Th 10am - 12pm 2/2 - 3/23 \$79

## SPORTS

### WOMEN'S VOLLEYBALL LEAGUE

Tuesday is Intermediate only & Thursday is advanced only - new players, 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.



**Nalani DiGiovanni** City Gym and Pool

**INTERMEDIATE**  
151302-3A 18 yrs + Tu 9:30am - 12:30pm 1/3 - 1/31 \$40  
151302-3B 18 yrs + Tu 9:30am - 12:30pm 2/7 - 3/7 \$40

**ADVANCED**  
151302-3C 18-65 yrs W 10am - 12pm 1/4 - 2/1 \$30  
151302-3D 18-65 yrs W 10am - 12pm 2/8 - 3/8 \$30  
151302-3E 18-75 yrs Th 9:30am - 12:30pm 1/5 - 2/2 \$40  
151302-3F 18-75 yrs Th 9:30am - 12:30pm 2/9 - 3/9 \$40  
151302-3G 18-65 yrs F 10am - 12pm 1/6 - 2/3 \$30  
151302-3H 18-65 yrs F 10am - 12pm 2/10 - 3/10 \$30

## 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. \*10 classes plus 2 free classes to be used as make-up or additional sessions.

### Matt Taylor Volleyball

City Gym and Pool

#### BEGINNER/LOW INTERMEDIATE

15109-3A 14+yrs Th 6:15-7:45pm \$129

#### INTERMEDIATE

15109-3B 16+yrs Th 7:45-9:15pm \$129

## 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.

### The Rinks Westminster ICE 13071 Springdale, Westminster

151312-1A 17 yrs + W 6:10 - 6:40pm 1/18 - 2/8 \$37

151312-1B 17 yrs + W 6:10 - 6:40pm 2/22 - 3/15 \$37

## BEACH VOLLEYBALL: ADULT BEGINNERS

The Golden Coast Beach Volleyball Club invites all adults interested in beach volleyball to attend our weekend trainings where we focus on a combination of skill development, game based drills and regular game play. Go to [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach,

15th Street and Pacific Coast Hwy

151313-2A 18 yrs + Sa 10:30am - 12pm 1/21 - 3/11 \$120

## SURF & SKATE

### LEARN TO SURF

This is four one and a half hour surf lessons, that stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students should be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.hbsurfscholl.com](http://www.hbsurfscholl.com)

### HB Surf School

City Beach, South Side of Pier

151403-2A 18 yrs + Sa 10 - 11:30am 2/4 - 2/25 \$225

151403-2B 18 yrs + Sa 10 - 11:30am 3/4 - 3/25 \$225

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

## 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. *No Class Dates: Jan-16, Feb-20*

### Win Win Production Inc

City Gym and Pool

162107-3A 18 yrs + M,W 6 - 10pm 1/9 - 3/22 \$250

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter season will begin the week of January 17, 2017 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday. Coed teams play Sunday, Wednesday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings at Murdy Park and Senior Women's on Mondays at Greer Park. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested call: 714 523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, January 6, 2017.

Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail beginning November 28, 2016. 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 Summer 2017 season will be available in March for the season starting in Mid-May, 2017.

### 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 January 16, 2017. 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) 536-5230. The first day of registration will be November 28, 2016. The deadline to turn in team registration to City Hall is January 9, 2017. A manager's meeting will be held prior to the start of the league on Wednesday, January 11, 2017.

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 Spring 2017 season will be available in February, 2017 for the season starting in late March, 2017.

## HOAG LECTURES

### MENOPAUSE AND HORMONE THERAPY, DISPELLING MYTHS

The millions of American women passing into menopause every year need not be afraid to take hormone therapy. Join Dr. Jane Bening for a discussion on the rationale for starting hormone therapy. She will explain bioidentical hormones and explore strategies for women from menopause and beyond.

**Hoag** **Senior Center in Central Park**  
153323-5A Th 6 - 7pm 1/5 Free

### MINDFULNESS AS MEDICINE - A FAD, TREND, OR HERE TO STAY?

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join Dr. Amit Hiteshi, a Hoag Medical Group internist, as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

**Hoag** **Senior Center in Central Park**  
153304-5A M 10:30 - 11:30am 1/9 Free

### RELAX YOUR STRESS AWAY

Unmanaged stress can lead to many complications that affect both physical and mental health. This talk will focus on understanding what our body and mind go through during the stress response and how that affects our overall well-being. We will learn about the impact of stress on diabetes, stress management tips, relaxation techniques, and a guided imagery activity that you can begin to apply to your everyday life. Presented by: Ana Pimentel, MSW

**Hoag** **Senior Center in Central Park**  
153324-5A W 6 - 7pm 1/18 Free

### WHAT HAPPENS IF SOMETHING IS FOUND ON MY MAMMOGRAM?

At Hoag, our breast team is with you every step of the way if something suspicious is found on your mammogram. It is important to know a suspicious finding does not mean you have cancer. Join dedicated radiologist Dr. Jennifer Overstreet as she discusses how diagnostic mammograms, ultrasound tests, breast MRIs and biopsies are tools Hoag can use to further investigate abnormal screening results to provide the best patient care.

