

TEEN ADULT

AQUATIC EXERCISE

AQUA CORE

This class emphasizes core muscle strength building and stability. By combining aqua Pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool
450807-3A 16 yrs + F 10:45-11:15am 9/18-12/18 \$90

AQUA-FIT: AQUA LOGIX

The perfect aquatic workout after work. Interval training in both deep and shallow water maximize your workout. Aqua paddles are available as well as Aqua-logix equipment. So come have fun and start the weekend right! *No Class Dates: Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool
450800-3A 16 yrs + F 6:45-7:45pm 9/18-12/18 \$118

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. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn & Jamie Fowler City Gym and Pool
450805-3A 16 yrs + M,W 1:15-2pm 9/14-10/28 \$118
450805-3B 16 yrs + F 11:15am-12pm 9/18-12/18 \$118
450805-3C 16 yrs + M,W 1:15-2pm 11/2-12/16 \$118

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. *No Class Dates: Nov-11, Nov-26, Nov-27*

Aqua Tone Fitness City Gym and Pool
450802-3A 16 yrs + M 8:15-9:25am 9/14-12/14 \$130
450802-3B 16 yrs + W 8:15-9:25am 9/16-12/16 \$121
450802-3C 16 yrs + F 6:45-8am 9/18-12/18 \$121

AQUATIC EXERCISE: AQUA 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. *No Class Dates: Nov-11, Nov-26, Nov-27*

Debra Thurn City Gym and Pool
450806-3A 16 yrs + M,W,F 12:15-1:15pm 9/14-10/30 \$143
450806-3B 16 yrs + Tu,Th 12:30-1:30pm 9/15-10/29 \$98
450806-3C 16 yrs + M,W,F 12:15-1:15pm 11/2-12/18 \$143
450806-3D 16 yrs + Tu,Th 12:30-1:30pm 11/3-12/17 \$98

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. *No Class Dates: Nov-11, Nov-25, Nov-26, Nov-27, Nov-28*

Dawnette Lowry City Gym and Pool
450804-3A 16 yrs + M 5:30-6:30pm 9/14-12/14 \$110
450804-3B 16 yrs + W 5:30-6:30pm 9/16-12/16 \$197
450804-3C 16 yrs + M,W 5:30-6:30pm 9/14-12/16 \$205
450804-3D 16 yrs + M,W,F 5:30-6:30pm 9/14-12/18 \$300
450804-3E 16 yrs + F 5:30-6:30pm 9/18-12/18 \$102

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. *No Class Dates: Nov-11, Nov-26, Nov-27, Nov-28*

Aqua Tone Fitness City Gym and Pool
450808-3A 16 yrs + M 7-8am 9/14-12/14 \$110
450808-3B 16 yrs + W 7-8am 9/16-12/16 \$204
450808-3C 16 yrs + M,W 7-8am 9/14-12/16 \$205
450808-3D 16 yrs + Tu,Th 7-8am 9/15-12/17 \$205
450808-3E 16 yrs + Tu,Th 8:20-9:20am 9/15-12/17 \$205
450808-3F 16 yrs + F 8:20-9:20am 9/18-12/18 \$102
450808-3G 16 yrs + Sa 7-8am 9/19-12/19 \$102

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. *No Class Dates: Nov-27*

Aqua Tone Fitness City Gym and Pool
450821-3A 16 yrs + F 9:30-10:15am 9/18-12/18 \$100



Register Online! www.hbsands.org

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. *No Class Dates: Oct-13*

Pati Kent

HB Art Center

450103-4A 12 yrs + Tu 2:30-4pm 9/15-10/27 \$114/\$103

450103-4B 12 yrs + Tu 2:30-4pm 11/3-12/8 \$114/\$103

CERAMIC CREATIONS (ADULTS)

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee. *No Class Dates: Nov-11*

Lucia Henry

HB Art Center

450108-4A 16yrs+ W 1-2:40pm 9/16-10/14 \$115/\$104

450108-4B 16yrs+ W 1-2:40pm 10/21-11/25 \$115/\$104

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

450109-4A 16 yrs + F 3:30-5:30pm 10/9-11/13 \$91/\$82

450109-4B 16 yrs + Sa 1-2:45pm 10/10-11/14 \$91/\$82

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

450110-4A 16 yrs + Sa 2:45-4:30pm 10/10-11/14 \$91/\$82

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

450136-4A 16 yrs + F 1-3pm 10/9-11/13 \$91/\$82

EXPLORING WATERCOLORS

Free your creative spirit through watercolors. Explore watercolor techniques such as pouring, stamping, masking, and negative painting. Learn how to get the most out of your paints by utilizing granulation, transparent washes and texture. Break away from traditional painting and have fun!

Eileen McCullough

HB Art Center

450137-4A 18 yrs + Th 9:30am-12:30pm 9/24-11/12 \$150/\$136

INTRO TO 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. *No Class Dates: Nov-24, Dec-1*

Jose Loza

HB Art Center

450135-4A 12 yrs + Tu 5:30-7:30pm 9/15-12/8 \$116/\$105

INTRODUCTION TO METAL CLAY

Learn to make silver clay jewelry! Students will learn how to handle, create, fire, finish and store metal clay. Projects will include making a pendant using bronze clay, making a mold and creating your own artwork from that mold. \$5 tool rental + clay purchase.

Laura Moore

HB Art Center

450129-4A 13 yrs + W 5:30-7:30pm 9/16-10/21 \$112/\$101

INTERMEDIATE METAL CLAY

Further adventures in metal clay. We will work on making a ring with a bezel set cabochon and hollow form piece using burnaway center. \$5 tool use and price of clay. *No Class Dates: Nov-11*

Laura Moore

HB Art Center

450130-4A 13 yrs + W 5:30-7:30pm 10/28-12/2 \$112/\$101

LANDSCAPE PAINTING IN OIL

This oil painting class is for beginning and continuing students. We use the landscape to strengthen the painter's ability to understand color, relationships of dark and light, and composition. The goal of this class is to help the painter see and interpret the landscape as shape, form, and color.

Thomas Ellsberry

HB Art Center

450114-4A 18 yrs + W 9:30am-12:30pm 9/16-11/4 \$136/\$123

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 and more are welcome!

