

Adult & Teen Classes

AQUA EVENING: AQUA-TONE AEROBICS

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.

Lowry, Dawnette City Gym Pool
4311.200 16yrs to Adult 3/30-6/8 5:30pm-6:30pm F \$83

AQUATIC BODYBUILDING: 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. No class May 28th.

Lowry, Dawnette City Gym Pool
4314.200 16yrs to Adult 3/26-6/4 8:15am-9:25am M \$106
4314.201 16yrs to Adult 3/28-6/6 8:15am-9:25am W \$116
4314.202 16yrs to Adult 3/30-6/8 6:45am-8:00am F \$116

AQUATIC EXERCISE: AQUA ACTIVE PLUS AFAP

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. No class 5/28.

Thurn, Debra City Gym Pool
4315.206 Adult 3/26-5/4 12:15pm-1:15pm M W F \$123
4315.207 Adult 5/7-6/8 12:15pm-1:15pm M W F \$103
4315.208 Adult 3/27-5/3 12:30pm-1:30pm Tu Th \$84
4315.209 Adult 5/8-6/7 12:30pm-1:30pm Tu Th \$71

AQUATIC EXERCISE: AQUA RHYTHMS

Work your body while having fun in this high energy Aquatic class. Combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away!

Thurn, Debra City Gym Pool
4466.200 Adult 3/30-6/8 1:15pm-2:00pm F \$83

AQUATIC EXERCISE: AQUA-TONE AEROBICS

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. No class May 28th.

Lowry, Dawnette City Gym Pool
4312.200 16yrs to Adult 3/26-6/6 7:00am-8:00am M W \$153
4312.201 16yrs to Adult 3/27-6/7 7:00am-8:00am Tu Th \$160
4312.202 16yrs to Adult 3/27-6/7 8:20am-9:20am Tu Th \$160
4312.203 16yrs to Adult 3/26-6/4 7:00am-8:00am M \$76
4312.204 16yrs to Adult 3/28-6/6 7:00am-8:00am W \$83
4312.205 16yrs to Adult 3/30-6/8 8:20am-9:20am F \$83
4312.206 16yrs to Adult 3/31-6/9 7:00am-8:00am Sa \$83

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No classes Monday May 28th.

Lowry, Dawnette City Gym Pool
4310.200 12yrs to Adult 3/26-6/4 5:30pm-6:30pm M \$83
4310.201 12yrs to Adult 3/28-6/6 5:30pm-6:30pm W \$83
4310.202 12yrs to Adult 3/26-6/6 5:30pm-6:30pm M W \$160

AQUATIC EXERCISE: AQUA-TONE AEROBICS

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. No class May 28th.

Lowry, Dawnette City Gym Pool

AQUATIC EXERCISE: BASIC ARTHRITIS AFAP

This Arthritis Foundation Sponsored class focuses on overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Basic components includes warm-up, range of motion for flexibility and strength and cool down. A doctor's release is recommended if you have recently had surgery. No class 5/28.

Thurn, Debra City Gym Pool
4316.200 Adult 3/26-5/2 1:15pm-2:00pm M W \$84
4316.203 Adult 5/9-6/6 1:15pm-2:00pm M W \$71

AQUATIC EXERCISE: FAT BURNING FRIDAYS

Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Thurn, Debra City Gym Pool
4313.200 Adult 3/30-6/8 11:15am-12:00pm F \$94

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: quatonfitness@aol.com

Lowry, Dawnette City Gym Pool
4525.200 14yrs to Adult 3/30-6/8 9:30am-10:15am F \$105

ART: LIFE DRAWING 1

Learn the basics of human anatomy and improve your drawing skills. The class is aimed at beginners and will use both printed materials to draw from as well as hands on experience. Materials List.

Lutsig, Steven Art Center Multipurpose Room
4536.201 14yrs to Adult 3/29-5/17 6:00pm-7:45pm Th \$96
\$87 HBAC Members

ART: LIFE DRAWING AND PAINTING

The course will introduce the basics of drawing and painting the human figure by way of instruction and demonstration. A live model will be used to introduce human structure and proportions, as well as establish basic concepts of lighting, value and composition. An additional fee may apply for the live model.

DeVera, Jose Art Center Multipurpose Room
6322.201 14yrs to Adult 4/4-5/9 2:00pm-4:00pm W \$101
\$92 HBAC Members

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. \$10 material fee due at first class.

Oquist, Courtney Art Center Studio
4468.201 13yrs to Adult 3/28-5/16 6:00pm-7:30pm W \$101
\$92 HBAC Members

Adult & Teen Classes

ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided.

Wong, Diana		Rodgers Senior Center Hall D			
4322.201	Adult	4/6-4/27	1:30pm-3:30pm	F	\$59
4322.202	Adult	5/4-5/25	1:30pm-3:30pm	F	\$59
4322.203	Adult	4/6-5/25	1:30pm-3:30pm	F	\$99

ART: CREATIVE CARD AND TAG MAKING

Hands on Creative Workshop. Creating original cards, tags and bookmarks. Folding and design techniques will be demonstrated and applied. \$3 material fee due at first class.

Factor, Andrea		Art Center Multipurpose Room			
3691.201	21yrs to Adult	4/21	10:00am-1:00pm	Sa	\$86
*\$78 HBAC Members					

ART: DIGITAL PHOTOGRAPHY BEGINNING

Concepts and skills will cover the basics to digital camera functions, lighting, concept/ideas and composition. Students will need to bring their own digital camera. Fully manual DSLR suggested.

Chambers, Randall		Art Center Multipurpose			
4304.201	16yrs to Adult	3/30-4/27	3:30pm-5:30pm	F	\$97
*\$88 HBAC Members					
4304.202	16yrs to Adult	5/4-6/8	3:30pm-5:30pm	F	\$100
*\$91 HBAC Members					

ART: DIGITAL PHOTOGRAPHY ADVANCED

This class will cover digital photography concepts and advanced techniques in photography. Concepts and skills will cover more of an artistic side to photography, extending what is learned from the Basics. Students will use their own digital camera. Fully manual DSLR suggested.

