

Adult & Teen Classes

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 Monday 5/26.

AquaToneFitness, Dawnette Lowry	City Gym Pool
4312.200 16yrs to Adult 3/24 - 6/11 7:00am-8:00am M W \$166	
4312.201 16yrs to Adult 3/25 - 6/12 7:00am-8:00am Tu Th \$175	
4312.202 16yrs to Adult 3/25 - 6/12 8:20am-9:20am Tu Th \$175	
4312.203 16yrs to Adult 3/24 - 6/9 7:00am-8:00am M \$83	
4312.204 16yrs to Adult 3/26 - 6/11 7:00am-8:00am W \$90	
4312.205 16yrs to Adult 3/28 - 6/13 8:20am-9:20am F \$90	
4312.206 16yrs to Adult 3/29 - 6/14 7:00am-8:00am Sa \$90	

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. Questions: aquatonefitness@aol.com. No class Monday 5/26. Equipment rental of \$3 per class to be paid each class.

AquaToneFitness, Dawnette Lowry	City Gym Pool
4314.200 16yrs to Adult 3/24 - 6/9 8:15am-9:25am M \$105	
4314.201 16yrs to Adult 3/26 - 6/11 8:15am-9:25am W \$114	
4314.202 16yrs to Adult 3/28 - 6/13 6:45am-8:00am F \$114	

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 Monday 5/26.

Thurn, Debra	City Gym Pool
4315.200 Adult 3/24 - 5/2 12:15pm-1:15pm M W F \$123	
4315.201 Adult 5/5 - 6/6 12:15pm-1:15pm M W F \$104	
4315.202 Adult 3/25 - 5/1 12:30pm-1:30pm Tu Th \$84	
4315.203 Adult 5/6 - 6/5 12:30pm-1:30pm Tu Th \$71	

AQUATIC EXERCISE: AQUA-EVENING

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 Monday 5/26.

AquaToneFitness, Dawnette Lowry	City Gym Pool
4310.200 16yrs to Adult 3/24 - 6/9 5:30pm-6:30pm M \$83	
4310.201 16yrs to Adult 3/26 - 6/11 5:30pm-6:30pm W \$90	
4310.202 16yrs to Adult 3/24 - 6/11 5:30pm-6:30pm M W \$166	
4310.203 16yrs to Adult 3/28 - 6/13 5:30pm-6:30pm F \$90	
4310.204 16yrs to Adult 3/24 - 6/13 5:30pm-6:30pm M W F \$245	

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 3/28 - 6/6 11:15am-12:00pm F \$94	

Parks & Recreation...
Promote Good Health

...The Benefits Are Endless

No classes Monday, May 26

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 3/28 - 6/13 9:30am-10:15am F \$102	

AQUATIC EXERCISE: POOLATES

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 Monday 5/26.

Thurn, Debra	City Gym Pool
4574.200 Adult 3/24 - 6/4 1:15pm-2:00pm M W \$171	

ART: 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.

Kent, Pati L	Art Center Studio
4661.201 12yrs to Adult 4/1 - 4/29 2:30pm-4:00pm Tu \$95	
4661.202 12yrs to Adult 5/6 - 6/3 2:30pm-4:00pm Tu \$95	
\$86.10 HBAC Member	

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 3/26 - 4/23 5:45pm-7:30pm W \$86	
4468.202 12yrs to Adult 4/30 - 5/28 5:45pm-7:30pm W \$86	
\$78 HBAC Member	

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 skills, 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 4/11 - 5/16 3:30pm-5:30pm F \$90	
\$81.60 HBAC Member	

ART: DIGITAL PHOTOGRAPHY - INTERMEDIATE

This intermediate class reinforces and enhances the basic concept 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 Adult 4/11 - 5/16 1:00pm-3:00pm F \$90	
\$81.60 HBAC Member	

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Adult & Teen Classes

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. Students in this class are eligible to participate in an Art Show. Materials List.

Kent, Pati L Art Center Studio
4302.201 12yrs to Adult 4/1 - 4/29 6:00pm-7:30pm Tu \$95
4302.202 12yrs to Adult 5/6 - 6/3 6:00pm-7:30pm Tu \$95
\$86.10 HBAC Member

ART: DRAWING IN MULTIPLE PERSPECTIVES

Apply methods of observational drawing skill by expanding upon multiple options of building personal artistic skill using linear perspective and atmospheric perspective practices. Learn how to create depth on a two-dimensional surface by applying atmospheric perspective methods, one-point, two-point, three-point and four-point linear perspective. This very detailed drawing class is open for all skill levels. Materials list.

