

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



Sports Programs

ADULT SPORTS

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 4, 2014 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/evenings or Wednesday nights. 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 and Thursday nights at Murdy Park. If you are interested call: 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Thursday, April 24, 2014. 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 Fall 2014 season will be available in July for the season starting in Mid-August, 2014.

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 April 7, 2014. 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) 536-5486. The first day of registration will be March 4, 2014. The deadline to turn in team registration to City Hall is March 28, 2014.

6 v 6 Men's Open	Monday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Men's Rec - 28 & Over	Tuesday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Men's Open	Wednesday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Coed Rec - 28 & Over	Thursday Nights	7:00pm, 8:00pm, 9:00pm
6 v 6 Coed Open	Friday Nights	7:00pm, 8:00pm, 9:00pm

Registration information for the Summer 2014 season will be available in May, 2014 for the season starting in early to mid June, 2014.

MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

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

Hoops Unlimited, Marty Walker City Gym
7901.200 Adult Su

Swimming

AQUATICS – THE BENEFITS ARE ENDLESS!!!!

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

Water Safety:

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

Health and Fitness:

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

Social Skills and Mental Health:

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

For more information on recreation swim and aquatics programs, please visit HBsands.org or call (714) 960-8884.

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

Parks & Recreation...
Quench Competitive Thirst
...The Benefits Are Endless