Marilyn Oropeza

Rodgers Seniors' Center

450115-5A 18 yrs + Tu 8:30-11:30am 9/15-10/20 \$50

450115-5B 18 yrs + Tu 8:30-11:30am 10/27-12/1 \$50

450115-5C 18 yrs + Tu 8:30-11:30am 12/8-12/22 \$30



Parks and Recreation
spark creativity



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 will be supplied at first class. Materials for first class will be supplied by instructor.

Diane Merrill

HB Art Center

450116-4A	13 yrs + Tu	9:30am-12:30pm	9/15-10/20	\$104/\$94
450116-4B	13 yrs + Tu	9:30am-12:30pm	11/3-12/8	\$104/\$94

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

450200-5A	18 yrs + Tu	9-11:30am	10/6-10/27	\$15
450200-5B	18 yrs + Tu	9-11:30am	11/3-11/24	\$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

450202-5A	18 yrs + Sa	9am-12pm	10/10-10/10	\$38
450202-5B	18 yrs + Th	9am-12pm	11/19-11/19	\$38

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised. *No Class Dates: Oct-15*

Joel Lander

Rodgers Seniors' Center

450205-5A	18 yrs + Th	9am-12pm	10/8-10/29	\$72
450205-5B	18 yrs + F	9am-12pm	12/4-12/18	\$72

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

450201-5A	18 yrs + Sa	9am-12pm	11/7-11/7	\$38
450201-5B	18 yrs + Th	2-5pm	12/10-12/10	\$38

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

450210-5A	18 yrs + Th	2-5pm	10/22-10/29	\$66
450210-5B	18 yrs + Th	2-5pm	11/5-11/12	\$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 10/16*

Joel Lander

Rodgers Seniors' Center

450214-5A	18 yrs + F	9:00am-12:00pm	10/9-10/30	\$72
450214-5B	18 yrs + F	9:00am-12:00pm	11/6-11/20	\$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			
450211-5A	18 yrs + Th	9am-12pm	11/5-11/12	\$66	
450211-5B	18 yrs + Th	9am-12pm	12/3-12/10	\$66	

WINDOWS 8 & 10

This is a 3-hour, starter workshop. Explore some new features in Windows 8/10. 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.

Joel Lander		Rodgers Seniors' Center			
450212-5A	18 yrs + W	6-9pm	10/14-10/14	\$38	
450212-5B	18 yrs + Sa	9am-12pm	10/24-10/24	\$38	
450212-5C	18 yrs + Tu	6-9pm	11/10-11/10	\$38	
450212-5D	18 yrs + Sa	9am-12pm	11/21-11/21	\$38	
450212-5E	18 yrs + Th	2-5pm	12/3-12/3	\$38	

COOKING

BEST EVER TAMALES

Learn the basic way to prepare, assemble and steam the best tamales. This is a hands-on class to perfect the art. We will be making different regional types of tamales along with several different sauces and fillings. At the end of class you will be taking home samples of your work, so come hungry! \$15 material fee payable to instructor.

April Berg		Edison Community Center		
450309-2A	18 yrs + Tu	6:15-9:15pm	10/13-10/13	\$35

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		Murphy Community Center		
450301-1A	13 yrs + Tu	6-8pm	9/15-10/6	\$50
450301-1B	13 yrs + Tu	6-8pm	10/13-11/3	\$50

CAKE DECORATING: FLOWERS & 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		Murphy Community Center		
450303-1A	13 yrs + W	6-8pm	10/7-10/28	\$50

CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia		Murphy Community Center		
450304-1A	13 yrs + Th	6-8pm	10/29-11/19	\$50

CHRISTMAS COOKIES AND CANDIES

Wonderful gifts from the heart and the kitchen. We will be learning to make lots of Holiday Favorites to give to your family and friends. Also freezing and shipping pointers. Take home tons of other recipes not prepared in class. Some cooking tools will be required to bring with you. \$15 material fee payable to instructor.

April Berg		Edison Community Center		
450305-2A	18 yrs + Tu	6:15-9:15pm	12/8-12/8	\$35

CROCKPOT COOKING

This class is perfect for the busy person who wants good food and has little time. You will learn how to prepare and perfect a whole range of dishes from soups to desserts that will please the family. Come hungry. \$10 material fee due to instructor.

April Berg		Edison Community Center		
450306-2A	18 yrs + Tu	6:15-9:15pm	9/15-9/15	\$35

SOUFFLE AND QUICHE

Learn the secrets to make the perfect souffles and quiches for every meal. Breakfast, Lunch, Dinner, and of course dessert. You will learn how to make the perfect crust, variety of fillings and how to incorporate eggs and ingredients to ensure the perfect rise. Come hungry. \$15 material fee payable to instructor.

April Berg		Edison Community Center		
450308-2A	18 yrs + Tu	6:15-9:15pm	11/10-11/10	\$35



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. No Class Dates: Nov-11

Huntington Academy of Dance		City Gym and Pool	
450442-3A	16 yrs + M	7-8pm	9/14-11/9 \$95
Huntington Academy of Dance 16601 Gothard Street, Suite A			
450442-1A	16 yrs + W	7:30-8:30pm	9/16-11/18 \$95

BALLET & BALLET STRETCH FOR OLDER ADULTS

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.

Huntington Academy of Dance		16601 Gothard Street, Suite A	
450426-5A	50 yrs + M	12:30-1:30pm	9/14-10/19 \$49
450426-5B	50 yrs + M	12:30-1:30pm	10/26-11/30 \$49

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. Hosted by Jill Foremen. No Partner needed

Kaylaa Fox		Edison Community Center	
450407-2A	16 yrs + M	7-8pm	9/14-10/12 \$59
450407-2B	16 yrs + M	7-8pm	10/19-11/16 \$59

DANCE: ARGENTINE TANGO

This is the dance of love. 15 years of dancing the Argentine Tango and it is still my favorite dance. You will learn Ganchos, Boleos, and other patterns. I will emphasize the styling and technique in each pattern. There is no better way to impress your friends than with this dance. Women-bring a partner if you can!