**Hoag** **Senior Center in Central Park**  
153325 M 6 - 7pm 1/23 Free

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

### SPORTS INJURIES THAT WOMEN FACE OVER 55 - HOW TO MAINTAIN AN ACTIVE LIFESTYLE

Dr. Emily Ravski will discuss key women's issues that women face over the age of 55. Whether you enjoy tennis or yoga, she will focus on how to stay active, prevent injury, and how to recognize an injury and how to address the problem area. Dr. Ravski will cater her discussion around her audience and a Q&A session will be held at the conclusion.

**Hoag** **Senior Center in Central Park**  
153327-5A M 6 - 7pm 2/13 Free

### PERIPHERAL ARTERIAL DISEASE: LET'S START WALKING!

Join Program Director of Hoag Vascular Services, Ehab Mady, D.O., for a presentation on peripheral arterial disease (PAD), and who may be at an increased risk for PAD. Those at a higher risk include senior 65 and older, smokers, diabetics and individuals who experience leg pain while walking.

**Hoag** **Senior Center in Central Park**  
153328-5A Th 1 - 2pm 2/16 Free



A member of the  
St. Joseph Hoag Health alliance

### Complimentary Health Screenings

#### Blood Pressure Checks

January 3, February 7, March 7  
9:30-11:30am

#### Hearing Screening

January 11, February 8, March 8  
9:30-11:30am

#### Vision Screening

January 30, February 27, March 20  
9:30-11:30am

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.

## COMMON ARTHRITIS CONDITIONS - OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Join our Hoag Medical Group Rheumatologist for an informative discussion on arthritis. During her presentation, she will discuss the two most common types of arthritis - osteoarthritis and rheumatoid arthritis. She will share common symptoms, treatment and much more.

**Hoag** **Senior Center in Central Park**  
153329-5A W 1 - 2pm 1/25 Free

## TIPS ON KEEPING YOUR KIDNEYS HEALTHY

Join us for a discussion on the importance of good kidney health. Learn the basic functions of the kidney, how kidney disease is diagnosed, and the common causes of kidney injury. You will receive tips on keeping your kidneys healthy.

**Hoag** **Senior Center in Central Park**  
153330-5A Th 1 - 2pm 2/23 Free

## SPORTS MEDICINE – COMMON INJURIES AFFECTING PEOPLE 55 OR OLDER

Dr. Ting will focus on common injuries that affect seniors and hinder them from being active, including playing golf or tennis. He will provide solutions and options for your consideration. Dr. Ting will allow time for a Q/A at the end of the presentation.

**Hoag** **Senior Center in Central Park**  
153331-5A W 6 - 7pm 2/25 Free

## HIP REPLACEMENT - WHAT YOU NEED TO KNOW & ADVANCE IN TECHNOLOGY

Dr. Nassif will discuss the advances in hip replacement and guide you through what you can expect. He will also cover the different types of hip replacement surgeries available and how they differ. Dr. Nassif will conclude the session with a Q/A.

**Hoag** **Senior Center in Central Park**  
153332-5A M 6 - 7pm 2/27 Free

## CONSTIPATION - CAUSES, SYMPTOMS AND TREATMENTS

Constipation is a problem that plagues many people. Join Hoag Medical Group Internist, Dr. Nancy Love for a discussion on the common misconceptions about constipation and effective strategies on how to treat and prevent constipation.

**Hoag** **Senior Center in Central Park**  
153333-5A W 10:30 - 11:30am 3/8 Free

## ADVANCE TREATMENT FOR FOOT AND ANKLE PAIN FOR SENIORS

Dr. Gerken will review common foot and ankle issues that many seniors face and how to manage treatment, both non-surgical and surgical options. He will describe the symptoms and help you identify the root of the issue. Dr. Gerken will leave time at the end of the presentation to address your individual questions and concerns.

**Hoag** **Senior Center in Central Park**  
153334-5A M 6 - 7pm 3/6 Free

## COMMON AFFLICTIONS OF THE HAND FACED BY SENIORS - CAUSES & TREATMENTS

Join Dr. Desai as he answers questions and discusses treatment options for common problems affecting the hand(s) of Seniors, including non-surgical treatment options. Dr. Desai will wrap-up with a Q&A session to address individual issues or questions.

