

Fall 2013

# HBSANDS

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

## COMMUNITY SERVICES GUIDE

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



Gymnastics Pg. 17



Hiking Pg. 28

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Community Services Department - Enhancing Life In Our Community

Parks  
Make  
Life  
Better!



# Seven Shades of Green



3rd Gen Prius | 50 MPG combined



Camry Hybrid | 43 MPG city



Prius c | 53 MPG city



RAV4 EV | 76 MPGe | 103 mile range



Prius v | 44 MPG city



Highlander Hybrid | 28 MPG city



Prius PHV | 95 MPGe

*SOUTHERN CALIFORNIA*  
**TOYOTA DEALERS**

*The official truck of Huntington Beach lifeguards.*

**BuyAToyota.com**

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## CITY MANAGER

Fred A. Wilson

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Cover photo: © Duke Swarts

"I always love watching golfers enjoy HB's own Meadowlark Golf Course, while raising funds that support vital services to seniors in the community."

– Duke Swarts

Location of Photograph: Meadow Lark Golf Course  
Huntington Beach Council On Aging Golf Tournament

Park & Facilities map can be found online at: [www.huntingtonbeachca.gov/files/users/community\\_services/parks\\_facilities\\_map.pdf](http://www.huntingtonbeachca.gov/files/users/community_services/parks_facilities_map.pdf)

## COMMUNITY SERVICES DEPARTMENT

Interim Community Services Director . . . . .	Janeen Laudenback
Manager, Facilities, Development, and Concessions . . . . .	David Dominguez
Acting Marine Safety Chief . . . . .	Mike Baumgartner
Beach Operations Supervisor . . . . .	Scott Smith
Parking/Camping Supervisor . . . . .	Dottie Hughes
Specific Events Supervisor . . . . .	Chris Cole
Senior Supervisor, Cultural Services . . . . .	Kate Hoffman
Senior Supervisor, Human Services . . . . .	Randy Pesqueira
Supervisor, City Gym and Pool . . . . .	Rob Frizzelle
Supervisor, Edison Community Center . . . . .	John Valinsky
Supervisor, Murdy Community Center . . . . .	Kristin Martinez
Supervisor, Senior Services . . . . .	Chris Slama
Supervisor, Sports Complex . . . . .	Ray Frankeny

## Letter from the Community Services Director

How often have I caught myself thinking "Where did the day go? Where did the month go? Where did the year go?" More than half a century of happy days, months, and years have since passed, and I now find myself joining the ranks with other baby boomers eligible for the highly coveted AARP card! For many boomers, getting older does not mean slowing down. People of all ages seek participation in social, economic, cultural, spiritual, and civic activities in an effort to build happy and fulfilling lives. As we age, the desire to engage in meaningful activity remains strong. We continue to be active contributors to our families, in our communities, and to our nation. Within the pages of the SANDS Community Services Guide are opportunities for residents from the "young" to the "young at heart" to engage, connect, and participate! With age comes wisdom, and a *whole lot more!* Take a look at the SANDS Community Services Guide and see what Huntington Beach has to offer... yes; Parks really do Make Life Better!

**Janeen Laudenback**  
Interim Community Services Director

**Fall  
2013**

# City News

## Huntington Beach

### THE AGE WAVE

#### Are You Ready For The Ride?

CIVIC ENGAGEMENT IS THE KEY TO  
THE FUTURE OF VOLUNTEERISM

The class is free come join us and learn about the following:

- Myths and Realities of Aging
- Basic Communication & Active Listening
- Understanding the Grieving Process
- Signs & Symptoms of Abuse
- Special Needs of the Homebound Elderly
- The Aging Network & Community Resources

**Starts: Wednesday October 2 - 30, 2013**

**For five weeks**

**Time: 9-11:30 a.m.**

**Fee: Free**

**For Volunteers and Potential Volunteers**

Contact: Diane Swarts, Volunteer Services Coordinator,  
714-374-1544 for additional information or to enroll.

### Halloween Pumpkin Carving & Costume Contest

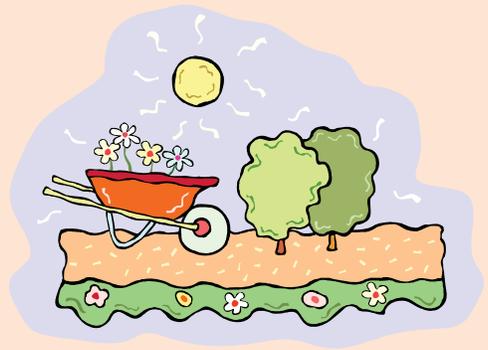
Enjoy a fun night with the happy haunts of the spooky City Gym & Pool! From 6-8 p.m. on Saturday, October 26, participate in a Halloween pumpkin carving and costume contest. Dress up in your scariest costume and get ready to make a jack-o-lantern come to life! Make your way through the fun and festive Halloween maze or participate in games such as Wrap the Mummy (with toilet paper!) and Zombie Relays. Create lasting memories at the Halloween craft booth and then help yourself to pumpkin cookies and witch's apples! Register in-person at the City Gym & Pool beginning August 13. We look forward to seeing all the boo-tiful costumes and pumpkin designs!

### Do You Love Gardening?

Did you know that Huntington Beach has its own Community Garden? Plots are available for a small annual fee. Enjoy growing organic fruits, vegetables and flowers that you can share with family and friends. Visit the HBCG website for more information:

[www.HuntingtonBeachCommunityGarden.com](http://www.HuntingtonBeachCommunityGarden.com)

Huntington Beach Community Garden  
P.O. Box 5891, Huntington Beach CA 92615



## Student Opportunity—Youth Ambassadors to Japan

The Sister City Association of Huntington Beach is looking for four students to become Youth Ambassadors to Japan and experience what may be the adventure of a lifetime! High school freshmen, sophomores and juniors who live or attend one of the Huntington Beach Union High School District schools are eligible. The program is a **two-week reciprocal exchange**. Ambassadors host a student from Anjo, Japan the first 2 weeks in July, and travel with their chaperone to Japan in early August.

2014 will mark the 32nd year of the successful student exchange with Anjo. In addition to the travel opportunity, the experience provides students with the understanding of foreign culture and a wonderful opportunity to broaden their horizons. The home stay provides much more than if Japan were visited as a tourist.

Strong friendships have been formed between former ambassadors and their Japanese counterparts; the experience even influenced career decisions for several students. Families of selected students benefit also, as host family members are encouraged to participate in the activities.

Applications will be available after September 1, 2013, at City Hall, Huntington Beach Central Library, and at the individual high schools after the start of the school year. Deadline for applications: Friday, February 14, 2014.

For more information or an application for the student exchange, please contact Carmen Erber at [gerber@socal.rr.com](mailto:gerber@socal.rr.com) at 714-846-7685, or Laurie Frymire, Communications Officer, City of Huntington Beach, at [lfrymire@surfcity-hb.org](mailto:lfrymire@surfcity-hb.org) at 714-536-5577.



## Stress-Free Travel Starts at City Hall!

### City of Huntington Beach Passport Facility

Ready for a vacation? Tired of long lines? Your time is precious, and that is why our agents strive to make your passport application process as quick and easy as possible.

City Hall offices are open Monday - Friday, 8 a.m. – 5 p.m. (except holidays). Photo services are available - standard fees apply.

**Location:** 2000 Main Street @ Main/Yorktown, 2nd Floor

**Phone:** 714-374-1600

**Website:** [www.huntingtonbeachca.gov/passports](http://www.huntingtonbeachca.gov/passports)



## Senior Saturday Community Festival

The Huntington Beach Council on Aging is proud to announce its 25th annual Senior Saturday Community Festival to be held at beautiful Pier Plaza in downtown Huntington Beach, on Saturday, September 7, 2013, from 9 a.m. to 2 p.m. Admission is free!

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

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

Pier Plaza is located adjacent to the Huntington Beach Pier at the intersection of Main St. and Pacific Coast Highway. Free shuttle service to and from the event is provided from City Hall at 2000 Main and the Michael E. Rodgers Seniors Center, 1706 Orange Avenue.

The Huntington Beach Council on Aging is a non-profit organization that supports programs and services for Huntington Beach Seniors through the Michael E. Rodgers Seniors Center and the Seniors Outreach Center.

Bring your family and friends for a fun filled morning and afternoon. For more information, please call the Michael E. Rodgers Seniors Center at 714-536-9387.



## 10 Miler and 10K on Pacific Coast Highway



10 Mile • 10K • 5K • Kids Run

October 27, 2013

All courses start on Pacific Coast Highway in front of the Hyatt Regency Resort and finish near the Hilton Waterfront Resort on Pacific Coast Highway at Huntington Street. Register at [www.surfcity10.com](http://www.surfcity10.com).

Surf City 10 and Project Self Sufficiency have teamed up to 'GO THE DISTANCE!' and support single parent families earning their education to become self-sufficient.

### GO THE DISTANCE! ~ EMPOWERING SINGLE PARENTS TO ACHIEVE

By participating in this local fundraising event, you will be supporting close to 50 families in Huntington Beach who are currently pursuing their education or training to better the lives of their families by becoming economically independent.

Participants need your support to be able to continue in school and to keep up with basic needs such as reliable transportation, affordable child care, and food. JOIN US or SPONSOR US; either way, get involved and make a difference.

Register your support by sponsoring a runner or forming your own team to help PSS at [www.surfcity10.kintera.org](http://www.surfcity10.kintera.org).



## Beach Information

**City Beach:** Encompassing 3.5 miles from Beach Boulevard to the west city limits, the city boasts one of the world's finest beaches. The beachfront includes the municipal pier, food and rental concessions, restrooms, showers, volleyball nets, fire rings, and a 2,200 space beach parking lot plus additional parking on Pacific Coast Highway and adjacent streets. New buildings on the municipal pier, a new Visitors Kiosk at Pier Plaza, and new restrooms along Blufftop Park north of the Pier will enhance beach visits for both residents and visitors. Lifeguard service is provided during daylight hours 365 days a year. The number and location of lifeguards on duty varies depending on season, weather and surf conditions. Please note posted signage for information. Curfew is 10 p.m. to 5 a.m. and is strictly enforced. Beach Headquarters: 103 Pacific Coast Highway. Office hours: Monday-Friday, 8 a.m.-5 p.m. Phone: 714 536-5281 Emergencies: call 911.



For information on Municipal Beach Parking Pass, Main Promenade Parking Structure, Day Use Parking, Pier Plaza Parking, and Sunset Vista RV Park, please visit [www.surfcity-hb.org/visitors/parking/](http://www.surfcity-hb.org/visitors/parking/) or call 714 536-5281.

## Shipleigh Nature Center

### ■ Composting Seminar

Saturday, September 21 at 9:30 a.m. Learn all about Composting and Vermicomposting (worm composting) and how to turn kitchen scraps and backyard cuttings into "black gold" for your garden. Registration is \$10 per attendee. HB residents get a \$50 voucher toward the purchase of either type of composting bin.

### ■ Fall Native Plant Sale

Saturday, September 28 from 9:00 a.m. to 2:00 p.m. For all you water conscious residents who have already killed the grass or are thinking about doing it, now is the time to put in water-saving California Natives. Begin this Fall-Winter planting season with the **best ever selection of California Native Plants** (over **100 species** to choose from). Get help and advice from Shipleigh Nursery Volunteers on which plants would be right for your garden. Peruse the exhibits on the Monarch Butterfly habitat, container gardening with Native Plants and waterwise gardens.

### ■ Open 9 a.m. to 4 p.m. on Second Saturdays

Besides the regular hours of 9 a.m. to 1 p.m., Shipleigh is open on the Second Saturday of each month until 4 p.m. Educational programs for kids and families are held on these Saturdays from 11 a.m. to 2 p.m.

See [www.shipleighnature.org](http://www.shipleighnature.org) for all event details.

17851 Goldenwest St. 714-842-4772.

Open Monday-Saturday, 9 a.m.-1 p.m. and

on the second Saturday of the month from 9 a.m.-4 p.m.



# Cultural & Historic Services

## MAKING A COMMUNITY GREAT IS A FINE ART

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

#### Huntington Beach Art Center

##### Art Center Hours

Tuesday – Thursday, Noon – 8:00 PM

Friday, Noon – 6:00 PM

Saturday, Noon – 5:00 PM

Phone: (714) 374-1650; FAX: (714) 374-5304

Administrative Office Hours

Monday – Friday 8:30 AM – 5:30 PM

538 Main Street

Phone: (714) 536-5258

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

## EVENTS FALL 2013

### REVERBERATION

Reverberation is a group exhibition curated by artist Andre Woodward. Including Sean Duffy, Mason Cooley, Evan Holloway, Kristen Morgin, Thomas Muller, Ruben Ochoa, and Christian Tedeschi, the exhibition is a survey of Southern California sculptors who are respected as individuals dedicated to their profession, and whose work has inspired the artistic practice of countless young artists.

**October 12, 2013- December 14, 2013**

**Opening Reception: October 12, 7-9 p.m.**

#### Gallery hours

Tuesday-Thursday: 12 p.m.-8 p.m.

Friday 12 p.m.-6 p.m.

Saturday 12-5 p.m.

Contact HBAC 714.374.1650 at [www.huntingtonbeachartcenter.org](http://www.huntingtonbeachartcenter.org)

## HUNTINGTON BEACH LIBRARY INFORMATION

Central Library – 7111 Talbert Avenue – 714-842-4481

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

#### Banning Branch

9281 Banning Avenue  
714-375-5005

#### Helen Murphy Branch

15882 Graham Street  
714-375-5006

#### Main Street Branch

525 Main Street  
714-375-5071

#### Oak View Branch

17251 Oak Lane  
714-375-5068

**The Friends of the Library** is a non-profit group of volunteers that raises money for the Library. Ways you can help are to “Friend” the library online, join either the Friends or the Friends of the Children’s Library, donate money, or volunteer your time. For information, call 714 375-8429.

## Parks & Recreation...

## Expand Knowledge

...The Benefits Are Endless

## CHILDREN’S LIBRARY EVENTS FALL 2013

### ■ FAMILY EVENING STORYTIME

#### Tabby Storytime Theater

**FREE**

Thursday, September 12, 2013 – 7:00 p.m.

Please join Miss Barbara for a special storytime where children can wear their PJ’s and hear stories and songs about Fall and Back-to-School. Enjoy cookies generously donated by the National Charity League.

### ■ CENTRAL LIBRARY HOMEWORK CLUB

#### Maddy Room

**FREE**

Tentatively starting Monday, September 23, 2013 3:30-5:00 pm

The homework club meets every Monday and Wednesday at the Central Library. Check our website, [www.hbpl.org](http://www.hbpl.org) or call 714 374-5338 in September for more information.

### ■ IN-N-OUT BURGER “COVER TO COVER CLUB” READING PROGRAM

#### Central Library and all branches

**FREE**

October through mid November, 2013

Check our website, [www.hbpl.org](http://www.hbpl.org) or call 714 375-5107 in late September for more information about how and when children ages 4 through 12 can join this program and earn a free hamburger or cheeseburger at In N Out.

### ■ HALLOWEEN MAGIC SHOW WITH JOHNNY ACE PALMER

#### Library Theater

**\$4 per person – on sale October 1**

Wednesday, October 23, 2013

4:00 pm & 7:00 pm

This fun-filled show will delight children of all ages! Wear your Halloween costumes in a parade around the library afterwards. Call 714-375-5107 for more information.

### ■ FAMILY EVENING STORYTIME

#### Tabby Storytime Theater

**FREE**

Thursday, November 14, 2013 – 7:00 pm

Join Miss Barbara for a fun-filled evening of stories and songs celebrating the Harvest and Thanksgiving! Wear your PJ’s and enjoy cookies donated by the National Charity League.

## 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 visit [www.hbph.com](http://www.hbph.com).

## 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 pm to 4 pm, 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, e-mail [president@hbartleague.com](mailto:president@hbartleague.com), or call Betty Viers at 714-848-8203 or Diana LoSchiavo at 714-842-9433.

## 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).

# Human Services

## HUNTINGTON BEACH SENIOR SERVICES

### MICHAEL E. RODGERS SENIORS CENTER

1706 Orange Avenue, 714 536-9387; FAX 714 374-1543  
Office Hours: Monday through Friday, 8:30 am to 5:00 pm

The Michael E. Rodgers Seniors Center 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. Volunteer and internship opportunities are available.

### SENIORS' OUTREACH CENTER

1718 Orange Ave, 714-960-2478; Fax 714-374-1620  
Office Hours: Monday through Friday 8:30am to 5:00pm  
Transportation office 714-374-1742

Seniors' Outreach, under direction of the Community Services Department since 1974, provides services aimed toward successful aging in place. Transportation, Home Delivered Meals, Care Management and other services are designed to meet the otherwise unmet physical, emotional, and nutritional needs of homebound, frail and at risk older adults living independently in Huntington Beach. Through professionally trained staff and dedicated volunteers, the center provides services, resources, information and consultation for older adults and their loved ones.

Services for residents include: Home Delivered Meals (60 years and older) - to those who qualify, 3 meals a day, Monday through Friday; Transportation (55 years and older) weekday transportation to any location within Huntington beach, the Social Security Office in Fountain Valley, and to medical appointments at Fountain Valley Regional Hospital, Orange Coast Memorial Hospital and Hoag Memorial Presbyterian Hospital. Care management (60 years and older) - information, referral, advocacy, and connection to support services.

### SENIORSERV LUNCH PROGRAM

SeniorServ serves a wide variety of delicious, nutritious lunches each weekday at 11:30 am. 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. For more information regarding the lunch program, call 714-536-8404.

### PC BUDDY CLUB

The PC Buddy Club is a FREE social club for new and experienced computer users. The club meets the 2nd and 4th Thursday of each month, from 2:00 - 4:00 pm, at the Michael E. Rodgers Seniors Center. Experienced teachers who are able to answer your most troubling computer questions will moderate the club. Guest speakers will address a variety of topics current in the computer industry.

### HUNTINGTON BEACH COUNCIL ON AGING

The Huntington Beach Council on Aging (HBCOA) is officially recognized by the City Council of Huntington Beach as representing its local senior citizens. The mission of this nonprofit corporation is to work with city staff and volunteers to enhance the dignity and quality of life for city seniors through comprehensive services, education, and advocacy aimed to empower and meet the needs of a diverse population. As the senior population continues to grow, the HBCOA will respond to the broadening needs of our senior community and advocate on their behalf.

The Executive Board meets at 9:00 am on the first Thursday of each month at the Michael E Rodgers Seniors Center; 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 Rodgers Seniors Center at 714 536-9387 for additional 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 27th 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).

## Recreation Facilities

### EDISON COMMUNITY CENTER (ECC)

21377 Magnolia Street, 714 960-8870

&

### MURDY COMMUNITY CENTER (MCC)

7000 Norma Drive, 714 960-8895

**Reservations are now available for group picnic shelters!** The centers offer children's play equipment, lighted tennis courts, lighted softball diamonds, lighted racquetball courts (ECC only), lighted basketball courts, volleyball, horseshoes and barbecues. The centers contain four meeting rooms, kitchen, lounge and game room. Pool, ping-pong, and table games are available during specified hours.

### CITY GYM AND POOL (CG)

1600 Palm Avenue, 714-960-8884.

This supervised facility offers cultural classes, swim lessons, indoor basketball courts and swimming pool. Billiards, ping-pong and table games are available during specific hours.

Open Basketball and Volleyball:

Full Court: Thurs. 7:30 pm - 9:00 pm

Fri. 12:00 pm - 4:45 pm

Half Court: Mon. & Wed. 10:30 am - 12:00 pm & 1:00 pm - 3:00 pm

Volleyball Fri. 5:00 pm - 8:00 pm



Lake Park Clubhouse

## Recreation Facilities

### 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.

**Disc Golf Course** – Includes 18 holes and is played like golf using a "Frisbee."

**Dog Park** – Fenced free-run dog area at Edwards and Inlet. For information, phone 714 536-5672.

**Youth Group Campground** – Organized youth groups; no individual camping is permitted.

**Food Concessions** – Kathy May's Lakeside Cafe, 714 842-7700, and The Park Bench Café, 714 842-0775, are located in the park.

**Equestrian Center** – This 25-acre center offers boarding, riding school, training, and party rentals. For information, phone 714 848-6565.

**Shiple Nature Center** – 18-acre Nature Center with trails and Interpretive Center. Parking at 17851 Goldenwest Street. For information, phone 714 842-4772, [www.shipleynature.org](http://www.shipleynature.org).

### SPORTS COMPLEX AT HUNTINGTON CENTRAL PARK

**Fields** – The facility has 8 softball/ baseball fields, 3 open artificial turf fields and one arena style soccer field. All fields require a permit. For information, phone 714 536-5230.

**Batting Cages** – There are seven cages available for: baseball (4), slow-pitch softball (2) and fast-pitch softball (1). 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. . . . . Lake and 12th Streets  
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. Community Centers are also available for rental. For more information please call individual centers.



Newland Barn

## Special Events

### BREAKFAST WITH SANTA

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

Recreation Staff Murdy Community Center Entire Building  
1037.400 3mths to Adult 12/14 8:30am-10:30am Sa \$5

### HB CITY SURF CONTEST

The 43th Annual Huntington Beach City Surf contest, sponsored by The City of Huntington Beach Community Service Department, Huntington Surf & Sport and Dukes will be held on September 14 and 15. Participation will be limited to persons residing in the Huntington Beach Union High School District. Winners of each division will receive awards. Driver's license or school ID with proof of age (birth certificate) must be presented before competing. Ages are as of contest date. Thursday, August 22 is the last day to sign up. Each participant will receive a contest T-shirt. Participation limited to first 175 registrants.

Recreation Staff		South Side of Pier	
1026.301	Up to 9yrs	Menehune Boys & Girls	\$35
1026.302	10yrs to 14yrs	Boys	\$35
1026.303	15yrs to 17yrs	Juniors Men	\$35
1026.304	18yrs to 24yrs	Men	\$35
1026.305	25yrs to 34yrs	Masters Men	\$35
1026.306	35yrs to 44yrs	Senior Men	\$35
1026.307	45yrs to 54yrs	Grand Masters Men	\$35
1026.308	55yrs to 64yrs	Super Grand Masters	\$35
1026.309	65yrs & up	Legends Men	\$35
1026.310	10yrs & up	Women	\$35

### HALLOWEEN PUMPKIN CARVING AND COSTUME CONTEST

Calling all ghouls, ghosts, and goblins for a Halloween pumpkin carving and costume contest inside the spooky City Gym and Pool. Dress up in your best costume and get ready to make a jack-o-lantern come to life! Contest will be held inside the gymnasium on Saturday, Oct. 26th from 6:00pm - 8:00pm. \$15 per family which includes one pumpkin, safety carving kit, and refreshments. Additional pumpkins \$5 each. Register in-person at the City Gym & Pool beginning August 13.

Recreation Staff City Gym  
1036.401 2yrs to 13yrs 10/26 6:00pm-8:00pm Sa \$15



Reserve a picnic area for your special event. Contact:  
**Edison Community Center: 714-960-8870**  
or  
**Murdy Community Center: 714-960-8895**

# Workshops

## BABYSITTING: 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 material fee due at first class.

Workshops on Wellness Murdy Community Center Game Room  
3605.400 10yrs to Adult 10/19 10:00am-5:00pm Sa \$60

## CANDY CANE CAPERS

Have a great day to do your Christmas shopping. Bring your children to enjoy a day filled with Holiday crafts, games, lunch, movies, singing carols and a visit from Santa and a photo. Attendance is limited, so register early. A \$10 material fee due at first class.

