

Youth Classes

ACTING: ON CAMERA

Learn acting from a professional actor and comedian. These hands on classes will build children's confidence on camera. We will work on auditioning for commercials, films, and television shows. Students will also learn improv and character development. All participants will receive a copy of their work at the completion of the class. \$20 material fee due at first class. No class July 3.

Murdy Community Center Hall C&D		Gordon, Marc	
5263.300	7yrs to 10yrs	6/26-7/10	9:00am-10:30am Sa \$45
5263.301	11yrs to 15yrs	6/26-7/10	10:45am-12:45pm Sa \$55
5263.302	7yrs to 10yrs	7/24-8/07	9:00am-10:30am Sa \$75
5263.303	11yrs to 15yrs	7/24-7/31	10:45am-12:45pm Sa \$85
5263.304	7yrs to 10yrs	8/14-8/28	9:00am-10:30am Sa \$75
5263.305	11yrs to 15yrs	8/14-8/28	10:45am-12:45pm Sa \$85

ART: CREATIVE ART-ACRYLIC

Express yourself through various mediums such as charcoal, acrylic, ink, watercolor and more. Experiment with mediums that you've never used before! We will stimulate our student's creativity. Students will use both non-traditional and conventional art making skills. \$5 material fee due at first class.

Art Center Studio		Francesco, Anna Marie	
4303.301	11yrs to 18yrs	7/17-8/21	12:30pm-2:00pm Sa \$90 * * \$80 HBAC members

ART: PLAYGROUND

Children/siblings can explore their own artistic abilities in our free-flowing playground of art stations. Create masterpieces to take home each week, including wood crafts, canvas, paper projects, and our exciting "Buried Treasure" for the final mixed-media collage project. Parent participation required for 4 and 5 year olds. \$15 material fee due at first class.

Lake Park Clubhouse, 1035 11th St.		Easel Does It	
5207.301	4yrs to 9yrs	6/28-8/09	11:00am-11:45am M \$52
5207.302	4yrs to 9yrs	7/01-8/12	11:00am-11:45am Th \$63

BOOT CAMP FOR YOUTH

This youth, beach based, group workout is designed to help your children to become athlete healthy in mind and body and gain self-confidence. Participation in Boot Camps also provides opportunities for leadership. OC Fitness Academy Instructor provides fitness instruction, counseling, and assessments to help your children to reach their goals. \$25 material fee due at first class.

Pier Plaza		Kan, Peter	
5285.301	9yrs to 16yrs	6/21-7/16	6:00am-7:00am MWF \$180
5285.302	9yrs to 16yrs	7/19- 8/13	6:00am-7:00am MWF \$180
5205.303	9yrs to 16yrs	7/19-8/13	8:00am-9:00am MWF \$180

CHESS

Learn to play chess or improve your chess skills! Come whether you are brand new or an experienced player. A U.S. Chess Federation chess coach and referee will teach you the basic moves, chess tactics, strategies, and the official rules of tournament level chess. Class tournament on final day with awards.

Murdy Community Center Hall C&D		Bullock, James P.	
5210.300	7yrs to 14yrs	7/12-8/30	5:15pm-6:45pm M \$85
Hall B Edison Community Center		Bullock, James P.	
5211.300	7yrs to 14yrs	7/13-8/31	5:15pm-6:45pm Tu \$85

Register Online!
www.hbsands.org

DANCE: 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. The self discipline of ballet improves focus and concentration in school and other sports. \$1 material fee due at first class.

Murdy Community Center Hall B		Huntington Academy of Dance	
5212.300	6yrs to 8yrs	7/12-8/09	4:00pm-5:00pm M \$48
Hall B Edison Community Center		Huntington Academy of Dance	
5213.300	5yrs to 7yrs	7/10-8/14	10:00am-11:00am Sa \$55
5213.301	6yrs to 8yrs	7/07-8/11	4:30pm-5:30pm W \$55

City Gym Room A		Huntington Academy of Dance	
5214.301	5yrs to 7yrs	7/08-8/12	4:00pm-5:00pm Th \$55

DANCE: BOYS' HIP HOP

Dance is definitely NOT just for girls anymore! Build coordination, rhythm, and athleticism while helping your child develop social confidence and poise. Stars' "Bring It On Boys Club" combines elements of popular Hip Hop dance styles including Street Dance, Breakdance, Funk Style, and improvisation. Wear tennis shoes and comfortable clothes. No class July 5.

