

HBSANDS

www.hbsands.org

COMMUNITY SERVICES GUIDE

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

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Now Open



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Family Medicine



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AWARD
WINNING
MEDICAL
GROUP *

Our Newest Medical Office at Orange Coast Memorial

Experience friendly, compassionate care with an onsite lab and imaging services and convenient access, including complimentary valet parking and free transportation.**

To make an appointment, call today, 714-861-4770.

www.memorialcare.org/newoffice



18111 Brookhurst Street, Suite 1100, Fountain Valley

* Multi-year recipient of quality awards from Integrated HealthCare Association and California Association of Physician Groups

**Some limitations may apply

The City of Huntington Beach Community Services Department is encouraging the community to get outside this fall! Residents of all ages can engage with the out-of-doors by recognizing the value of outdoor play! And outdoor activity encompasses just about anything....try taking a tennis class, visiting a harbor or beach, taking a run or a walk, or exploring one of our many beautiful parks. The SANDS Community Services Guide is full of ideas for outdoor activity.....and the sky is the limit! Our beautiful beach climate invites communities to spend time together, so get outside and play!

Janeen Laudenback
Director of Community Services

**Parks
Make
Life
Better!**



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CITY COUNCIL

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

COMMUNITY SERVICES COMMISSION

| | |
|--------------------|---------------|
| Paul Burkart | J.D Miles |
| Michael Couey | Roy Miller |
| Nicolina Cuzzacrea | Jerry Moffatt |
| Roger Forest | Shay Reardon |
| Albert Gasparian | Richard Thiel |
| Bridget Kaub | Norm Westwell |
| Jay Kreitz | |

CITY ADMINISTRATION

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

MISSION STATEMENT

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

Fall Class Registration Begins August 11th at 9 a.m. See Page 3 for information.

www.hbsands.org

Parks Make Life Better!® Photo Contest!



Congratulations to all our Winners!
Fall Sands winner: Katie Barry

Testimonial: Katie Barry

This recent photo is of our youngest two children taking a break while playing basketball at the City Gym. They had a blast learning new skills and made friends on a team. As you can see, they loved to play together and will someday be able to play in their big brother's older team level!

Look for the next **Parks Make Life Better!®**
Winner in the 2016 Winter Sands

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

Huntington Haunt
EXPERIENCE
2015
OCTOBER 28, 29, 30, 31
THE ICONIC NEWLAND HOUSE
www.HuntingtonHaunt.org #HuntingtonHaunt
Family Friendly Hours 3-6pm each night... after 7 No Promises...
Advance tickets online. Proceeds Benefit the worthy causes of Rotary Club of Huntington Beach

CLASS REGISTRATION BEGINS **AUGUST 11th AT 9 AM**

REGISTER ONLINE www.hbsands.org

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

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

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



WITHDRAWAL AND REFUND POLICY:

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



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

REGISTRATION

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

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

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

Total of Activities Fees \$ _____

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

| | |
|-------|---------|
| Date: | Signed: |
|-------|---------|

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

Special Events

HB CITY SURF CONTEST

The 45th 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 19 and 20. 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 27 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, Huntington Beach Pier

| Activity # | Ages | Division | Fee |
|------------|----------------|-----------------------|------|
| 311213-2A | Up to 9yrs | Menehune Boys & Girls | \$35 |
| 311213-2B | 10yrs to 14yr | Boys | \$35 |
| 311213-2C | 15yrs to 17yrs | Juniors Men | \$35 |
| 311213-2D | 18yrs to 24yrs | Men | \$35 |
| 311213-2E | 25yrs to 34yrs | Masters Men | \$35 |
| 311213-2F | 35yrs to 44yrs | Senior Men | \$35 |
| 311213-2G | 45yrs to 54yrs | Grand Masters Men | \$35 |
| 311213-2H | 55yrs to 64yrs | Super Grand Masters | \$35 |
| 311213-2I | 65yrs & up | Legends Men | \$35 |
| 311213-2J | 13yrs & up | Women | \$35 |

SENIOR SURF INVITATIONAL

The City of Huntington Beach and the Huntington Beach Council on Aging (HBCOA) invite all surfers ages 50+ to register for this annual showcase of active aging. Surfers will be competing on the south side of the pier, judged on wave selection, maneuvers, fluidity, and style. Goody bags, event t-shirts, opportunity drawings, and awards for top finishers are included. This event will take place on October 24.

Recreation Staff

Huntington Beach Pier

| Activity # | Ages | Division | Fee |
|------------|----------|----------|------|
| 411203-5A | 50-54yrs | Men | \$40 |
| 411203-5B | 55-59yrs | Men | \$40 |
| 411203-5C | 60-64yrs | Men | \$40 |
| 411203-5D | 65-69yrs | Men | \$40 |
| 411203-5E | 70-74yrs | Men | \$40 |
| 411203-5F | 75yrs+ | Men | \$40 |
| 411203-5G | 50yrs+ | Women | \$40 |

HALLOWEEN PUMPKIN CARVING & COSTUME CONTEST

Calling all ghouls, ghosts and goblins for a Halloween pumpkin carving and costume contest inside the spooky City Gym and Pool. Dress up in your best costume and get ready to make a jack-o-lantern come to life! Contest will be held inside the gymnasium on Saturday, Oct. 24th from 6:00pm-8:00pm. \$15 per family which includes one pumpkin, safety carving kit and refreshments. Additional pumpkins \$5 each. Register online or in-person at the City Gym & Pool beginning August 11.



Recreation Staff

City Gym and Pool

411202-3A 2-12 yrs Sa 6-8pm 10/24 \$15

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 is payable to instructor.

April Berg

Murdy Community Center

411204-1A 5-12 yrs Sa 9am-2pm 12/5 \$10

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

411205-1A All Ages Sa 8:30-10:30am 12/12 \$10
411205-1B All Ages Sa 9:30-11:30am 12/12 \$10

SENIOR SATURDAY COMMUNITY FESTIVAL



The Huntington Beach Council on Aging is proud to announce its 27th Annual Senior Saturday Community Festival to be held at the beautiful Pier Plaza in downtown Huntington Beach, on Saturday, September 12, 2015, from 9 a.m. to 2 p.m. Admission is free!

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



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

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

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 Michael E. Rodgers Seniors' Center at 714-536-9387.

ART

DRAWING FOR LITTLE TOTS

Children ages 4 to 6 learn step-by-step how to create works of art, while developing an awareness of basic shapes, colors, compositions, hand-eye coordination and more. Pre-registration is required. All materials are included. A \$15.00 material fee due at first class to instructor for all new students. *No Class Dates: Nov-25*

| | | | | | |
|------------------------|---------|----------------------|-------|------------|-----------|
| Courtney Oquist | | HB Art Center | | | |
| 430106-4A | 4-6 yrs | W | 4-5pm | 9/30-10/28 | \$76/\$69 |
| 430106-4B | 4-6 yrs | W | 4-5pm | 11/4-12/9 | \$76/\$69 |

PARENT & TOT CLAY TIME

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

| | | | | | |
|--------------------|---------|----------------------|-------------|------------|-----------|
| Lucia Henry | | HB Art Center | | | |
| 430103-4A | 3-5 yrs | Th | 2:30-3:15pm | 9/17-10/15 | \$77/\$70 |

PARENT AND ME LITTLE ARTISTS

Make art with your child! Little artists ages 2-3 create a work of art every week using watercolors, tempera, pastels, pencils, acrylic, clay, felt, fabric and more. Parent/guardian participation is required. Bring an apron or wear old clothes. Materials fee of \$15 due at first class. *No Class Dates: Nov-27*

| | | | | | |
|------------------------|---------|----------------------|---------------|-----------|-----------|
| Courtney Oquist | | HB Art Center | | | |
| 430104-4A | 2-3 yrs | F | 10:45-11:30am | 11/6-12/4 | \$61/\$55 |

PARENT & TOT ART TIME

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

| | | | | | |
|--------------------|---------|----------------------|-------------|-------------|-----------|
| Lucia Henry | | HB Art Center | | | |
| 430107-4A | 3-5 yrs | Th | 2:30-3:15pm | 10/22-11/19 | \$73/\$66 |



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. \$1.00 material fee due at first class. *No Class Date: Nov-11*

| | | | | | |
|------------------------------------|-----------|-------------------------------|------------|-----------|------|
| Huntington Academy of Dance | | Murdy Community Center | | | |
| 430410-1A | 2.5-4 yrs | M | 10-10:45am | 9/14-11/9 | \$95 |

| | | | | | |
|------------------------------------|-----------|--------------------------------|---------------|------------|------|
| Huntington Academy of Dance | | Edison Community Center | | | |
| 430410-2A | 2.5-4 yrs | W | 10:30-11:15am | 9/16-11/18 | \$95 |

| | | | | | |
|------------------------------------|-----------|--------------------------------------|------------|------------|------|
| Huntington Academy of Dance | | 16601 Gothard Street, Suite A | | | |
| 430410-1B | 2.5-4 yrs | Tu | 10-10:45am | 9/15-11/10 | \$95 |

BABY FIRST DANCE CLASS

Children delight in a sense of movement. Singing and dancing is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, knowledge and coordination.

| | | | | | |
|---------------------|-------------|-------------------------------|------------|-------------|------|
| Dawna Ludwig | | Murdy Community Center | | | |
| 430406-1A | 11 mo-3 yrs | F | 10-10:40am | 9/18-10/16 | \$45 |
| 430406-1B | 11 mo-3 yrs | F | 10-10:40am | 10/23-11/20 | \$45 |

BALLET BUDDIES

Learn ballet the fun way with friends, great music, and an enthusiastic instructor. Learn basic ballet positions, jumps, turns, and short dances using French vocabulary. Leotard, tights, ballet slippers encouraged. Parents are invited to watch the last class of the session. \$1.00 material fee due at first class. *No Class Dates: Nov-11*

| | | | | | |
|------------------------------------|-----------|--------------------------|-------|------------|------|
| Huntington Academy of Dance | | City Gym and Pool | | | |
| 430407-3A | 3.5-5 yrs | Th | 3-4pm | 9/17-11/12 | \$95 |

| | | | | | |
|------------------------------------|-----------|--------------------------------|---------------|------------|------|
| Huntington Academy of Dance | | Edison Community Center | | | |
| 430407-2A | 3.5-5 yrs | W | 9:30-10:30am | 9/16-11/18 | \$95 |
| 430407-2B | 4-6 yrs | W | 3:30-4:30pm | 9/16-11/18 | \$95 |
| 430407-2C | 3.5-5 yrs | Sa | 9:15-10:15am | 9/19-11/14 | \$95 |
| 430407-2D | 4-6 yrs | Sa | 10:15-11:15am | 9/19-11/14 | \$95 |

| | | | | | |
|------------------------------------|-----------|--------------------------------------|-----------|------------|------|
| Huntington Academy of Dance | | 16601 Gothard Street, Suite A | | | |
| 430407-1C | 3.5-5 yrs | Tu | 11am-12pm | 9/15-11/10 | \$95 |

| | | | | | |
|------------------------------------|-----------|-------------------------------|--------|-----------|------|
| Huntington Academy of Dance | | Murdy Community Center | | | |
| 430407-1A | 3.5-5 yrs | M | 9-10am | 9/14-11/9 | \$95 |
| 430407-1B | 4-6 yrs | M | 3-4pm | 9/14-11/9 | \$95 |

BALLET & TAP

WARNING: If your child takes this class, they will perform dance routines for you at home all the time! This popular class teaches basic positions, movements, and rhythms of ballet and tap! Parents are invited to "show day" on the last class. Dance attire and tap shoes required. \$1.00 material fee due at first class.

| | | | | | |
|------------------------------------|-----------|-------------------------------|---------------|------------|------|
| Huntington Academy of Dance | | Murdy Community Center | | | |
| 430408-1A | 3.5-5 yrs | Th | 10:15-11:15am | 9/17-11/12 | \$95 |

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 payable to instructor. *No Class Dates: Nov-11*

| | | | | | |
|------------------------------------|-------------|----|--------------------------------------|------------|------|
| Huntington Academy of Dance | | | Edison Community Center | | |
| 430402-2A | 1.5-2.5 yrs | W | 9-9:30am | 9/16-11/18 | \$75 |
| Huntington Academy of Dance | | | 16601 Gothard Street, Suite A | | |
| 430402-1A | 1.5-2.5 yrs | Th | 9-9:30am | 9/17-11/12 | \$75 |

Tiny Tots Hula

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

| | | | | | |
|----------------------|---------|----|----------------------|------------|-----------|
| Melody Seanoa | | | HB Art Center | | |
| 430403-4A | 3-5 yrs | Tu | 3:30-4pm | 9/15-10/20 | \$70/\$64 |
| 430403-4B | 3-5 yrs | Tu | 3:30-4pm | 10/27-12/1 | \$70/\$64 |

DANCE: TIPPI TOES PARENT & ME

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

| | | | | | |
|----------------------|-----------|----|-------------------------------|------------|-------|
| Tippi Toes HB | | | City Gym and Pool | | |
| 430404-3A | 1.5-3 yrs | Sa | 9:30-10am | 9/19-12/12 | \$115 |
| Tippi Toes HB | | | Murdy Community Center | | |
| 430404-1A | 1.5-3yrs | M | 5:15-5:45pm | 9/14-12/7 | \$115 |

DANCE: TIPPI TOES PRINCESS

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

| | | | | | |
|----------------------|-----------|----|-------------------------------|------------|-------|
| Tippi Toes HB | | | City Gym and Pool | | |
| 430405-3A | 2.5-4 yrs | Sa | 10:15-10:55am | 9/19-12/12 | \$115 |
| 430405-3B | 2.5-4yrs | Sa | 11:05-11:45am | 9/19-12/12 | \$105 |
| Tippi Toes HB | | | Murdy Community Center | | |
| 430405-1A | 2.5-4 yrs | M | 4:15-4:55pm | 9/14-12/7 | \$115 |

JAZZ & HIP HOP

Learn the basics of jazz and hip hop dancing with high energy music and movements. Students will get their groove on while having a BLAST! Parents delight in our family friendly music and movements! Parents are invited to "show day" on the last day of class. Dance attire and shoes are encouraged. \$1.00 materials fee due at first class.

| | | | | | |
|------------------------------------|-----------|----|-------------------------------|------------|------|
| Huntington Academy of Dance | | | Murdy Community Center | | |
| 430416-1A | 3.5-5 yrs | Th | 11:15am-12:15pm | 9/17-11/12 | \$95 |

ONE & TWO BABY BOOGIE & YOU

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

| | | | | | |
|---------------------|-----------|---|-------------------------------|-------------|------|
| Dawna Ludwig | | | City Gym and Pool | | |
| 430409-3A | 4mo-2 yrs | M | 11:40am-12:20pm | 9/14-10/12 | \$45 |
| 430409-3B | 4mo-2 yrs | M | 11:40am-12:20pm | 10/19-11/16 | \$45 |
| Dawna Ludwig | | | Murdy Community Center | | |
| 430409-1A | 4mo-2yrs | F | 10:40-11:20am | 9/18-10/16 | \$45 |
| 430409-1B | 4mo-2yrs | F | 10:40-11:20am | 10/23-11/20 | \$45 |

TOTS HULA

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

| | | | | | |
|----------------------|---------|----|----------------------|------------|-----------|
| Melody Seanoa | | | HB Art Center | | |
| 430414-4A | 6-8 yrs | Tu | 4-4:45pm | 9/15-10/20 | \$70/\$64 |
| 430414-4B | 6-8 yrs | Tu | 4-4:45pm | 10/27-12/1 | \$70/\$64 |



**REGISTER
ONLINE!
www.hbsands.org**

**Parks
Make
Life
Better!**

Parks and Recreation promote sensitivity to cultural diversity

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.

Teri Diersing **Edison Community Center**
430601-2A 2.5-5 yrs Th 10:30-11:30am 9/17-11/5 \$90

PRE-SCHOOL PLAY & PRACTICE

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

Dawna Ludwig **City Gym and Pool**
430610-3A 10 mo-3 yrs M 11-11:40am 9/14-10/12 \$45
430610-3B 10 mo-3 yrs M 11-11:40am 10/19-11/16 \$45

Dawna Ludwig **Edison Community Center**
430610-2A 10 mo-3 yrs M 9:20-10am 9/14-10/12 \$45
430610-2B 10 mo-3 yrs M 9:20-10am 10/19-11/16 \$45

Dawna Ludwig **Murdy Community Center**
430610-1A 10 mo-3 yrs F 9:20-10am 9/18-10/16 \$45
430610-1B 10 mo-3 yrs F 9:20-10am 10/23-11/20 \$45

TODDLER PLAY & LEARN

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

Beverly Rico **Murdy Community Center**
430602-1A 9 mo-2 yrs W 9:30-10:30am 9/16-11/25 \$80

TOT HOUR

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

\$5 materials fee due at first class. *No Class Dates: Nov-11*

Beverly Rico **Murdy Community Center**
430609-1A 2-3.5 yrs W 10:30-11:30am 9/16-11/25 \$80



LITTLE FOLK PRESCHOOL

This class provides an opportunity for social physical emotional and language development through arts, music, science, story time and more. We reinforce a positive self-image and make school a fun experience. **MUST BE FOUR YEARS OLD BY 9/01/15**, snack fee of \$25 payable first class session. Public school holidays will be observed. (You may sign up for both sessions at one time.)

No Class Dates: Nov-11, Nov-27, Dec-21, Dec-23, Dec-25, Dec-28, Dec-30, Jan-1.

Nancy Shurts **Edison Community Center**
430607-2A 4-5 yrs M,W,F 9am-12pm 9/9-11/6 \$299
430607-2B 4-5 yrs M,W,F 9am-12pm 11/9-1/22 \$299

Nancy Shurts **Murdy Community Center**
430607-1A 4-5 yrs M,W,F 9am-12pm 9/9-11/6 \$299
430607-1B 4-5 yrs M,W,F 9am-12pm 11/9-1/22 \$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 OLD BY 9/1/2015 POTTY TRAINED.** Snack fee of \$20 due first day of class. (You may sign up for both sessions.) *No Class Dates: Nov-26, Dec-22, Dec-24, Dec-29, Dec-31.*

Nancy Shurts **Edison Community Center**
430603-2A 3-4 yrs Tu,Th 9am-12pm 9/8-11/5 \$225
430603-2B 3-4 yrs Tu,Th 9am-12pm 11/10-1/21 \$225

Nancy Shurts **Murdy Community Center**
430603-1A 3-4 yrs Tu,Th 9am-12pm 9/8-11/5 \$225
430603-1B 3-4 yrs Tu,Th 9am-12pm 11/10-1/21 \$225



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. No Class Dates: Nov-11

Tumble-N-Kids Inc **Edison Community Center**
430711-2A 8 mo-17mo W 11:30am-12:15pm 9/16-11/18 \$72

Tumble-N-Kids Inc **City Gym and Pool**
430711-3A 8 mo-17 mo F 9-9:45am 9/18-11/20 \$86

Tumble-N-Kids Inc **Murdy Community Center**
430711-1A 8 mo-17mo Sa 9:30-10:15am 9/19-11/21 \$86

TEENY TUMBLE-N-FUN

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

Tumble-N-Kids Inc **Murdy Community Center**
430701-1A 8 mo-17mo Tu 10:30-11:15am 9/15-11/17 \$86

TINY TUMBLE-N-FUN

New! A BIG dose of FUN, this active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Get strong and confident learning gymnastic rolls, balance beams, trampoline, "Big Cheese", animal walks and more. Improve balance, flexibility, concentration and body awareness with fun & easy kid's yoga. We make learning FUN! Yoga mats provided, or bring your own mat. Parent participation required. \$2 material fee is payable to instructor 1st day of class.

Tumble-N-Kids Inc **Murdy Community Center**
430702-1A 1.5-3 yrs Tu 11:20am-12:05pm 9/15-11/17 \$86

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**
430704-2A 10 mo-2 yrs Sa 9:30-10:15am 9/19-11/21 \$86



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. A \$2 Material fee due at first class. No Class Dates: Nov-11

Tumble-N-Kids Inc **Edison Community Center**
430705-2A 1.5-3 yrs W 9:30-10:30am 9/16-11/18 \$96

Tumble-N-Kids Inc **Murdy Community Center**
430705-1A 1.5-3 yrs Th 10-11am 9/17-11/19 \$106
430705-1B 1.5-3 yrs Sa 10:20-11:20am 9/19-11/21 \$106

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**
430706-2A 2-4 yrs Sa 10:15-11:15am 9/19-11/21 \$106

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. Parent Participant Class.

Tumble-N-Kids Inc **City Gym and Pool**
430712-3A 3-5 yrs F 10:30-11:30am 9/18-11/20 \$106

TUMBLE-N-FREEPLAY

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

Tumble-N-Kids Inc **City Gym and Pool**
430709-3A 3-5 yrs F 11:45am-12:45pm 9/18-11/20 \$106

TUMBLE-N-FUN

New! Release your child's inner 'tumbler' in a FUN and controlled environment! Our active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Kids get strong and confident learning gymnastics, balance beams, trampoline, rolling down inclines and coordination while doing animal walks. PLUS improve balance, flexibility and concentration with fun & easy kid's yoga. We make learning FUN! Yoga mats provided, or bring your own mat. Some parent participation required. \$2 material fee is payable to instructor 1st day of class.