Radcliffe, Courtney Art Center Multipurpose
5380.201 12yrs to Adult 3/27 - 5/1 5:00pm-6:15pm Th \$86*
5380.202 12yrs to Adult 5/8 - 6/5 5:00pm-6:15pm Th \$76
***\$78/\$69 HBAC Member**

ART: FAIRIE BELL WORKSHOP

In this workshop we will make a sweet little bell using a dried flower calyx and silver slip. After the silver is finished and polished we will use wire wrapping to make little clappers and a loop bail so your bell will tinkle, and can be hung on a chain.

Moore, Laura Art Center Multipurpose
3731.201 13yrs to Adult 4/12 - 4/19 1:00pm-4:00pm Sa \$46
\$42 HBAC Member

ART: FRESH COLOR IN STILL LIFE

Learn the art of setting up and composing subjects for Still-Life Painting with experienced artist Ebrahim Amin. Learn how to direct light, capture atmosphere, and express the combined harmony of subjects in the painting. Materials list.

Amin Fine Art, Ebrahim Amin Art Center Studio
4554.201 14yrs to Adult 3/26 - 4/30 12:45pm-2:45pm W \$136
\$123 HBAC Member

ART: LANDSCAPE PAINTING IN OIL

Learn the art of Landscape Painting with experienced professional Ebrahim Amin. This class will focus on traditional painting skills including vibrant color, movement, light, and shade. All levels welcome as each student will be given individual instruction. Materials List.

Amin Fine Art, Ebrahim Amin Art Center Studio
4552.201 14yrs to Adult 3/26 - 4/30 10:00am-12:30pm W \$136
\$123 HBAC Member

ART: INTRODUCTION TO METAL CLAY

Learn to make silver clay jewelry! Students will learn how to work with silver clay using various firing and finishing methods. Projects we will work on include making pendants using texture plates, water etching, and scratch foam. Projects completed will vary depending upon student experience. Tools are provided.

Moore, Laura Art Center Multipurpose
3603.201 13yrs to Adult 3/26 - 4/23 5:30pm-7:30pm W \$106
\$96 HBAC Member

ART: INTERMEDIATE METAL CLAY

Students will continue to explore the possibilities of silver clay. Projects we will work on are, a ring, setting a glass cabochon, creating a hollow form bead, and setting cubic zirconium stones. Projects completed will vary depending upon students experience. Tools are provided.

Moore, Laura Art Center Multipurpose
4663.201 13yrs to Adult 5/7 - 6/4 5:30pm-7:30pm W \$106
\$96 HBAC Member

ART: MIXED MEDIA FIGURE DRAWING AND PAINTING

This class will develop drawing and painting skills with the figure using either mixed media in charcoal, pastels, collage, or paint. Basic color mixing and use of charcoal and pastels will be covered. This class is for beginner to advanced students willing to explore their creativity.

Moody, Gia M Art Center Studio
4660.201 16yrs to Adult 3/29 - 5/17 12:00pm-3:00pm Sa \$112
\$101.40 HBAC Member

ART: MIXED MEDIA IN DRAWING

This class will develop drawing skills using mixed media in charcoal, pastels, inks, and collage. We will be using the figure as well as still life objects and our imagination. Utilize bold textures, vivid color, and energetic line. Extended studies will allow students to create a layered and tonal drawing. Beginner to advanced artists are both encouraged to attend.

Moody, Gia M Art Center Studio
4659.201 16yrs to Adult 3/28 - 5/16 12:00pm-2:15pm F \$112
\$101.40 HBAC Member

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. \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D
4814.201 Adult 3/25 - 4/29 8:30am-11:30am Tu \$40
4814.202 Adult 5/6 - 6/17 8:30am-11:30am Tu \$45

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 and 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
4586.201 Adult 4/5 - 4/19 3:00pm-5:00pm Sa \$91
4586.202 Adult 5/3 - 5/17 3:00pm-5:00pm Sa \$91
\$82.50 HBAC Member

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. \$10 material fee due at first class.