Berg, April Murdy Community Center Hall A  
1028.400 5yrs to 12yrs 12/7 9:00am-2:00pm Sa \$10

## COOKING: CROCKPOT COOKING

This class is perfect for the busy person who wants good food and has little time. You will learn how to prepare and perfect a whole range of dishes from soups to desserts that will please the family. Come hungry. \$10 material fee due at first class.

Berg, April Edison Community Center Hall C&D  
3720.400 Adult 10/1 6:15pm-9:15pm Tu \$35

## COOKING: DISHES TO SHARE

Be the perfect guest who brings the perfect dish. You will learn all new dishes to impress and delight. We will be making it all: appetizers, salads, main dishes, desserts, and breads. You will receive lots of additional recipes to use. \$10 material fee due at first class.

Berg, April Edison Community Center Hall C&D  
3721.400 Adult 10/22 6:15pm-9:15pm Tu \$35

## COOKING: HOME-STYLE COOKING

Learn to make the dishes your mom and grandma made with ease. Answer the questions: "why is my pot roast dry, my mashed potatoes and gravy lumpy, can't my biscuits be flaky?" We will learn cooking techniques, preparing and freezing larger quantities for later use, and timing. \$10 material fee payable to instructor.

Berg, April Edison Community Center Hall C&D  
3722.400 Adult 9/10 6:15pm-9:15pm Tu \$35

## COOKING: SOUTHERN HOLIDAYS

Put some South in your mouth. Celebrate the Holidays southern style. Learn to deep fry a turkey, and how to make corn bread stuffing, tangy gravy, greens, fried okra, sweet potato soufflé, pecan pie, and so much more. \$10 material fee payable to instructor.

Berg, April Edison Community Center Hall C&D  
3723.400 Adult 11/5 6:15pm-9:15pm Tu \$35

## CPR/AED/FIRST AID: FOR INFANTS, CHILDREN & ADULTS

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

Ameduri, Megan Murdy Community Center Hall C&D  
3712.400 13yrs to Adult 11/16 9:00am-2:30pm Sa \$55

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

A dynamic and interactive class that covers what every parent/caregivers needs to know about CPR/First Aid/AED use for infant/children. Parents are encouraged to bring their children, and share their knowledge, while they learn alongside other parents/caregivers. American heart association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due at first class, includes Heartsaver CPR book.

Ameduri, Megan Murdy Community Center Hall C&D  
3711.400 13yrs to Adult 9/14 9:00am-1:00pm Sa \$45

## MAD SCIENCE DATE NIGHT: NO PARENTS ALLOWED!

Science Nights are FUN! We provide an amazing opportunity to bring students and Mad Scientists together for different themed nights filled with education and entertainment. 10/26: Chemical Costume PARTY! 12/14: Wacky Water Winter FEST! Kids get to see fascinating displays and participate in hands-on experiments that allow them to engage in innovative scientific learning. We will provide dinner and a snack. All children must be POTTY TRAINED. \$5 materials fee due at the door.

Broderick, Jay Murdy Community Center Hall A  
3675.400 3yrs to 5yrs 10/26 5:00pm-9:00pm Sa \$35  
3675.401 3yrs to 5yrs 12/14 5:00pm-9:00pm Sa \$35

## MAD SCIENCE: WINTER WORKSHOP!

Winter brain freeze? Time to defrost with Mad Science! Mad Science can help kids view science as something exciting that happens all the time, all around us. See fascinating displays, participate in hands-on experiments and make and take home projects! Please BRING YOUR OWN LUNCH. All children must be POTTY TRAINED. \$5 material fee due at first class.

Broderick, Jay Murdy Community Center Hall B  
3724.400 3yrs to 5yrs 11/30 10:00am-2:00pm Sa \$35  
3724.401 3yrs to 5yrs 12/21 10:00am-2:00pm Sa \$35

# Tot Classes

## 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 4 years old by 10/1/2013. Snack fee of \$25 due at first class. You may sign up for both sessions at the same time.

Shurts, Nancy L Murdy Community Center Hall C&D  
6202.400 4yrs to 5yrs 9/9 - 11/8 9:00am-12:00pm M W F \$299  
6202.401 4yrs to 5yrs 11/13 - 1/24 9:00am-12:00pm M W F \$299

Shurts, Nancy L Edison Community Center Hall C&D  
6203.400 4yrs to 5yrs 9/9 - 11/8 9:00am-12:00pm M W F \$299  
6203.401 4yrs to 5yrs 11/13 - 1/24 9:00am-12:00pm M W F \$299

## 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 BY 9/10/2013 AND POTTY TRAINED. Snack fee of \$20 payable at first class session. (You may sign up for both sessions at one time).

Shurts, Nancy L Murdy Community Center Hall C&D  
6200.400 3yrs to 3yrs 11mths 9/10 - 11/7 9:00am-12:00pm Tu Th \$225  
6200.401 3yrs to 3yrs 11mths 11/12 - 1/23 9:00am-12:00pm Tu Th \$225

Shurts, Nancy L Edison Community Center Hall C&D  
6201.400 3yrs to 3yrs 11mths 9/10 - 11/7 9:00am-12:00pm Tu Th \$225  
6201.401 3yrs to 3yrs 11mths 11/12 - 1/23 9:00am-12:00pm Tu Th \$225

# Tot Classes

## ART: DRAWING FOR LITTLE TOTS

Children ages 4 to 6 learn step-by-step how to create works of art, while developing an awareness of basic shapes, colors, compositions, hand-eye coordination and more. Class is limited to 15 students. Pre-registration is required. \$2 material fee due at first class. Materials List.

Oquist, Courtney L Art Center Studio

6205.401 4yrs to 6yrs 9/11 - 10/9 4:00pm-5:00pm W \$65\*

6205.402 4yrs to 6yrs 10/16 - 11/13 4:00pm-5:00pm W \$65\*

\*HBAC \$59.10

## ART: LITTLE TOTS MIXED MEDIA

From drawing to painting to printmaking and sculpture, this mixed-media art class has it all! Designed especially for little artists, students explore a variety of art-making techniques, while engaging in their creativity and imagination. All supplies included. Class size limited to 15. \$15 material fee due at first class.

Oquist, Courtney L Art Center Studio

6379.401 4yrs to 6yrs 9/13 - 10/4 3:00pm-4:30pm F \$65\*

6379.402 4yrs to 6yrs 10/11 - 11/1 3:00pm-4:30pm F \$65\*

\*HBAC \$59.10

## ART: M.A.D ART

Young artist will rub elbows with famous artist such as: Monet, Michelangelo, Pollack, Kandinsky and more. Most importantly they will discover and set free the little artist within. Engaging in water colors, clay sculptures, murals, painting, texture, pastels, chalk and more. \$10 material fee due at first class.

M.A.D., Studio HB Murdy Community Center Hall A

6384.400 3yrs to 5yrs 9/11 - 10/9 11:30am-12:30pm W \$62

6384.401 3yrs to 5yrs 10/16 - 11/13 11:30am-12:30pm W \$62

## ART: M.A.D PRESENTS "WE BE FREE TOTS"

M.A.D created the "We Be Free" curriculum. Your little artist will be encouraged through all development of instruction while engaging in all aspects of "Art". M.A.D provides and opportunity for your child to develop physically, socially, and emotionally through art. \$10 material fee due at first class. No class 10/31.

M.A.D., Studio HB Harbour View Clubhouse 16600 Saybrook Ln

6377.400 1yrs 6mths to 2yrs 6mths 9/12 - 10/10 11:30am-12:30pm Th \$62

6377.401 1yrs 6mths to 2yrs 6mths 10/17 - 11/21 11:30am-12:30pm Th \$62

## ART: PARENT AND ME 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 material fee due at first class.

Henry, Lucia Art Center Studio

6374.401 3yrs to 5yrs 9/12 - 10/10 2:30pm-3:15pm Th \$71

HBAC \$64.50

## ART: PARENT AND ME 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 material fee due at first class.

Henry, Lucia Art Center Studio

6375.401 3yrs to 5yrs 10/17 - 11/14 2:30pm-3:15pm Th \$69

HBAC \$62.70

## ART: PARENT AND ME LITTLE ARTISTS

Make art with your child! Little artists ages 2-3 create a new work of art every week using clay, watercolors, tempera, pastels, pencils, acrylic, felt, fabric and more. Parent participation required. Bring an apron or wear old clothes. Materials fee \$10 material fee due at first class.

Oquist, Courtney L Art Center Studio

6326.401 2yrs to 3yrs 9/13 - 10/4 10:30am-11:15am F \$51\*

6326.402 2yrs to 3yrs 10/11 - 11/1 10:30am-11:15am F \$51\*

HBAC \$46.50

## ART: YOUNG REMBRANDTS PRESCHOOL DRAWING

Your pre-schooler's mind is hard at work building lifetime learning skills. Our pre-school program is specifically designed to meet the needs of most young students using familiar subjects like animals and toys combined with pictures, stories, touching, and doing to improve listening, fine-motor skills, and time-on-task. Give your pre-schooler the information they're hungry for and be amazed by what they'll create! No class 11/29.

Young, Rembrandts Edison Community Center Hall B

6352.400 3yrs 6mths to 5yrs 9/13 - 10/4 11:00am-11:45am F \$56

6352.401 3yrs 6mths to 5yrs 10/18 - 11/8 11:00am-11:45am F \$56

6352.402 3yrs 6mths to 5yrs 11/15 - 12/13 11:00am-11:45am F \$56

## CREATIVE 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.

Tippi Toes HB, Alexander Lynn Murdy Community Center Hall B

6360.400 1yrs 6mths to 3yrs 9/10 - 10/15 10:15am-10:45am Tu \$54

6360.401 1yrs 6mths to 3yrs 10/22 - 11/26 10:15am-10:45am Tu \$54

Tippi Toes HB, Alexander Lynn City Gym Room A

6371.400 1yrs 6mths to 3yrs 9/14 - 10/19 9:30am-10:00am Sa \$54

6371.401 1yrs 6mths to 3yrs 10/26 - 11/30 9:30am-10:00am Sa \$54

## CREATIVE DANCE: TIPPI TOES PRINCESS

With song 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 11/11.

Tippi Toes HB, Alexander Lynn Murdy Community Center Hall A

6359.400 2yrs to 4yrs 9/9 - 10/14 2:45pm-3:25pm M \$58

6359.401 4yrs to 6yrs 9/9 - 10/14 3:30pm-4:10pm M \$58

6359.402 2yrs to 4yrs 10/21 - 12/2 2:45pm-3:25pm M \$58

6359.403 4yrs to 6yrs 10/21 - 12/2 3:30pm-4:10pm M \$58

Tippi Toes HB, Alexander Lynn City Gym Room A

6370.400 2yrs to 4yrs 9/14 - 10/19 10:10am-10:50am Sa \$58

6370.401 2yrs to 4yrs 10/26 - 11/30 10:10am-10:50am Sa \$58

6370.402 4yrs to 6yrs 9/14 - 10/19 11:00am-11:40am Sa \$58

6370.403 4yrs to 6yrs 10/26 - 11/30 11:00am-11:40am Sa \$58

## CREATIVE DANCE: TIPPI TOES SUPERHERO

It's a bird, it's a plane, it's...your super boy! Reaching for the stars and boogieing to the beat your little man will learn balance, rhythm and the basics of dance in this exciting & high energy class taught by a Tippi Toes Superhero!

Tippi Toes HB, Alexander Lynn Murdy Community Center Hall B

6381.400 2yrs 6mths to 5yrs 9/10 - 10/15 11:00am-11:35am Tu \$54

6381.401 2yrs 6mths to 5yrs 10/22 - 11/26 11:00am-11:35am Tu \$54

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

# Tot Classes

## CREATIVE LEARNING HOUR

This parent participation class will get your child excited about learning their ABC's and 123's. We will read, write, create, sing and play all while we learn together. We will use circle times and educational themed centers. Stay and learn all year as we will have new themes and activities every 8 weeks. \$5 material fee due at first class.

Diersing, Teri Edison Community Center Hall B  
6351.400 2yrs 6mths to 4yrs 6mths 9/12 - 10/31 10:30am-11:30am Th \$85

## DANCE: 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 material fee due at first class.

Huntington Academy of Dance Murdy Community Center Hall B  
6216.400 2yrs 6mths to 4yrs 9/9 - 11/4 10:00am-10:45am M \$95

Huntington Academy of Dance Edison Community Center Hall B  
6217.400 2yrs 6mths to 4yrs 9/11 - 11/13 10:30am-11:15am W \$105

Huntington Academy of Dance 16601 Gothard St, Suite A, HB.  
6218.400 2yrs 6mths to 4yrs 9/10 - 11/12 10:00am-10:45am Tu \$105

## DANCE: BABY'S 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.

Ludwig, Dawna A Murdy Community Center Hall B  
6215.400 1yrs to 3yrs 6mths 9/20 - 10/18 10:15am-10:55am F \$45  
6215.401 1yrs to 3yrs 6mths 10/25 - 11/22 10:15am-10:55am F \$45

## DANCE: 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, ballet slippers encouraged. Parents are invited to watch the last class of the session. \$1 material fee due at first class. No class 10/31.

Huntington Academy of Dance Murdy Community Center Hall B  
6219.400 3yrs 5mths to 5yrs 9/9 - 11/4 9:00am-10:00am M \$95  
6219.401 4yrs to 6yrs 9/9 - 11/4 3:00pm-4:00pm M \$95

Huntington Academy of Dance Edison Community Center Hall B  
6220.400 3yrs 6mths to 5yrs 9/11 - 11/13 9:30am-10:30am W \$105  
6220.401 4yrs to 6yrs 9/11 - 11/13 3:30pm-4:30pm W \$105  
6220.402 3yrs 6mths to 5yrs 9/14 - 11/16 9:00am-10:00am Sa \$105  
6220.403 4yrs to 6yrs 9/14 - 11/16 10:00am-11:00am Sa \$105

Huntington Academy of Dance City Gym Room A  
6221.400 3yrs 6mths to 5yrs 9/12 - 11/14 3:00pm-4:00pm Th \$95

Huntington Academy of Dance 16601 Gothard St, Suite A, HB.  
6222.400 3yrs 5mths to 5yrs 9/10 - 11/12 11:00am-12:00pm Tu \$105

## DANCE: DANCE BUDDIES – 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. No class 10/31.

Huntington Academy of Dance Murdy Community Center Hall A  
6385.400 3yrs 5mths to 5yrs 9/12 - 11/14 10:15am-11:15am Th \$95

## DANCE: DANCE BUDDIES – TAP & JAZZ

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 tap and jazz dancing with upbeat music and movements. Parents are invited to "show day" on the last class. Dance attire and tap shoes required. No class 10/31.

Huntington Academy of Dance Murdy Community Center Hall A  
6386.400 3yrs 5mths to 5yrs 9/12 - 11/14 11:15am-12:15pm Th \$95

## DANCE: FAMILY NIGHT HIP HOP

Parents how would you like to spend quality time with your children and have a good laugh too? Join certified dance instructor Charletta Fry, where the coolest music is played to the latest Hip-Hop moves. Children will develop performing and social skills while having fun! Bring the whole family. Infants welcome. One class off, TBA.

Fry, Charletta R City Gym Room A  
6316.400 6mths to 7yrs 9/10 - 10/29 5:00pm-5:45pm Tu \$100

## DANCE: ONE AND TWO BABY BOOGIE AND YOU

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

Ludwig, Dawna A City Gym Room A  
6380.400 4mths to 1yrs 9/16 - 10/14 11:40am-12:15pm M \$45

## DANCE: TINY TOTS HULA

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

Seanoa, Melody A Art Center Multipurpose Room  
6227.401 2yrs to 4yrs 9/11 - 10/16 10:30am-11:00am W \$66\*  
6227.402 2yrs to 4yrs 10/23 - 12/4 10:30am-11:00am W \$66\*  
6227.403 2yrs to 4yrs 10/23 - 12/4 11:30am-12:00pm W \$66\*  
HBAC \$60

## DANCE: 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 material fee due at first class.

Huntington Academy of Dance Edison Community Center Hall B  
6336.400 1yrs 6mths to 2yrs 6mths 9/11 - 11/13 9:00am-9:30am W \$75

Huntington Academy of Dance 16601 Gothard St, Suite A, HB.  
6355.400 1yrs 6mths to 2yrs 6mths 9/12 - 11/14 9:00am-9:30am Th \$75

## DANCE: TOTS HULA

Aloha! 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! The class will end with a show and luau for family and friends.



Seanoa, Melody A Art Center Multipurpose Room  
5220.401 4yrs to 6yrs 9/17 - 10/15 4:00pm-4:45pm Tu \$66\*  
5220.402 4yrs to 6yrs 10/22 - 12/3 4:00pm-4:45pm Tu \$76\*\*  
HBAC \* \$60 \*\*\$69

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

# Tot Classes

## GYMNASTICS: KARTWHEEL-N-KIDS

Girls & boys, kick-up your heels & learn to cartwheel! Gymnastic skills include: cartwheels, rolls, handstands, bridge/backbend, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills while incorporating music, obstacle courses & fun. Progressive skill level instruction promotes success and confidence. \$2 material fee due at first class. Non-parent participation.

Tumble-N-Kids, Inc Edison Community Center Hall A  
6233.400 4yrs to 6yrs 9/11 - 11/13 2:40pm-3:40pm W \$106

## GYMNASTICS: TEENY TUMBLE-N-DANCE

Combining two great skills, Gymnastics + Dance, your toddler will explore rhythm, balance and coordination through music, movement and age-appropriate tumbling. Together, we'll sing, dance and tumble in a fun, safe environment - "Ta-Da!" \$2 material fee due at first class. Parents participant in the FUN!

Tumble-N-Kids, Inc City Gym Room B  
6357.400 1yrs 6mths to 2yrs 9/13 - 11/15 9:45am-10:30am F \$86

## GYMNASTICS: 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 material fee due at first class. Parents participant in the FUN!

Tumble-N-Kids, Inc City Gym Room B  
6247.400 2yrs to 3yrs 6mths 9/13 - 11/15 10:30am-11:30am F \$106

## GYMNASTICS: TEENY TUMBLE-N-YOGA

Join this fun and active class combining baby-friendly yoga poses and age-appropriate tumbling skills! This parent-participation class provides social interaction and helps baby "yoginis" build important motor skills, hand/eye-foot/eye coordination and balance as they climb, jump, roll, slide, explore tunnels, balls and enjoy safe, creative FUN + MUSIC! \$2 material fee due at first class.

Tumble-N-Kids, Inc Murdy Community Center Hall A  
6333.400 8mths to 1yrs 5mths 9/10 - 11/12 10:30am-11:15am Tu \$86

## GYMNASTICS: TINY TUMBLE-N-YOGA

Don't "Om" alone! A double dose of fun, this active class combines kid-friendly yoga poses with age-appropriate tumbling skills! Get strong and fit learning Gymnastics (rolls, beams, trampoline, "Big Cheese" mat & more), improve balance, flexibility and concentration with Yoga as you both improve body-awareness and confidence. Parent participation, yoga mats provided. \$2 material fee due at first class.

Tumble-N-Kids, Inc Murdy Community Center Hall A  
6353.400 1yrs 6mths to 3yrs 5mths 9/10 - 11/12 11:15am-12:15pm Tu \$106

## GYMNASTICS: TEENY TUMBLERS

"Teeny Tumblers" will develop important motor skills and confidence as they tumble, roll, balance, bounce, sing, sit and crawl in this fun, active class! Together we'll enjoy safe, creative fun +music! "\$2 material fee due first class. Parent-participation.

Tumble-N-Kids, Inc City Gym Room B  
6241.400 8mths to 1yrs 5mths 9/13 - 11/15 9:00am-9:45am F \$86

Tumble-N-Kids, Inc Murdy Community Center Hall A  
6242.400 8mths to 1yrs 5mths 9/14 - 11/16 9:30am-10:15am Sa \$86

## Parks & Recreation... Builds Self-Esteem

...The Benefits Are Endless

## 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 material fee due first class.

Tumble-N-Kids, Inc Edison Community Center Hall A  
6328.400 10mths to 2yrs 9/14 - 11/16 10:00am-10:45am Sa \$86

## 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 material fee due 1st class.

Tumble-N-Kids, Inc Murdy Community Center Hall B  
6238.400 1yrs 6mths to 3yrs 9/19 - 11/14 10:00am-11:00am Th \$96  
6238.401 1yrs 6mths to 3yrs 9/14 - 11/16 10:20am-11:20am Sa \$106

Tumble-N-Kids, Inc Edison Community Center Hall A  
6239.400 1yrs 6mths to 3yrs 9/18 - 11/13 10:30am-11:30am W \$96

## 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 material fee due at first class.

Tumble-N-Kids, Inc Edison Community Center Hall A  
6315.400 2yrs to 4yrs 9/14 - 11/16 10:45am-11:45am Sa \$106

## 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 material fee due at first class.

Tumble-N-Kids, Inc Murdy Community Center Hall B  
6295.400 2yrs 6mths to 4yrs 9/19 - 11/14 11:00am-12:00pm Th \$96  
6295.401 2yrs 6mths to 4yrs 9/14 - 11/16 11:30am-12:30pm Sa \$106

Tumble-N-Kids, Inc Edison Community Center Hall A  
6298.400 2yrs 6mths to 4yrs 9/18 - 11/13 11:30am-12:30pm W \$96

## GYMNASTICS: TUMBLE-N-CHEER

Students learn GYMNASTICS & high energy CHEER skills - great for beginners! An experienced coach teaches with enthusiasm + positive reinforcement, creating a comfortable, non-competitive atmosphere. Learn easy cheers, age-appropriate tumbling: beginning cartwheels, rolls, jumps, & balance beam. These skills improve balance, flexibility, coordination, agility & prepare children for ALL SPORTS. \$2 material fee due at first class.

Tumble-N-Kids, Inc City Gym Room B  
6354.400 3yrs to 5yrs 9/13 - 11/15 2:00pm-3:00pm F \$106

## GYMNASTICS: 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 material fee due at first class.

Tumble-N-Kids, Inc City Gym Room B  
6248.400 3yrs to 5yrs 9/13 - 11/15 11:45am-12:45pm F \$106

# Tot Classes

## GYMNASTICS: TUMBLE-N-FREESTYLE!

Release your child's inner "Tumbler"! Supervised by TNK instructor, we offer a great opportunity to safely explore gymnastics in a fun, "freestyle" environment. Gymnastic equipment includes: balance beams, trampoline, incline wedge, cartwheel mat, handspring barrel. "Mr. Wobbles", obstacle courses, plus fun music. Come socialize plus exercise! Some parent participation required. \$2 material fee due at first class.

Tumble-N-Kids, Inc City Gym Room B  
6338.400 2yrs to 4yrs 9/13 - 11/15 12:45pm-1:30pm F \$86

## GYMNASTICS: TUMBLE-N-YOGA

Don't "Om" alone! A double dose of fun, this active class combines kid-friendly yoga poses with age-appropriate tumbling skills! Get strong and fit learning Gymnastics (rolls, beams, trampoline, "Big Cheese" mat & more), improve balance, flexibility and concentration with Yoga as you both improve body-awareness and confidence. This class is non-parent participation class. \$2 material fee is payable first class.