Tumble-N-Kids Inc **Murdy Community Center**
430715-1A 3-5 yrs Tu 12:15-1pm 9/15-11/17 \$86

Register Online! www.hbsands.org

MUSIC

BROADWAY SING & DANCE

Sing, dance and explore the world of Broadway in this fun musical theater class! Students will build valuable performance skills, Play Theater games and create fun characters all while working together to perform a final showcase on the last day! Students will be expected to practice songs at home *Optional student showcase/recital in December (nominal costume fee applies). A \$10 material fee payable to instructor due at first class. *No Class Dates: Nov-11, Nov-25*

Take the Stage Productions **Murdy Community Center**
431012-1A 3-5 yrs W 11-11:45am 9/16-12/2 \$110

PARENT AND ME SUNSHINE BABIES

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! *No Class Dates: Nov-11*

Iskui Merdjanian **Murdy Community Center**
431003-1A 10 mo-3 yrs Tu 9:15-10am 9/29-11/17 \$69
431003-1B 10 mo-3 yrs W 6-6:45pm 9/23-11/18 \$69

Iskui Merdjanian **Edison Community Center**
431003-2A 10 mo-3 yrs Th 9:15-10am 10/1-11/19 \$69

PERFORMING ART: SUNSHINE GENERATION OF HB

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

Iskui Merdjanian **Edison Community Center**
431004-2A 3-5 yrs Th 4:30-5:20pm 10/8-12/3 \$77

RHYTHM, RHYME & FUN

Rhyming games, musical instruments, and a colorful costume parade are just some of the fun things that your child will take part in as they learn to socialize in a positive and cheerful environment. \$3.00 material fee due at first class. This is a parent participant class.

Patricia Hill **Edison Community Center**
431002-2A 15mo-3 yrs M 10:15-11:15am 9/14-11/9 \$96

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

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. *No Class Dates: Nov-11*

Tumble-N-Kids Inc **Edison Community Center**
430707-2A 2.5-4 yrs W 10:30-11:30am 9/16-11/18 \$96

Tumble-N-Kids Inc **Murdy Community Center**
430707-1A 2.5-4 yrs Th 11am-12pm 9/17-11/19 \$106
430707-1B 2.5-4 yrs Sa 11:30am-12:30pm 9/19-11/21 \$106

MARTIAL ARTS

KARATE-DO TRADITIONAL JAPANESE BEGINNER

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$140. *No Class Dates: Nov-26, Nov-27*

Wadoryu USA **Edison Community Center**
430901-2A 5-7 yrs M 5-5:40pm 9/14-12/7 \$110
430901-2B 5-7 yrs Th 5-5:40pm 9/17-12/10 \$110
430901-2C 5-7 yrs F 5-5:40pm 9/18-12/11 \$110

KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Orange, yellow, blue belts only. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$140. *No Class Dates: Nov-26, Nov-27*

Wadoryu USA **Edison Community Center**
430902-2A 5-7 yrs M 5:45-6:30pm 9/14-12/7 \$110
430902-2B 5-7 yrs Th 5:45-6:30pm 9/17-12/10 \$110
430902-2C 5-7 yrs F 5:45-6:30pm 9/18-12/11 \$110

KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE & ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red, Red St belts only. 1 day a week, Monday, Thursday, or Friday, for \$140. 2 days a week for \$160. 3 days a week for \$170. *No Class Dates: Nov-26, Nov-27*

Wadoryu USA **Edison Community Center**
430903-2A 5-7 yrs M 5:45-7:15pm 9/14-12/7 \$140
430903-2B 5-7 yrs Th 5:45-7:15pm 9/17-12/10 \$140
430903-2C 5-7 yrs F 5:45-7:15 9/18-12/11 \$140



Parks and Recreation promote good health



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.

Patricia Hill **Edison Community Center**
431005-2A 6 mo-1.5 yrs M 9:15-10am 9/14-11/9 \$78

Patricia Hill **Murdy Community Center**
431005-1A 6 mo-1.5 yrs Th 9:30-10:15am 9/17-11/12 \$78

SING & DANCE TOGETHER

Sing, Dance and explore the world of rhythm in this fun class! Students will build motor skills, confidence, and play games with musical instruments and props; all while singing and moving to their favorite children's songs! This is a great class to create bonding between caregiver & child. Caregiver participation required * A \$10 material fee do to instructor first day of class. No Class Dates: Nov-11, Nov-25

Take the Stage Productions **Murdy Community Center**
431011-1A 18mo-3 yrs W 10:15-11am 9/16-12/2 \$110

STORYBOOK STAGE PLAY

Students explore storybooks as the basis to create a play, inspire imagination & build performance skills. Through the use of voice, movement, & costumes-students will create memorable characters while building skills in acting, creative thinking, reading comprehension, public speaking & confidence! Mini play performed on last day of class. \$10 material fee payable to instructor. No Class Dates: Nov-10, Nov-24

Take the Stage Productions **Murdy Community Center**
441005-1A 3-4 yrs Tu 3:30-4:15pm 9/15-12/1 \$110

WIGGLE, GIGGLE MUSIC TIME

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

Patricia Hill **City Gym and Pool**
431001-3A 18mo-3 yrs Tu 10:45-11:30am 9/15-11/10 \$78

Patricia Hill **Murdy Community Center**
431001-1A 18mo-3 yrs Th 10:30-11:15am 9/17-11/12 \$78

SPECIAL INTERESTS

PARENTS NIGHT OUT

Join Ms. Monica for a whole lot-a-fun on Friday evenings. Each event is programmed around a theme and is jam-packed with crafts, games and a movie and dinner. 2nd sibling only \$10 and \$5 material fee per child due at class.

| Monica Burgess | | Murdy Community Center | |
|------------------|--------------------|------------------------|------|
| 431101-1A | 4-9 yrs F 5-8:30pm | 9/25 | \$20 |
| 431101-1B | 4-9 yrs F 5-8:30pm | 11/20 | \$20 |
| 431101-1C | 4-9 yrs F 5-8:30pm | 12/18 | \$20 |

SPORTS

COAST 2 COAST SOCCER

Experience the largest after-school soccer program in California! Your child will learn amazing soccer skills from college soccer players. We guarantee your child will have FUN! Age appropriate curriculum includes engaging soccer games and World Cup Scrimmages. Gifts included: wristband & certificate. Check out reviews on Yelp, Facebook & c2csoccer.com

Coast 2 Coast **Edison Community Center**
431302-2A 3-5 yrs W 3-3:45pm 9/16-11/4 \$135

ICE SKATING FOR TOTS

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

The Rinks Westminster ICE **13071 Springdale, Westminster**
431312-1A 3-5 yrs W 5:40-6:10pm 9/23-10/14 \$37
431312-1B 3-5 yrs W 5:40-6:10pm 10/28-11/18 \$37
431312-1C 3-5 yrs Sa 10:15-10:45am 9/26-10/17 \$37
431312-1D 3-5 yrs Sa 10:15-10:45am 10/31-11/21 \$37



PARENT & ME ICE SKATING

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

| The Rinks Westminster ICE | | 13071 Spingdale, Westminster | | | |
|---------------------------|---------|------------------------------|---------------|-------------|------|
| 431313-1A | 3-5 yrs | Tu | 4:10-4:40pm | 9/22-10/13 | \$37 |
| 431313-1B | 3-5 yrs | Tu | 4:10-4:40pm | 10/27-11/17 | \$37 |
| 431313-1C | 3-5 yrs | Sa | 11:15-11:45am | 9/26-10/17 | \$37 |
| 431313-1D | 3-5 yrs | Sa | 11:15-11:45am | 10/31-11/21 | \$37 |

PEE WEE SOCCER

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

| Youth Sports Staff | | Arena Soccer Field 18002 Goldenwest Street 92647 | | | |
|--------------------|-----|---|----------|------------|------|
| 431307-02 | 3-5 | Tu | 4-4:50pm | 9/15-10/20 | \$55 |
| 431307-03 | 3-5 | Tu | 5-5:50pm | 9/15-10/20 | \$55 |
| 431307-05 | 3-5 | Th | 4-4:50pm | 9/17-10/22 | \$55 |
| 431307-06 | 3-5 | Th | 5-5:50pm | 9/17-10/22 | \$55 |

PLAYBALL

Playball is a coed progressive sports program developed 25 years ago by occupational therapists, sports psychologists and school teachers. Children learn basic skills for tennis, baseball, hockey, basketball and soccer. Playball is taught in a positive, non-intimidating and non-competitive environment where results are achieved while having fun. Parent participation required for the 2-3 years class. *No Class Dates: Sept-22, Nov-11, Nov-26*

| OC Playball Inc | | City Gym and Pool | | | |
|-----------------|---------|-------------------|------------|------------|-------|
| 431308-3A | 2-3 yrs | M | 9-9:45am | 9/14-11/23 | \$110 |
| 431308-3B | 3-4 yrs | M | 10:15-11am | 9/14-11/23 | \$110 |
| 431308-3C | 4-5 yrs | M | 3:15-4pm | 9/14-11/23 | \$110 |

| OC Playball Inc | | Edison Community Center | | | |
|-----------------|---------|-------------------------|------------|-----------|-------|
| 431308-2A | 2-3 yrs | Th | 9-9:45am | 9/17-12/3 | \$110 |
| 431308-2B | 2-3 yrs | Th | 10-10:45am | 9/17-12/3 | \$110 |
| 431308-2C | 3-4 yrs | Th | 11-11:45am | 9/17-12/3 | \$110 |

| OC Playball Inc | | Murdy Community Center | | | |
|-----------------|---------|------------------------|------------|-------------|-------|
| 431308-1A | 2-3 yrs | Tu | 9-9:45am | 9/15 - 12/1 | \$110 |
| 431308-1B | 3-4 yrs | Tu | 10-10:45am | 9/15 - 12/1 | \$110 |
| 431308-1C | 2-3 yrs | W | 9-9:45am | 9/16-12/2 | \$110 |



SKYHAWKS HOOPSTER TOTS

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

| Skyhawks Sports Academy Inc | | Murdy Community Center | | | |
|-----------------------------|---------|------------------------|-------------|------------|-------|
| 431311-1A | 3 yrs | M | 4-4:40pm | 9/28-11/30 | \$135 |
| 431311-1B | 4 yrs | M | 4:50-5:30pm | 9/28-11/30 | \$135 |
| 431311-1C | 5-6 yrs | M | 5:40-6:20pm | 9/28-11/30 | \$135 |

SKYHAWKS: MINI-HAWK MULTI-SPORT

This baseball, basketball, and soccer program gives children 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 will receive a t-shirt. *No Class Dates: Nov-11*

| Skyhawks Sports Academy Inc | | Murdy Community Center | | | |
|-----------------------------|---------|------------------------|-------------|-----------|-------|
| 431304-1A | 3 yrs | W | 4-4:40pm | 9/30-12/2 | \$119 |
| 431304-1B | 4 yrs | W | 4:50-5:30pm | 9/30-12/2 | \$119 |
| 431304-1C | 5-6 yrs | W | 5:40-6:20pm | 9/30-12/2 | \$119 |

| Skyhawks Sports Academy Inc | | Edison Community Center | | | |
|-----------------------------|---------|-------------------------|---------------|------------|-------|
| 431304-2A | 3 yrs | Sa | 9-9:40am | 10/10-12/5 | \$119 |
| 431304-2B | 4 yrs | Sa | 9:50-10:30am | 10/10-12/5 | \$119 |
| 431304-2C | 5-6 yrs | Sa | 10:40-11:20am | 10/10-12/5 | \$119 |

SOCCER: MOMMY/DADDY & ME SOCCER

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

| Kidz Love Soccer | | Murdy Community Center | | | |
|------------------|-----------|------------------------|----------|------------|------|
| 431314-1A | 2-3.5 yrs | Sa | 4:30-5pm | 10/3-11/21 | \$97 |

SOCCER: TOT/PRE-SOCCER

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

| Kidz Love Soccer | | Murdy Community Center | | | |
|------------------|-----------|------------------------|-------------|------------|------|
| 431315-1A | 3.5-5 yrs | Sa | 3:45-4:20pm | 10/3-11/21 | \$97 |

SURF AND SKATE

OC MINI ROLLERS

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

| Elena Parra | | Edison Community Center | | | |
|-------------|---------|-------------------------|----------|------------|------|
| 431402-2A | 2-5 yrs | Sa | 9-9:45am | 10/3-10/31 | \$55 |

YOUTH

ART

ART EXPLORATIONS

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

Lucia Henry **HB Art Center**
440110-4A 6-12 yrs Sa 1-2:15pm 9/19-10/17 \$81/\$73
440110-4B 6-12 yrs Th 3:30-4:45pm 10/22-11/19 \$81/\$73

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. Material fee of \$20 is due at first class. Material fee of \$20 is due to the instructor at the first class.

Lucia Henry **HB Art Center**
440101-4A 6-12 yrs Th 3:30-4:45pm 9/17-10/15 \$83/\$75
440101-4B 6-12 yrs Sa 1-2:15pm 10/24-11/21 \$83/\$75

CRAFTY KIDS

Boys and Girls come join Ms. Monica for a fun filled time making crafts. Your child will create a seasonal masterpiece each class that they will be proud to display or give as a gift. All materials will be provided. \$10 material fee due at first class.

Monica Burgess **Murdy Community Center**
430108-1A 5-10 yrs Th 4:20-5pm 11/19-12/17 \$56

DRAWING & PAINTING FOR KIDS

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

Courtney Oquist **HB Art Center**
440102-4A 7-12 yrs Th 5:15-6:30pm 10/1-10/29 \$81/\$73

ESSENTIAL CARTOONING

This fun and exciting class will teach character drawing and basic cartooning skills, including Japanese manga, anime, and current popular cartoons. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. A \$25 material fee is payable to instructor at first class which covers all supplies. Pre-registration is required.

All materials are provided. *No Class Dates: Oct-13*

Pati Kent **HB Art Center**
440109-4A 7-13 yrs Tu 4:15-5:15pm 9/15-10/27 \$76/\$69
440109-4B 7-13 yrs Tu 4:15-5:15pm 11/3-12/8 \$76/\$69

KINDER ART

In this fun class children will experience art through all kinds of different materials. Young artists will develop new skills and talents while designing unique creations. Each lesson is planned to expose the children to an element of art and a new art medium. We will use watercolors, pastels, plaster and much more! Aprons are provided. Material fee \$20. *No Class Dates: Nov-11*

Lucia Henry **HB Art Center**
440111-4A 5-6 yrs W 2:45-3:45pm 9/16-10/14 \$77/\$70
440111-4B 5-6 yrs W 2:45-3:45pm 10/21-11/25 \$77/\$70

COOKING

KIDS COOKING IT UP FRESH

Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make this or her own individual recipe.

Stephanie Collett **Murdy Community Center**
440301-1A 6-12 yrs Sa 11am-12:15pm 9/26-10/24 \$85



Register Online! www.hbsands.org



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. Class held at Huntington Academy of Dance, 16601 Gothard Street, Suite A 92647.

Huntington Academy of Dance 16601 Gothard Street, Suite A
440402-1A 12-16 yrs W 7:30-8:30pm 9/16-11/18 \$95

HIP HOP

Hip Hop Hooray! Ho! Boys and girls will get their groove on hip hoppin' to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free! \$1.00 material fee due at first class. *No Class Dates: Nov-11*

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

Huntington Academy of Dance Edison Community Center
440404-2A 5-7 yrs W 4:35-5:35pm 9/16-11/18 \$95

POLYNESIAN YOUTH

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

Melody Seanoa HB Art Center
440403-4A 9-16 yrs Tu 5-6pm 9/15-10/20 \$70/\$64
440403-4B 9-16 yrs Tu 5-6pm 10/27-12/1 \$70/\$64

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. Class held at Huntington Academy of Dance 16601 Gothard Street, Suite A Huntington Beach 92647.

Huntington Academy of Dance 16601 Gothard Street, Suite A
440407-1A 7-12 yrs M 3:30-4:30pm 9/14-11/9 \$95

YOUTH BALLET

Challenge your child to develop rhythm, strength and coordination the FUN way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. Details will be given at first class. \$1.00 material fee due at first class.

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

Huntington Academy of Dance City Gym and Pool
440401-3A 5-7 yrs Th 4-5pm 9/17-11/12 \$95

Huntington Academy of Dance 16601 Gothard Street, Suite A
440401-1B 8-12 yrs W 6:30-7:30pm 9/16-11/18 \$95

Huntington Academy of Dance Edison Community Center
440401-2A 5-7 yrs Sa 11:15am-12:15pm 9/19-11/14 \$95

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorrate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness Rodgers Seniors' Center
440821-5A 6-86 yrs Tu 6:00-6:45pm 9/15-12/8 \$79

EDUCATIONAL

MAD SCIENCE: COSTUME CHEMISTRY!

Calling a Jr. Mad Scientist DRESS UP in your favorite COSTUME and join us in the LAB! PARENTS enjoy a night out and leave your kids with Mad Science! KIDS get wrapped up in sensational experiments, see awesome demonstrations and get to make and take a science activity home. Dinner and snack provided. Children must be POTTY TRAINED. \$5 materials fee payable at the door.

MAD Science Murdy Community Center
440612-1A 3-5 yrs Sa 5:00-9:00pm 10/17 \$35

MAD SCIENCE: EARTH WIND INSPIRE!

Neither rain, nor sleet, nor snow will prevent us from having a great time in this session of Mad Science. We'll learn about weather as we explore meteorology, thunder and lightning, and clouds. Take a voyage to the center of the earth as we investigate how our planet formed and the forces that keep changing things. Discover how science is used to solve crimes, and take home your own I.D kit. Learn all about pulleys, levers and catapults in Mad Science Machines and make your own rocket racer. Discover first-hand how movie special effects are created. Turn your kitchen into a virtual lab as you learn about the chemical reactions that take place there. Explore the science behind your favorite toys, as well as some that may be new to you. You won't want to miss a minute of this exciting series!

\$10 materials fee due the freest day of class.
MAD Science Murdy Community Center
440612-1A 5-12 yrs M 3:30-4:30pm 10/12 - 11/30 \$99

MAD SCIENCE: SUPER MAD SCIENCE SATURDAYS

Join us for these 1 day workshops where your children will transform into junior mad scientists as the build, mix, test and experiment with a variety of crazy creations while you shop til you drop! 2 different days, themes and locations! \$5 material fee payable to instructor.

| | | | | | |
|--------------------|----------|----|----------|-------------------------------|------|
| MAD Science | | | | Murdy Community Center | |
| 440607-1A | 5-12 yrs | Sa | 9am-12pm | 11/28 | \$34 |
| MAD Science | | | | City Gym & Pool | |
| 440607-3A | 5-12 yrs | Sa | 9am-12pm | 12/19 | \$35 |

SERIOUSLY AWESOME SITTERS

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

| | | | | | |
|------------------------------|----------|----|----------|-------------------------------|------|
| Workshops on Wellness | | | | Murdy Community Center | |
| 440608-1A | 10 yrs + | Sa | 10am-5pm | 11/7 | \$60 |

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 and Pool | |
| 440701-3A | 6-12 yrs | F | 4-5pm | 9/18-11/20 | \$106 |
| 440701-3B | 6-12 yrs | F | 5-6pm | 9/18-11/20 | \$106 |

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 payable to instructor at first class. *No class Nov-11.*



| | | | | | |
|--------------------------|----------|----|-----------------|--------------------------------|-------|
| Tumble-N-Kids Inc | | | | Murdy Community Center | |
| 440702-1A | 6-12 yrs | Tu | 3:45-4:45pm | 9/15-11/17 | \$106 |
| 440702-1B | 7-14 yrs | Th | 4-5pm | 9/17-11/19 | \$106 |
| Tumble-N-Kids Inc | | | | Edison Community Center | |
| 440703-2A | 6-12 yrs | W | 3:45-4:45pm | 9/16-11/18 | \$96 |
| 440702-2A | 5-8 yrs | Sa | 11:20am-12:20pm | 9/19-11/21 | \$106 |

KARTWHEEL-N-KIDS

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

| | | | | | |
|--------------------------|---------|----|-------------|--------------------------------|-------|
| Tumble-N-Kids Inc | | | | Edison Community Center | |
| 440704-2A | 4-6 yrs | W | 2:45-3:45pm | 9/16-11/18 | \$96 |
| Tumble-N-Kids Inc | | | | City Gym and Pool | |
| 440704-3A | 4-6 yrs | F | 3-4pm | 9/18-11/20 | \$106 |
| Tumble-N-Kids Inc | | | | Murdy Community Center | |
| 440704-1A | 4-6 yrs | Tu | 2:45-3:45pm | 9/15-11/17 | \$106 |
| 440704-1B | 4-6 yrs | Th | 3-4pm | 9/17-11/19 | \$106 |

HEALTH & FITNESS

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate the number of classes you can attend. Ditch the workout! Join the Party!

| | | | | | |
|-----------------------|----------|----|-------------|--------------------------------|------|
| SockhopFitness | | | | Rodgers Seniors' Center | |
| 440821-5A | 6-86 yrs | Tu | 6:00-6:45pm | 9/15-12/8 | \$79 |

MARTIAL ARTS

JUNIOR 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.

| | | | | | |
|---------------------------|---------|----|-------------|--------------------------|-------|
| Kiavash Tillehkook | | | | City Gym and Pool | |
| 440908-3A | 6-9 yrs | M | 5:45-6:30pm | 9/14-12/7 | \$187 |
| 440908-3B | 6-9 yrs | Tu | 5:45-6:30pm | 9/15-12/8 | \$187 |
| 440908-3C | 6-9 yrs | W | 5:45-6:30pm | 9/16-12/9 | \$187 |
| 440908-3D | 6-9 yrs | Th | 5:45-6:30pm | 9/17-12/10 | \$187 |

