

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.

AquaToneFitness, Dawnette Lowry City Gym Pool
4311.200 16yrs to Adult 3/29 - 6/7 5:30pm-6:30pm F \$83

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 5/27.

AquaToneFitness, Dawnette Lowry City Gym Pool
4314.200 16yrs to Adult 3/25 - 6/3 08:15am-09:25am M \$86
4314.201 16yrs to Adult 3/27 - 6/5 08:15am-09:25am W \$94
4314.202 16yrs to Adult 3/29 - 6/7 06:45am-8:00am F \$94

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 5/27.

Thurn, Debra City Gym Pool
4315.200 Adult 3/25 - 4/26 12:15pm-01:15pm M W F \$104
4315.201 Adult 4/29 - 6/7 12:15pm-01:15pm M W F \$123
4315.202 Adult 3/26 - 4/25 12:30pm-01:30pm Tu Th \$71
4315.203 Adult 4/30 - 6/6 12:30pm-01:30pm Tu Th \$84

AQUATIC EXERCISE: AQUA PILATES + TAI CHI

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance. No class 5/27.

Thurn, Debra City Gym Pool
4574.200 Adult 3/25 - 6/5 01:15pm-2:00pm M W \$171

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 5/27.

AquaToneFitness, Dawnette Lowry City Gym Pool
4312.200 16yrs to Adult 3/25 - 6/5 7:00am-8:00am M W \$152
4312.201 16yrs to Adult 3/26 - 6/6 7:00am-8:00am Tu Th \$158
4312.202 16yrs to Adult 3/26 - 6/6 08:20am-09:20am Tu Th \$158
4312.203 16yrs to Adult 3/25 - 6/3 7:00am-8:00am M \$77
4312.204 16yrs to Adult 3/27 - 6/5 7:00am-8:00am W \$83
4312.205 16yrs to Adult 3/29 - 6/7 08:20am-09:20am F \$83
4312.206 16yrs to Adult 3/30 - 6/8 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 class 5/27.

Zschach, Alicia City Gym Pool
4310.200 12yrs to Adult 3/25 - 6/10 5:30pm-6:30pm M \$83
4310.201 12yrs to Adult 3/27 - 6/5 5:30pm-6:30pm W \$83
4310.202 12yrs to Adult 3/25 - 6/12 5:30pm-6:30pm M W \$160

AQUATIC EXERCISE: FAT BURNING FRIDAYS

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.

Thurn, Debra City Gym Pool
4313.200 Adult 3/29 - 6/7 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: aquatonefitness@aol.com.

AquaToneFitness, Dawnette Lowry City Gym Pool
4525.200 16yrs to Adult 3/29 - 6/7 9:30am-10:15am F \$94

ART: ANATOMY AND LIFE DRAWING

Introduction and intermediate anatomy and life drawing. Come learn drawing from the human figure. Fundamentals of drawing and occasional models.

Lustig, Steven Art Center Multipurpose Room
4536.201 14yrs to Adult 4/4 - 6/6 6:00pm-7:30pm Th \$101*
*\$92.00 HBAC

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 L Art Center Studio
4468.201 12yrs to Adult 3/27 - 5/15 6:00pm-07:45pm W \$101*
*\$92.00 HBAC

ART: CAST DRAWING

Learn to draw a sculptural cast from direct observation. Practice drawing line, tone and mass without the complication of color. Begin by drawing with a block in, the foundation of the classical drawing process, then model the large and small forms with tonal values. All levels welcome.

Moody, Gia Art Center Studio
4607.201 14yrs to Adult 3/29 - 5/10 12:00pm-2:00pm F \$100*
*\$92.00 HBAC

ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi, goldfish, butterflies and flowers, using a Chinese brush to express yourself. Beginners are welcome. Supplies can be purchased from instructor. \$4 material fee due at first class for 4-week class, \$12 due for 12-week class.

Wong, Diana Rodgers Senior Center Hall D
4322.201 Adult 4/12 - 5/3 01:30pm-3:30pm F \$59
4322.202 Adult 5/10 - 5/31 01:30pm-3:30pm F \$59
4322.203 Adult 6/7 - 6/28 01:30pm-3:30pm F \$59
4322.204 Adult 4/12 - 6/28 01:30pm-3:30pm F \$159

ART: 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.

Weston, Kurt T Art Center Multipurpose Room
4305.201 16yrs to Adult 4/5 - 5/10 1:00pm-3:00pm F \$90*
*\$80.00 HBAC

Adult & Teen Classes

ART: 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 and pursue your own photographic vision while using the digital camera of your choice.

Weston, Kurt T Art Center Multipurpose Room
 4304.201 16yrs to Adult 4/5 - 5/10 3:30pm-5:30pm F \$90*
 *\$80.00 HBAC

ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Materials List.

Kent, Pati L Art Center Studio
 4302.201 12yrs to Adult 3/26 - 4/23 6:00pm-7:30pm Tu \$96*
 4302.202 12yrs to Adult 4/30 - 5/28 6:00pm-7:30pm Tu \$96*
 *\$87.00 HBAC

ART: FOUNDATION DRAWING

Improve your skill at rendering form through the clear application of light and shade. Still life compositions, nature studies and the figure. Expand your ability to create drawings with successful value, texture, pattern and perspective. All levels welcome.