Tumble-N-Kids, Inc Murdy Community Center Hall A  
6387.400 4yrs to 6yrs 9/10 - 11/12 12:30pm-1:30pm Tu \$106

## INFANT TODDLER PLAY, LEARN AND GROW!

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

Rico, Beverly G Edison Community Center Hall B  
6252.400 8mths to 2yrs 9/13 - 11/15 9:30am-10:30am F \$80

Rico, Beverly G Murdy Community Center Hall B  
6251.400 8mths to 2yrs 9/11 - 11/13 9:00am-10:00am W \$80

## 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. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$150. No class 11/11, 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A  
6253.400 5yrs to 7yrs 9/9 - 12/13 5:00pm-5:45pm M Th F \$110  
6253.401 5yrs to 7yrs 9/9 - 12/13 5:00pm-5:45pm M Th F \$130  
6253.402 5yrs to 7yrs 9/9 - 12/13 5:00pm-5:45pm M Th F \$150

## 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. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Orange, yellow, blue belts only. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$150. No class 11/11, 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A  
6279.400 5yrs to 7yrs 9/9 - 12/13 5:45pm-6:30pm M Th F \$110  
6279.401 5yrs to 7yrs 9/9 - 12/13 5:45pm-6:30pm M Th F \$130  
6279.402 5yrs to 7yrs 9/9 - 12/13 5:45pm-6:30pm M Th F \$150

## KARATE: TRADITIONAL KARATE-DO INTERMEDIATE/ADV.

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red only. 1 day a week, Monday, Thursday, or Friday, for \$140. 2 days a week for \$160. 3 days a week for \$180. No class 11/11, 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A  
6278.400 5yrs to 7yrs 9/9 - 12/13 5:45pm-7:15pm M Th F \$140  
6278.401 5yrs to 7yrs 9/9 - 12/13 5:45pm-7:15pm M Th F \$160  
6278.402 5yrs to 7yrs 9/9 - 12/13 5:45pm-7:15pm M Th F \$180

## MUSIC: 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 material fee due at first class. Parent participation required.

Hill, Patricia Y Murdy Community Center Game Room  
6364.400 1yrs 6mths to 3yrs 6mths 9/12 - 11/7 10:30am-11:15am Th \$78

Hill, Patricia Y City Gym Room B  
6383.400 1yrs 6mths to 3yrs 6mths 9/10 - 11/5 9:45am-10:30am Tu \$78

## PARENT AND ME SUNSHINE BABIES AND TOTS OF HB

Have fun singing, dancing, marching and playing to upbeat music using bright colored props, and introduce your child to the wonderful world of song combined with dance. Fun activities include parachute games, bubbles, balls, tunnels, marching parade using rhythm instruments, and more. Parent participation is required.

Merdjanian, Iskuri Murdy Community Center Hall B  
6256.400 10mths to 2yrs 9/17 - 11/12 9:15am-10:00am Tu \$89  
6256.401 10mths to 2yrs 9/18 - 11/13 5:00pm-5:45pm W \$89

## PARENT AND ME SUNSHINE BABIES FUN CLUB OF H.B.

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.

Merdjanian, Iskuri Edison Community Center Hall B  
6257.400 10mths to 3yrs 9/19 - 11/21 9:15am-10:00am Th \$89

## PARENT AND ME 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 material fee due at first class.

Rico, Beverly G Murdy Community Center Hall B  
6258.400 2yrs to 3yrs 6mths 9/11 - 11/13 10:00am-11:00am W \$80

## PERFORMING ARTS: SUNSHINE GENERATION

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. No class 11/28.

Merdjanian, Iskuri Edison Community Center Hall B  
6261.400 3yrs to 5yrs 6mths 10/10 - 12/5 3:45pm-4:30pm Th \$89

# Tot Classes

## 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 yrs class. No class 11/11.

OC Playball Inc, Nancy Blake		Edison Community Center Game Room	
6263.400	2yrs to 3yrs	9/12 - 11/21	9:00am-9:45am Th \$110
6263.401	2yrs to 3yrs	9/12 - 11/21	10:00am-10:45am Th \$110
6263.402	3yrs to 4yrs	9/12 - 11/21	11:00am-11:45am Th \$110

OC Playball Inc, Nancy Blake		City Gym Room A	
6264.400	2yrs to 3yrs	9/9 - 11/25	9:15am-10:00am M \$110
6264.401	3yrs to 4yrs	9/9 - 11/25	10:15am-11:00am M \$110
6264.402	4yrs to 5yrs	9/9 - 11/25	3:15pm-4:00pm M \$110

OC Playball Inc, Nancy Blake		Murdy Community Center Game Room	
6265.400	2yrs to 3yrs	9/10 - 11/19	9:00am-9:45am Tu \$110
6265.401	3yrs to 4yrs	9/10 - 11/19	10:00am-10:45am Tu \$110
6265.402	2yrs to 3yrs	9/11 - 11/20	9:00am-9:45am W \$110

## PRESCHOOL PLAY & PRACTICE

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

Ludwig, Dawna A		City Gym Room A	
6268.400	1yrs to 3yrs 6mths	9/16 - 10/14	11:00am-11:40am M \$45

Ludwig, Dawna A		Edison Community Center Game Room	
6267.400	1yrs to 3yrs 6mths	9/16 - 10/14	9:30am-10:10am M \$45

Ludwig, Dawna A		Murdy Community Center Hall B	
6266.400	1yrs to 3yrs 6mths	9/20 - 10/18	9:30am-10:10am F \$45
6266.401	1yrs to 3yrs 6mths	10/25 - 11/22	9:30am-10:10am F \$45

## 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 material fee due at first class. This is a parent participation class.

Hill, Patricia Y		Murdy Community Center Game Room	
6339.400	6mths to 1yrs 6mths	9/12 - 11/7	9:30am-10:15am Th \$78

Hill, Patricia Y		Edison Community Center Hall B	
6382.400	6mths to 1yrs 6mths	9/9 - 11/4	9:15am-10:00am M \$78

## RHYTHM, RHYME AND 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 material fee due at first class. This is a parent participation class.

Hill, Patricia Y		Edison Community Center Hall B	
6269.400	1yrs 3mths to 3yrs	9/9 - 11/4	10:15am-11:15am M \$96
6269.401	3yrs to 5yrs	9/9 - 11/4	11:30am-12:30pm M \$96

Hill, Patricia Y		City Gym Room B	
6271.400	1yrs 3mths to 3yrs	9/10 - 11/5	10:45am-11:45am Tu \$96

## SANTA'S HELPERS

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

Berg, April		Murdy Community Center Hall C&D	
6334.400	3yrs to 6yrs	12/4 - 12/18	1:30pm-3:00pm W \$35
6334.401	3yrs to 6yrs	12/6 - 12/20	2:30pm-4:00pm F \$35

## SKATING: ICE SKATING FOR TOTS

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. 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.

Westminster Ice		13071 Springdale, Westminster	
6293.400	3yrs to 5yrs	9/18 - 10/9	5:40pm-6:10pm W \$37
6293.401	3yrs to 5yrs	10/23 - 11/13	5:40pm-6:10pm W \$37
6293.402	3yrs to 5yrs	9/21 - 10/12	10:15am-10:45am Sa \$37
6293.403	3yrs to 5yrs	10/26 - 11/16	10:15am-10:45am Sa \$37

## SKATING: PARENT AND ME ICE SKATING

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

Westminster Ice		13071 Springdale, Westminster	
6292.400	3yrs to 5yrs	9/17 - 10/8	4:10pm-4:40pm Tu \$37
6292.401	3yrs to 5yrs	10/22 - 11/12	4:10pm-4:40pm Tu \$37
6292.402	3yrs to 5yrs	9/21 - 10/12	11:15am-11:45am Sa \$37
6292.403	3yrs to 5yrs	10/26 - 11/16	11:15am-11:45am Sa \$37

## SKATING: 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.

Parra, Elena		Edison Community Center Patio	
6274.400	2yrs to 5yrs	10/5 - 11/2	9:00am-9:45am Sa \$50

## SOCCER: COAST TO COAST SOCCER

Coast 2 Coast Soccer is the largest after school soccer program in California. Our program will include the most fun filled soccer games and world cup scrimmages. Our enthusiastic and experienced coaches will teach your child the fundamentals and great new skills your child will get a free Coast 2 Coast jersey and certificate. Most importantly, your child will have FUN!



Coast, 2 Coast		Murdy Community Center-Tour. Fields	
6303.400	3yrs to 5yrs	9/17 - 11/5	3:00pm-3:45pm Tu \$135
6303.401	3yrs to 5yrs	9/19 - 11/7	3:00pm-3:45pm Th \$135

Coast, 2 Coast		Edison Community Center Tournament Fields	
6343.400	3yrs to 5yrs	9/18 - 11/6	3:00pm-3:45pm W \$135
6343.401	3yrs to 5yrs	9/18 - 11/6	4:00pm-4:45pm W \$135

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

## Tot Classes

### SPANISH FOR FUN AND FOREVER – TINY TOTS

The class is packed with visuals, songs rhymes, movement activities and games. Each child receives color visuals for mastery of the current vocabulary. Parent/child participation. \$5 material fee due at first class.

Blades, Murnez City Gym Room A  
6313.400 3yrs to 5yrs 10/3 - 11/21 10:30am-11:15am Th \$90

### SPORTS: SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. An active week 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. All participants receive a t-shirt. No class 11/11.

Skyhawks Sports, Academy Inc Murdy Community Center Basketball Courts  
6367.400 4yrs to 7yrs 9/9 - 10/7 4:00pm-4:45pm M \$59  
6367.401 4yrs to 7yrs 10/21 - 12/2 4:00pm-4:45pm M \$59

### SPORTS: SKYHAWKS: MINI HAWK MULTI-SPORT

This basketball and baseball program gives 4 to 7 year-olds a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Each child receive a t-shirt and a merit award.

Skyhawks Sports, Academy Inc Murdy Community Center Basketball Courts  
6368.400 4yrs to 7yrs 9/11 - 10/9 4:00pm-5:00pm W \$59  
6368.401 4yrs to 7yrs 10/23 - 11/20 4:00pm-5:00pm W \$59

## Youth Classes

### ART: ART EXPLORATIONS

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

Henry, Lucia Art Center Studio  
5333.401 6yrs to 12yrs 10/17 - 11/14 3:30pm-4:45pm Th \$79  
HBAC \$71.70

### 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 material fee due at first class.

Henry, Lucia Art Center Studio  
5200.401 6yrs to 12yrs 9/12 - 10/10 3:30pm-4:45pm Th \$81  
HBAC \$73.50

## Parks & Recreation...

### *Build Friendship*

...The Benefits Are Endless

No classes November 11, 28 & 29

## Youth Classes

### ART: DRAWING FUNDAMENTALS

Students will learn the fundamentals of drawing, such as contour, shading, perspective, portraiture and composition, to make works of art that express both observation and imagination. We will use a mix of media including pencil, India ink, charcoal and watercolor. All levels welcome. Materials list. \$10 material fee due at first class. No Class 10/31.

Oquist, Courtney L Art Center Studio  
4818.401 7yrs to 12yrs 9/12 - 10/10 5:15pm-6:30pm Th \$67  
4818.402 7yrs to 12yrs 10/17 - 11/21 5:15pm-6:30pm Th \$67  
HBAC \$61

### ART: ESSENTIAL CARTOONING

This fun and exciting class will teach character drawing and basic cartooning skills. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. \$25 material fee due at first class, which covers all supplies. Pre-registration is required. All materials are provided.

Kent, Pati L Art Center Studio  
3600.401 7yrs to 12yrs 9/10 - 10/1 4:30pm-5:30pm Tu \$50  
3600.402 7yrs to 12yrs 10/22 - 11/12 4:30pm-5:30pm Tu \$50  
3600.403 7yrs to 12yrs 11/19 - 12/10 4:30pm-5:30pm Tu \$50  
HBAC \$45

### ART: M.A.D PRESENTS: ART IN THE PARK

Young artist will rub elbows with famous artist such as: Monet, Michelangelo, Pollack, Kandinsky and more. Most importantly they will discover and set free the little artist within. Engaging in water colors, clay sculptures, murals, painting, texture, pastels, chalk and more. \$10 material fee due at first class. No class 10/31.

M.A.D., Studio HB Harbour View Clubhouse 16600 Saybrook Ln  
6362.400 6yrs to 10yrs 9/12 - 10/10 3:30pm-4:30pm Th \$62  
6362.401 6yrs to 10yrs 10/17 - 11/21 3:30pm-4:30pm Th \$62

### ART: M.A.D PRESENTS: CONNECTING WORLDS THRU PAINT

The art class is geared for children with Autism and special needs. We Be Free curriculum teaches children about famous artist, technique and medium. We give them the freedom to create their own masterpieces and their art a voice. We guide and encourage through all development. No class 10/31.

M.A.D., Studio HB Harbour View Clubhouse 16600 Saybrook Ln  
5357.400 6yrs to 12yrs 9/12 - 10/10 3:30pm-4:30pm Th \$60  
5357.401 6yrs to 12yrs 10/17 - 11/21 3:30pm-4:30pm Th \$60

### ART: OUR BRILLIANT VISUAL WORLD

Student's ideas will be explored through various art materials. Warm up exercises to connect eye and hand will be followed by investigations in various media, representational and automatic pencil drawing, watercolor, collage, mixed media and acrylic. Art history lessons are interwoven to offer students connections to their everyday life. \$10 material fee due at first class.

Shurts, Christina Art Center Multipurpose Room  
4624.401 7yrs to 12yrs 9/18 - 10/23 3:15pm-4:15pm W \$76  
HBAC \$69

### ART: PAINTING FOR KIDS

Exploring various painting and printmaking techniques, students will use a variety of wet media, including inks, watercolor, tempera and acrylic to make works of art that build paint-handling techniques while exploring creativity, aesthetics and personal expression. All supplies included. \$15 material fee due at first class. No Class 10/31.

Oquist, Courtney L Art Center Multipurpose Room  
5329.401 7yrs to 12yrs 9/12 - 10/10 3:15pm-4:30pm Th \$70\*  
5329.402 7yrs to 12yrs 10/17 - 11/21 3:15pm-4:30pm Th \$70\*  
HBAC \$63.60

# Youth Classes

## CHEERLEADING

GO! CHEER! GO! Learn basic cheers, chants, dance movements, and jumps in this fun cheerleading class! Students develop rhythm, flexibility and coordination in this exciting sport. Cheerleading builds teamwork and cooperation – Bring a friend and learn to cheer! Parents are invited to watch the last class of the session. \$1 material fee due at first class.

Huntington Academy of Dance Murdy Community Center Game Room  
 5336.400 7yrs to 12yrs 9/9 - 11/4 5:30pm-6:30pm M \$95

## COMPUTERS: COMIC WORLD

Welcome to the Comedic Digital Short Format often associated with Saturday Night Live and commercials and TV shows like, Nike's "You Can't Say That On TV." Students learn to write, film, and edit specifically for fast setups and punch lines using comedic techniques. Each student will finish at least one short film.

Freshi, Films LLC City Gym Room B  
 5382.400 7yrs to 12yrs 9/12 - 10/31 4:00pm-5:30pm Th \$139

## COMPUTERS: VIDEO GAME DESIGN BEGINNING TO ADVANCED

This program combines both advanced and beginning students allowing participants to work at a slower or more advanced pace dependent upon individual needs and aptitudes. Advanced gamers will work on their own computers and be more mentored through a series of lessons. Beginners will work in pairs on one computer and be introduced by the teacher to the fundamentals of game design and computer programming.

Freshi, Films LLC City Gym Room B  
 5377.400 7yrs to 12yrs 9/10 - 10/29 4:00pm-5:30pm Tu \$139

## CULINARY KIDS: KIDS IN THE KITCHEN

Culinary Kids Cooking is an appetizing adventure where children between the ages of 5 and 12 will create healthy meals to share with family and friends. All weeks will feature new recipes come to one or come to ALL! \$30 material fee due at first class.

Culinary Cooking, Kids LLC Murdy Community Center Hall C&D  
 2125.400 5yrs to 12yrs 9/10 - 10/29 3:30pm-5:00pm Tu \$175

## 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. Ballet attire required. \$1 material fee due at first class. No class 10/31.

Huntington Academy of Dance Murdy Community Center Hall B  
 5212.400 6yrs to 8yrs 9/9 - 11/4 4:00pm-5:00pm M \$95

Huntington Academy of Dance Edison Community Center Hall B  
 5213.400 5yrs to 7yrs 9/14 - 11/16 11:00am-12:00pm Sa \$105

Huntington Academy of Dance City Gym Room A  
 5214.400 5yrs to 7yrs 9/12 - 11/14 4:00pm-5:00pm Th \$95

Huntington Academy of Dance 16601 Gothard Street, Suite A, HB  
 5316.400 8yrs to 12yrs 9/10 - 11/12 6:30pm-7:30pm Tu \$105

## DANCE: CONTEMPORARY

Love the moves on So You Think You Can Dance? Contemporary dance style incorporates movements of ballet, jazz, and modern with great music and personal expression. Learn the basic of contemporary, stretches, leaps and turns in the FUN class! Dance attire required.

Huntington Academy of Dance 16601 Gothard Street, Suite A, HB  
 5340.400 12yrs to 16yrs 9/11 - 11/13 5:30pm-6:30pm W \$95

## DANCE: HIP HOP

Hip Hop Hurray! 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 material fee due at first class.

Huntington Academy of Dance Edison Community Center Game Room

5351.400 7yrs to 12yrs 9/11 - 11/13 4:35pm-5:35pm W \$105

Huntington Academy of Dance City Gym Room A

5374.400 5yrs to 7yrs 9/9 - 11/4 4:15pm-5:15pm M \$95

5374.401 7yrs to 12yrs 9/9 - 11/4 5:15pm-6:15pm M \$95

## DANCE: IMPROVISATIONAL DANCE WITH LIVE DRUMS

Learn an approach to dance that will free your spirit and move your soul. Improvisational dance encourages uninhibited movement with live drumming that gets you moving and encourages exploration of kinetics. Class begins with warm-up then the fun begins. Come have the time of your life. No dance experience necessary. One day off, TBA.

Fry, Charletta R City Gym Room B

5378.400 9yrs to 13yrs 9/9 - 11/4 3:30pm-4:30pm M \$88

5378.402 9yrs to 13yrs 11/18 - 12/9 3:30pm-4:30pm M \$44

## DANCE: KIDS COUNTRY LINE

Country Line Dance together as a family. Parents need to register, also. Have fun & dance easy, popular line dances to popular country music. Taught slowly so all kids will be able to dance. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa Murdy Community Center Hall C

4620.400 8yrs to Adult 9/12 - 10/3 5:15pm-6:00pm Th \$24

4620.401 8yrs to Adult 10/10 - 11/7 5:15pm-6:00pm Th \$24

## DANCE: POLYNESIAN YOUTH

Get moving to the rhythms of the South Pacific Islands ! From Hawaiian Hula to Tahitian Ori, your child will build confidence and showmanship. Class ends with a luau and performance.

Seanoa, Melody A Art Center Multipurpose Room

5221.401 7yrs to 13yrs 9/10 - 10/15 5:00pm-6:00pm Tu \$66\*

5221.402 7yrs to 13yrs 10/22 - 12/3 5:00pm-6:00pm Tu \$76\*\*

HBAC \*\$60 \*\*\$69

## 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 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, HB

5330.400 7yrs to 12yrs 9/11 - 11/13 3:30pm-4:30pm W \$105

**Parks & Recreation...**  
**Conquer Boredom**  
 ...The Benefits Are Endless

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

# Youth Classes

## FITNESS: ZUMBA – AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you “Zumba” to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun!

Foreman, Jill E  
Rodgers Senior Center Hall A

4573.401	6yrs to 86yrs	9/10 - 10/22	6:00pm-6:50pm	Tu	\$52
4573.402	6yrs to 86yrs	10/29 - 12/3	6:00pm-6:50pm	Tu	\$45

## GYMNASTICS: CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus 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 material fee due at first class.

Tumble-N-Kids, Inc  
City Gym Room B

5225.400	6yrs to 12yrs	9/13 - 11/15	4:00pm-5:00pm	F	\$106
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## GYMNASTICS: GYMNASTICS PLUS!

This class offers girls and boys gymnastic 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. \$2 material fee due at first class.

Tumble-N-Kids, Inc  
Murdy Community Center Hall A

5226.400	6yrs to 12yrs	9/10 - 11/12	3:45pm-4:45pm	Tu	\$106
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Tumble-N-Kids, Inc  
Edison Community Center Hall A

5297.400	6yrs to 12yrs	9/11 - 11/13	3:40pm-4:40pm	W	\$106
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## GYMNASTICS: 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 material fee due at first class.

Tumble-N-Kids, Inc  
Murdy Community Center Hall B

5331.400	4yrs to 6yrs	9/12 - 11/14	3:00pm-4:00pm	Th	\$106
5331.401	7yrs to 14yrs	9/12 - 11/14	4:00pm-5:00pm	Th	\$106

Tumble-N-Kids, Inc  
Edison Community Center Hall A

5327.400	5yrs to 8yrs	9/14 - 11/16	11:50am-12:50pm	Sa	\$106
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## GYMNASTICS: KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 material fee due at first class.

Tumble-N-Kids, Inc  
Murdy Community Center Hall A

5227.400	4yrs to 6yrs	9/10 - 11/12	2:45pm-3:45pm	Tu	\$106
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Tumble-N-Kids, Inc  
City Gym Room B

5293.400	4yrs to 6yrs	9/13 - 11/15	3:00pm-4:00pm	F	\$106
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## Parks & Recreation...

# Create Memories

...The Benefits Are Endless

## KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available.

Betance, Justin  
Murdy Community Center Hall B

5232.400	5yrs to 9yrs	9/12 - 11/23	5:30pm-6:30pm	Th	\$150
			8:00am-8:45am	Sa	
5232.401	10yrs to 15yrs	9/12 - 11/23	6:30pm-7:30pm	Th	\$150
			8:00am-8:45am	Sa	

## KARATE: JUNIOR TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence and discipline. Uniforms will be made available for purchase from instructor. No class 11/11, 11/28 & 11/29.

Tillehkooh, Kiavash  
City Gym Room B

5229.400	6yrs to 9yrs	9/9 - 12/2	5:45pm-6:30pm	M	\$177
5229.401	6yrs to 9yrs	9/10 - 12/3	5:45pm-6:30pm	Tu	\$177
5229.402	6yrs to 9yrs	9/11 - 12/4	5:45pm-6:30pm	W	\$177
5229.403	6yrs to 9yrs	9/12 - 12/5	5:45pm-6:30pm	Th	\$177

## KARATE: TAE KWON DO

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 11/11, 11/28 & 11/29.