KARATE-DO TRADITIONAL JAPANESE KARATE BEGINNER

This traditional Japanese karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms are available for purchase from instructor. One day a week, Monday, Thursday, or Friday, for \$110. Two days a week for \$130. 3 days a week for \$140. *No Class Dates: Nov-26, Nov-27*

| | | | | | |
|--------------------|----------|----|----------|--------------------------------|-------|
| Wadoryu USA | | | | Edison Community Center | |
| 440903-2A | 8-10 yrs | M | 5-5:40pm | 9/14-12/7 | \$110 |
| 440903-2B | 8-10 yrs | Th | 5-5:40pm | 9/17-12/10 | \$110 |
| 440903-2C | 8-10 yrs | F | 5-5:40pm | 9/18-12/11 | \$110 |

KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, yellow, and blue belts only. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$140. *No Class Dates: Nov-26, Nov-27*

| Wadoryu USA | | Edison Community Center | | | |
|-------------|-------------|-------------------------|------------|-------|--|
| 440904-2A | 8-14 yrs M | 5:45-6:30pm | 9/14-12/7 | \$110 | |
| 440904-2B | 8-14 yrs Th | 5:45-6:30pm | 9/17-12/10 | \$110 | |
| 440904-2C | 8-14 yrs F | 5:45-6:30pm | 9/18-12/11 | \$110 | |

KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. Blue/St, Green, Green/St, Red, Red/St., Purple belts only. 1 day a week, Monday, Thursday, or Friday, for \$140. 2 days a week for \$160. 3 days a week for \$170. *No Class Dates: Nov-26, Nov-27*

| Wadoryu USA | | Edison Community Center | | | |
|-------------|-------------|-------------------------|------------|-------|--|
| 440906-2A | 8-18 yrs M | 5:45-7:15pm | 9/14-12/7 | \$140 | |
| 440906-2B | 8-18 yrs Th | 5:45-7:15pm | 9/17-12/10 | \$140 | |
| 440906-2C | 8-18 yrs F | 5:45-7:15pm | 9/18-12/11 | \$140 | |

KARATE-DO TRADITIONAL JAPANESE ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. One day a week, Monday, Thursday or Friday, for \$150. Two days a week for \$170. Three days a week for \$180. *No Class Dates: Nov-26, Nov-27*

| Wadoryu USA | | Edison Community Center | | | |
|-------------|-------------|-------------------------|------------|-------|--|
| 440907-2A | 8-18 yrs M | 5:45-7:15pm | 9/14-12/7 | \$150 | |
| 440907-2B | 8-18 yrs Th | 6:30-8:15pm | 9/17-12/10 | \$150 | |
| 440907-2C | 8-18 yrs F | 6:30-8:15pm | 9/18-12/11 | \$150 | |



YOUTH SELF-DEFENSE & SAFETY AWARENESS

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts. *No Class Dates: Nov-27, Dec-25, Jan-1.*

| Young Champions | | Murdy Community Center | | | |
|---------------------------------|----------|------------------------|-------------|----------|------|
| NEW STUDENT | | | | | |
| 440905-1A | 4-15 yrs | F | 5:15-5:55pm | 9/25-1/8 | \$99 |
| YELLOW & ORANGE BELT | | | | | |
| 440905-1B | 4-15 yrs | F | 6-6:40pm | 9/25-1/8 | \$99 |
| PURPLE BELT & ABOVE | | | | | |
| 440905-1C | 4-15 yrs | F | 6:45-7:25pm | 9/25-1/8 | \$99 |

MUSIC/PERFORMANCE

ADVENTURES IN PERCUSSION

Uncover the exciting world of drums and percussion as we explore percussion history and learn and hear amazing things. Learn the basics of rhythm and music and make your very own percussion instrument to take home and enjoy. This is a great start for any kids interested in singing, dancing, or playing an instrument.

| Rick Plummer | | Edison Community Center | | | |
|--------------|----------|-------------------------|-------------|------------|------|
| 441006-2A | 9-14 yrs | Th | 3:30-4:30pm | 9/17-10/15 | \$55 |

BROADWAY STAR MUSICAL THEATER

Learn to act, sing, & dance to your favorite Broadway musicals. Students explore musical theater performance through storytelling, Broadway favorites & improvising, as well as singing, musicality, rhythm, dance & movement. This is a wonderful class to build young performer's self-esteem & confidence by helping them to trust their own unique imagination. \$10 material fee payable to instructor. *No Class Dates: Nov-10, Nov-24*

| Take the Stage Productions | | Murdy Community Center | | | |
|----------------------------|----------|------------------------|-------------|-----------|-------|
| 441103-1A | 5-10 yrs | Tu | 5:05-5:50pm | 9/15-12/1 | \$110 |

HOLLYWOOD FILM ACTING

This entertaining course is designed for all students wishing to learn the acting techniques of their favorite Film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. A \$5 material fee payable to instructor. *No Class Dates: Nov-11, Nov-25*

| Take the Stage Productions | | Murdy Community Center | | | |
|----------------------------|----------|------------------------|-------------|-----------|-------|
| 441001-1A | 6-8 yrs | W | 4-4:45pm | 9/16-12/2 | \$110 |
| 441001-1B | 9-12 yrs | W | 4:45-5:30pm | 9/16-12/2 | \$110 |



Parks and Recreation provide space to enjoy nature

PERFORMING ARTS: SUNSHINE GENERATION OF HB

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

| | | | | | |
|-------------------------|--------------------------------|----|-------------|-----------|------|
| Iskui Merdjanian | Edison Community Center | | | | |
| 441003-2A | 6-12 yrs | Th | 5:30-6:30pm | 10/8-12/3 | \$77 |

STORYBOOK STAGE PLAY

Students explore storybooks as the basis to create a play, inspire imagination & build performance skills. Through the use of voice, movement, & costumes-students will create memorable characters while building skills in acting, creative thinking, reading comprehension, public speaking & confidence! Mini play performed on last day of class. \$10 material fee payable to instructor. *No Class Dates: Nov-10, Nov-24*

| | | | | | |
|-----------------------------------|-------------------------------|----|-------------|-----------|-------|
| Take the Stage Productions | Murdy Community Center | | | | |
| 441005-1A | 3-4 yrs | Tu | 3:30-4:15pm | 9/15-12/1 | \$110 |
| 441005-1B | 5-9 yrs | Tu | 4:15-5pm | 9/15-12/1 | \$110 |

SPORTS

BEACH VOLLEYBALL: BOYS WEEKDAY TRAININGS

Golden Coast Beach Volleyball Club invites all boys to register for our club trainings where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball and develop them in game-like situations. Register for both nights of training and receive a free Golden Coast Volleyball t-shirt. Trainings held at Beach Blvd.

| | | | | | |
|--------------------------------|-------------------|---|----------|------------|-------|
| Beach Volleyball CA Inc | City Beach | | | | |
| 441330-2A | 12-14 yrs | W | 4-5:30pm | 9/16-10/28 | \$100 |
| 441330-2B | 12-14 yrs | F | 4-5:30pm | 9/18-10/30 | \$100 |

BEACH VOLLEYBALL: BOYS SUNDAY TRAINING

The Golden Coast Beach Volleyball Club invites all boys to register for our Sunday club training, where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Trainings held at Beach Blvd. For more information, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------------|----|-----------|------------|-------|
| Beach Volleyball CA Inc | City Beach | | | | |
| 441332-2A | 12-14 yrs | Su | 9-10:30am | 9/20-11/22 | \$150 |

BEACH VOLLEYBALL: GAMES NIGHT AT BEACH BLVD

Golden Coast Beach Volleyball Club invites boys and girls to sign up for our open games night. After an initial seeding night, teams will be assigned each week in a ladder style format. We encourage participants to sign up with a teammate, but we will work with individuals to place them with a partner for games. Classes held at Beach Blvd. For more information, please visit www.GoldenCoastVolleyball.com

| | | | | | |
|--------------------------------|-------------------|---|----------|------------|-------|
| Beach Volleyball CA Inc | City Beach | | | | |
| 441329-2A | 12-17 yrs | M | 4:30-6pm | 9/14-10/26 | \$100 |

BEACH VOLLEYBALL: GIRLS WEEKDAY TRAININGS

All girls are invited to register for our club trainings, where our coaches will teach the the techniques and tactics of the game of 2-a-side beach volleyball. Register for both nights of training and receive a free Golden Coast Volleyball t-shirt. Trainings held at Beach Blvd. For more information, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------------|---|----------|------------|-------|
| Beach Volleyball CA Inc | City Beach | | | | |
| 441331-2A | 12-14 yrs | W | 4-5:30pm | 9/16-10/28 | \$100 |
| 441331-2B | 15-17 yrs | W | 4-5:30pm | 9/16-10/28 | \$100 |
| 441331-2C | 12-14 yrs | F | 4-5:30pm | 9/18-10/30 | \$100 |
| 441331-2D | 15-17 yrs | F | 4-5:30pm | 9/18-10/30 | \$100 |

BEACH VOLLEYBALL: GIRLS SUNDAY TRAININGS

All girls are invited to register for our Sunday club training where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Trainings held at Beach Blvd. For more info, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------------|----|-----------|------------|-------|
| Beach Volleyball CA Inc | City Beach | | | | |
| 441333-2A | 12-14 yrs | Su | 9-10:30am | 9/20-11/22 | \$150 |
| 441333-2B | 15-17 yrs | Su | 9-10:30am | 9/20-11/22 | \$150 |

COAST 2 COAST SOCCER

Experience the largest after-school soccer program in California! Your child will learn amazing soccer skills from college soccer players. We guarantee your child will have FUN! Age appropriate curriculum includes engaging soccer games and World Cup Scrimmages. Gifts included: wristband & certificate. Check out reviews on Yelp, Facebook & c2csoccer.com

| | | | | | |
|----------------------|--------------------------------|---|----------|-----------|-------|
| Coast 2 Coast | Edison Community Center | | | | |
| 431302-2B | 6-10 yrs | W | 4-4:45pm | 9/16-11/4 | \$135 |

BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport. Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. Class is taught at Westminster ICE, 13071 Springdale, Westminster.

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|----------------------------------|--------------------------------------|----|---------------|-------------|------|
| The Rinks Westminster ICE | 13071 Springdale, Westminster | | | | |
| 441324-1A | 6-16 yrs | W | 5:10-5:40pm | 9/23-10/14 | \$37 |
| 441324-1B | 6-16 yrs | W | 5:10-5:40pm | 10/28-11/18 | \$37 |
| 441324-1C | 6-16 yrs | Sa | 10:45-11:15am | 9/26-10/17 | \$37 |
| 441324-1D | 6-16 yrs | Sa | 10:45-11:15am | 10/31-11/21 | \$37 |



ICE HOCKEY SKATING SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. Class is taught at Westminster ICE, 13071 Springdale, Westminster. No Class Dates: Nov-11

The Rinks Westminster ICE 13071 Springdale, Westminster

| | | | | | |
|-----------|----------|----|---------------|-------------|------|
| 441323-1A | 6-16 yrs | W | 6:10-6:40pm | 9/23-10/14 | \$37 |
| 441323-1B | 6-16 yrs | W | 6:10-6:40pm | 10/28-11/18 | \$37 |
| 441323-1C | 6-16 yrs | Sa | 10:45-11:15am | 9/26-10/17 | \$37 |
| 441323-1D | 6-16 yrs | Sa | 10:45-11:15am | 10/31-11/21 | \$37 |

INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach Indoor Coed Volleyball league is a competitive league with an emphasis on having fun and learning the game of volleyball. Boy and girls between the 5th and 6th grades will be placed on teams for the 11 week season which includes two weeks of evaluations, practice games, six league games and a city-wide championship tournament. All participants will receive an HB recreation jersey and league awards. Leagues begin September 13, 2014.

Youth Sports Staff City Gym and Pool

| | | | | | |
|-----------|----------------|----|--------------|------------|------|
| 441316-3A | 7th-8th Grades | Sa | 10:30am-12pm | 9/12-11/21 | \$55 |
| 441316-3B | 5th-6th Grades | Sa | 12-1:30pm | 9/12-11/21 | \$55 |

INDOOR COED VOLLEY TENNIS LEAGUE

The City of Huntington Beach Indoor Coed Volley Tennis League is a competitive league with an emphasis on having fun and learning the game of volleyball. Players will participate in a modified volleyball program that involves allowing game balls to bounce in order to more effectively teach the basics of the sport. Boy and girls between the 3rd and 4th grades will be placed on teams for the 11 week season which includes two weeks of evaluations, practice games, six league games and a city-wide championship tournament. All participants will receive an HB recreation jersey and league awards. Leagues begin September 12, 2015.

Youth Sports Staff City Gym and Pool

| | | | | | |
|-----------|----------------|----|--------------|------------|------|
| 441334-3A | 3rd-4th Grades | Sa | 9:30-10:30am | 9/12-11/21 | \$55 |
|-----------|----------------|----|--------------|------------|------|

JUNIOR SOCCER

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

Youth Sports Staff Arena Soccer Field 18002 Goldenwest Street 92647

| | | | | | |
|-----------|---------|----|----------|------------|------|
| 441310-00 | 6-8 yrs | Tu | 6-6:50pm | 9/15-10/20 | \$55 |
| 441310-01 | 6-8 yrs | Th | 6-6:50pm | 9/17-10/22 | \$55 |



SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for the beginning to intermediate player. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. Each child will receive a T-shirt.

Skyhawks Sports Academy Inc Murdy Community Center

| | | | | | |
|-----------|----------|---|-------------|------------|-------|
| 441302-1A | 7-10 yrs | M | 6:30-7:30pm | 9/28-11/30 | \$135 |
|-----------|----------|---|-------------|------------|-------|

SKYHAWKS: INSTRUCTIONAL FLAG FOOTBALL

This innovative program encourages children to play, have fun, and enjoy the game without the added pressure of coaches, referees, and parents. No set teams or assigned coaches mean more focus on skill development and fun! After a short practice, small-sided teams will be selected and supervised game play will ensue. For more info on this new program, please call 714-594-9173.

Skyhawks Sports Academy Inc Edison Community Center

| | | | | | |
|-----------|----------|----|----------|------------|-------|
| 441321-2A | 5-7 yrs | Th | 4-5:30pm | 10/15-12/3 | \$125 |
| 441321-2B | 7-10 yrs | Th | 5:30-7pm | 10/15-12/3 | \$125 |

SOCCER 1

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer Murdy Community Center

| | | | | | |
|-----------|---------|----|----------|------------|------|
| 441335-1A | 5-6 yrs | Sa | 3-3:45pm | 10/3-11/21 | \$97 |
|-----------|---------|----|----------|------------|------|

SOCCER 2

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer Murdy Community Center

| | | | | | |
|-----------|----------|----|----------|------------|------|
| 441336-1A | 7-10 yrs | Sa | 2:15-3pm | 10/3-11/21 | \$97 |
|-----------|----------|----|----------|------------|------|

VOLLEYBALL: HB ACES INDOOR

Formally known as Jr. Spikers, HB Aces continues on as the after-school alternative to the high costs and demands of club volleyball. Students can expect to learn the basics of the game in a fun yet challenging environment. Classes will include instruction on technique, drills to reinforce, and plenty of team play. All players will receive an HB Aces T-Shirt on the first day of class!

Matt Taylor Volleyball City Gymnasium

| | | | | | |
|-----------|-----------|----|-------------|--------------|-------|
| 441309-3A | 10-12 yrs | M | 3:30-4:45pm | 9/14 - 11/23 | \$153 |
| 441309-3B | 13-14 yrs | M | 4:45-6:00pm | 9/14 - 11/23 | \$153 |
| 441309-3C | 10-12 yrs | Th | 3:30-4:45pm | 9/17 - 11/19 | \$153 |
| 441309-3D | 13-14 yrs | Th | 4:45-6:00pm | 9/17 - 11/19 | \$153 |



Parks and Recreation provide safe places to play

SURF AND SKATE

BEGINNER SURF CLASS

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 | | City Beach | | | |
|----------------|-------------|------------|-------------|-------|--|
| 441407-2A | 8-16 yrs Sa | 9-10am | 9/5-9/26 | \$140 | |
| 441407-2B | 8-16 yrs Sa | 9-10am | 10/3-10/24 | \$140 | |
| 441407-2C | 8-16 yrs Sa | 9-10am | 10/31-11/21 | \$140 | |
| 441407-2D | 8-16 yrs Sa | 9-10am | 11/28-12/19 | \$140 | |

SURFING: INTERMEDIATE SURF CLASS

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

| HB Surf School | | City Beach | | | |
|----------------|-------------|-------------|-------------|-------|--|
| 441410-2A | 8-16 yrs Tu | 3:15-4:15pm | 9/1-9/22 | \$140 | |
| 441410-2B | 8-16 yrs Tu | 3:15-4:15pm | 9/29-10/20 | \$140 | |
| 441410-2C | 8-16 yrs Tu | 3:15-4:15pm | 10/27-11/17 | \$140 | |
| 441410-2D | 8-16 yrs Tu | 3:15-4:15pm | 11/24-12/15 | \$140 | |
| 441410-2E | 8-16 yrs W | 3:15-4:15pm | 9/2-9/23 | \$140 | |
| 441410-2F | 8-16 yrs W | 3:15-4:15pm | 9/30-10/21 | \$140 | |
| 441410-2G | 8-16 yrs W | 3:15-4:15pm | 10/28-11/18 | \$140 | |
| 441410-2H | 8-16 yrs W | 3:15-4:15pm | 11/25-12/16 | \$140 | |

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.

| Elena Parra | | Edison Community Center | | | |
|-------------|-------------|-------------------------|------------|------|--|
| 441406-2A | 6-13 yrs Sa | 10-11am | 10/3-10/31 | \$55 | |

SKATEBOARDING:

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

| Skatedogs | | Sports Complex 18100 Goldenwest Street | | | |
|-----------|------------|---|------------|-------|--|
| 491402-6A | 6-16 yrs W | 4-5:30p | 9/16-10/21 | \$162 | |
| 491402-6B | 6-16 yrs W | 4-5:30p | 11/4-12/9 | \$162 | |



Skateboarding

BIRTHDAY PARTY



SPORTS COMPLEX PARKING LOT

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

TEEN ADULT

AQUATIC EXERCISE

AQUA CORE

This class emphasizes core muscle strength building and stability. By combining aqua Pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool

450807-3A 16 yrs + F 10:45-11:15am 9/18-12/18 \$90

AQUA-FIT: AQUA LOGIX

The perfect aquatic workout after work. Interval training in both deep and shallow water maximize your workout. Aqua paddles are available as well as Aqua-logix equipment. So come have fun and start the weekend right! *No Class Dates: Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool

450800-3A 16 yrs + F 6:45-7:45pm 9/18-12/18 \$118

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool

450805-3A 16 yrs + M,W 1:15-2pm 9/14-10/28 \$118

450805-3B 16 yrs + F 11:15am-12pm 9/18-12/18 \$118

450805-3C 16 yrs + M,W 1:15-2pm 11/2-12/16 \$118

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 Dates: Nov-11, Nov-26, Nov-27*

Aqua Tone Fitness City Gym and Pool

450802-3A 16 yrs + M 8:15-9:25am 9/14-12/14 \$130

450802-3B 16 yrs + W 8:15-9:25am 9/16-12/16 \$121

450802-3C 16 yrs + F 6:45-8am 9/18-12/18 \$121

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn City Gym and Pool

450806-3A 16 yrs + M,W,F 12:15-1:15pm 9/14-10/30 \$143

450806-3B 16 yrs + Tu,Th 12:30-1:30pm 9/15-10/29 \$98

450806-3C 16 yrs + M,W,F 12:15-1:15pm 11/2-12/18 \$143

450806-3D 16 yrs + Tu,Th 12:30-1:30pm 11/3-12/17 \$98

AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. *No Class Dates: Nov-11, Nov-25, Nov-26, Nov-27, Nov-28*

Dawnette Lowry City Gym and Pool

450804-3A 16 yrs + M 5:30-6:30pm 9/14-12/14 \$110

450804-3B 16 yrs + W 5:30-6:30pm 9/16-12/16 \$197

450804-3C 16 yrs + M,W 5:30-6:30pm 9/14-12/16 \$205

450804-3D 16 yrs + M,W,F 5:30-6:30pm 9/14-12/18 \$300

450804-3E 16 yrs + F 5:30-6:30pm 9/18-12/18 \$102

AQUA-TONE: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. *No Class Dates: Nov-11, Nov-26, Nov-27, Nov-28*

Aqua Tone Fitness City Gym and Pool

450808-3A 16 yrs + M 7-8am 9/14-12/14 \$110

450808-3B 16 yrs + W 7-8am 9/16-12/16 \$204

450808-3C 16 yrs + M,W 7-8am 9/14-12/16 \$205

450808-3D 16 yrs + Tu,Th 7-8am 9/15-12/17 \$205

450808-3E 16 yrs + Tu,Th 8:20-9:20am 9/15-12/17 \$205

450808-3F 16 yrs + F 8:20-9:20am 9/18-12/18 \$102

450808-3G 16 yrs + Sa 7-8am 9/19-12/19 \$102

AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O 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 Dates: Nov-27*

Aqua Tone Fitness City Gym and Pool

450821-3A 16 yrs + F 9:30-10:15am 9/18-12/18 \$100



Register Online! www.hbsands.org

ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list. *No Class Dates: Oct-13*

Pati Kent

HB Art Center

450103-4A 12 yrs + Tu 2:30-4pm 9/15-10/27 \$114/\$103

450103-4B 12 yrs + Tu 2:30-4pm 11/3-12/8 \$114/\$103

CERAMIC CREATIONS (ADULTS)

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. *No Class Dates: Nov-11*

Lucia Henry

HB Art Center

450108-4A 16yrs+ W 1-2:40pm 9/16-10/14 \$115/\$104

450108-4B 16yrs+ W 1-2:40pm 10/21-11/25 \$115/\$104

DIGITAL PHOTOGRAPHY BEGINNING

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

Kurt Weston

HB Art Center

450109-4A 16 yrs + F 3:30-5:30pm 10/9-11/13 \$91/\$82

450109-4B 16 yrs + Sa 1-2:45pm 10/10-11/14 \$91/\$82

DIGITAL PHOTOGRAPHY INTERMEDIATE

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

Kurt Weston

HB Art Center

450110-4A 16 yrs + Sa 2:45-4:30pm 10/10-11/14 \$91/\$82

DIGITAL PHOTOGRAPHY ADVANCED

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

Kurt Weston

HB Art Center

450136-4A 16 yrs + F 1-3pm 10/9-11/13 \$91/\$82

EXPLORING WATERCOLORS

Free your creative spirit through watercolors. Explore watercolor techniques such as pouring, stamping, masking, and negative painting. Learn how to get the most out of your paints by utilizing granulation, transparent washes and texture. Break away from traditional painting and have fun!