Moody, Gia Art Center Studio
 4608.201 17yrs to Adult 3/30 - 5/11 2:30pm-4:00pm Sa \$100*
 *\$92.00 HBAC

ART: OPEN STUDIO PAINTING

This class is an independent study for the intermediate student who is working on a new or existing painting. All subjects welcome, figure, portraits, landscape and still life. Work in a group atmosphere in our studio. Get individual one-to-one support and guidance to help you complete your project. Any wet medium welcome.

Moody, Gia Art Center Studio
 4595.201 14yrs to Adult 3/30 - 5/11 12:15pm-02:15pm Sa \$100*
 4595.202 17yrs to Adult 5/18 - 6/29 12:15pm-02:15pm Sa \$100*
 *\$92.00 HBAC

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 a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D
 4814.201 Adult 3/19 - 4/23 8:30am-11:30am Tu \$40
 4814.202 Adult 4/30 - 6/4 8:30am-11:30am Tu \$40

ART: PHOTOGRAPHY - LANDSCAPES AT THE BEACH

This class will show students how to get that professional looking landscape out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition in the fundamentals of landscape will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose Room
 4586.201 Adult 3/30 - 4/13 3:00pm-5:30pm Sa \$81*
 4586.202 Adult 4/20 - 5/4 3:00pm-5:30pm Sa \$81*
 4586.203 Adult 5/11 - 5/25 3:00pm-5:30pm Sa \$81*
 *\$73.50 HBAC

ART: PHOTOGRAPHY - PORTRAITS AT THE BEACH

This class will show students how to get that professional looking portrait out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition in the fundamentals of portraits will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose Room
 4597.201 Adult 3/27 - 4/10 3:30pm-5:30pm W \$81*
 4597.202 Adult 4/17 - 5/1 3:30pm-5:30pm W \$81*
 4597.203 Adult 5/8 - 5/22 3:30pm-5:30pm W \$81*
 *\$73.50 HBAC

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. Materials List

Moody, Gia Art Center Studio
 4505.201 17yrs to Adult 3/30 - 5/4 10:00am-12:00pm Sa \$100*
 4505.202 17yrs to Adult 5/11 - 6/8 10:00am-12:00pm Sa \$100*
 *\$92.00 HBAC

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 E Murdy Community Center Hall C&D
 4395.200 13yrs to Adult 3/28 - 6/6 1:00pm-2:00pm Th \$77

Husting, Margaret E Rodgers Senior Center Hall E
 4396.201 13yrs to Adult 3/27 - 6/5 9:00am-10:00am W \$77

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, techniques, weekly demonstrations and critiques for all levels. Materials list.

LoSchiavo, Diana J Art Center Studio
 4308.201 Adult 3/26 - 5/14 10:00am-1:00pm Tu \$117*
 *\$106.00 HBAC

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, LLC Beach Courts, North of Pier
 4438.201 15yrs to Adult 4/2 - 6/4 6:00pm-07:20pm Tu \$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, LLC Beach Courts, North of Pier
 4523.200 15yrs to Adult 4/4 - 6/6 6:00pm-7:20pm Th \$150

Register Online! www.hbsands.org

Adult & Teen Classes

BRIDGE: BEGINNING

Have you been thinking about learning bridge? Now is the time. You are never too old to learn. Bridge is a great way to meet new friends and have fun while learning together. Start on a new adventure! No class week of 5/27.

Spira, Rita L
Rodgers Senior Center Hall E
4318.201 Adult 4/8 - 6/10 2:00pm-4:00pm M \$60

BRIDGE: INTERMEDIATE 1

If you feel comfortable with the basics of bridge AND want to expand your knowledge, this class is for you. Learn Stayman, scoring, weak twos, negative double, so much more. Lecture, discussion and open play. No partner needed. No class week of 5/27.

Spira, Rita L
Rodgers Senior Center Hall E
4319.201 Adult 4/9 - 6/11 2:30pm-4:30pm Tu \$60

BRIDGE: INTERMEDIATE 2

Class starts with four rounds of pre-set hands, followed by discussion and questions. The pre-set hands cover various conventions, defense, Michael's cue bid, Jacoby, Stayman, two clubs, double and much more. No partner needed. No class week of 5/27.

Spira, Rita L
Rodgers Senior Center Hall E
4320.201 Adult 4/10 - 6/12 6:30pm-8:30pm W \$60

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. 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.

Murdy Community Center Hall C
Mejia, Rebecca
4321.200 13yrs to Adult 3/26 - 4/16 6:00pm-8:00pm Tu \$50
4321.202 13yrs to Adult 5/21 - 6/11 6:00pm-8:00pm Tu \$50

COMPUTERS: CREATE WEBSITES WITH WORDPRESS I

This hands-on beginner course will show you how to sign up for web hosting, install Wordpress, and set up your own website or blog. No prior experience needed. Bring your own computer. There is no materials fee paid to instructor but signing up for web hosting (optional) will be \$8.95/month.

Shen, Michael T
Murdy Community Center Game Room
4602.200 Adult 4/8 - 4/29 7:00pm-9:00pm M \$75

COMPUTERS: CREATE WEBSITES WITH WORDPRESS II

This hands-on intermediate course will show you how to customize and add more functionality to your Wordpress website or blog. Students are recommended to participate in the Create Websites with Wordpress Part 1 class prior to this class. Bring your own computer. No Class 5/27.