7680 Talbert Ave, Unit H		Surf City Stars Dance Academy	
5215.301	6yrs to 9yrs	6/21-8/09	5:00pm-6:00pm M \$120
5215.302	10yrs to 13yrs	6/22-8/10	5:00pm-6:00pm Tu \$120

DANCE: GIRLS HIP HOP

"We KNOW You Can Dance!" Learn the latest cool moves and have a blast, with a focus on finding each child's unique rhythm, following choreography, and developing body control, this class offers a fun, casual dance experience. No previous dance experience required. Wear tennis shoes and comfortable clothes.

7680 Talbert Ave, Unit H		Surf City Stars Dance Academy	
5217.301	5yrs to 8yrs	6/23-8/11	5:00pm-6:00pm W \$120
5217.302	10yrs to 13yrs	6/24-8/12	5:00pm-6:00pm Th \$120

DANCE: HIP HOP

Learn some of MTV's hottest moves, with certified dance instructor, Charletta Fry. She'll have you movin' and groovin' to the latest beats and keep the excitement alive! Hip Hop with Jazz influence will be made easy and fun. Come see what the hype of Hip Hop is all about. Boys welcome too. No class Monday, July 5.

City Gym Room A		Fry, Charletta	
5218.301	5yrs to 7yrs	6/21-8/16	4:15pm-5:15pm M \$88
5218.302	8yrs to 11yrs	6/21-8/16	5:15pm-6:15pm M \$88

DANCE: JAZZ

Class is designed for students to learn, "The Art of Dance". No previous experience required. You can start in a beginning class and move up to an intermediate or advanced class. Participants will learn strength, flexibility exercises, and style-specific dance techniques.

7680 Talbert Ave, Unit H		Surf City Stars Dance Academy	
5219.301	6yrs to 9yrs	6/21-8/09	5:00pm-6:00pm M \$120
5219.302	10yrs to 13yrs	6/29-8/17	5:00pm-6:00pm Tu \$120

DANCE: 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!

Art Center Multipurpose		Seanoa, Melody	
5221.301	7yrs to 12yrs	6/22-7/27	5:00pm-6:00pm Tu \$65 *
5221.302	7yrs to 12yrs	8/03-8/24	5:00pm-6:00pm Tu \$45 **
* \$55 HBAC members		** \$35 HBAC members	

Youth Classes

DANCE: 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 the music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Come and move those dancing feet! Dance attire, please. \$1 material fee due at first class.

Hall C&D Edison Community Center Huntington Academy of Dance
5279.300 7yrs to 12yrs 7/12-8/09 4:00pm-5:00pm M \$48

FITNESS: FUN ZONE FITNESS II

Fun Zone Fitness II combines physical activity, non-competitive games, self-esteem, and self-sufficiency building in a fun, outdoor environment. Classes will include cardiovascular endurance, muscular endurance, muscular strength, and flexibility. FZFII will show children the importance and benefits of building a strong and healthy foundation at an early age.

Murdy Community Center Patio Hall, Elizabeth
5281.300 6yrs to 9yrs 6/22-7/15 10:30am-11:30am Tu Th \$72
5281.301 6yrs to 9yrs 7/27-8/19 10:30am-11:30am Tu Th \$72

GYMNASTICS: CHEER NASTICS

Students have fun while safely learning cheers and stunting techniques plus gymnastics skills, great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handspring barrel are taught by an experienced instructor. Prepare for cheer and all sports. \$1 material fee due at first class.