Eileen McCullough

HB Art Center

450137-4A 18 yrs + Th 9:30am-12:30pm 9/24-11/12 \$150/\$136

INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique. *No Class Dates: Nov-24, Dec-1*

Jose Loza

HB Art Center

450135-4A 12 yrs + Tu 5:30-7:30pm 9/15-12/8 \$116/\$105

INTRODUCTION TO METAL CLAY

Learn to make silver clay jewelry! Students will learn how to handle, create, fire, finish and store metal clay. Projects will include making a pendant using bronze clay, making a mold and creating your own artwork from that mold. \$5 tool rental + clay purchase.

Laura Moore

HB Art Center

450129-4A 13 yrs + W 5:30-7:30pm 9/16-10/21 \$112/\$101

INTERMEDIATE METAL CLAY

Further adventures in metal clay. We will work on making a ring with a bezel set cabochon and hollow form piece using burnaway center. \$5 tool use and price of clay. *No Class Dates: Nov-11*

Laura Moore

HB Art Center

450130-4A 13 yrs + W 5:30-7:30pm 10/28-12/2 \$112/\$101

LANDSCAPE PAINTING IN OIL

This oil painting class is for beginning and continuing students. We use the landscape to strengthen the painter's ability to understand color, relationships of dark and light, and composition. The goal of this class is to help the painter see and interpret the landscape as shape, form, and color.

Thomas Ellsberry

HB Art Center

450114-4A 18 yrs + W 9:30am-12:30pm 9/16-11/4 \$136/\$123

PAINTING AND DRAWING

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

Marilyn Oropeza

Rodgers Seniors' Center

450115-5A 18 yrs + Tu 8:30-11:30am 9/15-10/20 \$50

450115-5B 18 yrs + Tu 8:30-11:30am 10/27-12/1 \$50

450115-5C 18 yrs + Tu 8:30-11:30am 12/8-12/22 \$30



Parks and Recreation
spark creativity



WATERCOLOR PAINTING

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

| | | | |
|----------------------|-------------|----------------------|-----------------------|
| Diane Merrill | | HB Art Center | |
| 450116-4A | 13 yrs + Tu | 9:30am-12:30pm | 9/15-10/20 \$104/\$94 |
| 450116-4B | 13 yrs + Tu | 9:30am-12:30pm | 11/3-12/8 \$104/\$94 |

COMPUTERS

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A \$5.00 suggested donation is due at the first class.

| | | | |
|----------------------|-------------|--------------------------------|-----------------|
| RSC Volunteer | | Rodgers Seniors' Center | |
| 450200-5A | 18 yrs + Tu | 9-11:30am | 10/6-10/27 \$15 |
| 450200-5B | 18 yrs + Tu | 9-11:30am | 11/3-11/24 \$15 |

BUYING ON THE INTERNET

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

| | | | |
|--------------------|-------------|--------------------------------|------------------|
| Joel Lander | | Rodgers Seniors' Center | |
| 450202-5A | 18 yrs + Sa | 9am-12pm | 10/10-10/10 \$38 |
| 450202-5B | 18 yrs + Th | 9am-12pm | 11/19-11/19 \$38 |

ESSENTIAL COMPUTER SKILLS

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

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|--------------------|-------------|--------------------------------|------------|------|
| Joel Lander | | Rodgers Seniors' Center | | |
| 450205-5A | 18 yrs + Th | 9am-12pm | 10/8-10/29 | \$72 |
| 450205-5B | 18 yrs + F | 9am-12pm | 12/4-12/18 | \$72 |

FUN WITH CRAIGSLIST

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

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|--------------------|-------------|--------------------------------|-------------|------|
| Joel Lander | | Rodgers Seniors' Center | | |
| 450201-5A | 18 yrs + Sa | 9am-12pm | 11/7-11/7 | \$38 |
| 450201-5B | 18 yrs + Th | 2-5pm | 12/10-12/10 | \$38 |

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

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

| | | | | |
|--------------------|-------------|--------------------------------|-------------|------|
| Joel Lander | | Rodgers Seniors' Center | | |
| 450210-5A | 18 yrs + Th | 2-5pm | 10/22-10/29 | \$66 |
| 450210-5B | 18 yrs + Th | 2-5pm | 11/5-11/12 | \$66 |

PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised. *No class 10/16*

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|--------------------|------------|--------------------------------|------------|------|
| Joel Lander | | Rodgers Seniors' Center | | |
| 450214-5A | 18 yrs + F | 9:00am-12:00pm | 10/9-10/30 | \$72 |
| 450214-5B | 18 yrs + F | 9:00am-12:00pm | 11/6-11/20 | \$72 |



WINDOWS 7 MADE EASY

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

| Joel Lander | | Rodgers Seniors' Center | | | |
|-------------|-------------|-------------------------|------------|------|--|
| 450211-5A | 18 yrs + Th | 9am-12pm | 11/5-11/12 | \$66 | |
| 450211-5B | 18 yrs + Th | 9am-12pm | 12/3-12/10 | \$66 | |

WINDOWS 8 & 10

This is a 3-hour, starter workshop. Explore some new features in Windows 8/10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. NOTE: This class is for individuals with basic computer experience, not for beginners.

| Joel Lander | | Rodgers Seniors' Center | | | |
|-------------|-------------|-------------------------|-------------|------|--|
| 450212-5A | 18 yrs + W | 6-9pm | 10/14-10/14 | \$38 | |
| 450212-5B | 18 yrs + Sa | 9am-12pm | 10/24-10/24 | \$38 | |
| 450212-5C | 18 yrs + Tu | 6-9pm | 11/10-11/10 | \$38 | |
| 450212-5D | 18 yrs + Sa | 9am-12pm | 11/21-11/21 | \$38 | |
| 450212-5E | 18 yrs + Th | 2-5pm | 12/3-12/3 | \$38 | |

COOKING

BEST EVER TAMALES

Learn the basic way to prepare, assemble and steam the best tamales. This is a hands-on class to perfect the art. We will be making different regional types of tamales along with several different sauces and fillings. At the end of class you will be taking home samples of your work, so come hungry! \$15 material fee payable to instructor.

| April Berg | | Edison Community Center | | |
|------------|-------------|-------------------------|-------------|------|
| 450309-2A | 18 yrs + Tu | 6:15-9:15pm | 10/13-10/13 | \$35 |

CAKE DECORATING BUILDING BUTTERCREAM SKILLS

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

| Rebecca Mejia | | Murphy Community Center | | |
|---------------|-------------|-------------------------|------------|------|
| 450301-1A | 13 yrs + Tu | 6-8pm | 9/15-10/6 | \$50 |
| 450301-1B | 13 yrs + Tu | 6-8pm | 10/13-11/3 | \$50 |

CAKE DECORATING: FLOWERS & CAKE DESIGN

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.

| Rebecca Mejia | | Murphy Community Center | | |
|---------------|------------|-------------------------|------------|------|
| 450303-1A | 13 yrs + W | 6-8pm | 10/7-10/28 | \$50 |

CAKE DECORATING: GUM PASTE & FONDANT

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

| Rebecca Mejia | | Murphy Community Center | | |
|---------------|-------------|-------------------------|-------------|------|
| 450304-1A | 13 yrs + Th | 6-8pm | 10/29-11/19 | \$50 |

CHRISTMAS COOKIES AND CANDIES

Wonderful gifts from the heart and the kitchen. We will be learning to make lots of Holiday Favorites to give to your family and friends. Also freezing and shipping pointers. Take home tons of other recipes not prepared in class. Some cooking tools will be required to bring with you. \$15 material fee payable to instructor.

| April Berg | | Edison Community Center | | |
|------------|-------------|-------------------------|-----------|------|
| 450305-2A | 18 yrs + Tu | 6:15-9:15pm | 12/8-12/8 | \$35 |

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 to instructor.

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

SOUFFLE AND QUICHE

Learn the secrets to make the perfect souffles and quiches for every meal. Breakfast, Lunch, Dinner, and of course dessert. You will learn how to make the perfect crust, variety of fillings and how to incorporate eggs and ingredients to ensure the perfect rise. Come hungry. \$15 material fee payable to instructor.

| April Berg | | Edison Community Center | | |
|------------|-------------|-------------------------|-------------|------|
| 450308-2A | 18 yrs + Tu | 6:15-9:15pm | 11/10-11/10 | \$35 |



DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. No Class Dates: Nov-11

| | | | |
|--|------------------------|--------------------------|------|
| Huntington Academy of Dance | | City Gym and Pool | |
| 450442-3A | 16 yrs + M 7-8pm | 9/14-11/9 | \$95 |
| Huntington Academy of Dance 16601 Gothard Street, Suite A | | | |
| 450442-1A | 16 yrs + W 7:30-8:30pm | 9/16-11/18 | \$95 |

BALLET & 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.

| | | | |
|------------------------------------|-------------------------|--------------------------------------|------|
| Huntington Academy of Dance | | 16601 Gothard Street, Suite A | |
| 450426-5A | 50 yrs + M 12:30-1:30pm | 9/14-10/19 | \$49 |
| 450426-5B | 50 yrs + M 12:30-1:30pm | 10/26-11/30 | \$49 |

BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. Hosted by Jill Foremen. No Partner needed

| | | | |
|-------------------|------------------|--------------------------------|------|
| Kaylaa Fox | | Edison Community Center | |
| 450407-2A | 16 yrs + M 7-8pm | 9/14-10/12 | \$59 |
| 450407-2B | 16 yrs + M 7-8pm | 10/19-11/16 | \$59 |

DANCE: ARGENTINE TANGO

This is the dance of love. 15 years of dancing the Argentine Tango and it is still my favorite dance. You will learn Ganchos, Boleos, and other patterns. I will emphasize the styling and technique in each pattern. There is no better way to impress your friends than with this dance. Women-bring a partner if you can!

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|-----------------------|-------------------------|--------------------------------|------|
| William Hazard | | Rodgers Seniors' Center | |
| 450445-5A | 18 yrs + Tu 7:30-8:30pm | 10/13-11/10 | \$49 |

DANCE: BALLROOM SOCIAL

These Ballroom dances will allow you to dance at ALL social ball room dance places and occasions. Foxtrot for slow dancing, good for weddings and dinner and dancing, too. Also, Cha Cha for exciting Latin and today's pop music. With these 2 dances you can dance anyplace on any occasion. No Class Dates: Nov-26

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|-------------------|----------------------|-------------------------------|------|
| Kaylaa Fox | | Murdy Community Center | |
| 450432-1A | 16 yrs + Th 7-7:45pm | 9/17-10/8 | \$49 |
| 450432-1B | 16 yrs + Th 7-7:45pm | 11/12-12/10 | \$49 |

DANCE: COUNTRY LINE

COUNTRY IS BIG! Don't miss out dancing Country Line Dance and the Country good fun! Meet the Country crowd and socialize while listening to your favorite Country music. All the popular line dances are taught. kaylaa@dancequick.com \$2 supply fee. No Class Dates: Nov-26

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|-------------------|-------------------------|--------------------------------|------|
| Kaylaa Fox | | Edison Community Center | |
| 450413-2A | 16 yrs + W 7:30-8:15pm | 9/16-10/7 | \$49 |
| 450413-2B | 16 yrs + W 7:30-8:15pm | 10/14-11/4 | \$49 |
| 450413-2C | 16 yrs + W 7:30-8:15pm | 11/18-12/9 | \$49 |
| Kaylaa Fox | | Murdy Community Center | |
| 450413-1A | 18 yrs + Th 7:45-8:30pm | 9/17-10/8 | \$49 |
| 450413-1B | 18 yrs + Th 7:45-8:30pm | 10/15-11/5 | \$49 |
| 450413-1C | 18 yrs + Th 7:45-8:30pm | 11/12-12/10 | \$49 |

DANCE: COUNTRY TWO STEP

COUNTRY IS BIG! Country Two Step is the top dance at Country Nightclubs and Country Events. You will learn the Two Step and be out having a great country good time socializing and meeting new people. No Partner needed. \$2 supply fee. No Class Dates: Nov-26

| | | | |
|-------------------|------------------------|--------------------------------|------|
| Kaylaa Fox | | Murdy Community Center | |
| 450415-1A | 16 yrs + Th 7-7:45pm | 10/15-11/5 | \$49 |
| Kaylaa Fox | | Edison Community Center | |
| 450415-2A | 16 yrs + W 8:15-9:00pm | 9/16-10/7 | \$49 |
| 450415-2C | 16 yrs + W 8:15-9:00pm | 11/18-12/9 | \$49 |

DANCE: SALSA

Sizzling Salsa is the Latin craze. Join and learn all the patterns that will make you able to dance right away and socialize at all the Latin connections. No partner needed. \$2 supply fee. No Class Dates: Nov-26

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|-------------------|-------------------------|--------------------------------|------|
| Kaylaa Fox | | Edison Community Center | |
| 450421-2A | 16 yrs + W 8:15-9:00pm | 10/14-11/4 | \$49 |
| Kaylaa Fox | | Murdy Community Center | |
| 450421-1A | 16 yrs + Th 8:30-9:15pm | 9/17-10/8 | \$49 |
| 450421-1B | 16 yrs + Th 8:30-9:15pm | 10/15-11/5 | \$49 |
| 450421-1C | 16 yrs + Th 8:30-9:15pm | 11/12-12/10 | \$49 |

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and OLIVA LAI

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|-------------------|-------------------------|-------------------------------|------|
| Kaylaa Fox | | Murdy Community Center | |
| 450422-1A | 18 yrs + Th 6:15-7:15pm | 9/17-10/8 | \$40 |
| 450422-1B | 18 yrs + Th 6:15-7:15pm | 10/15-11/5 | \$40 |

DANCE: SWING BASICS

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

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|-------------------|-------------------------|-------------------------------|------|
| Kaylaa Fox | | Murdy Community Center | |
| 450423-1A | 16 yrs + Th 8:15-9:15pm | 9/17-10/8 | \$40 |
| 450423-1B | 16 yrs + Th 8:15-9:15pm | 10/15-11/5 | \$40 |

Register Online! www.hbsands.org

TEEN/ADULT

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 you're dancing more enjoyable. No partner needed. HOSTED BY MICHAEL and OLIVAI LAI

Kaylaa Fox

Murdy Community Center

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|-----------|----------|----|-------------|------------|------|
| 450424-1A | 16 yrs + | Th | 7:15-8:15pm | 9/17-10/8 | \$40 |
| 450424-1B | 16 yrs + | Th | 7:15-8:15pm | 10/15-11/5 | \$40 |

DANCE: WALTZ & FOXTROT

Want to learn more steps in Waltz and Foxtrot? The patterns many times are the same; the difference is timing and styling. In this class most patterns will be taught facing and in dance position, allowing you to learn to follow or lead, which is most important in dancing. Women-bring a partner if you can!

William Hazard

Rodgers Seniors' Center

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|-----------|----------|----|-------------|-----------|------|
| 450444-5A | 18 yrs + | Tu | 7:30-8:30pm | 9/15-10/6 | \$39 |
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DANCE: WEST COAST SWING

West Coast Swing allows both partners to improvise steps while dancing together, putting this dance in a short list of dances that put a premium on improvisation. This dance is danced in a slot with great moves. 17 years dancing West Coast Swing and it is my second favorite dance. So much fun! Women-bring a partner if you can!

William Hazard

Rodgers Seniors' Center

| | | | | | |
|-----------|----------|----|-------------|------------|------|
| 450446-5A | 18 yrs + | Tu | 7:30-8:30pm | 11/17-12/8 | \$39 |
|-----------|----------|----|-------------|------------|------|

LINE DANCE FITNESS LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: New Beginner line dancers No Class Dates: Nov-20, Nov-27

Suzy Hazard

Rodgers Seniors' Center

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|-----------|----------|---|-------|------------|------|
| 450419-5A | 18 yrs + | F | 4-5pm | 9/18-12/11 | \$60 |
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LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. No Class Dates: Nov-11, Nov-18

Suzy Hazard

Rodgers Seniors' Center

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|-----------|----------|---|-------------|-----------|------|
| 450428-5A | 18 yrs + | W | 2:15-3:45pm | 9/16-12/9 | \$60 |
|-----------|----------|---|-------------|-----------|------|



Parks and Recreation strengthen neighborhood involvement

Register Online! www.hbsands.org

LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. No Class Dates: Nov-23

Suzy Hazard

Rodgers Seniors' Center

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|-----------|----------|---|-------------|-----------|------|
| 450433-5A | 18 yrs + | M | 3:15-4:45pm | 9/14-12/7 | \$65 |
|-----------|----------|---|-------------|-----------|------|

LINE DANCE FITNESS 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 Dates: Nov-11, Nov-18

Suzy Hazard

Rodgers Seniors' Center

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|-----------|----------|---|-----------|-----------|------|
| 450420-5A | 18 yrs + | W | 12:30-2pm | 9/16-12/9 | \$60 |
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NEW BEGINNER LINE DANCE

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. No Class Dates: Nov-20, Nov-27

Suzy Hazard

Rodgers Seniors' Center

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|-----------|----------|---|-------|------------|------|
| 450434-5A | 18 yrs + | F | 3-4pm | 9/18-12/11 | \$60 |
|-----------|----------|---|-------|------------|------|

PRIVATE DANCE LESSON

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

SockhopFitness

Edison Community Center

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|-----------|---------|-----|-----|-----|------|
| 450402-2A | 6 yrs + | TBD | TBD | TBD | \$60 |
|-----------|---------|-----|-----|-----|------|

TAP CLASS 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. No Class Dates: Nov-11

Renee Roseth

Rodgers Seniors' Center

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|-----------|----------|----|-------------|------------|-------|
| 450437-5A | 18 yrs + | M | 5-6pm | 9/21-12/14 | \$185 |
| 450437-5B | 18 yrs + | Tu | 5-6pm | 9/22-12/15 | \$185 |
| 450437-5C | 18 yrs + | W | 3:30-4:30pm | 9/23-12/16 | \$185 |

TAP-INTERMED/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No Class Dates: Nov-11

Renee Roseth

Rodgers Seniors' Center

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|-----------|----------|----|-------------|------------|-------|
| 450438-5A | 18 yrs + | M | 6-7pm | 9/21-12/14 | \$185 |
| 450438-5B | 18 yrs + | Tu | 6-7pm | 9/22-12/15 | \$185 |
| 450438-5C | 18 yrs + | W | 2:30-3:30pm | 9/23-12/16 | \$185 |

TUPUA'S BEGINNING POLYNESIAN

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

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| Melody Seanoa | | Rodgers Seniors' Center |
| 450440-5A | 13 yrs + Tu 6:30-7:30pm | 9/15-10/20 \$64 |
| 450440-5B | 13 yrs + Tu 6:30-7:30pm | 10/27-12/1 \$64 |

TUPUA'S ADVANCED POLYNESIAN

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

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| Melody Seanoa | | Rodgers Seniors' Center |
| 450439-5A | 13 yrs + Tu 7:30-8:30pm | 9/15-10/20 \$64 |
| 450439-5B | 13 yrs + Tu 7:30-8:30pm | 10/27-12/1 \$64 |

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.

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| Dog Services Unlimited | | Edison Community Center |
| 450503-2A | 10 yrs + Tu 8:30-9:15pm | 10/27-11/3 \$26 |

CRASH COURSE IN CANINE MANNERS

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

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| Dog Services Unlimited | | Murdy Community Center |
| 450506-1A | 10 yrs + M 7:30-8:45pm | 10/26-11/16 \$80 |

DOG- FRISBEE: CATCH THE FUN!

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) Class meets on grass near Dog Park, Edwards & Inlet.

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| Dog Services Unlimited | | Dog Park |
| 450509-1A | 10 yrs + Su 5-6:30pm | 9/27 \$29 |

DOG OBEDIENCE BEGINNING

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

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| Dog Services Unlimited | | Edison Community Center |
| 450504-2A | 10 yrs + Tu 7:30-8:30pm | 9/22-11/3 \$93 |
| 450504-2B | 10 yrs + W 6-7pm | 10/7-11/18 \$93 |

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| Dog Services Unlimited | | Murdy Community Center |
| 450504-1A | 10 yrs + Th 7-8pm | 9/17-10/29 \$93 |

DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class includes training manual.