William Hazard		Rodgers Seniors' Center	
450445-5A	18 yrs + Tu	7:30-8:30pm	10/13-11/10 \$49

DANCE: BALLROOM SOCIAL

These Ballroom dances will allow you to dance at ALL social ball room dance places and occasions. Foxtrot for slow dancing, good for weddings and dinner and dancing, too. Also, Cha Cha for exciting Latin and today's pop music. With these 2 dances you can dance anyplace on any occasion. No Class Dates: Nov-26

Kaylaa Fox		Murdy Community Center	
450432-1A	16 yrs + Th	7-7:45pm	9/17-10/8 \$49
450432-1B	16 yrs + Th	7-7:45pm	11/12-12/10 \$49

DANCE: COUNTRY LINE

COUNTRY IS BIG! Don't miss out dancing Country Line Dance and the Country good fun! Meet the Country crowd and socialize while listening to your favorite Country music. All the popular line dances are taught. kaylaa@dancequick.com \$2 supply fee. No Class Dates: Nov-26

Kaylaa Fox		Edison Community Center	
450413-2A	16 yrs + W	7:30-8:15pm	9/16-10/7 \$49
450413-2B	16 yrs + W	7:30-8:15pm	10/14-11/4 \$49
450413-2C	16 yrs + W	7:30-8:15pm	11/18-12/9 \$49
Kaylaa Fox		Murdy Community Center	
450413-1A	18 yrs + Th	7:45-8:30pm	9/17-10/8 \$49
450413-1B	18 yrs + Th	7:45-8:30pm	10/15-11/5 \$49
450413-1C	18 yrs + Th	7:45-8:30pm	11/12-12/10 \$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. \$2 supply fee. No Class Dates: Nov-26

Kaylaa Fox		Murdy Community Center	
450415-1A	16 yrs + Th	7-7:45pm	10/15-11/5 \$49
Kaylaa Fox		Edison Community Center	
450415-2A	16 yrs + W	8:15-9:00pm	9/16-10/7 \$49
450415-2C	16 yrs + W	8:15-9:00pm	11/18-12/9 \$49

DANCE: SALSA

Sizzling Salsa is the Latin craze. Join and learn all the patterns that will make you able to dance right away and socialize at all the Latin connections. No partner needed. \$2 supply fee. No Class Dates: Nov-26

Kaylaa Fox		Edison Community Center	
450421-2A	16 yrs + W	8:15-9:00pm	10/14-11/4 \$49
Kaylaa Fox		Murdy Community Center	
450421-1A	16 yrs + Th	8:30-9:15pm	9/17-10/8 \$49
450421-1B	16 yrs + Th	8:30-9:15pm	10/15-11/5 \$49
450421-1C	16 yrs + Th	8:30-9:15pm	11/12-12/10 \$49

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 OLIVA LAI

Kaylaa Fox		Murdy Community Center	
450422-1A	18 yrs + Th	6:15-7:15pm	9/17-10/8 \$40
450422-1B	18 yrs + Th	6:15-7:15pm	10/15-11/5 \$40

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	
450423-1A	16 yrs + Th	8:15-9:15pm	9/17-10/8 \$40
450423-1B	16 yrs + Th	8:15-9:15pm	10/15-11/5 \$40

Register Online! www.hbsands.org

TEEN/ADULT

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 OLIVAI LAI

Kaylaa Fox

Murdy Community Center

450424-1A	16 yrs +	Th	7:15-8:15pm	9/17-10/8	\$40
450424-1B	16 yrs +	Th	7:15-8:15pm	10/15-11/5	\$40

DANCE: WALTZ & FOXTROT

Want to learn more steps in Waltz and Foxtrot? The patterns many times are the same; the difference is timing and styling. In this class most patterns will be taught facing and in dance position, allowing you to learn to follow or lead, which is most important in dancing. Women-bring a partner if you can!

William Hazard

Rodgers Seniors' Center

450444-5A	18 yrs +	Tu	7:30-8:30pm	9/15-10/6	\$39
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DANCE: WEST COAST SWING

West Coast Swing allows both partners to improvise steps while dancing together, putting this dance in a short list of dances that put a premium on improvisation. This dance is danced in a slot with great moves. 17 years dancing West Coast Swing and it is my second favorite dance. So much fun! Women-bring a partner if you can!

William Hazard

Rodgers Seniors' Center

450446-5A	18 yrs +	Tu	7:30-8:30pm	11/17-12/8	\$39
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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 dancers No Class Dates: Nov-20, Nov-27

Suzy Hazard

Rodgers Seniors' Center

450419-5A	18 yrs +	F	4-5pm	9/18-12/11	\$60
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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. No Class Dates: Nov-11, Nov-18

Suzy Hazard

Rodgers Seniors' Center

450428-5A	18 yrs +	W	2:15-3:45pm	9/16-12/9	\$60
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Parks and Recreation strengthen neighborhood involvement

Register Online! www.hbsands.org

LINE DANCE FITNESS 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. No Class Dates: Nov-23

Suzy Hazard

Rodgers Seniors' Center

450433-5A	18 yrs +	M	3:15-4:45pm	9/14-12/7	\$65
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LINE DANCE FITNESS 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. No Class Dates: Nov-11, Nov-18

Suzy Hazard

Rodgers Seniors' Center

450420-5A	18 yrs +	W	12:30-2pm	9/16-12/9	\$60
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NEW BEGINNER LINE DANCE

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. No Class Dates: Nov-20, Nov-27

Suzy Hazard

Rodgers Seniors' Center

450434-5A	18 yrs +	F	3-4pm	9/18-12/11	\$60
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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

450402-2A	6 yrs +	TBD	TBD	TBD	\$60
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TAP CLASS 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 Dates: Nov-11

Renee Roseth

Rodgers Seniors' Center

450437-5A	18 yrs +	M	5-6pm	9/21-12/14	\$185
450437-5B	18 yrs +	Tu	5-6pm	9/22-12/15	\$185
450437-5C	18 yrs +	W	3:30-4:30pm	9/23-12/16	\$185

TAP-INTERMED/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No Class Dates: Nov-11