Shen, Michael T
Murdy Community Center Game Room
4601.200 Adult 5/6 - 6/3 7:00pm-9:00pm M \$75

COMPUTERS: 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 4/9 - 4/23 7:00pm-9:00pm Tu \$79

COMPUTERS INTRO TO FACEBOOK

Learn how to properly use the most popular social networking website. You'll know how to connect with your friends and family online while looking like a pro doing it! Subjects to be covered include your profile setup, secure privacy, messaging friends, sharing photos and more. Sign up today!

Shen, Michael T
Murdy Community Center Game Room
4603.200 Adult 3/26 - 4/2 7:00pm-9:00pm Tu \$50

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 4/1, 4/3 and 5/27.

Hunting Academy of Dance
City Gym Room A
4487.200 13yrs to Adult 3/25 - 6/17 7:00pm-8:00pm M \$115

Hunting Academy of Dance
16601 Gothard, Suite A
4326.200 13yrs to Adult 3/27 - 6/19 7:30pm-8:30pm W \$125

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class 5/27.

Fox, Kaylaa
Edison Community Center Hall A
4328.200 16yrs to Adult 3/25 - 4/22 7:00pm-7:45pm M \$49
4328.201 16yrs to Adult 4/29 - 6/3 7:00pm-7:45pm M \$49

DANCE: BEGINNING BALLET FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Hunting Academy of Dance
Rodgers Senior Center Hall D
4494.200 Adult 3/25 - 4/29 12:30pm-1:30pm M \$49
4494.201 Adult 5/6 - 6/17 12:30pm-1:30pm M \$49

DANCE: BELLY DANCE FOR FITNESS

Belly dance is a low impact exercise that helps strengthen muscles, especially the back and core. This class teaches the Turkish/Moroccan technique while getting a great cardio workout. It is proven that belly dance reduces stress, builds muscle and build self esteem.

Eckart, Maruja
Murdy Community Center Hall C&D
4329.200 12yrs to Adult 3/25 - 4/29 7:00pm-8:00pm M \$60
4329.201 12yrs to Adult 3/29 - 5/3 10:30am-11:30am F \$60

DANCE: COUNTRY LINE 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 16yrs to Adult 4/4 - 4/25 06:15pm-7:00pm Th \$49
4462.201 16yrs to Adult 5/2 - 5/23 06:15pm-7:00pm Th \$49

Register Online! www.hbsands.org

Adult & Teen Classes

DANCE: COUNTRY TWO STEP

Country Two Step is the top 2 dance at country nightclubs and country events. You will learn both and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed!

Fox, Kaylaa	Murdy Community Center Hall C&D				
4579.200	16yrs to Adult	4/4 - 4/25	7:45pm-8:30pm	Th	\$49
4579.201	16yrs to Adult	5/2 - 5/23	7:45pm-8:30pm	Th	\$49

DANCE: INTRO TO LATIN DANCE

Intro to Latin Dance will teach you beginning patterns to Rumba, Cha Cha, Samba and Jive. No partners or dance experience necessary. This class will teach you basic steps to use in any social setting.

Asylum, Dance	Art Center Multipurpose Room				
4610.201	Adult	3/27 - 5/29	7:00pm-07:45pm	W	\$126*
*\$114.00 HBAC					

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 E	Rodgers Senior Center Hall A				
4524.200	Adult	3/26 - 4/23	5:00pm-05:45pm	Tu	\$35
4524.201	Adult	4/30 - 5/28	5:00pm-05:45pm	Tu	\$35

Foreman, Jill E	City Gym Room B				
4526.200	16yrs to Adult	3/30 - 4/27	10:30am-11:15am	Sa	\$35

DANCE: LINE DANCE LEVEL 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, Sue A	Rodgers Senior Center Hall A				
4459.201	Adult	3/29 - 6/7	3:00pm-4:30pm	F	\$55

DANCE: LINE DANCE 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.

Hazard, Sue A	Rodgers Senior Center Hall A				
4460.201	Adult	3/27 - 6/5	2:00pm-3:30pm	W	\$55

DANCE: LINE DANCE LEVEL 3-4

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

Hazard, Sue A	Rodgers Senior Center Hall A				
4461.201	Adult	3/27 - 6/5	12:30pm-2:00pm	W	\$55

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 Island! Classes fill quickly. Pre-registration is required.

Seanoa, Melody A	Rodgers Senior Center Hall D				
4598.201	13yrs to Adult	3/28 - 4/25	6:00pm-7:00pm	Th	\$56
4598.202	13yrs to Adult	5/2 - 6/6	6:00pm-7:00pm	Th	\$66

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 A	Rodgers Senior Center Hall D				
4596.201	13yrs to Adult	3/28 - 4/25	7:00pm-8:00pm	Th	\$56
4596.202	13yrs to Adult	5/2 - 6/6	7:00pm-8:00pm	Th	\$66

DANCE: 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.

Foreman, Jill E	See Receipt Notes				
4561.200	Adult	3/25 - 6/8	8:00am-10:00pm	Su M Tu W Th	\$64

DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class. No 5/27.

