

Spring 2016

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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Community Services Department - Enhancing Life In Our Community

Parks
Make
Life
Better!

Looking for a doctor?



AWARD
WINNING
MEDICAL
GROUP*

Visit Our New 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.** Don't wait until open enrollment to find the doctor you want now.

For more information, visit memorialcare.org/newoffice or call today to make an appointment, 714.861.4770.



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



Joel C. Bartlett, MD
Internal Medicine



Lalita Komanapalli, MD
Internal Medicine



Ihong Chen, MD
Internal Medicine



Linda Sanfilippo, PA-C
Family Medicine



Lori DeBold, MD
Pediatrics



Laura K. Sayle, NP
Pediatrics



Nasrin Damoui, MD
Family Medicine



Margaret Zimmerman, MD
Pediatrics

Dance is good for the body and soul! Dance is movement. Dance is expression. Dance is ART! But it is much more. There is a great deal of research suggesting dance can give rise to a variety of different physical, emotional and cognitive benefits. And as long as you can move your body to a beat, you'll be able to reap those rewards! According to these studies, there are quite a few benefits. Dancing can be a way for people of all ages, shapes and sizes to stay fit. It has a wide range of physical and mental benefits including enhanced heart and lung condition, increased muscular strength, greater endurance and improved motor fitness. Dancing can make us more intelligent, boost self-confidence, and increase memory fitness! The SANDS Community Services Guide makes dancing accessible, easy and so much fun. So, get up and DANCE this season....you will be happy you did!

Janeen Laudenback
Director of Community Services



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CITY COUNCIL

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

Registration Begins March 8 at 9 a.m.

See Page 3 for information.

hbsands.org

Parks Make Life Better!® Photo Contest!



Congratulations to all our Winners!
Spring Sands winner: Kimberly McEachern

Recreation Classes Photo Category:

Testimonial: Kimberly McEachern

Huntington Beach Parks and Recreation Ballet Classes are fun, fun, fun! Students enjoy learning the basics of ballet and even perform in a live show in the Spring session.

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

For more information visit huntingtonbeachca.gov, email PMLB@surfcity-hb.org or call 714-960-8895.

Private and Semi-Private

Surf Lessons



SURF WITH NICOLE

Learn to surf or refresh your skills to take your surfing to the next level! Private surf lessons for all ages, with or without experience. Each lesson is 1.5 hours and includes a 30 minute land lesson, then 1 hour in the water.

Private Surf Lessons: Student to instructor ratio 1:1

Semi Private Lessons. Student to instructor ratio 3:1

Surf lessons are held between Tower 14 and 22.

Exact location of surf lesson will be determined by Instructor.

surfwithnicole.com

657-204-6555

OC SURF SCHOOL

At The Orange County Surf School we have developed a lesson plan that teaches skills well beyond most conventional surf schools. Our instructors are ocean safety experts who coach students through techniques, etiquette and safety. We provide customized 3 hours, private and semi private lessons with all equipment included. We will be offering semi private and private lessons daily. Spots are available everyday but must be reserved through us. Surf lessons are held between Tower 15 and 19. Exact location of surf lessons will be determined by Instructor.

theorangecountysurfschool.com

714-855-0673

Contact these schools directly for more information.

CLINT CARROLL SURF SCHOOL

Private & Semi Private Lessons

We are a year round surf school offering beginner to advanced lessons. This lesson provides more attention and guides you through the basics of surfing with an emphasis on surfing your first day. Equipment included. The Clint Carroll Surf School is a family with over 60 years experience. Surf lessons are held between Tower 11 and 15. Exact location of surf lessons will be determined by Instructor.

clintcarrollsurf.com

949-355-7285

HB SURF SCHOOL

Named the No. 1 surf school in Surf City by locals, the HB Surf School offers a superior, fun experience for every level of surfer. Run by Bill Sharp, who has more than 30 years of experience coaching, the HB Surf School is located south of the pier. Check us out for private or semi-private lessons! Surf lessons are held between Tower 3 and 5. Exact location of surf lessons will be determined by Instructor.

hbsurfschool.com

714-658-6873

ZACK'S

Serving Huntington Beach for over 35 years! Safety First! CPR certified instructors guarantee to surf on 1st session. Board and wet suit rental included for the whole day. Surf lessons are held between Tower 6 and 4. Exact location of surf lessons will be determined by Instructor.

Hbjo6565@yahoo.com

714-536-0215

CLASS REGISTRATION BEGINS **MARCH 8 AT 9 AM**

REGISTER ONLINE *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:
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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

EASTER HUNT AND FAMILY FUN DAY

Saturday March 26, 2016

The City of Huntington Beach Community Services Department together with the Kiwanis Club of Huntington Beach presents the Easter Hunt and Family Fun Day! On Saturday, March 26 2016, thousands of pounds of candy are given away for this special family oriented day! Stop by and hunt for candy, take a picture with the Easter Bunny, play a game at the many game booths, visit the various displays from Community Services, Public Works, Fire and Police, learn about summer camps and classes offered through Community Services, enjoy the live band and try out some new classes. Don't forget to enjoy the pancake breakfast and the hot lunch made by the HB Kiwanis Club. Join in the festivities, spend some time outdoors with your family, and see how **Parks Make Life Better!**® The Easter Hunt and Family Fun Day is located at the Sports Complex at Huntington Central Park, 18002 Goldenwest St. For more information or to sponsor this event, please call Murdy Community Center at (714) 960-8895.

MOTHER DAUGHTER TEA

Mothers, grandmothers, and aunts, bring your special young ladies for an enchanted Victorian Tea. You will be served scones with lemon curd and preserves, a variety of tea sandwiches, and a variety of delicate desserts. Bring your favorite tea cup. You will receive a photograph for this memorable day! \$15 for each additional daughter.

April Berg Newland Barn, 19822 Beach Boulevard
211206-2A 3 yrs + Su 1-4pm 4/17-4/17 \$40

HB PIER SWIM

The 66th Annual HB Pier Swim will be held on Saturday June 11. Awards will be given to the top 3 finishers in each division. The Gene Beshe Memorial Perpetual Trophy will be awarded to the top team. Pre-Registration includes a t-shirt (April 13 – May 20). Late Registration on June 11 will be taken on the beach only and starts at 7am. Late Registration does not include a t-shirt (extra t-shirts may be available for \$10 each).

Staff, Recreation

South Side of Pier

Activity #	Age	Division	Race Time	Fee
311212-2A	12yrs to 15yrs	Junior Men	10:15am	\$25
311212-2B	12yrs to 15yrs	Junior Women	10:15am	\$25
311212-2C	16yrs to 24yrs	Men	8:45am	\$25
311212-2D	16yrs to 24yrs	Women	8:45am	\$25
311212-2E	25yrs to 31yrs	Senior Men	8:45am	\$25
311212-2F	25yrs to 31yrs	Senior Women	8:45am	\$25
311212-2G	32yrs to 39yrs	Masters Men	9:30am	\$25
311212-2H	32yrs to 39yrs	Masters Women	9:30am	\$25
311212-2I	40yrs to 49yrs	Grand Masters Men	9:30am	\$25
311212-2J	40yrs to 49yrs	Grand Masters women	9:30am	\$25
311212-2K	50yrs to 59yrs	Super Masters Men	9:30am	\$25
311212-2L	50yrs to 59yrs	Super Masters Women	9:30am	\$25
311212-2M	60yrs to 64yrs	Ultra Masters Men	9:30am	\$25
311212-2N	60yrs to 64yrs	Ultra Masters Women	9:30am	\$25
311212-2O	65yrs & up	Legends Men	9:30am	\$25
311212-2P	65yrs & up	Legends Women	9:30am	\$25

Spring Camps

MAD SCIENCE: CRAZY CHEMWORKS

Students will explore acids and bases, reveal the secret recipe of slime, examine crystallization, and probe through shifting states of matter, and much, much more. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due at first class.

MAD Science Edison Community Center
220601-3A 5-12 yrs M 3 - 4:30pm 4/4 - 5/23 \$99

MAD SCIENCE: SCIENCE IN ACTION

Discover how things move with science. View the world through a camera obscura, different lenses and kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens, play with magic mud! \$30 materials fee due at first class.

MAD Science Murdy Community Center
220615-1A 5-12 yrs M-F 9am - 12pm 3/28 - 4/1 \$145
220615-1B 5-12 yrs M-F 1:30 - 4:30pm 3/28 - 4/1 \$145

See Page 39
For A Preview Of
All Of Our Upcoming
Summer Camps



INFANT/TOT



ART

DRAWING FOR LITTLE TOTS

Children 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. \$15 materials fee due at first class to instructor for all new students.

Courtney Oquist		HB Art Center			
230106-4A	4-6 yrs	W	4-5pm	4/6-5/4	\$76/69
230106-4B	4-6 yrs	W	4-5pm	5/11-6/8	\$76/69

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 materials fee due at first class.

Lucia Henry		HB Art Center			
230107-4A	3-5 yrs	Th	2:30-3:15pm	5/12-6/9	\$73/66

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 materials fee due at first class.

Lucia Henry		HB Art Center			
230103-4A	3-5 yrs	Th	2:30-3:15pm	4/7-5/5	\$77/70

DANCE

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. \$5 materials fee due at first class.

Dawna Ludwig		Murdy Community Center			
230406-1A	10 mo-3 yrs	F	10-10:40am	4/1-4/29	\$45
230406-1B	10 mo-3 yrs	F	10-10:40am	5/6-6/3	\$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. *Optional recital June 26th additional fees will apply, please see instructor at first class for details. \$1 materials fee due at first class.

Huntington Academy of Dance		City Gym and Pool			
230407-3A	3-5 yrs	Th	3-4pm	4/7-6/23	\$125

Huntington Academy of Dance		Edison Community Center			
230407-2A	4-6 yrs	W	3:30-4:30pm	4/6-6/22	\$125
230407-2B	3-5 yrs	Sa	9:15-10:15am	4/2-6/18	\$125
230407-2C	4-6 yrs	Sa	10:15-11:15am	4/2-6/18	\$125

Huntington Academy of Dance		Murdy Community Center			
230407-1A	3-5 yrs	M	10:15-11:15am	4/4-6/20	\$115
230407-1B	4-6 yrs	M	3-4pm	4/4-6/20	\$115

Huntington Academy of Dance		16601 Gothard St, Suite A			
230407-1C	3-5 yrs	Tu	11-12pm	4/5-6/21	\$125

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. *Optional recital June 26th additional fees apply, please see instructor at the first class for details. \$1 materials fee due at first class.

Huntington Academy of Dance		Murdy Community Center			
230408-1A	3-5 yrs	Th	10:15-11:15am	4/7-6/23	\$125

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. *Optional recital June 26th additional fees will apply, please see instructor at first class for details. \$1 materials fee due at first class.

Huntington Academy of Dance		Murdy Community Center			
230410-1A	2.5-4 yrs	M	9:30-10:15am	4/4-6/20	\$115

Huntington Academy of Dance		16601 Gothard St, Suite A			
230410-1B	2.5-4 yrs	Tu	10-10:45am	4/5-6/21	\$125

Register Online! www.hbsands.org



HIP HOP & JAZZ

Does your child dance around the house all day long? This is the class for your budding dancer! Your child will move to family friendly high energy music while learning funky fresh moves! Parents are invited to "show day" on the last class. Dance attire is encouraged. Optional recital June 26th additional fees apply, please see instructor at the first class for details. \$1 materials fee due at first class.

Huntington Academy of Dance	Murdy Community Center
230416-1A 3-5 yrs Th 11:15am-12:15pm 4/7-6/23 \$125	

ONE & TWO BABY BOOGIE & YOU FLOW

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. \$5 materials fee due at first class.

Dawna Ludwig	City Gym and Pool
230409-3A 4 mo-2 yrs M 11:30am-12pm 3/28-4/25 \$45	
230409-3B 4 mo-2 yrs M 11:30am-12pm 5/2-6/6 \$45	

Dawna Ludwig	Murdy Community Center
230409-1A 5 mo- 2 yrs F 10:40-11:10am 4/1-4/29 \$45	
230409-1B 5mo - 2 yrs F 10:40-11:10am 5/6-6/3 \$45	

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 materials fee due at first class. *Optional recital June 26th additional fees will apply, please see instructor at the first class meeting for details. *No Class Dates: May-30*

Huntington Academy of Dance	16601 Gothard Street, Suite A
230402-1B 1.5-2.5 yrs Th 9-9:30am 4/7-6/23 \$95	

Huntington Academy of Dance	Murdy Community Center
230402-1A 1.5-2.5 yrs M 9-9:30am 4/4-6/20 \$95	

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
230403-4A 2-4 yrs Tu 3:30-4pm 3/29-4/19 \$52/47	
230403-4B 2-4 yrs Tu 3:30-4pm 4/26-5/17 \$52/47	



TIPPI TOES PARENT AND 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: May-30*

Tippi Toes HB	City Gym and Pool
230404-3A 1.5-3 yrs Sa 9:30-10am 4/2-6/18 \$110	
230404-3B 1.5-3 yrs Th 10-10:30am 3/31-6/9 \$110	

Tippi Toes HB	Edison Community Center
230404-2A 1.5-3 yrs W 9:30-10am 3/30-6/8 \$110	

Tippi Toes HB	Murdy Community Center
230404-1A 18 mo-3 yrs M 5:15-5:45pm 3/28-6/13 \$110	

TIPPI TOES PRINCESS DANCE

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.

Tippi Toes HB	City Gym and Pool
230405-3A 2-4 yrs Sa 10:15-10:55am 4/2-6/18 \$110	
230405-3B 4-6 yrs Sa 11:05-11:45am 4/2-6/18 \$110	

Tippi Toes HB	Edison Community Center
230405-2A 3-5 yrs W 10:05-10:45am 3/30-6/8 \$110	

Tippi Toes HB	Murdy Community Center
230405-1A 2.5-4 yrs M 4:15-4:55pm 3/28-6/13 \$110	

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
230414-4A 5-7 yrs Tu 4-4:45pm 3/29-4/19 \$52/47	
230414-4B 5-7 yrs Tu 4-4:45pm 4/26-5/17 \$52/47	

EDUCATIONAL

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 materials fee due at first class.

Teri Diersing	Edison Community Center
230601-2A 2.5-5 yrs Th 10:30-11:30am 3/31-5/19 \$90	

I SPEAK CHINESE

Like learning a native language, children apply words learned to real-life situations and start speaking Chinese immediately. Class incorporates fun and culturally enriching songs, dance, rhymes, games, puppet shows, art and crafts. Language is best acquired by experience. Parent participant required. \$12 materials fee due at first class.

OC First Language	City Gym and Pool
230604-3A 3-5 yrs Th 3:30-4:20pm 4/14-5/19 \$120	
230604-3B 6-12 yrs Th 4:30-5:30pm 4/14-5/19 \$120	

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. \$5 materials fee due at first class.
No Class Dates: May-30

Dawna Ludwig		City Gym and Pool			
230610-3A	9 mo-3.5 yrs M	10:50-11:30am	3/28-4/25	\$45	
230610-3B	9 mo-3.5 yrs M	10:50-11:30am	5/2-6/6	\$45	

Dawna Ludwig		Edison Community Center			
230610-2A	9 mo-3.5 yrs M	9:20-10am	3/28-4/25	\$45	
230610-2B	9 mo-3.5 yrs M	9:20-10am	5/2-6/6	\$45	

Dawna Ludwig		Murdy Community Center			
230610-1A	9 mo-3.5 yrs F	9:20-10am	4/1-4/29	\$45	
230610-1B	9 mo-3.5 yrs F	9:20-10am	5/6-6/3	\$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. \$5 materials fee due at first class.

Beverly Rico		Murdy Community Center			
230602-1A	10-24 mo W	9:30-10:30am	3/30-6/1	\$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.

Beverly Rico		Murdy Community Center			
230609-1A	2-3.5 yrs W	10:30-11:30am	3/30-6/1	\$80	

GYMNASTICS

TEENY TUMBLE-N-FUN/YOGA

NEW! 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 materials fee due at first class.

Tumble-N-Kids Inc		Murdy Community Center			
230701-1A	8-17 mo Tu	10:30-11:15am	4/5-6/7	\$90	

TINY TUMBLE-N-FUN/YOGA

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 materials fee due at first class.

Tumble-N-Kids Inc		Murdy Community Center			
230702-1A	1.5-3 yrs Tu	11:15am-12pm	4/5-6/7	\$90	

TINY TUMBLE-N-DANCE

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

Tumble-N-Kids Inc		City Gym and Pool			
230703-3A	18 mo-3 yrs F	9:45-10:30am	4/8-6/10	\$90	

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 materials fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
230704-2A	10 mo-2 yrs Sa	9:30-10:15am	4/9-6/11	\$90	

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 required. \$2 materials fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
230705-2A	1.5-3 yrs W	9:30-10:30am	4/6-6/8	\$110	

Tumble-N-Kids Inc		Murdy Community Center			
230705-1A	1.5-3 yrs Th	10-11am	4/7-6/9	\$110	
230705-1B	1.5-3 yrs Sa	10:20-11:20am	4/9-6/11	\$110	

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 materials fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
230706-2A	2-4 yrs Sa	10:15-11:15am	4/9-6/11	\$110	

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 required. \$2 materials fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
230707-2A	2.5-4 yrs W	10:30-11:30am	4/6-6/8	\$110	

Tumble-N-Kids Inc		Murdy Community Center			
230707-1A	2.5-4 yrs Th	11am-12pm	4/7-6/9	\$110	
230707-1B	2.5-4 yrs Sa	11:30am-12:30pm	4/9-6/11	\$110	



Parks & Recreation Build Family Unity

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 materials fee due at first class. This is a non-parent participation class.

Tumble-N-Kids Inc	City Gym and Pool
230709-3A 3-5 yrs F 11:45am-12:45pm 4/8-6/10 \$110	

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 materials fee due at first class. Parent participation required.

Tumble-N-Kids Inc	City Gym and Pool
230711-3A 8 mo- 17mos F 9-9:45am 4/8-6/10 \$90	

Tumble-N-Kids Inc	Edison Community Center
230711-2A 8 mo-17mos W 11:30am-12:15pm 4/6-6/8 \$90	

Tumble-N-Kids Inc	Murdy Community Center
230711-1A 8mo- 17mos Sa 9:30-10:15am 4/9-6/11 \$90	

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 materials fee due at first class. Parent participation required.

Tumble-N-Kids Inc	City Gym and Pool
230712-3A 3-5 yrs F 10:45-11:30am 4/8-6/10 \$90	

TUMBLE-N-FUN/YOGA

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. Yoga mats provided, or bring your own mat. Some parent participation required. \$2 materials fee due at first class.

Tumble-N-Kids Inc	Murdy Community Center
230715-1A 3-5 yrs Tu 12:10-1:10pm 4/5-6/7 \$110	

MARTIAL ARTS

KARATE-DO TRADITIONAL JAPANESE KARATE 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, Thursday or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA	Edison Community Center
230901-2A 5-7 yrs Th 5-5:40pm 3/31-6/9 \$110	
230901-2B 5-7 yrs F 5-5:40pm 4/1-6/10 \$110	

KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

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. Orange, yellow, and blue belts only. 1 day a week, Thursday or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA	Edison Community Center
230902-2A 5-7 yrs Th 5:45-6:30pm 3/31-6/9 \$110	
230902-2B 5-7 yrs F 5:45-6:30pm 4/1-6/10 \$110	

KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE AND ADVANCED

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. Blue/St, Green/St, Purple, Purple/St, Red, Red/St belts only. 1 day a week, Thursday or Friday, for \$140. 2 days a week for \$160.