Tillehkooh, Kiavash  
City Gym Room B

5231.400	10yrs to 17yrs	9/9 - 12/4	6:30pm-7:15pm	M W	\$188
5231.401	10yrs to 17yrs	9/10 - 12/5	6:30pm-7:15pm	Tu Th	\$188
5231.402	10yrs to 17yrs	9/9 - 12/3	6:30pm-7:15pm	M Tu	\$188
5231.403	10yrs to 17yrs	9/11 - 12/5	6:30pm-7:15pm	W Th	\$188
5231.404	10yrs to 17yrs	9/9 - 12/5	6:30pm-7:15pm	M Th	\$188

## KARATE: TRADITIONAL JAPANESE KARATE-DO BEGINNER & NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, and blue belts only. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$150 No class 11/11, 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji  
Edison Community Center Hall A

5230.400	8yrs to 14yrs	9/9 - 12/13	5:45pm-6:30pm	M Th F	\$110
5230.401	8yrs to 14yrs	9/9 - 12/13	5:45pm-6:30pm	M Th F	\$130
5230.402	8yrs to 14yrs	9/9 - 12/13	5:45pm-6:30pm	M Th F	\$150

## 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. Blue/St, Green, Green/St, Red belts only. 1 day a week, Monday, Thursday, or Friday, for \$140. 2 days a week for \$160. 3 days a week for \$180. No class 11/11, 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji  
Edison Community Center Hall A

5257.400	8yrs to 14yrs	9/9 - 12/13	5:45pm-7:15pm	M Th F	\$140
5257.401	8yrs to 14yrs	9/9 - 12/13	5:45pm-7:15pm	M Th F	\$160
5257.402	8yrs to 14yrs	9/9 - 12/13	5:45pm-7:15pm	M Th F	\$180

# Youth Classes

## 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. One day a week, Thursday or Friday, for \$150. Two days a week for \$170. No class 11/28 & 11/29.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A  
**5350.400 8yrs to 18yrs 9/12 - 12/13 6:30pm-8:15pm Th F \$150**  
**5350.401 8yrs to 18yrs 9/12 - 12/13 6:30pm-8:15pm Th F \$170**

## KARATE: YOUNG CHAMPIONS

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. No class 11/29 & 12/27.

Young Champions, Recreation Program Murdy Community Center Hall A

**New Students 5272.400 5yrs to 15yrs 9/20 - 1/10 5:15pm-5:55pm F \$92**  
**Yellow Belt 5272.401 5yrs to 15yrs 9/20 - 1/10 6:00pm-6:40pm F \$92**  
**Orange Belts 5272.402 5yrs to 15yrs 9/20 - 1/10 6:45pm-7:25pm F \$92**  
**Purple Belt 5272.403 5yrs to 15yrs 9/20 - 1/10 7:30pm-8:10pm F \$92**  
**& Above**

## MAD SCIENCE

Enroll your child in the Ultimate in Spectacular Science for children. Participants will learn about scientific concepts through topics such as Che-mystery, "current" events, science of magic, stunt planes and gliders, under pressure, and more. All classes are hands-on, minds-on, and fun! Your child will create and take home their own bridge model, wacky diver, circuit series, air blaster, and more. There will be a \$10 material fee due at first class. No class 11/11.

Broderick, Jay Edison Community Center Hall B  
**5233.400 6yrs to 12yrs 9/30 - 11/25 3:30pm-4:30pm M \$90**

## MAD SCIENCE: EXPLORATIONS

Let Mad Science Electrify you day! In this new session you will get a chance to uncover the source of sound and explore the power of magnets. You can catch some cool colors, make rainbows out of white light, charge up on static electricity and trick your eyes with optical illusions and so much MORE!! \$10 materials fee due at first class. No class 11/11.

Broderick, Jay Murdy Community Center Hall D  
**2006.400 5yrs to 12yrs 10/2 - 11/20 3:30pm-4:30pm W \$90**

Broderick, Jay City Gym Room A  
**5235.400 5yrs to 12yrs 10/1 - 11/19 3:30pm-4:30pm Tu \$90**

## 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 wordsheets. Parents are asked not to stay during rehearsals. No class 11/28.

Merdjanian, Iskui Edison Community Center Hall B  
**5248.400 5yrs 6mths to 12yrs 10/10 - 12/5 4:45pm-5:45pm Th \$89**

## SKATEBOARDING & SCOOTERING

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 skate park. All participants will receive a Skatedogs T-Shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet.

Skatedogs, Adam Cohen Sports Complex Parking Lot, 18100 Goldenwest St., HB  
**5260.401 6yrs to 16yrs 9/18 - 10/23 4:00pm-5:30pm W \$150**  
**5260.402 6yrs to 16yrs 11/6 - 12/11 4:00pm-5:30pm W \$150**

## SKATEDOGS BIRTHDAY PARTY

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! Call Adam at Skatedogs at 714-313-8787 for more details.

Location: HB Sports Complex

## SKATING: ICE HOCKEY SKILLS

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

Westminster Ice 13071 Springdale, Westminster  
**5295.400 6yrs to 16yrs 9/18 - 10/9 6:10pm-6:40pm W \$37**  
**5295.401 6yrs to 16yrs 10/23 - 11/13 6:10pm-6:40pm W \$37**  
**5295.402 6yrs to 16yrs 9/21 - 10/12 10:45am-11:15am Sa \$37**  
**5295.403 6yrs to 16yrs 10/26 - 11/16 10:45am-11:15am Sa \$37**

## SKATING: ICE SKATING BEGINNING

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.

Westminster Ice 13071 Springdale, Westminster  
**5271.400 6yrs to 16yrs 9/18 - 10/9 5:10pm-5:40pm W \$37**  
**5271.401 6yrs to 16yrs 10/23 - 11/13 5:10pm-5:40pm W \$37**  
**5271.402 6yrs to 16yrs 9/21 - 10/12 10:45am-11:15am Sa \$37**  
**5271.403 6yrs to 16yrs 10/26 - 11/16 10:45am-11:15am Sa \$37**

## SKATING: OC ROLLER KIDS

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

Parra, Elena Edison Community Center Patio  
**5249.400 6yrs to 13yrs 10/5 - 11/2 10:00am-11:00am Sa \$50**

## SOCCER: COAST TO COAST SOCCER

Coast 2 Coast Soccer is the largest after school soccer program in California. Our program will include the most fun filled soccer games and world cup scrimmages. Our enthusiastic and experienced coaches will teach your child the fundamentals and great new skills your child will get a free Coast 2 Coast jersey and certificate. Most importantly, your child will have FUN!

Coast, 2 Coast Murdy Community Center-Tour. Fields  
**5294.400 6yrs to 10yrs 9/17 - 11/5 4:00pm-5:00pm Tu \$135**  
**5294.401 6yrs to 10yrs 9/19 - 11/7 4:00pm-5:00pm Th \$135**

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

## Youth Classes

### SPANISH FOR FUN AND FOREVER: BEGINNING

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. No class 11/11.

Blades, Murnez Murdy Community Center Hall D  
5379.400 5yrs to 8yrs 9/23 - 11/18 3:15pm-4:00pm M \$94

### 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.

Blades, Murnez Edison Community Center Hall B  
5252.400 5yrs to 8yrs 10/1 - 11/19 3:15pm-4:00pm Tu \$94

### SPANISH FOR FUN AND FOREVER

This program is 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. No class 11/11.

Blades, Murnez Murdy Community Center Hall D  
5253.400 10yrs to 13yrs 9/23 - 11/18 4:15pm-5:00pm M \$94

### SPORTS: SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. An active week 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. All Participants receive a t-shirt. No class 11/11.

Skyhawks Sports, Academy Inc Murdy Community Center  
Basketball Courts

5365.400 6yrs to 12yrs 9/9 - 10/7 5:00pm-6:00pm M \$59  
5365.401 6yrs to 12yrs 10/21 - 12/2 5:00pm-6:00pm M \$59

### SURFING: BEGINNER

Are you ready to take your skills to the next level? This 1-hour class is designed for beginners, and will help you improve your board riding ability, master basic skills and understand the ocean better. Must be at least 8 and proficient ocean swimmer. Boards/wetsuits can be provided.

HB Surf School, Bill Sharp Beach Service Center-south side of pier

5322.400 8yrs to 16yrs 9/3 - 9/24 3:15pm-4:15pm Tu \$120  
5322.401 8yrs to 16yrs 10/1 - 10/22 3:15pm-4:15pm Tu \$120  
5322.402 8yrs to 16yrs 10/29 - 11/19 3:15pm-4:15pm Tu \$120  
5322.403 8yrs to 16yrs 11/26 - 12/17 3:15pm-4:15pm Tu \$120  
5322.404 8yrs to 16yrs 9/4 - 9/25 3:15pm-4:15pm W \$120  
5322.405 8yrs to 16yrs 10/2 - 10/23 3:15pm-4:15pm W \$120  
5322.406 8yrs to 16yrs 10/30 - 11/20 3:15pm-4:15pm W \$120  
5322.407 8yrs to 16yrs 11/27 - 12/18 3:15pm-4:15pm W \$120

### VOLLEYBALL: JUNIOR SPIKERS INDOORS

Much like Club Volleyball, Junior Spikers will meet one day each week and learn all the elements of the game. Class will include instruction on technique, drills to reinforce, and plenty of team play. Juniors will be given a Jr. Spikers t-shirt the first day of class.

Win Win, Promotions LLC City Gym Gymnasium

5254.400 Grades 5 & 6 9/9 - 11/18 3:30pm-4:45pm M \$153  
5254.401 Grades 7 & 8 9/9 - 11/18 4:45pm-6:00pm M \$153  
5254.402 Grades 5 & 6 9/11 - 11/13 3:30pm-4:45pm W \$153  
5254.403 Grades 7 & 8 9/11 - 11/13 4:45pm-6:00pm W \$153

No classes November 11, 28 & 29

## Adult & Teen Classes

### AQUA EVENING: AQUA-TONE AEROBICS

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. No class 11/29.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4311.400 16yrs to Adult 9/13 - 12/13 5:30pm-6:30pm F \$97

### AQUATIC BODY BUILDING: HYDRO-TONE

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. No class 11/11, 11/28, 11/29, & 11/30.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4314.400 16yrs to Adult 9/9 - 12/9 8:15am-9:25am M \$111  
4314.401 16yrs to Adult 9/11 - 12/11 8:15am-9:25am W \$119  
4314.402 16yrs to Adult 9/13 - 12/13 6:45am-8:00am F \$111

### 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 11/11, 11/28 & 11/29.

Thurn, Debra City Gym Pool  
4315.400 Adult 9/9 - 10/25 12:15pm-1:15pm M W F \$143  
4315.401 Adult 10/28 - 12/13 12:15pm-1:15pm M W F \$130  
4315.402 Adult 9/10 - 10/24 12:30pm-1:30pm Tu Th \$97  
4315.403 Adult 10/29 - 12/12 12:30pm-1:30pm Tu Th \$90

### AQUATIC EXERCISE: AQUA-TONE AEROBICS

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. No class 11/11, 11/2, 11/29, & 11/30.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4312.400 16yrs to Adult 9/9 - 12/11 7:00am-8:00am M W \$184  
4312.401 16yrs to Adult 9/10 - 12/12 7:00am-8:00am Tu Th \$184  
4312.402 16yrs to Adult 9/10 - 12/12 8:20am-9:20am Tu Th \$184  
4312.403 16yrs to Adult 9/9 - 12/9 7:00am-8:00am M \$97  
4312.404 16yrs to Adult 9/11 - 12/11 7:00am-8:00am W \$104  
4312.405 16yrs to Adult 9/13 - 12/13 8:20am-9:20am F \$97  
4312.406 16yrs to Adult 9/14 - 12/14 7:00am-8:00am Sa \$97

### AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class 11/11 & 11/27.

Zschach, Alicia K City Gym Pool  
4310.400 12yrs to Adult 9/9 - 12/9 5:30pm-6:30pm M \$96  
4310.401 12yrs to Adult 9/11 - 12/11 5:30pm-6:30pm W \$89  
4310.402 12yrs to Adult 9/9 - 12/11 5:30pm-6:30pm M W \$180

### AQUATIC EXERCISE: FAT BURNING FRIDAYS

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. No class 11/29.

Thurn, Debra City Gym Pool  
4313.400 Adult 9/13 - 12/13 11:15am-12:00pm F \$102

# Adult & Teen Classes

## AQUATIC EXERCISE: AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance. No class 11/11.

Thurn, Debra City Gym Pool  
4574.400 Adult 9/9 - 12/11 1:15pm-2:00pm M W \$192

## AQUATIC EXERCISE: H<sub>2</sub>O 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. No class 11/29.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4525.400 16yrs to Adult 9/13 - 12/13 9:30am-10:15am F \$105

## ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. \$10 material fee due at first class.

Oquist, Courtney L Art Center Studio  
4468.401 12yrs to Adult 9/11 - 10/9 6:00pm-7:45pm W \$71\*  
4468.402 12yrs to Adult 10/16 - 11/13 6:00pm-7:45pm W \$71\*  
HBAC \$64.50

## ART: BEGINNING PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A 3D Perspective head, skull, sculptural cast and live model will be used. Learn to measure site size, block in and concepts of lighting, value and composition. Materials List.

Moody, Gia M Art Center Studio  
4505.401 14yrs to Adult 9/14 - 10/19 10:00am-12:00pm Sa \$100  
HBAC \$90.60

## ART: CAST DRAWING

Learn to draw a sculptural cast from direct observation. Practice drawing line, tone and mass without the complication of color. Begin by drawing with a block in, the foundation of the classical drawing process, then model the large and small forms with tonal values. All levels welcome.

Moody, Gia M Art Center Studio  
4607.401 14yrs to Adult 9/13 - 10/18 12:00pm-2:00pm F \$100\*  
4607.402 14yrs to Adult 10/25 - 11/29 12:00pm-2:00pm F \$100\*  
4607.403 14yrs to Adult 9/14 - 10/19 12:15pm-2:15pm Sa \$100\*  
4607.404 14yrs to Adult 10/26 - 11/30 12:15pm-2:15pm Sa \$100\*  
HBAC \$90.60

## ART: CERAMIC CREATIONS

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee due at first class.

Henry, Lucia Art Center Studio  
4623.401 Adult 9/19 - 10/24 11:00am-12:30pm Th \$125  
HBAC \$113.10

## ART: DIGITAL PHOTOGRAPHY – INTERMEDIATE

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

Weston, Kurt T Art Center Multipurpose Room  
4305.401 16yrs to Adult 9/27 - 11/1 1:00pm-3:00pm F \$90  
HBAC \$80

## ART: DIGITAL PHOTOGRAPHY – BEGINNING

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

Weston, Kurt T Art Center Multipurpose Room  
4304.401 16yrs to Adult 9/27 - 11/1 3:30pm-5:30pm F \$90  
HBAC \$80

## ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

Kent, Pati L Art Center Studio  
4302.401 12yrs to Adult 9/10 - 10/1 6:00pm-7:30pm Tu \$76  
4302.402 12yrs to Adult 10/22 - 11/12 6:00pm-7:30pm Tu \$76  
4302.403 12yrs to Adult 11/19 - 12/10 6:00pm-7:30pm Tu \$76  
HBAC \$69

## ART: DRAWING AND PAINTING DAYTIME

Maximize your time! This new daytime class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

Kent, Pati L Art Center Studio  
4625.401 12yrs to Adult 9/10 - 10/1 2:30pm-4:00pm Tu \$76\*  
4625.402 12yrs to Adult 10/22 - 11/12 2:30pm-4:00pm Tu \$76\*  
4625.403 12yrs to Adult 11/19 - 12/10 2:30pm-4:00pm Tu \$76\*  
HBAC \$69

## ART: DRAWING IN MULTIPLE PERSPECTIVES

Learn how to create depth on a two-dimensional surface by applying atmospheric perspective methods, one-point linear perspective, two-point linear perspective methods. Three-point and/or four-point linear perspective will be studied upon request. Add implied texture, different forms of shading, and use of light to enhance your drawing skills and take your artwork to a new level. This very detailed drawing class is open for all skill levels. Material List.

Radcliffe, Courtney Art Center Multipurpose Room  
5380.401 12yrs to Adult 9/12 - 10/17 5:00pm-6:30pm Th \$76  
HBAC \$69

## ART: FRESH COLOR IN STILL LIFE

Learn the art of setting up and composing subjects for still life painting with experienced artist Ebrahim Amin. Learn how to direct light, capture atmosphere and express the combined harmony of subjects in the painting. Materials List.

Amin Fine Art, Ebrahim Amin Art Center Studio  
4554.401 14yrs to Adult 9/11 - 10/9 10:00am-12:30pm W \$136  
HBAC \$123

# Adult & Teen Classes

## ART: LANDSCAPE PAINTING IN OIL

Amin Fine Art, Ebrahim Amin Art Center Studio  
Learn the art of Landscape Painting with experienced professional Ebrahim Amin. This class will focus on traditional painting skills including vibrant color, movement, light and shade. All levels welcome as each student will be given individual instruction. Materials List.

4552.401 14yrs to Adult 9/11 - 10/9 12:45pm-2:45pm W \$136  
HBAC \$123

## ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D  
4814.401 Adult 9/17 - 10/15 8:30am-11:30am Tu \$35  
4814.402 Adult 10/22 - 11/19 8:30am-11:30am Tu \$35  
4814.403 Adult 11/26 - 12/17 8:30am-11:30am Tu \$30

## ART: PHOTOGRAPHY - LANDSCAPES AT THE BEACH

This class will show students how to get that professional looking landscape out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition and the fundamentals of landscape will be covered. DSLR is suggested but not required. \$5 material fee due at first class..

Chambers, Randall Art Center Multipurpose Room  
4586.401 Adult 9/14 - 10/5 3:00pm-5:00pm Sa \$91  
4586.402 Adult 10/12 - 11/9 3:00pm-5:00pm Sa \$91  
HBAC \$82.50

## ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A 3D Perspective head, skull, sculptural cast and live model will be used. Learn to measure site size, block in and concepts of lighting, value and composition. Materials List.

Moody, Gia M Art Center Studio  
4505.402 17yrs to Adult 10/26 - 11/30 10:00am-12:00pm Sa \$100  
HBAC \$90.60

## ART: PRINTMAKING

Learn a variety of techniques for relief and monotype printmaking. This is a fun and expressive media to experiment with and helps to develop different ways of approaching art making while nurturing creativity. Supplies are provided for students. \$15 material fee due at first class.

Pedroza, Ya'el Art Center Multipurpose Room  
5381.401 9yrs to 15yrs 9/18 - 10/16 4:30pm-6:00pm W \$81\*  
5381.402 9yrs to 15yrs 10/23 - 11/20 4:30pm-6:00pm W \$81\*  
HBAC \$73.50

## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$11 material fee due at first class.

Husting, Margaret E Murdy Community Center Hall C  
4395.400 13yrs to Adult 9/12 - 11/21 1:00pm-2:00pm Th \$77

Husting, Margaret E Rodgers Senior Center Hall E  
4396.401 13yrs to Adult 9/11 - 11/20 9:00am-10:00am W \$77

## ART: WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the media. The class focuses on skills, techniques, weekly demonstrations and critiques for all levels. Materials list.

LoSchiavo, Diana J Art Center Studio  
4308.401 Adult 9/10 - 10/29 10:00am-1:00pm Tu \$117  
HBAC \$106

## ART: WORK WITH SILVER CLAY

Learn to make Silver Clay jewelry! Students will learn how to work with silver clay, various firing and finishing methods. Projects we will work on are, making a mold, stamped pendant, a leaf pendant, earrings, and setting cubic zirconia stones. Projects completed will vary depending students experience. Maximum of 8 students. Tools are provided. Material Fee \$27 per project due to Instructor.

Moore, Laura Art Center Multipurpose Room  
3603.401 12yrs to Adult 9/11 - 10/16 5:30pm-7:30pm W \$120  
HBAC \$109

## BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment.

Beach Volleyball, California LLC Beach Courts, North of Pier  
4438.401 15yrs to Adult 9/12 - 10/31 5:20pm-6:20pm Th \$120

## BEACH VOLLEYBALL: ADULT INTERMEDIATE

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

Beach Volleyball, California LLC Beach Courts, North of Pier  
4523.400 15yrs to Adult 9/10 - 10/29 5:20pm-6:20pm Tu \$120

## BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "War Brides" by Helen Bryan before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. Class meets 10/9, 11/13, 12/11, & 1/8.

Berg, April Rodgers Senior Center Hall D  
4317.401 Adult 10/9 - 1/8 7:00pm-9:00pm W \$30

## BRIDGE: BEGINNING

This class is just the beginning of the fun you can have once you learn this game. Meet new people, form long time friendships. Handouts, discussion and learning the play of the game. Come join us. No class 11/11.

Spira, Rita L Rodgers Senior Center Hall E  
4318.401 Adult 9/9 - 11/18 2:00pm-4:00pm M \$60

## BRIDGE: INTERMEDIATE 1

Are you comfortable knowing the basics? This class is for you. Learn many conventions, Stayman, Weak 2, Blackwood, Jacoby, Michael's, defensive bid and play. Meet new friends, have fun! No partner needed. No class 11/12 & 11/13.

Spira, Rita L Rodgers Senior Center Hall E  
4319.401 Adult 9/10 - 11/19 2:30pm-4:30pm Tu \$60

Spira, Rita L Rodgers Senior Center Hall E  
4320.401 Adult 9/11 - 11/20 6:30pm-8:30pm W \$60

# Adult & Teen Classes

## CAKE DECORATING: BASICS BEGINNING

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.

Mejia, Rebecca		Murdy Community Center Hall C			
4321.400	13yrs to Adult	9/17 - 10/8	6:00pm-8:00pm	Tu	\$50
4321.401	13yrs to Adult	10/15 - 11/5	6:00pm-8:00pm	Tu	\$50
4321.402	13yrs to Adult	11/12 - 12/3	6:00pm-8:00pm	Tu	\$50

## CAKE DECORATING: FLOWERS AND CAKE DESIGNS

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class.

Mejia, Rebecca		Murdy Community Center Kitchen			
4481.400	13yrs to Adult	10/2 - 10/23	6:00pm-8:00pm	W	\$50

## CAKE DECORATING: GUM PASTE AND 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. No class 11/28

Mejia, Rebecca		Murdy Community Center Kitchen			
4482.400	13yrs to Adult	11/7 - 12/5	6:00pm-8:00pm	Th	\$50

## COMPUTERS: CREATE WEBSITES WITH WORDPRESS I

This hands-on beginner course will show you how to sign up for web hosting, install Wordpress, and set up your own website or blog. No prior experience needed. Bring your own computer. There is no materials fee paid to instructor but signing up for web hosting (optional) will be \$8.95/month.

Shen, Michael T		Murdy Community Center Game Room			
4602.400	Adult	9/9 - 9/30	7:00pm-9:00pm	M	\$75

## COMPUTERS: CREATE WEBSITES WITH WORDPRESS II

This hands-on intermediate course will show you how to customize and add more functionality to your Wordpress website or blog. Students are recommended to participate in the Create Websites with Wordpress Part 1 class prior to this class. Bring your own computer.

Shen, Michael T		Murdy Community Center Game Room			
4601.400	Adult	10/7 - 10/28	7:00pm-9:00pm	M	\$75

## COMPUTERS: EBAY BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M		Murdy Community Center Game Room			
4353.400	13yrs to Adult	10/8 - 10/22	7:00pm-9:00pm	Tu	\$79

## DANCE: 2PUA ISLAND DANCE CARDIO

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required. No class 11/28.

Seanoa, Melody A		Rodgers Senior Center Hall D			
4596.401	13yrs to Adult	9/12 - 10/17	7:00pm-8:00pm	Th	\$60
4596.402	13yrs to Adult	10/24 - 12/12	7:00pm-8:00pm	Th	\$70

## DANCE: 2PUA ISLAND DANCE CARDIO AT THE ART CENTER

2Pua Island Dance Cardio combines traditional dance steps from the South Pacific with modern formats & techniques. This fun group cardio dance class is designed for all levels whether you are new or experienced. If you enjoy moving & shaking your hips, you'll love this dance workout!!