Fox, Kaylaa	Murdy Community Center Hall C&D				
4335.200	Adult	4/4 - 4/25	8:30pm-09:15pm	Th	\$49
4335.201	Adult	5/2 - 5/23	8:30pm-09:15pm	Th	\$49

Fox, Kaylaa	Edison Community Center Hall A				
4434.200	16yrs to Adult	3/25 - 4/22	7:45pm-8:30pm	M	\$49
4434.201	16yrs to Adult	4/29 - 6/3	7:45pm-8:30pm	M	\$49

DANCE: SWING BASICS

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

Fox, Kaylaa	Murdy Community Center Hall A				
4339.200	16yrs to 99yrs	4/4 - 5/2	8:15pm-9:15pm	Th	\$49.00
4339.201	16yrs to 99yrs	5/9 - 6/6	8:15pm-9:15pm	Th	\$49.00

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 your dancing more enjoyable. No partner needed.

Fox, Kaylaa	Murdy Community Center Hall A				
4340.200	Adult	4/4 - 5/2	7:15pm-8:15pm	Th	\$49
4340.201	Adult	5/9 - 6/6	7:15pm-8:15pm	Th	\$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.

Fox, Kaylaa	Murdy Community Center Hall A				
4341.200	Adult	4/4 - 5/2	6:15pm-7:15pm	Th	\$49
4341.201	Adult	5/9 - 6/6	6:15pm-7:15pm	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 5/27.

Roseth, Renee B	Rodgers Senior Center Hall D				
4342.201	Adult	3/25 - 6/10	5:00pm-6:00pm	M	\$170
4342.202	Adult	3/26 - 6/11	5:00pm-6:00pm	Tu	\$170

Adult & Teen Classes

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No class 5/27.

Roseth, Renee B		Rodgers Senior Center Hall D			
4343.201	Adult	3/25 - 6/10	6:00pm-7:00pm	M	\$170
4343.202	Adult	3/26 - 6/11	6:00pm-7:00pm	Tu	\$170
4343.203	Adult	3/27 - 6/12	02:30pm-3:30pm	W	\$170

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 Picnic Shelter #1

4344.200	10yrs to Adult	5/7 - 5/14	8:30pm-09:15pm	Tu	\$26
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DOG TRAINING: BEGINNING DOG OBEDIENCE

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

Dog Services Unlimited Murdy Community Center Basketball Courts

4345.200	9yrs to Adult	4/18 - 6/6	7:00pm-8:00pm	Th	\$88
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Dog Services Unlimited Edison Community Center Picnic Shelter #1

4346.200	10yrs to Adult	4/2 - 5/21	7:30pm-8:30pm	Tu	\$88
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4346.201	10yrs to Adult	4/10 - 5/29	6:00pm-7:00pm	W	\$88
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DOG TRAINING: CALLING ALL FRISBEE DOGS

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 and Inlet.

Dog Services Unlimited Dog Park

4347.200	10yrs to Adult	4/7	10:30am-12:00pm	Su	\$29
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DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson.

Dog Services Unlimited Murdy Community Center Basketball Courts

4352.200	10yrs to Adult	3/25 - 4/15	7:00pm-8:15pm	M	\$78
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DOG TRAINING: K9 WORK & PLAY

Challenge your dog with new commands, reinforce obedience basics and stimulate them with fun activities. Work on distance down and sits, drop on recall and progress to sit-stay and down-stay with handlers out of sight. Pre-requisite: beginning dog obedience. Dogs attend all meetings. Pre-registration required. Bring training collar, leash, long line, vaccination records and \$5 materials fee.

Dog Services Unlimited Murdy Community Center Basketball Courts

4581.200	12yrs to Adult	4/16 - 5/21	8:00pm-9:00pm	Tu	\$76
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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 house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee (includes training manual)

Dog Services Unlimited Murdy Community Center Basketball Courts

4580.200	10yrs to Adult	4/16 - 5/21	7:00pm-8:00pm	Tu	\$76
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DOLL COLLECTING

Interested in dolls? Want to learn more about them and discover where to find exceptional dolls and people who collect them? Find fun events and groups - local, regional and national. Uncover a doll's background. See types of dolls and share collecting tips. Experienced and new collectors and returning students welcome.

Shelby, Frances C Rodgers Senior Center Hall C

3673.201	Adult	4/13	9:30am-11:30am	Sa	\$12
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3673.202	Adult	4/23	9:30am-11:30am	Tu	\$12
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FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring exercise mat and medium-large sized fitness stability ball. No class 5/27.

HB Pilates Murdy Community Center Hall B

4568.200	Adult	3/27 - 5/29	6:30pm-7:00pm	W	\$60
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HB Pilates City Gym Room A

4600.200	Adult	3/26 - 5/28	6:30pm-7:00pm	Tu	\$60
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HB Pilates Edison Community Center Hall B

4605.200	Adult	3/25 - 6/3	8:30pm-9:00pm	M	\$60
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4605.201	Adult	3/26 - 5/28	11:30am-12:00pm	Tu	\$60
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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.

Grossman, Marianne Edison Community Center Hall A

4358.200	Adult	3/26 - 6/4	5:45pm-6:45pm	Tu	\$88
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FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

Pridomirski, Joanne C Edison Community Center Hall A

4369.200	13yrs to Adult	3/26 - 6/6	8:45am-9:45am	Tu Th	\$84
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Parks & Recreation...

