

Adult & Teen Classes

YOGA: GENTLE THERAPEUTIC YOGA WITH A MALE FOCUS

Whether you are a weekend warrior (we do warrior poses), a couch potato or maybe you just work at your computer all week. Learn how to de-stress while becoming more flexible in this men's focused yoga class designed especially for your needs. If you like sports this will enhance any physical activity, if you do not do any sports this will help keep the body flexible as well as work on strength building. Learning how to sit, stand and breathe. Oh! We thought we knew how, think again and join me for class, limited to 12 students for individual attention. Please bring a mat & blanket. No class 4/12, 4/19 and 5/24.

HelpYourHealth, RoxAnn Madera
Lake View Clubhouse,
17451 Zeider Lane 92647
4665.200 15yrs to Adult 3/29 - 6/7 10:15am-11:15am Sa \$105

YOGA: GENTLE YOGA FOR EVERYONE

Begin at the Beginning! Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Please bring mat and blanket. No class 4/12, 4/16, 4/19, 5/21 and 5/24.

HelpYourHealth, RoxAnn Madera
Marutani Center,
18964 Brookhurst Street, Fountain Valley 92708
4509.200 15yrs to Adult 3/26 - 6/4 9:00am-10:15am W \$141

HelpYourHealth, RoxAnn Madera
Lake View Clubhouse,
17451 Zeider Lane 92647
4613.200 15yrs to Adult 3/29 - 6/7 9:00am-10:00am Sa \$105

YOGATATION

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

Phears, William David
City Gym Room A
4648.200 Adult 3/27 - 5/15 9:00am-10:15am Th \$48
4648.201 Adult 3/26 - 5/14 12:00pm-1:15pm W \$48



Computers and Active Aging

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

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

Staff, Recreation
Rodgers Senior Center Computer Lab
4800.200 45yrs to Adult 4/1 - 4/22 9:00am-11:30am Tu \$15
4800.201 50yrs+ 5/6 - 5/27 9:00am-11:30am Tu \$15
4800.202 50yrs+ 6/3 - 6/24 9:00am-11:30am Tu \$15

COMPUTERS: ESSENTIAL COMPUTER SKILLS

Enhance your basic knowledge with hands-on instruction on a range of essential computer skills. Learn the keyboard, word processing, the Windows filing system to properly save information and find it. Learn e-mailing, attaching to e-mails, downloading, backing-up your computer and more. Friendly, well-paced atmosphere. Experienced and patient teacher. A VERY useful class!

Lander, Joel
Rodgers Senior Center Computer Lab
4593.200 Adult 4/4 - 4/25 9:00am-12:00pm F \$66
4593.201 Adult 5/1 - 5/22 9:00am-12:00pm Th \$66
4593.202 Adult 6/6 - 6/27 9:00am-12:00pm F \$66

COMPUTERS: 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, experiment, learn tricks, share and discover. Have fun!

Lander, Joel
Rodgers Senior Center Computer Lab
4585.200 Adult 4/3 - 4/10 2:00pm-5:00pm Th \$66
4585.201 Adult 5/15 - 5/22 2:00pm-5:00pm Th \$66
4585.202 Adult 6/5 - 6/12 2:00pm-5:00pm Th \$66

COMPUTERS: 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.

Lander, Joel
Rodgers Senior Center Computer Lab
4830.200 Adult 4/26 9:00am-12:00pm Sa \$38
4830.201 Adult 5/10 9:00am-12:00pm Sa \$38
4830.202 Adult 6/28 9:00am-12:00pm Sa \$38

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills. No class 5/26.

Staff, Recreation
Rodgers Senior Center Computer Lab
4803.200 50yrs+ 5/12 - 6/9 9:00am-12:00pm M \$15

Register Online! www.hbsands.org

Computers and Active Aging

COMPUTERS: FACEBOOK

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

Little Hands Megabytes Rodgers Senior Center Computer Lab
4517.201 Adult 3/29 - 4/12 10:00am-12:00pm Sa \$64

COMPUTER: 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.

Lander, Joel Rodgers Senior Center Computer Lab
3730.200 Adult 4/19 9:00am-12:00pm Sa \$38
3730.201 Adult 5/24 9:00am-12:00pm Sa \$38
3730.202 Adult 6/14 9:00am-12:00pm Sa \$38

COMPUTERS: GOOGLE GALORE

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

Staff, Recreation Rodgers Senior Center Computer Lab
4805.200 50yrs+ 5/12 - 5/19 1:00pm-4:00pm M \$12

COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners, for people who already have an iPad who want to learn how to use it. We will start with taking it out of the box. Discussions will include Wi-Fi, 3G/4G, iOS 7.0.4, iCloud and aspects of included apps. Must bring an iPad to class. \$10 material fee due at first class.

Cohen, Victor Rodgers Senior Center Hall D
4826.200 50yrs+ 4/9 - 4/30 9:00am-11:30am W \$25
4826.201 50yrs+ 5/7 - 5/28 9:00am-11:30am W \$25
4826.202 50yrs+ 6/4 - 6/25 9:00am-11:30am W \$25

COMPUTERS: MS 2010 WORD ESSENTIALS

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

Staff, Recreation Rodgers Senior Center Computer Lab
4802.200 50yrs+ 4/2 - 4/23 9:00am-12:00pm W \$15
4802.201 50yrs+ 5/7 - 5/28 9:00am-12:00pm W \$15
4802.202 50yrs+ 6/4 - 6/25 9:00am-12:00pm W \$15

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

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

Lander, Joel Rodgers Senior Center Computer Lab
4547.200 Adult 4/17 - 4/24 2:00pm-5:00pm Th \$66
4547.201 Adult 5/1 - 5/8 2:00pm-5:00pm Th \$66
4547.202 Adult 6/19 - 6/26 2:00pm-5:00pm Th \$66

No classes Monday, May 26

COMPUTERS: PICASA, PHOTO EDITING AND ORGANIZING

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

Lander, Joel Rodgers Senior Center Computer Lab
4548.200 Adult 4/3 - 4/24 9:00am-12:00pm Th \$66
4548.201 Adult 5/2 - 5/23 9:00am-12:00pm F \$66
4548.202 Adult 6/5 - 6/26 9:00am-12:00pm Th \$66

DANCE: BALLET AND BALLET STRETCH FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun; working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process. No class 5/26.