Seanoa, Melody A		Art Center Multipurpose Room			
4629.401	13yrs to Adult	9/11 - 10/16	11:30am-12:15pm	W	\$66*
4629.402	13yrs to Adult	10/23 - 12/4	11:30am-12:15pm	W	\$76*
HBAC *\$59 **\$69					

## 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.

Huntington Academy of Dance		City Gym Room A			
4487.400	13yrs to Adult	9/9 - 11/4	7:00pm-8:00pm	M	\$95

Huntington Academy of Dance		16601 Gothard St Suite A, HB			
4326.400	13yrs to Adult	9/11 - 11/13	7:30pm-8:30pm	W	\$105

## DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class 11/11.

Fox, Kaylaa		Edison Community Center Hall A			
4328.400	16yrs to Adult	9/9 - 10/7	7:00pm-7:45pm	M	\$49
4328.401	16yrs to Adult	10/14 - 11/18	7:00pm-7:45pm	M	\$49

## DANCE: BELLY DANCE FOR FITNESS

Belly dance is a low impact workout that strengthen muscles, especially the back and core. This class teaches the Turkish technique while getting a great cardio workout. It is proven that belly dance increases joint flexibility, raises metabolism and tones all muscle groups.

Costello, Pilar		Murdy Community Center Hall C&D			
4329.400	12yrs to Adult	9/9 - 10/14	7:00pm-8:00pm	M	\$60
4329.401	12yrs to Adult	9/13 - 10/18	10:30am-11:30am	F	\$60

## DANCE: COUNTRY LINE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4462.400	16yrs to Adult	9/12 - 10/3	6:15pm-7:00pm	Th	\$49
4462.401	16yrs to Adult	10/10 - 11/7	6:15pm-7:00pm	Th	\$49

Fox, Kaylaa		Edison Community Center Hall A			
4632.400	16yrs to Adult	9/11 - 10/9	7:45pm-8:30pm	W	\$49
4632.401	16yrs to Adult	10/16 - 11/13	7:45pm-8:30pm	W	\$49

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

# Adult & Teen Classes

## DANCE: COUNTRY LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings...so in right now. No partner needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa Murdy Community Center Hall C&D  
 4512.400 16yrs to Adult 9/12 - 10/3 7:00pm-7:45pm Th \$49  
 4512.401 16yrs to Adult 10/10 - 11/7 7:00pm-7:45pm Th \$49

## DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed! No class 10/31.

Fox, Kaylaa Murdy Community Center Hall C&D  
 4579.400 16yrs to Adult 9/12 - 10/3 7:45pm-8:30pm Th \$49  
 4579.401 16yrs to Adult 10/10 - 11/7 7:45pm-8:30pm Th \$49

## DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required. No class 11/11.

Fox, Kaylaa Edison Community Center Hall A  
 4434.400 16yrs to Adult 9/9 - 10/7 7:45pm-8:30pm M \$49  
 4434.401 16yrs to Adult 10/14 - 11/18 7:45pm-8:30pm M \$49

## DANCE: IMPROVISATIONAL DANCE WITH LIVE DRUMS

Learn an approach to dance that will free your spirit and move your soul. Improvisational dance encourages uninhibited movement with live drumming that gets you moving and encourages exploration of kinetics. Class begins with warm-up then the fun begins. Come have the time of your life. No dance experience necessary. One day off, TBA.

Fry, Charletta R City Gym Room B  
 5378.401 13yrs to Adult 9/9 - 11/4 4:30pm-5:30pm M \$88  
 5378.403 13yrs to Adult 11/18 - 12/9 4:30pm-5:30pm M \$44

## DANCE: LATIN LINE SIZZLE

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba - set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill E Rodgers Senior Center Hall A  
 4524.400 Adult 9/10 - 10/22 5:00pm-5:45pm Tu \$49

## DANCE: LATIN SOLO FIT

Learn Latin Dance moves for 45 minutes working out your body, core and stamina. You don't need a partner to join. All dance moves are done solo. Bring a towel and water because you're sure to sweat and have an awesome time.

Dance Asylum, Giamcarski, Chris Art Center Multipurpose Room  
 4610.401 Adult 9/11 - 11/13 7:00pm-7:45pm W \$106  
 HBAC \$96

## DANCE: LINE DANCE LEVEL 1

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music. No class 11/22 & 11/29.

Hazard, Sue A Rodgers Senior Center Hall A  
 4459.401 Adult 9/13 - 12/13 3:00pm-4:30pm F \$59

No classes November 11, 28 & 29

## DANCE: LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. No class 11/20.

Hazard, Sue A Rodgers Senior Center Hall A  
 4460.401 Adult 9/11 - 12/4 2:00pm-3:30pm W \$59

## DANCE: 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. No class 11/20.

Hazard, Sue A Rodgers Senior Center Hall A  
 4461.401 Adult 9/11 - 12/4 12:30pm-2:00pm W \$59

## DANCE: 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. No class 11/28.

Seanoa, Melody A Rodgers Senior Center Hall D  
 4598.401 13yrs to Adult 9/12 - 10/17 6:00pm-7:00pm Th \$60  
 4598.402 13yrs to Adult 10/24 - 12/12 6:00pm-7:00pm Th \$70

## DANCE: 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.

Foreman, Jill E See Receipt Notes  
 4561.400 6yrs to Adult 9/9 - 12/20 8:00am-10:00pm Su M Tu W Th \$64

## DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa Murdy Community Center Hall C&D  
 4335.400 Adult 9/12 - 10/3 8:30pm-9:15pm Th \$49  
 4335.401 Adult 10/10 - 11/7 8:30pm-9:15pm Th \$49

## DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary.

Fox, Kaylaa Murdy Community Center Hall A  
 4339.400 16yrs to Adult 9/19 - 10/17 8:15pm-9:15pm Th \$49  
 4339.401 16yrs to Adult 10/24 - 11/21 8:15pm-9:15pm Th \$49

## 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.

Fox, Kaylaa Murdy Community Center Hall A  
 4340.400 Adult 9/19 - 10/17 7:15pm-8:15pm Th \$49  
 4340.401 Adult 10/24 - 11/21 7:15pm-8:15pm Th \$49

# Adult & Teen Classes

## 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.

Fox, Kaylaa Murdy Community Center Hall A  
 4341.400 Adult 9/19 - 10/17 6:15pm-7:15pm Th \$49  
 4341.401 Adult 10/24 - 11/21 6:15pm-7:15pm Th \$49

## DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Roseth, Renee B Rodgers Senior Center Hall D  
 4342.401 Adult 9/9 - 12/16 5:00pm-6:00pm M \$195  
 4342.402 Adult 9/10 - 12/17 5:00pm-6:00pm Tu \$195

## DANCE: TAP ADULTS & SENIORS INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee B Rodgers Senior Center Hall D  
 4343.401 Adult 9/9 - 12/16 6:00pm-7:00pm M \$195  
 4343.402 Adult 9/10 - 12/17 6:00pm-7:00pm Tu \$195  
 4343.403 Adult 9/11 - 12/18 2:30pm-3:30pm W \$195

## 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 house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee (includes training manual).

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4580.400 10yrs to Adult 10/2 - 11/6 6:30pm-7:30pm W \$76

## 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 material fee (includes training manual). No class 10/31 & 11/28.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4345.400 10yrs to Adult 10/10 - 12/5 7:00pm-8:00pm Th \$88

Dog Services Unlimited Picnic #1 Edison Community Center  
 4346.400 10yrs to Adult 10/1 - 11/12 7:30pm-8:30pm Tu \$88  
 4346.401 10yrs to Adult 9/18 - 10/30 6:00pm-7:00pm W \$88

## DOG TRAINING: AKC CANINE GOOD CITIZEN TEST

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

Dog Services Unlimited Picnic #1 Edison Community Center  
 4344.400 10yrs to Adult 11/5 - 11/12 8:30pm-9:15pm Tu \$26

## DOG TRAINING: CALLING ALL FRISBEE DOGS

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety and motivating your dog to go for a disc and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (Includes Frisbee).

Dog Services Unlimited Dog Park, Edwards and Inlet.  
 4347.400 10yrs to Adult 10/20 4:00pm-5:30pm Su \$29

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson. No class 11/11.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4352.400 10yrs to Adult 10/21 - 11/18 7:00pm-8:15pm M \$78

## DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class.

Haney, Katherine Dog Park, Edwards and Inlet  
 4421.400 Adult 9/28 - 11/16 9:00am-10:00am Sa \$85

## DOG TRAINING: K9 WORK & PLAY

Challenge your dog with new commands, reinforce obedience basics and stimulate them with fun activities. Work on distance down and sits, drop on recall and progress to sit-stay and down-stay with handlers out of sight. Pre-requisite: beginning dog obedience. Dogs attend all meetings. Pre-registration required. Bring training collar, leash, long line, vaccination records and \$5 materials fee.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4581.400 10yrs to Adult 10/2 - 11/6 7:30pm-8:30pm W \$76

## DOLL COLLECTING

Doll collecting is an interesting and popular hobby. History, detective work, art, fun and friends are all parts of this enjoyable activity. Learn about local, regional and national organizations. Hear about events to attend. See types of dolls and share collecting tips. New and experienced collectors and returning students welcome.

Shelby, Frances C Rodgers Senior Center Hall C  
 3673.401 Adult 9/28 9:30am-11:30am Sa \$12  
 3673.402 Adult 10/1 9:00am-11:00am Tu \$12

## DRUM YOURSELF HEALTHY

As seen in Wall Street Journal, Interactive Group Drumming has been shown to increase the activity of your white blood cells (cancer killing cells) and decrease stress. There is no experience necessary to realize the mind-body benefits of this fun and creative practice. Discover your own inner rhythm as you explore the fascinating world of percussion. It's not about being a great drummer; it's all about the drumming. Instruments provided at class.

Kixcom-William, Rybacek Rodgers Senior Center Hall B  
 4622.400 Adult 9/17 - 10/8 10:00am-11:15am Tu \$69

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

# Adult & Teen Classes

## FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring exercise mat and medium-large sized fitness stability ball. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B			
4568.400	16yrs to Adult	9/11 - 11/20	6:30pm-7:00pm	W	\$54
4568.401	16yrs to Adult	12/4 - 12/18	6:30pm-7:00pm	W	\$24

HB Pilates		City Gym Room A			
4600.400	16yrs to Adult	9/10 - 11/19	6:30pm-7:00pm	Tu	\$54
4600.401	16yrs to Adult	12/3 - 12/17	6:30pm-7:00pm	Tu	\$24
4600.402	16yrs to Adult	9/11 - 11/20	11:15am-11:45am	W	\$54
4600.403	16yrs to Adult	12/4 - 12/18	11:15am-11:45am	W	\$24

HB Pilates		Edison Community Center Hall B			
4605.400	Adult	9/9 - 11/18	8:30pm-9:00pm	M	\$60
4605.401	Adult	12/2 - 12/16	8:30pm-9:00pm	M	\$24
4605.402	Adult	9/10 - 11/19	11:15am-11:45am	Tu	\$54
4605.403	Adult	12/3 - 12/17	11:15am-11:45am	Tu	\$24

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself. No class 11/26.

Grossman, Marianne		Edison Community Center Hall A			
4358.400	Adult	9/10 - 12/10	5:45pm-6:45pm	Tu	\$100

## FITNESS: CARDIO SCULPT

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. No class 11/28.

Pridomirski, Joanne C		Edison Community Center Hall A			
4369.400	13yrs to Adult	9/10 - 12/5	8:45am-9:45am	Tu Th	\$95

## FITNESS: CARDIO STEP AND 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 11/11, 11/27, 11/29 & 11/30.

Hardy, Susan S		Edison Community Center Hall B			
4371.400	13yrs to Adult	9/9 - 12/13	5:15pm-6:15pm	M W F	\$142
4371.401	13yrs to Adult	9/14 - 11/16	8:30am-9:30am	Sa	\$47

## FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, 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. \*Take CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together and save. No class 11/11, 1/27 & 11/29.

Hardy, Susan S		Murdy Community Center Hall A			
4370.400	13yrs to Adult	9/9 - 12/13	9:15am-10:00am	M W F	\$136
*4424.400	Head + Toe/ Step Combo	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: CARDIOFIT FOR SENIORS

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 and keep moving! No classes 11/26 & 11/28.

Grossman, Marianne		Rodgers Senior Center Hall B			
4816.401	50yrs +	9/10 - 12/13	9:00am-9:45am	Tu F	\$65

## FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family group. \$64 for one day weekly up to 3 family members, \$4 per each extra person. \$115 for both days up to 3 family members, \$5 per each extra person. Opportunities for advancement.

Cardinal, Frances M		Rodgers Senior Center Hall B			
4386.401	3yrs to Adult	9/10 - 12/3	5:00pm-6:00pm	Tu	\$64
4386.402	3yrs to Adult	9/12 - 12/5	5:00pm-6:00pm	Th	\$64
4386.403	3yrs to Adult	9/10 - 12/5	5:00pm-6:00pm	Tu Th	\$115

## FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. \*Take HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together and save. No class 11/11, 11/27 & 11/29.

Hardy, Susan S		Murdy Community Center Hall A			
4363.400	13yrs to Adult	9/9 - 12/13	8:30am-9:15am	M W F	\$136
*4424.400	Head + Toe/ Step Combo	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: HEAD TO TOE WORKOUT/ STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$\$.

Hardy, Susan S		Murdy Community Center Hall A			
4424.400	13yrs to Adult	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 11/11, 11/28 and 11/29.

Wilker, Mary M		City Gym Gymnasium			
4364.400	Monthly Pass				\$40
4364.401	10 Classes				\$55
4364.402	4 Classes				\$25

## FITNESS: 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.

Weber, Julia R		Murdy Community Center Hall A			
4360.400	13yrs to Adult	9/10 - 12/3	7:00pm-8:00pm	Tu	\$94

# Adult & Teen Classes

## FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates Pilates, yoga and dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B				
4511.400	16yrs to Adult	9/10 - 11/19	7:15pm-8:15pm	Tu	\$132	
4511.401	16yrs to Adult	12/3 - 12/17	7:15pm-8:15pm	Tu	\$42	

HB Pilates		Edison Community Center Hall B				
4513.400	Adult	9/9 - 11/18	7:30pm-8:30pm	M	\$120	
4513.401	Adult	12/2 - 12/16	7:30pm-8:30pm	M	\$42	

HB Pilates		City Gym Room A				
4514.400	16yrs to Adult	9/11 - 11/20	10:15am-11:15am	W	\$110	
4514.401	16yrs to Adult	12/4 - 12/18	10:15am-11:15am	W	\$42	
4514.402	16yrs to Adult	9/11 - 11/20	5:15pm-6:15pm	W	\$110	
4514.403	16yrs to Adult	12/4 - 12/18	5:15pm-6:15pm	W	\$42	
4514.404	16yrs to Adult	9/12 - 11/21	7:15pm-8:15pm	Th	\$132	
4514.405	16yrs to Adult	12/5 - 12/19	7:15pm-8:15pm	Th	\$42	
4514.406	16yrs to Adult	9/13 - 11/22	9:00am-10:00am	F	\$132	
4514.407	16yrs to Adult	12/6 - 12/20	9:00am-10:00am	F	\$42	

## FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Edison Community Center Hall B				
4365.400	Adult	9/9 - 11/18	6:30pm-7:30pm	M	\$110	
4365.401	Adult	12/2 - 12/16	6:30pm-7:30pm	M	\$39	
4365.402	Adult	9/10 - 11/19	9:00am-10:00am	Tu	\$121	
4365.403	Adult	12/3 - 12/17	9:00am-10:00am	Tu	\$39	
4365.404	Adult	9/13 - 11/22	10:30am-11:30am	F	\$121	
4365.405	Adult	12/6 - 12/20	10:30am-11:30am	F	\$39	

HB Pilates		City Gym Room A				
4366.400	16yrs to Adult	9/11 - 11/20	9:00am-10:00am	W	\$121	
4366.401	16yrs to Adult	12/4 - 12/18	9:00am-10:00am	W	\$39	
4366.402	16yrs to Adult	9/12 - 11/21	6:15pm-7:15pm	Th	\$121	
4366.403	16yrs to Adult	12/5 - 12/19	6:15pm-7:15pm	Th	\$39	

HB Pilates		Murdy Community Center Hall A				
4465.400	16yrs to Adult	9/9 - 11/18	10:15am-11:15am	M	\$110	
4465.401	16yrs to Adult	12/2 - 12/16	10:15am-11:15am	M	\$39	
4465.402	16yrs to Adult	9/10 - 11/19	6:00pm-7:00pm	Tu	\$121	
4465.403	16yrs to Adult	12/3 - 12/17	6:00pm-7:00pm	Tu	\$39	
4465.404	16yrs to Adult	9/14 - 11/23	9:00am-10:00am	Sa	\$131	
4465.405	16yrs to Adult	12/7 - 12/21	9:00am-10:00am	Sa	\$28	

HB Pilates		Rodgers Senior Center Game Room				
4539.400	Adult	9/11 - 11/20	5:00pm-6:00pm	W	\$121	
4539.401	Adult	12/4 - 12/18	5:00pm-6:00pm	W	\$39	
4539.402	Adult	9/14 - 11/23	10:00am-11:00am	Sa	\$121	
4539.403	Adult	12/7 - 12/21	10:00am-11:00am	Sa	\$39	

**Parks & Recreation...**  
**Builds Strong Bodies**  
 ...The Benefits Are Endless



## FITNESS: PILOXING

From Hollywood to Huntington Beach, PILOXING® combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING® integrates the power, speed, and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Bring exercise mat. No class 11/11, 11/ 28, 11/29 & 12/14.

HB Pilates		City Gym Room A				
4544.400	16yrs to Adult	9/10 - 11/19	7:00pm-8:00pm	Tu	\$132	
4544.401	16yrs to Adult	12/3 - 12/17	7:00pm-8:00pm	Tu	\$42	
4544.402	16yrs to Adult	9/12 - 11/21	5:15pm-6:15pm	Th	\$132	
4544.403	16yrs to Adult	12/5 - 12/19	5:15pm-6:15pm	Th	\$42	

HB Pilates		Murdy Community Center Hall B				
4545.400	Adult	9/11 - 11/20	7:00pm-8:00pm	W	\$132	
4545.401	Adult	12/4 - 12/18	7:00pm-8:00pm	W	\$42	
4545.402	Adult	9/14 - 11/23	10:15am-11:15am	Sa	\$132	
4545.403	Adult	12/7 - 12/21	10:15am-11:15am	Sa	\$30	

HB Pilates		Edison Community Center Hall B				
4571.400	Adult	9/10 - 11/19	10:15am-11:15am	Tu	\$132	
4571.401	Adult	12/3 - 12/17	10:15am-11:15am	Tu	\$42	

## FITNESS: PILOXING FOR TEENS

PILOXING the perfect combination of boxing, Pilates, and dance that will help keep your teen active and fit. Enjoy this high intensity workout to fun music and be prepared to sweat. PILOXING will help increase coordination, flexibility, strength, power, memory retention; all while burning mega calories along the way! Bring mat, towel, water. No class 10/31 & 11/28.

HB Pilates		Murdy Community Center Hall B				
4636.400	16yrs to Adult	9/12 - 11/7	5:00pm-6:00pm	Th	\$86	
4636.401	16yrs to Adult	11/14 - 12/19	5:00pm-6:00pm	Th	\$56	

## FITNESS: PRIVATE PERSONAL TRAINING/ PILATES SESSION

Train one-on-one with a NASM Certified Personal Trainer and BASI Certified Pilates Instructor for one hour. Each workout is specifically designed to target personal health and fitness goals utilizing the essentials and equipment from both Pilates and personal training to maximize results. Time and dates TBD No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B				
4606.400	Adult	9/9 - 12/21	TBD	TBD	\$60	

## FITNESS: SLIM & TRIM BY GEORGIA

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. No class 11/11 & 11/28.

Spidle, Georgia A		Edison Community Center Hall A				
4367.400	13yrs to Adult	9/13 - 11/27	9:00am-10:00am	M W F	\$75	

Spidle, Georgia A		Murdy Community Center Hall A				
4368.400	13yrs to Adult	9/10 - 12/5	9:00am-10:00am	Tu Th	\$70	

# Adult & Teen Classes

## FITNESS: 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 11/11.

Grossman, Marianne                      Rodgers Senior Center Hall A & B  
4372.401      Adult      9/9 - 12/9      5:30pm-6:30pm      M      \$83

## FITNESS: TURBO KICK

Turbo Kick is a combination of kickboxing moves as well as dance moves choreographed to fun and motivating music. It's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick requires no kickboxing experience or equipment. Bring water, towel, and join the party!

Ferguson, Jennifer                      Edison Community Center Hall A  
4617.400      Adult      9/10 - 11/26      7:15pm-8:15pm      Tu      \$75

## FITNESS: 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-burning, body-energizing fun. Ditch the workout - Join the Party! [www.sockhopfitness.com](http://www.sockhopfitness.com).

Foreman, Jill E                              Edison Community Center Hall A  
4446.400      16yrs to Adult      9/11 - 12/4      6:35pm-7:20pm      W      \$84

Foreman, Jill E                              Murdy Community Center Hall A  
4628.400      Adult      9/18 - 12/4      6:00pm-6:50pm      W      \$77  
4628.401      Adult      9/14 - 12/7      8:00am-8:50am      Sa      \$84

## FITNESS: ZUMBA – AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun!

Foreman, Jill E                              Rodgers Senior Center Hall A  
4573.401      6yrs to 86yrs      9/10 - 10/22      6:00pm-6:50pm      Tu      \$52  
4573.402      6yrs to 86yrs      10/29 - 12/3      6:00pm-6:50pm      Tu      \$45

## FITNESS: ZUMBA GOLD

Designed for active seniors or anyone just starting to exercise, Zumba Gold combines body sculpting moves with easy dance steps set to a fabulous mix of Latin and International music. Dance and shimmy your way to fitness while you burn calories, tone muscle and put a smile on your face.

Foreman, Jill E                              Murdy Community Center Hall A  
4635.400      Adult      9/24 - 12/3      8:00am-8:50am      Tu      \$71

## FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$12. No class 11/11.

Foreman, Jill E                              Rodgers Senior Center Hall A & B  
4373.400      Adult      9/9 - 12/2      9:00am-9:50am      M      \$78  
4373.401      Adult      9/14 - 10/26      9:00am-9:50am      Sa      \$52  
4373.402      Adult      11/2 - 12/7      9:00am-9:50am      Sa      \$45  
4373.403      Adult      9/14 - 12/7      9:00am-9:50am      Sa      \$84

## FITNESS: ZUMBA SENTAO

By popular demand: an entire class devoted to Sentao, the revolutionary new workout from Zumba which transforms a chair into your best dance partner ever. Sentao delivers an amazing cardio and strength workout that will transform your body and entertain your soul.

Foreman, Jill E                              Edison Community Center Hall A  
4590.400      16yrs to Adult      9/11 - 12/4      5:45pm-6:30pm      W      \$84

## FITNESS: 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. No class 11/11.

Foreman, Jill E                              Edison Community Center Hall A  
4489.400      16yrs to Adult      9/9 - 12/2      5:45pm-6:30pm      M      \$80

## FITNESS: ZUMBA TONING & SENTAO

Revolutionize your workout with two Zumba classes at a nice discount: Toning on Monday and Sentao on Wednesday. Using a chair as your "dance partner" Sentao revitalizes your cardio with moves you've never seen before. Add in the power of Toning and you've got a calorie-torching, core strengthening fitness party! No class 11/11.