Wadoryu USA	Edison Community Center
230903-2A 5-7 yrs Th 5:45-7:15pm 3/31-6/9 \$140	
230903-2B 5-7 yrs F 5:45-7:15pm 4/1-6/10 \$140	

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 \$10 materials fee due at first class.

Take the Stage Productions	Murdy Community Center
231012-1A 3-5 yrs W 11-11:45am 4/6-6/8 \$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. Sign up for both classes at once and save \$10!

Iskui Merdjanian	Edison Community Center
231003-2A 10 mo-3 yrs Th 9:15-10am 4/7-5/26 \$69	

Iskui Merdjanian	Murdy Community Center
231003-1A 10 mo-3 yrs Tu 9:15-10am 4/5-5/24 \$69	
231003-1B 10 mo-3 yrs W 6-6:45pm 4/6-5/25 \$69	



Parks & Recreation Build Self-Esteem

SPORTS

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**
231004-2A 3-5 yrs Th 4:45-5:30pm 4/7-5/26 \$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 materials fee due at first class. This is a parent participant class.

Patricia Hill **City Gym and Pool**
231002-3A 15 mo-3 yrs Tu 9:30-10:30am 3/29-5/17 \$86

Patricia Hill **Edison Community Center**
231002-2A 15mo-3 yrs M 10:15-11:15am 3/28-5/16 \$86

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 materials fee due at first class. This is a parent participation class.

Patricia Hill **Edison Community Center**
231005-2A 6-15mo M 9:15-10am 3/28-5/16 \$70

Patricia Hill **Murdy Community Center**
231005-1A 6-15 mo Th 9:30-10:15am 3/31-5/19 \$70

STORY TIME WITH A PRINCESS

You are royally invited to story time with a princess! Princesses love to tell stories, sing songs, play games and meet new friends. Each little princess will receive take home craft and have a meet-and-greet and photo opportunity. April 30th-Elsa the snow queen and June 10th-Cinderella.

Take the Stage Productions **Murdy Community Center**
231103-1A 2yrs + Sa 10-11am 4/30 \$25
231103-1B 2yrs + F 10-11am 6/10 \$25

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 * \$10 materials fee due at first class.

Take the Stage Productions **Murdy Community Center**
231011-1A 1.5-3 yrs W 10:15-11am 4/6-6/8 \$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 materials fee due at first class. Parent participation required.

Patricia Hill **City Gym and Pool**
231001-3A 1.5- 3yrs Tu 10:45-11:30am 3/29-5/17 \$70

Patricia Hill **Murdy Community Center**
231001-1A 18mo-3 yrs Th 10:30-11:15am 3/31-5/19 \$70

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. *No Class Dates: May-28*

Kidz Love Soccer **Murdy Community Center**
231314-1A 2-3.5 yrs Sa 5-5:30pm 4/16-6/11 \$97

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.

Huntington Beach Sports Complex **Arena Soccer Field**

231307-00	3-5yrs.	Sa	4/09-5/14	9-9:50am	\$55
231307-01	3-5yrs.	Sa	4/09-5/14	10-10:50am	\$55
231307-02	3-5yrs.	Tu	4/12-5/17	4-4:50pm	\$55
231307-03	3-5yrs.	Tu	4/12-5/17	5-5:50pm	\$55
231307-04	3-5yrs.	Tu	4/12-5/17	6-6:50pm	\$55
231307-05	3-5yrs.	Th	4/14-5/19	4-4:50pm	\$55
231307-06	3-5yrs.	Th	4/14-5/19	5-5:50pm	\$55
231307-07	3-5yrs.	Th	4/14-5/19	6-6:50pm	\$55

SKYHAWKS SOCCER TOTS

Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all, we promote fun, fun, fun!

Skyhawks Sports Academy Inc **Edison Community Center**

231316-2A	3-4 yrs	F	4-4:45pm	4/1-5/20	\$135
231316-2B	5-7 yrs	F	5-5:45pm	4/1-5/20	\$135



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. *No Class Dates: May-28*

Kidz Love Soccer				Murdy Community Center
231315-1A	3.5-5 yrs	Sa	4:15-4:50pm	4/16-6/11 \$97

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.

OC Playball Inc				City Gym and Pool
231308-3A	2-3 yrs	M	9-9:45am	3/28-6/13 \$110
231308-3B	3-4 yrs	M	10:15-11am	3/28-6/13 \$110
231308-3C	4-5 yrs	M	3:15-4pm	3/28-6/13 \$110

OC Playball Inc				Edison Community Center
231308-2A	2-3 yrs	Th	9:30-10:15am	3/31-6/9 \$110
231308-2B	3-4 yrs	Th	10:30 - 11:15am	3/31-6/9 \$110

OC Playball Inc				Murdy Community Center
231308-1A	2-3 yrs	Tu	9-9:45am	3/29-6/7 \$110
231308-1B	3-4 yrs	Tu	10-10:45am	3/29-6/7 \$110
231308-1C	2-3 yrs	W	9-9:45am	3/30-6/8 \$110

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 (3-5pm for Wednesday class and 12-2pm 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
231312-1A	3-5 yrs	W	5:40-6:10pm	3/30-4/20 \$37
231312-1B	3-5 yrs	W	5:40-6:10pm	4/27-5/18 \$37
231312-1C	3-5 yrs	Sa	10:15-10:45am	4/2-4/23 \$37
231312-1D	3-5 yrs	Sa	10:15-10:45am	4/30-5/21 \$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 12-2pm 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
231313-1A	3-5 yrs	Tu	4:10-4:40pm	3/29-4/19 \$37
231313-1B	3-5 yrs	Tu	4:10-4:40pm	4/26-5/17 \$37
231313-1C	3-5 yrs	Sa	11:15-11:45am	4/2-4/23 \$37
231313-1D	3-5 yrs	Sa	11:15-11:45am	4/30-5/21 \$37

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.

Skyhawks Sports Academy Inc				Edison Community Center
231304-2A	3-4 yrs	Sa	9-9:45am	4/2-5/28 \$145
231304-2B	5-7 yrs	Sa	10-10:45am	4/2-5/28 \$145

Skyhawks Sports Academy Inc				Murdy Community Center
231304-1A	3-4 yrs	W	4-4:45pm	3/30-5/18 \$145
231304-1B	5-7 yrs	W	5-5:45pm	3/30-5/18 \$145

SKYHAWKS HOOPSTER TOTS

This basketball class covers all of the beginner skills in a variety of engaging games. While maintaining the 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
231311-1A	3-4 yrs	M	4-4:45pm	3/28-5/16 \$135
231311-1B	5-7 yrs	M	5-5:45pm	3/28-5/16 \$135

SURF & 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
231402-2A	2-5 yrs	Sa	9-9:45am	4/2-4/30 \$55



See page 2 for a list of **SURF SCHOOLS**

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 materials fee due at first class.

Lucia Henry **HB Art Center**
240110-4A 6-12 yrs Th 3:30-4:45pm 5/12-6/9 \$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. \$20 materials fee due at first class.

Lucia Henry **HB Art Center**
240101-4A 6-12 yrs Th 3:30-4:45pm 4/7-5/5 \$83/75

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. \$15 materials fee due at first class.

Courtney Oquist **HB Art Center**
240102-4A 7-12 yrs Th 5:15-6:30pm 4/7-5/5 \$81/73
240102-4B 7-12 yrs Th 5:15-6:30pm 5/12-6/9 \$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. \$25 materials fee for new students (\$20 for returning students) is payable to instructor at first class which covers all supplies. Pre-registration is required. All materials are provided.

Pati Kent **HB Art Center**
240109-4A 7-13 yrs Tu 4:30-5:30pm 4/5-5/3 \$76/69
240109-4B 7-13 yrs Tu 4:30-5:30pm 5/17-6/14 \$76/69

Register Online!
www.hbsands.org

INTRO TO IMPROV

Gain self-confidence and overcome fear of standing in front of class, while learning more effective communication skills in a no pressure environment. Students will learn the basic rules, and philosophy of improvisation through games, drills and scenes.

Brenda Glim **HB Art Center**
240115-4A 7-12 yrs W 3:30-5:30pm 3/30-5/18 \$125/113

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 his or her own individual recipe.

Stephanie Collett **Edison Community Center**
240301-2A 7-13 yrs M 6-7:15pm 3/28-4/25 \$90

Stephanie Collett **Murdy Community Center**
240301-1A 7-13 yrs Sa 11am-12:15pm 4/2-4/30 \$90

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. Optional Recital June 24, 2016 (TENT.) Additional fees apply. More information will be given at the first lesson.

Huntington Academy of Dance **16601 Gothard Street, Suite A**
240402-1A 12-16 yrs W 5:30-6:30pm 4/6-6/22 \$125

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 fills quickly. Pre-registration is required.

Melody Seanoa **HB Art Center**
240403-4A 8-14 yrs Tu 5-6pm 3/29-4/19 \$52/47
240403-4B 8-14 yrs Tu 5-6pm 4/26-5/17 \$52/47

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 materials fee due at first class. Optional recital June 26. Additional fees apply, please see instructor at first class meeting for more details. *No Class Dates: May-30*

Huntington Academy of Dance **Edison Community Center**
240404-2A 5-7 yrs W 4:35-5:35pm 4/6-6/22 \$125

Huntington Academy of Dance **Murdy Community Center**
240404-1A 6-8 yrs M 5:30-6:30pm 4/4-6/20 \$115

TAP

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making NOISE with their feet! Dance attire, please.

Huntington Academy of Dance **16601 Gothard Street, Suite A**
240407-1A 7-12 Tu 4:30-5:30pm 4/5-6/21 \$125

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 materials fee due at first class. Optional recital June 26. Additional fees will apply, please see instructor at first class meeting for more details. *No Class Dates: May-30*

Huntington Academy of Dance **City Gym and Pool**
240401-3A 5-7 yrs Th 4-5pm 4/2-6/23 \$125

Huntington Academy of Dance **Edison Community Center**
240401-2A 5-7 yrs Sa 11:15am-12:15pm 4/2-6/18 \$125

Huntington Academy of Dance **Murdy Community Center**
240401-1A 6-8 yrs M 4-5pm 4/4-6/20 \$115

Huntington Academy of Dance **16601 Gothard St, Suite A**
240401-1B 8-12 yrs Tu 5:30-6:30pm 4/5-6/21 \$125

EDUCATIONAL

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**
240608-1A 10 yrs + Sa 10am-5pm 5/21 \$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 materials fee due at first class.

Tumble-N-Kids Inc **City Gym and Pool**
240701-3A 6-12 yrs F 4-5pm 4/8-6/10 \$110
240701-3B 6-12 yrs F 5-6pm 4/8-6/10 \$110

Register Online! www.hbsands.org

GYMNASTICS: JAMMIN' GYMNASTS

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 materials fee due at first class.

Tumble-N-Kids Inc **Edison Community Center**
240702-2A 6-12 yrs W 3:45-4:45pm 4/6-6/8 \$110
240702-2B 5-8 yrs Sa 11:20am-12:20pm 4/9-6/11 \$110

Tumble-N-Kids Inc **Murdy Community Center**
240702-1A 6-12 yrs Tu 3:45-4:45pm 4/5-6/7 \$110
240702-1B 7-14 yrs Th 4-5pm 4/7-6/9 \$110

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.

Tumble-N-Kids Inc **City Gym and Pool**
240704-3A 4-6 yrs F 3-4pm 4/8-6/10 \$110

Tumble-N-Kids Inc **Edison Community Center**
240704-2A 4-6 yrs W 2:45-3:45pm 4/6-6/8 \$110

Tumble-N-Kids Inc **Murdy Community Center**
240704-1A 4-6 yrs Tu 2:45-3:45pm 4/5-6/7 \$110
240704-1B 4-6 yrs Th 3-4pm 4/7-6/9 \$110





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!

SockhopFitness		Murdy Community Center			
250813-1A	6yrs +	Tu	8:05-8:50am	4/5-6/7	\$65
SockhopFitness		Rodgers Seniors' Center			
250813-5A	6yrs+	Tu	6:00-6:45pm	4/5 - 5/24	\$52

MARTIAL ARTS

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, Thursday, or Friday, for \$110. Two days a week for \$130.

Wadoryu USA		Edison Community Center			
240903-2A	8-10 yrs	Th	5-5:40pm	3/31-6/9	\$110
240903-2B	8-10 yrs	F	5-5:40pm	4/1-6/10	\$110

KARATE-DO TRADITIONAL JAPANESE KARATE NOVICE

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. White, orange, yellow, and blue belts only. 1 day a week, Thursday, or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA		Edison Community Center			
240904-2A	8-14 yrs	Th	5:45-6:30pm	3/31-6/9	\$110
240904-2B	8-14 yrs	F	5:45-6:30pm	4/1-6/10	\$110

KARATE-DO TRADITIONAL JAPANESE KARATE INTERMEDIATE

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. Blue/St, Green, Green/St, Red, Red/St, Purple belts only. 1 day a week, Thursday, or Friday, for \$140. 2 days a week for \$160.

Wadoryu USA		Edison Community Center			
240906-2A	8-18 yrs	Th	5:45-7:15pm	3/31-6/9	\$140
240906-2B	8-18 yrs	F	5:45-7:15pm	4/1-6/10	\$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. 1 day a week, Thursday or Friday, for \$150. 2 days a week for \$170.

Wadoryu USA		Edison Community Center			
240907-2A	8-18 yrs	Th	5:45-8:15pm	3/31-6/9	\$150
240907-2B	8-18 yrs	F	5:45-8:15pm	4/1-6/10	\$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.

Young Champions		Murdy Community Center			
NEW STUDENT					
240905-1A	4-15 yrs	F	5:15-5:55pm	4/15-6/24	\$85
YELLOW & ORANGE BELT					
240905-1B	4-15 yrs	F	6-6:40pm	4/15-6/24	\$85
PURPLE BELT & ABOVE					
240905-1C	4-15 yrs	F	6:45-7:25pm	4/15-6/24	\$85

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 Tillehkoob		City Gym and Pool			
240908-3A	6-9 yrs	M	5:45-6:30pm	3/28-6/6	\$187
240908-3B	6-9 yrs	Tu	5:45-6:30pm	3/29-6/7	\$187
240908-3C	6-9 yrs	W	5:45-6:30pm	4/6-6/8	\$187
240908-3D	6-9 yrs	Th	5:45-6:30pm	4/7-6/9	\$187

MUSIC

BROADWAY STAR MUSICAL THEATER

Act, sing, dance and explore the world of Broadway in this fun musical theater class! Students will build valuable musical theater 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 lines and songs at home. \$10 materials fee due at first class.

Take the Stage Productions		Murdy Community Center			
241103-1A	5-10 yrs	Tu	5:05-5:50pm	4/5-6/7	\$110

GLEE CLUB

This high-energy class provides male and female students with an opportunity to sing, dance, perform, and unlock their inner superstar! Students will learn Pop and Broadway music and choreography in a fun atmosphere, while building voice and mic technique, musical expression, and providing self-confidence in all areas. \$10 materials fee due at first class.

Take the Stage Productions		Edison Community Center			
241010-2A	8-12 yrs	M	4:15-5:15pm	4/4-6/6	\$110

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

The RockBand Experience

HB Art Center

241007-4A	8-12 yrs	Th	3:30-4:30pm	4/7-4/28	\$81/73
241007-4B	8-12 yrs	Th	3:30-4:30pm	5/5-5/26	\$81/73
241007-4C	8-12 yrs	Th	3:30-4:30pm	6/2-6/16	\$62/56

HOLLYWOOD FILM ACTING I

This introductory 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. \$5 materials fee due at first class.

Take the Stage Productions

Murdy Community Center

241008-1A	6-10 yrs	W	4-4:45pm	4/6-6/8	\$110
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HOLLYWOOD FILM ACTING II

This entertaining course is designed for students who have taken Hollywood Film Acting I, or students starting at an older age. This class will continue to strengthen acting technique favored by Film & TV stars with more emphasis in scene study and character development. This course includes advanced acting technique, vocabulary, scene breakdown, in-depth character development and expression. Practical exercises in both scripted and improvisational work will be stressed. \$5 materials fee due at first class.

Take the Stage Productions

Murdy Community Center

241009-1A	8-12 yrs	W	4:45-5:30pm	4/6-6/8	\$110
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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

241003-2A	6-13 yrs	Th	5:45-6:45pm	4/7-5/26	\$77
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STORYBOOK STAGE PLAY

Students explore fairytales and fables as the basics to create new stories, inspire imagination and build performance skills. Through the use of their voices, bodies, costumes and props- students will create memorable skits and characters while building skills in acting, public speaking, creative thinking, reading comprehension, and confidence! \$10 materials fee due at first class.

Take the Stage Productions

Murdy Community Center

241005-1A	5-9 yrs	Tu	4:15-5pm	4/5-6/7	\$110
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SPORTS

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.

The Rinks Westminster ICE

13071 Springdale, Westminster

241324-1A	6-16 yrs	W	5:10-5:40pm	3/30-4/20	\$37
241324-1B	6-16 yrs	W	5:10-5:40pm	4/27-5/18	\$37
241324-1C	6-16 yrs	Sa	10:45-11:15am	4/2-4/23	\$37
241324-1D	6-16 yrs	Sa	10:45-11:15am	4/30-5/21	\$37

BEACH VOLLEYBALL:

YOUTH GAMES FOR BOYS AND GIRLS

Golden Coast Beach Volleyball Club invites boys and girls to sign up for our open games night. After brief skills instruction session, teams will be assigned courts to play. 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 14th street. For more details, visit goldencoastvolleyball.com.

Beach Volleyball CA Inc

City Beach

241329-2A	12-17 yrs	Su	1:30-3pm	4/10-6/12	\$150
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BEACH VOLLEYBALL: BOYS 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. Trainings held at the 14th street courts. For more details, goldencoastvolleyball.com.

Beach Volleyball CA Inc

City Beach

241330-2A	12-14 yrs	Tu	4:30-6pm	4/5-6/7	\$150
241330-2B	15-17 yrs	Tu	4:30-6pm	4/5-6/7	\$150
241330-2C	12-14 yrs	Th	4:30-6pm	4/7-6/9	\$150
241330-2D	15-17 yrs	Th	4:30-6pm	4/7-6/9	\$150
241330-2E	12-14 yrs	Sa	9-10:30am	4/9-6/11	\$150
241330-2F	15-17 yrs	Sa	9-10:30am	4/9-6/11	\$150



BEACH VOLLEYBALL: GIRLS TRAININGS

All girls are invited to register for our club trainings where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Trainings to be held at the 14th street courts. For more details, visit goldencastvolleyball.com.

Beach Volleyball CA Inc			City Beach		
241331-2A	12-14 yrs	Tu	4:30-6pm	4/5-6/7	\$150
241331-2B	15-17 yrs	Tu	4:30-6pm	4/5-6/7	\$150
241331-2C	12-14 yrs	Th	4:30-6pm	4/7-6/9	\$150
241331-2D	15-17 yrs	Th	4:30-6pm	4/7-6/9	\$150
241331-2E	12-14 yrs	Sa	9-10:30am	4/9-6/11	\$150
241331-2F	15-17 yrs	Sa	9-10:30am	4/9-6/11	\$150

INDOOR COED VOLLEYBALL

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 3rd and 8th grade will be placed on teams for the 9 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 April 9, 2016.