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| Dog Services Unlimited | | Murdy Community Center |
| 450502-1A | 10 yrs + M 6:30-7:30pm | 10/19-11/23 \$82 |

FLYBALL DOG TRAINING

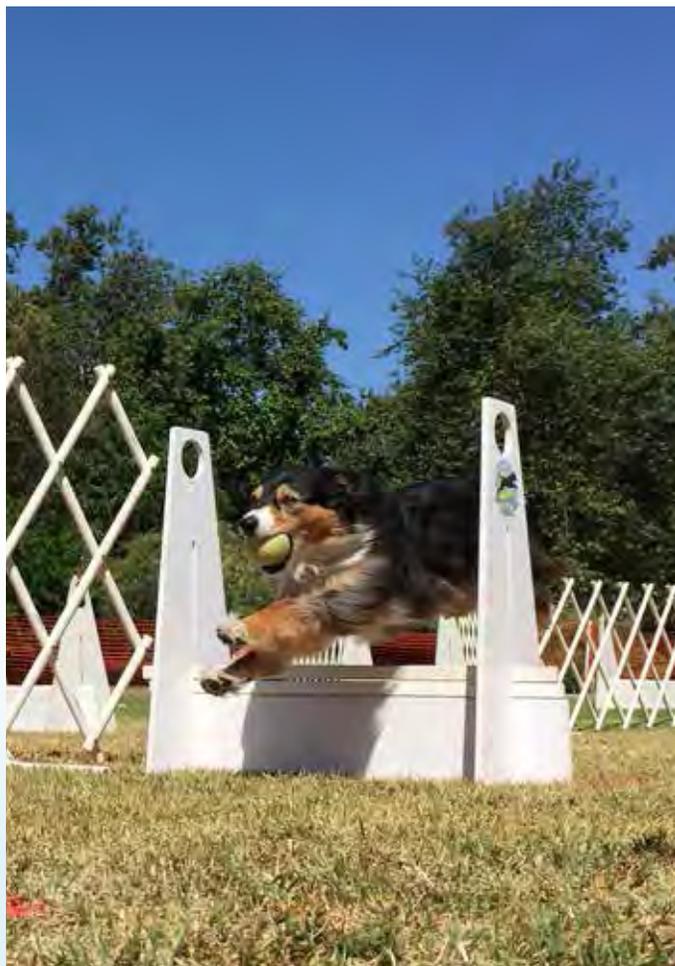
Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. No Class Dates: Oct-3, Oct-31

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|--------------------------|--------------------|---|
| Surf City Flyball | | Center Park - Slater/Goldenwest Street |
| 450507-1A | 15 yrs + Sa 9-10am | 9/19-11/21 \$95 |

FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. No Class Dates: Oct-3, Oct-31

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|--------------------------|------------------------|---|
| Surf City Flyball | | Center Park - Slater/Goldenwest Street |
| 450508-1A | 18 yrs + Sa 10-11:30am | 9/19-11/21 \$95 |



EDUCATIONAL

ASK A PEDIATRICIAN

Ideal for expectant parents, join this informal meeting where you can ask questions and get advice from a pediatrician. Topics can include repairing for your baby, what to expect for your baby after birth, newborn care, feedings, vaccinations, sleep, and much more. This class is located at the Hoag Medical Group Pediatrics.

Jennifer Birkhauser 19582 Beach Blvd, Suite 360
450609-1A All Sa 10-11:30am 10/3 FREE

E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling accounts, how to decide what to sell. Little known tips on setting up your auctions and stealth secrets for creating an eyeball-grabbing listing. Hand-outs will be given and CPU points are available. Instruction will be presented using Power Point and the Internet.

David Krueger Murdy Community Center
450606-1A 18 yrs + Tu 7-9pm 10/6-10/20 \$79

ITALIAN: CONVERSATIONAL ITALIAN 1A

If you like Italy and its culture, you will enjoy this fun and relaxed beginning Italian conversational class. A native born Italian instructor will teach you how to speak in the present tense about yourself and a variety of topics relating to day-to-day life. Focus is on creating a fun and interactive class. *No Class Dates: Nov-26*

Spectrum Languages Edison Community Center
450601-2A 18 yrs + Th 6:30-7:30pm 10/1-12/3 \$120

ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun. *No Class Dates: Nov-26*

Spectrum Languages Edison Community Center
450603-2A 18 yrs + Th 7:30-8:30pm 10/1-12/3 \$120

LEARNING BLACK HISTORY

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

Beatrice Jones Rodgers Seniors' Center
450610-5A 8 yrs + Sa 10am-12pm 10/10-12/12 \$10

SPANISH FOR FUN AND FOREVER-BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his or her 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 activity fee due at first class.

Murnez Blades Rodgers Seniors' Center
450604-5A 18 yrs + Tu 6-7pm 9/22-11/3 \$94
450604-5B 18 yrs + Th 3-4pm 9/24-11/5 \$94

HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdominal region, better posture and more! Core strength can also help you reduce the risk of certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water and your own exercise ball. *No Class Dates: Nov-11, Nov-26, Nov-27*

HB Pilates City Gym and Pool
450833-3B 16 yrs + W 11-11:30am 9/16-11/25 \$73
450833-3C 16 yrs + W 11-11:30am 12/2-12/16 \$27

HB Pilates Edison Community Center
450833-2A 16 yrs + F 11-11:30am 9/18-11/20 \$73
450833-2B 16 yrs + F 11-11:30am 12/4-12/18 \$27

HB Pilates Murdy Community Center
450833-1A 16 yrs + M 11:30am-12pm 9/14-11/23 \$77
450833-1B 16 yrs + W 6:30-7pm 9/16-11/25 \$73
450833-1C 16 yrs + M 11:30am-12pm 11/30-12/14 \$27
450833-1D 16 yrs + W 6:30-7pm 12/2-12/16 \$27

CARDIO STEP & BODY SCULPT

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

Susan Hardy Edison Community Center
450851-2A 13 yrs + M,W,F 5:15-6:15pm 9/14-12/11 \$142

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. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy Murdy Community Center
450835-1A 13 yrs + M,W,F 9:15-10am 9/14-12/11 \$136

CARDIO STRENGTH & STRENGTH TRAINING

Whether you are a beginner or advanced, see results faster! Join us for a mix of step cardiovascular training, low impact, core, and muscular strength training to blast calories and improve total health. Not able to do step or cardiovascular training? Sign up for 2B and join us for the muscular strength and endurance conditioning. Steps and hand-held weights provided. Please bring mat, towel, and water. *No Class Dates: Nov-26*

Joanne Pridomirski Edison Community Center
450850-2A 13 yrs + Tu,Th 8:45-9:45am 9/15-12/15 \$89
450850-2B 13 yrs + Tu,Th 9:15-9:45am 9/15-12/15 \$45

Register Online! www.hbsands.org

FITNESS FOR LIFE

Come join our work-out using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class. *No Class Dates: Nov-11*

Phil Hart **Rodgers Seniors' Center**
450838-5A 40 yrs + W 6-7pm 9/16-11/18 \$95

HB PILATES: 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, PILOXING, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. *No Class Dates: Nov-11, Nov-26, Nov-27*

HB Pilates **All Community Center Locations**
450611-1A 16 yrs + Attend any HB Pilates classes 9/14-12/19 \$80

HB PILATES: FREE CLASS WEEK

Back by popular demand, one week of FREE classes! Join us for a week of complimentary classes including: Lean & Fit, Pilates Mat, Pilates Barre with Cardio, PILOXING, Stroller Workout, Prenatal/Postnatal Pilates, Ab-Core Blast and Pilates Chair! Please make your class reservations online at: www.hbpilates.com. Limited spaces available and some restrictions apply.

HB Pilates **All Community Center Locations**
450702-1A 16yrs+ Attend any HB Pilates classes 9/8-9/12 FREE

HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and hand weights. All other equipment provided.

HB Pilates **Edison Community Center**
450839-2A 16 yrs + M 9-10am 9/14-11/23 \$143
450839-2B 16 yrs + F 9-10am 9/18-11/20 \$133
450839-2C 16 yrs + M 9-10am 11/30-12/14 \$45
450839-2D 16yrs + F 9-10am 12/4-12/18 \$45

HB PILATES STROLLER WORKOUT

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

HB Pilates **Rodgers Seniors' Center**
450825-1A 18 yrs + Tu 9-10am 9/15-11/24 \$143
450825-1B 18 yrs + Th 9-10am 9/17-11/19 \$133
450825-1C 18 yrs + Tu,Th 9-10am 9/15-11/24 \$210
450825-1D 18 yrs + Tu 9-10am 12/1-12/15 \$45
450825-1E 18yrs + Th 9-10am 12/3-12/17 \$45

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. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy **Murdy Community Center**
450841-1A 13 yrs + M,W,F 8:30-9:15am 9/14-12/11 \$136

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Shakira'd -be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! *No Class Dates: Nov-27*

Erica Den Hartog **City Gym and Pool**
450853-3A 13 yrs + M,F 9-10:05am 9/14-12/11 \$69
450853-3B 13 yrs + M,F 9-10:05am 9/14-12/11 \$99

KICKBOXING AEROBICS

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

Julia Weber **Murdy Community Center**
450842-1A 13 yrs + Tu 7-8pm 9/15-12/1 \$92

KINETIC MINDFULNESS

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

David Phears **Rodgers Seniors' Center**
450815-5A 18 yrs + M 9:30-10:30am 9/21-11/9 \$100

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Nov-11*

HB Pilates **City Gym and Pool**
450855-3A 16 yrs + W 10-11am 9/16-11/25 \$133
450855-3B 16 yrs + W 5:10-6:10pm 9/16-11/25 \$133
450855-3C 16 yrs + Th 7-8pm 9/17-11/19 \$133
450855-3D 16 yrs + W 10-11am 12/2-12/16 \$45
450855-3E 16 yrs + Th 7-8pm 12/3-12/17 \$45

HB Pilates **Edison Community Center**
450855-2A 16 yrs + M 7:30-8:30pm 9/14-11/23 \$143
450855-2B 16 yrs + M 7:30-8:30pm 11/30-12/14 \$45

HB Pilates **Murdy Community Center**
450855-1A 16 yrs + Tu 7-8pm 9/15-11/24 \$143
450855-1B 16 yrs + Tu 7-8pm 12/1-12/15 \$45

Register Online! www.hbsands.org

PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. Email info: hbpilates.com for questions. *No Class Dates: Nov-11, Nov-26, Nov-27*

| HB Pilates | Rodgers Seniors' Center | | | |
|------------|-------------------------|--------------|-------------|-------|
| 450879-5A | 18 yrs + M | 12:30-1:30pm | 9/14-11/23 | \$121 |
| 450879-5B | 18 yrs + W | 12-1pm | 9/16-11/25 | \$113 |
| 450879-5C | 18 yrs + F | 12:30-1:30pm | 9/18-11/20 | \$113 |
| 450879-5D | 18 yrs + M | 12:30-1:30pm | 11/30-12/14 | \$39 |
| 450879-5E | 18 yrs + W | 12-1pm | 12/2-12/16 | \$39 |
| 450879-5F | 18yrs + F | 12:30-1:30pm | 12/4-12/18 | \$39 |

PILATES CHAIR – SITTING ONLY

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

| HB Pilates | Rodgers Seniors' Center | | | |
|------------|-------------------------|-----------------|------------|------|
| 450895-5A | 18 yrs+ F | 11:45am-12:30pm | 9/18-11/20 | \$99 |
| 450895-5B | 18 yrs+ F | 11:45am-12:30pm | 12/4-12/18 | \$36 |

PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$16. Bring mat, towel, and water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

| HB Pilates | City Gym and Pool | | | |
|------------|-------------------|--------|------------|-------|
| 450811-3A | 16 yrs + W | 9-10am | 9/16-11/25 | \$123 |
| 450811-3B | 16 yrs + Th | 6-7pm | 9/17-11/19 | \$123 |
| 450811-3C | 16 yrs + W | 9-10am | 12/2-12/16 | \$42 |
| 450811-3D | 16 yrs + Th | 6-7pm | 12/3-12/17 | \$42 |

| HB Pilates | Edison Community Center | | | |
|------------|-------------------------|-------------|-------------|-------|
| 450811-2A | 16 yrs + M | 6:30-7:30pm | 9/14-11/23 | \$132 |
| 450811-2B | 16 yrs + M | 6:30-7:30pm | 11/30-12/14 | \$42 |
| 450811-2C | 16 yrs + Tu | 9-10am | 9/15-11/24 | \$132 |
| 450811-2D | 16 yrs + Tu | 9-10am | 12/1-12/15 | \$42 |
| 450811-2E | 16 yrs + F | 10-11am | 9/18-11/20 | \$123 |
| 450811-2F | 16 yrs + F | 10-11am | 12/4-12/18 | \$42 |

| HB Pilates | Murdy Community Center | | | |
|------------|------------------------|---------------|-------------|-------|
| 450811-1A | 16 yrs+ M | 10:30-11:30am | 9/14-11/23 | \$132 |
| 450811-1B | 16yrs+ Tu | 6-7pm | 9/15-11/24 | \$132 |
| 450811-1C | 16yrs+ Th | 5-6pm | 9/17-11/19 | \$123 |
| 450811-1D | 16yrs+ Sa | 9-10am | 9/19-11/28 | \$132 |
| 450811-1E | 16yrs+ M | 10:30-11:30am | 11/30-12/14 | \$42 |
| 450811-1F | 16yrs+ Tu | 6-7pm | 12/1-12/15 | \$42 |
| 450811-1G | 16yrs+ Th | 5-6pm | 12/3-12/17 | \$42 |
| 450811-1H | 16yrs+ Sa | 9-10am | 12/5-12/19 | \$30 |

Register Online! www.hbsands.org



PILOXING

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. Drop-Ins: \$16. Bring mat, towel, grip socks, and water. *No Class Dates: Nov-11, Dec-12*

| HB Pilates | | City Gym and Pool | | | |
|------------|-------------|-------------------------|------------|-------|--|
| 450843-3A | 16 yrs + Tu | 7-8pm | 9/15-11/24 | \$143 | |
| HB Pilates | | Edison Community Center | | | |
| 450843-2A | 16 yrs + Tu | 10-11am | 9/15-11/24 | \$143 | |
| 450843-2B | 16 yrs + Tu | 10-11am | 12/1-12/15 | \$45 | |
| HB Pilates | | Murdy Community Center | | | |
| 450843-1A | 16 yrs + W | 7-8pm | 9/16-11/25 | \$133 | |
| 450843-1B | 16 yrs + Sa | 10-11am | 9/19-11/28 | \$143 | |
| 450843-1C | 16 yrs + W | 7-8pm | 12/2-12/16 | \$45 | |
| 450843-1D | 16yrs + Sa | 10-11am | 12/5-12/19 | \$32 | |

PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth and after pregnancy while their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and women 6-8 weeks postpartum, with doctor's approval. Drop-Ins: \$16. Please bring mat, towel, and water. *No Class Dates: Nov-26*

| HB Pilates | | Murdy Community Center | | | |
|------------|-------------------------|------------------------|---------------|-------|--|
| 450856-1A | 18 yrs + Th | 6-7pm | 9/17-11/19 | \$133 | |
| 450856-1B | 18 yrs + Th | 6-7pm | 12/3-12/17 | \$45 | |
| 450856-1C | 18 yrs + Private Lesson | TBD | 30 Min Lesson | \$45 | |
| 450856-1D | 18 yrs + Private Lesson | TBD | 1 Hour Lesson | \$75 | |

PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

| HB Pilates | | All Community Center Locations | | | |
|------------|--------------|--------------------------------|-------------|--------|--|
| 450897-1A | 16 yrs + TBD | TBD | 1 Session | \$75 | |
| 450897-1B | 16 yrs + TBD | TBD | 10 Sessions | \$700 | |
| 450897-1C | 16 yrs + TBD | TBD | 20 Sessions | \$1300 | |

QIGONG

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

| Donald Walker | | Murdy Community Center | | | |
|---------------|------------|------------------------|------------|------|--|
| 450864-1A | 18 yrs + W | 6-7:15pm | 9/16-10/28 | \$49 | |

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend! *No class Nov-28.*

| Susan Hardy | | Edison Community Center | | | |
|-------------|-------------|-------------------------|------------|------|--|
| 450846-2A | 13 yrs + Sa | 9:15-10:15am | 9/19-12/12 | \$56 | |

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. *No class 11/24, 11/27.* Stay motivated!

| Marianne Grossman | | Rodgers Seniors' Center | | | |
|-------------------|---------------|-------------------------|------------|------|--|
| 454088-5A | 55 yrs + Tu,F | 9-9:45am | 9/15-12/11 | \$59 | |

SLIM & TRIM

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

| Georgia Spidle | | Lake Park Clubhouse, 1035 11th Street | | | |
|----------------|----------------|---------------------------------------|------------|------|--|
| 450847-2A | 18 yrs + M,W,F | 9-10am | 9/14-12/11 | \$60 | |

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Nov-27*

| Elizabeth Pham | | Rodgers Seniors' Center | | | |
|----------------|-------------|-------------------------|------------|------|--|
| 450881-5A | 18 yrs + M | 6:45-8:15pm | 9/14-12/7 | \$65 | |
| 450881-5B | 18 yrs + Th | 9-10:30am | 9/17-12/10 | \$65 | |

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Nov-27*

| Sonja Howe | | Rodgers Seniors' Center | | | |
|------------|-------------|-------------------------|------------|------|--|
| 450882-5A | 18 yrs + M | 6:45-8:15pm | 9/14-12/7 | \$65 | |
| 450882-5B | 18 yrs + Th | 9-10:30am | 9/17-12/10 | \$65 | |

TAI CHI FOR WELLNESS SET 1

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

| Donald Walker | | Edison Community Center | | | |
|---------------|------------|-------------------------|------------|------|--|
| 450887-2A | 18 yrs + M | 1-2:15pm | 9/14-10/26 | \$49 | |

TAI CHI FOR WELLNESS SET 2

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

| Donald Walker | | Edison Community Center | | | |
|---------------|------------|-------------------------|------------|------|--|
| 450911-2A | 18 yrs + M | 2:30-3:45pm | 9/14-10/26 | \$49 | |

Register Online! www.hbsands.org

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat *No Class Dates: Nov-23, Nov-24*

Marianne Grossman **Edison Community Center**
450857-2A 18 yrs + Tu 5:30-6:30pm 9/15-12/8 \$76

Marianne Grossman **Rodgers Seniors' Center**
450857-5A 18 yrs + M 5:30-6:30pm 9/14-12/7 \$76

TOTAL BODY WORKOUT/CARDIO STEP

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. *Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy **Murdy Community Center**
450886-1A 13 yrs + M,W,F 8:30-10am 9/14-12/11 \$165

UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: HB Pilates: Lean & Fit, Pilates Mat, Pilates Barre with Cardio, PILOXING, Pilates Chair, Ab-Core Blast and Prenatal/Postnatal Pilates. Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces are available and some restrictions apply. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

HB Pilates **All Community Center Locations**

| | | | | | |
|------------------|----------|------|----------|-------------|-------|
| 450896-1A | 16 yrs + | M-Sa | 11 Weeks | 9/14-11/28 | \$399 |
| 450896-1B | 16 yrs + | M-Sa | 6 Weeks | 9/14-10/24 | \$239 |
| 450896-1C | 16 yrs + | M-Sa | 5 Weeks | 10/26-11/28 | \$145 |
| 450896-1D | 16 yrs + | M-Sa | 3 Weeks | 11/30-12/19 | \$129 |

WALKING: REJUVENATE YOUR STEP

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

Donald Walker **Edison Community Center**
450898-2A 18 yrs + Tu 1:30-2:45pm 9/29-10/27 \$49

CANDLELIGHT 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.

Denise Stanek **HB Art Center**
450865-4A 17 yrs + Tu 6:30-7:30pm 9/15-11/3 \$106/\$96



YOGA: CITY GYM

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

Yvonne Carmichael **City Gym and Pool**
450867-3A 16 yrs + M 10:30am-12pm 9/14-11/16 \$105

YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation, and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. Bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500C, ERYT-500. *No Class Dates: Oct-7, Oct-14, Nov-11, Nov-25*

Diane Pavesic **Edison Community Center**

| | | | | | |
|------------------|----------|---|-------------|-----------|------|
| 450868-2A | 18 yrs + | W | 4:30-5:30pm | 9/23-12/9 | \$66 |
| 450868-2B | 18 yrs + | W | 5:45-6:45pm | 9/23-12/9 | \$66 |
| 450868-2C | 18 yrs + | W | 7-8pm | 9/23-12/9 | \$66 |

YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates: Oct-12, Oct-14, Nov-9, Nov-11, Nov-13, Nov-23, Nov-24, Nov-25, Nov-27*

Jacki King-E-RYT **Murdy Community Center**

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|------------------|----------|---|-------------|-----------|------|
| 450876-1F | 18 yrs + | M | 4:35-5:35pm | 9/14-12/7 | \$82 |
| 450876-1H | 18 yrs + | W | 4-5pm | 9/16-12/9 | \$82 |

Susan Holden **Murdy Community Center**

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|------------------|----------|----|-------------|------------|------|
| 450876-1A | 16 yrs + | M | 6-7pm | 9/14-12/7 | \$82 |
| 450876-1B | 16 yrs + | M | 7:15-8:15pm | 9/14-12/7 | \$82 |
| 450876-1C | 16 yrs + | Tu | 5:30-6:45pm | 9/15-12/8 | \$90 |
| 450876-1D | 16 yrs + | F | 4-5pm | 9/18-12/11 | \$90 |

Yvonne Carmichael **Lake View Clubhouse 17461 Zeider Lane**

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|------------------|----------|---|--------------|------------|------|
| 450876-1E | 18 yrs + | W | 10:30am-12pm | 9/16-11/18 | \$97 |
| 450876-1G | 18 yrs + | F | 10:30am-12pm | 9/18-11/20 | \$97 |

Register Online!
www.hbsands.org

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Oct-8, Oct-15, Nov-26*

| | | | | |
|----------------------|----------|----|--------------------------------|-----------------|
| Diane Pavesic | | | Rodgers Seniors' Center | |
| 450872-5A | 18 yrs + | Th | 10am-11pm | 9/24-12/10 \$74 |
| 450872-5B | 18 yrs + | Th | 11am-12pm | 9/24-12/10 \$74 |

CHAIR YOGA

Yoga unities mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500. *No Class Dates: Oct-5, Oct-12, Nov-23*

| | | | | |
|----------------------|----------|---|--------------------------------|----------------|
| Diane Pavesic | | | Rodgers Seniors' Center | |
| 450866-5A | 18 yrs + | M | 10-11am | 9/21-12/7 \$74 |

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.