Chambers, Randall		Art Center Multipurpose			
4305.201	16yrs to Adult	3/30-4/27	1:00pm-3:00pm	F	\$100*
4305.202	16yrs to Adult	5/4-6/8	1:00pm-3:00pm	F	\$100*
*\$91 HBAC Members					

ART: DRAWING AND PAINTING

Maximize your time! This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Kent, Pati		Art Center Studio			
4302.201	12yrs to Adult	3/27-4/24	6:00pm-7:30pm	Tu	\$90*
4302.202	12yrs to Adult	5/1-5/29	6:00pm-7:30pm	Tu	\$90*
*\$82 HBAC Members					

ART: INTRODUCTION TO ILLUSTRATION

An introduction to basic techniques of illustration using dry and wet media. The class will focus on composition, perspective and the development of drawing skills in order to form unique narratives of the student's choice. Studio \$15 material fee due at first class.

DeVera, Jose		Art Center Studio			
4506.201	14yrs to Adult	4/5-5/24	12:00pm-2:00pm	Th	\$101
*\$92 HBAC Members					

ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is beginning instruction from 8:30 am - 10:00 am., and experienced from 10:00-11:30 am. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn		Rodgers Senior Center Hall D			
4814.200	18yrs to Adult	4/3-5/8	8:30am-11:30am	Tu	\$40
4814.201	18yrs to Adult	5/15-6/19	8:30am-11:30am	Tu	\$40

ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A live model will be used at times to introduce human facial structure and proportions, as well as establish basic concepts of lighting, value and composition.

DeVera, Jose		Art Center Studio			
4505.201	14yrs to Adult	4/5-5/24	10:00am-12:00pm	Th	\$101
*\$92 HBAC Members					

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$11 material fee due at first class.

Husting, Margaret		Murphy Community Center Hall C&D			
4395.200	13yrs to Adult	3/29-6/7	1:00pm-2:00pm	Th	\$77

Husting, Margaret		Rodgers Senior Center Hall E			
4396.201	13yrs to Adult	3/28-6/6	9:00am-10:00am	W	\$77

ART: SILVER CLAY WORKSHOP

Students will be able to learn several different skills while creating their own silver clay jewelry. Techniques will include: pendant, leaf pendant made with by silver, ring making with cz stones, syringe work, ring or pendant carving, and UV resin work. Material Cost: \$27/Per project (\$22 7g silver clay \$5 tools usage). Returning students will be on different projects.

Jewelry Studio, Verona Tang		Art Center Multipurpose			
3603.201	13yrs to Adult	3/28-5/2	6:00pm-8:00pm	W	\$95
*\$87 HBAC Members					

ART: VIDEO TECHNIQUES AND CONCEPTS

This class will show students how to create professional looking videos with their own equipment. This course will show students how to light, compose and how to set up audio recording, as well as some editing techniques. Students will also learn creative video making techniques. Students are encouraged to bring their own video cameras.

Chambers, Randall		Art Center Multipurpose Room			
4531.201	Adult	4/14-5/12	1:00pm-3:00pm	Sa	\$110*
4531.202	Adult	5/19-6/16	1:00pm-3:00pm	Sa	\$110*
*\$100 HBAC Members					

ART: WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the media. The class focuses on skills and techniques for all levels. Materials list.

LoSchiavo, Diana		Art Center Studio			
4308.201	Adult	3/27-5/15	10:00am-1:00pm	Tu	\$111
*\$101 HBAC Members					

Adult & Teen Classes

BEACH VOLLEYBALL: ADULT BEGINNERS 1

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.

Beach Volleyball, California Beach Courts, North of Pier
4438.201 Adult 4/2-6/4 5:30pm-6:30pm M \$130

BEACH VOLLEYBALL: ADULT BEGINNERS 2

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.

Beach Volleyball, California Beach Courts, North of Pier
4538.200 Adult 4/5-6/7 6:00pm-7:20pm Th \$150

BEACH VOLLEYBALL: INTERMEDIATE SKILLS

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.

Beach Volleyball, California Beach Courts, North of Pier
4523.200 Adult 4/3-6/5 5:30pm-6:30pm Tu \$130

BEACH VOLLEYBALL: INTERMEDIATE GAME PLAY

This class has a strong game play focus. Each session begins with a demonstration of a single game strategy before moving into graded 2 a side competition. Individuals will compete in a ladder format competition culminating in a finals night at the end of the 10 weeks.

Beach Volleyball, California Beach Courts, North of Pier
4484.201 Adult 4/3-6/5 6:30pm-7:30pm Tu \$130

BEACH VOLLEYBALL: SAND CONDITIONING

This is a sand based fitness program, beneficial to anyone who wants an intense, uniquely different workout. The program is based around movements specific to beach volleyball. Many of the stations replicate movement patterns that benefit all athletes. Workout consists of stations of activity and rest. Class is taught at beach courts North of the pier.

Beach Volleyball, California Beach Courts, North of Pier
4442.101 15yrs to Adult 4/2-6/4 6:45pm-7:30pm M \$80

BICYCLING STREET SKILLS

Learn to drive your bicycle safely, legally, and confidently in traffic. Includes crash avoidance, on-bike skills and bike safety checks. For experienced cyclists as well as beginners. Thursday evening classroom session is followed by an "on-bike" skills session the following Saturday morning. Bike and helmet required Saturday only.

Powers, James Edison Community Center Game Room
3644.203 14yrs to Adult 3/29-3/31 6:00pm-9:00pm Th Sa \$39

BRIDGE: BEGINNING

If you have been thinking of learning bridge, now is the time! No partner needed. Learn the way the game is played in a friendly atmosphere. You will meet some great people just like you. Discussion and play-it's fun!