Foreman, Jill E                              Edison Community Center Hall A  
4634.400      Adult      9/11 - 12/4      5:45pm-6:30pm      M W      \$145

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Classes taught by Dan Yenny, Scott Osterhout, or Darren Ernst.

FORE Golf, Management, LLC                      Meadowlark Golf Course  
16782 Graham St.  
4377.400      17yrs to Adult      10/1 - 10/22      11:00am-12:00pm      Tu      \$99  
4377.401      17yrs to Adult      11/5 - 11/26      11:00am-12:00pm      Tu      \$99  
4377.402      17yrs to Adult      9/14 - 10/5      10:00am-11:00am      Sa      \$99  
4377.403      17yrs to Adult      11/2 - 11/23      10:00am-11:00am      Sa      \$99

## GUITAR: HOLIDAY SONGS

Let's sing Holiday songs! Join our group to learn all those wonderful Holiday classics just in time to share with family and friends. Participants should have some experience playing guitar or attended a Strumming and Singing class.

McGrath Music, Patrick McGrath                      Edison Community Center Hall B  
4633.400      10yrs to Adult      11/5 - 11/26      7:15pm-8:15pm      Tu      \$80

## 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, Patrick McGrath                      Edison Community Center Hall B  
4615.400      10yrs to Adult      9/10 - 10/29      7:15pm-8:15pm      Tu      \$125

## FLY FISHING – GETTING STARTED IN SOUTHERN CALIFORNIA

Learn how to fly fish in 2013! Class covers; fly fishing equipment, casting techniques and fly tying. Instructor provides each student with individual equipment and materials for the class. Also included is practice time to improve skills. Learn "secret" fishing locations in southern California. A post-class fishing trip will be scheduled.

Nelson, Charles D                              Rodgers Senior Center Hall E  
4374.401      11yrs to Adult      9/9 - 9/23      6:00pm-8:00pm      M      \$59

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

# Adult & Teen Classes



## HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Progresses from easy to moderate hikes in local natural areas. Transportation provided. This class involves moderate physical activity. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators. Orientation class 9/9, 9am - 11am. Hike dates are 9/16, 9/23, 10/28, 11/4. Shelby, Frances C

Rodgers Senior Center Hall E

4378.401 Adult 9/9 - 11/4 8:00am-4:00pm M \$63

Orientation class 9/13, 9:00am-11:00am. Hikes: 9/20, 9/27, 10/25, 11/8. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances C

Rodgers Senior Center Hall E

4627.401 Adult 9/13 - 11/8 8:00am-4:00pm F \$63

## ITALIAN: BEGINNING 1A

This course focuses on day to day spoken Italian for those with little or no experience. Themes include greeting, shopping, ordering in a restaurant, etc. Material may be adapted to preference and experience of participants. No class 11/28.

Spectrum, Languages Edison Community Center Hall C&D

4551.400 Adult 9/26 - 12/5 6:30pm-7:30pm Th \$110

## ITALIAN: INTERMEDIATE 1B

This class will focus on spoken Italian and is a continuation of Beginning Italian 1A. Class topics will vary upon the requests and level of the participants. Students will be taught how to communicate on a day to day basis as well as in specific situations. No class 11/28.

Spectrum, Languages Edison Community Center Hall C&D

4604.400 Adult 9/26 - 12/5 7:30pm-8:30pm Th \$110

## KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. You will sweat and have a good time. - Belt Advancement is Available.

Betance, Justin

Murdy Community Center Hall B

4441.400 16yrs to Adult 9/12 - 11/23 7:30pm-8:30pm Th \$150  
9:00am-9:45am Sa

## KARATE: TAE KWON DO

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 11/11 & 11/28.

Tillehkooh, Kiavash

City Gym Room B

4381.400 13yrs to Adult 9/9 - 12/2 7:15pm-8:00pm M \$177  
4381.401 13yrs to Adult 9/10 - 12/3 7:15pm-8:00pm Tu \$177  
4381.402 13yrs to Adult 9/11 - 12/4 7:15pm-8:00pm W \$177  
4381.403 13yrs to Adult 9/12 - 12/5 7:15pm-8:00pm Th \$177

## KARATE: TRADITIONAL JAPANESE KARATE-DO ALL RANK

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. No class 11/28.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A

4383.400 15yrs to Adult 9/12 - 12/12 7:00pm-8:15pm Th \$130

## 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.

Phears, William David

Rodgers Senior Center Hall C

4611.400 Adult 9/9 - 10/28 9:30am-10:30am M \$40

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. Any one day \$55, any 2 days \$100, all 3 days \$145. No Saturday classes on the first Saturday of each month.

Cardinal, Frances M

Rodgers Senior Center Hall B

4385.400 13yrs to Adult 9/10 - 12/3 6:15pm-7:45pm Tu \$55  
4385.401 13yrs to Adult 9/12 - 12/5 6:15pm-7:45pm Th \$55  
4385.402 13yrs to Adult 9/14 - 11/30 10:00am-12:00pm Sa \$55  
4385.403 13yrs to Adult 9/10 - 12/5 6:15pm-7:45pm Any 2 days \$100  
4385.404 13yrs to Adult 9/10 - 12/5 6:15pm-7:45pm All 3 days \$145

## MUSIC: UKULELE 101 A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class 10/1. \$5 material fee due at first class.

Price, Donald F

Rodgers Senior Center Hall E

4390.401 Adult 9/17 - 10/29 9:30am-10:30am Tu \$49

## MUSIC: UKULELE 102 - BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class 10/1. \$5 material fee due at first class.

Price, Donald F

Rodgers Senior Center Hall E

4391.400 Adult 9/17 - 10/29 10:45am-11:45am Tu \$49

## QIGONG (CHINESE YOGA)

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.

Walker, Donald D

Murdy Community Center Hall C&D

4394.400 Adult 9/11 - 10/23 6:00pm-7:15pm W \$49

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

# Adult & Teen Classes

## SKATING: 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.

Westminster Ice	13071 Springdale, Westminster				
4436.400	17yrs to Adult	9/18 - 10/9	6:10pm-6:40pm	W	\$37
4436.401	17yrs to Adult	10/23 - 11/13	6:10pm-6:40pm	W	\$37

## SPANISH FOR FUN AND FOREVER – BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 material fee due at first class.

Blades, Murnez	Rodgers Senior Center Hall C				
4399.401	Adult	10/1 - 11/19	6:00pm-7:00pm	Tu	\$94
4399.402	Adult	10/3 - 11/21	3:00pm-4:00pm	Th	\$94

## SPANISH FOR FUN AND FOREVER – INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 material fee due at first class.

Blades, Murnez	Rodgers Senior Center Hall E				
4400.401	Adult	10/3 - 11/21	4:15pm-5:15pm	Th	\$94

## SURFING: BASIC SURF LESSON

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

HB Surf School, Bill Sharp	Beach Service Center – south side of pier				
4402.401	10yrs to Adult	10/12	9:00am-10:30am	Sa	\$75
4402.402	10yrs to Adult	10/19	9:00am-10:30am	Sa	\$75
4402.403	10yrs to Adult	10/26	9:00am-10:30am	Sa	\$75
4402.404	10yrs to Adult	11/9	9:00am-10:30am	Sa	\$75
4402.405	10yrs to Adult	11/16	9:00am-10:30am	Sa	\$75
4402.406	10yrs to Adult	11/23	9:00am-10:30am	Sa	\$75
4402.407	10yrs to Adult	12/7	9:00am-10:30am	Sa	\$75
4402.408	10yrs to Adult	12/14	9:00am-10:30am	Sa	\$75
4402.409	10yrs to Adult	12/21	9:00am-10:30am	Sa	\$75

## SURFING: LEARN TO SURF

This is a four 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. [www.hbsurfschool.com](http://www.hbsurfschool.com).

HB Surf School, Bill Sharp	Beach Service Center – south side of pier				
4403.401	10yrs to Adult	10/12 - 10/27	9:00am-10:30am	Su Sa	\$200
4403.402	10yrs to Adult	11/9 - 11/24	9:00am-10:30am	Su Sa	\$200
4403.403	10yrs to Adult	12/7 - 12/22	9:00am-10:30am	Su Sa	\$200

## 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 and flat-soled shoes. No class 11/11, 11/25 & 11/28.

Pham, Elizabeth	Rodgers Senior Center Hall B				
4407.401	Adult	9/9 - 12/16	6:45pm-8:15pm	M	\$65
4407.402	Adult	9/12 - 12/12	9:00am-10:30pm	Th	\$65

## TAI CHI CHUAN FOR INTERMEDIATE

A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing and flat-soled shoes. No class 11/11, 11/25 and 11/28.

Howe, Shona S	Rodgers Senior Center Hall B				
4499.401	Adult	9/9 - 12/16	6:45pm-8:15pm	M	\$65
4499.402	Adult	9/12 - 12/12	9:00am-10:30am	Th	\$65

## TAI CHI FOR WELLNESS I

First class is free! Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Donald D	Edison Community Center Hall B				
4404.400	Adult	9/9 - 10/21	1:30pm-2:45pm	M	\$49

Walker, Donald D	Murdy Community Center Hall B				
4405.400	Adult	9/9 - 10/21	6:30pm-7:45pm	M	\$49

## TAI CHI TIGER WALKING

First class is free! Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You’ll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Donald D	Lake Park Clubhouse, 1035 11th Street				
4435.401	Adult	9/24 - 10/22	1:30pm-2:45pm	Tu	\$45
4435.402	Adult	9/24 - 10/22	6:30pm-7:45pm	Tu	\$45

## VOLLEYBALL: ADULT INDOOR CLINIC – INTERMEDIATE

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills.

Taylor, Matthew R	City Gym Gymnasium				
4583.400	16yrs to Adult	9/10 - 10/15	7:15pm-9:15pm	Tu	\$99
4583.401	16yrs to Adult	10/22 - 11/26	7:15pm-9:15pm	Tu	\$99

## WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Wednesday is for the beginning to intermediate players to refresh their skills of bumping, setting, spiking and serving. Fridays are for advance players only, they must try out first day to make the list/team. No class 11/28 & 11/29.

DiGiovanni, Joann N K	City Gym Gymnasium				
4409.400	18yrs to 80yrs	9/17 - 12/3	9:30am-12:30pm	Tu	\$70
4409.401	18yrs to 80yrs	9/18 - 12/4	10:30am-12:00pm	W	\$45
4409.402	18yrs to 70yrs	9/19 - 12/5	9:30am-12:30pm	Th	\$70
4409.403	18yrs to 60yrs	9/20 - 12/6	10:30am-12:00pm	F	\$99

## YOGA: BEACH VINYASA YOGA

Beautiful yoga at the beach! Come flow with me on Thursday mornings at 8:30am for one hour of Vinyasa. Increase strength and flexibility as we find our inner peace with the tranquil sea before us. Breathe in the ocean air and nourish your body and spirit for one hour that belongs to solely you. A lovely way to start your day. We will be on the sand between 9th and 10th streets. North of the pier near the circle bike path. Bring a mat, water and wear sunscreen. Namaste my friends. All levels are welcome.

Stanek, Denise	Beach				
4630.401	17yrs to Adult	9/12 - 10/31	8:30am-9:30am	Th	\$106
				HBAC	\$96

# Adult & Teen Classes

## YOGA: CANDLELIGHT VINYASA YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Stanek, Denise Art Center Multipurpose Room  
4594.401 17yrs to Adult 9/10 - 10/29 6:30pm-7:30pm Tu \$106  
HBAC \$96

## YOGA: A MOVING MEDITATION

This Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome! Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice 9/21, 9/28, 10/19, & 11/30.

Patire, Mary R Edison Community Center Hall C&D  
4559.400 14yrs to Adult 9/14 - 12/7 10:30am-11:30am Sa \$72

## 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. No class 11/11.

Carmichael, Yvonne City Gym Room B  
4410.400 16yrs to Adult 9/9 - 11/25 10:30am-12:00pm M \$95

## YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500. No class 10/9, 10/16 & 11/27.

Pavesic, Diane M Edison Community Center Hall C&D  
4411.400 Adult 9/18 - 12/11 4:30pm-5:30pm W \$77  
4411.401 Adult 9/18 - 12/11 5:45pm-6:45pm W \$77  
4411.402 Adult 9/18 - 12/11 7:00pm-8:00pm W \$77

## YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket. No class 10/26, 11/23 & 11/30.

HelpYourHealth, RoxAnn Madera Lake View Clubhouse  
17451 Zeider Ln  
4578.400 15yrs to Adult 10/5 - 12/14 10:15am-11:15am Sa \$94

## YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center  
18964 Brookhurst St, FV  
4509.400 15yrs to Adult 9/25 - 12/4 9:00am-10:15am W \$134

HelpYourHealth, RoxAnn Madera Lake View Clubhouse  
17451 Zeider Ln, HB

4613.400 15yrs to Adult 9/28 - 12/7 9:00am-10:00am Sa \$105

## YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Learn in the atmosphere of a small class, limited to 12 students with personalized attention. No class 10/21-10/25 & 11/25-11/29.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center  
18964 Brookhurst St, FV  
4576.400 15yrs to Adult 9/24 - 12/3 10:45am-12:00pm Tu \$134

## YOGA: IN THE GREAT OUTDOORS

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Please bring a yoga mat or towel.

Stevenson, Sarah Harriett Wieder Park 19251 Seapoint Ave.  
4414.401 Adult 9/14 - 12/7 9:00am-10:00am Sa \$125

## YOGA: MURDY COMMUNITY CENTER

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 10/14-18 & 11/11-15 & 11/25-29.

King, Jacki, CYT, RYT Murdy Community Center Hall A  
4417.400 Adult 9/16 - 12/9 4:35pm-5:35pm M \$77  
4417.401 Adult 9/18 - 12/11 4:00pm-5:00pm W \$77

Carmichael, Yvonne Murdy Community Center Game Room  
4418.400 16yrs to Adult 9/11 - 11/20 10:30am-12:00pm W \$95  
4418.401 16yrs to Adult 9/13 - 11/22 10:30am-12:00pm F \$95

Holden, Susan, CYT, RYT Murdy Community Center Hall A  
4450.400 16yrs to Adult 9/16 - 12/9 6:00pm-7:00pm M \$77  
4450.401 16yrs to Adult 9/16 - 12/9 7:15pm-8:15pm M \$77  
4450.402 16yrs to Adult 9/17 - 12/10 5:30pm-6:45pm Tu \$77  
4450.403 16yrs to Adult 9/20 - 12/6 4:00pm-5:00pm F \$70

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500. No class 10/10, 10/17 & 11/28.

Pavesic, Diane M Rodgers Senior Center Hall E  
4413.401 Adult 9/19 - 12/12 10:00am-11:00am Th \$77  
4413.402 Adult 9/19 - 12/12 11:00am-12:00pm Th \$77

## YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 10/7, 10/14, 11/11, 11/25. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M Rodgers Senior Center Hall D  
4817.401 50yrs + 9/16 - 12/9 10:00am-11:00am M \$70

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

## Adult & Teen Classes

### YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 10/21-10/25 & 11/25-11/29. HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center 18964 Brookhurst St, FV

4510.400	50yrs +	9/23 - 12/2	1:00pm-2:30pm	M	\$134
4510.401	50yrs +	9/24 - 12/3	12:30pm-2:00pm	Tu	\$134
4510.402	50yrs +	9/25 - 12/4	10:30am-12:00pm	W	\$134
4510.403	50yrs +	9/26 - 12/5	10:30am-12:00pm	Th	\$134
4510.404	50yrs +	9/27 - 12/6	10:30am-12:00pm	F	\$134

### YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge.

Phears, William David Rodgers Senior Center Game Room

4626.401	Adult	9/11 - 10/30	6:30pm-7:45pm	W	\$48
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## Computers and Active Aging

### COMPUTERS: BEGINNING COURSE TO THE 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. A suggested donation of \$5 is due at the first class.

Recreation Staff		Rodgers Senior Center Computer Lab			
4800.400	50yrs +	9/3 - 9/24	9:00am-11:30am	Tu	\$15
4800.401	50yrs +	10/1 - 10/22	9:00am-11:30am	Tu	\$15
4800.402	50yrs +	11/5 - 11/26	9:00am-11:30am	Tu	\$15

### COMPUTERS: BUYING ON THE INTERNET

Advantages to purchasing on the internet, including: comparison shopping, product details & reviews plus great prices. Efficiently search the internet using various search engines & shopping sites. Acquire the skills and comfort to get the most bang for your buck and help you protect yourself when you buy. Advanced registration strongly advised. Reasonable familiarity with computers needed.

Lander, Joel		Rodgers Senior Center Computer Lab			
4830.400	Adult	9/14	9:00am-12:00pm	Sa	\$38
4830.401	Adult	10/26	9:00am-12:00pm	Sa	\$38

### COMPUTERS: ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing, the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised. \* No class 10/18. Make up class on 10/15, 1:00-4:00pm.

Lander, Joel		Rodgers Senior Center Computer Lab			
4593.400	25yrs to Adult	9/13 - 10/4	9:00am-12:00pm	F	\$66
*4593.401	25yrs to Adult	10/11 - 11/1	9:00am-12:00pm	F	\$66
4593.402	25yrs to Adult	11/8 - 12/6	9:00am-12:00pm	F	\$66

## Computers and Active Aging

### COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Recreation Staff		Rodgers Senior Center Computer Lab			
4803.400	50yrs +	10/7 - 10/28	9:00am-12:00pm	M	\$15

### COMPUTERS: FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

Recreation Staff		Rodgers Senior Center Computer Lab			
4517.401	Adult	9/28 - 10/12	10:00am-12:00pm	Sa	\$64
4517.402	Adult	11/2 - 11/16	10:00am-12:00pm	Sa	\$64

### COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Recreation Staff		Rodgers Senior Center Computer Lab			
4805.400	50yrs +	11/18 - 11/25	9:00am-12:00pm	M	\$12

### COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners, for people who already have an iPad who want to learn how to use it. We will start at "How do I turn it on?" Discussions will include Wi-Fi, 3G/4G, iOS 6.1, iCloud and aspects of included apps. Must bring an iPad with charging cord to classes.

Cohn, Victor		Rodgers Senior Center Hall D			
4826.401	50yrs +	9/4 - 9/25	9:00am-11:30am	W	\$15
4826.402	50yrs +	10/2 - 10/23	9:00am-11:30am	W	\$15
4826.403	50yrs +	11/6 - 11/27	9:00am-11:30am	W	\$15

### COMPUTERS: MS 2010 WORD ESSENTIALS

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 suggested donation of \$5 is due at the first class.

Recreation Staff		Rodgers Senior Center Computer Lab			
4802.400	50yrs +	9/4 - 9/25	9:00am-12:00pm	W	\$15
4802.401	50yrs +	10/2 - 10/23	9:00am-12:00pm	W	\$15

### COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

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

Lander, Joel		Rodgers Senior Center Computer Lab			
4547.400	25yrs to Adult	9/26 - 10/3	2:00pm-5:00pm	Th	\$66
4547.401	25yrs to Adult	10/24 - 10/31	2:00pm-5:00pm	Th	\$66
4547.402	25yrs to Adult	11/21 - 12/5	2:00pm-5:00pm	Th	\$66



## Computers and Active Aging

### COMPUTERS: PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised. \*No class 10/17. Make up class on 10/14, 1:00pm-4:00pm.

Lander, Joel		Rodgers Senior Center Computer Lab			
4548.400	Adult	9/12 - 10/3	9:00am-12:00pm	Th	\$66
*4548.401	Adult	10/10 - 10/31	9:00am-12:00pm	Th	\$66
4548.402	Adult	11/7 - 12/5	9:00am-12:00pm	Th	\$66

### COMPUTERS: WINDOWS 7

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, experiment, learn tricks, share and discover. Have fun! Advanced registration strongly advised. \*October class is 10/10 and 10/23.

Lander, Joel		Rodgers Senior Center Computer Lab			
4585.400	Adult	9/12 - 9/19	2:00pm-5:00pm	Th	\$66
4585.401	Adult	10/10 - 10/23	2:00pm-5:00pm	Th W	\$66
4585.402	Adult	11/7 - 11/14	2:00pm-5:00pm	Th	\$66

### CPR/FIRST AID/AED BASICS FOR SENIORS & CAREGIVERS

An interactive class where seniors, caregivers and family members can learn about the basics of CPR/First Aid/AED use for adults. Learn lifesaving techniques, bring your questions 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 first class.

Ameduri, Megan		Rodgers Senior Center Hall C			
4828.400	13yrs to Adult	10/26	9:00am-1:00pm	Sa	\$45

### DANCE: BALLET AND BALLET STRETCH FOR OLDER 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 11/11.

Huntington Academy of Dance		Rodgers Senior Center Hall D			
4494.400	Adult	9/9 - 10/14	12:30pm-1:30pm	M	\$49
4494.401	Adult	10/21 - 12/2	12:30pm-1:30pm	M	\$49

### FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. This class will incorporate a chair for stability and flexibility exercises. No class 11/11, 11/28 and 11/29.

HB Pilates		Rodgers Senior Center Game Room			
4822.400	Adult	9/9 - 11/18	12:30pm-1:30pm	M	\$100
4822.401	Adult	12/2 - 12/16	12:30pm-1:30pm	M	\$36
4822.402	Adult	9/13 - 11/22	12:30pm-1:30pm	F	\$110
4822.403	Adult	12/6 - 12/20	12:30pm-1:30pm	F	\$36
4822.404	Adult	9/9 - 11/22	12:30pm-1:30pm	M F	\$190
4822.405	Adult	12/2 - 12/20	12:30pm-1:30pm	M F	\$62

## Sports Programs

### YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

### FLAG FOOTBALL – JUNIOR (1ST - 2ND GRADES)

The City of Huntington Beach Junior Flag Football program for youth between the ages of 6 and 8 is a great way to start kids off with a fun and positive football experience. Participants will be taught the FUNdamentals of flag football along with sportsmanship and teamwork. The first three classes will be instruction based and the last three will be game based. All participants receive a HB recreation jersey and league awards. Huntington Beach youths sports programs – Have fun playing sports!

Recreation Staff		Edison & Murdy Community Centers			
7736.411	6yrs to 8yrs	9/28 - 11/2	9:00am-9:50am	Sa	\$55

### FLAG FOOTBALL

The City of Huntington Beach youth flag football program for youth in grades 3 through 8 is a competitive league with an emphasis on having fun and learning the correct way to play football. League play is 11 weeks including evaluations, practice game, 6 league games and two weeks of championship tournament. All participants play at least half the game, receive a HB recreation jersey and league awards. Parent volunteer coaches are needed. Practice times to be determined depending on coach's schedule. Huntington Beach youths sports programs - Have fun playing sports! No games 11/9. Evaluations will be held at Edison Community Center on 9/7.

Recreation Staff		Edison & Murdy Community Centers			
7735.411	Grades 3-4	9/7 - 11/23	12:00pm-1:00pm	Sa	\$55
7735.413	Grades 5-6	9/7 - 11/23	10:30am-11:30am	Sa	\$55
7735.415	Grades 7-8	9/7 - 11/23	9:00am-10:00am	Sa	\$55

### INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach indoor coed volleyball is a competitive league with an emphasis on having fun and learning the game of volleyball. Boy and girls between the 5th and 8th grades will be placed on teams for the 10 week season which includes two weeks of evaluations, a practice game with practices once a week, six league games and a city-wide championship tournament. All participants will receive an HB recreation jersey and league awards. Parent volunteer coaches are needed. Practice times to be determined depending on coach's schedule. Huntington Beach youth sports programs - Have fun playing sports! No games 11/9.