Hall A Edison Community Center Tumble-N-Kids, Inc
5224.300 6yrs to 12yrs 6/23-7/21 2:00pm-3:00pm W \$61

City Gym Room B Tumble-N-Kids, Inc
5225.301 6yrs to 12yrs 6/25-7/23 2:00pm-3:00pm F \$61

GYMNASTICS: GYMNASTICS PLUS

This class offers girls and boys gymnastics skills plus music, fun and great exercise! Experienced coaches safely teach all levels. Students learn cartwheels, round-offs, backbends, splits, balance beams, back-handsprings and more. Progressive skill level instruction creates confidence, success and prepares kids for all sports \$1 material fee due at first class. No class July 3, July 22, July 24.

Hall A Edison Community Center Tumble-N-Kids, Inc
6300.300 5yrs to 12yrs 6/26-7/31 11:55am-12:55pm Sa \$50

Murdy Community Center Hall B Tumble-N-Kids, Inc
5226.301 6yrs to 12yrs 6/24-7/29 3:00pm-4:00pm Th \$61

GYMNASTICS: TUMBLE-N-ZUMBA

Girls & boys are introduced to the latest exercise ~ ZUMBA! Get shakin' and movin' to Latin and international beats like reggae, salsa, cha cha, merengue, tango, samba and hip hop, taught by our certified ZUMBA instructor. Students get a DOUBLE-DOSE of FUN learning Gymnastic/Tumbling skills including cartwheels, rolls, balance beams, handspring barrel & more. \$1 material fee due at first class.

Hall A Edison Community Center Tumble-N-Kids, Inc
5273.300 6yrs to 8yrs 6/23-7/21 3:15pm-4:15pm W \$61

Murdy Community Center Hall A Tumble-N-Kids, Inc
5282.300 5yrs to 7yrs 6/22-7/20 12:30pm-1:30pm Tu \$61

GYMNASTICS: RHYTHMIC GYMNASTICS I AND II

Rhythmic Gymnastics is an Olympic sport combining ballet, gymnastics, and apparatuses. A formerly competitive RG instructor safely teaches students to manipulate the ball, hoop, and ribbons while learning floor movements; leaps, balances, turns, plus cartwheels and walkovers. RG promotes flexibility, coordination, and confidence! \$1 material fee due at first class. Non-parent participation. Level I: 4-6 year olds-Beginning skills. Level II: 6-12 year olds-Focuses on advancing floor skills and handling apparatuses

Murdy Community Center Hall A Tumble-N-Kids, Inc
6276.300 4yrs to 6yrs 6/22-7/20 2:00pm-3:00pm Tu \$61
6276.301 6yrs to 12yrs 6/22-7/20 3:00pm-4:00pm Tu \$61

JR GOLF LESSONS

Come learn the basic skills of golf: grip, setup and etiquette. Contests, games, prizes and lots of fun while you learn. Class at Meadowlark Golf Course, 16782 Graham Street. Equipment available.

Meadowlark Golf Course Alliance Golf, Evergreen
5228.301 7yrs to 17yrs 6/22-7/13 4:00pm-5:30pm Tu \$125
5228.302 7yrs to 17yrs 8/03-8/24 4:00pm-5:30pm Tu \$125
5228.303 7yrs to 17yrs 6/26-7/17 12:30pm-2:00pm Sa \$125
5228.304 7yrs to 17yrs 8/07-8/28 12:30pm-2:00pm Sa \$125

KARATE

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Monday, July 5.

City Gym Room B Tillehkooh, Kiavash
5231.301 5yrs to 9yrs 6/21-9/01 6:30pm-7:15pm M W \$116
5231.302 10yrs to 17yrs 6/22-9/02 6:30pm-7:15pm Tu Th \$121
5231.303 10yrs to 17yrs 6/22-9/01 6:30pm-7:15pm Tu W \$121
5231.304 10yrs to 17yrs 6/23-9/02 6:30pm-7:15pm W Th \$121

KARATE: JUNIOR

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be made available for purchase from instructor. No class Monday, July 5.