Husting, Margaret E Murphy Community Center Hall C
4395.200 13yrs to Adult 3/27 - 5/29 1:00pm-2:00pm Th \$70

Husting, Margaret E Rodgers Senior Center Hall E
4396.201 13yrs to Adult 3/26 - 5/28 9:00am-10:00am W \$70

Adult & Teen Classes

ART: SIGNIFICANT SHADING

Discover your best work by applying methods of shading in order to create depth on a 2D surface. Many shading practices will be implemented; graphite pencil, colored pencil, marker, acrylic paint, watercolor paint, and charcoal will be utilized. Atmospheric perspective, linear perspective, implied texture, and lighting techniques will all be explored and applied to final draft versions.

Radcliffe, Courtney Art Center Multipurpose Room
4662.201 12yrs to Adult 3/27 - 5/1 6:30pm-7:45pm Th \$106*
4662.202 12yrs to Adult 5/8 - 6/5 6:30pm-7:45pm Th \$96
\$96/\$87 HBAC Member

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 Multipurpose Room
4308.201 15yrs to Adult 3/25 - 5/13 10:00am-1:00pm Tu \$117
\$105.90 HBAC Member

BEACH VOLLEYBALL: ADULT BEGINNERS

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 3/25 - 5/27 6:00pm-7:20pm Tu \$150

BEACH VOLLEYBALL: ADULT INTERMEDIATE

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 3/27 - 5/29 6:00pm-7:20pm Th \$150

BEACH VOLLEYBALL: ADVANCED SKILLS AND GAMES

This class is designed to offer high quality training environment for competitive beach volleyballers. Participants must have excellent ball control and have considerable playing experience in the 2-a-side game.

Beach Volleyball, California LLC Beach Courts, North of Pier
4666.200 15yrs to Adult 3/24 - 5/26 6:00pm-7:20pm M \$150

BRIDGE: BEGINNING

This class will teach you the basics of bidding and responding to your partner. Bridge requires you to work with your partner to succeed. You do not need a partner to join this class. Come learn a great game.

Spira, Rita L Rodgers Senior Center Hall E
4318.201 Adult 3/24 - 5/12 2:00pm-4:00pm M \$50

BRIDGE: INTERMEDIATE 1

Once you have the basics, this class is for you. You will learn conventions to make your game more interesting and fun. Learn Stayman, Jacoby transfer, take-out doubles, 2 club bid and much more.

Spira, Rita L Rodgers Senior Center Hall E
4319.201 Adult 3/25 - 5/13 2:30pm-4:30pm Tu \$50

BRIDGE: INTERMEDIATE 2

Class starts with 4 set hands covering various conventions, defensive play, proper bidding, how to evaluate strength of hand. No partner needed. Come join and improve your game while having fun!

Spira, Rita L Rodgers Senior Center Hall E
4320.201 Adult 3/26 - 5/14 6:30pm-8:30pm W \$50

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.

Mejia, Rebecca Murdy Community Center Hall C
4321.200 13yrs to Adult 4/1 - 4/22 6:00pm-8:00pm Tu \$50
4321.201 13yrs to Adult 5/6 - 5/27 6:00pm-8:00pm Tu \$50

COOKING: CAKE DECORATING – FLOWERS AND CAKE DESIGNS

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.

Mejia, Rebecca Murdy Community Center Kitchen
4481.200 13yrs to Adult 4/9 - 4/30 6:00pm-8:00pm W \$50

COOKING: CAKE DECORATING – GUM PASTE AND 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.

Mejia, Rebecca Murdy Community Center Kitchen
4482.200 13yrs to Adult 5/8 - 5/29 6:00pm-8:00pm Th \$50

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. Join us to learn lifesaving techniques, bring your questions 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 first class includes Heartsaver CPR book and American Heart Association card.

Ameduri, Megan Rodgers Senior Center Hall D
4828.200 16yrs to Adult 5/17 9:00am-2:00pm Sa \$45

Ameduri, Megan Murdy Community Center Hall C
3711.200 16yrs to Adult 5/31 9:00am-2:00pm Sa \$45

DANCE: 2PUA ISLAND DANCE CARDIO

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 3/27 - 5/1 7:00pm-8:00pm Th \$60
4596.202 13yrs to Adult 5/8 - 6/5 7:00pm-8:00pm Th \$50

Register Online! www.hbsands.org

Adult & Teen Classes

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 4/14-4/20 and 5/25-5/26.