Build Strong Bodies

...The Benefits Are Endless

Adult & Teen Classes

FITNESS: CARDIO STEP AND 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 5/27.

Hardy, Susan S Edison Community Center Hall B
 4371.200 13yrs to Adult 3/25 - 6/5 5:15pm-6:15pm M W F \$121
 4371.201 13yrs to Adult 3/30 - 5/25 8:30am-9:30am Sa \$43

FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Take STEP and HEAD TO TOE WORKOUT together and save. No class 5/27.

Hardy, Susan S Murdy Community Center Hall A
 4370.200 13yrs to Adult 3/25 - 6/5 9:15am-10:00am M W F \$116
 *4424.200 13yrs to Adult 3/25 - 6/5 8:30am-10:00am M W F \$134

FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving!

Grossman, Marianne Rodgers Senior Center Hall B
 4816.201 Adult 3/26 - 6/7 9:00am-09:45am Tu F \$55

FITNESS: FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is a traditional art with a 2000 year legacy. Enjoy getting healthy together. Minimum one adult and one child per family group. \$64 for one day weekly up to 3 family members, \$4 per each extra person. \$115 for both days up to 3 family members, \$5 per each extra person. Opportunities for advancement.

Cardinal, Frances M Rodgers Senior Center Hall B
 4386.201 3yrs to Adult 3/26 - 6/4 5:00pm-6:00pm Tu \$64
 4386.202 3yrs to Adult 3/28 - 6/6 5:00pm-6:00pm Th \$64
 4386.203 3yrs to Adult 3/26 - 6/6 5:00pm-6:00pm Tu Th \$115

FITNESS: 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.

Hart, Phil Rodgers Senior Center Game Room
 4827.200 Adult 3/20 - 5/8 6:00pm-7:00pm W \$86

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 5/27.

Hardy, Susan S Murdy Community Center Hall A
 4363.200 13yrs to Adult 3/25 - 6/5 8:30am-9:15am M W F \$116
 *4424.200 13yrs to Adult 3/25 - 6/5 8:30am-10:00am M W F \$134

Register Online! www.hbsands.org

No classes Monday, May 27

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 5/27.
 Hardy, Susan S Murdy Community Center Hall A
 4424.200 13yrs to Adult 3/25 - 6/5 8:30am-10:00am M W F \$134

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. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 5/27.

Wilker, Mary M City Gym Gymnasium
 4364.200 Monthly Pass \$40
 4364.201 10 Classes \$55
 4364.203 4 Classes \$15

FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates 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 class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat. No class 5/27.

HB Pilates Murdy Community Center Hall B
 4511.200 Adult 3/26 - 5/28 7:15pm-8:15pm Tu \$120

HB Pilates Edison Community Center Hall B
 4513.200 Adult 3/25 - 6/3 7:30pm-8:30pm M \$120

HB Pilates City Gym Room A
 4514.200 Adult 3/27 - 5/29 10:15am-11:15am W \$120
 4514.201 Adult 3/28 - 5/30 7:15pm-8:15pm Th \$120
 4514.202 Adult 3/29 - 5/31 9:00am-10:00am F \$120

FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat. No class 5/27.

HB Pilates Edison Community Center Hall B
 4365.200 Adult 3/25 - 6/3 6:30pm-7:30pm M \$110
 4365.201 Adult 3/26 - 5/28 9:00am-10:00am Tu \$110
 4365.202 Adult 3/29 - 5/31 10:15am-11:15am F \$110

HB Pilates City Gym Room A
 4366.200 Adult 3/27 - 5/29 9:00am-10:00am W \$110
 4366.201 Adult 3/28 - 5/30 06:15pm-07:15pm Th \$110

HB Pilates Murdy Community Center Hall B
 4465.200 Adult 3/26 - 5/28 6:00pm-7:00pm Tu \$110
 4465.201 Adult 3/27 - 5/29 5:30pm-6:30pm W \$110
 4465.202 Adult 3/30 - 6/1 9:00am-10:00am Sa \$110

HB Pilates Rodgers Senior Center Game Room
 4539.200 Adult 3/30 - 6/1 10:00am-11:00am Sa \$110

Parks & Recreation...
Promote Good Health
 ...The Benefits Are Endless

Adult & Teen Classes

FITNESS: PILOXING

From Hollywood to Huntington Beach, 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. Bring exercise mat.

HB Pilates				City Gym Room A	
4544.200	Adult	3/26 - 5/28	7:00pm-8:00pm	Tu	\$120
4544.201	Adult	3/28 - 5/30	5:15pm-6:15pm	Th	\$120

HB Pilates				Murdy Community Center Hall B	
4545.200	Adult	3/27 - 5/29	7:00pm-8:00pm	W	\$120
4545.201	Adult	3/30 - 6/1	10:15am-11:15am	Sa	\$120

HB Pilates				Edison Community Center Hall B	
4571.200	Adult	3/26 - 5/28	10:15am-11:15am	Tu	\$120

FITNESS: PRIVATE PERSONAL TRAINING/ PILATES SESSION

Train one-on-one with a NASM Certified Personal Trainer and BASI Certified Pilates Instructor for one hour. Each workout is specifically designed to target personal health and fitness goals utilizing the essentials and equipment from both Pilates and personal training to maximize results. Time and dates TBD.