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|---------------------|----------|----|--------------------------|-----------------|
| David Phears | | | City Gym and Pool | |
| 450874-3A | 16 yrs + | Th | 8:45-10am | 9/17-11/5 \$100 |

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12. *No Class Dates: Nov-11*

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|-----------------------|----------|---|--------------------------------|----------------|
| SockhopFitness | | | Edison Community Center | |
| 450858-2A | 16 yrs + | W | 6:30-7:15pm | 9/16-12/9 \$73 |

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! *No Class Dates: Nov-17, Nov-24*

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|-----------------------|---------|----|-------------------------------|----------------|
| SockhopFitness | | | Murdy Community Center | |
| 450813-1A | 6 yrs + | Tu | 8:05-8:50am | 9/22-12/8 \$62 |

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|-----------------------|---------|----|--------------------------------|----------------|
| SockhopFitness | | | Rodgers Seniors' Center | |
| 450813-5A | 6 yrs + | Tu | 6-6:45pm | 9/15-12/8 \$79 |

ZUMBA TONING

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

| | | | | |
|-----------------------|----------|---|--------------------------------|----------------|
| SockhopFitness | | | Edison Community Center | |
| 450888-2A | 16 yrs + | M | 5:45-6:30pm | 9/14-12/7 \$79 |

MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$35.

| | | | | |
|-------------------------|---------|----|--------------------------------|-----------------|
| Frances Cardinal | | | Rodgers Seniors' Center | |
| 450904-5A | 3 yrs + | Tu | 5-6pm | 9/15-11/17 \$80 |
| 450904-5B | 3 yrs + | Th | 5-6pm | 9/17-11/19 \$80 |

KARATE-DO TRADITIONAL JAPANESE

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

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|--------------------|----------|----|--------------------------------|------------------|
| Wadoryu USA | | | Edison Community Center | |
| 450907-2A | 16 yrs + | Th | 7-8:15pm | 9/17-12/10 \$120 |

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$85, any 2 days \$144, all 3 days \$180.

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|-------------------------|----------|----|--------------------------------|-----------------|
| Frances Cardinal | | | Rodgers Seniors' Center | |
| 450901-5A | 16 yrs + | Tu | 6:15-7:45pm | 9/15-11/17 \$85 |
| 450901-5B | 16 yrs + | Th | 6:15-7:45pm | 9/17-11/19 \$85 |
| 450901-5C | 16 yrs + | Sa | 10am-12pm | 9/19-11/21 \$85 |

TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Free demo on September 22nd at 10:15am & September 23rd at 6:30pm.

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|------------------|----------|----|----------------------|-----------------------|
| Luh Arts | | | HB Art Center | |
| 450910-4A | 16 yrs + | Tu | 10:15-11:30am | 9/29-11/17 \$109/\$99 |
| 450910-4B | 16 yrs + | W | 6:30-7:45pm | 9/30-11/18 \$109/\$99 |

TAE KWON DO: TEEN

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

Kiavash Tillehkook

City Gym and Pool

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|-----------|-----------|-------|-------------|------------|-------|
| 450906-3A | 10-17 yrs | M,W | 6:30-7:15pm | 9/14-12/9 | \$198 |
| 450906-3B | 10-17 yrs | Tu,Th | 6:30-7:15pm | 9/15-12/10 | \$198 |
| 450906-3C | 10-17 yrs | M,Tu | 6:30-7:15pm | 9/14-12/8 | \$198 |
| 450906-3D | 10-17 yrs | W,Th | 6:30-7:15pm | 9/16-12/10 | \$198 |
| 450906-3E | 10-17 yrs | M,Th | 6:30-7:15pm | 9/14-12/10 | \$198 |

TAE KWON DO: ADULT

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

Kiavash Tillehkook

City Gym and Pool

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|-----------|-----------|----|----------|------------|-------|
| 450912-3F | 13-99 yrs | M | 7:15-8pm | 9/14-12/7 | \$187 |
| 450912-3G | 13-99 yrs | Tu | 7:15-8pm | 9/15-12/8 | \$187 |
| 450912-3H | 13-99 yrs | W | 7:15-8pm | 9/16-12/9 | \$187 |
| 450912-3I | 13-99 yrs | Th | 7:15-8pm | 9/17-12/10 | \$187 |

MUSIC

GUITAR: STRUMMING AND SINGING

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

McGrath Music

Edison Community Center

| | | | | | |
|-----------|----------|----|-------|-----------|-------|
| 451002-2A | 10 yrs + | Tu | 7-8pm | 9/15-11/3 | \$125 |
|-----------|----------|----|-------|-----------|-------|

GUITAR: MORE STRUMMING AND SINGING

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

McGrath Music

Edison Community Center

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|-----------|----------|----|-------------|-----------|-------|
| 451001-2A | 10 yrs + | Tu | 8:15-9:15pm | 9/15-11/3 | \$125 |
|-----------|----------|----|-------------|-----------|-------|

BEGINNING UKULELE WITH TUPUA

Leave your worries and cares behind as experienced instructor Steve Seanoa leads you on an adventure through a tropical paradise while learning to play the ukulele. This hands-on class will teach you the basics while having fun! Please bring your own ukulele.

Melody Seanoa

Rodgers Seniors' Center

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|-----------|----------|----|-------------|------------|------|
| 451007-5A | 18 yrs + | Tu | 6:30-7:30pm | 9/15-10/20 | \$70 |
| 451007-5B | 18 yrs + | Tu | 6:30-7:30pm | 10/27-12/1 | \$70 |

UKE PLAYERS ANONYMOUS-LEVEL 1

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! A \$5.00 material fee is due at the first class meeting. *No Class Dates: Oct-6, Nov-3*

McGrath Music

Rodgers Seniors' Center

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|-----------|----------|----|--------------|------------|------|
| 451003-5A | 18 yrs + | Tu | 9:30-10:30am | 9/15-11/17 | \$70 |
|-----------|----------|----|--------------|------------|------|

UKE PLAYERS ANONYMOUS-LEVEL II

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! A \$5.00 material fee is due at the first class meeting. *No Class Dates: Oct-6, Nov-3*

McGrath Music

Rodgers Seniors' Center

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|-----------|----------|----|---------------|------------|------|
| 451004-5A | 18 yrs + | Tu | 10:45-11:45am | 9/15-11/17 | \$70 |
|-----------|----------|----|---------------|------------|------|

SPECIAL INTEREST

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Dead Wake" by Erik Larson before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 10/14, 11/18, 12/9, 1/13. *No Class Dates: Nov-11*

April Berg

Rodgers Seniors' Center

| | | | | | |
|-----------|----------|---|-------|------------|------|
| 451101-5A | 18 yrs + | W | 7-9pm | 10/14-1/13 | \$30 |
|-----------|----------|---|-------|------------|------|

BEGINNING BRIDGE

Last session for this year, not too late to honor your New Year's resolution to learn bridge! Come learn in a social atmosphere. Meet new friends with your same interest. This is party bridge, the name of the game says fun...try it! *No class 11/11.*

Rita Spira

Rodgers Seniors' Center

| | | | | | |
|-----------|----------|---|-------------|------------|------|
| 451102-5A | 18 yrs + | M | 2-4pm | 9/14-11/9 | \$58 |
| 451102-5B | 18 yrs + | W | 6:30-8:30pm | 9/16-11/18 | \$58 |

BRIDGE INTERMEDIATE 1

The holidays are almost here! You can be ready to participate in Bridge parties after this session. You know the basics-- need to know more conventions to reach the next level? The Intermediate class is for you. Stayman, Jacoby, Weak 2, defending, more. No partner needed.

Rita Spira

Rodgers Seniors' Center

| | | | | | |
|-----------|----------|----|-------------|------------|------|
| 451103-5A | 18 yrs + | Tu | 2:30-4:30pm | 9/15-11/10 | \$58 |
|-----------|----------|----|-------------|------------|------|

PRACTICE BRIDGE

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

Recreation Staff

Rodgers Seniors' Center

| | | | | | |
|-----------|----------|---|----------|-------------|------|
| 451108-5A | 18 yrs + | F | 1:30-4pm | 9/18-10/23 | \$12 |
| 451108-5B | 18 yrs + | F | 1:30-4pm | 10/30-12/18 | \$12 |

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

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

| | | | | | |
|----------------------|-------------|--------------------------------|-------|------|--|
| Megan Ameduri | | Murdy Community Center | | | |
| 451104-1A | 16 yrs + Sa | 9am-2pm | 12/19 | \$50 | |
| Megan Ameduri | | Rodgers Seniors' Center | | | |
| 451104-5A | 16 yrs + Sa | 9am-1pm | 10/3 | \$50 | |
| 451104-5B | 16 yrs + Sa | 9am-1pm | 11/7 | \$50 | |

CARDKATEERS

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

| | | | | | |
|----------------------|--------|--------------------------------|------------|-----|--|
| Debbie Keller | | Rodgers Seniors' Center | | | |
| 451114-5A | 18 + W | 10:30-11:30am | 9/23-12/16 | \$6 | |

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at Rodgers Senior Center. Class meets the 2nd and 4th Wednesday of each month. *No Class Dates: Sep-23, Oct-7, Oct-21, Nov-18, Dec-2, Dec-16*

| | | | | | |
|------------------------|------------|--------------------------------|------------|-----|--|
| Angel Velazquez | | Rodgers Seniors' Center | | | |
| 451113-5A | 18 yrs + W | 10:30-11:30am | 9/16-12/23 | \$6 | |

SPORTS

BEACH VOLLEYBALL: ADULT BEGINNERS AT BEACH BLVD

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. Classes held on the courts at Beach Blvd. For more info, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------|-------------------|------------|-------|--|
| Beach Volleyball CA Inc | | City Beach | | | |
| 451313-2A | 18 yrs + Su | 10:40am-12:10pm | 9/20-11/22 | \$150 | |

BEACH VOLLEYBALL: ADULT BEGINNERS AT HB PIER

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. Classes held on the north side of the pier unless only south side is available. For more info, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------|-------------------|------------|------|--|
| Beach Volleyball CA Inc | | City Beach | | | |
| 451314-2A | 18 yrs + Tu | 5:20-6:20pm | 9/15-10/27 | \$85 | |

BEACH VOLLEYBALL:

ADULT INTERMEDIATE AT BEACH BLVD

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. Classes held on the courts at Beach Blvd. For more info, please visit www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------|-------------------|------------|-------|--|
| Beach Volleyball CA Inc | | City Beach | | | |
| 451311-2A | 18 yrs + Su | 12:30-2pm | 9/20-11/22 | \$150 | |

BEACH VOLLEYBALL: ADULT INTERMEDIATE AT HB PIER

This class is designed for individuals with playing experience who can serve, pass, set, and spike consistently. Sessions are structured around the development of a specific skill each week, then applying it in a game situation. Classes held north side of the pier unless only south side is available. For more info, please visits www.GoldenCoastVolleyball.com.

| | | | | | |
|--------------------------------|-------------|-------------------|------------|------|--|
| Beach Volleyball CA Inc | | City Beach | | | |
| 451316-2A | 18 yrs + Th | 5:20-6:20pm | 9/17-10/29 | \$85 | |

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. Class is taught at Westminster ICE, 13071 Springdale, Westminster.

| | | | | | |
|----------------------------------|------------|--------------------------------------|-------------|------|--|
| The Rinks Westminster ICE | | 13071 Springdale, Westminster | | | |
| 451312-1A | 17 yrs + W | 6:10-6:40pm | 9/23-10/14 | \$37 | |
| 451312-1B | 17 yrs + W | 6:10-6:40pm | 10/28-11/18 | \$37 | |

VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. *8 classes plus 2 free classes to be used as make-up or additional sessions.

| | | | | | |
|-------------------------------|-------------|--------------------------|------------|-------|--|
| Matt Taylor Volleyball | | City Gym and Pool | | | |
| BEGINNER/LOW | | | | | |
| 451309-3A | 14 yrs + Th | 6:15-7:45pm | 9/17-11/19 | \$129 | |
| INTERMEDIATE | | | | | |
| 451309-3B | 16 yrs + Th | 7:45-9:15pm | 9/17-11/19 | \$129 | |

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only; they must try out first day to make the list/team. For Thursday, if you are a new student you must be preapproved by instructor. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-26, Nov-27*

| | | | | | |
|--------------------------|--------------|--------------------------|-----------|------|--|
| Nalani DiGiovanni | | City Gym and Pool | | | |
| 451302-3A | 18-80 yrs Tu | 9:30am-12:30pm | 9/22-12/1 | \$70 | |
| 451302-3B | 18-70 yrs Th | 9:30am-12:30pm | 9/24-12/3 | \$70 | |
| 451302-3C | 18-65 yrs F | 10:30am-12:30pm | 9/25-12/4 | \$80 | |

VOLLEYBALL: WOMEN'S ADVANCED DRILLS

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only; they must try out first day to make the list/team. For Thursday, if you are a new student you must be preapproved by instructor. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-11, Nov-25*

| | | | | |
|--------------------------|----------|---|--------------------------|----------------|
| Nalani DiGiovanni | | | City Gym and Pool | |
| 451318-1A | 18 yrs + | W | 10am-12pm | 9/16-12/2 \$50 |

SURF AND SKATE

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

| | | | | |
|-----------------------|----------|----|-----------|-------------------|
| HB Surf School | | | | City Beach |
| 451402-2A | 18 yrs + | Sa | 9-10:30am | 10/3-10/3 \$75 |
| 451402-2B | 18 yrs + | Sa | 9-10:30am | 10/17-10/17 \$75 |
| 451402-2C | 18 yrs + | Sa | 9-10:30am | 11/7-11/7 \$75 |
| 451402-2D | 18 yrs + | Sa | 9-10:30am | 11/21-11/21 \$75 |
| 451402-2E | 18 yrs + | Sa | 9-10:30am | 12/5-12/5 \$75 |
| 451402-2F | 18 yrs + | Sa | 9-10:30am | 12/19-12/19 \$75 |

LEARN TO SURF

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

| | | | | |
|-----------------------|----------|----|------------|-------------------|
| HB Surf School | | | | City Beach |
| 451403-2A | 18 yrs + | Sa | 10-11:30am | 10/3-10/24 \$225 |
| 451403-2B | 18 yrs + | Sa | 10-11:30am | 11/7-11/28 \$225 |



ADULT SPORTS LEAGUES

ADULT SIX'S VOLLEYBALL

Monday & Wednesday Nights 6:00-10:00 PM
Winter, Spring, Summer & Fall Sessions

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) are 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 Rics Volleyball (714) 375-5063.

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 17, 2015 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday. Coed teams play Sunday afternoons or evenings and Wednesdays. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call: 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, August 7, 2015.

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

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 14, 2015. 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 (714) 536-2530. The first day of registration will be August 3, 2015. The deadline to turn in team registration to City Hall is September 4, 2015.

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

Registration information for the Winter 2016 season will be available in November for the season starting in Mid-January, 2016.

AQUATICS

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

Our swim instructors are certified American Red Cross Water Safety Instructors and 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 life-guarding techniques. Classes consist of ten lessons unless otherwise specified.



American Red Cross

CITY GYM AND POOL

Register online at hbsands.org or register in person at the City Gym and Pool during normal business hours.

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

NEED ADDITIONAL HELP OR HAVE QUESTIONS?

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

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

1:30-2 pm Saturday August 1, August 15

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

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

SWIM LEVELS

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

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

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

PRESCHOOL AQUATICS (PA) About 4 to 5 years:

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

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

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

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

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



Classes taught by Aquatics Staff at City Gym and Pool

No Class Dates: Nov-11.

PARENT & CHILD LEVEL 1

| | | | | |
|-----------|-------|------------|-------------|------|
| 472201-00 | M,W | 10:30-11am | 9/14-10/14 | \$50 |
| 472201-01 | Tu,Th | 10:30-11am | 9/15-10/15 | \$50 |
| 472201-02 | Tu,Th | 6-6:30pm | 9/15-10/15 | \$50 |
| 472201-03 | M,W | 10:30-11am | 10/19-11/18 | \$50 |
| 472201-04 | Tu,Th | 10:30-11am | 10/20-11/19 | \$50 |
| 472201-05 | Tu,Th | 6-6:30pm | 10/20-11/19 | \$50 |
| 472201-06 | Sa | 10-10:30am | 9/19-11/21 | \$50 |
| 472201-07 | Sa | 1-1:30pm | 9/19-11/21 | \$50 |

PARENT & CHILD LEVEL 2

| | | | | |
|-----------|-------|------------|-------------|------|
| 472202-00 | M,W | 11-11:30am | 9/14-10/14 | \$50 |
| 472202-01 | Tu,Th | 11-11:30am | 9/15-10/15 | \$50 |
| 472202-02 | Tu,Th | 6:30-7pm | 9/15-10/15 | \$50 |
| 472202-03 | M,W | 11-11:30am | 10/19-11/18 | \$50 |
| 472202-04 | Tu,Th | 11-11:30am | 10/20-11/19 | \$50 |
| 472202-05 | Tu,Th | 6:30-7pm | 10/20-11/19 | \$50 |
| 472202-06 | Sa | 10:30-11am | 9/19-11/21 | \$50 |
| 472202-07 | Sa | 1:30-2pm | 9/19-11/21 | \$50 |

PRESCHOOL AQUATICS LEVEL 1

| | | | | |
|-----------|-------|--------------|-------------|------|
| 472203-00 | M,W | 9:30-10am | 9/8-10/8 | \$50 |
| 472203-01 | M,W | 2-2:30pm | 9/8-10/8 | \$50 |
| 472203-02 | M,W | 3-3:30pm | 9/8-10/8 | \$50 |
| 472203-03 | M,W | 6:30-7pm | 9/8-10/8 | \$50 |
| 472203-04 | Tu,Th | 10-10:30am | 9/9-10/9 | \$50 |
| 472203-05 | Tu,Th | 11:30am-12pm | 9/9-10/9 | \$50 |
| 472203-06 | Tu,Th | 2-2:30pm | 9/9-10/9 | \$50 |
| 472203-07 | Tu,Th | 3-3:30pm | 9/9-10/9 | \$50 |
| 472203-08 | Tu,Th | 7-7:30pm | 9/9-10/9 | \$50 |
| 472203-09 | M,W | 9:30-10am | 10/13-11/12 | \$50 |
| 472203-10 | M,W | 2-2:30pm | 10/13-11/12 | \$50 |
| 472203-11 | M,W | 6:30-7pm | 10/13-11/12 | \$50 |
| 472203-12 | Tu,Th | 10-10:30am | 10/14-11/18 | \$50 |
| 472203-13 | Tu,Th | 11:30am-12pm | 10/14-11/18 | \$50 |
| 472203-14 | Tu,Th | 2-2:30pm | 10/14-11/18 | \$50 |
| 472203-15 | Sa | 9-9:30am | 9/13-11/15 | \$50 |
| 472203-16 | Sa | 11-11:30am | 9/13-11/15 | \$50 |

PRESCHOOL AQUATICS LEVEL 2

| | | | | |
|-----------|-------|--------------|------------|------|
| 472204-00 | M,W | 9:30-10am | 9/14-10/14 | \$50 |
| 472204-01 | M,W | 10-10:30am | 9/14-10/14 | \$50 |
| 472204-02 | M,W | 2:30-3pm | 9/14-10/14 | \$50 |
| 472204-03 | M,W | 3-3:30pm | 9/14-10/14 | \$50 |
| 472204-04 | M,W | 6:30-7pm | 9/14-10/14 | \$50 |
| 472204-05 | Tu,Th | 9:30-10am | 9/15-10/15 | \$50 |
| 472204-06 | Tu,Th | 10-10:30am | 9/15-10/15 | \$50 |
| 472204-07 | Tu,Th | 11:30am-12pm | 9/15-10/15 | \$50 |



