

# 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](http://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.

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

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](http://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](http://juniorguard.com), along with pool lifeguard and water safety instructor classes offered by the American Red Cross. Aquatic programs for adults are also available year round and are a great form of low-impact exercise and social interaction. The benefits of swim and aquatic programs include but are not limited to; Water Safety, Health and Fitness, and Social Skills and mental health.

### Water Safety:

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

### Health and Fitness:

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

### Social Skills and Mental Health:

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

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

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

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

# Swimming

## Spring Swimming

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

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.

### Private Swim Lessons

Lessons will be 15 minutes each, divided into two 5 week sessions, and will be available for 1 or 2 students on Friday afternoons. For cost and more info please see the previous page or contact the City Gym and Pool at (714) 960-8884. Registration begins 9:00am March 4.

Private lessons **MUST** be done In-Person.



American Red Cross

### CITY GYM AND POOL

1600 Palm Ave. (714) 960-8884

Register online beginning 9 am March 4 at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

Office Hours:

M-Th 9 am - 9 pm Fri 9 am - 8 pm Sat 9 am - 1 pm

## SWIM LEVELS

**Parent and Child (PC) 6 month to about 3 years:** Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

**PC Level 1 (PC 1):** Introduces Basic skills including safety topics to parents and children

**PC Level 2 (PC 2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

**Preschool Aquatics (PA) About 4 to 5 years:** Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

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

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

**PA Level 3 (PA 3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Learn-to-Swim (LS) About 6 years through adult:** Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

**Level 1 (LS 1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

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

**Level 3 (LS 3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.

**Level 4 (LS 4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

**Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.

### Need additional help or have questions?

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

#### Free Swim Level Testing:

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

Saturday, Feb. 22 . . . . . 1 -2 pm

Saturday, March 1 . . . . . 1 -2 pm

#### Senior Citizen Swim (55+)

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

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

# Swimming

## Spring 2014 – CITY GYM SWIM SCHEDULE

**Fees: \$50** per 10-class session – All swim lessons are one half hour.

All classes held at the City Gym and Pool - 1600 Palm Ave. **No Classes Monday, May 26th.**

Time	Mon/Wed 3/24 - 4/23	Tues/Thurs 3/25 - 4/24	Mon/Wed 4/28 - 6/2	Tues/Thurs 4/29 - 5/29	Saturday 3/29 - 5/31
8:00 am					LS 1- 8502.204
8:30 am					LS 2- 8503.205
9:00 am					PA L1- 8501.215 PA L2- 8626.224
9:30 am	PA L1- 8501.200 PA L2- 8626.200	PA L2- 8626.205 PA L3- 8627.203	PA L1- 8501.209 PA L2- 8626.212	PA L2- 8626.217 PA L3- 8627.211	PA L2- 8626.225 PA L3- 8627.217
10:00 am	PA L2- 8626.201 PA L3- 8627.200	PA L1- 8501.204 PA L2- 8626.206	PA L2- 8626.213 PA L3- 8627.207	PA L1- 8501.212 PA L2- 8626.218	PC L1- 8500.206
10:30 am	PC L1- 8500.200	PC L1- 8500.201	PC L1- 8500.203	PC L1- 8500.204	PC L2- 8628.206
11:00 am	PC L2- 8628.200	PC L2- 8628.201	PC L2- 8628.203	PC L2- 8628.204	PA L1- 8501.216 PA L2- 8626.226
11:30 am		PA L1- 8501.205 PA L2- 8626.207		PA L1- 8501.213 PA L2- 8626.219	PA L2- 8626.227 PA L3- 8627.218
12:00 pm		PA L2- 8626.208 PA L3- 8627.204		PA L2- 8626.220 PA L3- 8627.212	LS 1- 8502.205 LS 2- 8503.206
12:30 pm					LS 3- 8504.205 LS 4- 8505.204
2:00 pm	PA L1- 8501.201 PA L3- 8627.201	PA L1- 8501.206 PA L3- 8627.205	PA L1- 8501.210 PA L3- 8627.208	PA L1- 8501.214 PA L3- 8627.213	
2:30 pm	PA L2- 8626.202 PA L3- 8627.202	PA L2- 8626.209 PA L3- 8627.206	PA L2- 8626.214 PA L3- 8627.209	PA L2- 8626.221 PA L3- 8627.214	
3:00 pm	PA L1- 8501.202 PA L2- 8626.203	PA L1- 8501.207 PA L2- 8626.210	PA L2- 8626.215 PA L3- 8627.210	PA L2- 8626.222 PA L3- 8627.215	
3:30 pm	LS 1- 8502.200	LS 1- 8502.201	LS 1- 8502.202	LS 1- 8502.203	
4:00 pm	LS 2- 8503.200	LS 2- 8503.201	LS 2- 8503.203	LS 2- 8503.204	
4:30 pm	LS 3- 8504.200	LS 2-8503.202	LS 3- 8504.202	LS 3- 8504.203	
5:00 pm	Private Lessons (See Schedule)	LS 3- 8504.201 LS 4- 8505.200	Private Lessons (See Schedule)	LS 3- 8504.204 LS 4- 8505.202	
5:30 pm		LS 4- 8505.201		LS 4- 8505.203	
6:00 pm		PC L1- 8500.202		PC L1- 8500.205	
6:30 pm	PA L1- 8501.203 PA L2- 8626.204	PC L2- 8628.202	PA L1- 8501.211 PA L2- 8626.216	PC L2- 8628.205	
7:00 pm		PA L1- 8501.208 PA L2- 8626.211		PA L2- 8626.223 PA L3- 8627.216	
7:30 pm	<b>Rec Swim \$2</b>	8507.200 Exceptional Swim \$18	<b>Rec Swim \$2</b>	8507.201 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	8508.200 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.201 Adult Lessons	