HB Pilates				Murdy Community Center Hall B	
4606.200	Adult	3/25 - 6/8		TBD	\$60

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 A				Edison Community Center Hall A	
4367.200	13yrs to Adult	3/25 - 6/7	9:00am-10:00am	M W F	\$75

Spidle, Georgia A				Murdy Community Center Hall A	
4368.200	13yrs to Adult	3/26 - 6/6	9:00am-10:00am	Tu Th	\$70

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 class will help make stretching a part of your wellness routine. Bring an exercise mat. No class 5/27.

Grossman, Marianne				Rodgers Senior Center Hall A & B	
4372.201	Adult	3/25 - 6/10	5:30pm-6:30pm	M	\$71

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 E				Edison Community Center Hall A	
4446.200	16yrs to Adult	3/27 - 5/29	6:35pm-7:25pm	W	\$67

FITNESS: ZUMBA - AGES 6 TO 96!

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

Foreman, Jill E				Rodgers Senior Center Hall A	
4573.201	6yrs to 96yrs	3/26 - 4/23	6:00pm-06:50pm	Tu	\$32
4573.202	6yrs to 96yrs	4/30 - 5/28	6:00pm-06:50pm	Tu	\$32

FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$10.

Foreman, Jill E				Rodgers Senior Center Hall A & B	
4373.200	Adult	3/25 - 5/20	9:00am-09:50am	M	\$59
4373.201	Adult	3/30 - 4/27	9:00am-09:50am	Sa	\$40
4373.202	Adult	5/4 - 6/1	9:00am-09:50am	Sa	\$40
4373.203	Adult	3/30 - 6/1	9:00am-09:50am	Sa	\$65

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 Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights.

Foreman, Jill E				Edison Community Center Hall A	
4489.200	16yrs to Adult	3/25 - 5/20	5:45pm-6:30pm	M	\$65

FITNESS: ZUMBA TONING PLUS SENTAO

Revolutionize your workout with Zumba Toning plus Sentao! Using a chair as your dance partner, Sentao revitalizes your cardio workout with moves like you've never seen. Add in the power of Toning and you've got one calorie-torching, core strengthening, body sculpting fitness party! Suggested; light weights or Toning Sticks.

Foreman, Jill E				Edison Community Center Hall A	
4590.200	16yrs to Adult	3/27 - 5/29	5:45pm-6:30pm	W	\$69

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, Scott Osterhout, or Darren Ernst.

FORE Golf, Management, LLC				Meadowlark Golf Course	
4377.200	17yrs to Adult	4/16 - 5/7	11:00am-12:00pm	Tu	\$99
4377.201	17yrs to Adult	3/30 - 4/20	10:00am-11:00am	Sa	\$99
4377.202	17yrs to Adult	5/11 - 6/1	10:00am-11:00am	Sa	\$99

HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Progresses from easy to moderate hikes in local natural areas. Transportation provided. This class involves moderate physical activity. Orientation class 4/5 and 4/8, 9:00am-11:00am. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances C				Rodgers Senior Center Hall E	
4378.201	Adult	4/5 - 5/24	8:00am-4:00pm	F	\$63
4378.202	Adult	4/8 - 5/20	8:00am-4:00pm	M	\$63

INTRODUCTION TO FLY FISHING

Learn how to fly fish in 2013! Class covers; fly fishing equipment, casting techniques and fly tying. Instructor provides each student with individual fly casting and tying equipment and materials for the class. Also included is practice time with provided equipment to improve skills. Learn "secret" fishing locations in southern California. A post-class fishing trip will be scheduled.

Nelson, Charles D				Rodgers Senior Center Hall E	
4374.201	11yrs to Adult	4/29 - 5/13	6:00pm-8:00pm	M	\$59

Register Online! www.hbsands.org

Adult & Teen Classes

ITALIAN: BEGINNING 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use. It will meet once a week. Come learn communication of daily activities, introductions and descriptions. The program is adjusted to the request and abilities of the participants. Be a native speaker in no time with this Italian class. Lessons available online or for purchase on the first day of class for \$5 fee.

Spectrum, Languages Edison Community Center Hall C & D
4551.200 Adult 3/28 - 5/30 6:30pm-7:30pm Th \$110

ITALIAN: INTERMEDIATE 1B

This class will focus on spoken Italian and is a continuation of Beginning Italian 1A. Class topics will vary upon the requests and level of the participants. Students will be taught how to communicate on a day to day basis as well as in specific situations.

Spectrum, Languages Edison Community Center Hall C & D
4604.200 Adult 3/28 - 5/30 7:30pm-8:30pm Th \$110

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.

Betance, Justin Murdy Community Center Hall B
4441.200 16yrs to Adult 3/28 - 6/1 7:30pm-8:30pm Th \$155
9:00am-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 5/27.

Tillehkooh, Kiavash City Gym Room B
4381.200 13yrs to Adult 3/25 - 6/3 7:15pm-8:00pm M \$175
4381.201 13yrs to Adult 3/26 - 6/4 7:15pm-8:00pm Tu \$175
4381.202 13yrs to Adult 3/27 - 6/5 7:15pm-8:00pm W \$175
4381.203 13yrs to Adult 3/28 - 6/6 7:15pm-8:00pm Th \$175

KARATE: TRADITIONAL JAPANESE KARATE-DO ALL RANK

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.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A
4383.200 15yrs to 80yrs 3/28 - 6/13 7:00pm-8:15pm Th \$100

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. No Saturday classes on the first Saturday of each month.