**Hoag** **Senior Center in Central Park**  
153335-5A W 6 - 7pm 3/22 Free

## THE LATEST ADVANCEMENTS IN LUNG CANCER EARLY DIAGNOSIS & TREATMENT

Join Hoag Lung Cancer Program Director and Thoracic Surgeon Daryl Pearlstein, M.D. as he discusses updates in lung cancer early detection and the latest advancements in lung cancer treatment, including minimally invasive surgical options.

**Hoag** **Senior Center in Central Park**  
153336-5A Th 6 - 7pm 3/23 Free



# 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

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 life-guards. 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 life-guarding techniques. Classes consist of ten lessons unless otherwise specified.



American Red Cross

## CITY GYM AND POOL

Register online beginning 9 am November 15 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.

1:30 - 2pm Saturdays November 19

**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

## 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.



## Classes taught by Aquatics Staff at City Gym and Pool

No Class Dates: Jan-16, Feb-20.

### PARENT & CHILD LEVEL 1

172201-00	M,W	10:30 - 11am	1/9 - 2/13	\$50
172201-01	Tu,Th	10:30 - 11am	1/10 - 2/9	\$50
172201-02	Tu,Th	6 - 6:30pm	1/10 - 2/9	\$50
172201-03	M,W	10:30 - 11am	2/15 - 3/22	\$50
172201-04	Tu,Th	10:30 - 11am	2/14 - 3/16	\$50
172201-05	Tu,Th	6 - 6:30pm	2/14 - 3/16	\$50
172201-06	Sa	10 - 10:30am	1/14 - 3/18	\$50

### PARENT & CHILD LEVEL 2

172202-00	M,W	11 - 11:30am	1/9 - 2/13	\$50
172202-01	Tu,Th	11 - 11:30am	1/10 - 2/9	\$50
172202-02	Tu,Th	6:30 - 7pm	1/10 - 2/9	\$50
172202-03	M,W	11 - 11:30am	2/15 - 3/22	\$50
172202-04	Tu,Th	11 - 11:30am	2/14 - 3/16	\$50
172202-05	Tu,Th	6:30 - 7pm	2/14 - 3/16	\$50
172202-06	Sa	10:30 - 11am	1/14 - 3/18	\$50

### PRESCHOOL AQUATICS LEVEL 1

172203-00	M,W	9:30 - 10am	1/9 - 2/13	\$50
172203-01	M,W	2 - 2:30pm	1/9 - 2/13	\$50
172203-02	M,W	3 - 3:30pm	1/9 - 2/13	\$50
172203-03	M,W	6:30 - 7pm	1/9 - 2/13	\$50
172203-04	Tu,Th	10 - 10:30am	1/10 - 2/9	\$50
172203-05	Tu,Th	11:30am - 12pm	1/10 - 2/9	\$50
172203-06	Tu,Th	2 - 2:30pm	1/10 - 2/9	\$50
172203-07	Tu,Th	3 - 3:30pm	1/10 - 2/9	\$50
172203-08	Tu,Th	7 - 7:30pm	1/10 - 2/9	\$50
172203-09	M,W	9:30 - 10am	2/15 - 3/22	\$50
172203-10	M,W	2 - 2:30pm	2/15 - 3/22	\$50
172203-11	M,W	6:30 - 7pm	2/15 - 3/22	\$50
172203-12	Tu,Th	10 - 10:30am	2/14 - 3/16	\$50
172203-13	Tu,Th	11:30am - 12pm	2/14 - 3/16	\$50
172203-14	Tu,Th	2 - 2:30pm	2/14 - 3/16	\$50
172203-15	Sa	9 - 9:30am	1/14 - 3/18	\$50
172203-16	Sa	11 - 11:30am	1/14 - 3/18	\$50

### PRESCHOOL AQUATICS LEVEL 2

172204-00	M,W	9:30 - 10am	1/9 - 2/13	\$50
172204-01	M,W	10 - 10:30am	1/9 - 2/13	\$50
172204-02	M,W	2:30 - 3pm	1/9 - 2/13	\$50
172204-03	M,W	3 - 3:30pm	1/9 - 2/13	\$50
172204-04	M,W	6:30 - 7pm	1/9 - 2/13	\$50
172204-05	Tu,Th	9:30 - 10am	1/10 - 2/9	\$50
172204-06	Tu,Th	10 - 10:30am	1/10 - 2/9	\$50
172204-07	Tu,Th	11:30am - 12pm	1/10 - 2/9	\$50