Huntington Academy of Dance City Gym Room A
4487.200 13yrs to Adult 3/24 - 6/16 7:00pm-8:00pm M \$115

Huntington Academy of Dance 16601 Gothard Street,
Suite A 92647
4326.200 13yrs to Adult 3/26 - 6/18 7:30pm-8:30pm W \$125

DANCE: BALLET AND BALLET STRETCH 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. No class 5/26.

Huntington Academy of Dance Rodgers Senior Center Hall D
4494.200 Adult 3/24 - 4/28 12:30pm-1:30pm M \$49
4494.201 Adult 5/5 - 6/16 12:30pm-1:30pm M \$49

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 5/26.

Fox, Kaylaa Edison Community Center Hall A
4328.200 16yrs to Adult 3/24 - 4/21 7:00pm-7:45pm M \$49
4328.201 16yrs to Adult 4/28 - 6/2 7:00pm-7:45pm M \$49

DANCE: BELLY DANCE

Belly dance is a low impact workout that strengthens muscles, especially the back and core. This class teaches the Turkish technique while getting a great cardio workout. It is proven that belly dance increases joint flexibility, raises metabolism and tones all muscle groups.

Eckart, Maruja Murdy Community Center Hall C&D
4329.200 12yrs to Adult 3/24 - 4/28 7:00pm-8:00pm M \$60
4329.201 12yrs to Adult 3/28 - 5/2 10:30am-11:30am F \$60

DANCE: CHAIR TAP DANCE CLASS! BEGINNING

Do you have sore knees, back, feet or balance issues? Pull out your dancing shoes and put your ailments and excuses in the box. This class is for you! We will tap dance from the comfort of a chair; wheelchairs and walkers welcome. Tap shoes optional.

Roseth, Renee B Rodgers Senior Center Hall D
4642.200 Adult 3/26 - 4/23 1:30pm-2:15pm W \$65

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 3/27 - 4/17 7:15pm-8:00pm Th \$49
4462.201 16yrs to Adult 4/24 - 5/15 7:15pm-8:00pm Th \$49

Fox, Kaylaa Edison Community Center Hall A
4632.200 16yrs to Adult 3/26 - 4/16 7:45pm-8:30pm W \$49
4632.201 16yrs to Adult 4/23 - 5/14 7:45pm-8:30pm W \$49

DANCE: COUNTRY LINE INTERMEDIATE

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

Fox, Kaylaa Murdy Community Center Hall C&D
4512.200 16yrs to Adult 3/27 - 4/17 6:30pm-7:15pm Th \$49
4512.201 16yrs to Adult 4/24 - 5/15 6:30pm-7:15pm Th \$49

DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step 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 3/27 - 4/17 8:00pm-8:45pm Th \$49
4579.201 16yrs to Adult 4/24 - 5/15 8:00pm-8:45pm Th \$49

DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required. No class 5/26.

Fox, Kaylaa Edison Community Center Hall A
4434.200 16yrs to Adult 3/24 - 4/21 7:45pm-8:30pm M \$49
4434.201 16yrs to Adult 4/28 - 6/2 7:45pm-8:30pm M \$49

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, Suzy Rodgers Senior Center Hall A
4459.201 Adult 3/28 - 6/6 3:00pm-4:30pm F \$59

DANCE: LINE DANCE LEVEL 1 PLUS

More difficult dances will be taught (4:30-5:00 pm) to prepare those who would like to move up to Level 2.

Hazard, Suzy Rodgers Senior Center Hall A
4669.200 Adult 3/28 - 6/6 3:00pm-5:00pm F \$68

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, Suzy Rodgers Senior Center Hall A
4460.201 Adult 3/26 - 6/4 2:15pm-3:45pm W \$59

DANCE: LINE DANCE FITNESS: LEVEL 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 5/26.

Hazard, Suzy Rodgers Senior Center Hall A & B
4673.201 Adult 3/24 - 6/9 3:15pm-4:45pm M \$59

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...The Benefits Are Endless

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Adult & Teen Classes

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, Suzy
Rodgers Senior Center Hall A
4461.201 Adult 3/26 - 6/4 12:30pm-2:00pm W \$59

DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Seanoa, Melody A
Rodgers Senior Center Hall D
4598.201 13yrs to Adult 3/27 - 5/1 6:00pm-7:00pm Th \$60
4598.202 13yrs to Adult 5/8 - 6/5 6:00pm-7:00pm Th \$50

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.