Renee Roseth

Rodgers Seniors' Center

450438-5A	18 yrs +	M	6-7pm	9/21-12/14	\$185
450438-5B	18 yrs +	Tu	6-7pm	9/22-12/15	\$185
450438-5C	18 yrs +	W	2:30-3:30pm	9/23-12/16	\$185

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
450440-5A	13 yrs + Tu 6:30-7:30pm	9/15-10/20 \$64
450440-5B	13 yrs + Tu 6:30-7:30pm	10/27-12/1 \$64

TUPUA'S ADVANCED POLYNESIAN

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing; bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

Melody Seanoa		Rodgers Seniors' Center
450439-5A	13 yrs + Tu 7:30-8:30pm	9/15-10/20 \$64
450439-5B	13 yrs + Tu 7:30-8:30pm	10/27-12/1 \$64

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
450503-2A	10 yrs + Tu 8:30-9:15pm	10/27-11/3 \$26

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
450506-1A	10 yrs + M 7:30-8:45pm	10/26-11/16 \$80

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
450509-1A	10 yrs + Su 5-6:30pm	9/27 \$29

DOG OBEDIENCE BEGINNING

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 material fee (includes training manual).

Dog Services Unlimited		Edison Community Center
450504-2A	10 yrs + Tu 7:30-8:30pm	9/22-11/3 \$93
450504-2B	10 yrs + W 6-7pm	10/7-11/18 \$93

Dog Services Unlimited		Murdy Community Center
450504-1A	10 yrs + Th 7-8pm	9/17-10/29 \$93

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
450502-1A	10 yrs + M 6:30-7:30pm	10/19-11/23 \$82

FLYBALL DOG TRAINING

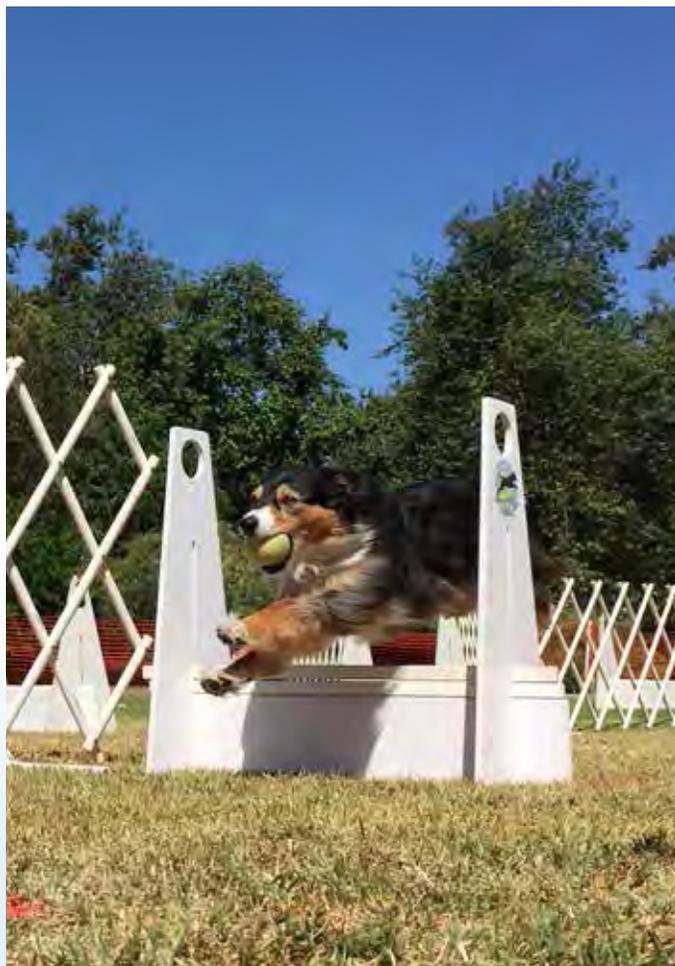
Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. No Class Dates: Oct-3, Oct-31

Surf City Flyball		Center Park - Slater/Goldenwest Street
450507-1A	15 yrs + Sa 9-10am	9/19-11/21 \$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: Oct-3, Oct-31

Surf City Flyball		Center Park - Slater/Goldenwest Street
450508-1A	18 yrs + Sa 10-11:30am	9/19-11/21 \$95



EDUCATIONAL

ASK A PEDIATRICIAN

Ideal for expectant parents, join this informal meeting where you can ask questions and get advice from a pediatrician. Topics can include repairing for your baby, what to expect for your baby after birth, newborn care, feedings, vaccinations, sleep, and much more. This class is located at the Hoag Medical Group Pediatrics.

Jennifer Birkhauser 19582 Beach Blvd, Suite 360
450609-1A All Sa 10-11:30am 10/3 FREE

E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling accounts, 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
450606-1A 18 yrs + Tu 7-9pm 10/6-10/20 \$79

ITALIAN: CONVERSATIONAL ITALIAN 1A

If you like Italy and its culture, you will enjoy this fun and relaxed beginning Italian conversational class. A native born Italian instructor will teach you how to speak in the present tense about yourself and a variety of topics relating to day-to-day life. Focus is on creating a fun and interactive class. *No Class Dates: Nov-26*

Spectrum Languages Edison Community Center
450601-2A 18 yrs + Th 6:30-7:30pm 10/1-12/3 \$120

ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun. *No Class Dates: Nov-26*

Spectrum Languages Edison Community Center
450603-2A 18 yrs + Th 7:30-8:30pm 10/1-12/3 \$120

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.