City Gym Room B Tillehkooh, Kiavash
5229.301 5yrs to 9yrs 6/21-8/30 5:45pm-6:30pm M \$88
5229.302 6yrs to 9yrs 6/22-8/31 5:45pm-6:30pm Tu \$96
5229.303 6yrs to 9yrs 6/23-9/01 5:45pm-6:30pm W \$96
5229.304 6yrs to 9yrs 6/24-9/02 5:45pm-6:30pm Th \$96

KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Murdy Community Center Hall B Betance, Justin
5232.300 6yrs to 10yrs 6/24-8/28 5:30pm-6:30pm Th \$155
8:30am-9:15am Sa
5232.301 11yrs to 15yrs 6/24-8/26 6:30pm-7:30pm Th \$155
8:30am-9:15am Sa

KARATE: TRADITIONAL JAPANESE KARATE-DO-NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center Wadoryu USA Inc, Shoji Nishimura
5259.300 8yrs to 12yrs 6/24-9/02 5:45pm-6:30pm Th \$88
5259.301 8yrs to 12yrs 6/25-9/03 5:45pm-6:30pm F \$88
5259.302 8yrs to 12yrs 6/24-9/03 5:45pm-6:30pm Th F \$108

Parks & Recreation Programs

Inspire us...

...the benefits are endless

Youth Classes

KARATE: TRADITIONAL JAPANESE KARATE-DO BEGINNING

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center Wadoryu USA Inc, Shoji Nishimura
5230.300 8yrs to 12yrs 6/24-9/02 5:45pm-6:30pm Th \$88
5230.301 8yrs to 12yrs 6/25-9/03 5:45pm-6:30pm F \$88
5230.302 8yrs to 12yrs 6/24-9/03 5:45pm-6:30pm Th F \$108

KARATE: TRADITIONAL JAPANESE KARATE-DO INTERMEDIATE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center Wadoryu USA Inc, Shoji Nishimura
5257.300 8yrs to 15yrs 6/24-9/02 6:30pm-7:45pm Th \$104
5257.301 8yrs to 15yrs 6/25-9/03 6:30pm-7:45pm F \$104
5257.302 8yrs to 15yrs 6/24-9/03 6:30pm-7:45pm Th F \$124

KARATE: TRADITIONAL JAPANESE KARATE-DO-ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center Wadoryu USA Inc, Shoji Nishimura
5258.300 8yrs to 15yrs 6/24-9/02 6:30pm-7:45pm Th \$104
5258.301 8yrs to 15yrs 6/25-9/03 6:30pm-7:45pm F \$104
5258.302 8yrs to 15yrs 6/24-9/03 6:30pm-7:45pm Th F \$124

MUSIC: ADVANCED JAZZ YOUTH BAND

Surf City Summer Advanced Youth Band will have an emphasis on "Jazz." This class will help you to keep and improve your musical skills over the summer. This class is for experienced Band members with 4 or more years of playing experience. Students will participate in public performances.

Edison High School Band Room Van Otterloo, Jerry
5277.301 10yrs to 17yrs 6/21-8/05 2:45pm-4:15pm M Tu W Th \$150

MUSIC: INTERMEDIATE YOUTH BAND

Surf City Summer Youth Band is a fun way to keep and improve your musical skills over the summer. Be ready to advance in the fall! This class is for experienced Band members with 1-3 years of playing experience. Students will participate in public performances.

Edison High School Band Room Van Otterloo, Jerry
5276.301 8yrs to 17yrs 6/21-8/05 1:00pm-2:30pm M Tu W Th \$150

MUSIC: GROUP VOICE CLASSES

Become the next Huntington Beach's American Idol! Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. Materials fee of \$25 due at first class.

Lake View Clubhouse, 16600 Saybrook Ln Kids Music N', Motion
5328.301 5yrs to 8yrs 6/28-8/16 4:15pm-5:00pm M \$100
5328.302 9yrs to 12yrs 6/28-8/16 5:00pm-5:45pm M \$100

MUSIC: KIDS GUITAR

Enough Guitar Hero Already! This exciting intro guitar class gets you playing the real thing in no time. Using proven teaching methods, professional instructors start you on your first song from week one. Students learn songs from today's most popular artists and yesterday's icons while gaining understanding of fundamentals. \$10 material fee. No class 8/21.