# Swimming

## SPRING 2014 – PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim 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. Online registration is NOT available.

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

### OR

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

### All Private Lessons re Held At The City Gym And Pool

#### Private Swim Schedule – Session 1

8524.200	3:20pm	3yrs to Adult	F	3/28 - 4/25
8524.201	3:20pm	3yrs to Adult	F	3/28 - 4/25
8524.202	3:20pm	3yrs to Adult	F	3/28 - 4/25
8524.203	3:40pm	3yrs to Adult	F	3/28 - 4/25
8524.204	3:40pm	3yrs to Adult	F	3/28 - 4/25
8524.205	3:40pm	3yrs to Adult	F	3/28 - 4/25
8524.206	4:00pm	3yrs to Adult	F	3/28 - 4/25
8524.207	4:00pm	3yrs to Adult	F	3/28 - 4/25
8524.208	4:00pm	3yrs to Adult	F	3/28 - 4/25
8524.209	4:20pm	3yrs to Adult	F	3/28 - 4/25
8524.210	4:20pm	3yrs to Adult	F	3/28 - 4/25
8524.211	4:20pm	3yrs to Adult	F	3/28 - 4/25
8524.212	4:40pm	3yrs to Adult	F	3/28 - 4/25
8524.213	4:40pm	3yrs to Adult	F	3/28 - 4/25
8524.214	4:40pm	3yrs to Adult	F	3/28 - 4/25
8524.215	5:00pm	3yrs to Adult	F	3/28 - 4/25
8524.216	5:00pm	3yrs to Adult	F	3/28 - 4/25
8524.217	5:00pm	3yrs to Adult	F	3/28 - 4/25
8524.236	5:05pm	3yrs to Adult	M	3/24– 4/21
8524.237	5:05pm	3yrs to Adult	M	3/24 - 4/21
8524.238	5:05pm	3yrs to Adult	W	3/26 - 4/23
8524.239	5:05pm	3yrs to Adult	W	3/26 - 4/23