Spira, Rita Rodgers Senior Center Hall E
4318.201 Adult 3/26-5/14 2:00pm-4:00pm M \$54
4318.202 Adult 3/27-5/15 6:30pm-8:30pm Tu \$54

BRIDGE: INTERMEDIATE 1

No partner needed. We cover scoring, Stayman, Jacoby Transfer, Weak Two, defense, much more. Bridge is a fun way to meet new people and learn new conventions while you improve your technique.

Spira, Rita Rodgers Senior Center Hall E
4319.201 Adult 3/27-5/15 2:30pm-4:30pm Tu \$54

BRIDGE: INTERMEDIATE 2

This class is for those that have some experience with scoring, Stayman, 2 club opening, pre-emptive bids, rule of eleven. If you are familiar with these, this class is for you. Jump in if you need a refresher.

Spira, Rita Rodgers Senior Center Hall E
4320.201 Adult 3/28-5/16 6:30pm-8:30pm W \$54

CAKE DECORATING: BASICS BEGINNING

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. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Hall C
4321.200 13yrs to Adult 3/27-4/17 6:00pm-8:00pm Tu \$50
4321.201 13yrs to Adult 4/24-5/15 6:00pm-8:00pm Tu \$50

CAKE DECORATING: FLOWERS AND CAKE DESIGNS

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. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Kitchen
4481.200 13yrs to Adult 4/18-5/9 6:00pm-8:00pm W \$50

CAKE DECORATING: GUM PASTE AND FONDANT

Learn to you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating-in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Kitchen
4482.200 13yrs to Adult 5/10-5/31 6:00pm-8:00pm Th \$50

CONTEMPORARY DESIGN JEWELRY

Learn how to put your creative ideas in designing and bringing life to your personal jewelry. Learn to rejuvenate your grandmother's antiques and/or to professionally display the shape, size, and color of your gemstones. Knotting and wire-wrapping techniques required. \$12 material fee due at first class.

Tran, Vinh Murdy Community Center Hall D
4478.200 Adult 5/8-5/22 6:00pm-8:30pm Tu \$95

CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different styles of single/multiple strands. \$12 material fee due at first class, plus tools may be purchased from instructor.

Tran, Vinh Murdy Community Center Hall D
4323.200 Adult 3/27-4/10 6:00pm-8:30pm Tu \$75

CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. Tools are required (cost approximately \$30 - or less if some already owned in Class 1). Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided. \$12 material fee due at first class, tools may be purchased from instructor.

Tran, Vinh Murdy Community Center Hall D
4324.200 Adult 4/17-5/1 6:00pm-8:30pm Tu \$75

Adult & Teen Classes

DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! 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 free. No class 4/7-4/13.

Huntington Academy of Dance		Huntington Academy of Dance	
4326.200	13yrs to Adult	3/28-6/20	7:00pm-8:00pm W \$125

Huntington Academy of Dance		City Gym Room A	
4487.200	15yrs to Adult	3/26-6/18	7:00pm-8:00pm M \$115

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session): Waltz, Foxtrot, Cha-Cha, Nightclub 2 Step. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class May 28th.

Fox, Kaylaa		Edison Community Center Hall A	
4328.200	16yrs to Adult	3/26-4/23	7:00pm-7:45pm M \$49
4328.201	16yrs to Adult	4/30-6/4	7:00pm-7:45pm M \$49

Fox, Kaylaa		Murdy Community Center Hall A	
4537.200	16yrs to Adult	4/5-4/26	7:45pm-8:30pm Th \$49
4537.201	16yrs to Adult	5/3-5/24	7:45pm-8:30pm Th \$49

DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Eck 2art, Maruja		Murdy Community Center Hall C&D	
4329.200	12yrs to Adult	3/26-4/30	7:00pm-8:00pm M \$60
4329.201	12yrs to Adult	3/30-5/4	10:30am-11:30am F \$60

Eck 2art, Maruja		City Gym Room A	
4330.200	12yrs to Adult	3/27-5/1	7:00pm-8:00pm Tu \$60

DANCE: EAST COAST SWING

The jazzy East Coast Swing is one of the most versatile and fun dances since it can be danced to almost any kind of music-if you learn only one dance, this should be it! No partner needed. No class May 28th.

Fox, Kaylaa		Edison Community Center Hall A	
4434.200	16yrs to Adult	3/26-4/23	7:45pm-8:30pm M \$49
4434.201	16yrs to Adult	4/30-6/4	7:45pm-8:30pm M \$49

DANCE: HAWAIIAN AND TAHITIAN

Enjoy the beautiful hulas of Hawaii and fast hip shaking dances of Tahiti. Beginning Hula and Tahitian dance class featuring basic dance movements, introduction to hula musical implements, costume design and cultural aspects of the Hawaiian Hula and Tahitian Dance.

Hullen, Trish		Rodgers Senior Center Hall B	
4540.200	All ages	3/21-4/25	9:00am-10:00am W \$52
4540.201	All ages	3/22-4/26	6:00pm-7:00pm Th \$52

DANCE: LATIN LINE "SIZZLE"

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba--set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill		Rodgers Senior Center Hall B	
4524.200	Adult	3/27-6/5	4:00pm-5:00pm Tu \$56

Foreman, Jill		City Gym Room A	
4526.200	16yrs to Adult	3/31-6/9	10:45am-11:30am Sa \$63

DANCE: LINE DANCE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D	
4462.200	16-Adult	4/5-4/26	7:00pm-7:45pm Th \$49
4462.201	16-Adult	5/3-5/24	7:00pm-7:45pm Th \$49

DANCE: LINE DANCE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings....so in right now. No partner needed. \$2 materials fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D	
4512.200	16-Adult	4/5-4/26	6:15pm-7:15pm Th \$49
4512.201	16-Adult	5/3-5/24	6:15pm-7:15pm Th \$49

DANCE: LINE DANCE INTRO/BEGINNER 1

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music.