172204-08	Tu,Th	12 - 12:30pm	1/10 - 2/9	\$50
172204-09	Tu,Th	2:30 - 3pm	1/10 - 2/9	\$50
172204-10	Tu,Th	3 - 3:30pm	1/10 - 2/9	\$50
172204-11	Tu,Th	7 - 7:30pm	1/10 - 2/9	\$50
172204-12	M,W	9:30 - 10am	2/15 - 3/22	\$50
172204-13	M,W	10 - 10:30am	2/15 - 3/22	\$50
172204-14	M,W	2:30 - 3pm	2/15 - 3/22	\$50
172204-15	M,W	3 - 3:30pm	2/15 - 3/22	\$50
172204-16	M,W	6:30 - 7pm	2/15 - 3/22	\$50
172204-17	Tu,Th	9:30 - 10am	2/14 - 3/16	\$50
172204-18	Tu,Th	10 - 10:30am	2/14 - 3/16	\$50
172204-19	Tu,Th	11:30am - 12pm	2/14 - 3/16	\$50
172204-20	Tu,Th	12 - 12:30pm	2/14 - 3/16	\$50
172204-21	Tu,Th	2:30 - 3pm	2/14 - 3/16	\$50
172204-22	Tu,Th	3 - 3:30pm	2/14 - 3/16	\$50
172204-23	Tu,Th	7 - 7:30pm	2/14 - 3/16	\$50
172204-24	Sa	9 - 9:30am	1/14 - 3/18	\$50
172204-25	Sa	9:30 - 10am	1/14 - 3/18	\$50
172204-26	Sa	11 - 11:30am	1/14 - 3/18	\$50
172204-27	Sa	11:30am - 12pm	1/14 - 3/18	\$50

### PRESCHOOL AQUATICS LEVEL 3

172205-00	M,W	10 - 10:30am	1/9 - 2/13	\$50
172205-01	M,W	2 - 2:30pm	1/9 - 2/13	\$50
172205-02	M,W	2:30 - 3pm	1/9 - 2/13	\$50
172205-03	Tu,Th	9:30 - 10am	1/10 - 2/9	\$50
172205-04	Tu,Th	12 - 12:30pm	1/10 - 2/9	\$50
172205-05	Tu,Th	2 - 2:30pm	1/10 - 2/9	\$50
172205-06	Tu,Th	2:30 - 3pm	1/10 - 2/9	\$50
172205-07	M,W	10 - 10:30am	2/15 - 3/22	\$50
172205-08	M,W	2 - 2:30pm	2/15 - 3/22	\$50
172205-09	M,W	2:30 - 3pm	2/15 - 3/22	\$50
172205-10	M,W	3 - 3:30pm	2/15 - 3/22	\$50
172205-11	Tu,Th	9:30 - 10am	2/14 - 3/16	\$50
172205-12	Tu,Th	12 - 12:30pm	2/14 - 3/16	\$50
172205-13	Tu,Th	2 - 2:30pm	2/14 - 3/16	\$50
172205-14	Tu,Th	2:30 - 3pm	2/14 - 3/16	\$50
172205-15	Tu,Th	3 - 3:30pm	2/14 - 3/16	\$50
172205-16	Tu,Th	7 - 7:30pm	2/14 - 3/16	\$50
172205-17	Sa	9:30 - 10am	1/14 - 3/18	\$50
172205-18	Sa	11:30am - 12pm	1/14 - 3/18	\$50

## Classes taught by Aquatics Staff at City Gym and Pool

Continued from previous page. No Class Dates: Jan-16, Feb-20.

### LEARN-TO-SWIM LEVEL 1

172206-00	M,W	3:30 - 4pm	1/9 - 2/13	\$50
172206-01	Tu,Th	3:30 - 4pm	1/10 - 2/9	\$50
172206-02	M,W	3:30 - 4pm	2/15 - 3/22	\$50
172206-03	Tu,Th	3:30 - 4pm	2/14 - 3/16	\$50
172206-04	Sa	8 - 8:30am	1/14 - 3/18	\$50
172206-05	Sa	12 - 12:30pm	1/14 - 3/18	\$50

### LEARN-TO-SWIM LEVEL 2

172207-00	M,W	4 - 4:30pm	1/9 - 2/13	\$50
172207-01	Tu,Th	4 - 4:30pm	1/10 - 2/9	\$50
172207-02	Tu,Th	4:30 - 5pm	1/10 - 2/9	\$50
172207-03	M,W	4 - 4:30pm	2/15 - 3/22	\$50
172207-04	Tu,Th	4 - 4:30pm	2/14 - 3/16	\$50
172207-05	Sa	8:30 - 9am	1/14 - 3/18	\$50
172207-06	Sa	12 - 12:30pm	1/14 - 3/18	\$50

### LEARN-TO-SWIM LEVEL 3

172208-00	M,W	4:30 - 5pm	1/9 - 2/13	\$50
172208-01	Tu,Th	5 - 5:30pm	1/10 - 2/9	\$50
172208-02	M,W	4:30 - 5pm	2/15 - 3/22	\$50
172208-03	Tu,Th	4:30 - 5pm	2/14 - 3/16	\$50
172208-04	Tu,Th	5 - 5:30pm	2/14 - 3/16	\$50
172208-05	Sa	12:30 - 1pm	1/14 - 3/18	\$50

