

# Youth Classes

## ART: 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 (special paint for wet clay.) Different projects each week. All pieces will be glazed and fired. Aprons will be provided.

Henry, Lucia Art Center Studio  
**5200.301 6yrs to 12yrs 7/31 - 8/28 3:30pm-4:45pm Th \$87**  
**\$78.90 HBAC Member**

## ART: DRAWING AND PAINTING FOR KIDS

The best of both worlds! Students learn the basics of drawing, including contour, shading, perspective, portraiture, and also the basics of painting, including color mixing, brushwork, and how to use a variety of paint media. We will use pencils, charcoal, pastels, watercolors, acrylics, gouache, inks, and more to make unique and personal works of art. All supplies included. \$15 materials fee due at first class.

Oquist, Courtney Art Center Studio  
**5329.301 7yrs to 12yrs 7/31 - 8/28 5:15pm-6:30pm Th \$81**  
**\$73.50 HBAC Member**

## CHEERLEADING

GO! CHEER! GO! Learn basic cheers, chants, dance movements, and jumps in this fun cheerleading class! Students develop rhythm, flexibility and coordination in this exciting sport. Cheerleading builds teamwork and cooperation--Bring a friend and learn to cheer! Parents are invited to watch the last class of the session. \$1 materials fee due at first class.

Huntington Academy of Dance Murdy Community Center Game Room  
**5336.300 7yrs to 12yrs 7/7 - 8/11 5:30pm-6:30pm M \$65**

## CHINESE: I SPEAK CHINESE TOO

Students develop understanding of the Chinese language and culture with themes relevant to their daily lives. Class incorporates fun and culturally enriching songs, rhymes, games and crafts. Students learn simple writing and interesting tidbits about the origin and evolution of Chinese characters. \$12 materials fee due at first class.

OC 1st Language, Veronica Liu City Gym Room B  
**5345.300 6yrs to 12yrs 6/24-8/12 3:45pm-4:45pm Tu \$128**

## COOKING: KIDS IN THE KITCHEN

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

Stephanie Collett Murdy Community Center Kitchen  
**5392.300 6yrs to 12yrs 6/28 - 7/26 11:00am-12:00pm Sa \$75**

## DANCE: 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. \$1 materials fee due at first class.

Huntington Academy of Dance Murdy Community Center Hall B  
**5212.300 6yrs to 8yrs 7/7 - 8/11 4:00pm-5:00pm M \$65**

Huntington Academy of Dance Edison Community Center Hall B  
**5213.300 5yrs to 7yrs 7/12 - 8/16 10:15am-11:15am Sa \$65**

Huntington Academy of Dance City Gym Room A  
**5214.300 5yrs to 7yrs 7/10 - 8/14 4:00pm-5:00pm Th \$65**

Huntington Academy of Dance 16601 Gothard Street, Suite A  
**5316.300 8yrs to 12yrs 7/8 - 8/12 6:30pm-07:30pm Tu \$65**

No classes Monday, May 26

## 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. \$1 materials fee due at first class.

Huntington Academy of Dance 16601 Gothard Street, Suite A  
**5340.300 12yrs to 16yrs 7/9 - 8/13 5:30pm-6:30pm W \$65**

## DANCE: HIP HOP

Hip Hop Horray! 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 material fee payable to instructor.

Huntington Academy of Dance City Gym Room A  
**5374.300 5yrs to 7yrs 7/7 - 8/11 4:15pm-5:15pm M \$65**  
**5374.301 7yrs to 12yrs 7/7 - 8/11 5:15pm-6:15pm M \$65**

Huntington Academy of Dance Edison Community Center Game Room  
**5351.300 7yrs to 12yrs 7/9 - 8/13 4:35pm-5:35pm W \$65**

## DANCE: POLYNESIAN YOUTH

Get moving to the rhythms of the South Pacific Islands! From Hawaiian Hula to Tahitian Ori, your child will build confidence and showmanship. Class ends with a luau and performance.