Recreation Staff			City Gym & Pool		
251303-3C	7-8yrs.	Sa	4/09-6/04	9:30-10:30pm	\$55
251303-3B	9-11yrs	Sa	4/09-6/04	10:30-11:30pm	\$55
251303-3A	12-14yrs.	Sa	4/09-6/04	12-1:00pm	\$55

VOLLEYBALL: HB ACES INDOOR

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

Matt Taylor Volleyball			City Gym and Pool		
241309-3A	10-12 yrs	M	3:30-4:45pm	3/28-6/6	\$156
241309-3B	13-14 yrs	M	4:45-6pm	3/28-6/6	\$156
241309-3C	10-12 yrs	Th	3:30-4:45pm	3/31-6/2	\$156
241309-3D	13-14 yrs	Th	4:45-6pm	3/31-6/2	\$156

MOE AGER HOOP SCHOOL

This class, taught by former Dallas Mavericks shooting guard, develops teamwork, confidence, and fundamental basketball skills, such as dribbling, passing, shooting, ball handling, footwork, offense, and defense. It offers intense, real world guidance for those ready to skyrocket their game, but adds fun for those who just love basketball.

Moe Ager			City Gym and Pool		
241340-3A	7-10 yrs	W	3:30-5pm	3/30-6/1	\$125
241340-3B	11-14 yrs	W	3:30-5pm	3/30-6/1	\$125

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		
241302-1A	7-10 yrs	M	6-7pm	3/28-5/16	\$135

SKYHAWKS: INSTRUCTIONAL T-BALL LEAGUE

This innovative program encourages children to play, have fun, and enjoy the game, without the added pressure of coaches, umpires, 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.

Skyhawks Sports Academy Inc Edison Community Center					
241321-2A	4-5 yrs	Th	4:30-5:30pm	3/31-5/19	\$135
241321-2B	6-7 yrs	Th	5:45-6:45pm	3/31-5/19	\$135

YOUTH ICE HOCKEY CLASS

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.

The Rinks Westminster ICE			13071 Springdale, Westminster		
241323-1A	6-16 yrs	W	6:10-6:40pm	3/30-4/20	\$37
241323-1B	6-16 yrs	W	6:10-6:40pm	4/27-5/18	\$37
241323-1C	6-16 yrs	Sa	10:45-11:15am	4/2-4/23	\$37
241323-1D	6-16 yrs	Sa	10:45-11:15am	4/30-5/21	\$37

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.

Huntington Beach Sports Complex			Arena Soccer Field		
241310-00	6-8yrs.	Tue	4/12-5/17	6-6:50pm	\$55
241310-01	6-8yrs.	Thu	4/14-5/19	6-6:50pm	\$55

SOCCER 1

Fun skill games are player 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. *No Class Dates: May-28*

Kidz Love Soccer			Murdy Community Center		
241335-1A	5-6 yrs	Sa	3:30-4:15pm	4/16-6/11	\$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		
241336-1A	7-10 yrs	Sa	2:45-3:30pm	4/16-6/11	\$97



Parks & Recreation Enhance Opportunities to Play

SKYHAWKS BEGINNING GOLF

Children will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

Skyhawks Sports Academy Inc		Edison Community Center			
241337-2A	5-7 yrs	M	4-5pm	3/28-5/2	\$95
241337-2B	8-11 yrs	M	5-6pm	3/28-5/2	\$95

BEGINNER WRESTLING WITH OCG

This ground-breaking & super-fun OCG youth program is a first of its kind for HB. Basic wrestling skills are taught in a dynamic environment utilizing positive reinforcement, instructional drills, and technique-oriented games. The focus is on skill-development & fun! For more info 949-439-6156 or www.facebook.com/OrangeCountyGrappling.

OrangeCountyGrappling.

OC Youth Sports Academy		Murdy Community Center			
241338-1A	5-9 yrs	Th	5:30-6:30pm	3/31-6/2	\$150
241338-1B	10-14 yrs	Th	6:30-7:30pm	3/31-6/2	\$150

See page 2 for a list of **SURF SCHOOLS**

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.

SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility. No Class Dates: May-30

OC Youth Sports Academy		Lake Park Clubhouse, 1035 11th Street			
241339-1A	8-18 yrs	M	4:30-5:30pm	3/28-5/2	\$120
241339-1B	8-18 yrs	M	4:30-5:30pm	5/9-6/20	\$120
241339-1C	8-18 yrs	Tu	4:30-5:30pm	3/29-5/10	\$120
241339-1D	8-18 yrs	Tu	4:30-5:30pm	5/17-6/21	\$120
241339-1E	8-18 yrs	W	4:30-5:30pm	3/30-5/11	\$120
241339-1F	8-18 yrs	W	4:30-5:30pm	5/18-6/22	\$120

SURF & SKATE

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			
241406-2A	6-13 yrs	Sa	10-11am	4/2-4/30	\$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 skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet. NO Class Dates: Apr-8.

Skatedogs		Sports Complex			
291401-6A	6-16 yrs	W	4-5:30pm	4/6-5/4	\$125
291401-6B	6-16 yrs	W	4-5:30pm	5/11-6/8	\$125

SURFING: BEGINNER SURF CLASS

Are you ready to take your skills to the next level. This 1-hour a week 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 years old and comfortable in the ocean. Boards/wetsuits provided.

HB Surf School		City Beach			
241407-2A	8-16 yrs	Sa	9-10am	4/2-4/23	\$160
241407-2B	8-16 yrs	Sa	9-10am	4/30-5/21	\$160
241407-2C	8-16 yrs	Sa	9-10am	5/28-6/18	\$160

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			
241410-2A	8-16 yrs	Tu	3:30-4:30pm	3/29-4/19	\$160
241410-2B	8-16 yrs	Tu	3:30-4:30pm	4/26-5/17	\$160
241410-2C	8-16 yrs	Tu	3:30-4:30pm	5/24-6/14	\$160
241410-2D	8-16 yrs	W	3:30-4:30pm	3/30-4/20	\$160
241410-2E	8-16 yrs	W	3:30-4:30pm	4/27-5/18	\$160
241410-2F	8-16 yrs	W	3:30-4:30pm	5/25-6/15	\$160

TEEN/ADULT

AQUATIC EXERCISE

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.

Aqua Tone Fitness			City Gym and Pool		
250804-3A	16 yrs +	M	5:30-6:30pm	3/28-5/2	\$51
250804-3B	16 yrs +	M	5:30-6:30pm	5/9-6/20	\$51
250804-3C	16 yrs +	W	5:30-6:30pm	3/30-5/4	\$51
250804-3D	16 yrs +	W	5:30-6:30pm	5/11-6/22	\$57
250804-3E	16 yrs +	M,W	5:30-6:30pm	3/28-5/4	\$96
250804-3F	16 yrs +	M,W	5:30-6:30pm	5/9-6/22	\$104
250804-3G	16 yrs +	F	5:30-6:30pm	4/1-5/6	\$51
250804-3H	16 yrs +	F	5:30-6:30pm	5/13-6/24	\$57
250804-3I	16 yrs +	M,W,F	5:30-6:30pm	3/28-5/6	\$132
250804-3J	16 yrs +	M,W,F	5:30-6:30pm	5/9-6/24	\$146

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.

Debra Thurn			City Gym and Pool		
250805-3A	16 yrs +	M,W	1:15-2pm	4/4-4/27	\$70
250805-3B	16 yrs +	M,W	1:15-2pm	5/2-5/25	\$70
250805-3C	16 yrs +	M,W	1:15-2pm	6/6-6/29	\$70
250805-3D	16 yrs +	F	11-12pm	4/1-4/1	\$45
250805-3E	16 yrs +	F	11-12pm	5/6-5/6	\$45
250805-3F	16 yrs +	F	11-12pm	6/3-6/24	\$45

AQUATIC EXERCISE: A1QUA 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.

Debra Thurn			City Gym and Pool		
250806-3A	16 yrs +	M,W,F	12:15-1:15pm	4/4-4/29	\$84
250806-3B	16 yrs +	M,W,F	12:15-1:15pm	5/2-5/27	\$84
250806-3C	16 yrs +	M,W,F	12:15-1:15pm	6/6-6/24	\$84
250806-3D	16 yrs +	M,W,F	12:15-1:15pm	4/4-4/29	\$84
250806-3E	16 yrs +	Tu,Th	12:30-1:30pm	5/3-5/26	\$55
250806-3F	16 yrs +	Tu,Th	12:30-1:30pm	6/7-6/30	\$55

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.

Aqua Tone Fitness			City Gym and Pool		
250808-3A	16 yrs +	M	7-8am	3/28-5/2	\$51
250808-3B	16 yrs +	M	7-8am	5/9-6/20	\$51
250808-3C	16 yrs +	W	7-8am	3/30-5/4	\$51
250808-3D	16 yrs +	W	7-8am	5/11-6/22	\$63
250808-3E	16 yrs +	M,W	7-8am	3/28-5/4	\$96
250808-3F	16 yrs +	M,W	7-8am	5/9-6/22	\$104
250808-3G	16 yrs +	Tu,Th	7-8am	3/29-5/5	\$96
250808-3H	16 yrs +	Tu,Th	7-8am	5/10-6/23	\$104
250808-3I	16 yrs +	Tu,Th	8:20-9:20am	3/29-5/5	\$96
250808-3J	16 yrs +	Tu,Th	8:20-9:20am	5/10-6/23	\$104
250808-3K	16 yrs +	F	8:20-9:20am	4/1-5/6	\$51
250808-3L	16 yrs +	F	8:20-9:20am	5/13-6/24	\$58
250808-3M	16 yrs +	Sa	7-8am	4/2-5/7	\$51
250808-3N	16 yrs +	Sa	7-8am	5/14-6/25	\$58

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.

Aqua Tone Fitness			City Gym and Pool		
250802-3A	16 yrs +	M	8:15-9:25am	3/28-5/2	\$63
250802-3B	16 yrs +	M	8:15-9:25am	5/9-6/20	\$63
250802-3C	13 yrs +	W	8:15-9:25am	3/30-5/4	\$63
250802-3D	13 yrs +	W	8:15-9:25am	5/11-6/22	\$73
250802-3E	13 yrs +	F	6:45-8am	4/1-5/6	\$63
250802-3F	13 yrs +	F	6:45-8am	5/13-6/24	\$73

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.

Aqua Tone Fitness			City Gym and Pool		
250821-3A	16 yrs +	F	9:30-10:15am	4/1-5/6	\$51
250821-3B	16 yrs +	F	9:30-10:15am	5/13-6/24	\$58



**Parks
Make
Life
Better!**

Parks & Recreation
Promote Good Health

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.

Pati Kent					HB Art Center
250103-4A	12 yrs +	Tu	2:45-4:15pm	4/5-5/3	\$114/103
250103-4B	12 yrs +	Tu	2:45-4:15pm	5/17-6/14	\$114/103

ARTIST PRESENTATIONS

Kurt Weston (MFA) instructs this class and will assist emerging and established artists to clearly articulate their artistic intent. Artists will be instructed on writing effective artists statements, creating their own PowerPoint presentations and refining their oral presentation skills. Some computer skills and PowerPoint for Windows or Mac required.

Kurt Weston					HB Art Center
250138-4A	18 yrs+	Th	1-3pm	3/31-5/5	\$100/91

CREATIVE WRITING

This workshop is for beginning writers of poetry, fiction, and creative nonfiction. We will read selections for each genre and practice writing using prompts. We will work together and thoughtfully read each others writing. This is a class for those interested in finding their voice on the page.

Marty Salgado					HB Art Center
250144-4A	12 yrs +	W	10am-12pm	4/6-5/25	\$126 /114

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
250109-4A	16 yrs +	F	3:30-5:30pm	4/1-5/6	\$100/91

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
250110-4A	16 yrs +	Sa	1-2:45pm	4/2-5/7	\$100/91

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
250136-4A	18 yrs+	F	1-3pm	4/1-5/6	\$100/91

DIGITAL PHOTOGRAPHY CRITIQUE SESSIONS

These sessions are for technically competent and self-directed photographers who wish to showcase and discuss their work. We will address questions and concerns about photographic technique and aesthetic. Instructor Kurt Weston (MFA), skilled as both a commercial and fine arts photographer will lead the sessions, sharing his advice and knowledge.

Kurt Weston					HB Art Center
250132-4A	18 yrs +	Sa	2:45-4:30pm	4/2-5/7	\$92/83

GARDEN MOSAIC ON STONE

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on stone that is weather proof for home or garden. \$25 materials fee due to instructor on first day of class. *No Class Dates: Apr-8*

Anne Marie Price					HB Art Center
250141-4A	12 yrs +	F	3:30-5:30pm	4/1-4/29	\$125/113
250141-4B	12 yrs +	F	3:30-5:30pm	5/13-6/3	\$125/113

HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$32 per painter-register in advance at HBsands.org.

Pati Kent					City Gym and Pool
250143-3A	18 yrs +	F	6-8pm	4/8	\$32
250143-3B	18 yrs +	F	6-8pm	5/13	\$32
250143-3C	18 yrs +	F	6-8pm	6/10	\$32

Pati Kent					Murdy Community Center
250143-1A	18 yrs +	F	6-8pm	4/22	\$32
250143-1B	18 yrs +	F	6-8pm	5/27	\$32
250143-1C	18 yrs +	F	6-8pm	6/24	\$32

INTRO TO IMPROV

Gain self-confidence and overcome fear of standing in front of class, while learning more effective communication skills in a no pressure environment. Students will learn the basic rules, and philosophy of improvisation through games, drills and scenes.

Brenda Glim					HB Art Center
250145-4A	18 yrs +	W	1-3pm	3/30-5/18	\$125 /113

INTRO/INTERMEDIATE 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.

Jose Loza					HB Art Center
250135-4A	12 yrs +	Tu	5:45-7:45pm	3/29-6/7	\$116/105



Parks & Recreation
Stimulate the Mind

ILLUSTRATIVE WATERCOLOR

Explore inventive watercolor techniques used to create illustrations and fine art with an award-winning painter who's fluent in both adaptations. No experience necessary; some drawing ability useful. You will learn wash & gradient techniques, photo transfer, color layering, and much more. Materials list provided in advance on receipt.

Moira Hahn **HB Art Center**
250140-4A 16 yrs + F 12:15-2:45pm 4/8-5/13 \$131/118

INTRODUCTION TO WATERCOLOR

Enjoy learning basic watercolor techniques from a specialist, no prior experience necessary; some drawing ability useful. Projects will include observational studies, portraits, landscapes, and non-representational paintings, as time permits.

Moira Hahn **HB Art Center**
250142-4A 16 yrs + Th 10am-12:30pm 4/7-5/12 \$131/118

LANDSCAPE PAINTING IN OIL

This session one oil painting class uses the landscape to help students understand oil painting basics and develop their artistic abilities. Color mixing, relationships of dark and light, plus good composition are emphasized.

Jim Ellsberry **HB Art Center**
250114-4A 18 yrs + W 9:30am-12pm 3/30-4/27 \$98/89
250114-4B 18 yrs + W 9:30am-12pm 5/11-6/8 \$98/89

METAL CLAY WORKSHOP

Learn new metal clay skills; develop skills that will allow you to create metal clay art pieces from your imagination. We will work on several projects that teach carving, dry construction, and ring sizing. Most projects will use about \$27-\$50 of silver clay. Use of tools is provided with a \$5 fee.

Laura Moore **HB Art Center**
250130-4A 16 yrs + Sa 1:30-3:30pm 5/14-6/18 \$122/110

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**
250115-5A 18 yrs + Tu 8:30-11:30am 4/5-5/24 \$60

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 with be supplied.

Diane Merrill **HB Art Center**
250116-4A 13 yrs + Tu 9:30am-12:30pm 3/29-4/26 \$88/80
250116-4B 13 yrs + Tu 9:30am-12:30pm 5/10-6/7 \$88/80

ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets 2nd & 4th Mondays of each month.

Susan Turner **Rodgers Seniors' Center**
251117-5A 18 yrs + M 12:30-1:30pm 3/28-5/23 \$6

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**
250200-5A 18 yrs + Tu 9-11:30am 4/5-4/26 \$15
250200-5B 18 yrs + Tu 9-11:30am 5/3-5/24 \$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**
250202-5A 18 yrs + Th 9am-12pm 5/19-5/19 \$38

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.

Joel Lander **Rodgers Seniors' Center**
250201-5A 18 yrs + Th 2-5pm 4/28-4/28 \$38
250201-5B 18 yrs + Sa 9am-12pm 5/21-5/21 \$38



**Parks
Make
Life
Better!**

Parks & Recreation
Spark Creativity

INTRO TO WINDOWS 10

This is a 3-hour, starter workshop. Explore some new features in Windows 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. *No Class Dates: Jul-4, Dec-25, Jan-1, Nov-11*

Joel Lander		Rodgers Seniors' Center			
250212-5A	18 yrs +	Sa	9am-12pm	4/16-4/16	\$38
250212-5B	18 yrs +	Sa	9am-12pm	5/7-5/7	\$38
250212-5C	18 yrs +	W	6-9pm	5/18-5/18	\$38
250212-5D	18 yrs +	Th	9am-12pm	5/26-5/26	\$38

MS WORD ESSENTIALS

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

RSC Volunteer		Rodgers Seniors' Center			
250209-5A	18 yrs +	W	9am-12pm	3/9-3/30	\$15
250209-5B	18 yrs +	W	9am-12pm	4/6-4/27	\$15
250209-5C	18 yrs +	W	9am-12pm	5/4-5/25	\$15

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			
250210-5A	18 yrs +	Th	2-5pm	4/7-4/14	\$66
250210-5B	18 yrs +	Th	2-5pm	5/5-5/12	\$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 Dates: Apr-21*

Joel Lander		Rodgers Seniors' Center			
250214-5A	18 yrs +	Th	9am-12pm	4/7-4/28	\$72
250214-5B	18 yrs +	F	9am-12pm	5/13-5/27	\$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			
250211-5A	18 yrs +	Th	9am-12pm	5/5-5/12	\$66

INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identity safe online. This course is for beginners.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250216-5A	55 yrs +	M	9-11am	4/4-4/25	\$66
250216-5B	55 yrs+	M	9-11am	5/2-5/23	\$66

PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250217-5A	55 yrs +	M	11:15am-12:15pm	4/4-4/25	\$46
250217-5B	55 yrs +	M	11:15am-12:15pm	5/2-5/23	\$46

INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo, and you will know the latest on the do's and don'ts of Facebook.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250218-5A	55 yrs +	M	1:30-2:30pm	4/4-4/25	\$46
250218-5B	55 yrs +	M	1:30-2:30pm	5/2-5/23	\$46

INTRODUCTION TO SMARTPHONES & TABLETS

This class will focus on how to set up and use your smartphones and tablets with apps that interest you. We will give you some tips and tricks on how to get the most out of your phone or tablet and help you fix some of the most common issues. Please bring your phone or tablet, fully charged.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250219-5A	18 yrs +	M	2:45-3:45pm	4/4-4/25	\$46
250219-5B	18 yrs +	M	2:45-3:45pm	5/2-5/23	\$46

COOKING

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		Murdy Community Center			
250301-1A	13 yrs +	Tu	6-8p	4/5-4/26	\$50
250301-1B	13yrs +	Tu	6-8p	5/3-5/24	\$50

CAKE DECORATING: FLOWERS AND 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		Murdy Community Center			
250303-1A	13yrs +	W	6-8p	4/13-5/4	\$50

Register Online!
www.hbsands.org

AMAZING PIZZA

It may be a takeout go to, but in this class you will learn to make different crusts from scratch, sauces, combinations of fresh ingredients, plus take home a packet of different recipes. Come hungry! \$15 materials fee due at first class

April Berg **Edison Community Center**
250305-2A 18 yrs + Tu 6:15-9:15pm 4/12-4/12 \$35

THE ART OF BBQ & SMOKING

All new BBQ class. We will be making different sauces, rubs, and learning how to BBQ and smoke a variety of different foods-just not meat. In your take home packet, you will get a lot of recipes for incredible sides. And of course we will be sampling everything. Come hungry! \$15 materials fee due at first class.