18582 Beach Bl., Suite 214 Rockstars Music Studios
5243.301 7yrs to 13yrs 7/10-7/31 9:00am-9:30am Sa \$65
5243.302 7yrs to 13yrs 7/10-7/31 10:00am-10:30am Sa \$65
5243.303 7yrs to 13yrs 7/10-7/31 10:30am-11:00am Sa \$65
5243.304 7yrs to 13yrs 8/07-9/04 9:00am-9:30am Sa \$65
5243.305 7yrs to 13yrs 8/07-9/04 10:00am-10:30am Sa \$65
5243.306 7yrs to 13yrs 8/07-9/04 10:30am-11:00am Sa \$65

MUSIC: KIDS ROCKSTAR PIANO

Learn piano the right way from the start! How to read music, play scales, songs, chords, and have fun doing it. We will cover everything you will need to know to be a great Pianist. Parents are encouraged to participate with their child's practice at home. Class will be held at Rockstars. No class 8/21.

18582 Beach Bl., Suite 214 Rockstars Music Studios
5244.301 7yrs to 13yrs 7/10-7/31 3:00pm-3:30pm Sa \$65
5244.302 7yrs to 13yrs 8/07-9/04 3:00pm-3:30pm Sa \$65

MUSIC: PRIVATE LESSONS

Learn piano the right way from the start! How to read music, play scales, songs, chords, and have fun doing it. We will cover everything you will need to know to be a great Pianist. Parents are encouraged to participate with their child's practice at home. Class will be held at Rockstars. No class Aug. 21.

18582 Beach Bl., Suite 214 Rockstars Music Studios
5274.301 7yrs to 13yrs TBA \$130

PERFORMING ARTS: SUNSHINE GENERATION CHILDREN'S GROUP

Have fun and learn our exciting summer show. NO AUDITIONS NEEDED! Music and choreography is upbeat, positive, and age-appropriate. Bring a parent for a short meeting and \$35 for a "Sunshine" t-shirt and CD with word sheets. Parents are asked not to stay. We will have a show on the last day of the session.

Murdy Community Center Hall C&D Merdjanian, Iskui
5247.300 6yrs to 8yrs 6/22-7/27 4:50pm-5:35pm Tu \$69

SKATEBOARDING BIRTHDAY PARTY

Celebrate while riding ramps and rails and while getting skateboarding tips from an experienced instructor at the Skatedogs private skate park set up at Edison Community Center. Party includes a Skatedogs t-shirt for the birthday boy or girl. Participants must have a skate board, a helmet and knee and elbow pads. For more info. call Adam (562) 343-1095.

Patio Edison Community Center Skatedogs, Adam Cohen
5280.300 5yrs to Adult \$275

SKATING: ICE SKATING BEGINNING

Catch the Olympic Spirit! 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, and three additional skating passes to be used during the 4-week session. No class July 7.

Westminster ICE,
 13071 Springdale, Westminster Ice Mgmt LLC, Westminster
5271.301 6yrs to 16yrs 6/30-7/28 5:00pm-5:30pm W \$35
5271.302 6yrs to 16yrs 7/10-7/31 11:15am-11:45am Sa \$35
5271.303 6yrs to 16yrs 8/04-8/25 5:00pm-5:30pm W \$35
5271.304 6yrs to 16yrs 8/07-8/28 11:15am-11:45am Sa \$35

Youth Classes

SKATING: OC ROLLER KID

This beginning roller skating class is a fun way to keep your boys and girls physically fit while building their confidence in roller skating. Instructed by OC Roller Derby girl, Mia Roller. Required: quad skates (no in-lines or blades) helmet, knee pads, elbow pads, and wrist guards. Gear (not skates) may be purchased from instructor for a minimal fee.