Seanoa, Melody Art Center Multipurpose  
**5221.301 7yrs to 12yrs 6/24 - 7/22 5:00pm-6:00pm Tu \$56**  
**5221.302 7yrs to 12yrs 7/29 - 8/26 5:00pm-6:00pm Tu \$56**  
**\$51 HBAC Member**

## DANCE: 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. \$1 materials fee due at first class.

Huntington Academy of Dance 16601 Gothard Street, Suite A  
**5330.300 7yrs to 12yrs 7/9 - 8/13 3:30pm-4:30pm W \$65**

## FITNESS: ZUMBA – AGES 6 TO 86

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

SockhopFitness, Jill Foreman Rodgers Seniors' Center Hall A  
**4573.301 6yrs to 96yrs 7/8 - 8/26 6:00pm-6:50pm Tu \$56**

## FITNESS: ZUMBA AGES 6 TO 86

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

SockhopFitness, Jill Foreman Edison Community Center Hall A  
**4590.300 6yrs to Adult 7/9 - 8/27 5:45pm-6:30pm W \$56**

**Parks & Recreation...  
 Build Strong Bodies**

...The Benefits Are Endless

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## GOLF: BEGINNING GROUP GOLF LESSONS

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Class taught by PGA professional Dan Yenny.

FORE Golf, Management, LLC Meadowlark Golf Course,  
16782 Graham Street

5228.300 6yrs to 16yrs 7/29 - 8/19 4:30pm-5:30pm Tu \$99

## GYMNASTICS: CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus gymnastic skills great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! \$2 material fee due at first class. No class 7/4.

Tumble-N-Kids, Inc City Gym Room B

5225.300 6yrs to 12yrs 6/27 - 8/1 3:30pm-4:30pm F \$56

## GYMNASTICS: GYMNASTICS PLUS!

This class offers girls and boys gymnastic skills plus music, fun and great exercise! Experienced coaches safely teach all levels. Students learn cartwheels, round-offs, backbends, splits, balance beams, back-handsprings and more. Progressive skill level instruction creates confidence, success and prepares kids for all sports. \$2 materials fee due at first class.

Tumble-N-Kids, Inc Murdy Community Center Hall A

5226.300 6yrs to 12yrs 6/24 - 7/22 3:30pm-4:30pm Tu \$56

Tumble-N-Kids, Inc Edison Community Center Hall A

5297.300 6yrs to 12yrs 6/25 - 7/23 3:00pm-4:00pm W \$56

## GYMNASTICS: JAMMIN GYMNASTICS

Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! \$2 materials fee due at first class. No class July 5<sup>th</sup>.

Tumble-N-Kids, Inc Murdy Community Center Hall B

5331.300 4yrs to 6yrs 6/26 - 7/24 2:30pm-3:30pm Th \$56

5331.301 7yrs to 14yrs 6/26 - 7/24 3:30pm-4:30pm Th \$56

Tumble-N-Kids, Inc Edison Community Center Hall A

5327.300 5yrs to 8yrs 6/28 - 8/2 11:20am-12:20pm Sa \$56

## GYMNASTICS: 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 material fee due at first class. No class 7/4.

Tumble-N-Kids, Inc Murdy Community Center Hall A

5227.300 4yrs to 6yrs 6/24 - 7/22 2:30pm-3:30pm Tu \$56

Tumble-N-Kids, Inc City Gym Room B

5293.300 4yrs to 6yrs 6/27 - 8/1 2:30pm-3:30pm F \$56

Tumble-N-Kids, Inc Edison Community Center Hall A

5393.300 4yrs to 6yrs 6/25 - 7/23 2:00pm-3:00pm W \$56

## KARATE: JUNIOR TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence and discipline. Uniforms will be made available for purchase from instructor. No class 7/4 and 9/1