April Berg **Edison Community Center**
250308-2A 18 yrs + Tu 6:15-9:15pm 5/24-5/24 \$35

PICNIC IN STYLE

This isn't your everyday picnic of fried chicken, etc. We will be learning to prepare some premier dishes that will wow your friends and family either at the beach, outdoor concert, or wherever you go. We will be making appetizers, sides, main courses, and dessert and learn easy ways to transport. Come hungry! \$15 materials fee due at first class.

April Berg **Edison Community Center**
250306-2A 18 yrs + Tu 6:15-9:15pm 6/14-6/14 \$35



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. No Partner needed.

Kaylaa Fox **Edison Community Center**
250407-2A 16 yrs + M 7-7:45pm 3/28-4/18 \$49
250407-2B 16 yrs + M 7-7:45pm 4/25-5/16 \$49

DANCE: BRIDE AND GROOM'S FIRST DANCE

Bride and Groom will learn how to dance to their FIRST DANCE music. One class meeting for 1 hour. Great for Father Daughter dance and Mother Son dance too. Just bring your music choices.

Kaylaa Fox **Murdy Community Center**
250449-1A 18 yrs + Th 6-7pm 3/31 \$25
250449-1B 18 yrs + Th 6-7pm 4/28 \$25

DANCE: COUNTRY LINE

Country line dance your way to the next night club, dance, or wedding. Learn easy, popular, step by step line dances taught by a patient instructor. This is a great way to have a good time while burning some calories.

Kaylaa Fox **Edison Community Center**
250413-2A 16 yrs + W 7:30-8:15pm 3/30-4/20 \$49
250413-2B 16 yrs + W 7:30-8:15pm 4/27-5/18 \$49

Kaylaa Fox **Murdy Community Center**
250413-1A 16 yrs + Th 7-7:45pm 3/31-4/21 \$49
250413-1B 16 yrs + Th 7-7:45pm 4/28-5/19 \$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.

Kaylaa Fox **Edison Community Center**
250415-2A 16 yrs + W 8:15-9pm 3/30-4/20 \$49
250415-2B 16 yrs + W 8:15-9pm 4/27-5/18 \$49

Kaylaa Fox **Murdy Community Center**
250415-1A 16 yrs + Th 7:45-8:30pm 3/31-4/21 \$49
250415-1B 16 yrs + Th 7:45-8:30pm 4/28-5/19 \$49

DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington Academy of Dance **City Gym and Pool**
250442-3A 13 yrs + M 7-8pm 4/4-6/20 \$115

Huntington Academy of Dance **16601 Gothard Street, Suite A**
250442-1A 16 yrs + W 7:30-8:30pm 4/6-6/22 \$125

BALLET/BALLET STRETCHING 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. Class held at Huntington Beach Academy of Dance 16601 Gothard Street, Suite A

Huntington Academy of Dance **16601 Gothard Street, Suite A**
250426-1A 50yrs + M 12:30-1:30p 3/28-5/2 \$49
250426-1B 50yrs + M 12:30-1:30p 5/9-6/20 \$49

DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class.

Kaylaa Fox		Edison Community Center			
250421-2A	16 yrs + M	7:45-8:30pm	3/28-4/18	\$49	
250421-2B	16 yrs + M	7:45-8:30pm	4/25-5/16	\$49	

Kaylaa Fox		Murdy Community Center			
250421-1A	16yrs + Th	8:30-9:15pm	3/21-4/21	\$49	
250421-1B	16yrs + Th	8:30-9:15pm	4/28-5/19	\$49	

DANCE: SWING BASICS

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

Kaylaa Fox		Murdy Community Center			
250423-1A	16yrs + Th	8:15-9:15p	3/31-4/21	\$40	
250423-1B	16yrs + Th	8:15-9:15p	4/28-5/19	\$40	

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 OLIVIA LAI

Kaylaa Fox		Murdy Community Center			
250424-1A	16 yrs + Th	7:15-8:15p	3/31-4/21	\$40	
250424-1B	16 yrs + Th	7:15-8:15p	4/28-5/19	\$40	

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 OLIVIA LAI

Kaylaa Fox		Murdy Community Center			
250422-1A	16yrs + Th	6:15-7:15p	3/31-4/21	\$40	
250422-1B	16yrs + Th	6:15-7:15p	4/28-5/19	\$40	

LINE DANCE FITNESS NEW BEGINNER

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.

Suzy Hazard		Rodgers Seniors' Center			
250419-5A	18 yrs + F	3-4pm	4/1-5/27	\$49	

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 Dance

Suzy Hazard		Rodgers Seniors' Center			
250420-5A	18 yrs + F	4-5pm	4/1-5/27	\$49	



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.

Suzy Hazard		Rodgers Seniors' Center			
250428-5A	18 yrs + W	3-4:30pm	3/30-5/25	\$49	

LINE DANCE FITNESS: LEVEL 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.

Suzy Hazard		Rodgers Seniors' Center			
250433-5A	18 yrs + M	3:15-4:45pm	3/28-5/23	\$49	

LINE DANCE FITNESS: LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great Physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Suzy Hazard		Rodgers Seniors' Center			
250434-5A	18 yrs + W	1-2:30pm	3/30-5/25	\$49	

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			
250402-2A	6 yrs + TBA	TBA	TBA	\$60	

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.

Melody Seanoa		Rodgers Seniors' Center			
250440-5A	13 yrs + Tu	6:30-7:30pm	3/29-5/17	\$85	
250440-5B	13 yrs + Tu	6:30-7:30pm	5/12-5/24	\$50	

DOG TRAINING

AKC CANINE GOOD CITIZEN TEST

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

Dog Services Unlimited **Edison Community Center**
250503-2A 10 yrs + Tu 8:30-9:15pm 5/3-5/10 \$28

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.

Dog Services Unlimited **Murdy Community Center**
250502-1A 10 yrs + M 6:30-7:30pm 4/11-5/16 \$84

DOG TRAINING: BEGINNING DOG OBEDIENCE

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

Dog Services Unlimited **Edison Community Center**
250504-2A 10 yrs + Tu 7:30-8:30pm 3/29-5/10 \$95

Dog Services Unlimited **Murdy Community Center**
250504-1A 10 yrs + Th 7-8pm 4/28-6/9 \$95



DOG TRAINING: 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.

Dog Services Unlimited **Murdy Community Center**
250506-1A 10 yrs + M 7:30-8:45pm 4/18-5/9 \$82

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.

Dog Services Unlimited **Dog Park**
250509-1A 10 yrs + Su 1:30-3pm 5/1 \$29

FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. *No Class Dates: May-7, May-28*

Surf City Flyball **Central Park- Slater/Goldenwest Street**
250507-1A 18 yrs + Sa 9-10am 4/9-6/11 \$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: May-7, May-28*

Surf City Flyball **Central Park- Slater/Goldenwest Street**
250508-1A 18 yrs + Sa 10-11:30am 4/9-6/11 \$95

EDUCATIONAL

E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling account, 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**
250606-1A 14 yrs + Tu 7-9pm 4/5-4/19 \$79

ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. It will meet once a week. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. Ci vediamo! (see you soon!)

Spectrum Languages **Edison Community Center**
250601-2A 18 yrs + Th 6:30-7:30pm 3/31-6/2 \$113

ITALIAN: CONVERSATIONAL ITALIAN 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition, and again a focus of speaking in daily activities. The program is adjusted to the requests and abilities of the participants. Recommended for students with at least 10 hours of previous Italian learning. Grazie mille! (Thank you!).

Spectrum Languages Edison Community Center
250603-2A 18 yrs + Th 7:30-8:30pm 3/31-6/2 \$113



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.

OC Learning Black History Rodgers Seniors' Center
250610-5A 8 yrs + Sa 10am-12pm 4/9-5/28 \$10

SPANISH FOR FUN & 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
250604-5A 18 yrs + Tu 6-7pm 4/12-5/24 \$94
250604-5B 18 yrs + Th 3-4pm 4/14-5/26 \$94

HEALTH & FITNESS

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$140. No Class Dates: May-27, May-30

Susan Hardy Murdy Community Center
250835-1A 13 yrs + M,W,F 9:15-10am 3/28-6/13 \$116

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.

Joanne Pridomirski Edison Community Center
250850-2A 13 yrs + Tu,Th 8:45-9:45am 3/29-6/9 \$79
250850-2B 13 yrs + Tu,Th 9:15-9:45am 3/29-6/9 \$39

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: May-27, May-30

Susan Hardy Edison Community Center
250851-2A 13 yrs + M,W,F 5:15-6:15pm 3/28-6/13 \$121

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.

Phil Hart Rodgers Seniors' Center
250838-5A 40 yrs + W 6-7pm 3/30-5/25 \$95

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$140. No Class Dates: May-27, May-30

Susan Hardy Murdy Community Center
250841-1A 13 yrs + M,W,F 8:30-9:15am 3/28-6/13 \$116

HB PILATES: 5 CLASS PASS

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: May-30

HB Pilates All Community Center Locations
250611-1A 16 yrs + Attend any HB Pilates Classes 3/28-5/7 \$80
250611-1B 16 yrs + Attend any HB Pilates Classes 5/9-6/11 \$80

HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: May-30

HB Pilates All Community Center Locations
250612-1A 16 yrs + Attend any HB Pilates Classes 3/28-5/7 \$160
250612-1B 16 yrs + Attend any HB Pilates Classes 5/9-6/11 \$160

Register Online! www.hbsands.org

HB PILATES: 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 abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: May-30*

HB Pilates		City Gym and Pool			
250833-3A	16 yrs + W	11-11:30am	3/30-5/4	\$51	
250833-3B	16 yrs + W	11-11:30am	5/11-6/8	\$43	

HB Pilates		Edison Community Center			
250833-2A	16 yrs + F	11:30am-12pm	4/1-5/6	\$51	
250833-2B	16 yrs + F	11:30am-12pm	5/13-6/10	\$43	

HB Pilates		Murdy Community Center			
250833-1A	16 yrs + M	11-11:30am	3/28-5/2	\$51	
250833-1B	16 yrs + M	11-11:30am	5/9-6/6	\$35	
250833-1C	16 yrs + W	6:30-7pm	3/30-5/4	\$51	
250833-1D	16 yrs + W	6:30-7pm	5/11-6/8	\$43	

HB PILATES: LEAN AND 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. *No Class Dates: May-30*

HB Pilates		Edison Community Center			
250839-2A	16 yrs + M	9-10am	3/28-5/2	\$81	
250839-2B	16 yrs + M	9-10am	5/9-6/6	\$56	
250839-2C	16 yrs + F	9-10am	4/1-5/6	\$81	
250839-2D	16 yrs + F	9-10am	5/13-6/10	\$68	

HB Pilates		Murdy Community Center			
250839-1A	16 yrs + Th	9-10am	3/31-5/5	\$81	
250839-1B	16 yrs + Th	9-10am	5/12-6/9	\$68	

HB PILATES: 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: \$18. Bring mat, towel, grip socks, and water.

HB Pilates		Edison Community Center			
250843-2A	16 yrs + Tu	10-11am	3/29-5/3	\$81	
250843-2B	16 yrs + Tu	10-11am	5/10-6/7	\$68	

HB Pilates		City Gym and Pool			
250843-3A	16 yrs + Tu	7-8pm	3/29-5/3	\$81	
250843-3B	16 yrs + Tu	7-8pm	5/10-6/7	\$68	

HB Pilates		Murdy Community Center			
250843-1A	16 yrs + W	7-8pm	3/30-5/4	\$81	
250843-1B	16 yrs + W	7-8pm	5/11-6/8	\$68	

HB PILATES: 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: May-30*

HB Pilates		City Gym and Pool			
250855-3A	16 yrs + W	10-11am	3/30-5/4	\$81	
250855-3B	16 yrs + Th	7-8pm	3/31-5/5	\$81	
250855-3C	16 yrs + W	10-11am	5/11-6/8	\$68	
250855-3D	16 yrs + Th	7-8 pm	5/12-6/9	\$68	

HB Pilates		Edison Community Center			
250855-2A	16 yrs + M	7:30-8:30pm	3/28-5/2	\$81	
250855-2B	16 yrs + M	7:30-8:30pm	5/9-6/6	\$56	
250855-2C	16 yrs + W	7-8pm	3/30-5/4	\$81	
250855-2D	16 yrs + W	7-8pm	5/11-6/8	\$68	

HB Pilates		Murdy Community Center			
250855-1A	16 yrs + Tu	7-8pm	3/29-5/3	\$81	
250855-1B	16 yrs + Tu	7-8pm	5/10-6/7	\$68	
250855-1C	16 yrs + Sa	10-11am	4/2-5/7	\$81	
250855-1D	16 yrs + Sa	10-11am	5/14-6/11	\$68	



HB PILATES: 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 when 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: \$18. Please bring mat, towel, grip socks, and water.

HB Pilates				Murdy Community Center	
250856-1A	18 yrs +	Th	6-7pm	3/31-5/5	\$87
250856-1B	18 yrs +	Th	6-7pm	5/12-6/9	\$73
250856-1C	18 yrs +	Private Lesson	30 mins	3/31-6/9	\$46
250856-1D	18 yrs +	Private Lesson	1 hour	3/31-6/9	\$76

HB 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: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: May-30

HB Pilates				City Gym and Pool	
250811-3A	16 yrs +	W	9-10am	3/30-5/4	\$75
250811-3B	16 yrs +	W	6-7pm	3/31-5/5	\$75
250811-3C	16 yrs +	W	9-10am	5/11-6/8	\$63
250811-3D	16 yrs +	Th	6-7pm	5/12-6/9	\$63

HB Pilates				Edison Community Center	
250811-2A	16 yrs +	M	6:30-7:30pm	3/28-5/2	\$75
250811-2B	16 yrs +	M	6:30-7:30pm	5/9-6/6	\$52
250811-2C	16 yrs +	Tu	9-10am	3/29-5/3	\$75
250811-2D	16 yrs +	Tu	9-10am	5/10-6/7	\$63
250811-2E	16 yrs +	W	6-7pm	3/30-5/4	\$75
250811-2F	16 yrs +	W	6-7pm	5/11-6/8	\$63
250811-2G	16 yrs +	F	10:30-11:30am	4/1-5/6	\$75
250811-2H	16 yrs +	F	10:30-11:30am	5/13-6/10	\$63

HB Pilates				Murdy Community Center	
250811-1A	16 yrs +	M	10-11am	3/28-5/2	\$75
250811-1B	16 yrs +	M	10-11am	5/9-6/6	\$52
250811-1C	16 yrs +	Tu	6-7pm	3/29-5/3	\$75
250811-1D	16 yrs +	Tu	6-7pm	5/10-6/7	\$63
250811-1E	16 yrs +	Th	5-6pm	3/31-5/5	\$75
250811-1F	16 yrs +	Th	5-6pm	5/12-6/9	\$63
250811-1G	16 yrs +	Sa	9-10am	4/2-5/7	\$75
250811-1H	16 yrs +	Sa	9-10am	5/14-6/11	\$63

HB 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. *Please note classes will move to the Murdy center starting 5/9/16. Email info: hb pilates.com for questions. No Class Dates: May-30

HB Pilates				Murdy Community Center	
250879-1A	18 yrs +	M	12:30-1:30pm	5/9-6/6	\$48
250879-1B	18 yrs +	W	12-1pm	5/11-6/8	\$58
250879-1C	18 yrs +	F	12:30-1:30pm	5/13-6/10	\$58
250879-1D	18 yrs +	M,W,F	12:30-1:30pm	5/9-6/10	\$103
250879-1E	18 yrs +	M,W,F	12:30-1:30pm	5/9-6/10	\$115

HB Pilates				Rodgers Seniors' Center	
250879-5A	18 yrs +	M	12:30-1:30pm	3/28-5/2	\$69
250879-5B	18 yrs +	W	12:00-1:00 pm	3/30-5/4	\$69
250879-5C	18 yrs +	F	12:30-1:30 pm	4/1-5/6	\$69
250879-5D	18 yrs +	Any 2 days	TBA	3/28-5/6	\$123
250879-5E	18 yrs +	All 3 days	TBA	3/28-5/6	\$147

HB PILATES: CHAIR- SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, this class will work on improving: strength, flexibility, posture, core strength, and an enhanced mind-body connection. Bring water and grip socks. *Please note class will move to the Murdy center starting 5/9/16. No Class Dates: May-30

HB Pilates				Murdy Community Center	
250895-1A	18 yrs +	M	11:45am-12:30pm	5/9-6/6	\$40

HB Pilates				Rodgers Seniors' Center	
250895-5A	18 yrs +	M	11:45am-12:30pm	3/28-5/2	\$57

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@hb pilates.com for questions. **New Location: Meet at Rodgers Seniors' Center Patio.

HB Pilates				Rodgers Seniors' Center	
250825-5A	18 yrs +	Tu	9-10am	3/29-5/3	\$81
250825-5B	18 yrs +	Th	9-10am	3/31-5/5	\$81
250825-5C	18 yrs +	Tu,Th	9-10am	3/29-5/5	\$123
250825-5D	18 yrs +	Tu	9-10am	5/10-6/7	\$68
250825-5E	18 yrs +	Th	9-10am	5/12-6/9	\$68
250825-5F	18 yrs +	Tu,Th	9-10am	5/10-6/9	\$103

HB PILATES: 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. No Class Dates: May-30

HB Pilates				All Community Center Locations	
250897-1A	16 yrs +	TBD	1 Session	TBD	\$75
250897-1B	16 yrs +	TBD	10 Sessions	TBD	\$700
250897-1C	16 yrs +	TBD	20 Sessions	TBD	\$1300

HB PILATES: UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hb pilates.com for questions.

HB Pilates				All Community Center Locations	
250896-3A	16 yrs +	Attend any HB Pilates Classes	6 weeks	3/28-5/7	\$234
250896-3B	16 yrs +	Attend any HB Pilates Classes	5 weeks	5/9-6/11	\$195



Parks & Recreation
Reduce Stress

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Sharkia'd-be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! Jazzercise is a calorie torching, hip swiveling, Shakira'd be proud dance party workout to put you to the test, with a hot playlist to distract you from the burn. INCINERATE up to 800 calories per hours. We will leave you breathless, toned, and coming back for more. Start working it...with Jazzercise!

Erica Den Hartog		City Gym and Pool			
250853-3A	13 yrs +	M,Tu,F	9-10am	3/14-6/10	\$68
250853-3B	13 yrs +	M,Tu,F	8-9am	3/14-6/10	\$98

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			
250842-1A	14-70 yrs	Tu	7-8pm	3/29-5/31	\$89

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			
250815-5A	18 yrs +	M	9:30-10:30am	3/14-5/16	\$125

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			
250864-1A	18 yrs +	W	6-7:15pm	3/30-5/11	\$49

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!

Marianne Grossman		Rodgers Seniors' Center			
250837-5A	All	Tu,F	9-9:45am	3/29-5/27	\$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 Dates: May-28*

Susan Hardy		Edison Community Center			
250846-2A	13 yrs +	Sa	9:15-10:15am	4/2-6/11	\$47

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			
250847-2A	18 yrs +	M,W,F	9-10am	3/28-6/3	\$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.

Elizabeth Pham		Rodgers Seniors' Center			
250881-5A	18 yrs +	M	6:45-8:15pm	4/4-5/23	\$40
250881-5B	18 yrs +	Th	9-10:30am	4/7-5/26	\$40

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.