### LEARN-TO-SWIM LEVEL 4

172209-00	Tu,Th	5 - 5:30pm	1/10 - 2/9	\$50
172209-01	Tu,Th	5:30 - 6pm	1/10 - 2/9	\$50
172209-02	Tu,Th	5 - 5:30pm	2/14 - 3/16	\$50
172209-03	Tu,Th	5:30 - 6pm	2/14 - 3/16	\$50
172209-04	Sa	12:30 - 1pm	1/14 - 3/18	\$50

### ADULT SWIM LESSONS

172212-00	Tu,Th	8-8:30pm	1/10-2/9	\$50
172212-01	Tu,Th	8-8:30pm	2/14-3/16	\$50

### EXCEPTIONAL SWIM LESSONS

172213-00	Tu,Th	7:30-8:30pm	1/10-2/9	\$18
172213-01	Tu,Th	7:30-8:30pm	2/14-3/16	\$18



## Winter 2017– Private Swim Lessons

### City Gym and Pool, 3 years to Adult

Private swim lessons are for students and parents who desire more individual attention. These lessons will consist of Five (5), Fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

CLASS #	DAY	TIME	DATES
172214-00	F	3:20 - 3:35pm	1/13 - 2/10
172214-01	F	3:20 - 3:35pm	1/13 - 2/10
172214-02	F	3:20 - 3:35pm	1/13 - 2/10
172214-03	F	3:40 - 3:55pm	1/13 - 2/10
172214-04	F	3:40 - 3:55pm	1/13 - 2/10
172214-05	F	3:40 - 3:55pm	1/13 - 2/10
172214-06	F	4 - 4:15pm	1/13 - 2/10
172214-07	F	4 - 4:15pm	1/13 - 2/10
172214-08	F	4 - 4:15pm	1/13 - 2/10
172214-09	F	4:20 - 4:35pm	1/13 - 2/10
172214-10	F	4:20 - 4:35pm	1/13 - 2/10
172214-11	F	4:20 - 4:35pm	1/13 - 2/10
172214-12	F	4:40 - 4:55pm	1/13 - 2/10
172214-13	F	4:40 - 4:55pm	1/13 - 2/10
172214-14	F	4:40 - 4:55pm	1/13 - 2/10
172214-15	F	5 - 5:15pm	1/13 - 2/10
172214-16	F	5 - 5:15pm	1/13 - 2/10
172214-17	F	5 - 5:15pm	1/13 - 2/10
172214-18	F	3:20 - 3:35pm	2/17 - 3/17
172214-19	F	3:20 - 3:35pm	2/17 - 3/17
172214-20	F	3:20 - 3:35pm	2/17 - 3/17
172214-21	F	3:40 - 3:55pm	2/17 - 3/17
172214-22	F	3:40 - 3:55pm	2/17 - 3/17
172214-23	F	3:40 - 3:55pm	2/17 - 3/17
172214-24	F	4 - 4:15pm	2/17 - 3/17
172214-25	F	4 - 4:15pm	2/17 - 3/17
172214-26	F	4 - 4:15pm	2/17 - 3/17
172214-27	F	4:20 - 4:35pm	2/17 - 3/17
172214-28	F	4:20 - 4:35pm	2/17 - 3/17
172214-29	F	4:20 - 4:35pm	2/17 - 3/17
172214-30	F	4:40 - 4:55pm	2/17 - 3/17
172214-31	F	4:40 - 4:55pm	2/17 - 3/17
172214-32	F	4:40 - 4:55pm	2/17 - 3/17
172214-33	F	5 - 5:15pm	2/17 - 3/17
172214-34	F	5 - 5:15pm	2/17 - 3/17
172214-35	F	5 - 5:15pm	2/17 - 3/17

### PRIVATE LESSONS

Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

### SMALL GROUP LESSONS

Fee \$85

Available with maximum 2 students per instructor.