Hazard, Suzy		Rodgers Senior Center Hall A	
4459.201	Adult	3/30-6/1	3:00pm-4:30pm F \$49

DANCE: LINE DANCE BEGINNING 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.

Hazard, Suzy		Rodgers Senior Center Hall A	
4460.201	Adult	3/28-5/30	2:00pm-3:30pm W \$49

DANCE: LINE DANCE INTERMEDIATE 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.

Hazard, Suzy		Rodgers Senior Center Hall A	
4461.201	Adult	3/28-5/30	12:30pm-2:00pm W \$49

DANCE: POLYNESIAN BEGINNING

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.

Seanoa, Melody		Art Center Multipurpose Room	
4333.201	13yrs to Adult	3/27-4/24	6:00pm-7:00pm Tu \$85
\$78 HBAC Members			
4333.202	13yrs to Adult	5/1-6/5	6:00pm-7:00pm Tu \$95
\$87 HBAC Members			

DANCE: POLYNESIAN INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Seanoa, Melody		Art Center Multipurpose Room	
4334.201	13yrs to Adult	3/27-4/24	7:00pm-8:00pm Tu \$85
\$78 HBAC Members			
4334.202	13yrs to Adult	5/1-6/5	7:00pm-8:00pm Tu \$95
\$87 HBAC Members			

Adult & Teen Classes

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 material fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D
 4335.200 16-Adult 4/5-4/26 8:30pm-9:15pm Th \$49
 4335.201 16-Adult 5/3-5/24 8:30pm-9:15pm Th \$49

DANCE: STREET DANCIN'

Looking for a short-term dance work-out? Check out this 75 minute, 2 week class! The hottest pop & hip-hop will blast through DJ sound system. Work your body while having fun! (Tennis or Jazz shoes, clothes you can stretch in).

Harrington-Dewe, Cyndi City Gym Room A
 4530.200 12yrs to Adult 5/9-5/16 7:00pm-8:15pm W \$23

DANCE: STREET DANCIN' PLUS

Developmentally disabled teens/young adults- Enjoy this 2- workshop class! Games, Self-esteem, friendship, music, dance, singing and sign language! No-pressure class; all about fun with a creative teacher. Theme, week 1: Funky line dancing. Theme, week 2: Broadway-ish style acting and dancing. Families, join us for the last 20 minutes of each workshop for surprise!

Harrington-Dewe, Cyndi City Gym Room A
 4529.200 12yrs to Adult 5/9-5/16 4:30pm-6:30pm W \$45

DANCE: SWING BASICS

Fun and easy Swing Dance is hosted by Mike and Olivia. 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.

Fox, Kaylaa Murdy Community Center Hall A
 4339.200 16-Adult 3/29-4/26 8:15pm-9:15pm Th \$49
 4339.201 16-Adult 5/3-5/31 8:15pm-9:15pm Th \$49

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate with Mike and Olivia. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed.

Fox, Kaylaa Murdy Community Center Hall A
 4340.200 16-Adult 3/29-4/26 6:15pm-7:15pm Th \$49
 4340.201 16-Adult 5/3-5/31 6:15pm-7:15pm Th \$49

DANCE: SWING ADVANCED

Move way beyond the basics with Mike and Olivia. 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.

Fox, Kaylaa Murdy Community Center Hall A
 4341.200 16-Adult 3/29-4/26 7:15pm-8:15pm Th \$49
 4341.201 16-Adult 5/3-5/31 7:15pm-8:15pm Th \$49

DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory. No class May 28.

Roseth, Renee Rodgers Senior Center Hall D
 4342.201 Adult 3/19-6/4 5:00pm-6:00pm M \$155
 4342.202 Adult 3/22-6/7 5:00pm-6:00pm Th \$155

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No class May 28.

Roseth, Renee Rodgers Senior Center Hall D
 4343.201 Adult 3/19-6/4 6:00pm-7:00pm M \$155
 4343.202 Adult 3/21-6/6 2:00pm-3:00pm W \$155
 4343.203 Adult 3/22-6/7 6:00pm-7:00pm Th \$155

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh!

Roseth, Renee Rodgers Senior Center Hall D
 4476.201 Adult 3/20-6/5 6:00pm-7:00pm Tu \$155
 4476.202 Adult 3/21-6/6 3:00pm-4:00pm W \$155

DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

If your dog knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call (714) 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Dog Services, Unlimited Picnic #1 Edison Community Center
 4344.200 9yrs to Adult 5/22-5/29 8:30pm-9:15pm Tu \$25

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 the community center WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).

Dog Services, Unlimited Murdy Community Center
 4345.200 9yrs to Adult 4/19-6/7 7:00pm-8:00pm Th \$84

Dog Services, Unlimited Picnic #1 Edison Community Center
 4346.200 9yrs to Adult 4/10-5/29 7:30pm-8:30pm Tu \$84
 4346.201 9yrs to Adult 3/28-5/16 6:00pm-7:00pm W \$84

DOG TRAINING: CALLING ALL FRISBEE DOGS

Learn the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. \$5 material fee due at first class (includes a Frisbee. Pre-registration is required. Class is located on grass area near dog park, Edwards and Inlet.

Dog Services, Unlimited Dog Park, Edwards & Inlet
 4347.200 15yrs to Adult 4/15 9:00am-11:30am Su \$39

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Dog Services, Unlimited Murdy Community Center
 4352.200 9yrs to Adult 4/30-5/21 6:00pm-7:15pm M \$78

Adult & Teen Classes

DOG TRAINING: FLYBALL 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. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards. Haney, Katherine Dog Park
4421.200 15yrs to Adult 3/31-5/19 9:00am-10:00am Sa \$85

DOLL COLLECTING

Come enjoy the popular hobby of doll collecting. Exchange information with others interested in dolls and discuss doll collecting events, national and regional organizations, research tools, doll museums, and more.