Shona Howe		Rodgers Seniors' Center			
250882-5A	18 yrs +	M	6:45-8:15pm	4/4-5/23	\$40
250882-5B	18 yrs +	Th	9-10:30am	4/7-5/26	\$40

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. Class material and DVD included \$20 payable to instructor at the first class. Check payable to Luh Arts/Bing Luh. FREE Demo on January 12 at 10am and January 13 at 6:30pm.

Luh Arts		HB Art Center			
Free Demo		Tu	10:15-11:30am	3/29	
250884-4A	16 yrs +	Tu	10:15-11:30am	4/5-5/24	\$109/99
Free Demo		W	6:30-7:45pm	3/30	
250884-4B	16 yrs +	W	6:30-7:45pm	4/6-5/25	\$109/99

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			
250887-2A	18 yrs +	M	1-2:15pm	3/28-5/9	\$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			
250911-2A	18 yrs +	M	2:30-3:45pm	3/28-5/9	\$49

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.

Marianne Grossman		Edison Community Center			
250857-2A	18 yrs +	Tu	5:30-6:30pm	3/29-6/7	\$71
250857-5A	18 yrs +	M	5:30-6:30pm	3/28-5/23	\$59

TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: May-27, May-30*

Susan Hardy Murdy Community Center
250886-1A 13 yrs + M,W,F 8:30-10am 3/28-6/13 \$140

WALKING: REJUVENATE YOUR STEP

Jumpstart your 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!

Donald Walker Edison Community Center
250898-2A 18 yrs + Tu 1:30-2:45pm 4/12-5/10 \$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
250865-4A 17 yrs + Tu 6:30-7:30pm 3/29-5/17 \$106/96

CHAIR YOGA

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 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: May-16*

Diane Pavesic Rodgers Seniors' Center
250866-5A 18 yrs + M 10-11am 4/4-5/23 \$60
250866-5B All M 11:15am-12:15pm 4/4-5/23 \$60

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
250867-3A 16 yrs + M 10:30am-12pm 3/28-5/23 \$97

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 & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: May-11*

Diane Pavesic Edison Community Center
250868-2A 18 yrs + W 4:30-5:30pm 4/6-5/25 \$60
250868-2B 18 yrs + W 5:45-6:45pm 4/6-5/25 \$60
250868-2C 18 yrs + W 7-8pm 4/6-5/25 \$60

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: Apr-25, Apr-26, Apr-27, Apr-29, May-30, May-31, Jun-1, Jun-3*

Jacki King- RYT, CRT Murdy Community Center
250876-1F 18 yrs + M 4:35-5:35pm 4/4-6/13 \$74
250876-1H 18 yrs + W 4-5pm 4/6-6/15 \$74

Susan Holden Murdy Community Center
250876-1A 16 yrs + M 6-7pm 4/4-6/13 \$74
250876-1B 16 yrs + M 7:15-8:15pm 4/4-6/13 \$74
250876-1C 16 yrs + Tu 5:30-6:45pm 4/5-6/14 \$74
250876-1D 16 yrs + F 4-5pm 4/8-6/17 \$74

Yvonne Carmichael Lake View Clubhouse,
17461 Zeider Lane
250876-1E 16 yrs + W 10:30am-12pm 3/30-6/1 \$97
250876-1G 16 yrs + F 10:30am-12pm 4/1-6/3 \$97

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: May-12*

Diane Pavesic Rodgers Seniors' Center
250872-5A 18 yrs + Th 10am-11pm 4/7-5/26 \$60
250872-5B 18 yrs + Th 11am-12pm 4/7-5/26 \$60

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.

David Phears City Gym and Pool
250874-3A 16 yrs + Th 9-10am 3/17-5/19 \$125

YOGA: MEDITATION ONLY

Studies using magnetic resonance imaging (MRI) of the brain show that meditation protects the brain from the decline in gray matter volume as we age. In other words, meditation could protect your brain from shrinking as you get older. It also lowers blood pressure, leads to deeper relaxation and less stress, eases headaches, and many other benefits. Chairs will be provided. You may bring a large towel to place on the chair for comfort. Wear comfortable clothing. *No Class Dates: Apr-27*

Jacki King- RYT, CRT Murdy Community Center
250912-1A 18 yrs + W 5:20-6pm 4/13-5/25 \$55

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.

SockhopFitness		Edison Community Center
250858-2A	18 yrs + W 6:30-7:15pm	4/6-6/8 \$65

BEGINNING ZUMBA GOLD

Same fabulous music as regular Zumba Gold but at a teach-me-the-steps pace. This class won't wear you out but it will tone your muscles, increase your balance and flexibility, and put a smile on your face. Suggested: 1-2 lb. weights or Toning Sticks.

SockhopFitness		Rodgers Seniors' Center
250859-5A	18 yrs + Sa 9:15-10am	4/9-5/28 \$52

ZUMBA AGES 6 TO 96

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!

SockhopFitness		Murdy Community Center
250813-1A	6yrs + Tu 8:05-8:50am	4/5-6/7 \$65

Sochop Fitness		Rodgers Seniors' Center
250813-5A	6yrs+ Tu 6-6:45pm	4/5 - 5/24 \$52

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
250888-2A	18 yrs + M 6-6:45pm	4/4-6/6 \$58



ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Monday class meets from 6:00-6:45pm. Wednesday class meets from 6:30-7:15pm.

SockhopFitness		Edison Community Center
250827-2A	16 yrs + M 6-6:45pm	4/4-6/8 \$110
	W 6:30-7:15pm	

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
250904-5A	3 yrs + Tu 5-6pm	3/29-5/24 \$80
250904-5B	3 yrs + Th 5-6pm	3/31-5/26 \$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

Wadoryu USA		Edison Community Center
250907-2A	18 yrs + Th 7-8:15pm	3/31-6/9 \$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.

Frances Cardinal		Rodgers Seniors' Center
250901-5A	16 yrs + Tu 6:15-7:45pm	3/29-5/24 \$85
250901-5B	16 yrs + Th 6:15-7:45pm	3/31-5/26 \$85
250901-5C	16 yrs + Sa 10am-12pm	4/2-5/28 \$85

TAE KWON DO

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

Kiavash Tillehkoob		City Gym and Pool
250906-3A	10-17 yrs M 7:15-8pm	3/28-6/6 \$187
250906-3B	10-17 yrs Tu 7:15-8pm	3/29-6/7 \$187
250906-3C	10-17 yrs W 7:15-8pm	4/6-6/8 \$187
250906-3D	10-17 yrs Th 7:15-8pm	4/7-6/9 \$187
250906-3E	10-17 yrs M,Th 6:30-7:15pm	3/28-6/9 \$198
250906-3F	13yrs+ M 7:15-8pm	3/30-6/8 \$187

MUSIC

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

The RockBand Experience

251008-4A	13-99 yrs	Th	4:30-5:30pm	4/7-4/28	\$81/73
251008-4B	13-99 yrs	Th	4:30-5:30pm	5/5-5/26	\$81/73
251008-4C	13-99 yrs	Th	4:30-5:30pm	6/2-6/16	\$62/56

HB Art Center

GUITAR: STRUMMING AND SINGING

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

McGrath Music

251002-2A	10 yrs +	Tu	7-8pm	3/29-5/17	\$125
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Edison Community Center

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

251001-2A	10 yrs +	Tu	8:10-9:10pm	3/29-5/17	\$125
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Edison Community Center

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! \$5 materials fee due at first class. *No Class Dates: Apr-5, May-3*

Guava Groove

251003-5A	18 yrs +	Tu	9:30-10:30am	3/22-5/24	\$70
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Rodgers Seniors' Center

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 materials fee is due at first class. *No Class Dates: Apr-5, May-3*

Guava Groove

251004-5A	18 yrs +	Tu	10:45-11:45am	3/22-5/24	\$70
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Rodgers Seniors' Center

SPECIAL INTERESTS

BEGINNING BRIDGE

Bridge! More than just a card game. Working with a partner you learn various techniques to improve your skills. Called party bridge, it is done in a friendly atmosphere; a social game played with others that have a like interest. Join us. You don't need a partner to join. Have fun!

Rita Spira

251102-5A	18 yrs +	M	2-4pm	3/28-5/16	\$58
251102-5B	18 yrs +	W	6:30-8:30pm	3/30-5/18	\$58

Rodgers Seniors' Center

BRIDGE INTERMEDIATE

Once you are comfortable with the basics, it's time to move to the next level. The intermediate might be just perfect for you! Learn Stayman, Jacoby Transfer, Weak two's, Negative Double, Rule of 20, more. You don't need a partner to participate. Expand your knowledge. Meet new friends.

Rita Spira

251103-5A	18 yrs +	Tu	2:30-4:30pm	3/29-5/17	\$58
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Rodgers Seniors' Center

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

251108-5A	18 yrs +	F	1-4pm	4/1-4/29	\$10
251108-5B	18 yrs +	F	1-4pm	5/6-5/27	\$8

Rodgers Seniors' Center

CPR/AED FOR INFANTS, CHILDREN

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 materials fee due at class. Includes Heartsaver CPR book.

OC-CPR.NET

251104-1A	16 yrs +	Sa	9am-1pm	5/21	\$45
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Murdy Community Center

OC-CPR.NET

251104-5A	16 yrs +	Sa	9am-2pm	4/2	\$45
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Rodgers Seniors' Center

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 and ideas. Class meets 1st & 3rd Wednesdays.

RSC Volunteer

251114-5A	18 yrs +	W	10:30-11:30am	3/30-5/18	\$6
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Rodgers Seniors' Center

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.

RSC Volunteer

251113-5A	18 yrs +	W	10:30-11:30am	4/13-5/25	\$6
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Rodgers Seniors' Center

Register Online!
www.hbsands.org

ADULT ICE SKATING CLASS

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.

The Rinks Westminster ICE		13071 Springdale, Westminster		
251312-1A	17 yrs + W	6:10-6:40pm	3/30-4/20	\$37
251312-1B	17 yrs + W	6:10-6:40pm	4/27-5/18	\$37

PICKLEBALL: ADULT BEGINNING

Pickleball class is for anyone with little to no experience playing pickleball. Basic skills will be introduced: safety, etiquette, rules, scoring, underhand serve, forehand, backhand, volley, overhead, lobs and basic strategies. Once you have completed these courses, you will understand how to play Pickleball and can participate comfortably in beginning/intermediate games. The nets, paddles and balls are provided.

Diana Abruscato		Worthy Park		
251310-5A	14 yrs + Th	6-8pm	4/21-5/26	\$116

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts at 14th street. For more details, visit www.goldencoastvolleyball.com.

Beach Volleyball CA Inc		City Beach		
251313-2A	18 yrs + Tu	6:20-7:40pm	4/5-6/7	\$150
251313-2B	18 yrs + Sa	10:40am-12pm	4/9-6/11	\$150

CALIFORNIA FOOTVOLLEY

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week.

California Footvolley		15th Street and PCH		
251320-3A	18 yrs + Tu	9-10:30am	3/29-5/31	\$120
251320-3B	18 yrs + F	9am-10:30am	4/1-6/3	\$120
251320-3C	12 yrs + Tu	4-5:30pm	3/29-5/31	\$120
251320-3D	12 yrs + F	4-5:30pm	4/1-6/3	\$120

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. This class meets on the beach courts at 14th street. For more details, visit www.goldencoastvolleyball.com.

Beach Volleyball CA Inc		City Beach		
251311-2A	18 yrs + Th	6:20-7:40pm	4/7-6/9	\$150
251311-2B	18 yrs + Sa	12:30-2pm	4/9-6/11	\$150

BEACH VOLLEYBALL:**ADULT 2-A-SIDE BEACH VOLLEYBALL LEAGUE**

Sign up for the Golden Coast Volleyball 2-A-Side beach volleyball league, held at the courts at 14th street. After an initial seeding night, teams will compete in a ladder-style competition. Teammates wanting to play together sign up separately. Individuals who sign up will be placed with other solo registrants for games. Prizes will be awarded to the winners on the last night. Visit www.goldencoastvolleyball.com for more details.

Beach Volleyball CA Inc		City Beach		
251319-2A	18 yrs + Su	3-4pm	4/10-6/12	\$150

WOMEN'S VOLLEYBALL

Tuesday is Intermediate players only-if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only-Drills Class & Thursday is Advanced Only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday.

Joann DiGiovanni		City Gym and Pool		
251302-3A	18-80 yrs Tu	9:30am-12:30pm	3/22-4/19	\$35
251302-3B	18-70 yrs Tu	9:30am-12:30pm	4/26-5/24	\$35
251302-3C	18-65 yrs F	10:30am-12:30pm	3/25-4/22	\$40
251302-3D	18-65 yrs F	10:30am-12:30pm	4/29-6/17	\$60
251302-3E	18-75 yrs Th	9:30-12:30pm	3/24-4/21	\$35
251302-3F	18-75 yrs Th	9:30-12:30pm	4/28-5/26	\$35

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		
251309-3A	14 yrs + Th	6:15-7:45pm	3/31-6/2	\$129
251309-3B	16 yrs + Th	7:45-9:15pm	3/31-6/2	\$129

VOLLEYBALL: WOMEN'S ADVANCED

Tuesday is Intermediate players only-if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only-Drills Class & Thursday is Advanced Only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday.



Joann DiGiovanni		City Gym and Pool		
251318-3A	18 yrs + W	10am-12pm	3/23-4/20	\$30
251318-3B	18 yrs + W	10am-12pm	4/27-5/25	\$30

SURF & 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.

HBSurfSchool.com.

HB Surf School			City Beach		
251402-2A	18 yrs +	Sa	9-10:30am	4/9-4/9	\$75
251402-2B	18 yrs +	Sa	9-10:30am	4/23-4/23	\$75
251402-2C	18 yrs +	Sa	9-10:30am	5/7-5/7	\$75
251402-2D	18 yrs +	Sa	9-10:30am	5/21-5/21	\$75
251402-2E	18 yrs +	Sa	9-10:30am	5/28-5/28	\$75
251402-2F	18 yrs +	Sa	9-10:30am	6/4-6/4	\$75
251402-2G	18 yrs +	Sa	9-10:30am	6/11-6/11	\$75
251402-2H	18 yrs +	Sa	9-10:30am	6/18-6/18	\$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. HBSurfSchool.com.

HB Surf School			City Beach		
251403-2A	18 yrs +	Sa	9-10:30am	4/2-4/23	\$225
251403-2B	18 yrs +	Sa	9-10:30am	5/7-5/28	\$225
251403-2C	18 yrs +	Sa	9-10:30am	6/4-6/25	\$225

See page 2 for a list of
SURF SCHOOLS



ADULT SPORTS LEAGUES

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 4, 2016. 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 1, 2016. The deadline to turn in team registration to City Hall is March 28, 2016. A manager's meeting will be held prior to the start of the league on Wednesday, March 30, 2016 at 6:30pm.

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 Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Summer 2016 season will be available in May, 2016 for the season starting in early to mid June, 2016.

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 9, 2016 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 the \$15.00 per game official's fee. The official's fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's 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 Friday, April 22, 2016. 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 2016 season will be available in July for the season starting in Mid-August, 2016.

Register Online!
www.hbsands.org

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 beginning 9 am March 8 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.

1-1:30 pm Saturdays Feb. 27, March 12

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 Date: May-30.

PARENT & CHILD LEVEL 1 (PC1)

272201-00	M,W	10:30-11am	3/28-4/27	\$50
272201-01	Tu,Th	10:30-11am	3/29-4/28	\$50
272201-02	Tu,Th	6-6:30pm	3/29-4/28	\$50
272201-03	M,W	10:30-11am	5/2-6/8	\$50
272201-04	Tu,Th	10:30-11am	5/3-6/2	\$50
272201-05	Tu,Th	6-6:30pm	5/3-6/2	\$50
272201-06	Sa	10-10:30am	4/2-6/4	\$50

PARENT & CHILD LEVEL 2 (PC2)

272202-00	M,W	11-11:30am	3/28-4/27	\$50
272202-01	Tu,Th	11-11:30am	3/29-4/28	\$50
272202-02	Tu,Th	6:30-7pm	3/29-4/28	\$50
272202-03	M,W	11-11:30am	5/2-6/8	\$50
272202-04	Tu,Th	11-11:30am	5/3-6/2	\$50
272202-05	Tu,Th	6:30-7pm	5/5-6/4	\$50
272202-06	Sa	10:30-11am	4/2-6/4	\$50

PRESCHOOL AQUATICS LEVEL 1 (PA1)

272203-00	M,W	9:30-10am	3/28-4/27	\$50
272203-01	M,W	2-2:30pm	3/28-4/27	\$50
272203-02	M,W	3-3:30pm	3/28-4/27	\$50
272203-03	M,W	6:30-7pm	3/28-4/27	\$50
272203-04	Tu,Th	10-10:30am	3/29-4/28	\$50
272203-05	Tu,Th	11:30am-12pm	3/29-4/28	\$50
272203-06	Tu,Th	2-2:30pm	3/29-4/28	\$50
272203-07	Tu,Th	3-3:30pm	3/29-4/28	\$50
272203-08	Tu,Th	7-7:30pm	3/29-4/28	\$50
272203-09	M,W	9:30-10am	5/2-6/8	\$50
272203-10	M,W	2-2:30pm	5/2-6/8	\$50
272203-11	M,W	6:30-7pm	5/2-6/8	\$50
272203-12	Tu,Th	10-10:30am	5/3-6/2	\$50
272203-13	Tu,Th	11:30am-12pm	5/3-6/2	\$50
272203-14	Tu,Th	2-2:30pm	5/3-6/2	\$50
272203-15	Sa	9-9:30am	4/2-6/4	\$50
272203-16	Sa	11-11:30am	4/2-6/4	\$50

PRESCHOOL AQUATICS LEVEL 2 (PA2)

272204-00	M,W	9:30-10am	3/28-4/27	\$50
272204-01	M,W	10-10:30am	3/28-4/27	\$50
272204-02	M,W	2:30-3pm	3/28-4/27	\$50
272204-03	M,W	3-3:30pm	3/28-4/27	\$50
272204-04	M,W	6:30-7pm	3/28-4/27	\$50
272204-05	Tu,Th	9:30-10am	3/29-4/28	\$50
272204-06	Tu,Th	10-10:30am	3/29-4/28	\$50
272204-07	Tu,Th	11:30am-12pm	3/29-4/28	\$50
272204-08	Tu,Th	12-12:30pm	3/29-4/28	\$50
272204-09	Tu,Th	2:30-3pm	3/29-4/28	\$50



PRESCHOOL AQUATICS LEVEL 2 *Continued*

272204-10	Tu,Th	3-3:30pm	3/29-4/28	\$50
272204-11	Tu,Th	7-7:30pm	3/29-4/28	\$50
272204-12	M,W	9:30-10am	5/2-6/8	\$50
272204-13	M,W	10-10:30am	5/2-6/8	\$50
272204-14	M,W	2:30-3pm	5/2-6/8	\$50
272204-15	M,W	3-3:30pm	5/2-6/8	\$50
272204-16	M,W	6:30-7pm	5/2-6/8	\$50
272204-17	Tu,Th	9:30-10am	5/3-6/2	\$50
272204-18	Tu,Th	10-10:30am	5/3-6/2	\$50
272204-19	Tu,Th	11:30am-12pm	5/3-6/2	\$50
272204-20	Tu,Th	12-12:30pm	5/3-6/2	\$50
272204-21	Tu,Th	2:30-3pm	5/3-6/2	\$50
272204-22	Tu,Th	3-3:30pm	5/3-6/2	\$50
272204-23	Tu,Th	7-7:30pm	5/3-6/2	\$50
272204-24	Sa	9-9:30am	4/2-6/4	\$50
272204-25	Sa	9:30-10am	4/2-6/4	\$50
272204-26	Sa	11-11:30am	4/2-6/4	\$50
272204-27	Sa	11:30am-12pm	4/2-6/4	\$50

PRESCHOOL AQUATICS LEVEL 3 (PA3)

272205-00	M,W	10-10:30am	3/28-4/27	\$50
272205-01	M,W	2-2:30pm	3/28-4/27	\$50
272205-02	M,W	2:30-3pm	3/28-4/27	\$50
272205-03	Tu,Th	9:30-10am	3/29-4/28	\$50
272205-04	Tu,Th	12-12:30pm	3/29-4/28	\$50
272205-05	Tu,Th	2-2:30pm	3/29-4/28	\$50
272205-06	Tu,Th	2:30-3pm	3/29-4/28	\$50
272205-07	M,W	10-10:30am	5/2-6/8	\$50
272205-08	M,W	2-2:30pm	5/2-6/8	\$50
272205-09	M,W	2:30-3pm	5/2-6/8	\$50
272205-10	M,W	3-3:30pm	5/2-6/8	\$50
272205-11	Tu,Th	9:30-10am	5/3-6/2	\$50
272205-12	Tu,Th	12-12:30pm	5/3-6/2	\$50
272205-13	Tu,Th	2-2:30pm	5/3-6/2	\$50
272205-14	Tu,Th	2:30-3pm	5/3-6/2	\$50
272205-15	Tu,Th	3-3:30pm	5/3-6/2	\$50
272205-16	Tu,Th	7-7:30pm	5/3-6/2	\$50
272205-17	Sa	9:30-10am	4/2-6/4	\$50
272205-18	Sa	11:30am-12pm	4/2-6/4	\$50

Classes taught by Aquatics Staff at City Gym and Pool

Continued from previous page.