# TENNIS

## PEE WEE TENNIS ACADEMY

This Clinic is 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 terrific tennis games like: Popcorn Machine, Walk the Tennis Dog, and Alley Rally. Bring 1 unopened can of tennis balls to first class. 1 Day= \$59, 2 Days = \$85, 3 Days = \$109

Tennis Anyone Inc			Edison Community Center		
182501-2A	3-6 yrs	M	3:45 - 4:30pm	1/9 - 1/23	\$59
182501-2B	3-6 yrs	M	3:45 - 4:30pm	1/30 - 2/20	\$59
182501-2C	3-6 yrs	M	3:45 - 4:30pm	2/27 - 3/20	\$59
182501-2D	3-6 yrs	W	3:45 - 4:30pm	1/4 - 1/25	\$59
182501-2E	3-6 yrs	W	3:45 - 4:30pm	2/1 - 2/22	\$59
182501-2F	3-6 yrs	W	3:45 - 4:30pm	3/1 - 3/22	\$59
182501-2G	3-6 yrs	Sa	8:15 - 9am	1/7 - 1/28	\$59
182501-2H	3-6 yrs	Sa	8:15 - 9am	2/4 - 2/25	\$59
182501-2I	3-6 yrs	Sa	8:15 - 9am	3/4 - 3/25	\$59

Tennis Anyone Inc			Murdy Community Center		
182501-1A	3-6 yrs	Tu	3:45 - 4:30pm	1/3 - 1/24	\$59
182501-1B	3-6 yrs	Tu	3:45 - 4:30pm	1/31 - 2/21	\$59
182501-1C	3-6 yrs	Tu	3:45 - 4:30pm	2/28 - 3/21	\$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 for \$120, 3 days for \$139.

Tennis Anyone Inc			Edison Community Center		
182510-2A	7-13 yrs	M	4:30 - 6pm	1/9 - 1/23	\$73
182510-2B	7-13 yrs	M	4:30 - 6pm	1/30 - 2/20	\$73
182510-2C	7-13 yrs	M	4:30 - 6pm	2/27 - 3/20	\$73
182510-2D	7-13 yrs	W	4:30 - 6pm	1/4 - 1/25	\$73
182510-2E	7-13 yrs	W	4:30 - 6pm	2/1 - 2/22	\$73
182510-2F	7-13 yrs	W	4:30 - 6pm	3/1 - 3/22	\$73
182510-2G	7-13 yrs	Sa	9 - 10:30am	1/7 - 1/28	\$73
182510-2H	7-13 yrs	Sa	9 - 10:30am	2/4 - 2/25	\$73
182510-2I	7-13 yrs	Sa	9 - 10:30am	3/4 - 3/25	\$73

Tennis Anyone Inc			Murdy Community Center		
182510-1A	7-13 yrs	Tu	4:30 - 6pm	1/3 - 1/24	\$73
182510-1B	7-13 yrs	Tu	4:30 - 6pm	1/31 - 2/21	\$73
182510-1C	7-13 yrs	Tu	4:30 - 6pm	2/28 - 3/21	\$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 for \$120, 3 days for \$139.

Tennis Anyone Inc			Edison Community Center		
182520-2A	7-15 yrs	M	6 - 7:30pm	1/9 - 1/23	\$73
182520-2B	7-15 yrs	M	6 - 7:30pm	1/30 - 2/20	\$73
182520-2C	7-15 yrs	M	6 - 7:30pm	2/27 - 3/20	\$73
182520-2D	7-15 yrs	W	6 - 7:30pm	1/4 - 1/25	\$73
182520-2E	7-15 yrs	W	6 - 7:30pm	2/1 - 2/22	\$73
182520-2F	7-15 yrs	W	6 - 7:30pm	3/1 - 3/22	\$73

Tennis Anyone Inc			Murdy Community Center		
182520-1A	7-15 yrs	Tu	6 - 7:30pm	1/3 - 1/24	\$73
182520-1B	7-15 yrs	Tu	6 - 7:30pm	1/31 - 2/21	\$73
182520-1C	7-15 yrs	Tu	6 - 7:30pm	2/28 - 3/21	\$73

## 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. 2 Days = \$184

Tennis Anyone Inc			Edison Community Center		
182602-2A	7-15 yrs	Sa	10:30 - 11:30am	1/7 - 1/28	\$105
182602-2B	7-15 yrs	Sa	10:30 - 11:30am	2/4 - 2/25	\$105
182602-2C	7-15 yrs	Sa	10:30 - 11:30am	3/4 - 3/25	\$105

Tennis Anyone Inc			Murdy Community Center		
182602-1A	7-15 yrs	Th	5:30 - 6:30pm	1/5 - 1/26	\$105
182602-1B	7-15 yrs	Th	5:30 - 6:30pm	2/2 - 2/23	\$105
182602-1C	7-15 yrs	Th	5:30 - 6:30pm	3/2 - 3/23	\$105
182602-1D	7-15 yrs	Th	6:30 - 7:30pm	1/5 - 1/26	\$105
182602-1E	7-15 yrs	Th	6:30 - 7:30pm	2/2 - 2/23	\$105
182602-1F	7-15 yrs	Th	6:30 - 7:30pm	3/2 - 3/23	\$105
182602-1G	7-15 yrs	Tu	3:30 - 4:30pm	1/3 - 1/24	\$105
182602-1H	7-15 yrs	Tu	3:30 - 4:30pm	1/31 - 2/21	\$105
182602-1I	7-15 yrs	Tu	3:30 - 4:30pm	2/28 - 3/21	\$105

## SEMI-PRIVATE LESSONS: YOUTH BEGINNING TO INTERMEDIATE

These groups are for 2-4 students, ages 7-adult, 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. Materials fee: one can of unopened tennis balls.