#### Private Swim Schedule – Session 2

8524.218	3:20pm	3yrs to Adult	F	5/2 - 5/30
8524.219	3:20pm	3yrs to Adult	F	5/2 - 5/30
8524.220	3:20pm	3yrs to Adult	F	5/2 - 5/30
8524.221	3:40pm	3yrs to Adult	F	5/2 - 5/30
8524.222	3:40pm	3yrs to Adult	F	5/2 - 5/30
8524.223	3:40pm	3yrs to Adult	F	5/2 - 5/30
8524.224	4:00pm	3yrs to Adult	F	5/2 - 5/30
8524.225	4:00pm	3yrs to Adult	F	5/2 - 5/30
8524.226	4:00pm	3yrs to Adult	F	5/2 - 5/30
8524.227	4:20pm	3yrs to Adult	F	5/2 - 5/30
8524.228	4:20pm	3yrs to Adult	F	5/2 - 5/30
8524.229	4:20pm	3yrs to Adult	F	5/2 - 5/30
8524.230	4:40pm	3yrs to Adult	F	5/2 - 5/30
8524.231	4:40pm	3yrs to Adult	F	5/2 - 5/30
8524.232	4:40pm	3yrs to Adult	F	5/2 - 5/30
8524.233	5:00pm	3yrs to Adult	F	5/2 - 5/30
8524.234	5:00pm	3yrs to Adult	F	5/2 - 5/30
8524.235	5:00pm	3yrs to Adult	F	5/2 - 5/30
8524.240	5:05pm	3yrs to Adult	M	4/28 - 6/2*
8524.241	5:05pm	3yrs to Adult	M	4/28– 6/2*
8524.242	5:05pm	3yrs to Adult	W	4/30 - 5/28
8524.243	5:05pm	3yrs to Adult	W	4/30– 5/28

\* No class Monday 5/26.

## NEW!!

# RUSTY MILLER TENNIS ACADEMY

The City of Huntington Beach Community Services Department is proud to announce the partnership between the Rusty Miller Tennis Academy and our Recreational Tennis Program.

### ABOUT RUSTY:

Rusty has made tennis his lifelong dedication, honored three times as All American Tennis Player and Small College Player of the year in 1978. In addition to coaching numerous touring pros and National Team Members, in 1982 Rusty served as a professional coach on the World Tennis Tour, coaching all four Grand Slams. Rusty founded his own Academy in 1979 and since has conducted a wide range of summer camps, private tennis schools, tennis instruction, and tournaments at both public and private facilities. The City of Huntington Beach welcomes the Rusty Miller Tennis Academy to its Recreational Tennis Program.

### AGES 3 TO ADULT:

- **Clinic Lessons:** Offers the opportunity to learn the sport of tennis for various levels in a group setting.
- **Tots:** Introduces children age 3 to 5 to the sport of tennis. Pre-basic tennis skills will be taught.
- **Mod Squad:** Clinic lessons offered for children ages 5 to 8 with a limited class size of 4 students.
- **Competitive Academy Play:** A junior development program for kids at the Intermediate to Advanced level of play offered for aspiring junior tournament and high school players.
- **Semi-Private Lessons:** Offers the opportunity for Adults to learn the sport of tennis for various levels with a smaller class size. Four students maximum.
- **Drop-in Drills:** For players that want to work on their game, hit tennis balls, and improve strategy. Drop in for a one and a half clinic of non-stop tennis drills.
- **Private Lessons:** For students who desire more individual attention, private lessons are available for one or two students at Murdy Park, Marina Park, LeBard Park or Edison Park.

### FOUR LOCATIONS:

Murdy Community Center, 7000 Norma Dr.  
Edison Community Center, 21377 Magnolia St.  
LeBard Park, 20451 Cramer Ln.  
Marina Park, 15871 Graham St.

### WHY PLAY TENNIS?

Tennis is known as a "sport for a lifetime." Not only is tennis a great workout, you can gain speed, eye-hand coordination, flexibility, agility, balance, and much more. Tennis is a great sport to start early in life but can just as easily be an excellent sport to pick up later in life as well, but most importantly Tennis is FUN! Develop friendships, be outdoors, experience enjoyment, competitiveness and physical challenges that truly make tennis a well rounded sport.