LEARN-TO-SWIM LEVEL 1 (LS1)

272206-00	M,W	3:30-4pm	3/28-4/27	\$50
272206-01	Tu,Th	3:30-4pm	3/29-4/28	\$50
272206-02	M,W	3:30-4pm	5/2-6/8	\$50
272206-03	Tu,Th	3:30-4pm	5/3-6/2	\$50
272206-04	Sa	8-8:30am	4/2-6/4	\$50
272206-05	Sa	12-12:30pm	4/2-6/4	\$50

LEARN-TO-SWIM LEVEL 2 (LS2)

272207-00	M,W	4-4:30pm	3/28-4/27	\$50
272207-01	Tu,Th	4-4:30pm	3/29-4/28	\$50
272207-02	Tu,Th	4:30-5pm	3/29-4/28	\$50
272207-03	M,W	4-4:30pm	5/2-6/8	\$50
272207-04	Tu,Th	4-4:30pm	5/3-6/2	\$50
272207-05	Sa	8:30-9am	4/2-6/4	\$50
272207-06	Sa	12-12:30pm	4/2-6/4	\$50

LEARN-TO-SWIM LEVEL 3 (LS3)

272208-00	M,W	4:30-5pm	3/28-4/27	\$50
272208-01	Tu,Th	5-5:30pm	3/29-4/28	\$50
272208-02	M,W	4:30-5pm	5/2-6/8	\$50
272208-03	Tu,Th	4:30-5pm	3/29-4/28	\$50
272208-04	Tu,Th	5-5:30pm	5/3-6/2	\$50
272208-05	Sa	12:30-1pm	4/2-6/4	\$50

LEARN-TO-SWIM LEVEL 4 (LS4)

272209-00	Tu,Th	5-5:30pm	3/29-4/28	\$50
272209-01	Tu,Th	5:30-6pm	3/29-4/28	\$50
272209-02	Tu,Th	5-5:30pm	5/3-6/2	\$50
272209-03	Tu,Th	5:30-6pm	5/3-6/2	\$50
272209-04	Sa	12:30-1pm	4/2-6/4	\$50

ADULT SWIM LESSONS

272212-00	Tu,Th	8-8:30pm	3/29-4/28	\$50
272212-01	Tu,Th	8-8:30pm	5/3-6/2	\$50

EXCEPTIONAL SWIM LESSONS

272213-00	Tu,Th	7:30-8pm	3/29-4/28	\$18
272213-01	Tu,Th	7:30-8pm	5/3-6/2	\$18



Spring 2016 – 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. *No class May 30.*

CLASS #	DAY	TIME	DATES
272214-00	F	3:20-3:35pm	4/1-4/29
272214-01	F	3:20-3:35pm	4/1-4/29
272214-02	F	3:20-3:35pm	4/1-4/29
272214-03	F	3:40-3:55pm	4/1-4/29
272214-04	F	3:40-3:55pm	4/1-4/29
272214-05	F	3:40-3:55pm	4/1-4/29
272214-06	F	4-4:15pm	4/1-4/29
272214-07	F	4-4:15pm	4/1-4/29
272214-08	F	4-4:15pm	4/1-4/29
272214-09	F	4:20-4:35pm	4/1-4/29
272214-10	F	4:20-4:35pm	4/1-4/29
272214-11	F	4:20-4:35pm	4/1-4/29
272214-12	F	4:40-4:55pm	4/1-4/29
272214-13	F	4:40-4:55pm	4/1-4/29
272214-14	F	4:40-4:55pm	4/1-4/29
272214-15	F	5-5:15pm	4/1-4/29
272214-16	F	5-5:15pm	4/1-4/29
272214-17	F	5-5:15pm	4/1-4/29
272214-18	F	3:20-3:35pm	5/6-6/3
272214-19	F	3:20-3:35pm	5/6-6/3
272214-20	F	3:20-3:35pm	5/6-6/3
272214-21	F	3:40-3:55pm	5/6-6/3
272214-22	F	3:40-3:55pm	5/6-6/3
272214-23	F	3:40-3:55pm	5/6-6/3
272214-24	F	4-4:15pm	5/6-6/3
272214-25	F	4-4:15pm	5/6-6/3
272214-26	F	4-4:15pm	5/6-6/3
272214-27	F	4:20-4:35pm	5/6-6/3
272214-28	F	4:20-4:35pm	5/6-6/3
272214-29	F	4:20-4:35pm	5/6-6/3
272214-30	F	4:40-4:55pm	5/6-6/3
272214-31	F	4:40-4:55pm	5/6-6/3
272214-32	F	4:40-4:55pm	5/6-6/3
272214-33	F	5-5:15pm	5/6-6/3
272214-34	F	5-5:15pm	5/6-6/3
272214-35	F	5-5:15pm	5/6-6/3
272214-36	M	5:05-5:20pm	3/28-4/25
272214-37	M	5:05-5:20pm	3/28-4/25
272214-38	W	5:05-5:20pm	3/30-4/27
272214-39	W	5:05-5:20pm	3/30-4/27
272214-40	M	5:05-5:20pm	5/2-5/30
272214-41	M	5:05-5:20pm	5/2-5/30
272214-42	W	5:05-5:20pm	5/4-6/1
272214-43	W	5:05-5:20pm	5/4-6/1

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

Summer 2016 – 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 July 4th.**

Time	Mon/Wed 6/20-7/25	Tues/Thurs 6/21-7/21	Mon/Wed 8/01-8/31	Tues/Thurs 7/26-8/25	Saturday 6/25-8/27
8:00 am					LS 1-327706-04
8:30 am					LS 2-372207-05
9:00 am					PA L1-372203-15 PA L2-372204-24
9:30 am	PA L1-372203-00 PA L2-372204-00	PA L2-372204-05 PA L3-372205-03	PA L1-372203-09 PA L2-372204-12	PA L2-372204-17 PA L3-372205-11	PA L2-372204-25 PA L3-372205-17
10:00 am	PA L2-372204-01 PA L3-372205-00	PA L1-372203-04 PA L2-372204-06	PA L2-372204-13 PA L3-372205-07	PA L1-372203-12 PA L2-372204-18	PC L1-372201-06
10:30 am	PC L1-372201-00	PC L1-372201-01	PC L1-372201-03	PC L1-372201-04	PC L2-372202-06
11:00 am	PC L2-372202-00	PC L2-372202-01	PC L2-372202-03	PC L2-372202-04	PA L1-372203-16 PA L2-372204-26
11:30 am		PA L1-372203-05 PA L2-372204-07		PA L1-372203-13 PA L2-372204-19	PA L2-372204-27 PA L3-372205-18
Noon		PA L2-372204-08 PA L3-372205-04		PA L2-372204-20 PA L3-372205-12	LS 1-327706-05 LS 2-372207-06
12:30 pm					LS 3-372208-05 LS 4-372209-04
2:00 pm	PA L1-372203-01 PA L3-372205-01	PA L1-372203-06 PA L3-372205-05	PA L1-372203-10 PA L3-372205-08	PA L1-372203-14 PA L3-372205-13	
2:30 pm	PA L2-372204-02 PA L3-372205-02	PA L2-372204-09 PA L3-372205-06	PA L2-372204-14 PA L3-372205-09	PA L2-372204-21 PA L3-372205-14	
3:00 pm	PA L1-372203-02 PA L2-372204-03	PA L1-372203-07 PA L2-372204-10	PA L2-372204-15 PA L3-372205-10	PA L2-372204-22 PA L3-372205-15	
3:30 pm	LS 1-327706-00	LS 1-327706-01	LS 1-327706-02	LS 1-327706-03	
4:00 pm	LS 2-372207-00	LS 2-372207-01	LS 2-372207-03	LS 2-372207-04	
4:30 pm	LS 3-372208-00	LS 2-372207-02	LS 3-372208-02	LS 3-372208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3-372208-01 LS 4-372209-00	Private Lessons (See Schedule)	LS 3-372208-04 LS 4-372209-02	
5:30 pm		LS 4-372209-01		LS 4-372209-03	
6:00 pm		PC L1-372201-02		PC L1-372201-05	
6:30 pm	PA L1-372203-03 PA L2-372204-04	PC L2-372202-02	PA L1-372203-11 PA L2-372204-16	PC L2-372202-05	
7:00 pm	Rec Swim \$2	PA L1-372203-08 PA L2-372204-11	Rec Swim \$2	PA L2-372204-23 PA L3-372205-16	
7:30 pm		372213-00 Exceptional Swim \$18		372213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	372212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	372212-01 Adult Lessons	

TENNIS

PEE WEE TENNIS ACADEMY

Is your young child tired of watching the big kids have all the tennis fun? Well now there's a group just for the Pee Wees! 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 fun tennis games like: popcorn machine, walk the tennis dog, and alley rally. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime. Materials fee, one unopened can of tennis balls. 1 day a week for \$59, 2 days for \$79, or 3 days for \$109.

Tennis Anyone Inc			Edison Community Center		
282501-2A	3-6 yrs	M	3:45-4:30pm	4/4-4/25	\$59
282501-2B	3-6 yrs	W	3:45-4:30pm	4/6-4/27	\$59
282501-2C	3-6 yrs	Sa	8:15-9am	4/9-4/30	\$59
282501-2D	3-6 yrs	M	3:45-4:30pm	5/2-5/23	\$59
282501-2E	3-6 yrs	W	3:45-4:30pm	5/4-5/25	\$59
282501-2F	3-6 yrs	Sa	8:15-9am	5/7-5/28	\$59
282501-2G	3-6 yrs	M	3:45-4:30pm	6/6-6/20	\$59
282501-2H	3-6 yrs	W	3:45-4:30pm	6/1-6/22	\$59
282501-2I	3-6 yrs	Sa	8:15-9am	6/4-6/25	\$59

Tennis Anyone Inc		Murdy Community Cent			
282501-1A	3-6 yrs	Tu	3:45-4:30pm	4/5-4/26	\$59
282501-1B	3-6 yrs	Tu	3:45-4:30pm	5/3-5/24	\$59
282501-1C	3-6 yrs	Tu	3:45-4:30pm	5/31-6/21	\$59

JUNIOR TENNIS ACADEMY-BEGINNING TO INTERMEDIATE

The focus of the Junior Tennis Academy-for Beginners, is on learning the 4 major strokes of the game in a fun filled, fitness friendly, atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. There are 3 mastery levels in this group, much like the belt system in martial arts, that students will be tested on so that parents & students are always clear on progress. Students will absolutely love playing drills like: King of the Tennis Hill, Tennis Baseball, and Tennis Line Tag. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime. Beginners over the age of 13 should start in the Junior Tennis Academy-Intermediate/Advanced. 1 day a week for \$73, 2 days for \$119, or 3 days for \$139.

Tennis Anyone Inc			Edison Community Center		
282510-2A	7-13 yrs	M	4:30-6pm	4/4-4/25	\$73
282510-2B	7-13 yrs	W	4:30-6pm	4/6-4/27	\$73
282510-2C	6-9 yrs	Sa	9-10:30am	4/9-4/30	\$73
282510-2D	7-13 yrs	M	4:30-6pm	5/2-5/23	\$73
282510-2E	7-13 yrs	W	4:30-6pm	5/4-5/25	\$73
282510-2F	7-13 yrs	Sa	9-10:30am	5/7-5/28	\$73
282510-2G	7-13 yrs	M	4:30-6pm	6/6-6/20	\$73
282510-2H	7-13 yrs	W	4:30-6pm	6/1-6/22	\$73
282510-2I	7-13 yrs	Sa	9-10:30am	6/4-6/25	\$73

Tennis Anyone Inc		Murdy Community Center			
282510-1A	7-13 yrs	Tu	4:30-6pm	4/5-4/26	\$73
282510-1B	7-13 yrs	Tu	4:30-6pm	5/3-5/24	\$73
282510-1C	7-13 yrs	Tu	4:30-6pm	5/31-6/21	\$73

JUNIOR TENNIS ACADEMY-INTERMEDIATE TO ADVANCED

The Junior Tennis Academy- Intermediate to Advanced is for students that have either attained all 3 mastery levels in the Beginning Academy or are coming in with proper form on the major tennis strokes. The focus in this group is on building stroke dependability so that students are able to rally with proper form. This is a high energy, dynamic, fitness challenging, tennis program designed to bring students to a level where they have the tools to start playing matches. There are 5 mastery levels in this group that students will be tested on for progress. Students will absolutely love playing drills like: Tennis Olympics, Team-up & Back, and Tennis Bump. Beginning students older than 13 should start in this group. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime. Come visit us on our website at www.TennisAnyone.Info. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$73, 2 days for \$119, or 3 days for \$139.

Tennis Anyone Inc			Edison Community Center		
282520-2A	7-15 yrs	M	6-7:30pm	4/4-4/25	\$73
282520-2B	7-15 yrs	W	6-7:30pm	4/6-4/27	\$73
282520-2C	7-15 yrs	M	6-7:30pm	5/2-5/23	\$73
282520-2D	7-15 yrs	W	6-7:30pm	5/4-5/25	\$73
282520-2E	7-15 yrs	M	6-7:30pm	6/6-6/20	\$73
282520-2F	7-15 yrs	W	6-7:30pm	6/1-6/22	\$73

Tennis Anyone Inc		Murdy Community Center			
282520-1A	7-15 yrs	Tu	6-7:30pm	4/5-4/26	\$73
282520-1B	7-15 yrs	Tu	6-7:30pm	5/3-5/24	\$73
282520-1C	7-15 yrs	Tu	6-7:30pm	5/31-6/21	\$73

SEMI-PRIVATE LESSONS: YOUTH BEGINNING

These groups are for 2-4 students, age's 7-adult, 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. Materials fee: one can of unopened tennis balls. 1 day a week for \$99 or 2 days for \$179.

Tennis Anyone Inc			Edison Community Center		
282601-2A	7-15 yrs	M	3:30-4:30pm	4/4-4/25	\$99
282601-2B	7-15 yrs	M	3:30-4:30pm	5/2-5/23	\$99
282601-2C	7-15 yrs	M	3:30-4:30pm	6/6-6/20	\$99

Tennis Anyone Inc		Murdy Community Center			
282601-1A	7-15 yrs	Th	4-5pm	4/7-4/28	\$99
282601-1B	7-15 yrs	Th	4-5pm	5/5-5/26	\$99
282601-1C	7-15 yrs	Th	4-5pm	6/2-6/23	\$99



Register Online!
www.hbsands.org

SEMI-PRIVATE LESSONS: YOUTH INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, age's 7-adult, 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. Materials fee: one can of unopened tennis balls. 1 day a week for \$99, 2 days for \$179, or 3 days for \$249.

Tennis Anyone Inc		Edison Community Center			
282602-2A	7-15 yrs W	3:30-4:30pm	4/6-4/27	\$99	
282602-2B	7-15 yrs Sa	10:30-11:30am	4/9-4/30	\$99	
282602-2C	7-15 yrs W	3:30-4:30pm	5/4-5/25	\$99	
282602-2D	7-15 yrs Sa	10:30-11:30am	5/7-5/28	\$99	
282602-2E	7-15 yrs W	3:30-4:30pm	6/1-6/22	\$99	
282602-2F	7-15 yrs Sa	10:30-11:30am	6/4-6/25	\$99	

Tennis Anyone Inc		Murdy Community Center			
282602-1A	7-15 yrs Tu	3:30-4:30pm	4/5-4/26	\$99	
282602-1B	7-15 yrs Tu	3:30-4:30pm	5/3-5/24	\$99	
282602-1C	7-15 yrs Tu	3:30-4:30pm	5/31-6/21	\$99	
282602-1D	7-15 yrs Th	5-6pm	4/7-4/28	\$99	
282602-1E	7-15 yrs Th	5-6pm	5/5-5/26	\$99	
282602-1F	7-15 yrs Th	5-6pm	6/2-6/23	\$99	

ADULT ACADEMY-BEGINNING TO INTERMEDIATE

The focus of this class is on learning the 4 major strokes of the game and building stroke dependability in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve and then put these skills to use in creative and slightly competitive tennis games unique to the Tennis Anyone program. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$69, 2 days for \$119, or 3 days for \$139.

Tennis Anyone Inc		Edison Community Center			
282701-2A	16 yrs + M	7:30-9pm	4/4-4/25	\$69	
282701-2B	16 yrs + W	7:30-9pm	4/6-4/27	\$69	
282701-2C	16 yrs + M	7:30-9pm	5/2-5/23	\$69	
282701-2D	16 yrs + W	7:30-9pm	5/4-5/25	\$69	
282701-2E	16 yrs + M	7:30-9pm	6/6-6/20	\$69	
282701-2F	16 yrs + W	7:30-9pm	6/1-6/22	\$69	

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! Materials fee: 1 unopened can of tennis balls.

Tennis Anyone Inc		Murdy Community Center			
282710-1A	18 yrs + Tu	7:30-9pm	4/5-4/26	\$69	
282710-1B	18 yrs + Tu	7:30-9pm	5/3-5/24	\$69	
282710-1C	18 yrs + Tu	7:30-9pm	5/31-6/21	\$69	

SEMI-PRIVATE LESSONS: ADULT BEGINNING

These groups are for 2-4 students, age's 7-adult, 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. Materials fee: one can of unopened tennis balls. 1 day a week for \$99 or 2 days a week for \$179.

Tennis Anyone Inc		Murdy Community Center			
282801-1A	18 yrs + Tu	9-10am	4/5-4/26	\$99	
282801-1B	18 yrs + Tu	9-10am	5/3-5/24	\$99	
282801-1C	18 yrs + Tu	9-10am	5/31-6/21	\$99	
282801-1D	18 yrs + Th	6:15-7:15pm	4/7-4/28	\$99	
282801-1E	18 yrs + Th	6:15-7:15pm	5/5-5/26	\$99	
282801-1F	18 yrs + Th	6:15-7:15pm	6/2-6/23	\$99	

SEMI-PRIVATE LESSONS: ADULT INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, age's 7-adult, 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. Materials fee: one can of unopened tennis balls. 1 day a week for \$99, 2 days for \$179, or 3 days for \$249.