Cardinal, Frances M Rodgers Senior Center Hall B
4385.200 14yrs to Adult 3/26 - 6/4 06:15pm-7:45pm Tu \$55
4385.201 14yrs to Adult 3/28 - 6/6 06:15pm-7:45pm Th \$55
4385.202 14yrs to Adult 3/30 - 6/8 10:00am-12:00pm Sa \$55
4385.203 14yrs to Adult 3/26 - 6/8 Any 2 days \$100
4385.204 14yrs to Adult 3/26 - 6/8 All 3 days Tu Th Sa \$150

MUSIC: UKULELE 101 - A BEGINNING CLASS

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 5/7. Note: \$5 material fee due at first class.

Price, Kona Don Rodgers Senior Center Hall E
4390.201 Adult 4/9 - 5/21 9:30am-10:30am Tu \$49

MUSIC: UKULELE 102 - BEYOND BEGINNERS

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 5/7. Note: \$5 material fee due at first class.

Price, Kona Don Rodgers Senior Center Hall E
4391.201 Adult 4/9 - 5/21 10:45am-11:45am Tu \$49

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, Donald D Murdy Community Center Hall C&D
4394.200 Adult 3/27 - 5/8 6:00pm-07:15pm W \$49

SKATING: 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. No class 5/22.

Westminster ICE 13071 Springdale, Westminster
4436.200 17yrs to Adult 4/10 - 5/1 6:10pm-6:40pm W \$37
4436.201 17yrs to Adult 5/8 - 6/5 6:10pm-6:40pm W \$37

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 material fee due at first class.

Blades, Murnez Rodgers Senior Center Hall E
4399.201 Adult 4/2 - 5/21 6:00pm-7:00pm Tu \$92
4399.202 Adult 4/4 - 5/23 3:15pm-4:15pm Th \$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 material fee due at first class.

Blades, Murnez Rodgers Senior Center Hall E
4400.201 Adult 4/4 - 5/23 4:15pm-5:15pm Th \$92

STRUMMING AND SINGING

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

McGrath, Music Edison Community Center Hall B
4587.200 10yrs to Adult 3/26 - 5/14 7:15pm-8:15pm Tu \$125

Adult & Teen Classes

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	4/6	9:00am-10:30am	Sa	\$75
4402.202	10yrs to Adult	4/13	9:00am-10:30am	Sa	\$75
4402.203	10yrs to Adult	4/20	9:00am-10:30am	Sa	\$75
4402.204	10yrs to Adult	5/4	9:00am-10:30am	Sa	\$75
4402.205	10yrs to Adult	5/11	9:00am-10:30am	Sa	\$75
4402.206	10yrs to Adult	5/18	9:00am-10:30am	Sa	\$75
4402.207	10yrs to Adult	6/8	9:00am-10:30am	Sa	\$75
4402.208	10yrs to Adult	6/15	9:00am-10:30am	Sa	\$75
4402.209	10yrs to Adult	6/22	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	4/6 - 4/21	9:00am-10:30am	Su Sa	\$200
4403.202	10yrs to Adult	5/4 - 5/19	9:00am-10:30am	Su Sa	\$200
4403.203	10yrs to Adult	6/8 - 6/23	9:00am-10:30am	Su Sa	\$200

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. No class 5/27.

Pham, Elizabeth	Rodgers Senior Center Hall B				
4407.201	Adult	4/1 - 6/3	6:30pm-8:00pm	M	\$50
4407.202	Adult	4/4 - 6/6	9:00am-10:30am	Th	\$50

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 and flat-soled shoes. No class 5/27.

Howe, Shona S	Rodgers Senior Center Hall B				
4499.201	Adult	4/1 - 6/3	6:30pm-8:00pm	M	\$50
4499.202	Adult	4/4 - 6/6	9:00am-10:30am	Th	\$50

TAI CHI FOR WELLNESS I

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. First class is free!

Walker, Donald D	Edison Community Center Hall B				
4404.200	Adult	3/25 - 5/6	1:30pm-2:45pm	M	\$49

Walker, Donald D	Murphy Community Center Hall B				
4405.200	Adult	3/25 - 5/6	6:00pm-07:15pm	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, Donald D	Murphy Community Center Hall B				
4406.200	Adult	3/25 - 5/6	7:30pm-8:45pm	M	\$49

TAI CHI TIGER 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, Donald D	Lake Park Clubhouse, 1035 11th Street				
4435.201	Adult	4/9 - 5/7	1:00pm-2:15pm	Tu	\$45
4435.202	Adult	4/9 - 5/7	6:30pm-7:45pm	Tu	\$45

TOPIC IN NUTRITION AND FITNESS: TRACK YOUR SUCCESS

Learn the three essential components for optimum fitness plus top factors to manage weight and fitness goals. Learn to maximize success of your goals using free online computer resources. \$2 material fee due at workshop. Taught by Jill Foreman, MS Nutrition and Biochemistry.