Tillehkooh, Kiavash City Gym Room B

5229.300 6yrs to 9yrs 6/23 - 9/1 5:45pm-6:30pm M \$177

5229.301 6yrs to 9yrs 6/24 - 9/2 5:45pm-6:30pm Tu \$177

5229.302 6yrs to 9yrs 6/25 - 9/3 5:45pm-6:30pm W \$177

5229.303 6yrs to 9yrs 6/26 - 9/4 5:45pm-6:30pm Th \$177

## KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt advancement is available. No class 7/5.

Betance, Justin Murdy Community Center Hall B

5232.300 6yrs to 14yrs 6/26 - 8/30 6:00pm-7:00pm Th \$150  
8:00am-9:00am Sa

## KARATE: 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. No class 7/4.

Tillehkooh, Kiavash City Gym Room B

5231.300 10yrs to 17yrs 6/23 - 9/3 6:30pm-07:15pm M W \$188

5231.301 10yrs to 17yrs 6/24 - 9/4 6:30pm-07:15pm Tu Th \$188

5231.302 10yrs to 17yrs 6/25 - 9/2 6:30pm-07:15pm M Tu \$188

5231.303 10yrs to 17yrs 6/26 - 9/4 6:30pm-07:15pm M Th \$188

## KARATE: TRADITIONAL JAPANESE KARATE-DO BEG & NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, yellow, and blue belts only. 1 day a week, Monday, Thursday, or Friday, for \$110. 2 days a week for \$130. 3 days a week for \$140.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A

5230.300 8yrs to 14yrs 6/23 - 8/29 5:45pm-6:30pm M Th F \$110

5230.301 8yrs to 14yrs 6/23 - 8/29 5:45pm-6:30pm M Th F \$130

5230.302 8yrs to 14yrs 6/23 - 8/29 5:45pm-6:30pm M Th F \$140

## KARATE: TRADITIONAL JAPANESE KARATE-DO INTERMEDIATE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. Blue/St, Green, Red, Purple belts only. 1 day a week, Monday, Thursday, or Friday, for \$140. 2 days a week for \$160. 3 days a week for \$170.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A

5257.300 8yrs to 14yrs 6/23 - 8/29 5:45pm-07:15pm M Th F \$140

5257.301 8yrs to 14yrs 6/23 - 8/29 5:45pm-07:15pm M Th F \$160

5257.302 8yrs to 14yrs 6/23 - 8/29 5:45pm-07:15pm M Th F \$170

Register Online! [www.hbsands.org](http://www.hbsands.org)

# Youth Classes

## KARATE: TRADITIONAL JAPANESE KARATE DO 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. Red/St, Brown, and Black belts only. Two days a week Monday, Thursday or Friday, for \$150. Three days a week for \$170.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A  
**5350.300 8yrs to 18yrs 6/23 - 8/29 6:30pm-8:15pm M Th F \$150**  
**5350.301 8yrs to 18yrs 6/23 - 8/29 6:30pm-8:15pm M Th F \$170**

## KARATE: YOUNG CHAMPIONS

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts. No class 7/4.

Young Champions Recreation Program Murdy Community Center Hall A

### New Students

**5272.300 4yrs to 15yrs 6/27 - 9/12 5:15pm-5:55pm F \$74**

### Yellow Belt

**5272.301 4yrs to 15yrs 6/27 - 9/12 6:00pm-6:40pm F \$74**

### Orange Belt

**5272.302 4yrs to 15yrs 6/27 - 9/12 6:45pm-7:25pm F \$74**

### Purple Belt and Above

**5272.303 4yrs to 15yrs 6/27 - 9/12 7:30pm-8:10pm F \$74**

## 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 at OC Fair, Knott's and Adventure City. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals.

Merdjanian, Iskui Edison Community Center Hall B  
**5248.300 6yrs to 12yrs 6/26 - 7/31 4:30pm-6:30pm Th \$89**

## SKATING: ICE HOCKEY SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

The Rinks, Westminster ICE 13071Springdale Street, Westminster  
**5295.300 6yrs to 16yrs 7/16 - 8/6 6:10pm-6:40pm W \$37**  
**5295.301 6yrs to 16yrs 7/19 - 8/9 10:45am-11:15am Sa \$37**

## SKATING: ICE SKATING BEGINNING

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 13071Springdale Street, Westminster  
**5271.300 6yrs to 16yrs 7/16 - 8/6 5:10pm-5:40pm W \$37**  
**5271.301 6yrs to 16yrs 7/19 - 8/9 10:45am-11:15am Sa \$37**

## SKATING: 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.

Parra, Elena Edison Community Center Patio  
**5249.300 6yrs to 13yrs 7/12 - 8/9 10:00am-11:00am Sa \$50**

## SKYHAWKS: BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. An active week 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. All Participants receive a t-shirt.

Skyhawks Sports Academy, Inc Murdy Community Center Basketball Courts  
**5394.300 7yrs to 10yrs 6/23 - 7/21 5:00pm-6:00pm M \$59**  
**5394.301 7yrs to 10yrs 7/28 - 8/25 5:00pm-6:00pm M \$59**



# 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.