Tennis Anyone Inc		Edison Community Center			
282810-2A	16 yrs + M	7:30-8:30pm	4/4-4/25	\$99	
282810-2B	16 yrs + Sa	10:30-11:30am	4/9-4/30	\$99	
282810-2C	16 yrs + M	7:30-8:30pm	5/2-5/23	\$99	
282810-2D	16 yrs + Sa	10:30-11:30am	5/7-5/28	\$99	
282810-2E	16 yrs + M	7:30-8:30pm	6/6-6/20	\$99	
282810-2F	16 yrs + Sa	10:30-11:30am	6/4-6/25	\$99	

Tennis Anyone Inc		Murdy Community Center			
282810-1A	18 yrs + Tu	10-11am	4/5-4/26	\$99	
282810-1B	18 yrs + Tu	10-11am	5/3-5/24	\$99	
282810-1C	18 yrs + Tu	10-11am	5/31-6/21	\$99	
282810-1D	18 yrs + Th	7:15-8:15pm	4/7-4/28	\$99	
282810-1E	18 yrs + Th	7:15-8:15pm	5/5-5/26	\$99	
282810-1F	18 yrs + Th	7:15-8:15pm	6/2-6/23	\$99	

PRIVATE LESSONS WITH TENNIS ANYONE

Private lesson students enjoy a 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 Inc		Murdy & Edison Community Center			
282901-1A	3 yrs +	2 Lessons	4/4-4/30	\$90	
282901-1B	3 yrs +	2 Lessons	5/2-5/28	\$90	
282901-1C	3 yrs +	2 Lessons	5/31-6/25	\$90	
282901-1D	3 yrs +	4 Lessons	4/4-4/30	\$180	
282901-1E	3 yrs +	4 Lessons	5/2-5/28	\$180	
282901-1F	3 yrs +	4 Lessons	5/31-6/25	\$180	

Tennis Rain Hot Line 909-625-2060

SUMMER CAMPS

Registration begins
March 8

COOKING

TOP DESSERT CHEF CAMP

Make Desserts, sweets and other foods your Parents don't want you to have too much of. It's time for sugar and spice. Crafts and games are used to keep cooking fun. On Friday, have a tasting of all your goodies for family and friends. (2 guests per student enrolled allowed at the final days meal).

Edutainment Art **City Gym and Pool**
320303-3A 7-12 yrs M-Th 1-4pm 8/1-8/4 \$150

TOP CHEF CAMP

Our goal: to open a restaurant in one week. Campers will learn food handling skills and hygiene and then learn how to make several delicious and fun dishes. Craft and games are used to keep cooking fun. Our restaurant is open at the end of the week for family and friends.

Edutainment Art **City Gym and Pool**
320301-3A 7-12 yrs M-Th 1-4pm 7/11-7/14 \$150



CULINARY KIDS IN THE KITCHEN

From the oven to your tummy, you'll be inspired to cook, create, and collaborate in the kitchen. With the essential cooking skills you develop, you'll be marinating you way though our sensational summer suppers and meaty menu masterpieces! Come mix, mash, and mingle in the kitchen and makes lots of zesty new friends in the process! We'll see you in the kitchen! \$45 materials fee due at first day of camp.

Culinary Cooking			Murdy Community Center		
320304-1A	5-12 yrs	M-F	1-4pm	7/11-7/15	\$175
320304-1B	5-12 yrs	M-F	1-4pm	7/18-7/22	\$175
320304-1C	5-12 yrs	M-F	1-4pm	7/25-7/29	\$175
320304-1D	5-12 yrs	M-F	1-4pm	8/1-8/5	\$175
320304-1E	5-12 yrs	M-F	1-4pm	8/8-8/12	\$175
320304-1F	5-12 yrs	M-F	1-4pm	8/15-8/19	\$175

CAMP HB!

Sign-up today! It's never a dull moment at Camp HB and discovers new adventures through onsite and offsite excursions. Camp HB offers 4 fun-filled weeks of camp, each with an exciting different theme: Sports, Arts & Crafts, Water Week, & Summer Fun. Campers can take advantage of the diverse activities HB has to offer while supervised by experienced staff in a safe and fun environment. Participants will receive a camp T-shirt. Please bring labeled lunch and water bottle. Lunch will be provided on Thursdays!

Recreation Staff			Murdy Community Center		
320305-1A	6-12 yrs	M-F 8:30am-5:30pm	7/18-7/22	\$169-Water Week	
320305-1B	6-12 yrs	M-F 8:30am-5:30pm	7/25-7/29	\$169-Summer Fun	
320305-1C	6-12 yrs	M-F 8:30am-5:30pm	8/1-8/5	\$169-Sports	
320305-1D	6-12 yrs	M-F 8:30am-5:30pm	8/8-8/12	\$169-Crafts & More	

DANCE

CHEER/DANCE TEAM CAMP

Learn basic cheers, chants, dance movements and jumps in this fun Cheer and Dance Team camp! Students develop rhythm, flexibility and coordination in these exciting sports. This camp helps students build teamwork and cooperation. Bring a friend and cheer for summer! Parents are invited to see their student's skills at their show on the last day of camp. Pack a snack and wear dance attire.

Huntington Academy of Dance			16601 Gothard St, Suite A		
320402-1A	7-12 yrs	M-F 9:30am-12pm	7/25-7/29	\$125	
320402-1B	7-12 yrs	M-F 9:30am-12pm	8/1-8/5	\$125	

FAIRY TALE BALLET CAMP

Calling all princesses and knights! Join us for a Fairy Tale Ballet Camp and Dance the summer away! Dancers start the day with a 1 HR ballet lesson followed by story time with tales from classical ballets. Dancers will produce a related ballet art project and rehearse a dance for the performance on the last day of camp. Dancers wear a leotard, tights and ballet slippers. Pack a large t-shirt and a snack. \$5 materials fee due at first class.

Huntington Academy of Dance			16601 Gothard St, Suite A		
320404-1A	4-7 yrs	M-F 9:30am-12pm	6/27-7/1	\$125-Cinderella	
320404-1B	4-7 yrs	M-F 9:30am-12pm	7/18-7/22	\$125-Frozen	
320404-1C	4-7 yrs	M-F 9:30am-12pm	7/25-7/29	\$125-Little Mermaid	
320404-1D	4-7 yrs	M-F 9:30am-12pm	8/1-8/5	\$125-Snow White	
320404-1E	4-7 yrs	M-F 9:30am-12pm	8/8-8/12	\$125-Pixie Hollow	
320404-1F	4-7 yrs	M-F 9:30am-12pm	8/22-8/26	\$125-Sleeping Beauty	

MUSICAL THEATER CAMP

Love to sing and dance? From High School Musical to Glee, everyone loves musical theater! This FUN camp will introduce students to the basics of musical theater dance, acting and voice instruction. Parents are invited to watch the show on the last day of camp. Pack a lunch and wear dance attire. Join us and SING and DANCE the summer away!

Huntington Academy of Dance 16601 Gothard St, Suite A
320401-1A 7-12 yrs M-F 10am-2pm 8/15-8/19 \$165

SUPER STAR DANCE CAMP

Be a STAR at Huntington Academy's Dance Camp! This FUN camp offers instruction in ballet, tap, jazz and hip hop with high energy. Join other beginners in learning a new skill while experienced dancers refine the basics. Parents are invited to watch your budding star at the show on the last day of camp! Pack a lunch and wear dance attire.

Huntington Academy of Dance 16601 Gothard St, Suite A
320403-1A 7-12 yrs M-F 10am-2pm 8/8-8/12 \$165

EDUCATIONAL

HARRY POTTER CAMP

Attend a week at Howarts and transition from muggles to wizards. Sorted into Hogwarts house, students will be taught dueling with ancient spells (Defense Against Dark Arts), mind reading (Divination), and Quidditch! Investigate, discover and imagine as we dive head first in the world of young Harry Potter!

Edutainment Art Harbour View Clubhouse,
16600 Saybrook Lane
320610-1A 6-12 yrs M-F 9am-12pm 6/27-7/1 \$150

MAD SCIENCE: CRAZY CHEMWORKS

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due at first class.

MAD Science Edison Community Center
320601-2A 6-12 yrs M-F 9am-12pm 7/20-7/24 \$145

MAD Science City Gym and Pool
320601-3A 5-12 yrs M-F 1:30-4:30pm 7/18-7/22 \$145

MAD Science Harbour View Clubhouse,
16600 Saybrook Lane
320601-1A 5-12 yrs M-F 9am-12pm 8/8-8/12 \$145

320601-1B 5-12 yrs M-F 1:30-4:30pm 8/8-8/12 \$145

MAD Science City Gym and Pool
320601-3A 5-12 yrs M-F 1:30 - 4:30pm 7/18-7/22 \$145

More programs to come
in the Summer Sands

MAD SCIENCE: NASA JR. ASTRONAUTS

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing-a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Shuttle Copter and much more. This NASA camp is 'Out of this World'! \$30 materials fee due at first class.

MAD Science Edison Community Center
320603-2A 6.5-12 yrs M-F 9am-12pm 7/25-7/29 \$145

MAD Science Lake View Clubhouse, 17461 Zeider Lane

320603-1A 5-12 yrs M-F 9am-12pm 6/27-7/1 \$145

320603-1B 5-12 yrs M-F 1:30-4:30pm 6/27-7/1 \$145

MAD Science Murdy Community Center

320603-1C 5-12 yrs M-F 9am-12pm 8/29-9/2 \$145

MAD SCIENCE: ROBOTS 101

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 materials fee due at first class.

MAD Science Edison Community Center
320604-2A 8-12 yrs M-F 9am-12pm 8/22-8/26 \$155

MAD Science City Gym and Pool

320604-3A 8-12 yrs M-F 9am-12pm 8/15 - 8/19 \$155

320604-3B 8-12 yrs M-F 1:30-4:30pm 8/15 - 8/19 \$155

MAD Science Lake View Clubhouse, 17461 Zeider Lane

320604-1A 8-12 yrs M-F 9am-12pm 8/1-8/5 \$155

MAD SCIENCE: SECRET AGENT LAB

Lookout, 007 - Mad Science's Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Campers will have the opportunity to step into the shoes of a detective as they learn all about forensic science by decoding messages, gathering evidence, checking out spy gear and creaking security systems. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science that spies use. Campers will make awesome take-home projects each day for their spy kit including spynoculars and a secret safe! \$30 materials fee due at first class.

MAD Science Harbour View Clubhouse, 16600 Saybrook Lane
320605-1A 5-12 yrs M-F 9am-12pm 7/11-7/15 \$145

MAD Science Lake View Clubhouse, 17461 Zeider Lane
320605-1B 5-12 yrs M-F 9am-12pm 8/15-8/19 \$145

MAD SCIENCE: GLAXY DEFENDERS

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! \$25 materials fee due at first class for the Tuesday thru Friday class. \$30 materials fee due at first class for the Monday thru Friday class.

MAD Science City Gym and Pool
320606-3A 5-12 yrs M-F 1:30-4:30pm 8/1-8/5 \$145

MAD Science Lake View Clubhouse, 17461 Zeider Lane
320606-1A 5-12 yrs Tu-F 9-12am 7/5-7/8 \$120

MAD Science Murdy Community Center
320606-1B 5-12 yrs M-F 9-12am 7/18-7/22 \$145

SPECIAL INTEREST



MAD SCIENCE: SCIENCE IN ACTION

Discover how things move with science. View the world through a camera obscure, different lenses and kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens, and play with magic mud! \$30 materials fee due the first day of class.

MAD Science				City Gym and Pool	
320615-3A	5-12 yrs	Tu-F	9am-12pm	7/5-7/8	\$120
320615-3B	5-12 yrs	Tu-F	1:30-4:30pm	7/5-7/8	\$120

MAD Science				Edison Community Center	
320615-2A	6.5-12 yrs	M-F	9am-12pm	7/11-7/15	\$145

MAD Science				Murdy Community Center	
320615-1A	5-12 yrs	M-F	9am-12pm	7/25-7/29	\$145

STAR WARS CAMP

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Lightsaber. Campers will build a Jedi Costume, be issued a practice saber, and be taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe saber sparring. Yoga will help us get in tune with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

Edutainment Art				City Gym and Pool	
320611-3A	6-12 yrs	M-F	1-4pm	6/27-7/1	\$150

ZOMBIE SURVIVAL CAMP

Where will you be when the zombies take over? Learn survival skills in a fun interactive camp. Team work and wilderness skills will be required to compete against the walking dead in many games, challenges, and activities. Curriculum is based off the CDC classes for Zombie Preparedness. Will you survive or become a zombie?

Edutainment Art	Harbour View Clubhouse, 16600 Saybrook Lane				
320608-1A		6-12 yrs	M-F	9am-12pm	7/25-7/29 \$150

GYMNASTICS

HB CHEER-NASTICS CAMP

Our fun, high energy, non-competitive cheer+gymnastics camp welcomes beginning-advanced levels. Skilled coaches teach "Cheer-Tumbling": cartwheels, round-offs, walkovers, rolls, jumps, splits, backbends, handsprings, cheers, and beginning stunting. Get fit and prepared for all sports. Bring a friend for double fun! Includes camp T-shirt plus performance on Friday. Bring labeled lunch, water bottle, sunscreen, tennis shoes for cheer and stunting. \$10 materials fee due at first class.

Tumble-N-Kids Inc				Edison Community Center	
320701-2A		5-12 yrs	M-F	10:30am-2:30pm	8/15-8/19 \$190

ACTION MOVIE FLIX

Pow! Use a green screen, camera tricks, & special FX to create a live-action adventure movie. Students will collaborate to write, act, & direct in this action packed camp where kids will be taught Hollywood stunts to thrill the audience. *Flix downloadable a month after camp ends. \$30 materials fee due at first class

IncrediFlix Studio	Lake View Clubhouse, 17461 Zeider Lane				
321111-1A		7-13 yrs	Tu-F	1-5pm	7/5-7/8 \$185

IMAGINATION FLIX

Take your characters underwater or to outer space! In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create clay characters, create backgrounds, film movies, and add voice-overs, while working in age-appropriate groups. *Flix downloadable a month after camp ends. \$30 materials fee due at first class

IncrediFlix Studio	HarbourViewClubhouse, 16600 Saybrook Lane				
321112-1A		7-13 yrs	M-F	9am-12pm	8/1-8/5 \$176

IMAGINATION & MINECRAFT COMBO FLIX

Registration discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! *Discount included in price of camp **Bring your own sack lunch. \$60 materials fee due at first class

IncrediFlix Studio	HarbourViewClubhouse, 16600 Saybrook Lane				
321113-1A		7-13 yrs	M-F	9am-4pm	8/1-8/5 \$312

ANIMATION FLIX

Each day you'll use a new style of stop-motion, combining favorites from the past with new styles, making this camp different each year! It's the ultimate arts & crafts camp where students create, direct, and film their movies in age-appropriate groups. \$30 materials fee due at first class. *Flix downloadable a month after camp ends.

IncrediFlix Studio	HarbourViewClubhouse, 16600 Saybrook Lane				
321114-1A		7-13 yrs	M-F	1-4pm	8/15-8/19 \$176

MINECRAFT FLIX

Turn the popular video game into an exciting Minecraft world! Using stop-motion animation you will bring Steve, the creepers, and more to life. Students will write, storyboard, shoot & add voice-over in age-appropriate groups. *Flix downloadable a month after camp ends. \$30 materials fee due at first class

IncrediFlix Studio	HarbourViewClubhouse, 16600 Saybrook Lane				
321115-1A		7-13 yrs	M-F	1-4pm	8/1-8/5 \$176

Register Online!
www.hbsands.org

CREATIVE ARTS AND CRAFTS CAMP

Art is about expression. We will be using a variety of different mediums, materials and techniques i.e. sculpturing, resist printing, painting, sewing, design etc. Children are encouraged to make each different project their own using the materials provided and a little instruction. We will have an art show on Friday to display our masterpieces. \$30 materials fee due at first class. Each camper will create their own T-Shirt. Each week we will be doing different projects.

April Berg Harbour View Clubhouse, 16600 Saybrook Lane

321117-1A 5-12 yrs M-F 9am-2pm 7/18-7/22 \$120

321117-1B 5-12 yrs M-F 9am-2pm 8/22-8/26 \$120

April Berg Murdy Community Center

321117-1C 5-12 yrs M-F 9am-2pm 8/29-9/2 \$120

CAMP STAGE PLAY

Do you love dressing up in fun costumes, using your imagination to be transported to exotic places, and being in the spot light? Then Camp Stage Play is for you! Campers will use their voices, bodies, imagination, costumes and props, to learn theater acting techniques and step into the spotlight, as they become fun storybook characters. All while having so much fun performing that they won't even know they are building skills in public speaking, creative thinking, reading comprehension, and confidence! Campers should bring a lunch/snack & water. \$20 materials fee due at first class.

Take the Stage Productions Harbour View Clubhouse, 16600 Saybrook Lane

321124-1A 4-6 yrs Tu-F 9:30-11:30am 7/5-7/8 \$110-Superheroes

Take the Stage Productions Lake View Clubhouse, 17461 Zeider Lane

321124-1B 4-6 yrs M-F 9:30-11:30am 7/25-7/29 \$130-Jungle Book

321124-1C 4-6 yrs M-F 9:30-11:30am 8/22-8/26 \$130-Fancy Nancy

321124-1D 4-6 yrs M-F 12:30-3:30pm 7/25-7/29 \$179-Charlie and the Chocolate Factory

CAMP BROADWAY STAR

Act, Sing, Dance and explore the world of Broadway in this fun musical theater camp! Campers will build valuable musical theater performance skills, craft props & scenery, play theater games and create fun characters all while working together to perform a final showcase on the last day! Campers will be expected to practice lines and songs at home. Bring a lunch/snack & water. \$20 materials fee due at first class.

Take the Stage Productions Harbour View Clubhouse, 16600 Saybrook Lane

321126-1A 4-6 yrs M-F 1-3pm 6/27-7/1 \$130-Lion King

Take the Stage Productions Lake View Clubhouse, 17461 Zeider Lane

321126-1B 4-6 yrs M-F 9:30-11:30am 8/8-8/12 \$130-Wizard of Oz

321126-1C 7-12 yrs M-F 1-4pm 7/18-7/22 \$179-Lion King

321126-1D 7-12 yrs M-F 12:30-3:30pm 8/8-8/12 \$179-Wicked

EXTREME TEAM CHALLENGE

For those who like to play and compete. Teams and individual compete in fort building, survival challenges, treasure hunts, and classic games from shows like Minute to Win it, Survivor and the Amazing race. Participants will work together to overcome obstacles and challenges impossible to do along. Teams will compete for team work, sportsmanship, and enjoy a massive water fight.

Edutainment Art Harbour View Clubhouse, 16600 Saybrook Lane

321133-1A 6-12 yrs M-F 9am-12pm 8/15-8/19 \$150

IMPROVISATION COMEDY WORKSHOP

This spirited, fun workshop is designed for anyone who wants to learn the essentials of improvisational comedy, improve storytelling skills, and learn techniques to think quickly on their feet and to be more creative. Exercises include vocal warm-ups, creative performance games and basic short-form scene-work, as well as how to listen in a fun, creative atmosphere. Comedy-Sportz style performance on last day. Campers should bring a lunch/snack.