Beatrice Jones Rodgers Seniors' Center
450610-5A 8 yrs + Sa 10am-12pm 10/10-12/12 \$10

SPANISH FOR FUN AND 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
450604-5A 18 yrs + Tu 6-7pm 9/22-11/3 \$94
450604-5B 18 yrs + Th 3-4pm 9/24-11/5 \$94

HEALTH & FITNESS

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 abdominal region, better posture and more! Core strength can also help you reduce the risk of certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water and your own exercise ball. *No Class Dates: Nov-11, Nov-26, Nov-27*

HB Pilates City Gym and Pool
450833-3B 16 yrs + W 11-11:30am 9/16-11/25 \$73
450833-3C 16 yrs + W 11-11:30am 12/2-12/16 \$27

HB Pilates Edison Community Center
450833-2A 16 yrs + F 11-11:30am 9/18-11/20 \$73
450833-2B 16 yrs + F 11-11:30am 12/4-12/18 \$27

HB Pilates Murdy Community Center
450833-1A 16 yrs + M 11:30am-12pm 9/14-11/23 \$77
450833-1B 16 yrs + W 6:30-7pm 9/16-11/25 \$73
450833-1C 16 yrs + M 11:30am-12pm 11/30-12/14 \$27
450833-1D 16 yrs + W 6:30-7pm 12/2-12/16 \$27

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: Nov-11, Nov-23, Nov-25*

Susan Hardy Edison Community Center
450851-2A 13 yrs + M,W,F 5:15-6:15pm 9/14-12/11 \$142

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 \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy Murdy Community Center
450835-1A 13 yrs + M,W,F 9:15-10am 9/14-12/11 \$136

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. *No Class Dates: Nov-26*

Joanne Pridomirski Edison Community Center
450850-2A 13 yrs + Tu,Th 8:45-9:45am 9/15-12/15 \$89
450850-2B 13 yrs + Tu,Th 9:15-9:45am 9/15-12/15 \$45

Register Online! www.hbsands.org

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. *No Class Dates: Nov-11*

Phil Hart **Rodgers Seniors' Center**
450838-5A 40 yrs + W 6-7pm 9/16-11/18 \$95

HB PILATES: 5 CLASS PACK

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: Nov-11, Nov-26, Nov-27*

HB Pilates **All Community Center Locations**
450611-1A 16 yrs + Attend any HB Pilates classes 9/14-12/19 \$80

HB PILATES: FREE CLASS WEEK

Back by popular demand, one week of FREE classes! Join us for a week of complimentary classes including: Lean & Fit, Pilates Mat, Pilates Barre with Cardio, PILOXING, Stroller Workout, Prenatal/Postnatal Pilates, Ab-Core Blast and Pilates Chair! Please make your class reservations online at: www.hbpilates.com. Limited spaces available and some restrictions apply.

HB Pilates **All Community Center Locations**
450702-1A 16yrs+ Attend any HB Pilates classes 9/8-9/12 FREE

HB PILATES: LEAN & 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.

HB Pilates **Edison Community Center**
450839-2A 16 yrs + M 9-10am 9/14-11/23 \$143
450839-2B 16 yrs + F 9-10am 9/18-11/20 \$133
450839-2C 16 yrs + M 9-10am 11/30-12/14 \$45
450839-2D 16yrs + F 9-10am 12/4-12/18 \$45

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@hbpilates.com for questions.

HB Pilates **Rodgers Seniors' Center**
450825-1A 18 yrs + Tu 9-10am 9/15-11/24 \$143
450825-1B 18 yrs + Th 9-10am 9/17-11/19 \$133
450825-1C 18 yrs + Tu,Th 9-10am 9/15-11/24 \$210
450825-1D 18 yrs + Tu 9-10am 12/1-12/15 \$45
450825-1E 18yrs + Th 9-10am 12/3-12/17 \$45

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. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy **Murdy Community Center**
450841-1A 13 yrs + M,W,F 8:30-9:15am 9/14-12/11 \$136

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Shakira'd -be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! *No Class Dates: Nov-27*

Erica Den Hartog **City Gym and Pool**
450853-3A 13 yrs + M,F 9-10:05am 9/14-12/11 \$69
450853-3B 13 yrs + M,F 9-10:05am 9/14-12/11 \$99

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**
450842-1A 13 yrs + Tu 7-8pm 9/15-12/1 \$92

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**
450815-5A 18 yrs + M 9:30-10:30am 9/21-11/9 \$100

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: Nov-11*

HB Pilates **City Gym and Pool**
450855-3A 16 yrs + W 10-11am 9/16-11/25 \$133
450855-3B 16 yrs + W 5:10-6:10pm 9/16-11/25 \$133
450855-3C 16 yrs + Th 7-8pm 9/17-11/19 \$133
450855-3D 16 yrs + W 10-11am 12/2-12/16 \$45
450855-3E 16 yrs + Th 7-8pm 12/3-12/17 \$45

HB Pilates **Edison Community Center**
450855-2A 16 yrs + M 7:30-8:30pm 9/14-11/23 \$143
450855-2B 16 yrs + M 7:30-8:30pm 11/30-12/14 \$45

HB Pilates **Murdy Community Center**
450855-1A 16 yrs + Tu 7-8pm 9/15-11/24 \$143
450855-1B 16 yrs + Tu 7-8pm 12/1-12/15 \$45

Register Online! www.hbsands.org

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. Email info: hbpilates.com for questions. *No Class Dates: Nov-11, Nov-26, Nov-27*

HB Pilates	Rodgers Seniors' Center			
450879-5A	18 yrs + M	12:30-1:30pm	9/14-11/23	\$121
450879-5B	18 yrs + W	12-1pm	9/16-11/25	\$113
450879-5C	18 yrs + F	12:30-1:30pm	9/18-11/20	\$113
450879-5D	18 yrs + M	12:30-1:30pm	11/30-12/14	\$39
450879-5E	18 yrs + W	12-1pm	12/2-12/16	\$39
450879-5F	18yrs + F	12:30-1:30pm	12/4-12/18	\$39

PILATES CHAIR – SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach because all exercises are done while sitting. Integrating resistance bands and small exercise balls, we will work on improving: flexibility, strength, posture, and enhanced mind-body connection. Bring water and grip socks.