Foreman, Jill E	Rodgers Senior Center Computer Lab				
4562.200	All ages	4/9 - 4/23	7:15pm-8:15pm	Tu	\$45

VOLLEYBALL: ADULT INDOOR CLINIC - INTERMEDIATE/ADVANCED

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills. Go to www.matttaylorvolleyball.com for more information.

Taylor, Matthew R	City Gym Gymnasium				
4583.200	16yrs to Adult	3/26 - 4/30	7:15pm-9:15pm	Tu	\$99
4583.201	16yrs to Adult	5/7 - 6/11	7:15pm-9:15pm	Tu	\$99

WOMEN'S VOLLEYBALL

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

DiGiovanni, Joann N K	City Gym Gymnasium				
4409.200	18yrs to 80yrs	3/26 - 5/28	9:30am-12:30pm	Tu	\$60
4409.201	Adult	3/27 - 5/29	10:30am-12:00pm	W	\$45
4409.202	18yrs to 80yrs	3/28 - 5/30	9:30am-12:30pm	Th	\$60

YOGA: A MOVING MEDITATION

This Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome! Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice 4/27 and 6/1.

Patire, Mary R	Edison Community Center Hall C & D				
4559.200	Adult	3/30 - 6/8	10:30am-11:30am	Sa	\$72

YOGA: CANDLELIGHT VINYASA 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.

Stanek, Denise	Art Center Multipurpose Room				
4594.201	17yrs to Adult	3/26 - 5/14	6:30pm-7:30pm	Tu	\$110*
*\$99.60 HBAC					

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. No class 5/27.

Carmichael, Yvonne	City Gym Room B				
4410.200	16yrs to Adult	3/25 - 6/3	10:30am-12:00pm	M	\$87

Adult & Teen Classes

YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500.

Pavesic, Diane M		Edison Community Center Hall C & D			
4411.200	Adult	4/10 - 6/5	4:30pm-5:30pm	W	\$70
4411.201	Adult	4/10 - 6/5	5:45pm-6:45pm	W	\$70
4411.202	Adult	4/10 - 6/5	7:00pm-8:00pm	W	\$70

YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket. No class 4/13.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse 17451 Zeider Ln			
4578.200	15yrs to Adult	3/30 - 5/25	10:15am-11:15am	Sa	\$94

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertip to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. A good place to begin or reinforce your practice. No class 4/13, 4/9 & 4/10.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse 17451 Zeider Ln			
4577.200	15yrs to Adult	3/30 - 5/25	9:00am-10:00am	Sa	\$94

HelpYourHealth, RoxAnn Madera		Marutani Center 18964 Brookhurst St, FV			
4509.200	15yrs to Adult	3/26 - 5/21	9:00am-10:15am	Tu	\$118
4509.201	15yrs to Adult	3/27 - 5/22	9:00am-10:15am	W	\$118

YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to further develop their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Class limited to 12 students with personalized attention. No class 4/9.

HelpYourHealth, RoxAnn Madera		Marutani Center 18964 Brookhurst St, FV			
4576.200	15yrs to Adult	3/26 - 5/21	10:45am-12:00pm	Tu	\$118

YOGA: IN THE GREAT OUTDOORS

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 19251 Seapoint Ave. Please bring a yoga mat or towel.

Stevenson, Sarah		Harriet Wieder Park			
4414.201	Adult	3/30 - 6/8	9:00am-10:00am	Sa	\$95

Parks & Recreation...

Reduce Stress

...The Benefits Are Endless

No classes Monday, May 27

YOGA: MURDY COMMUNITY CENTER

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 5/27, 5/28 & 5/29.

King, Jacki, CYT, RYT		Murdy Community Center Hall A			
4417.200	Adult	4/8 - 6/10	4:35pm-5:35pm	M	\$70
4417.201	Adult	4/10 - 6/12	4:00pm-5:00pm	W	\$70

Holden, Susan, CYT, RYT		Murdy Community Center Hall A			
4450.200	16yrs to Adult	4/8 - 6/10	6:00pm-7:00pm	M	\$70
4450.201	16yrs to Adult	4/8 - 6/10	7:15pm-8:15pm	M	\$70
4450.202	16yrs to Adult	4/9 - 6/11	5:30pm-6:45pm	Tu	\$70
4450.203	16yrs to Adult	4/12 - 6/14	4:00pm-5:00pm	F	\$70

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane M		Rodgers Senior Center Hall E			
4413.201	Adult	4/11 - 6/6	10:00am-11:00am	Th	\$70
4413.202	Adult	4/11 - 6/6	11:00am-12:00pm	Th	\$70

YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 5/27. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M		Rodgers Senior Center Hall D			
4817.201	Adult	4/8 - 6/3	10:00am-11:00am	M	\$62

Computers and Active Aging

COMPUTERS: BEGINNING COURSE TO THE 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 suggested donation of \$5 is due at the first class.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4800.200	Adult	4/2 - 4/23	9:00am-11:30am	Tu	\$15
4800.201	Adult	5/7 - 5/28	9:00am-11:30am	Tu	\$15
4800.202	Adult	6/4 - 6/25	9:00am-11:30am	Tu	\$15

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4803.200	Adult	4/29 - 5/20	9:00am-12:00pm	M	\$15