Recreation Staff		City Gym Gymnasium			
7737.411	Grades 5-6	9/11-11/16	11:30am-12:30pm	Sa	\$55
7737.412	Grades 7-8	9/11-11/16	10:00am-11:00am	Sa	\$55
7737.413	Grades 9-10	9/11-11/16	1:00pm-2:00pm	Sa	\$55

**Parks & Recreation...**  
**Promote Good Health**

...The Benefits Are Endless

# Sports Programs

## ADULT SPORTS

### ADULT SIX'S VOLLEYBALL LEAGUE

Winter, Spring, Summer & Fall Sessions

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

Win Win, Promotions LLC

City Gym Gymnasium

7900.400    Adult    9/9 - 12/4    6:00pm-10:00pm    M W    \$250

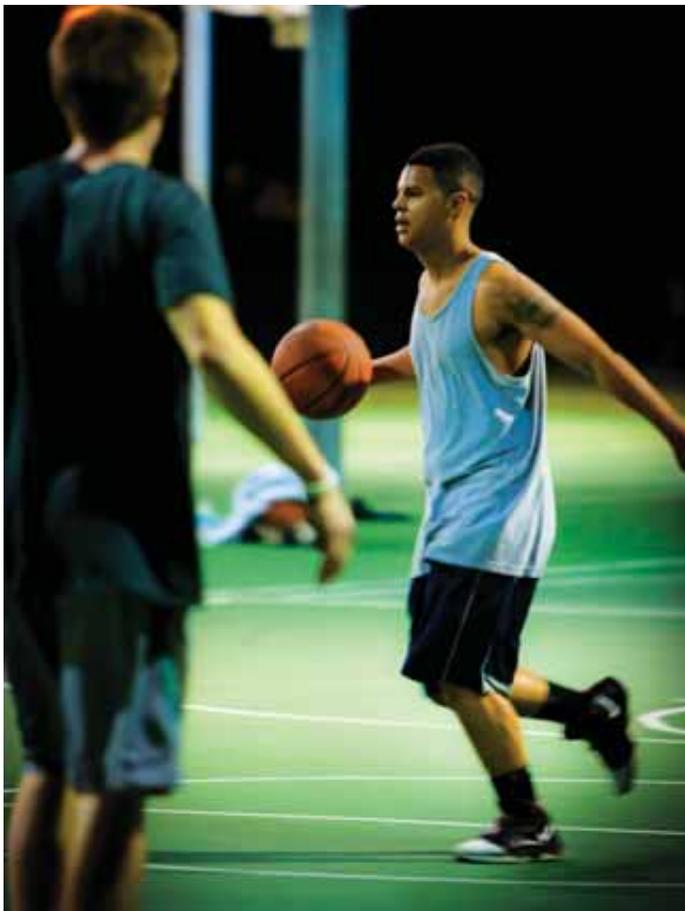
### MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Winter, Spring, Summer and Fall Sessions

Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted - 6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at 714-960-8884 for registration information.

Hoops Unlimited, Marty Walker

City Gym Gymnasium



No classes November 11, 28 & 29

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 19, 2013 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday, Wednesday, or Friday. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on 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 per game official's fee.

Deadline for registration is Thursday, August 8, 2013. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2014 season will be available in November for the season starting in Mid-January, 2014.

7901.400    Adult    9/8 - 11/10    9:00am-5:30pm    Su    \$426



### ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 9, 2013. 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) or by mail. For league information or to be placed on the individual players list, please call 71- 536-5486. The

first day of registration will be July 29, 2013. The deadline to turn in team registration to City Hall is August 30, 2013.

6 v 6 Men's Open League    Monday Nights    7:00pm, 8:00pm, 9:00pm

6 v 6 Men's Rec League    Tuesday Nights    7:00pm, 8:00pm, 9:00pm  
28 & Over

6 v 6 Men's Open League    Wednesday Nights    7:00pm, 8:00pm, 9:00pm

6 v 6 Coed Rec League    Thursday Nights    7:00pm, 8:00pm, 9:00pm  
28 & Over

6 v 6 Coed Open League    Friday Nights    7:00pm, 8:00pm, 9:00pm

Registration information for the Winter 2014 season will be available in November for the season starting in Mid-January, 2014.

## Parks & Recreation...

*Promote Weight Loss*

...The Benefits Are Endless

# Swimming

## AQUATICS – THE BENEFITS ARE ENDLESS!!!!

The City of Huntington Beach is a proud provider of the complete American Red Cross (ARC) aquatic program. The Community Services Department considers affordable and accessible swim and aquatic programs an essential service for a waterfront community and offers swim lessons to infants beginning at 6 months in age. Aquatic programs for youth continue in a linear fashion through the ARC Learn-To Swim levels leading to advanced aquatic opportunities including the City of Huntington Beach Junior Lifeguard program, more info available at [juniorguard.com](http://juniorguard.com), along with pool lifeguard and water safety instructor classes offered by the American Red Cross. Aquatic programs for adults are also available year round and are a great form of low-impact exercise and social interaction. The benefits of swim and aquatic programs include but are not limited to; Water Safety, Health and Fitness, and Social Skills and mental health.

### Water Safety:

- Water is inherently dangerous and should be treated with a respect and understanding that comes from personal interaction in an aquatic environment.
- A recently released study in the *Archive of Pediatric and Adolescent Medicine* concludes that involvement in formal swim lessons may protect children in the 1- to 4-year age group from the risk of drowning by as much as 88 percent.\*

### Health and Fitness:

- Swimming is a healthy activity that can be continued for a lifetime and develop a swimmer's general strength, cardiovascular fitness and endurance.

- According to the Livestrong website; your body is buoyant in water, so you can relax your muscles and joints. At the same time, water resists your movements more than air does. The combined effect of these features makes swimming a relaxing but intense form of exercise.
- Low-impact aquatic exercise is ideal for pregnant women, people with mobility problems, and those who just wish to protect their joints.
- According to the CDC: Water-based exercise can benefit older adults by improving the quality of life and decreasing disability. It also improves or maintains the bone health of post-menopausal women.

### Social Skills and Mental Health:

- Swim lessons and aquatic programs are a great way to make new friends, interact socially and learn the benefits of teamwork while building self esteem.
- According to the CDC: Water-based exercise improves mental health. Swimming can improve mood in both men and women. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.

For more information on recreation swim and aquatics programs, please visit [HBSands.org](http://HBSands.org) or call (714) 960-8884.

\*Citation: Ruth A. Brenner, Gitanjali Saluja Taneja, Denise L. Haynie, Ann C. Trumble, Cong Qian, Ron M. Klinger, and Mark A. Klebanoff. Association Between Swimming Lessons and Drowning in Childhood: A Case-Control Study, *Archive of Pediatric and Adolescent Medicine*, Mar 2009; 163: 203 - 210.



# Swimming

## FALL 2013 – PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, 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. Online registration NOT available.

• Private lessons will be taught with 1 to 1 participant to instructor ratio - Class Fee: \$75

**OR**

• Small Group lessons are also available with maximum 2 students per instructor - Class Fee: \$85

### All Private Lessons Held at City Gym and Pool Private Swim Schedule – Session 1

Class #	Time	Age	Day	Dates
8524.400	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.401	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.402	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.403	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.404	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.405	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.406	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.407	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.408	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.409	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.410	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.411	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.412	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.413	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.414	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.415	5:00pm	3yrs to Adult	F	9/13 – 10/11
8524.416	5:00pm	3yrs to Adult	F	9/13 – 10/11
8524.417	5:00pm	3yrs to Adult	F	9/13 – 10/11
8661.400	5:05pm	3yrs to Adult	M	9/09 – 10/07
8661.401	5:05pm	3yrs to Adult	M	9/09 – 10/07
8661.402	5:05pm	3yrs to Adult	W	9/11 – 10/09
8661.403	5:05pm	3yrs to Adult	W	9/11 – 10/09

### Private Swim Schedule – Session 2

Class #	Time	Age	Day	Dates
8524.418	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.419	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.420	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.421	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.422	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.423	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.424	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.425	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.426	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.427	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.428	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.429	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.430	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.431	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.432	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.433	5:00pm	3yrs to Adult	F	10/18 – 11/15
8524.434	5:00pm	3yrs to Adult	F	10/18 – 11/15
8524.435	5:00pm	3yrs to Adult	F	10/18 – 11/15
8661.404	5:05pm	3yrs to Adult	M	10/14 – 11/18
8661.405	5:05pm	3yrs to Adult	M	10/14 – 11/18
8661.406	5:05pm	3yrs to Adult	W	10/16 – 11/13
8661.407	5:05pm	3yrs to Adult	W	10/16 – 11/13

### Private Swim Schedule – December Schedule (Monday – Friday)

Class #	Time	Age	Day	Dates
8661.408	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.409	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.410	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.411	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.412	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.413	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.414	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.415	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.416	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.417	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.418	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.419	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.420	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.421	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.422	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.423	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.424	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.425	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.426	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.427	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.428	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.429	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.430	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.431	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.432	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.433	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.434	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.435	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.436	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.437	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.438	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.439	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.440	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.441	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.442	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.443	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.444	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.445	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.446	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.447	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.448	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.449	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.450	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.451	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.452	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.453	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.454	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.455	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.456	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.457	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.458	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.459	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.460	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.461	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.462	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.463	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.464	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.465	5:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.466	5:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.467	5:00pm	3yrs to Adult	M-F	12/9 – 12/13

# Swimming

## Fall Swimming

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

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified. **No Class Monday, November 11.**

### New – Winter Break Private Swim Lessons

New this December – Winter Break private swim classes. Lessons will be 15 minutes each, divided into two 5 day sessions, and will be available for 1 or 2 students. Classes will be held the first and second weeks in December. For cost and more info please see the private swim grid or contact the City Gym and Pool at (714) 960-8884.



American Red Cross

### CITY GYM AND POOL

Register online beginning 9 am Aug. 13 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

## SWIM LEVELS

### Parent and Child (PC) 6 month 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 (PC 1)** – Introduces Basic skills including safety topics to parents and children.

**PC Level 2 (PC 2)** – 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 (PA 1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.

**PA Level 2 (PA 2):** Helps children gain greater independence in their skills and develop more comfort in and around water.

**PA Level 3 (PA 3):** 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 (LS 1):** 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 (LS 2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.

**Level 3 (LS 3):** 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 (LS 4):** 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.

### 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.

Saturday, Aug 3 . . . . . 2 -3 pm

Saturday, Aug 10 . . . . . 2 -3 pm

Saturday, Aug 17 . . . . . 2 -3 pm

#### SENIOR CITIZEN SWIM

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

**City Gym Pool 1:30 – 3:00pm \$2 Friday**

# Swimming

## Fall 2013 – CITY GYM SWIM SCHEDULE

**Fees: \$50** per 10-class session unless otherwise noted - All swim lessons are one half hour  
All classes held at the City Gym and Pool – 1600 Palm Ave. – **No class on November 11th**

Time	Mon/Wed 9/9 - 10/9	Tues/Thurs 9/10 - 10/10	Mon/Wed 10/14 - 11/18	Tues/Thurs 10/15 - 11/14	Saturday 9/14 - 11/16
8:00 am					LS 1- 8502.404
8:30 am					LS 2- 8503.405
9:00 am					PA L1- 8501.414 PA L2- 8626.424
9:30 am	PA L1- 8501.400 PA L2- 8626.400	PA L2- 8626.405 PA L3- 8627.403	PA L1- 8501.409 PA L2- 8626.412	PA L2- 8626.417 PA L3- 8627.412	PA L2- 8626.425 PA L3- 8627.418
10:00 am	PA L2- 8626.401 PA L3- 8627.400	PA L1- 8501.404 PA L2- 8626.406	PA L2- 8626.413 PA L3- 8627.407	PA L1- 8501.411 PA L2- 8626.418	PC L1- 8500.406
10:30 am	PC L1- 8500.400	PC L1- 8500.401	PC L1- 8500.403	PC L1- 8500.404	PC L2- 8628.406
11:00 am	PC L2- 8628.400	PC L2- 8628.401	PC L2- 8628.403	PC L2- 8628.404	PA L1- 8501.415 PA L2- 8626.426
11:30 am		PA L1- 8501.405 PA L2- 8626.407		PA L1- 8501.412 PA L2- 8626.419	PA L2- 8626.427 PA L3- 8627.419
12:00 pm		PA L2- 8626.408 PA L3- 8627.404		PA L2- 8626.420 PA L3- 8627.413	LS 1- 8502.405 LS 2- 8503.406
12:30 pm					LS 3- 8504.405 LS 4- 8505.404
2:00 pm	PA L1- 8501.401 PA L3- 8627.401	PA L1- 8501.406 PA L3- 8627.405	PA L1- 8501.410 PA L3- 8627.408	PA L1- 8501.413 PA L3- 8627.414	
2:30 pm	PA L2- 8626.402 PA L3- 8627.402	PA L2- 8626.409 PA L3- 8627.406	PA L2- 8626.414 PA L3- 8627.409	PA L2- 8626.421 PA L3- 8627.415	
3:00 pm	PA L1- 8501.402 PA L2- 8626.403	PA L1- 8501.307 PA L2- 8626.310	PA L2- 8626.415 PA L3- 8627.410	PA L2- 8626.422 PA L3- 8627.416	
3:30 pm	LS 1- 8502.400	LS 1- 8502.401	LS 1- 8502.402	LS 1- 8502.403	
4:00 pm	LS 2- 8503.400	LS 2- 8503.402	LS 2- 8503.403	LS 2- 8503.404	
4:30 pm	LS 2- 8503.401	LS 3- 8504.400	LS 3- 8504.402	LS 3- 8504.403	
5:00 pm	Private Lessons (See Schedule)	LS 3- 8504.401 LS 4- 8505.400	Private Lessons (See Schedule)	LS 3- 8504.404 LS 4- 8505.402	
5:30 pm		LS 4- 8505.401		LS 4- 8505.403	
6:00 pm		PC L1- 8500.402		PC L1- 8500.405	
6:30 pm	PA L1- 8501.403 PA L2- 8626.404	PC L2- 8628.402	PA L2 - 8626.416 PA L3 - 8627.411	PC L2- 8628.405	
7:00 pm		PA L1- 8501.408 PA L2- 8626.411		PA L2- 8626.423 PA L3- 8627.417	
7:30 pm	<b>Rec Swim \$2</b>	8507.400 Exceptional Swim \$18	<b>Rec Swim \$2</b>	8507.401 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	8508.400 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.401 Adult Lessons	

# Tennis



In our continuous effort to better serve the tennis needs of the citizens of Huntington Beach we have added two new tennis class locations. Marina Park (Graham & Edinger) and LeBard Park (20451 Craimer Ln) will offer the same quality, low-priced, professionally taught tennis classes that are offered at Murdy and Edison Community Centers.

## TENNIS: TOTS

Help your tot to develop hand-eye coordination while having fun outdoors. This class will introduce young students to the game of tennis. Development of basic pre-tennis skills will be taught in this program. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Parent participation requested.

Rusty Miller Tennis	Murdy Community Center Tennis Court #1				
9104.400	3yrs to 5yrs	9/9 - 10/9	2:45pm-3:30pm	M W	\$89
9104.401	3yrs to 5yrs	10/21 - 11/20	2:45pm-3:30pm	M W	\$89

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9298.400	3yrs to 4yrs	9/14 - 11/16	1:00pm-1:45pm	Sa	\$89
9298.401	5yrs to 6yrs	9/14 - 11/16	1:45pm-2:30pm	Sa	\$89

## TENNIS: YOUTH BEGINNING

This class is designed for students with little or no tennis experience. Basic skills are introduced. Students will learn forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of balls to first class.

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9112.400	6yrs to 9yrs	9/10 - 10/10	3:30pm-4:30pm	Tu Th	\$94
9112.401	6yrs to 9yrs	10/22 - 11/21	3:30pm-4:30pm	Tu Th	\$94
9112.402	12yrs to 15yrs	9/10 - 10/10	4:30pm-5:30pm	Tu Th	\$94
9112.403	12yrs to 15yrs	10/22 - 11/21	4:30pm-5:30pm	Tu Th	\$94

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9295.400	7yrs to 9yrs	9/14 - 11/16	2:30pm-3:30pm	Sa	\$94
9295.401	6yrs to 9yrs	9/10 - 10/10	3:30pm-4:30pm	Tu Th	\$94
9295.402	6yrs to 9yrs	10/22 - 11/21	3:30pm-4:30pm	Tu Th	\$94

**NEW!**

9295.403	6yrs to 9yrs	9/15 - 11/17	8:30am-10:00am	Su	\$116
9295.404	10yrs to 13yrs	9/15 - 11/17	10:00am-11:30am	Su	\$116
9295.405	6yrs to 9yrs	9/15 - 11/17	2:00pm-3:30pm	Su	\$116
9295.406	10yrs to 13yrs	9/15 - 11/17	2:00pm-3:30pm	Su	\$116

Rusty Miller Tennis	Murdy Community Center Tennis Court #1				
9320.400	6yrs to 9yrs	9/9 - 10/9	3:30pm-4:30pm	M W	\$94
9320.401	6yrs to 9yrs	10/21 - 11/20	3:30pm-4:30pm	M W	\$94
9320.402	10yrs to 13yrs	9/10 - 10/10	3:30pm-4:30pm	Tu Th	\$94
9320.403	10yrs to 13yrs	10/22 - 11/21	3:30pm-4:30pm	Tu Th	\$94
9320.404	10yrs to 13yrs	9/13 - 11/15	5:30pm-6:30pm	F	\$94
9320.405	6yrs to 9yrs	9/14 - 11/16	10:30am-11:30am	Sa	\$94

**NEW!**

9320.406	6yrs to 9yrs	9/15 - 11/17	8:30am-10:00am	Su	\$116
9320.407	10yrs to 13yrs	9/15 - 11/17	10:00am-11:30am	Su	\$116
9320.408	6yrs to 9yrs	9/15 - 11/17	2:00pm-3:30pm	Su	\$116
9320.409	10yrs to 13yrs	9/15 - 11/17	2:00pm-3:30pm	Su	\$116

## TENNIS: YOUTH ADVANCED BEGINNING

This new class is designed for students that have recently had beginning tennis, who can successfully execute forehands, backhands, volleys and starting to serve. The class will focus on movement and ball placement. Bring an unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	LeBard Tennis Courts - 20451 Craimer Ln				
9289.400	10yrs to 13yrs	9/9 - 10/9	3:30pm-4:30pm	M W	\$94
9289.401	10yrs to 13yrs	10/21 - 11/20	3:30pm-4:30pm	M W	\$94

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9290.400	6yrs to 9yrs	9/10 - 10/10	4:30pm-5:30pm	Tu Th	\$94
9290.401	6yrs to 9yrs	10/22 - 11/21	4:30pm-5:30pm	Tu Th	\$94

Rusty Miller Tennis	Murdy Community Center Tennis Court #1				
9322.400	10yrs to 13yrs	9/10 - 10/10	4:30pm-5:30pm	Tu Th	\$94
9322.401	10yrs to 13yrs	10/22 - 11/21	4:30pm-5:30pm	Tu Th	\$94
9322.402	6yrs to 9yrs	9/14 - 11/16	11:30am-12:30pm	Sa	\$94

## TENNIS: YOUTH INTERMEDIATE

Youth who enroll in this class will be expected to be able to rally the ball several times using forehand and backhand strokes. Crosscourt placement, services, lobs, overheads and strategy will be taught. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Murdy Community Center Tennis Court #1				
9109.400	6yrs to 9yrs	9/9 - 10/9	4:30pm-5:30pm	M W	\$94
9109.401	6yrs to 9yrs	10/21 - 11/20	4:30pm-5:30pm	M W	\$94
9109.402	10yrs to 13yrs	9/14 - 11/16	12:30pm-1:30pm	Sa	\$94

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9186.400	10yrs to 16yrs	9/9 - 10/9	6:00pm-7:30pm	M W	\$116
9186.401	10yrs to 16yrs	10/21 - 11/20	6:00pm-7:30pm	M W	\$116
9186.402	10yrs to 13yrs	9/10 - 10/10	5:30pm-6:30pm	Tu Th	\$94
9186.403	10yrs to 13yrs	10/22 - 11/21	5:30pm-6:30pm	Tu Th	\$94

Rusty Miller Tennis	LeBard Tennis Courts - 20451 Craimer Ln				
9291.400	10yrs to 13yrs	9/9 - 10/9	4:30pm-5:30pm	M W	\$94
9291.401	10yrs to 13yrs	10/21 - 11/20	4:30pm-5:30pm	M W	\$94

## TENNIS: YOUTH ACADEMY INTERMEDIATE

Competitive junior development program for kids starting to play a set. This is a practice class for aspiring junior tournament and high school players.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9304.400	8yrs to 18yrs	9/14 - 11/30	3:30pm-5:30pm	Sa	\$395
9304.401	8yrs to 18yrs	9/14 - 11/30	4:30pm-6:30pm	Sa	\$395

**NEW!**

9304.402	8yrs to 18yrs	9/15 - 12/1	3:30pm-5:30pm	Su	\$395
9304.403	8yrs to 18yrs	9/15 - 12/1	4:30pm-6:30pm	Su	\$395

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9328.400	8yrs to 18yrs	9/14 - 11/30	3:30pm-5:30pm	Sa	\$395
9328.401	8yrs to 18yrs	9/14 - 11/30	4:30pm-6:30pm	Sa	\$395

**NEW!**

9328.402	8yrs to 18yrs	9/15 - 12/1	3:30pm-5:30pm	Su	\$395
9328.403	8yrs to 18yrs	9/15 - 12/1	4:30pm-6:30pm	Su	\$395

**Parks & Recreation...**  
**Quench Competitive Thirst**

...The Benefits Are Endless

# Tennis

## TENNIS: USTA JUNIOR TEAM TENNIS PRACTICE

Friday practice and Saturday match play for junior players that can play a set. Match times on Saturday will vary each weekend. USTA membership is required. Players must be intermediate or advanced playing level.