HB Pilates	Rodgers Seniors' Center			
450895-5A	18 yrs+ F	11:45am-12:30pm	9/18-11/20	\$99
450895-5B	18 yrs+ F	11:45am-12:30pm	12/4-12/18	\$36

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: \$16. Bring mat, towel, and water. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

HB Pilates	City Gym and Pool			
450811-3A	16 yrs + W	9-10am	9/16-11/25	\$123
450811-3B	16 yrs + Th	6-7pm	9/17-11/19	\$123
450811-3C	16 yrs + W	9-10am	12/2-12/16	\$42
450811-3D	16 yrs + Th	6-7pm	12/3-12/17	\$42

HB Pilates	Edison Community Center			
450811-2A	16 yrs + M	6:30-7:30pm	9/14-11/23	\$132
450811-2B	16 yrs + M	6:30-7:30pm	11/30-12/14	\$42
450811-2C	16 yrs + Tu	9-10am	9/15-11/24	\$132
450811-2D	16 yrs + Tu	9-10am	12/1-12/15	\$42
450811-2E	16 yrs + F	10-11am	9/18-11/20	\$123
450811-2F	16 yrs + F	10-11am	12/4-12/18	\$42

HB Pilates	Murdy Community Center			
450811-1A	16 yrs+ M	10:30-11:30am	9/14-11/23	\$132
450811-1B	16yrs+ Tu	6-7pm	9/15-11/24	\$132
450811-1C	16yrs+ Th	5-6pm	9/17-11/19	\$123
450811-1D	16yrs+ Sa	9-10am	9/19-11/28	\$132
450811-1E	16yrs+ M	10:30-11:30am	11/30-12/14	\$42
450811-1F	16yrs+ Tu	6-7pm	12/1-12/15	\$42
450811-1G	16yrs+ Th	5-6pm	12/3-12/17	\$42
450811-1H	16yrs+ Sa	9-10am	12/5-12/19	\$30

Register Online! www.hbsands.org



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: \$16. Bring mat, towel, grip socks, and water. *No Class Dates: Nov-11, Dec-12*

HB Pilates		City Gym and Pool			
450843-3A	16 yrs + Tu	7-8pm	9/15-11/24	\$143	
HB Pilates		Edison Community Center			
450843-2A	16 yrs + Tu	10-11am	9/15-11/24	\$143	
450843-2B	16 yrs + Tu	10-11am	12/1-12/15	\$45	
HB Pilates		Murdy Community Center			
450843-1A	16 yrs + W	7-8pm	9/16-11/25	\$133	
450843-1B	16 yrs + Sa	10-11am	9/19-11/28	\$143	
450843-1C	16 yrs + W	7-8pm	12/2-12/16	\$45	
450843-1D	16yrs + Sa	10-11am	12/5-12/19	\$32	

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 while 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: \$16. Please bring mat, towel, and water. *No Class Dates: Nov-26*

HB Pilates		Murdy Community Center			
450856-1A	18 yrs + Th	6-7pm	9/17-11/19	\$133	
450856-1B	18 yrs + Th	6-7pm	12/3-12/17	\$45	
450856-1C	18 yrs + Private Lesson	TBD	30 Min Lesson	\$45	
450856-1D	18 yrs + Private Lesson	TBD	1 Hour Lesson	\$75	

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. Times and dates TBD. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

HB Pilates		All Community Center Locations			
450897-1A	16 yrs + TBD	TBD	1 Session	\$75	
450897-1B	16 yrs + TBD	TBD	10 Sessions	\$700	
450897-1C	16 yrs + TBD	TBD	20 Sessions	\$1300	

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			
450864-1A	18 yrs + W	6-7:15pm	9/16-10/28	\$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 Nov-28.*

Susan Hardy		Edison Community Center			
450846-2A	13 yrs + Sa	9:15-10:15am	9/19-12/12	\$56	

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. *No class 11/24, 11/27.* Stay motivated!

Marianne Grossman		Rodgers Seniors' Center			
454088-5A	55 yrs + Tu,F	9-9:45am	9/15-12/11	\$59	

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			
450847-2A	18 yrs + M,W,F	9-10am	9/14-12/11	\$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. *No Class Dates: Nov-27*

Elizabeth Pham		Rodgers Seniors' Center			
450881-5A	18 yrs + M	6:45-8:15pm	9/14-12/7	\$65	
450881-5B	18 yrs + Th	9-10:30am	9/17-12/10	\$65	

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. *No Class Dates: Nov-27*

Sonja Howe		Rodgers Seniors' Center			
450882-5A	18 yrs + M	6:45-8:15pm	9/14-12/7	\$65	
450882-5B	18 yrs + Th	9-10:30am	9/17-12/10	\$65	

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			
450887-2A	18 yrs + M	1-2:15pm	9/14-10/26	\$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			
450911-2A	18 yrs + M	2:30-3:45pm	9/14-10/26	\$49	

Register Online! www.hbsands.org

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 *No Class Dates: Nov-23, Nov-24*

Marianne Grossman **Edison Community Center**
450857-2A 18 yrs + Tu 5:30-6:30pm 9/15-12/8 \$76

Marianne Grossman **Rodgers Seniors' Center**
450857-5A 18 yrs + M 5:30-6:30pm 9/14-12/7 \$76

TOTAL BODY WORKOUT/CARDIO STEP

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 \$165. *No Class Dates: Nov-11, Nov-23, Nov-25, Nov-27*

Susan Hardy **Murdy Community Center**
450886-1A 13 yrs + M,W,F 8:30-10am 9/14-12/11 \$165

UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: HB Pilates: Lean & Fit, Pilates Mat, Pilates Barre with Cardio, PILOXING, Pilates Chair, Ab-Core Blast and Prenatal/Postnatal Pilates. Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces are available and some restrictions apply. *No Class Dates: Nov-11, Nov-26, Nov-27, Dec-12*

HB Pilates **All Community Center Locations**

450896-1A	16 yrs +	M-Sa	11 Weeks	9/14-11/28	\$399
450896-1B	16 yrs +	M-Sa	6 Weeks	9/14-10/24	\$239
450896-1C	16 yrs +	M-Sa	5 Weeks	10/26-11/28	\$145
450896-1D	16 yrs +	M-Sa	3 Weeks	11/30-12/19	\$129

WALKING: REJUVENATE YOUR STEP

Jumpstart you're 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! 1st class is free.

