Swimming is not just a summer pastime in beautiful Huntington Beach! Check out the pages of the SANDS Community Services Guide for a full complement of indoor swim programs at the City Gym and Pool. Classes range from "learn to swim" programs to aquatic exercise programs! Being a proficient swimmer can have significant benefits for both health and safety. Swimming is a way to encourage a healthy level of physical and social activity, both for children and adults! It is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. In addition, swimming is a way to prevent childhood obesity and is an excellent form of exercise for older adults. It puts less strain on joints and connective tissues than other forms of exercise, and can improve mental and emotional health as well as overall mood. The natural buoyancy of the water is more relaxing than other types of exercise and people tend to exercise for longer periods of time while swimming! Make swimming a part of your healthy routine ...you will be happy you did! **Parks Make Life Better!**

Janeen Laudenback
Director of Community Services

Parks Make Life Better!

CITY COUNCIL

Matthew Harper, *Mayor*
Joe Shaw, *Mayor Pro Tem*
Connie Boardman
Joe Carchio
Jill Hardy
Jim Katapodis
Dave Sullivan

COMMUNITY SERVICES COMMISSION

Michael Couey
Brian Kamenca
Jay Kreitz
Juana Mueller
Jean Nagy
Maura Van Strien
Paul Burkart
Albert Gasparian
David Hubbard
Bridget Kaub
Roy Miller
Norm Westwell

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.

CITY OF HUNTINGTON BEACH CALIFORNIA Surf City USA

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Registration Begins August 12 at 9 a.m.

See Page 3 for information.

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