Shelby, Frances Rodgers Senior Center Hall C
3673.201 Adult 4/14 9:30am-11:30am Sa \$12

EBAY: BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M Murdy Community Center Game Room
4353.200 13yrs to Adult 4/17-5/1 7:00pm-9:00pm Tu \$79

FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense and strategy. Bring tennis shoes and comfortable clothes. *Protective mask, jacket and foil will be provided for \$10, payable at first class.

Orange Coast, Fencing Harbour View Clubhouse, 16600 Saybrook L
4354.200 13yrs to Adult 3/28-4/18 7:00pm-8:20pm W \$50
4354.201 13yrs to Adult 5/2-5/23 7:00pm-8:20pm W \$50

FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork.

Orange Coast, Fencing Harbour View Clubhouse, 16600 Saybrook L
4355.200 13yrs to Adult 3/28-4/18 8:30pm-10:00pm W \$50
4355.201 13yrs to Adult 5/2-5/23 8:30pm-10:00pm W \$50

FITNESS: BABY BOOT CAMP

Bring your baby. This camp is designed for new moms with babies 6 weeks to 36 months of age. Classes combine strength training exercises, cardio, yoga, pilates, and abdominal exercises to jump-start your weight loss, tone your tummy, improve your posture, and boost your energy levels. One-time equipment kit fee \$49 due at first class. Class meets in front of Library.

Jacobs, Jana Central Park
4520.200 Adult 3/27-4/26 10:00am-11:00am Tu Th \$80
4520.201 Adult 5/1-5/31 10:00am-11:00am Tu Th \$80

FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Fitness, Specialties Hall C&D Edison Community Center
4357.200 Adult 3/29-5/24 6:00pm-7:00pm Th \$79

FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Fitness, Specialties Edison Community Center Hall A
4358.200 Adult 3/27-5/22 5:45pm-6:45pm Tu \$79

FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for all level exercisers. Bring good running shoes, a mat, light hand weights, and water. For more info visit www.ocbodybusiness.com

Business, Body Edison Community Center Picnic #1
4419.200 18yrs to 75yrs 3/26-4/27 5:30am-6:30am M W F \$149
4419.201 18yrs to 75yrs 5/7-6/8 5:30am-6:30am M W F \$149

FITNESS: CIRCUIT TRAINING WITH EQUIPMENT

High Intensity Interval Training is the latest discovery towards rapid fat loss and endurance gain. Come and challenge your fitness using a variety of equipment in a fun and challenging training method. You will train like you never have before! Bring workout shoes, workout attire, water and a mat.

Staff, Training Spot Rodgers Senior Center
4542.200 Adult 3/31-5/5 8:00am-9:00pm Sa \$90

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$64 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$115 fee up to 3 family members, \$5 extra person.

Cardinal, Frances Rodgers Senior Center Hall B
4386.201 3yrs to Adult 4/3-6/12 5:00pm-6:00pm Tu \$64
4386.202 3yrs to Adult 4/5-6/14 5:00pm-6:00pm Th \$64
4386.203 3yrs to Adult 4/3-6/14 5:00pm-6:00pm Tu Th \$115

FITNESS: FAT BURNING BLAST-CARDIO, CORE AND YOGA

Students will work on core strength and stability exercises, strength training and learn yoga poses and breathing to help build strength, lose weight, and reduce stress. The overall result will be a more fit, flexible body. The class is 90 minutes. All levels of fitness welcome. Bring a stability ball and yoga mat.

Trifiletti, Carol Ann Edison Community Center Game Room
4472.200 Adult 3/27-5/29 6:00pm-7:30pm Tu \$80

FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Take Head to Toe and Step together and save. No class May 28th.

Hardy, Susan Murdy Community Center Hall A
4363.200 13yrs to Adult 3/28-6/4 8:30am-9:15am M W F \$103
***4424.200 13yrs to Adult 3/28-6/4 8:30am-10am M W F \$126**

FITNESS: HEAD TO TOE WORKOUT/STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$\$.

Please see description for each class. No class May 28th.
 Hardy, Susan Murdy Community Center Hall A
4424.200 13yrs to Adult 3/28-6/4 8:30am-10:00am M W F \$126

Adult & Teen Classes

FITNESS: HOOP WORKOUT

We will stretch, build strength, and cardio dance and learn fun tricks all while working with an adult-sized HULA HOOP. On certain evenings we will journey to the beach and enjoy the sunset, hooping on the sand. Beginners are encouraged! *Please bring an adult-sized hoop to class if possible. No class April 9th.

McCarty, Sonja
4497.200 Adult 3/26-5/21 6:30pm-7:30pm M \$90

Rodgers Senior Center Hall B

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class times are M,W,F 9:00-10:05am; T,TH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class Monday May 28th.

Wilker, Mary
4364.200 13yrs to Adult Monthly Pass \$40
4364.201 13yrs to Adult 10 Classes \$55
4364.202 13yrs to Adult 4 Classes \$25

City Gym Gymnasium

FITNESS: 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.

Fitness, Specialties
4360.200 13yrs to Adult 3/27-5/29 7:00pm-8:00pm Tu \$79

Murdy Community Center Hall A

FITNESS: PILATES CARDIO BARRE

This high-energy class will incorporate the basic principles of Pilates, Yoga and Dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls this workout will have you feeling fit and fabulous while burning mega calories. Fitness level: Intermediate. Bring water, towel, and exercise mat.

HB Pilates, Bronwen Finta
4511.200 Adult 3/27-5/29 7:15pm-8:15pm Tu \$120

Murdy Community Center Hall B

HB Pilates, Bronwen Finta
4513.200 Adult 3/26-6/4 7:30pm-8:30pm M \$120

Edison Community Center Hall B

HB Pilates, Bronwen Finta
4514.200 Adult 3/29-5/31 7:15pm-8:15pm Th \$120
4514.201 Adult 3/30-6/1 9:00am-10:00am F \$120

City Gym Room A

FITNESS: PILATES MAT CLASS

This class is designed for all ages and abilities. The exercises are low impact with high results. Work on toning arms, thighs and stomach while increasing flexibility and strength. Pilates will enhance posture and body awareness and provide an excellent mind and body connection. Bring a towel and exercise mat. No class May 28th.