Tennis Anyone Inc			Marina Park, 5562 Cross Drive		
182609-1A	7-15 yrs	Th	4:30 - 5:30pm	1/5 - 1/26	\$105
182609-1B	7-15 yrs	Th	4:30 - 5:30pm	2/2 - 2/23	\$105
182609-1C	7-15 yrs	Th	4:30 - 5:30pm	3/2 - 3/23	\$105

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



### ADULT SEMI-PRIVATE: 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. Bring 1 unopened can of tennis balls to first class. Multiple class discount 2 days a week for \$184

Tennis Anyone Inc		Edison Community Center		
<b>182801-2A</b>	16 yrs + Sa	10:30 - 11:30am	1/7 - 1/28	\$105
<b>182801-2B</b>	16 yrs + Sa	10:30 - 11:30am	2/4 - 2/25	\$105
<b>182801-2C</b>	16 yrs + Sa	10:30 - 11:30am	3/4 - 3/25	\$105

Tennis Anyone Inc		Murdy Community Center		
<b>182801-1A</b>	16 yrs + Th	6:30 - 7:30pm	1/5 - 1/26	\$105
<b>182801-1B</b>	16 yrs + Th	6:30 - 7:30pm	2/2 - 2/23	\$105
<b>182801-1C</b>	16 yrs + Th	6:30 - 7:30pm	3/2 - 3/23	\$105
<b>182801-1D</b>	16 yrs + Tu	9 - 10am	1/3 - 1/24	\$105
<b>182801-1E</b>	16 yrs + Tu	9 - 10am	1/31 - 2/21	\$105
<b>182801-1F</b>	16 yrs + Tu	9 - 10am	2/28 - 3/21	\$105

### ADULT ACADEMY: BEGINNING TO INTERMEDIATE

The focus of the Adult Tennis Academy– Beginning & Intermediate 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. These clinics truly give the “big kids” an opportunity to build their tennis games while enjoying more fun, fitness, and friendships for a lifetime. 2 day=\$119.

Tennis Anyone Inc		Edison Community Center		
<b>182701-2A</b>	16 yrs + W	7:30 - 9pm	1/4 - 1/25	\$73
<b>182701-2B</b>	16 yrs + W	7:30 - 9pm	2/1 - 2/22	\$73
<b>182701-2C</b>	16 yrs + W	7:30 - 9pm	3/1 - 3/22	\$73

### 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! Materials fee: 1 unopened can of tennis balls.

Tennis Anyone Inc		Murdy Community Center		
<b>182710-1A</b>	16 yrs + Tu	10 - 11am	1/3 - 1/24	\$73
<b>182710-1B</b>	16 yrs + Tu	10 - 11am	1/31 - 2/21	\$73
<b>182710-1C</b>	16 yrs + Tu	10 - 11am	2/28 - 3/21	\$73
<b>182710-1D</b>	16 yrs + Th	7:30 - 9pm	1/5 - 1/26	\$73
<b>182710-1E</b>	16 yrs + Th	7:30 - 9pm	2/2 - 2/23	\$73
<b>182710-1F</b>	16 yrs + Th	7:30 - 9pm	3/2 - 3/23	\$73

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

These groups are for 2-4 students, ages 7-adult, 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. Students may register for multiple days per week at a deep discount: 2 days=\$184.

Tennis Anyone Inc		Edison Community Center		
<b>182810-2A</b>	16 yrs + M	7:30 - 8:30pm	1/9 - 1/23	\$105
<b>182810-2B</b>	16 yrs + M	7:30 - 8:30pm	1/30 - 2/20	\$105
<b>182810-2C</b>	16 yrs + M	7:30 - 8:30pm	2/27 - 3/20	\$105

### PRIVATE LESSONS WITH A HEAD PRO

For students who desire more individual attention, private lessons are available for one or two students at Murdy Park, Marina Park, LeBarb Park, or Edison Park. Private lessons are 1 hour. Dates and times to be pre-arranged with the instructor. For registration and instructor contact information, please contact Murdy or Edison Community Centers.