Donald Walker **Edison Community Center**
450898-2A 18 yrs + Tu 1:30-2:45pm 9/29-10/27 \$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**
450865-4A 17 yrs + Tu 6:30-7:30pm 9/15-11/3 \$106/\$96



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**
450867-3A 16 yrs + M 10:30am-12pm 9/14-11/16 \$105

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 and blood pressure, improved memory, flexibility, balance, and sleep. Bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500C, ERYT-500. *No Class Dates: Oct-7, Oct-14, Nov-11, Nov-25*

Diane Pavesic **Edison Community Center**

450868-2A	18 yrs +	W	4:30-5:30pm	9/23-12/9	\$66
450868-2B	18 yrs +	W	5:45-6:45pm	9/23-12/9	\$66
450868-2C	18 yrs +	W	7-8pm	9/23-12/9	\$66

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: Oct-12, Oct-14, Nov-9, Nov-11, Nov-13, Nov-23, Nov-24, Nov-25, Nov-27*

Jacki King-E-RYT **Murdy Community Center**

450876-1F	18 yrs +	M	4:35-5:35pm	9/14-12/7	\$82
450876-1H	18 yrs +	W	4-5pm	9/16-12/9	\$82

Susan Holden **Murdy Community Center**

450876-1A	16 yrs +	M	6-7pm	9/14-12/7	\$82
450876-1B	16 yrs +	M	7:15-8:15pm	9/14-12/7	\$82
450876-1C	16 yrs +	Tu	5:30-6:45pm	9/15-12/8	\$90
450876-1D	16 yrs +	F	4-5pm	9/18-12/11	\$90

Yvonne Carmichael **Lake View Clubhouse 17461 Zeider Lane**

450876-1E	18 yrs +	W	10:30am-12pm	9/16-11/18	\$97
450876-1G	18 yrs +	F	10:30am-12pm	9/18-11/20	\$97

Register Online!
www.hbsands.org

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: Oct-8, Oct-15, Nov-26*

Diane Pavesic			Rodgers Seniors' Center		
450872-5A	18 yrs +	Th	10am-11pm	9/24-12/10	\$74
450872-5B	18 yrs +	Th	11am-12pm	9/24-12/10	\$74

CHAIR YOGA

Yoga unities 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: Oct-5, Oct-12, Nov-23*

Diane Pavesic			Rodgers Seniors' Center		
450866-5A	18 yrs +	M	10-11am	9/21-12/7	\$74

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		
450874-3A	16 yrs +	Th	8:45-10am	9/17-11/5	\$100

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. *No Class Dates: Nov-11*

SockhopFitness			Edison Community Center		
450858-2A	16 yrs +	W	6:30-7:15pm	9/16-12/9	\$73

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! *No Class Dates: Nov-17, Nov-24*

SockhopFitness			Murdy Community Center		
450813-1A	6 yrs +	Tu	8:05-8:50am	9/22-12/8	\$62

SockhopFitness			Rodgers Seniors' Center		
450813-5A	6 yrs +	Tu	6-6:45pm	9/15-12/8	\$79

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		
450888-2A	16 yrs +	M	5:45-6:30pm	9/14-12/7	\$79

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		
450904-5A	3 yrs +	Tu	5-6pm	9/15-11/17	\$80
450904-5B	3 yrs +	Th	5-6pm	9/17-11/19	\$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		
450907-2A	16 yrs +	Th	7-8:15pm	9/17-12/10	\$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		
450901-5A	16 yrs +	Tu	6:15-7:45pm	9/15-11/17	\$85
450901-5B	16 yrs +	Th	6:15-7:45pm	9/17-11/19	\$85
450901-5C	16 yrs +	Sa	10am-12pm	9/19-11/21	\$85

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. Free demo on September 22nd at 10:15am & September 23rd at 6:30pm.

Luh Arts			HB Art Center		
450910-4A	16 yrs +	Tu	10:15-11:30am	9/29-11/17	\$109/\$99
450910-4B	16 yrs +	W	6:30-7:45pm	9/30-11/18	\$109/\$99

TAE KWON DO: TEEN

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

Kiavash Tillehkook

City Gym and Pool

450906-3A	10-17 yrs	M,W	6:30-7:15pm	9/14-12/9	\$198
450906-3B	10-17 yrs	Tu,Th	6:30-7:15pm	9/15-12/10	\$198
450906-3C	10-17 yrs	M,Tu	6:30-7:15pm	9/14-12/8	\$198
450906-3D	10-17 yrs	W,Th	6:30-7:15pm	9/16-12/10	\$198
450906-3E	10-17 yrs	M,Th	6:30-7:15pm	9/14-12/10	\$198

TAE KWON DO: ADULT

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

Kiavash Tillehkook

City Gym and Pool

450912-3F	13-99 yrs	M	7:15-8pm	9/14-12/7	\$187
450912-3G	13-99 yrs	Tu	7:15-8pm	9/15-12/8	\$187
450912-3H	13-99 yrs	W	7:15-8pm	9/16-12/9	\$187
450912-3I	13-99 yrs	Th	7:15-8pm	9/17-12/10	\$187

MUSIC

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 student's young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music

Edison Community Center

451002-2A	10 yrs +	Tu	7-8pm	9/15-11/3	\$125
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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

Edison Community Center

451001-2A	10 yrs +	Tu	8:15-9:15pm	9/15-11/3	\$125
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BEGINNING UKULELE WITH TUPUA

Leave your worries and cares behind as experienced instructor Steve Seanoa leads you on an adventure through a tropical paradise while learning to play the ukulele. This hands-on class will teach you the basics while having fun! Please bring your own ukulele.

Melody Seanoa

Rodgers Seniors' Center

451007-5A	18 yrs +	Tu	6:30-7:30pm	9/15-10/20	\$70
451007-5B	18 yrs +	Tu	6:30-7:30pm	10/27-12/1	\$70

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! A \$5.00 material fee is due at the first class meeting. *No Class Dates: Oct-6, Nov-3*

McGrath Music

Rodgers Seniors' Center

451003-5A	18 yrs +	Tu	9:30-10:30am	9/15-11/17	\$70
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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 \$5.00 material fee is due at the first class meeting. *No Class Dates: Oct-6, Nov-3*

McGrath Music

Rodgers Seniors' Center

451004-5A	18 yrs +	Tu	10:45-11:45am	9/15-11/17	\$70
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SPECIAL INTEREST

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Dead Wake" by Erik Larson before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 10/14, 11/18, 12/9, 1/13. *No Class Dates: Nov-11*

April Berg

Rodgers Seniors' Center

451101-5A	18 yrs +	W	7-9pm	10/14-1/13	\$30
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BEGINNING BRIDGE

Last session for this year, not too late to honor your New Year's resolution to learn bridge! Come learn in a social atmosphere. Meet new friends with your same interest. This is party bridge, the name of the game says fun...try it! *No class 11/11.*

Rita Spira

Rodgers Seniors' Center

451102-5A	18 yrs +	M	2-4pm	9/14-11/9	\$58
451102-5B	18 yrs +	W	6:30-8:30pm	9/16-11/18	\$58

BRIDGE INTERMEDIATE 1

The holidays are almost here! You can be ready to participate in Bridge parties after this session. You know the basics-- need to know more conventions to reach the next level? The Intermediate class is for you. Stayman, Jacoby, Weak 2, defending, more. No partner needed.