HB Pilates, Bronwen Finta
4365.200 Adult 3/26-6/4 6:30pm-7:30pm M \$110
4365.202 Adult 3/27-5/29 9:00am-10:00am Tu \$110

Edison Community Center Hall B

HB Pilates, Bronwen Finta
4366.200 Adult 3/28-5/30 9:00am-10:00am W \$110
4366.201 Adult 3/29-5/31 6:00pm-7:00pm Th \$110

City Gym Room A

HB Pilates, Bronwen Finta
4465.200 Adult 3/27-5/29 6:00pm-7:00pm Tu \$110
4465.201 Adult 3/31-6/2 9:00am-10:00am Sa \$110

Murdy Community Center Hall B

HB Pilates, Bronwen Finta
4539.200 Adult 3/31-6/2 10:00am-11am Sa \$110

Rodgers Senior Center

FITNESS: S.T.A.R.S STRETCH

A new way to a more flexible, youthful, stronger and stress free body. This class utilizes innovative techniques not known or used in any other regular stretch class. Learn easy self-help sequences used by massage therapists and personal trainers. Exercise clothes, mat and beach towel needed. \$2 material fee due at first class.

Aarons, Davone, C.M.T
4527.200 Adult 4/5-4/26 5:00pm-6:00pm Th \$45
4527.201 14yrs to Adult 5/3-5/24 5:00pm-6:00pm Th \$45

Murdy Community Center Game Room

FITNESS: SLIM & TRIM BY GEORGIA

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.

Spidle, Georgia
4367.200 13yrs to Adult 3/26-6/8 9:00am-10:00am M W F \$75

Edison Community Center Hall A

Spidle, Georgia
4368.200 13yrs to Adult 3/27-6/7 9:00am-10:00am Tu Th \$70

Murdy Community Center Hall A

FITNESS: 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. *Take STEP and HEAD TO TOE WORKOUT together and save. No class May 28th

Hardy, Susan
4370.200 13yrs to Adult 3/28-6/4 9:15am-10:00am M W F \$103
*4424.200 13yrs to Adult 3/28-6/4 8:30am-10:00am M W F \$126

Murdy Community Center Hall A

FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

PridomirskiAlvo, Joanne
4369.200 13yrs to Adult 3/27-6/7 8:45am-9:45am Tu Th \$99

Edison Community Center Hall A

FITNESS: STEP TRAINING AND MORE

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. No class May 28th.

Hardy, Susan
4371.200 13yrs to Adult 3/28-6/4 5:15pm-6:15pm M W F \$109
4371.201 13yrs to Adult 3/31-5/19 8:30am-9:30am Sa \$39

Edison Community Center Hall A

FITNESS: STRENGTH TRAINING - KETTLE BELLS & BANDS

Kettle bells originated in Russia and were used to train the Russian Army. The training has moved west and now you have the chance to come and learn this awesome training technique and more from the experts in functional strength training! Bring workout shoes, workout attire, water, and a mat.

Staff, Training Spot
4543.200 Adult 3/27-5/1 6:00pm-7:00pm Tu \$90

Rodgers Senior Center

FITNESS: 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 Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew.

Paul, Susan L
4372.201 Adult 4/2-6/11 5:30pm-6:30pm M \$64

Rodgers Senior Center Hall A & B

Adult & Teen Classes

FITNESS: SWEAT BOOTCAMP

This outdoor group circuit training class focuses on functional training and fast paced cardio. The resistance portion includes bands, lattle bells, medicine balls, etc. The cardio section involves footwork, balance, and multi-directional movements. Workouts are fun, challenging, and will get you results! Class days are; Wed & Fri 9-10am. Sign up for 2 days a week or 1 day a week, walk-ins welcome for \$14.

Park, Randy Murdy Community Center Picnic #1
 4533.200 16yrs to Adult 3/28-6/2 9:00am-10:00am 2 days/week \$166
 4533.201 16yrs to Adult 3/28-6/2 9:00am-10:00am 1 days/week \$106

FITNESS: 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-burning, body-energizing fun. Ditch the workout-Join the Party! www.sockhopfitness.com.

Foreman, Jill City Gym Gymnasium
 4433.200 16yrs to Adult 3/27-6/5 7:15pm-8:05pm Tu \$74

Foreman, Jill Edison Community Center Hall A
 4446.200 16yrs to Adult 3/28-6/6 6:35pm-7:35pm W \$74

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music that utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements and easy to follow dance steps. For more information, visit www.ocbodybusiness.com.

Business, Body Murdy Community Center Hall A
 4464.200 Adult 3/31-4/28 8:00am-9:00am Sa \$49
 4464.201 Adult 5/12-6/9 8:00am-9:00am Sa \$49
 4464.202 Adult 3/28-4/25 7:30pm-8:30pm W \$49
 4464.203 Adult 5/9-6/6 7:30pm-8:30pm W \$49

FITNESS: 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 Sticks can be purchased or bring 1-3 lb. hand weights. No class May 28th.

Foreman, Jill Hall C&D Edison Community Center
 4489.200 16yrs to Adult 3/26-6/4 5:45pm-6:30pm M \$57
 4489.201 16yrs to Adult 3/28-6/6 7:40pm-8:25pm W \$63

FITNESS: ZUMBA GOLD

Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party. One day drop-in fee for any class-\$10. No class May 19.

Foreman, Jill Rodgers Senior Center Hall A & B
 4373.201 16yrs to Adult 3/31-4/28 9:00am-10:00am Sa \$38
 4373.202 16yrs to Adult 5/5-6/9 9:00am-10:00am Sa \$38
 4373.203 16yrs to Adult 3/31-6/9 9:00am-10:00am Sa \$64
 4373.200 16yrs to Adult 3/26-6/4 9:00am-10:00am M \$64

FLY FISHING INTRO

Learn to fly fish in 2012! Class covers; fly fishing equipment, fly casting techniques and basic fly tying. Instructor provides students with fly casting and fly tying equipment and materials. Each class includes practice time to improve learned skills. Learn "secret" fishing locations in Southern California. A post-class fishing trip is planned.