Tennis Anyone Inc		Murdy Community Center		
<b>182902-1A</b>	3 yrs +	2 Lesson Pack	TBD	1/3 - 1/29 \$100
<b>182902-1B</b>	3 yrs +	2 Lesson Pack	TBD	1/30 - 2/26 \$100
<b>182902-1C</b>	3 yrs +	2 Lesson Pack	TBD	2/27 - 3/26 \$100
<b>182902-1D</b>	3 yrs +	4 Lesson Pack	TBD	1/3 - 1/29 \$200
<b>182902-1E</b>	3 yrs +	4 Lesson Pack	TBD	1/30 - 2/26 \$200
<b>182902-1F</b>	3 yrs +	4 Lesson Pack	TBD	2/27 - 3/26 \$200



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

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

## EXHIBITIONS WINTER 2017

### CENTERED ON THE CENTER 2017

An open call, non-juried exhibition, Centered on the Center features over 300 local and regional artists working in a variety of media. Artists are able to submit up to two works of art created in the last two years. All interested artists are invited to pick up a prospectus for guidelines to enter their work from the Art Center or from our website: [www.huntingtonbeachartcenter.org](http://www.huntingtonbeachartcenter.org). Information will be available after November 20, 2016. The art drop off weekend is January 7, 8, and 9, 2017.

**Exhibition dates: January 28 - March 4, 2017**

**Opening Reception: Saturday, January 28, 6-9 pm**

Art for Lunch: Thursday, February 9, 11:30am-1:30pm

### 11TH ANNUAL CREATIVE VISIONS EXHIBITION

The annual exhibition of student art presents works created by students from grades K-12 representing the Huntington Beach City School District, the Huntington Beach Union High School District and the Ocean View School District. A gala celebration of performing arts will be presented at the opening reception, featuring the HB City School district, followed by the HB Union High School district. The Ocean View School district will perform on Friday, April 7.

**Exhibition dates: March 24 - April 8, 2016**

**Opening Reception: Friday, March 24, 5-10pm**

Closing Reception: Friday, April 7, 5-8pm.

## 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.

## SISTER CITY ASSOCIATION

Opportunity for travel to Japan awaits four high school students who will serve as Ambassadors of Good Will to Anjo, Japan, a sister city of Huntington Beach. Freshmen, sophomores, and juniors who live in Huntington Beach or attend any of the Huntington Beach Union High School district schools are eligible.

In a reciprocal exchange, ambassadors will host a student from Anjo for two weeks in late June-early July, 2017 and travel to Japan for two weeks in late July-early August, 2017.

Information is available at the high schools, Central Library and City Hall. **The deadline for applying is Wednesday, November 16, 2016.**

This will be the 35th year of the association with Anjo, which provides families a chance to establish relationships and develop an understanding and long-lasting friendship with citizens of Anjo, Japan.

Watch for the fourth **Cherry Blossom Festival** in Central Park on March 19, 2017 featuring Japanese music, dance, martial arts, exhibits and food. Enjoy this free community cultural event for the entire family!

## HUMAN SERVICES

### HUNTINGTON BEACH SENIOR SERVICES

**Randy Pesqueira**  
Senior Supervisor  
Human Services

**Kristin Martinez**  
Supervisor  
Senior Center in Central Park

### 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 create awareness of the evolving needs of Huntington Beach seniors and respond with resources for innovative services and programs. 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 (ECC)

**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 Cafe, 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.

**Shipley 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**

# HUNTINGTON BEACH DOWNTOWN

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### FUN & ENTERTAINMENT

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**NOV 26**

CHANCE TO WIN DISCOUNTS & PRIZES  
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## Holiday Cheer on 5th Street

Sunday, November 20 • 2-5pm

The Miracle extends to The Strand with  
live musical entertainment, crafts, games  
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THE  
**STRAND**  
5TH AND PCH

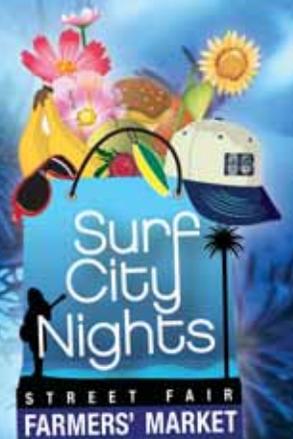


[GoPacificCity.com](http://GoPacificCity.com)

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November 19th



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PARKING IS VALID AT TWO PARKING STRUCTURES:  
MAIN PROMENADE (ACCESS OFF 3RD ST. & OLIVE) & THE STRAND (ACCESS OFF 6TH ST.)  
COMPLIMENTS OF THE CITY OF HUNTINGTON BEACH, VALID NOV. 20, 2016 - DEC. 31, 2016  
BETWEEN 9AM - 8PM. COUPON MUST BE PRESENTED TO CASHIER UPON EXIT.  
GOOD FOR ONE VEHICLE, ONE TIME USE. NOT VALID FOR VALET OR OVERNIGHT GUEST PARKING.  
COUPON HAS NO CASH VALUE, IS NON TRANSFERABLE. EXPIRES DECEMBER 31, 2016



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