PRESCHOOL AQUATICS LEVEL 2 *Continued*

| | | | | |
|-----------|-------|--------------|-------------|------|
| 472204-08 | Tu,Th | 12-12:30pm | 9/15-10/15 | \$50 |
| 472204-09 | Tu,Th | 2:30-3pm | 9/15-10/15 | \$50 |
| 472204-10 | Tu,Th | 3-3:30pm | 9/15-10/15 | \$50 |
| 472204-11 | Tu,Th | 7-7:30pm | 9/15-10/15 | \$50 |
| 472204-12 | M,W | 9:30-10am | 10/19-11/18 | \$50 |
| 472204-13 | M,W | 10-10:30am | 10/19-11/18 | \$50 |
| 472204-14 | M,W | 2:30-3pm | 10/19-11/18 | \$50 |
| 472204-15 | M,W | 3-3:30pm | 10/19-11/18 | \$50 |
| 472204-16 | M,W | 6:30-7pm | 10/19-11/18 | \$50 |
| 472204-17 | Tu,Th | 9:30-10am | 10/20-11/19 | \$50 |
| 472204-18 | Tu,Th | 10-10:30am | 10/20-11/19 | \$50 |
| 472204-19 | Tu,Th | 11:30am-12pm | 10/20-11/19 | \$50 |
| 472204-20 | Tu,Th | 12-12:30pm | 10/20-11/19 | \$50 |
| 472204-21 | Tu,Th | 2:30-3pm | 10/20-11/19 | \$50 |
| 472204-22 | Tu,Th | 3-3:30pm | 10/20-11/19 | \$50 |
| 472204-23 | Tu,Th | 7-7:30pm | 10/20-11/19 | \$50 |
| 472204-24 | Sa | 9-9:30am | 9/19-11/21 | \$50 |
| 472204-25 | Sa | 9:30-10am | 9/19-11/21 | \$50 |
| 472204-26 | Sa | 11-11:30am | 9/19-11/21 | \$50 |
| 472204-27 | Sa | 11:30am-12pm | 9/19-11/21 | \$50 |

PRESCHOOL AQUATICS LEVEL 3

| | | | | |
|-----------|-------|--------------|-------------|------|
| 472205-00 | M,W | 10-10:30am | 9/14-10/14 | \$50 |
| 472205-01 | M,W | 2-2:30pm | 9/14-10/14 | \$50 |
| 472205-02 | M,W | 2:30-3pm | 9/14-10/14 | \$50 |
| 472205-03 | Tu,Th | 9:30-10am | 9/15-10/15 | \$50 |
| 472205-04 | Tu,Th | 12-12:30pm | 9/15-10/15 | \$50 |
| 472205-05 | Tu,Th | 2-2:30pm | 9/15-10/15 | \$50 |
| 472205-06 | Tu,Th | 2:30-3pm | 9/15-10/15 | \$50 |
| 472205-07 | M,W | 10-10:30am | 10/19-11/18 | \$50 |
| 472205-08 | M,W | 2-2:30pm | 10/19-11/18 | \$50 |
| 472205-09 | M,W | 2:30-3pm | 10/19-11/18 | \$50 |
| 472205-10 | M,W | 3-3:30pm | 10/19-11/18 | \$50 |
| 472205-11 | Tu,Th | 9:30-10am | 10/20-11/19 | \$50 |
| 472205-12 | Tu,Th | 12-12:30pm | 10/20-11/19 | \$50 |
| 472205-13 | Tu,Th | 2-2:30pm | 10/20-11/19 | \$50 |
| 472205-14 | Tu,Th | 2:30-3pm | 10/20-11/19 | \$50 |
| 472205-15 | Tu,Th | 3-3:30pm | 10/20-11/19 | \$50 |
| 472205-16 | Tu,Th | 7-7:30pm | 10/20-11/19 | \$50 |
| 472205-17 | Sa | 9:30-10am | 9/19-11/21 | \$50 |
| 472205-18 | Sa | 11:30am-12pm | 9/19-11/21 | \$50 |

Classes taught by Aquatics Staff at City Gym and Pool

Continued from previous page. No Class Dates: Nov-11.

LEARN-TO-SWIM LEVEL 1

| | | | | |
|-----------|-------|------------|-------------|------|
| 472206-00 | M,W | 3:30-4pm | 9/14-10/14 | \$50 |
| 472206-01 | Tu,Th | 3:30-4pm | 9/15-10/15 | \$50 |
| 472206-02 | M,W | 3:30-4pm | 10/19-11/18 | \$50 |
| 472206-03 | Tu,Th | 3:30-4pm | 10/20-11/19 | \$50 |
| 472206-04 | Sa | 8-8:30am | 9/19-11/21 | \$50 |
| 472206-05 | Sa | 12-12:30pm | 9/19-11/21 | \$50 |

LEARN-TO-SWIM LEVEL 2

| | | | | |
|-----------|-------|------------|-------------|------|
| 472207-00 | M,W | 4-4:30pm | 9/14-10/14 | \$50 |
| 472207-01 | Tu,Th | 4-4:30pm | 9/15-10/15 | \$50 |
| 472207-02 | Tu,Th | 4:30-5pm | 9/15-10/15 | \$50 |
| 472207-03 | M,W | 4-4:30pm | 10/19-11/18 | \$50 |
| 472207-04 | Tu,Th | 4-4:30pm | 10/20-11/19 | \$50 |
| 472207-05 | Sa | 8:30-9am | 9/19-11/21 | \$50 |
| 472207-06 | Sa | 12-12:30pm | 9/19-11/21 | \$50 |

LEARN-TO-SWIM LEVEL 3

| | | | | |
|-----------|-------|-----------|-------------|------|
| 472208-00 | M,W | 4:30-5pm | 9/14-10/14 | \$50 |
| 472208-01 | Tu,Th | 5-5:30pm | 9/15-10/15 | \$50 |
| 472208-02 | M,W | 4:30-5pm | 10/19-11/18 | \$50 |
| 472208-03 | Tu,Th | 4:30-5pm | 10/20-11/19 | \$50 |
| 472208-04 | Tu,Th | 5-5:30pm | 10/20-11/19 | \$50 |
| 472208-05 | Sa | 12:30-1pm | 9/19-11/21 | \$50 |

LEARN-TO-SWIM LEVEL 4

| | | | | |
|-----------|-------|---------------|-------------|------|
| 472209-00 | Tu,Th | 5:00 – 5:30pm | 9/15-10/15 | \$50 |
| 472209-01 | Tu,Th | 5:30-6pm | 9/15-10/15 | \$50 |
| 472209-02 | Tu,Th | 5:00 – 5:30pm | 10/20-11/19 | \$50 |
| 472209-03 | Tu,Th | 5:30-6pm | 10/20-11/19 | \$50 |
| 472209-04 | Sa | 12:30-1pm | 9/19-11/21 | \$50 |

ADULT SWIM LESSONS

| | | | | |
|-----------|-------|----------|-------------|------|
| 472212-00 | Tu,Th | 8-8:30pm | 9/15-10/15 | \$50 |
| 472212-01 | Tu,Th | 8-8:30pm | 10/20-11/19 | \$50 |

EXCEPTIONAL SWIM LESSONS

| | | | | |
|-----------|-------|----------|-------------|------|
| 472213-00 | Tu,Th | 7:30-8pm | 9/15-10/15 | \$18 |
| 472213-01 | Tu,Th | 7:30-8pm | 10/20-11/19 | \$18 |



Winter 2015 – Private Swim Lessons

City Gym and Pool, 3 years to Adult

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

| CLASS # | DAY | TIME | DATES |
|-----------|-----|-------------|-------------|
| 472214-00 | F | 3:20-3:35pm | 9/18-10/16 |
| 472214-01 | F | 3:20-3:35pm | 9/18-10/16 |
| 472214-02 | F | 3:20-3:35pm | 9/18-10/16 |
| 472214-03 | F | 3:40-3:55pm | 9/18-10/16 |
| 472214-04 | F | 3:40-3:55pm | 9/18-10/16 |
| 472214-05 | F | 3:40-3:55pm | 9/18-10/16 |
| 472214-06 | F | 4-4:15pm | 9/18-10/16 |
| 472214-07 | F | 4-4:15pm | 9/18-10/16 |
| 472214-08 | F | 4-4:15pm | 9/18-10/16 |
| 472214-09 | F | 4:20-4:35pm | 9/18-10/16 |
| 472214-10 | F | 4:20-4:35pm | 9/18-10/16 |
| 472214-11 | F | 4:20-4:35pm | 9/18-10/16 |
| 472214-12 | F | 4:40-4:55pm | 9/18-10/16 |
| 472214-13 | F | 4:40-4:55pm | 9/18-10/16 |
| 472214-14 | F | 4:40-4:55pm | 9/18-10/16 |
| 472214-15 | F | 5-5:15pm | 9/18-10/16 |
| 472214-16 | F | 5-5:15pm | 9/18-10/16 |
| 472214-17 | F | 5-5:15pm | 9/18-10/16 |
| 472214-18 | F | 3:20-3:35pm | 10/23-11/20 |
| 472214-19 | F | 3:20-3:35pm | 10/23-11/20 |
| 472214-20 | F | 3:20-3:35pm | 10/23-11/20 |
| 472214-21 | F | 3:40-3:55pm | 10/23-11/20 |
| 472214-22 | F | 3:40-3:55pm | 10/23-11/20 |
| 472214-23 | F | 3:40-3:55pm | 10/23-11/20 |
| 472214-24 | F | 4-4:15pm | 10/23-11/20 |
| 472214-25 | F | 4-4:15pm | 10/23-11/20 |
| 472214-26 | F | 4-4:15pm | 10/23-11/20 |
| 472214-27 | F | 4:20-4:35pm | 10/23-11/20 |
| 472214-28 | F | 4:20-4:35pm | 10/23-11/20 |
| 472214-29 | F | 4:20-4:35pm | 10/23-11/20 |
| 472214-30 | F | 4:40-4:55pm | 10/23-11/20 |
| 472214-31 | F | 4:40-4:55pm | 10/23-11/20 |
| 472214-32 | F | 4:40-4:55pm | 10/23-11/20 |
| 472214-33 | F | 5-5:15pm | 10/23-11/20 |
| 472214-34 | F | 5-5:15pm | 10/23-11/20 |
| 472214-35 | F | 5-5:15pm | 10/23-11/20 |
| 472214-36 | M | 5:05-5:20pm | 9/14-10/12 |
| 472214-37 | M | 5:05-5:20pm | 9/14-10/12 |
| 472214-38 | W | 5:05-5:20pm | 9/16-10/14 |
| 472214-39 | W | 5:05-5:20pm | 9/16-10/14 |
| 472214-40 | M | 5:05-5:20pm | 10/19-11/16 |
| 472214-41 | M | 5:05-5:20pm | 10/19-11/16 |
| 472214-42 | W | 5:05-5:20pm | 10/21-11/18 |
| 472214-43 | W | 5:05-5:20pm | 10/21-11/18 |

PRIVATE LESSONS

Fee \$75

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

SMALL GROUP LESSONS

Fee \$85

Available with maximum 2 students per instructor.



AQUATICS

TENNIS

The Huntington Beach Community Services Department is excited to announce a new partnership with Tennis Anyone, who will provide quality tennis lessons to our community. Tennis Anyone brings over 25 years of experience running classes for students of all ages and all levels in 12 cities across Southern California. Tennis Anyone classes are high energy, dynamic, fitness friendly to fitness challenging, fun, and always focused on meeting the needs of the students. At Tennis Anyone the goal is always more fun, fitness, and friendships, for a lifetime through tennis.



YOUTH GROUP LESSONS

PEE WEE TENNIS ACADEMY

This Clinic is the perfect tennis intro. Students will learn the basics of the: forehand, backhand, volley, and serve in a coordination building, fitness friendly, fun atmosphere. Your child will love joining in terrific tennis games like: popcorn machine, Walk the Tennis Dog, and Alley Rally. 1 day a week for \$59, two days a week for \$79, or 3 days a week for \$109. For December session: 1 day a week for \$29, 2 days a week for \$39, or 3 days per week for \$54.

Tennis Anyone Staff

| | | | | | |
|-----------|---------|----|-------------|-------------|------|
| 482501-2A | 3-6 yrs | M | 3:45-4:30pm | 9/14-10/5 | \$59 |
| 482501-2B | 3-6 yrs | W | 3:45-4:30pm | 9/16-10/7 | \$59 |
| 482501-2C | 3-6 yrs | Sa | 8:15-9am | 9/19-10/10 | \$59 |
| 482501-2D | 3-6 yrs | M | 3:45-4:30pm | 10/12-11/2 | \$59 |
| 482501-2E | 3-6 yrs | W | 3:45-4:30pm | 10/14-11/4 | \$59 |
| 482501-2F | 3-6 yrs | Sa | 8:15-9am | 10/17-11/7 | \$59 |
| 482501-2G | 3-6 yrs | M | 3:45-4:30pm | 11/9-11/30 | \$59 |
| 482501-2H | 3-6 yrs | W | 3:45-4:30pm | 11/11-12/2 | \$59 |
| 482501-2I | 3-6 yrs | Sa | 8:15-9am | 11/14-12/5 | \$59 |
| 482501-2J | 3-6 yrs | M | 3:45-4:30pm | 12/7-12/14 | \$29 |
| 482501-2K | 3-6 yrs | W | 3:45-4:30pm | 12/9-12/16 | \$29 |
| 482501-2L | 3-6 yrs | Sa | 8:15-9am | 12/12-12/19 | \$29 |

Edison Community Center

Tennis Anyone Staff

| | | | | | |
|-----------|---------|----|-------------|------------|------|
| 482501-1A | 3-6 yrs | Tu | 3:45-4:30pm | 9/15-10/6 | \$59 |
| 482501-1B | 3-6 yrs | Tu | 3:45-4:30pm | 10/13-11/3 | \$59 |
| 482501-1C | 3-6 yrs | Tu | 3:45-4:30pm | 11/10-12/1 | \$59 |
| 482501-1D | 3-6 yrs | Tu | 3:45-4:30pm | 12/8-12/15 | \$29 |

Murdy Community Center

Tennis Anyone Staff

| | | | | | |
|-----------|---------|----|-------|-------------|------|
| 482501-1E | 3-6 yrs | Th | 3-4pm | 9/17-10/8 | \$59 |
| 482501-1F | 3-6 yrs | Th | 3-4pm | 10/15-11/5 | \$59 |
| 482501-1G | 3-6 yrs | Th | 3-4pm | 11/12-12/3 | \$59 |
| 482501-1H | 3-6 yrs | Th | 3-4pm | 12/10-12/17 | \$29 |

Murdy Community Center

JUNIOR TENNIS ACADEMY – BEGINNING TO INTERMEDIATE

The focus of this academy is on learning the 4 major strokes of the game in a fun filled, fitness friendly atmosphere. There are 3 levels in this group to be mastered. Students will love our dynamic and challenging tennis games. 1 day a week for \$69, 2 days a week for \$119, or 3 days a week for \$139. For December session: 1 day a week for \$34, 2 days a week for \$54, or 3 days a week for \$69.

Tennis Anyone Staff

| | | | | | |
|-----------|----------|----|-----------|-------------|------|
| 482510-2A | 7-13 yrs | M | 4:30-6pm | 9/14-10/5 | \$69 |
| 482510-2B | 7-13 yrs | W | 4:30-6pm | 9/16-10/7 | \$69 |
| 482510-2C | 7-13 yrs | Sa | 9-10:30am | 9/19-10/10 | \$69 |
| 482510-2D | 7-13 yrs | M | 4:30-6pm | 10/12-11/2 | \$69 |
| 482510-2E | 7-13 yrs | W | 4:30-6pm | 10/14-11/4 | \$69 |
| 482510-2F | 7-13 yrs | Sa | 9-10:30am | 10/17-11/7 | \$69 |
| 482510-2G | 7-13 yrs | M | 4:30-6pm | 11/9-11/30 | \$69 |
| 482510-2H | 7-13 yrs | W | 4:30-6pm | 11/11-12/2 | \$69 |
| 482510-2I | 7-13 yrs | Sa | 9-10:30am | 11/14-12/5 | \$69 |
| 482510-2J | 7-13 yrs | M | 4:30-6pm | 12/7-12/14 | \$34 |
| 482510-2K | 7-13 yrs | W | 4:30-6pm | 12/9-12/16 | \$34 |
| 482510-2L | 7-13 yrs | Sa | 9-10:30am | 12/12-12/19 | \$34 |

Edison Community Center

Tennis Anyone Staff

| | | | | | |
|-----------|----------|----|----------|------------|------|
| 482510-1A | 7-13 yrs | Tu | 4:30-6pm | 9/15-10/6 | \$69 |
| 482510-1B | 7-13 yrs | Tu | 4:30-6pm | 10/13-11/3 | \$69 |
| 482510-1C | 7-13 yrs | Tu | 4:30-6pm | 11/10-12/1 | \$69 |
| 482510-1D | 7-13 yrs | Tu | 4:30-6pm | 12/8-12/15 | \$34 |

Murdy Community Center

JUNIOR TENNIS ACADEMY – INTERMEDIATE TO ADVANCED

This academy is for students that have attained all 3 levels in the Beginning Academy. The focus in this high energy, fitness challenging group is building stroke dependability so that students are able to rally with proper form. 1 day a week for \$69, 2 days a week for \$119, or 3 days a week for \$139. For December session: 1 day a week for \$34, 2 days a week for \$54, or 3 days a week for \$69.

| Tennis Anyone Staff | | | Edison Community Center | | |
|---------------------|----------|---|-------------------------|------------|------|
| 482520-2A | 7-15 yrs | M | 6-7:30pm | 9/14-10/5 | \$69 |
| 482520-2B | 7-15 yrs | W | 6-7:30pm | 9/16-10/7 | \$69 |
| 482520-2C | 7-15 yrs | M | 6-7:30pm | 10/12-11/2 | \$69 |
| 482520-2D | 7-15 yrs | W | 6-7:30pm | 10/14-11/4 | \$69 |
| 482520-2E | 7-15 yrs | M | 6-7:30pm | 11/9-11/30 | \$69 |
| 482520-2F | 7-15 yrs | W | 6-7:30pm | 11/11-12/2 | \$69 |
| 482520-2G | 7-15 yrs | M | 6-7:30pm | 12/7-12/14 | \$34 |
| 482520-2H | 7-15 yrs | W | 6-7:30pm | 12/9-12/16 | \$34 |

| Tennis Anyone Staff | | | Murdy Community Center | | |
|---------------------|----------|----|------------------------|------------|------|
| 482520-1A | 7-15 yrs | Tu | 6-7:30pm | 9/15-10/6 | \$69 |
| 482520-1B | 7-15 yrs | Tu | 6-7:30pm | 10/13-11/3 | \$69 |
| 482520-1C | 7-15 yrs | Tu | 6-7:30pm | 11/10-12/1 | \$69 |
| 482520-1D | 7-15 yrs | Tu | 6-7:30pm | 12/8-12/15 | \$34 |

JUNIOR ROUND ROBIN TOURNAMENT-NOVICE

If you can keep 6 balls in play and make an occasional serve you're ready to learn to compete. Come join us for a Saturday of competition to help raise your level of play. The format will be a Round Robin shoot out and players will compete for trophies and bragging rights.

| Tennis Anyone Staff | | | Edison Community Center | | |
|---------------------|----------|----|-------------------------|-------------|------|
| 482530-2A | 7-15 yrs | Sa | 1-3:30pm | 9/12-9/12 | \$25 |
| 482530-2B | 7-15 yrs | Sa | 1-3:30pm | 10/10-10/10 | \$25 |
| 482530-2C | 7-15 yrs | Sa | 1-3:30pm | 11/14-11/14 | \$25 |

YOUTH GROUP LESSONS

SEMI-PRIVATE LESSON - YOUTH BEGINNING

These groups are for 2-4 students, ages 7-17, interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. No class Nov-26

| Tennis Anyone Staff | | | Murdy Community Center | | |
|---------------------|----------|----|------------------------|-------------|------|
| 482601-1A | 7-17 yrs | Th | 4-5pm | 9/17-10/8 | \$99 |
| 482601-1B | 7-17 yrs | Th | 4-5pm | 10/15-11/5 | \$99 |
| 482601-1C | 7-17 yrs | Th | 4-5pm | 11/12-12/3 | \$99 |
| 482601-1D | 7-17 yrs | Th | 4-5pm | 12/10-12/17 | \$49 |

| Tennis Anyone Staff | | | Edison Community Center | | |
|---------------------|----------|---|-------------------------|------------|------|
| 482601-2A | 7-17 yrs | M | 3:30-4:30pm | 9/14-10/5 | \$99 |
| 482601-2B | 7-17 yrs | M | 3:30-4:30pm | 10/19-11/2 | \$99 |
| 482601-2C | 7-17 yrs | M | 3:30-4:30pm | 11/9-11/30 | \$99 |
| 482601-2D | 7-17 yrs | M | 3:30-4:30pm | 12/7-12/14 | \$34 |



Parks and Recreation
build family unity

SEMI-PRIVATE LESSONS - YOUTH INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, ages 7-17, interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. No class Nov-26

| Tennis Anyone Staff | | | Murdy Community Center | | |
|---------------------|----------|----|------------------------|-------------|------|
| 482602-1A | 7-17 yrs | Th | 5-6pm | 9/17-10/8 | \$99 |
| 482602-1B | 7-17 yrs | Th | 5-6pm | 10/15-11/5 | \$99 |
| 482602-1C | 7-17 yrs | Th | 5-6pm | 11/12-12/3 | \$99 |
| 482602-1D | 7-17 yrs | Th | 5-6pm | 12/10-12/17 | \$49 |

| Tennis Anyone Staff | | | Edison Community Center | | |
|---------------------|----------|---|-------------------------|------------|------|
| 482602-2A | 7-17 yrs | W | 3:30-4:30pm | 9/16-10/7 | \$99 |
| 482602-2B | 7-17 yrs | W | 3:30-4:30pm | 10/14-11/4 | \$99 |
| 482602-2C | 7-17 yrs | W | 3:30-4:30pm | 11/11-12/2 | \$99 |
| 482602-2D | 7-17 yrs | W | 3:30-4:30pm | 12/9-12/16 | \$49 |