Nelson, Charles Rodgers Senior Center Hall E
 4374.201 11yrs to Adult 4/16-5/7 6:30pm-8:30pm M \$73

FREE YOUR MIND

Happier! Healthier! Wiser! Very Practical! New lifestyle of peace and harmony-quickly releases fear, anger, depression, etc. Reducing stress and clearing out minds allows us to live now! Please be prompt, bring notebook and pen.

Caldwell, Sunny Rodgers Senior Center Hall C
 4375.200 Adult 3/5-3/26 6:30pm-8:00pm M \$36
 4375.201 Adult 4/30-5/21 6:30pm-8:00pm M \$36

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St by Dan Yenny, PGA and his staff.

Evergreen, Alliance Golf Meadowlark Golf Course
 4377.200 17yrs to Adult 3/26-4/16 6:30pm-7:30pm M \$99
 4377.201 17yrs to Adult 4/25-5/16 11:00am-12:00pm W \$99
 4377.202 17yrs to Adult 3/29-4/19 6:00pm-7:00pm Th \$99
 4377.203 17yrs to Adult 5/10-5/31 6:00pm-7:00pm Th \$99
 4377.204 17yrs to Adult 3/31-4/21 10:00am-11:00am Sa \$99
 4377.205 17yrs to Adult 5/12-6/2 10:00am-11:00am Sa \$99

HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. Transportation included. 4 hikes planned, 3 to 8 miles round trip. This class involves moderate physical activity! Orientation class 4/13 and 4/16, 9 AM-11 AM. Great local hikes for men and women. Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances Rodgers Senior Center Hall E
 4378.201 Adult 4/13-6/1 8:00am-4:00pm F \$60
 4378.202 Adult 4/16-6/4 8:00am-4:00pm M \$60

KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system 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. You will sweat and have a good time.-Belt Advancement is Available. No class May 30th and June 2nd.

Betance, Justin Murdy Community Center Hall B
 4441.200 16yrs to Adult 3/28-6/9 7:30pm-8:30pm Th \$150
 9:00-9:45am 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 Monday May 28th.

Tillehkooh, Kiavash City Gym Room B
 4381.200 13yrs to Adult 3/26-6/4 7:15pm-8:00pm M \$138
 4381.201 13yrs to Adult 3/27-6/5 7:15pm-8:00pm Tu \$138
 4381.202 13yrs to Adult 3/28-6/6 7:15pm-8:00pm W \$138
 4381.203 13yrs to Adult 3/29-6/7 7:15pm-8:00pm Th \$138

KARATE: TRADITIONAL JAPANESE KARATE-DO ADULT

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.

Nishimura Shoji, Wadoryu USA Edison Community Center Hall A
 4383.200 16yrs to Adult 3/29-6/7 7:30pm-8:45pm Th \$120

Adult & Teen Classes

FITNESS: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Fitness, Specialties Murdy Community Center Hall A
4382.200 13yrs to Adult 3/28-5/16 6:00pm-7:00pm W \$69

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. No exchange except days and fees. No Saturday classes on first Saturday of each month.

Cardinal, Frances Rodgers Senior Center Hall B
4385.200 Adult 4/3-6/12 6:00pm-7:30pm Tu \$55
4385.201 Adult 4/5-6/14 6:00pm-7:30pm Th \$55
4385.202 Adult 4/3-6/14 6:00pm-7:30pm Tu Th \$100
4385.203 Adult 4/14-6/16 10:00am-12:00pm Sa \$64
4385.204 Adult 4/3-6/16 6:00pm-7:30pm Tu \$80
4385.205 Adult 4/3-6/16 6:00pm-7:30pm Tu Th \$150
10:00am-12:00pm Sa

MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class May 1.

Price, Don Rodgers Senior Center Hall E
4390.201 Adult 4/10-5/22 9:30am-10:30am Tu \$49

MUSIC: UKULELE 102 THE NEXT STEP

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class May 1.

Price, Don Rodgers Senior Center Hall E
4391.201 Adult 4/10-5/22 10:45am-11:45am Tu \$49

PILATES MAT CLASS

This class is designed for all ages and abilities. The exercises are low impact with high results. Work on toning arms, thighs and stomach while increasing flexibility and strength. Pilates will enhance posture and body awareness and provide an excellent mind and body connection. Bring a towel and exercise mat.

HB Pilates, Bronwen Finta Rodgers Senior Center Hall D
4539.200 Adult 3/31-6/2 10:00am-11:00am Sa \$110

QIGONG (CHINESE YOGA)

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.

Walker, Don Murdy Community Center Hall C&D
4394.200 Adult 3/28-5/9 6:00pm-7:15pm W \$49

Walker, Don Edison Community Center Hall B
4449.200 Adult 3/27-5/8 1:00pm-2:15pm Tu \$49

SKATING: ICE ADULTS

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. No class April 11th and May 30th.

Westminster ICE 3071 Springdale, Westminster
4436.200 17yrs to Adult 4/4-5/2 6:10pm-6:40pm W \$37
4436.201 17yrs to Adult 5/9-6/6 6:10pm-6:40pm W \$37

SKATING: LUNCH SKATING

Looking for a lunchtime get away? Squeeze in a little outdoor stroll while the baby is napping. Or roll out a few power laps before the big meeting. This outdoor Roller Skating class is for everyone. Beginner to advanced. You will enjoy the outdoors and learn many roller skating techniques.

Parra, Elena Edison Community Center Patio
4522.200 15yrs to Adult 4/16-5/14 12:00pm-1:00pm M \$55

SPANISH FOR FUN AND FOREVER BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his 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.