Patio Edison Community Center		Parra, Elena	
5249.300	6yrs to 10yrs	6/26-7/24	10:00am-10:45am Sa \$60
5249.301	6yrs to 10yrs	8/07-9/04	10:00am-10:45am Sa \$60

SPANISH FOR FUN AND FOREVER

Fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Hall B Edison Community Center		Blades, Murnez	
5252.300	5yrs to 8yrs	7/13-8/31	3:30pm-4:30pm Tu \$92

Murdy Community Center Hall C&D		Blades, Murnez	
5253.300	5yrs to 8yrs	7/12-8/30	3:30pm-4:30pm M \$92

SPANISH FOR FUN AND FOREVER GRADES 5-8

A fun and interactive class, this conversational class is packed with visuals, songs, rhythms and learning games for rapid recall. Methods are based on recent brain research regarding language acquisition and taught by a credentialed teacher. Materials fee of \$5 due at first class.

Murdy Community Center Hall C&D		Blades, Murnez	
5283.300	10yrs to 13yrs	7/12-8/30	2:15pm-3:15pm M \$92

SPEED AND AGILITY – TRAINING CAMP FOR ATHLETES

Sports Complex Tournament Fields, on the artificial turf sports fields. A training camp focusing on acceleration, top speed sprint mechanics, explosive power, and multi-directional speed capability. Athletes participating in basketball, baseball, football, soccer, volleyball, tennis, softball, and lacrosse will benefit from this training camp.

		Natzel, Robert	
5284.301	12yrs to 18yrs	6/26-8/14	9:00am-10:00am Sa \$126

SUMMER SAILING SCHOOL

Give your kids the gift of summer fun while learning to sail. The HBSF has a terrific sailing school for students 6 to 18. Students learn the fundamentals of sailing, racing and sportsmanship. They will develop teamwork, independence, and confidence in an environment where water safety is our number one concern. Boat rental is \$125.

Huntington Beach Sailing Foundation		HBSF Staff	
3821 Warner Ave.			
5275.301	6yrs to 7yrs	6/23-7/16	9:00am-12:00pm W F \$256
5275.303	8yrs to 18yrs	6/22-7/16	1:00pm-4:00pm Tu W Th F \$481
5275.305	8yrs to 18yrs	6/22-7/30	1:00pm-4:00pm Tu W Th F \$581

Beginning

5275.302	8yrs to 18yrs	6/22-7/16	9:00am-12:00pm Tu W Th F \$481
5275.304	8yrs to 18yrs	6/22-7/30	9:00am-12:00pm Tu W Th F \$581

TRACK: SPORTS CONDITIONING

A "Fun in the Sun" way to learn & practice the skills needed for speed, agility and core strength (7-14 years of age) and balance (5-7 years of age). A perfect class for all athletes wanting to strengthen tone and learn about their bodies and muscular development. Class will be held at the Edison High School Track.

See Receipt Notes		Garcia, Autumn	
5278.300	5yrs to 7yrs	6/21-7/08	12:30pm-1:00pm M Tu W Th \$75
5278.301	5yrs to 7yrs	7/12-7/29	12:30pm-1:00pm M Tu W Th \$75
5278.302	7yrs to 10yrs	6/21-7/08	3:30pm-4:30pm M Tu W Th \$150
5278.303	7yrs to 10yrs	7/12-7/29	3:30pm-4:30pm M Tu W Th \$150
5278.304	10yrs to 14yrs	6/21-7/08	4:45pm-5:45pm M Tu W Th \$150
5278.305	10yrs to 14yrs	7/12-7/29	4:45pm-5:45pm M Tu W Th \$150

YOGA: PRE-TEENS

City Gym Room B		HelpYourHealth, RoxAnn Madera	
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A class just designed for your specific age, explore the movement of the body while experiencing how good posture and proper breathing are a part of your everyday activities. Enhancing concentration in studies, flexibility, balance and strength in after school activities while having fun. Just bring a mat.

5265.301	8yrs to 11yrs	6/23-7/28	3:30pm-4:15pm W \$48
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Parks & Recreation Programs

Surprise yourself...



...the benefits are endless