ADULT GROUP LESSONS

ADULT ACADEMY-BEGINNER TO INTERMEDIATE

The focus of this Academy is on learning the 4 major strokes of the game in a fun-filled, fitness friendly atmosphere. These clinics truly give the "big kids" an opportunity to build their tennis game while enjoying more fun, fitness, and friendships. 1 day a week for \$69, 2 days a week for \$119. For December session: 1 day a week for \$34 or 2 days a week for \$54.

| Tennis Anyone Staff | | | Edison Community Center | | |
|---------------------|--------|---|-------------------------|------------|------|
| 482701-2A | 16yrs+ | M | 7:30-9pm | 9/14-10/5 | \$69 |
| 482701-2B | 16yrs+ | W | 7:30-9pm | 9/16-10/7 | \$69 |
| 482701-2C | 16yrs+ | M | 7:30-9pm | 10/12-11/2 | \$69 |
| 482701-2D | 16yrs+ | W | 7:30-9pm | 10/14-11/4 | \$69 |
| 482701-2E | 16yrs+ | M | 7:30-9pm | 11/9-11/30 | \$69 |
| 482701-2F | 16yrs+ | W | 7:30-9pm | 11/11-12/2 | \$69 |
| 482701-2G | 16yrs+ | M | 7:30-9pm | 12/7-12/14 | \$34 |
| 482701-2H | 16yrs+ | W | 7:30-9pm | 12/9-12/16 | \$34 |

ADULT ACADEMY INTERMEDIATE TO ADVANCED

The focus of this academy is on gaining higher level skills like topspin, slice, overheads, and drop shots in a fun filled, fitness challenging atmosphere. These clinics are a terrific training ground for skills used in match play. Be ready to sweat! 1 day a week for \$69, 2 days a week for \$119. For December session: 1 day a week for \$34 or 2 days a week for \$54.

| Tennis Anyone Staff | | | Murdy Community Center | | |
|---------------------|----------|----|------------------------|------------|------|
| 482710-1A | 16 yrs + | Tu | 7:30-9pm | 9/15-10/6 | \$69 |
| 482710-1B | 16 yrs + | Tu | 7:30-9pm | 10/13-11/3 | \$69 |
| 482710-1C | 16 yrs + | Tu | 7:30-9pm | 11/10-12/1 | \$69 |
| 482710-1D | 16 yrs + | Tu | 7:30-9pm | 12/8-12/15 | \$34 |

**REGISTER
ONLINE!**
www.hbsands.org

JUNIOR/ADULT TENNIS JAM –INTERMEDIATE TO ADVANCED

Students must be able to keep 6 balls in play from the baseline with proper form to be ready for this high energy tennis Jam fest. Students will be working through creative drills to build skills as well as compete in unique competitive games only found in Tennis Anyone clinics.

| Tennis Anyone Staff | | Edison Community Center | | | |
|---------------------|-------------|-------------------------|-------------|------|--|
| 482730-2A | 10 yrs + Sa | 10:30am-12pm | 9/19-10/10 | \$69 | |
| 482730-2B | 10 yrs + Sa | 10:30am-12pm | 10/17-11/7 | \$69 | |
| 482730-2C | 10 yrs + Sa | 10:30am-12pm | 11/14-12/5 | \$69 | |
| 482730-2D | 10 yrs + Sa | 10:30am-12pm | 12/12-12/19 | \$34 | |

ADULT SEMI-PRIVATE LESSONS

SEMI-PRIVATE LESSONS - ADULT BEGINNING

These groups are for 2-4 students, ages 18+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. 1 day a week for \$99, 2 days a week for \$179. For December session: 1 day a week for \$49, 2 days a week for \$89. No Class Dates: Nov-26

| Tennis Anyone Staff | | Edison Community Center | | | |
|---------------------|------------|-------------------------|------------|------|--|
| 482801-2A | 18 yrs + W | 9-10am | 9/16-10/7 | \$99 | |
| 482801-2B | 18 yrs + W | 9-10am | 10/14-11/4 | \$99 | |
| 482801-2C | 18 yrs + W | 9-10am | 11/11-12/2 | \$99 | |
| 482801-2D | 18 yrs + W | 9-10am | 12/9-12/16 | \$49 | |

| Tennis Anyone Staff | | Murdy Community Center | | | |
|---------------------|-------------|------------------------|-------------|------|--|
| 482801-1A | 18 yrs + Tu | 9-10am | 9/15-10/6 | \$99 | |
| 482801-1B | 18 yrs + Th | 6:15-7:15pm | 9/17-10/8 | \$99 | |
| 482801-1C | 18 yrs + Tu | 9-10am | 10/13-11/3 | \$99 | |
| 482801-1D | 18 yrs + Th | 6:15-7:15pm | 10/15-11/5 | \$99 | |
| 482801-1E | 18 yrs + Tu | 9-10am | 11/10-12/1 | \$99 | |
| 482801-1F | 18 yrs + Th | 6:15-7:15pm | 11/12-12/3 | \$99 | |
| 482801-1G | 18 yrs + Tu | 9-10am | 12/8-12/15 | \$49 | |
| 482801-1H | 18 yrs + Th | 6:15-7:15pm | 12/10-12/17 | \$49 | |

Register Online! www.hbsands.org

SEMI-PRIVATE LESSONS - ADULT INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, ages 18+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. 1 day a week for \$99, 2 days a week for \$179. For December session: 1 day a week for \$49, 2 days a week for \$89. No class Nov-26

| Tennis Anyone Staff | | Edison Community Center | | | |
|---------------------|------------|-------------------------|------------|------|--|
| 482810-2A | 18 yrs + W | 10-11am | 9/16-10/7 | \$99 | |
| 482810-2B | 18 yrs + W | 10-11am | 10/14-11/4 | \$99 | |
| 482810-2C | 18 yrs + W | 10-11am | 11/11-12/2 | \$99 | |
| 482810-2D | 18 yrs + W | 10-11am | 12/9-12/16 | \$49 | |
| 482810-2E | 18 yrs + M | 7:30-8:30pm | 9/14-10/5 | \$99 | |
| 482810-2F | 18 yrs + M | 7:30-8:30pm | 10/19-11/2 | \$99 | |
| 482810-2G | 18 yrs + M | 7:30-8:30pm | 11/9-11/30 | \$99 | |
| 482810-2H | 18 yrs + M | 7:30-8:30pm | 12/7-12/14 | \$49 | |

| Tennis Anyone Staff | | Murdy Community Center | | | |
|---------------------|-------------|------------------------|-------------|------|--|
| 482810-1A | 18 yrs + Tu | 10-11am | 9/15-10/6 | \$99 | |
| 482810-1B | 18 yrs + Th | 7:15-8:15pm | 9/17-10/8 | \$99 | |
| 482810-1C | 18 yrs + Tu | 10-11am | 10/13-11/3 | \$99 | |
| 482810-1D | 18 yrs + Th | 7:15-8:15pm | 10/15-11/5 | \$99 | |
| 482810-1E | 18 yrs + Tu | 10-11am | 11/10-12/1 | \$99 | |
| 482810-1F | 18 yrs + Th | 7:15-8:15pm | 11/12-12/3 | \$99 | |
| 482810-1G | 18 yrs + Tu | 10-11am | 12/8-12/15 | \$49 | |
| 482810-1H | 18 yrs + Th | 7:15-8:15pm | 12/10-12/17 | \$49 | |

PRIVATE LESSONS

PRIVATE LESSONS WITH TENNIS ANYONE

Private lesson students enjoy one on one tennis experience where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. Students can talk directly to a Tennis Anyone coach to set up a time or call Tennis Anyone staff at 909-625-2060.

| Tennis Anyone Staff | | Murdy & Edison Community Centers | | |
|---------------------|--------------|----------------------------------|-------|--|
| 482901-1A | 3 yrs + M-Sa | 4 Lesson Package | \$180 | |
| 482901-1B | 3 yrs + M-Sa | 2 Lesson Package | \$90 | |



FACILITIES & SERVICES

CULTURAL SERVICES

Kate Hoffman

Senior Supervisor, Cultural Services

HUNTINGTON BEACH ART CENTER

The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Huntington Beach Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

Join Us and Make Art a Part of Your Family Life

Art Center Hours

Tuesday – Thursday 12:00 – 8:00 pm

Friday, 12:00 – 6:00 pm

Saturday, 12:00 – 5:00 pm

Closed Mondays & Sundays

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

Web: www.huntingtonbeachartcenter.org

Administrative Office Hours

Monday – Friday 8:30 am – 5:30 pm

538 Main Street

Phone: (714) 536-5258

EVENTS FALL 2015

ED TEMPLETON: ART AND PHOTOGRAPHY

The Huntington Beach Art Center will present the contemporary art of renowned skateboarder and local Huntington Beach resident Ed Templeton. Included in the exhibition will be the photography of four artists mentored by Templeton.

Exhibition: September 11 – November 7, 2015

Opening Reception: Friday, September 11, 6 – 9 pm

Art for Lunch: October 8, 11:30 am-1:30 pm

FAMILY ARTS DAY

Enjoy a fun filled creative afternoon of art workshops, activities, musical and dance performances, presented under tents in the Art Center's parking lot and throughout the Art Center's studios and galleries. This intergenerational program is geared for children of all ages. Admission is FREE.

October 11, 2015 12 pm- 4 pm

ART OF THE BREW

It's back! In honor of our 20th Anniversary, the popular Art of the Brew craft beer tasting event has returned. Guests will enjoy the unique craftsmanship of local brewers, specialty munchies and live entertainment under a canopy beer garden setting.

October 22, 2015 6pm - 9 pm

General Admission: Advanced purchase, \$30;

After October 17, \$35

JAZZ AT THE CENTER

The Huntington Beach Art Center proudly presents the incomparable Ernie Andrews. A living jazz legend, Ernie has been thrilling audiences for over 60 years with his uniquely bluesy style, a quick witted sense of humor and a flair for the dramatic. The performance is presented in an intimate cabaret style setting.

October 25, 2 pm-4 pm

General Admission: \$35

ARTIST COUNCIL 2ND ANNUAL EXHIBITION

This annual juried exhibition, exclusively for members of the Art Center's Artist Council, presents the works of local and regional contemporary artists working in a variety of mediums. Artist Council members meet monthly at the Art Center to enjoy networking opportunities, special programs and presentations.

Exhibition: November 21- December 19, 2015

Opening Reception: November 21, 6pm - 9 pm

Art for Lunch: December 10, 11:30 am - 1:30 pm

BEACH INFORMATION

Scott Smith

Supervisor
Beach Operations

Dottie Hughes

Supervisor
Parking/Camping

The Huntington City Beach spans 3.5 miles from Beach Boulevard to the west of the city limits. The beachfront includes the pier, food and rental concessions, restrooms, showers, volleyball nets, fire rings, and a 2,200 space beach parking lot plus additional metered parking on Pacific Coast Highway. Sunset Vista RV Camping is open each year from October 1st through May 31st and reservations can be made online at <http://sunsetvistacamping.huntingtonbeachca.gov>. Lifeguard service is provided everyday and the number of guards on duty as well as location vary depending on season, weather, and surf conditions. The strictly enforced curfew is 10:00 p.m. – 5:00 a.m. Beach Headquarters: 103 Pacific Coast Highway. Office Hours: Monday – Friday, 8:00 a.m. – 5:00 p.m. For information, visit www.surfcity-hb.org/visitors/parking or call 714-536-5281.

THE HUNTINGTON BEACH PLAYHOUSE

The Huntington Beach Playhouse is a non-profit community theatre group coordinated and run strictly by local volunteers, performing at the 319 seat theater in the lower level of the Central Library. For information, call 714-375-0696, or like us on Facebook.



HUNTINGTON BEACH CONCERT BAND

The Huntington Beach Concert Band is a volunteer organization of approximately 70 musicians providing music to the HB community. For information, call 714-963-3681 or visit www.hbconcertband.org.

HUNTINGTON BEACH HISTORICAL SOCIETY – (NEWLAND HOUSE MUSEUM)

Built in 1898, the Newland House Museum is the city's best-preserved and most historically significant example of early homes. The Newland House Museum is open the first and third weekends of the month, Saturday and Sunday from 12:00 p.m. to 4:00 p.m., except holidays and rainy days. For membership and information, call 714-962-5777 or visit www.hbnews.us/nwhouse.html

HUNTINGTON BEACH ART LEAGUE

The Huntington Beach Art League meets on the first Wednesday of each month at the Rodgers Senior Center. For information, visit hbartleagu.org, or email president@hbartleagu.org.



THE INTERNATIONAL SURFING MUSEUM

The International Surfing Museum plays host to this international monument to surfing, featuring exhibits on the culture and sport of surf, and a summer concert series. For information, call 714-960-3483 or visit www.surfingmuseum.org.

HUNTINGTON BEACH COMMUNITY GARDEN



Did You Know that Huntington Beach has a Community Garden?

Imagine your kitchen full of delicious, organic produce that you grew in your own plot at the Huntington Beach Community Garden! For a low annual fee you can have your own garden plot!

In addition to providing an area where Huntington Beach residents can grow food for their own use, HBCG donates thousands of pounds of excess harvest to local charities and educates the public on organic gardening. HBCG supports Scouting candidates and has helped several to achieve this highest award.

Visit the HBCG website to find out how you can become a member: www.huntingtonbeachcommunitygarden.com or e-mail HBCCommunityGarden@gmail.com. "Like" us on Facebook and learn about upcoming events, volunteer opportunities and more: <https://www.facebook.com/pages/Huntington-Beach-Community-Garden/296983062332>

SHIPLEY NATURE CENTER

Come visit Shipley Nature Center and enjoy the essence of nature in an urban setting. 17851 Goldenwest St. 714-842-4772. Open Monday-Saturday, 9 am to 1 pm.

PARENT AND ME TIME

Come enjoy stories and crafts on Wednesdays at 11:00am. Cost is \$3.00 per parent.

VOLUNTEER OPPORTUNITIES

If you are interested in volunteer work and helping your community, please consider Shipley Nature Center. Many opportunities available, from watering to leading tours, opportunities are endless. For more information about upcoming events and programs, visit us at www.shipleynature.org

HUMAN SERVICES

HUNTINGTON BEACH SENIOR SERVICES

Randy Pesqueira
Senior Supervisor
Human Services

Kristin Martinez
Supervisor
Rodgers Seniors' Center

MICHAEL E. RODGERS SENIORS' CENTER

1706 Orange Avenue, 714-536-9387; FAX 714-374-1543
Office Hours: Monday through Friday, 8:30 a.m. to 5:00 p.m.

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.

SENIORSERV LUNCH PROGRAM

SeniorServ serves a wide variety of delicious, nutritious lunches each weekday at 11:30 a.m. 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.



SENIORS' OUTREACH CENTER

1718 Orange Avenue, 714-960-2478; Fax 714-374-1620
Office Hours: Monday through Friday 8:30 a.m. to 5:00 p.m.
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.

PROJECT SELF-SUFFICIENCY

Project Self-Sufficiency is a local Huntington Beach program that assists low-income, single parents to achieve economic independence through education and training. The program is in its 30th year of helping local families in need.

The Huntington Beach community, civic organizations, businesses and public and private donors support the PSS program in a variety of ways. Project Self Sufficiency Foundation is a 501 (C)(3) organization and all contributions are tax deductible. For more information, please call 714-536-5263 or 714-536-5439 or visit our website: www.pssfoundation.org.

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 a.m. 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 or www.hbcoa.org for additional information.

RECREATION FACILITIES

EDISON COMMUNITY CENTER

John Valinsky

Community Services Recreation Supervisor,
Edison Community Center

21377 Magnolia Street, 714-960-8870

MURDY COMMUNITY CENTER

Kaci Thol

Community Services Recreation Supervisor,
Murdy Community Center

7000 Norma Drive, 714-960-8895

CITY GYM AND POOL

Erin Burke

Community Services Recreation Supervisor,
City Gym and Pool

1600 Palm Avenue, 714-960-8884

COMMUNITY SERVICES DEPARTMENT MANAGEMENT

2000 Main Street
Huntington Beach, CA 92648-2702

Janeen Laudanback

Director of Community Services

Chris Slama

Community Services Manager

David Dominguez

Facilities, Development and Concessions Manager

HUNTINGTON CENTRAL PARK (HCP)

Huntington Central Park is the city's largest park, consisting of over 350 acres. Park entrances can be found on Edwards Street, Goldenwest Street, Gothard Street, Slater Avenue, and Talbert Avenue. The park provides a quiet retreat from the usual city turmoil. A sense of serenity is felt as one strolls amidst the trees, expansive lawns, and placid lakes and observes a variety of bird life. Additionally, the park has picnic tables, barbecues, restrooms, several playgrounds, disc golf, and six miles of trails. For information, phone 714-536-5486 or telephone numbers listed below for specific activity.

Covered Group Picnic Shelter – Seats 200 people and includes tables, barbecues, sinks, and electricity.

Amphitheater – Small rustic Amphitheater which seats 200 people and includes wooden benches, a stage, and electricity.

Band Stand – Cement Stage approximately 45'x82'

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

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

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

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

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

Shikey Nature Center – 18-acre Nature Center with trails and Interpretive Center. Parking at 17851 Goldenwest Street. For information, phone 714-842-4772, www.shikeynature.org.

Urban Forest – Urban Forest- North of Ellis Avenue between Goldenwest Street and Edwards Street. This is a passive park featuring California Native plants and trees and low water flora.

SPORTS COMPLEX AT HUNTINGTON CENTRAL PARK

Ray Frankeny

Supervisor, Sports Complex

Fields – For information, phone 714-536-5230.

Batting Cages – For hours, information or reservations, please call 714-375-3960.

Food Concessions – Two food concessions conveniently located within the Sports Complex: HB Outdoor Barbeque 714-842-6255, and Stadium Club 714-847-4555.

RENTAL FACILITIES

HARBOUR VIEW CLUBHOUSE16600 Saybrook Lane

LAKE PARK CLUBHOUSE and BBQ.1035 11th Street

NEWLAND BARN19822 Beach Boulevard

These rental halls with meeting rooms also include a complete kitchen, restrooms, tables and chairs. For further information, please call 714-536-5486 or visit www.huntingtonbeachca.gov. Community Centers are also available for rental. For more information please call individual centers.

Reserve a picnic area for your special event.

Contact:

Edison Community Center:

714-960-8870 or

Murdy Community Center:

714-960-8895



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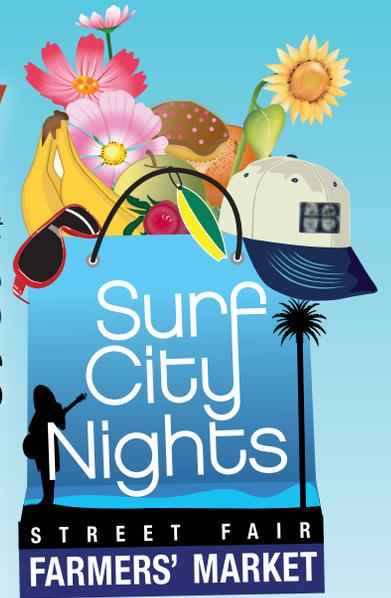
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I  **art**
HB

**EVERY 3RD
THURSDAY**

MARCH-NOV

6PM-9PM



September 19th & 20th

Huntington Beach Pier & Downtown

- CITY SURF CONTEST**
- SUP RACE**
- DORY RACE**
- OLD SKOOL SKATE**
- VOLLEYBALL**
- SURF DEMO DAYS**
- CROSS FIT CHALLENGE**
- LIVE MUSIC**



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What makes Scot Campbell different than other Top Huntington Beach Real Estate Agents?



CAL BRE# 00943759

Scot has sold over 1,000 homes, but he does not sell the most homes each year. Instead, he concentrates his efforts on achieving results Huntington Beach home sellers want most: Getting the property **Sold...** for the **Highest Price...** with **Fewer Days on Market**. And, Scot has been very successful... he has outperformed his competitor* in these measures of success in each of the last 3 years:

Scot will Get Your Property Sold:

In the last 3 years, 89% of Scot's listings were reported Sold in the MLS.
(His competitor who claims to be #1 in home sales reported 72% of their MLS listings Sold).

Scot will Sell your Home for a Higher Price:

In the last 3 years, the Average Sale-to-List Price Ratio was 98% for Scot's Sold Listings.
(His competitor who claims to be #1 in home sales reported just 95%).

Scot will Sell your Home Faster:

In the last 3 years, the Average Days on Market for Scot's MLS Listings was 73 days.
(His competitor who claims to be #1 in home sales reported 85 days in the MLS).

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Mobile/Text: 714-336-0394 - Email: Scot.Campbell@ColdwellBanker.com - Web: ScotCampbell.com

Realtor MLS Notes: * Scot's competitor is an Agent-Group who advertises #1 in O.C. according to the Wall Street Journal. Listings are for 2012, 2013, 2014... Standard Sales only, "sold before processing" & listed homes which were "leased" were omitted from statistics. Status Codes: K,W,X,S only. Numbers Rounded. Numbers Effective 12/31/2014.