Blades, Murnez Rodgers Senior Center Hall E
4399.201 Adult 3/29-5/17 3:00pm-4:00pm Th \$92
4399.202 Adult 3/27-5/15 6:00pm-7:00pm Tu \$92

SPANISH FOR FUN AND FOREVER - INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 activity fee due at first class.

Blades, Murnez Rodgers Senior Center Hall E
4400.201 Adult 3/29-5/17 4:15pm-5:15pm Th \$92

SURFING: 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. www.HBSurfSchool.com

Sharp, Bill Beach Service Center -south side of pier
4402.201 10yrs to Adult 4/14 9:00am-10:30am Sa \$75
4402.202 10yrs to Adult 4/28 9:00am-10:30am Sa \$75
4402.203 10yrs to Adult 5/12 9:00am-10:30am Sa \$75
4402.204 10yrs to Adult 5/26 9:00am-10:30am Sa \$75
4402.205 10yrs to Adult 6/9 9:00am-10:30am Sa \$75
4402.206 10yrs to Adult 6/23 9:00am-10:30am Sa \$75

SURFING: LEARN TO SURF

This is a four 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. www.hbsurfschool.com.

Sharp, Bill Beach Service Center -south side of pier
4403.201 10yrs to Adult 4/7-4/22 9:00am-10:30am Su Sa \$180
4403.202 10yrs to Adult 5/5-5/20 9:00am-10:30am Su Sa \$180
4403.203 10yrs to Adult 6/2-6/17 9:00am-10:30am Su Sa \$180

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 and flat-soled shoes.

Howe, Shona Rodgers Senior Center Hall B
4407.201 Adult 3/29-6/7 9:00am-10:30am Th \$55

TAI CHI CHUAN 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 and flat-soled shoes.

Pham, Elizabeth Rodgers Senior Center Hall B
4499.201 Adult 3/29-6/7 9:00am-10:30am Th \$55

Adult & Teen Classes

TAI CHI FOR WELLNESS

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Don Edison Community Center Hall B
4404.200 Adult 3/26-5/7 1:00pm-2:15pm M \$49

Walker, Don Murdy Community Center Hall B
4405.200 Adult 3/26-5/7 6:00pm-7:15pm M \$49

TAI CHI FOR WELLNESS LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. More skillful movements will be explored. You'll be taught to connect the movements and develop a beautiful moving meditation.

Walker, Don Murdy Community Center Hall B
4406.200 Adult 3/26-5/7 7:30pm-8:45pm M \$49

TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Don Lake Park Clubhouse, 1035 11th Street
4435.201 Adult 4/12-5/10 1:00pm-2:15pm Th \$45
4435.202 Adult 4/10-5/8 6:30pm-7:45pm Tu \$45

WOMEN'S VOLLEYBALL

Tuesday is Thursday is Intermediate/Advanced only: Women's competitive league play! Wednesday is for the beginning to intermediate player to refresh your skills: bumping, setting, spiking and serving. DiGiovanni, Joann Nalani City Gym Gymnasium

4409.203 Adult 3/27-5/29 9:30am-12:30pm Tu \$60
4409.204 18yrs to 70yrs 3/28-5/30 10:30am-12:00pm W \$30
4409.205 18yrs to 70yrs 3/29-5/31 9:30am-12:30pm Th \$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.

Carmichael, Yvonne City Gym Room B
4410.200 16yrs to Adult 3/26-5/21 10:30am-12:00pm M \$77

YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body. 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. No class May 28th.

King, Jacki, RYT, CYT Murdy Community Center Hall A
4417.200 Adult 4/2-6/4 6:00pm-7:00pm M \$68
4417.201 Adult 4/2-6/4 7:15pm-8:15pm M \$68
4417.202 Adult 4/4-5/30 4:00pm-5:00pm W \$68

Carmichael, Yvonne Murdy Community Center Game Room
4418.200 16yrs to Adult 3/28-5/23 10:30am-12:00pm W \$77
4418.201 16yrs to Adult 3/30-5/25 10:30am-12:00pm F \$77

Holden, Susan Murdy Community Center Hall A
4450.200 16yrs to Adult 3/27-5/29 5:30pm-6:45pm Tu \$75
4450.201 16yrs to Adult 4/13-6/1 4:00pm-5:00pm F \$60

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane Edison Community Center Hall C&D
4411.200 Adult 4/4-5/30 4:30pm-5:30pm W \$68
4411.201 Adult 4/4-5/30 5:45pm-6:45pm W \$68
4411.202 Adult 4/4-5/30 7:00pm-8:00pm W \$68

YOGA: RODGERS SENIORS CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane Rodgers Senior Center Hall E
4413.201 Adult 4/5-5/31 10:00am-11:00am Th \$68
4413.202 Adult 4/5-5/31 11:00am-12:00pm Th \$68

CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane Rodgers Senior Center Hall D
4817.201 50yrs + 4/2-5/21 10:00am-11:00am M \$60

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket. No class 4/14, 4/21, 4/23, 4/28, 5/12, 6/2.

HelpYourHealth, RoxAnn Madera Lake View Clubhouse
 17451 Zeider Ln
4509.200 15yrs to Adult 3/31-5/26 10:00am-11:00am Sa \$94

HelpYourHealth, RoxAnn Madera SA. Martial Art Center
 18595 Brookhurst St.
4509.201 15yrs to Adult 3/28-5/23 9:00am-10:15am W \$117

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 10th Street and PCH. Please bring a yoga mat or towel.

Stevenson, Sarah 10th street & PCH
4414.201 Adult 3/31-6/9 9:00am-10:00am Sa \$95

COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is requested at the class. Prerequisite: Windows Skills course and internet experience.

Staff, Recreation Rodgers Senior Center Computer Lab
4809.201 50yrs + 4/7 9:00am-12:00pm Sa \$10
4809.202 50yrs + 5/5 9:00am-12:00pm Sa \$10
4809.203 50yrs + 6/2 9:00am-12:00pm Sa \$10