Huntington Academy of Dance Rodgers Senior Center Hall D
4494.200 Adult 3/24 - 4/28 12:30pm-1:30pm M \$49
4494.201 Adult 5/5 - 6/16 12:30pm-1:30pm M \$49

FITNESS: PILATES CHAIR

Pilates Chair is designed for all ages and ability levels and great for people over 50 because of the low impact/gentle exercises. Chair Pilates uses resistance bands and a chair for sitting/standing exercises. Improve: balance, flexibility, strength, posture with an enhanced mind-body awareness to help reduce the risk of falls. All ages/abilities welcome. No class 5/26. Bring an exercise mat.

HB Pilates Rodgers Senior Center Game Room
4822.200 50yrs+ 3/24 - 6/2 12:30pm-1:30pm M \$99
4822.201 18yrs+ 3/26 - 6/4 4:00pm-5:00pm W \$109
4822.202 18yrs+ 3/28 - 6/6 12:30pm-1:30pm F \$109
4822.203 18yrs+ 3/24 - 6/6 12:30pm-1:30pm Any 2 days \$189
4822.204 18yrs+ 3/24 - 6/6 12:30pm-1:30pm M W F \$256

FITNESS: SENIOR CARDIOFIT

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

Grossman, Marianne Rodgers Senior Center Hall B
4816.201 50yrs+ 3/25 - 6/6 9:00am-9:45am Tu F \$55

KEEP YOUR BRAIN STRONGER WITH COGNITIVE EXERCISE

The brain is not a muscle but it can function as one. When you exercise it, your brain gets stronger. Strengthen your memory, sharpen your focus, and increase the flexibility of your brain through Cognitive Exercise. Increase your brain reserve and keep your brain stronger for longer. No class 4/21.

Worden, Estelle Rodgers Senior Center Hall C
4833.200 All ages 3/24 - 6/2 11:30am-12:30pm M \$150

Parks & Recreation...
Elevate Personal Growth
...The Benefits Are Endless

Computers and Active Aging

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 4/14 thru 17, 5/19 thru 22

HelpYourHealth, RoxAnn Madera Marutani Center,
18964 Brookhurst Street, Fountain Valley 92708

4510.200	50yrs+	3/24 - 6/2	1:00pm-2:30pm	M	\$141
4510.201	50yrs+	3/25 - 6/3	10:30am-12:00pm	Tu	\$141
4510.202	50yrs+	3/27 - 6/5	10:30am-12:00pm	Th	\$141
4510.203	50yrs+	3/28 - 6/6	10:30am-12:00pm	F	\$126

YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 5/27. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M Rodgers Senior Center Hall D

4817.201	50yrs+	4/7 - 5/19	10:00am-11:00am	M	\$58
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FITNESS: ZUMBA – AGES 6 TO 86!

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

SockhopFitness, Jill E Foreman Rodgers Senior Center Hall A

4573.201	6yrs to 96yrs	3/25 - 6/3	6:00pm-6:45pm	Tu	\$68
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SockhopFitness, Jill E Foreman Edison Community Center Hall A

4590.200	6yrs to Adult	3/26 - 6/4	5:45pm-6:30pm	W	\$68
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Sports Programs

YOUTH SPORTS

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



Sports Programs

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 8th grades will be placed on teams for the 10 week season which includes two weeks of evaluations, a practice game, six league games and a city-wide championship tournament. All participants will receive an HB recreation jersey and league awards. Leagues begin March 29, 2014. No games 4/19.

Staff, Recreation City Gym Gymnasium

7744.201	5th-6th grade	3/29 - 5/31	11:30am-12:30pm	Sa	\$55
7744.202	7th-8th grade	3/29 - 5/31	10:00am-11:00am	Sa	\$55

JUNIOR SOCCER

This semi-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.

Staff, Recreation Arena Soccer Field

18002 Goldenwest Street 92647

7726.210	6yrs to 8yrs	4/15 - 5/20	6:00pm-6:50pm	Tu	\$55
7726.211	6yrs to 8yrs	4/17 - 5/22	6:00pm-6:50pm	Th	\$55

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.

Staff, Recreation Arena Soccer Field

18002 Goldenwest Street 92647

7725.210	3yrs to 5yrs	4/15 - 5/20	4:00pm-4:50pm	Tu	\$55
7725.211	3yrs to 5yrs	4/15 - 5/20	5:00pm-5:50pm	Tu	\$55
7725.212	3yrs to 5yrs	4/15 - 5/20	6:00pm-6:50pm	Tu	\$55
7725.213	3yrs to 5yrs	4/17 - 5/22	4:00pm-4:50pm	Th	\$55
7725.214	3yrs to 5yrs	4/17 - 5/22	5:00pm-5:50pm	Th	\$55
7725.215	3yrs to 5yrs	4/17 - 5/22	6:00pm-6:50pm	Th	\$55
7725.216	3yrs to 5yrs	4/12 - 5/24	9:00am-9:50am	Sa	\$55
7725.217	3yrs to 5yrs	4/12 - 5/24	10:00am-10:50am	Sa	\$55