Rita Spira

Rodgers Seniors' Center

451103-5A	18 yrs +	Tu	2:30-4:30pm	9/15-11/10	\$58
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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

Rodgers Seniors' Center

451108-5A	18 yrs +	F	1:30-4pm	9/18-10/23	\$12
451108-5B	18 yrs +	F	1:30-4pm	10/30-12/18	\$12

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

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 material fee due at class. Includes Heartsaver CPR book.

Megan Ameduri		Murdy Community Center			
451104-1A	16 yrs + Sa	9am-2pm	12/19	\$50	
Megan Ameduri		Rodgers Seniors' Center			
451104-5A	16 yrs + Sa	9am-1pm	10/3	\$50	
451104-5B	16 yrs + Sa	9am-1pm	11/7	\$50	

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. Class meets 1st & 3rd Wednesdays.

Debbie Keller		Rodgers Seniors' Center			
451114-5A	18 + W	10:30-11:30am	9/23-12/16	\$6	

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. *No Class Dates: Sep-23, Oct-7, Oct-21, Nov-18, Dec-2, Dec-16*

Angel Velazquez		Rodgers Seniors' Center			
451113-5A	18 yrs + W	10:30-11:30am	9/16-12/23	\$6	

SPORTS

BEACH VOLLEYBALL: ADULT BEGINNERS AT BEACH BLVD

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 Beach Blvd. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc		City Beach			
451313-2A	18 yrs + Su	10:40am-12:10pm	9/20-11/22	\$150	

BEACH VOLLEYBALL: ADULT BEGINNERS AT HB PIER

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 north side of the pier unless only south side is available. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc		City Beach			
451314-2A	18 yrs + Tu	5:20-6:20pm	9/15-10/27	\$85	

BEACH VOLLEYBALL:

ADULT INTERMEDIATE AT BEACH BLVD

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. Classes held on the courts at Beach Blvd. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc		City Beach			
451311-2A	18 yrs + Su	12:30-2pm	9/20-11/22	\$150	

BEACH VOLLEYBALL: ADULT INTERMEDIATE AT HB PIER

This class is designed for individuals with playing experience who can serve, pass, set, and spike consistently. Sessions are structured around the development of a specific skill each week, then applying it in a game situation. Classes held north side of the pier unless only south side is available. For more info, please visits www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc		City Beach			
451316-2A	18 yrs + Th	5:20-6:20pm	9/17-10/29	\$85	

ICE SKATING FOR 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. Please arrive 15 minutes early to the 1st class and dress warm. Class is taught at Westminster ICE, 13071 Springdale, Westminster.

The Rinks Westminster ICE		13071 Springdale, Westminster			
451312-1A	17 yrs + W	6:10-6:40pm	9/23-10/14	\$37	
451312-1B	17 yrs + W	6:10-6:40pm	10/28-11/18	\$37	

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			
BEGINNER/LOW					
451309-3A	14 yrs + Th	6:15-7:45pm	9/17-11/19	\$129	
INTERMEDIATE					
451309-3B	16 yrs + Th	7:45-9:15pm	9/17-11/19	\$129	

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only; they must try out first day to make the list/team. For Thursday, if you are a new student you must be preapproved by instructor. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-26, Nov-27*

Nalani DiGiovanni		City Gym and Pool			
451302-3A	18-80 yrs Tu	9:30am-12:30pm	9/22-12/1	\$70	
451302-3B	18-70 yrs Th	9:30am-12:30pm	9/24-12/3	\$70	
451302-3C	18-65 yrs F	10:30am-12:30pm	9/25-12/4	\$80	

VOLLEYBALL: WOMEN'S ADVANCED DRILLS

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only; they must try out first day to make the list/team. For Thursday, if you are a new student you must be preapproved by instructor. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-11, Nov-25*

Nalani DiGiovanni			City Gym and Pool	
451318-1A	18 yrs +	W	10am-12pm	9/16-12/2 \$50

SURF AND 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. www.HBSurfSchool.com

HB Surf School				City Beach
451402-2A	18 yrs +	Sa	9-10:30am	10/3-10/3 \$75
451402-2B	18 yrs +	Sa	9-10:30am	10/17-10/17 \$75
451402-2C	18 yrs +	Sa	9-10:30am	11/7-11/7 \$75
451402-2D	18 yrs +	Sa	9-10:30am	11/21-11/21 \$75
451402-2E	18 yrs +	Sa	9-10:30am	12/5-12/5 \$75
451402-2F	18 yrs +	Sa	9-10:30am	12/19-12/19 \$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. www.hbsurfschool.com

HB Surf School				City Beach
451403-2A	18 yrs +	Sa	10-11:30am	10/3-10/24 \$225
451403-2B	18 yrs +	Sa	10-11:30am	11/7-11/28 \$225



ADULT SPORTS LEAGUES

ADULT SIX'S VOLLEYBALL

Monday & Wednesday Nights 6:00-10:00 PM
Winter, Spring, Summer & Fall Sessions

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) are offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the Rics Volleyball (714) 375-5063.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 17, 2015 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday. Coed teams play Sunday afternoons or evenings and Wednesdays. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please 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, August 7, 2015.

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 Winter 2016 season will be available in November for the season starting in Mid-January, 2016.

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 September 14, 2015. 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) 536-2530. The first day of registration will be August 3, 2015. The deadline to turn in team registration to City Hall is September 4, 2015.

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

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