Rusty Miller Tennis	Murdy Community Center Tennis Court				
9325.400	8yrs to 18yrs	9/13 - 11/30	6:30pm-7:30pm TBD	F Sa	\$159

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9326.400	8yrs to 18yrs	9/13 - 11/30	6:30pm-7:30pm TBD	F Sa	\$159

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9303.400	8yrs to 18yrs	9/13 - 11/30	6:30pm-7:30pm TBD	F Sa	\$159

## HB TENNIS ACADEMY BEGINNER

An affordable year-round tennis academy designed for 10-17 year olds preparing for or playing high school team tennis. Students learn to apply tactics and strategy to match situations. Ideal for aspiring juniors who wish to compete at advanced levels or prepare for college. HBTA Instructors are USPTA/PTR certified. Open to all levels of experience.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9238.400	10yrs to 17yrs	9/9 - 10/9	3:25pm-4:20pm	M W	\$94
9238.401	10yrs to 17yrs	10/21 - 11/20	3:25pm-4:20pm	M W	\$94

## HB TENNIS ACADEMY INTERMEDIATE

An affordable year-round tennis academy designed for 10-17 year olds preparing for or playing high school team tennis. Students learn to apply tactics and strategy to match situations. Ideal for aspiring juniors who wish to compete at advanced levels or prepare for college. HBTA Instructors are USPTA/PTR certified. Open to all levels of experience.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9239.400	10yrs to 17yrs	9/9 - 10/9	3:25pm-4:20pm	M W	\$94
9239.401	10yrs to 17yrs	10/21 - 11/20	3:25pm-4:20pm	M W	\$94

## HB TENNIS ACADEMY ADVANCED INTERMEDIATE

An affordable year-round tennis academy designed for 10-17 year olds preparing for or playing high school team tennis. Students learn to apply tactics and strategy to match situations. Ideal for aspiring juniors who wish to compete at advanced levels or prepare for college. HBTA Instructors are USPTA/PTR certified. Open to all levels of experience.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9240.400	10yrs to 17yrs	9/9 - 10/9	4:20pm-5:45pm	M W	\$138
9240.401	10yrs to 17yrs	10/21 - 11/20	4:20pm-5:45pm	M W	\$138
9240.402	10yrs to 17yrs	9/13 - 11/15	3:30pm-5:00pm	F	\$138

## HB TENNIS ACADEMY ADVANCED

An affordable year-round tennis academy designed for 10-17 year olds preparing for or playing high school team tennis. Students learn to apply tactics and strategy to match situations. Ideal for aspiring juniors who wish to compete at advanced levels or prepare for college. HBTA Instructors are USPTA/PTR certified. Open to all levels of experience.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9252.400	10yrs to 17yrs	9/11 - 11/13	5:45pm-6:45pm	W	\$94
9252.401	10yrs to 17yrs	9/13 - 11/15	5:00pm-6:30pm	F	\$138

## TENNIS: JUNIOR ADVANCED TOURNAMENT PRACTICE

Junior tournament players practice (Novice, Satellite, Advanced open junior players.)

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9327.400	8yrs to 18yrs	9/13 - 11/29	3:30pm-5:30pm	F	\$395
9327.401	8yrs to 18yrs	9/13 - 11/29	4:30pm-6:30pm	F	\$395

## TENNIS: COMPETITIVE TEEN

These classes are designed for teenagers who are playing or interested in playing high school tennis and/or tournaments. These classes will focus on improving basic strokes and strategy, introduction to spins and touch shots, along with the understanding of tennis rules, scoring and etiquette. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Murdy Community Center Tennis Court #1				
9121.400	14yrs to 17yrs	9/13 - 11/15	4:30pm-5:30pm	F	\$94

## TENNIS: ADULT BEGINNING

For adult students with no experience or long forgotten past experience in tennis. Basic skills are introduced: forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Edison Community Center Tennis Court #3				
9300.400	Adult	9/11 - 11/13	6:45pm-8:15pm	W	\$116
9300.401	Adult	9/14 - 11/16	11:00am-12:30pm	Sa	\$116

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St				
9307.400	Adult	9/10 - 10/10	9:00am-10:30am	Tu Th	\$116
9307.401	Adult	10/22 - 11/21	9:00am-10:30am	Tu Th	\$116
9307.402	Adult	9/10 - 11/12	6:30pm-8:00pm	Tu	\$116



# Tennis

## TENNIS: ADULT ADVANCED BEGINNING

For those students who have recently had beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Edison Community Center Tennis Court #3
9288.400	Adult 9/11 - 11/13 8:15pm-9:45pm W \$116
9288.401	Adult 9/14 - 11/16 9:30am-11:00am Sa \$116

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9308.400	Adult 9/10 - 11/12 7:00pm-8:30pm Tu \$116
9308.401	Adult 9/13 - 11/15 9:00am-10:00am F \$116

## TENNIS: ADULT INTERMEDIATE

For those students who have recently had beginning & adv. Beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Edison Community Center Tennis Court #3
9302.400	Adult 9/9 - 11/11 5:45pm-7:15pm M \$116
9302.401	Adult 9/10 - 10/10 9:00am-10:30am Tu Th \$116
9302.402	Adult 10/22 - 11/21 9:00am-10:30am Tu Th \$116
9302.403	Adult 9/14 - 11/16 8:00am-9:30am Sa \$116
9302.404	Adult 9/10 - 11/12 7:00pm-8:30pm Tu \$116
9302.405	Adult 9/12 - 11/14 5:30pm-7:00pm Th \$116
9302.406	Adult 9/9 - 10/9 9:30am-11:00am M W \$116
9302.407	Adult 10/21 - 11/20 9:30am-11:00am M W \$116

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9309.400	Adult 9/9 - 10/9 5:30pm-7:00pm M W \$116
9309.401	Adult 10/21 - 11/20 5:30pm-7:00pm M W \$116
9309.402	Adult 9/9 - 10/9 7:00pm-8:30pm M W \$116
9309.403	Adult 10/21 - 11/20 7:00pm-8:30pm M W \$116

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St
9310.400	Adult 9/12 - 11/14 6:30pm-8:00pm Th \$116
9310.401	Adult 9/14 - 11/30 8:00am-9:30am Sa \$138

## TENNIS: ADULT ADVANCED INTERMEDIATE

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Edison Community Center Tennis Court #3
9299.400	Adult 9/9 - 11/11 7:15pm-8:45pm M \$116
9299.401	Adult 9/10 - 11/12 5:30pm-7:00pm Tu \$116
9299.402	Adult 9/12 - 11/14 7:00pm-8:30pm Th \$116
9299.403	Adult 9/9 - 10/9 8:00am-9:30am M W \$116
9299.404	Adult 10/21 - 11/20 8:00am-9:30am M W \$116

## TENNIS: ADULT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Class time is devoted to service placement, return of serve placement, approach volley, lobs, overheads and singles and doubles strategy. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9311.400	Adult 9/10 - 11/12 5:30pm-7:00pm Tu \$116

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St
9312.400	Adult 9/14 - 11/30 9:30am-11:00am Sa \$138

## TENNIS: CARDIO

For students of all levels that are interested in this new, fun group activity that gives players of all abilities a high energy workout. The class includes a warm-up, cardio workout, and cool down portion. If you are looking for a great new way to burn calories and become more fit, you should try Cardio Tennis. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Drop-ins welcome if there is space in class at \$12 per student (must contact instructor in advance for drop-ins).

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9101.400	Adult 9/9 - 11/11 9:00am-10:00am M \$122
9101.401	Adult 9/11 - 11/13 9:00am-10:00am W \$122
9101.402	Adult 9/12 - 11/14 6:00pm-7:00pm Th \$122
9101.403	Adult 9/14 - 11/16 10:30am-11:30am Sa \$122

Rusty Miller Tennis	Edison Community Center Tennis Court #1
9301.400	Adult 9/10 - 11/12 6:15pm-7:15pm Tu \$122
9301.401	Adult 9/10 - 11/12 10:30am-11:30am Tu \$122

## TENNIS: DROP IN DRILLS INTERMEDIATE & ADVANCED INTERMEDIATE

**First class cost is \$23** (\$6 admin fee) and every class after that is \$17 per day. For the players that want to work on their game, hit a lot of tennis balls & improve their strategy on the tennis court. These one and a half hour clinics of non-stop tennis drills and play are run by skill level with 2 instructors. Get to know other players and a great workout. Sign up today on-line to reserve your spot.

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9220.400	Adult 9/12 - 11/14 7:00pm-8:30pm Th \$17
	9/14 - 11/16 9:00am-10:30am Sa \$17

## TENNIS: STROKE OF THE DAY – INTERMEDIATE LEVEL

For the players that can successfully execute forehand, backhand, volleys, overheads and serves but want to improve their technical skill to an advanced level. Focus will be a slice and spin development. A different stroke will be covered each class, including serve, overhead, drop shot, lob, volleys and ground strokes.

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St
9256.400	Adult 9/10 - 11/12 10:30am-11:30am Tu \$116

## TENNIS: ADULT SEMI-PRIVATE WORKOUT BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis	LeBard Tennis Courts - 20451 Craimer Ln
9292.400	Adult 9/9 - 11/11 10:00am-11:00am M \$149

Rusty Miller Tennis	Edison Community Center Tennis Court #3
9294.400	Adult 9/12 - 11/14 10:30am-11:30am Th \$149
9294.401	Adult 9/9 - 11/11 11:00am-12:00pm M \$149
9294.402	Adult 9/13 - 11/29 10:15am-11:30am F \$219
9294.403	Adult 9/15 - 12/1 10:15am-11:30am Su \$219

Rusty Miller Tennis	Murdy Community Center Tennis Court #1
9313.400	Adult 9/10 - 11/12 10:00am-11:00am Tu \$149
9313.401	Adult 9/11 - 11/13 7:00pm-8:30pm W \$149
9313.402	Adult 9/12 - 11/14 10:00am-11:00am Th \$149
9313.403	Adult 9/13 - 11/15 10:30am-11:30am F \$149

Rusty Miller Tennis	Marina Park Tennis Court 15871 Graham St
9314.400	Adult 9/10 - 11/12 8:00am-9:00am Tu \$149
9314.401	Adult 9/11 - 11/27 10:00am-11:00am W \$171

# Tennis

## TENNIS: ADULT SEMI-PRIVATE WORKOUT ADVANCED BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Class time is devoted to vigorous drills to enhance the player's techniques through personalized and concentrated sessions of instruction. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis Murdy Community Center Tennis Court #1  
9218.400 Adult 9/13 - 11/15 9:00am-10:00am F \$149

Rusty Miller Tennis Marina Park Tennis Court 15871 Graham St  
9317.400 Adult 9/11 - 11/27 9:00am-10:00am W \$171  
9317.401 Adult 9/13 - 11/29 9:00am-10:00am F \$171

Rusty Miller Tennis Edison Community Center Tennis Court #3  
9293.400 Adult 9/11 - 11/13 11:00am-12:00pm W \$149

## TENNIS: ADULT SEMI-PRIVATE WORKOUT INTERMEDIATE

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis LeBard Tennis Courts - 20451 Craimer Ln  
9296.400 Adult 9/9 - 11/11 9:00am-10:00am M \$149

Rusty Miller Tennis Edison Community Center Tennis Court #3  
9297.400 Adult 9/13 - 11/29 9:00am-10:15am F \$219  
9297.401 Adult 9/15 - 12/1 9:00am-10:15am Su \$219

Rusty Miller Tennis Murdy Community Center Tennis Court #1  
9315.400 Adult 9/9 - 11/11 9:00am-10:00am M \$149  
9315.401 Adult 9/9 - 11/11 8:30pm-9:30pm M \$149  
9315.402 Adult 9/10 - 11/12 9:00am-10:00am Tu \$149  
9315.403 Adult 9/11 - 11/13 10:00am-11:00am W \$149  
9315.404 Adult 9/11 - 11/13 7:00pm-8:00pm W \$149  
9315.405 Adult 9/12 - 11/14 9:00am-10:00am Th \$149  
9315.406 Adult 9/13 - 11/15 11:00am-12:00pm F \$149

Rusty Miller Tennis Marina Park Tennis Court 15871 Graham St  
9316.400 Adult 9/9 - 11/25 8:00am-9:00am M \$171  
9316.401 Adult 9/11 - 11/27 8:00am-9:00am W \$171  
9316.402 Adult 9/13 - 11/29 8:00am-9:00am F \$171  
9316.403 Adult 9/13 - 11/29 10:00am-11:00am F \$171

## TENNIS: ADULT SEMI-PRIVATE ADULT ADVANCED INTERMEDIATE

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis Murdy Community Center Tennis Court #1  
9318.400 Adult 9/9 - 11/11 10:00am-11:00am M \$149  
9318.401 Adult 9/11 - 11/13 9:00am-10:00am W \$149  
9318.402 Adult 9/13 - 11/15 10:00am-11:00am F \$149

## TENNIS: ADULT SEMI-PRIVATE WORKOUT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis Marina Park Tennis Court 15871 Graham St  
9319.400 Adult 9/9 - 11/25 9:00am-10:00am M \$171

## TENNIS: ADULT SEMI-PRIVATE WORKOUT SENIORS - INTERMEDIATE

For the students who can successfully execute forehands, backhands, volleys, serves and know how to keep score. This class will focus on drills for doubles skills in organized team play. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis Murdy Community Center Tennis Court #1  
9248.400 Adult 9/12 - 11/14 8:00am-9:00am Th \$116

## TENNIS: ADULT SEMI-PRIVATE WORKOUT WOMEN'S DOUBLES

For the students who are intermediate players and can successfully execute forehands, backhands, volleys, serves and know how to keep score. Designed for the woman, that wants more playtime with strategy instruction on the "art of doubles." No partner needed. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Rusty Miller Tennis Marina Park Tennis Court 15871 Graham St  
9250.400 Adult 9/12 - 11/14 10:30am-11:30am Th \$116

# TENNIS PRIVATE LESSONS

## TENNIS: PRIVATE LESSONS WITH RUSTY MILLER

For students who desire more individual attention, private lessons are available for one or two students at Murdy Park, Marina Park, LeBard Park, or Edison Park. Private lessons are 45 minutes. One lesson is \$70 or five lessons are \$315. Dates and times to be pre-arranged with the instructor. 1/2 hour and 1 hour lessons are available. For registration and instructor contact information, please contact Murdy or Edison Community Centers.

Rusty Miller Tennis Edison Community or Murdy Community Center  
Tennis Courts

9306.400 3yrs to 99yrs TBA TBA TBA \$70.00  
9306.401 3yrs to 99yrs TBA TBA TBA \$315.00

## TENNIS: PRIVATE LESSONS WITH TENNIS PRO

For students who desire more individual attention, private lessons are available for one or two students at Murdy Park, Marina Park, LeBard Park, or Edison Park. Private lessons are 45 minutes. One Lesson is \$45 & five lessons are \$200. Dates and times to be pre-arranged with the instructor. 1/2 hour and 1 hour lessons are available. For registration and instructor contact information, please contact Murdy or Edison Community Centers.

Rusty Miller Tennis Edison Community or Murdy Community Center  
Tennis Courts

9305.400 3yrs to 99yrs TBA TBA TBA \$45.00  
9305.401 3yrs to 99yrs TBA TBA TBA \$200.00

# Rain Hotline 714-998-4001

# Class Registration Information



**Register Online – beginning August 13**  
**9:00 am at [www.hbsands.org](http://www.hbsands.org)**  
*Save time ★ Save postage ★ No waiting ★ No stress*

**Classes begin week of**  
**September 9, 2013,**  
**unless otherwise indicated**

## Walk In



In person registration accepted at the following locations beginning August 13, 9 am.

### **CG City Gym & Pool**

1600 Palm Avenue 714-960-8884  
 Office Hours: M-Th 9 am-9 pm  
 Fr 9 am-8 pm, Sa 9 am-12:30 pm

### **ECC Edison Community Center**

21377 Magnolia Avenue 714-960-8870  
 Office Hours: M-Th 9 am-9 pm  
 Fr 9 am-8 pm, Sa 9 am-12:30 pm

### **HBAC Huntington Beach Art Center**

538 Main Street 714-374-1650  
 Office Hours: Tues-Sa Noon-6 pm

### **MCC Murdy Community Center**

7000 Norma Avenue 714-960-8895  
 Office Hours: M-Th 9 am-9 pm  
 Fr 9 am-8 pm, Sa 9 am-12:30 pm

### **RSC Rodgers Seniors Center**

1706 Orange Avenue 714-536-9387  
 Office Hours: M-F 8:30 am-5 pm, Sa 9 am-Noon

### **CS Community Services Classes**

Various locations through the city. Please see class descriptions. Register online, or at any Community Center listed above, or by mail.

## Mail In/ Drop Off



Indicate class location on your registration form and on the front, lower left hand corner of the envelope.

1. Mail-in registration will not be given any priority and will be randomly processed beginning August 13, 9 am.
2. Payment by check or money order made payable to City of Huntington Beach – Okay to use one form for multiple classes, but please include a separate check for each class. Payment by check must include name, address, telephone number, and drivers license number. \$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 Dept.**  
**PO Box 190**  
**Huntington Beach, CA 92648-0190**

**Staff is available to answer questions or assist with on-line registration account set-up prior to August 13. Please contact your local center to learn more about on-line registration!**

## WITHDRAWAL & REFUND POLICY

Full refunds/credits are available for classes that are cancelled. All other withdrawals are subject to a \$6 processing fee for each class. Refunds/credits after the start of the program are contingent upon City approval and are for illnesses only. The refund/credit will be assessed a \$6 processing fee and prorated based on the number of classes held. Credit Card transactions will be refunded to the same credit card. Cash or check transactions may receive a refund 4 to 6 weeks after the request. You may also choose to receive credit towards future recreation programs for any type of transaction following the same guidelines. Refunds are not available for Excursions or Special Events. Refunds are not available for classes that have concluded. Refunds or credits will not be given for Workshops without a two-day notice.



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.

# Walk in/Mail in Class Registration Form

Save time, register online. Registration begins August 13. [www.hbsands.org](http://www.hbsands.org)

**PAYEE**

*Name (Print)		*Billing Address	
*Address		*e-mail	
*City	*Zip Code	Work Phone ( )	*Home Phone ( )

\* Required fields. Email address will only be used for City of Huntington Beach information.

**CG** City Gym & Pool                      **ECC** Edison Community Center                      **HBAC** Huntington Beach Art Center  
**MCC** Murdy Community Center                      **RSC** Rodgers Senior Center                      **CS** Community Services Classes

**PARTICIPANT**

Location/Activity # <small>please include location abbreviation as shown above</small>	Activity Name	Day	Time	Participant Name	Birth Date	Sex	Fee
RSC / 4386 201	Family Martial Arts	Tu	5-6 pm	Joe Surfer	Jan 1, 1984	M	\$75
/ .							
/ .							
/ .							
/ .							
<b>Total of Activity Fees \$</b>							

**Swimming Only!** 2nd Choice Class # \_\_\_\_\_ 3rd Choice Class # \_\_\_\_\_

**Youth Sports Only!**  Grades 7-8  Grades 5-6  Grades 3-4  Grades 1-2  Pee Wee

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 for the City of Huntington Beach to take and use any photograph of the above named participant and/or legal guardian in any promotional materials without compensation to the above named participant and/or legal guardian of the above named participant for such use.

DATE: \_\_\_\_\_ SIGNED: \_\_\_\_\_  
Participant/Parent or Legal Guardian

**PAYMENT**

Cash (walk-in only)       Check # \_\_\_\_\_ RECEIPT # \_\_\_\_\_

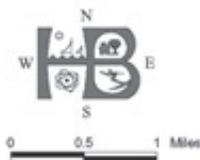
Credit Card # \_\_\_\_\_

Visa  
 Mastercard      Expiration Date \_\_\_\_\_ Card Holder Signature: \_\_\_\_\_  
 Discover

HAVE YOU ENCLOSED YOUR CHECK OR CREDIT CARD INFORMATION AND A STAMPED, SELF-ADDRESSED ENVELOPE?  
**ONE CHECK REQUIRED FOR EACH CLASS** Only one envelope required.

MAIL TO: City of Huntington Beach, Community Services Department  
 2000 Main St. PO Box 190, Huntington Beach, CA 92648-0190

# Parks & Facilities Map



- |   |   |
|---|---|
| <p><b>1 Banning Branch Library</b><br/>9281 Banning Ave (375-5005)</p> <p><b>2 Central Park/Library</b><br/>Golden West &amp; Talbert (842-4481)</p> <p><b>3 City Gym &amp; Pool (CG)</b><br/>16th &amp; Palm (960-8884)</p> <p><b>4 Civic Center</b><br/>Main &amp; Yorktown</p> <p><b>5 Edison Community Center (ECC)</b><br/>Magnolia &amp; Hamilton (960-8870)</p> <p><b>6 Golden West College</b><br/>Golden West &amp; Edinger</p> <p><b>7 Helen Murphy Branch Library</b><br/>Edinger &amp; Graham (375-5006)</p> <p><b>8 Greer Park</b><br/>Golden West &amp; McFadden</p> <p><b>9 Harbour View Clubhouse</b><br/>Heil &amp; Saybrook</p> <p><b>10 Lake Park Clubhouse</b><br/>11th &amp; Lake</p> <p><b>11 Lake View Clubhouse</b><br/>Slater &amp; Zeider</p> | <p><b>12 Main Street Branch Library</b><br/>Main &amp; Pecan (375-5071)</p> <p><b>13 Marina Community Park</b><br/>Edinger &amp; Graham</p> <p><b>14 Rodgers Seniors' Center/Outreach Center</b><br/>17th &amp; Orange (536-9387)</p> <p><b>15 Murdy Community Center (MCC)</b><br/>Golden West &amp; Norma (960-8895)</p> <p><b>16 Newland House &amp; Barn</b><br/>Beach &amp; Adams</p> <p><b>17 Oak View Branch Library</b><br/>Warner &amp; Oak Lane (375-5068)</p> <p><b>18 Worthy Community Park</b><br/>17th &amp; Main</p> <p><b>19 H.B. Art Center</b><br/>538 Main Street (374-1650)</p> <p><b>20 Lifeguard Headquarters</b><br/>103 Pacific Coast Hwy. (536-5281)</p> <p><b>21 Shipley Nature Center</b><br/>Parking at Goldenwest &amp; Talbert (842-4772)</p> <p><b>22 LeBard Park</b><br/>20451 Craimer Lane</p> |
|---|---|

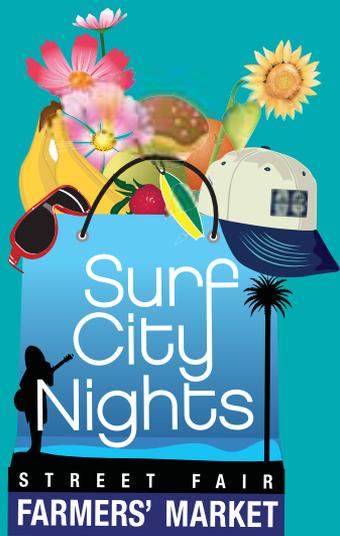


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**SAT & SUN SEP 14 & 15**  
SURF • SKATE • SUP • VOLLEYBALL  
MUSIC • ART • & MORE

- Annual City Surf Contest
- Volleyball Tournament
- Green Expo
- SUP Surf Race
- Surf Bands
- HSS / Surfline Demo Day
- Old School Skate Sessions
- Safety Fair



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ORANGE COUNTY'S  
LARGEST WEEKLY STREETFAIR  
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**Broadmoor Townhouse**  
2 Bedroom, 2.5 bath, 2 Car Att. Gar  
Enjoy the Beach & Boating Lifestyle!  
*Listed at \$586,000*



**515 13th St, Downtown H.B.**  
3 Bedroom + Loft, 2.5 Bath 2 Car Gar.  
Highly Upgraded & Quiet Street  
*Listed at \$949,900*



**410 Townsquare, Downtown H.B.**  
3 Bedroom, 2.5 Bath, 2 Car Garage  
Gated & Just 3 Blocks to Beach & Pier  
*Listed at \$839,900*



**15431 Hanover Lane, Huntington Bch**  
3 Bedroom, 2 bath, 2 Car Garage  
Highly Upgraded - Gourmet Kitchen!  
*Listed at \$605,000*



**Huntington Harbour Mainland**  
3 Bedroom, 2 Bath, 2 Car Garage  
Highly Upgraded Single Story!  
*In Escrow!*



**Gated Huntington Place - South H.B.**  
5 Bedroom, 4.5 Bath, 3 Car Garage  
11,000 SF Lot with 3,305 SqFt Home  
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