Take the Stage Productions Harbour View Clubhouse, 16600 Saybrook Lane

321136-1A 7-12 yrs Tu-F 12:30-3:30pm 7/5-7/8 \$145

MAD SCIENCE: LITTLE SCIENTIST PRESCHOOL LAB

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects weather plants and soil. Experience fun hands-on experiments in this week long lab. Parent participation not required. Must be potty trained. \$30 materials fee due at first class.

MAD Science Lake View Clubhouse, 17461 Zeider Lane

321119-1A 3-5 yrs M-F 9am-12pm 7/18-7/22 \$145

MAD Science Murdy Community Center

321119-1B 3-5 yrs M-F 9am-12pm 8/22-8/26 \$145

PHOTOGRAPHY CAMP

An introduction to photography using digital cameras. We will learn about shading, lighting, composition, balance and focus. We will also use our skills in photo scavenger hunts to keep our learning fun and exciting. We will create a variety of picture frames and present an art exhibit at the end of the week. We'll supply the cameras. Just bring a SD card to get your photos instantly, or we'll send you a CD of your photos at the end of summer.

Edutainment Art City Gym and Pool

320607-3A 7-11 yrs M-Th 1-4pm 6/20-6/23 \$150

ULTIMATE SURVIVAL CAMP

Are you prepared if you get lost in the wilderness or the desert? Are you prepared in case there is a major earthquake, storm or even a zombie apocalypse? Then get prepared. Following survivalists' Rules of the Three we teach shelter building, water collection, first aid, fire skills, and signaling for help. Well also explore what you need for a survival kit. Role playing and games keep lessons positive and fun. This is the one camp your life may depend on.

Edutainment Art Lake View Clubhouse, 17461 Zeider Lane

321134-1A 7-12 yrs M-F 9am-12pm 7/11-7/15 \$150



WIPE OUT GAME SHOW TRAINING

Prepare for the challenges of endurance and agility by tackling obstacle courses designed by the campers for campers. Challenge your mind and come together as a team with scavenger hunts and puzzles. Gear up for personality interviews to get on the show. This will prepare your team for a game on Friday! Get ready! Get silly! And have fun! You will definitely get wet!

Edutainment Art **City Gym and Pool**
321110-3A 8-13 yrs M-Th 1-4pm 8/8-8/11 \$150

YOUNG SHAKESPEARE WORKSHOP

Join us for an unforgettable theatrical adventure through the world of William Shakespeare. This interactive performance workshop brings classical theater to youth, with the goal of making Shakespeare's words spring to life, demystifying the language of Elizabethan-era drama, and fostering enthusiasm for theater. Students will work together to stage an abridged version of Shakespeare's masterful comedy, *midsummer Night's Dream*. Performance on last day, students will be expected to practice lines at home. \$10 materials fee due at first class.

Take the Stage Productions **Lake View Clubhouse,**
17461 Zeider Lane
321135-1A 8-12 yrs M-F 12:30-3:30pm 8/22-8/26 \$179

SPORTS

PEE WEE BASKETBALL

Boys and girls 3 to 5 years old will be introduced to the basics of basketball in the non-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNdamentals of basketball. Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org

Youth Sports Staff **City Gym and Pool**
331306-00 3-5 yrs Sa 9:30-10:20am 7/2-8/6 \$55
331306-01 3-5 yrs Sa 10:30-11:20am 7/2-8/6 \$55

Youth Sports Staff **Murdy Community Center**
331306-02 3-5 yrs Sa 9:30-10:20am 7/2-8/6 \$55
331306-03 3-5 yrs Sa 10:30-11:20am 7/2-8/6 \$55

JUNIOR BASKETBALL

Boys and girls 6 to 8 years old will be introduced to the basics of basketball in the semi-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNdamentals of basketball. Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org

Youth Sports Staff **City Gym and Pool**
341312-00 6-8 yrs Sa 11:30am-12:20pm 7/2-8/6 \$55

Youth Sports Staff **Murdy Community Center**
341312-01 6-8 yrs Sa 11:30am-12:20pm 7/2-8/6 \$55

INSTRUCTIONAL BASKETBALL CAMP

The Summer Basketball program is a clinic based program with an emphasis on learning the game and having fun. All skill levels are welcome and the fundamentals of basketball will be taught through game based drills and instruction. Players will participate in a recreational program where enjoying basketball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey!

Youth Sports Staff **Murdy Community Center**
341318-00 8-10 yrs Tu,Th 3-4pm 6/28-7/21 \$55
341318-01 11-13 yrs Tu,Th 4-5pm 6/28-7/21 \$55

SKYHAWKS BASKETBALL CAMP

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants receive a t-shirt, basketball, and player evaluation.

Skyhawks Sports Academy Inc **City Gym and Pool**
321318-3A 6-12 yrs M-F 2-5pm 6/20-6/24 \$165
321318-3B 10-14 yrs M-F 2-5pm 8/1-8/5 \$165

Skyhawks Sports Academy Inc **Edison Community Center**
321318-2A 6-12 yrs M-F 9am-12pm 8/1-8/5 \$165
321318-2B 6-12 yrs M-F 9am-12pm 8/15-8/19 \$165

Skyhawks Sports Academy Inc **Murdy Community Center**
321318-1A 6-12 yrs M-F 9am-12pm 7/11-7/15 \$165

INSTRUCTIONAL SOFTBALL CAMP

This City of Huntington Beach softball program is a clinic-based program with an emphasis on learning the game and having fun. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying softball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! No Class Dates: Jul-4

Youth Sports Staff **Edison Community Center**
351308-00 8-12 yrs M,W 12-12:50pm 6/27-7/25 \$55

PEE WEE T-BALL

Pee Wee T-Ball is a non-competitive introduction to T-Ball for youth between the ages of 3 and 5 years old. Participants will learn fundamental T-ball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No Class Dates: Jul-4

Youth Sports Staff **Edison Community Center**
331305-02 3-5 yrs M,W 10-10:50am 6/27-7/25 \$55
331305-03 3-5 yrs M,W 11-11:50am 6/27-7/25 \$55

Youth Sports Staff **Murdy Community Center**
331305-00 3-5 yrs M,W 10-10:50am 6/27-7/25 \$55
331305-01 3-5 yrs M,W 11-11:50am 6/27-7/25 \$55

Register Online! www.hbsands.org



INSTRUCTIONAL BASEBALL CAMP

This City of Huntington Beach baseball program is a clinic-based program with an emphasis on learning the game and having fun. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying baseball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! *No Class Dates: Jul-4*

Youth Sports Staff		Murdy Community Center
341319-00	8-12 yrs M,W 12-12:50pm	6/27-7/25 \$55

JUNIOR BASEBALL/SOFTBALL

Junior Baseball/Softball is a semi-competitive introduction to baseball/softball for youth between the ages of 6 and 8 years old. Participants will learn fundamental baseball/softball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! *No Class Dates: Jul-4*

Youth Sports Staff		Edison Community Center
341411-01	6-8 yrs M,W 12-12:50pm	6/27-7/25 \$55

Youth Sports Staff		Murdy Community Center
341411-00	6-8 yrs M,W 12-12:50pm	6/27-7/25 \$55

SKYHAWKS: FLAG FOOTBALL CAMP

Flag football is the perfect introduction to "America's Game". Campers learn skills on both sides of the football including the core components of passing, catching, and defense-all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football, and player evaluation.

Skyhawks Sports Academy Inc		Edison Community Center
321308-2A	6-12 yrs M-F 9am-12pm	7/18-7/22 \$165

Skyhawks Sports Academy Inc		Murdy Community Center
321308-1A	6-12 yrs M-F 9am-12pm	7/25-7/29 \$165

SKYHAWKS: BEGINNING GOLF CAMP

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. All participants receive a t-shirt and a merit award.

Skyhawks Sports Academy Inc		Murdy Community Center
321325-1A	5-8 yrs M-F 9am-12pm	7/11-7/15 \$165
321325-1B	5-8 yrs M-F 9am-12pm	8/1-8/5 \$165

SKYHAWKS: MULTI-SPORT CAMP

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program, we combine soccer, baseball, and basketball into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. All participants receive a t-shirt, ball, and merit award.

Skyhawks Sports Academy Inc		Edison Community Center
321307-2A	6-12 yrs M-F 9am-12pm	6/20-6/24 \$165

SKYHAWKS: MINI-HAWK MULTI-SPORT CAMP

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, ball and a merit award.

Skyhawks Sports Academy Inc		Edison Community Center
321324-2A	4-7 yrs M-F 9am-12pm	8/1-8/5 \$165

Skyhawks Sports Academy Inc		Murdy Community Center
321324-1A	4-7 yrs M-F 9am-12pm	7/18-7/22 \$165

COAST 2 COAST IRISH SOCCER CAMP

Experience one of the most popular summer camps in California! Your child will learn amazing soccer skills from enthusiastic Irish college soccer players. We guarantee your child will have fun! Gifts included: Irish soccer jersey, an awesome green soccer ball, a wristband, and a certificate. Check out reviews on Yelp, Facebook, and c2csoccer.com

Coast 2 Coast		Edison Community Center
321313-2A	4-12 yrs M-F 9am-2pm	8/8-8/12 \$159
321313-2B	4-12 yrs M-F 9am-2pm	8/15-8/19 \$159

KIDZ LOVE SOCCER SUMMER CAMP

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.

Kidz Love Soccer		Murdy Community Center
321311-1A	4.5-6 yrs M-F 9am-12pm	6/27-7/1 \$105
321311-1B	7-8 yrs M-F 9am-12pm	6/27-7/1 \$105
321311-1C	9-10 yrs M-F 9am-12pm	6/27-7/1 \$105
321311-1D	4.5-6 yrs M-F 9am-12pm	8/8-8/12 \$105
321311-1E	7-8 yrs M-F 9am-12pm	8/8-8/12 \$105
321311-1F	9-10 yrs M-F 9am-12pm	8/8-8/12 \$105

SKYHAWKS INDOOR SOCCER CAMP

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamental of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. All participants receive a t-shirt, soccer ball and player evaluation.

Skyhawks Sports Academy Inc		City Gym and Pool
321302-3A	6-12 yrs M-F 2-5pm	7/25-7/29 \$165



JUNIOR TENNIS CAMP

The Junior Tennis Camp will offer the opportunity for beginner to advanced players to enjoy a one-week tennis clinic setting. The program includes instruction in basic physical fitness concepts, skill coordination development, all stroke techniques, "Tennis Olympics" and supervised match play. Parents will be invited to a Dominos Pizza lunchtime awards presentation on last day of camp. Each student is required to bring one new can of tennis balls and tennis racquet. Daily awards included.

Ian Rich		Edison High School			
321315-2A	6-16 yrs	Tu-F	8:30am-12:30pm	7/5-7/8	\$104
321315-2B	6-16 yrs	M-F	8:30am-12:30pm	7/11-7/15	\$129
321315-2C	6-16 yrs	M-F	8:30am-12:30pm	7/18-7/22	\$129
321315-2D	6-16 yrs	M-F	8:30am-12:30pm	7/25-7/29	\$129
321315-2E	6-16 yrs	M-F	8:30am-12:30pm	8/1-8/5	\$129
321315-2F	6-16 yrs	M-F	8:30am-12:30pm	8/8-8/12	\$129
321315-2G	6-16 yrs	M-F	8:30am-12:30pm	8/15-8/19	\$129

SKYHAWKS VOLLEYBALL CAMP

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. All participants receive a t-shirt, volleyball, and player evaluation.

Skyhawks Sports Academy Inc		City Gym and Pool			
321303-3A	7-12 yrs	M-F	2-5pm	6/27-7/1	\$165



INSTRUCTIONAL VOLLEYBALL CAMP

Boys and girls will be introduced to the fundamentals of indoor volleyball in this instruction based camp with an emphasis on learning the game while having fun! All skill levels are welcomed and participants will be taught the basics of volleyball through games based drills, hands on training and semi-competitive scrimmages. Get ready for the fall indoor volleyball league! Camp will take place Monday through Friday, August 10-14.

Youth Sports Staff		City Gym and Pool			
341317-00	9-11 yrs	Tu,W,F	2-3:30pm	8/9-8/26	\$55
341317-01	12-14 yrs	Tu,W,F	3:30-5pm	8/9-8/26	\$55

SURF & SKATE

SURF CAMP: HB SURF SCHOOL

Our summer camps offer outstanding surfing instruction in a fun and safe environment. We teach all levels and focus on basic skills, paddling, overall riding, and wave selection. Campers also learn about ocean safety and the importance of surfing around the tides. Surfers must be 8 years or older and be comfortable in the ocean. HB Surf School Camp's professional instructor is Bill Sharp, former competitive surfer and coach of the South African National Surf Team. Each student receives a sponsor gift pack and Del Taco lunch is served on Friday. We provide boards and full suits for the camp. Please bring a towel, hat, sweatshirt, sunscreen, water, and snacks.

HB Surf School		City Beach			
321403-2A	8-16 yrs	M-F	8:30-11:30am	6/20-6/24	\$285
321403-2B	8-16 yrs	M-F	8:30-11:30am	6/27-7/1	\$285
321403-2C	8-16 yrs	Tu-F	8:30-11:30am	7/5-7/8	\$230
321403-2D	8-16 yrs	M-F	8:30-11:30am	7/11-7/15	\$285
321403-2E	8-16 yrs	M-F	8:30-11:30am	7/18-7/22	\$285
321403-2F	8-16 yrs	M-F	8:30-11:30am	8/1-8/5	\$285
321403-2G	8-16 yrs	M-F	8:30-11:30am	8/8-8/12	\$285
321403-2H	8-16 yrs	M-F	8:30-11:30am	8/15-8/19	\$285
321403-2I	8-16 yrs	M-F	8:30-11:30am	8/22-8/26	\$285
321403-2J	8-16 yrs	M-F	8:30-11:30am	8/29-9/2	\$285

HBReads Selects Conor Grennan's Little Princes For 2016 Book Campaign

HUNTINGTON BEACH, Calif., Sept. 24, 2015 – The non-profit community reading club, Huntington Beach Reads One Book, or HBReads, today announced its annual campaign to promote diversity through literature will center on author Conor Grennan's Little Princes.

The New York Times bestseller is based on the inspirational true story of Grennan's obsession to reunite stolen children of Nepal with their real families. Finding himself in the middle of the human trafficking turmoil, his memoir is gripping and carries us deep into an exotic world that most readers know little about.

"If you've never believed in miracles," said a Christian Science Monitor critic, "this book could convince you otherwise. Like the children he writes about, Grennan has boundless resilience and determination, in addition to self-effacing humor and tunnel-vision devotion. He's also a good writer..."

The campaign, which will culminate in March with personal appearances by Grennan March 17th at the Huntington Beach Central Library and March 18th at Edison High School, will include special events throughout local secondary schools, libraries and book stores.

Now in its ninth year, HBReads has consistently promoted quality books and authors to the Huntington Beach community. Previous campaigns have focused on such timely topics as bullying, autism, discrimination and other social issues.

About HBReads (www.hbread.org)

Huntington Beach Reads One Book (HBReads) is a non-profit organization formed in 2007 to invite readers in Huntington Beach – adults, students and families – to learn about the diversity of people, cultures and to discuss new perspectives. It introduces them to authors and sponsors a variety of programs that share the art, music, food and experiences of the story. Each year the group selects one book to be read and discussed at the same time by the entire community. HBReads is endorsed by the HB City Council, the Human Relations Task Force and the Huntington Beach Library board of trustees and its corporate sponsors include the Kiwanis International of Huntington Beach and Boeing Corporation. Address: 419 Main St., Ste. 38, Huntington Beach, Calif. Phone: (714) 497-3237. Website: www.hbread.org.

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 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

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

Web: huntingtonbeachartcenter.org

Administrative Office Hours

Monday – Friday 8:30 am – 5:30 pm

538 Main Street

Phone: (714) 374-1663

EVENTS SPRING 2016

CREATIVE VISIONS

The 10th annual student art show will feature work by local Huntington Beach student artists in grades K-12. Both visual and performing arts are included.

Opening Reception: Friday, March 25, 2016, 5-8 pm

Exhibition: March 25 - April 9, 2016

SPRING EXHIBITION

The Art Center will focus attention on the topic of Aging as seen through the eyes of six photographers. The works included will reflect compelling images of the impact of aging on homeless populations, celebrities, spiritual leaders and active seniors.

Opening Reception: Saturday, May 14, 2016, 6-9 pm

Exhibition: May 14 – June 18, 2016



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.huntingtonbeach-ca.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 hbartleague.org, or email president@hbartleague.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

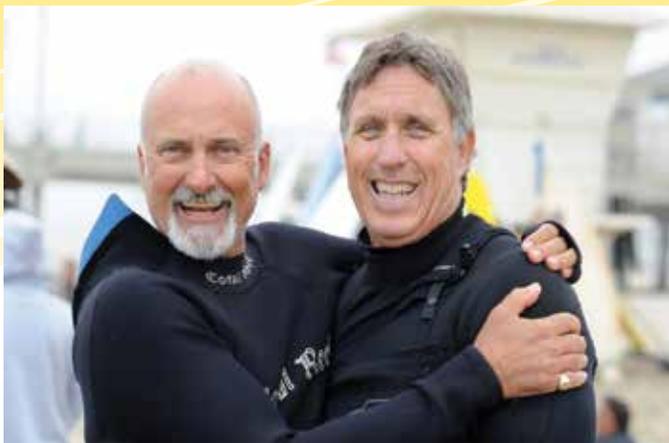
Seniors' Outreach, under direction of the Community Services Department since 1974, provides services aimed toward successful aging in place. Transportation, Home Delivered Meals, Care Management and other services are designed to meet the otherwise unmet physical, emotional, and nutritional needs of 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.



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

PARENT AND ME TIME

Come enjoy stories and crafts on Wednesdays at 11:00 am; cost is \$3.00 per Parent.

VOLUNTEER OPPORTUNITIES

If you are interested in volunteer work and helping your community, please consider Shipley Nature Center. We are always looking for helping hands and have many opportunities available.

Visit Shipley Nature Center and enjoy nature in an urban setting. Open Monday - Saturday, 9 am to 1 pm. Located at 17851 Goldenwest St. 714-842-4772.

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 (ECC)

John Valinsky
Community Services Recreation Supervisor,
Edison Community Center

21377 Magnolia Street, 714-960-8870

MURDY COMMUNITY CENTER (MCC)

Kaci Thol
Community Services Recreation Supervisor,
Murdy Community Center

7000 Norma Drive, 714-960-8895

CITY GYM AND POOL (CG)

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 Laudенback
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.

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

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

HUNTINGTON BEACH DOWNTOWN



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Internal Medicine & Pediatrics – 855-997-2644

HUNTINGTON BEACH

Hoag Health Center
Family Medicine & Internal Medicine – 855-997-2391
Pediatrics – 855-997-2630

IRVINE

Hoag Health Center Woodbridge
Family Medicine – 855-997-2397
Pediatrics – 855-997-2642

Hoag Health Center Woodbury
Family Medicine & Urgent Care – 855-997-2744**

Sand Canyon Avenue
Internal Medicine – 855-997-2635

NEWPORT BEACH

Fashion Island Area
Internal Medicine – 855-997-2527

Hoag Health Center
Family Medicine, Internal Medicine, Pediatrics – 855-997-2693



For more information, visit HoagMedicalGroup.com/offer.

*Limited to general questions, anything related to diagnosis and/or treatment would designate the need for a separate medical appointment. Limited time offer.

**Offer not available at this location.