SockhopFitness, Jill E Foreman See Receipt Notes
4561.200 6yrs to Adult 3/24 - 6/7 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 material fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D
4335.200 16yrs to Adult 3/27 - 4/17 8:45pm-9:30pm Th \$49
4335.201 16yrs to Adult 4/24 - 5/15 8:45pm-9:30pm Th \$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 Adult 4/3 - 5/1 8:15pm-9:15pm Th \$49
4339.201 16yrs to Adult 5/8 - 6/5 8:15pm-9:15pm Th \$49

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 4/3 - 5/1 7:15pm-8:15pm Th \$49
4340.201 Adult 5/8 - 6/5 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 4/3 - 5/1 6:15pm-7:15pm Th \$49
4341.201 Adult 5/8 - 6/5 6:15pm-7:15pm Th \$49

No classes Monday, May 26

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.

Roseth, Renee B Rodgers Senior Center Hall D
4342.201 Adult 3/24 - 6/9 5:00pm-6:00pm M \$170
4342.202 Adult 3/25 - 6/10 5:00pm-6:00pm Tu \$170

DANCE: TAP ADULTS & SENIORS INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee B Rodgers Senior Center Hall D
4343.201 Adult 3/24 - 6/9 6:00pm-7:00pm M \$170
4343.202 Adult 3/25 - 6/10 6:00pm-7:00pm Tu \$170
4343.203 Adult 3/26 - 6/11 2:30pm-3:30pm W \$170

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. No class 5/26.

Dog Services Unlimited Murdy Community Center Basketball Courts
4352.200 10yrs to Adult 5/5 - 6/2 7:00pm-8:15pm M \$80

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. \$10 material fee due at first class (includes training manual).

Dog Services Unlimited Murdy Community Center Basketball Courts
4345.200 10yrs to Adult 4/24 - 6/5 7:00pm-8:00pm Th \$90

Dog Services Unlimited Edison Community Center Picnic #1
4346.200 10yrs to Adult 3/25 - 5/6 7:30pm-8:30pm Tu \$90
4346.201 10yrs to Adult 4/9 - 5/21 6:00pm-7:00pm W \$90

DOG TRAINING: K9 WORK & PLAY

Continue your canine's education! Includes fun activities like scent games, obedience-style jumps, targeting, tricks, and beginning retrieve. Practice distance recalls and sit-stay and down-stay with handlers out of sight. Build reliability even with distractions. Pre-requisite: beginning dog obedience. Please pre-register, and bring your dog on a leash, with a long line, vaccination records, and \$10 insurance/materials fee due to instructor. (Includes training manual, clicker, tab, light line)

Dog Services, Unlimited Murdy Community Center Basketball Courts
4581.200 10yrs to Adult 4/09 - 5/14 7:30pm - 8:30pm W \$78

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 #1
4344.200 10yrs to Adult 4/29 - 5/6 8:30pm-9:15pm Tu \$26

Adult & Teen Classes

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 material fee due at first class. (Includes Frisbee).

Dog Services Unlimited Class meets on grass near Dog Park, Edwards and Inlet
4347.200 10yrs to Adult 4/13 4:00pm-5:30pm Su \$29

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. No class 5/24. \$10 material fee due at first class.

Haney, Katherine Central Park next to Dog Park at Edwards
4421.200 15yrs to Adult 4/12 - 6/7 9:00am-10:00am Sa \$85

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 material fee (includes training manual).

Dog Services Unlimited Murdy Community Center Basketball Courts
4580.200 10yrs to Adult 4/2 - 5/7 6:30pm-7:30pm W \$78

DOLL COLLECTING

Dolls in museums will highlight this class. We'll also share the history, detective work, art, fun, and friends of doll collecting. You'll be invited to attend events and join local and national organizations. You'll see types of dolls and share collecting tips. New and experienced collectors and returning students welcome.

Shelby, Frances C Rodgers Senior Center Hall C
3673.201 Adult 4/5 9:30am-11:30am Sa \$12
3673.202 Adult 4/8 9:00am-11:00am Tu \$12

EBAY BASICS

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 4/1 - 4/15 7:00pm-9:00pm Tu \$79

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 med-large sized exercise ball, mat, towel and water. No class 5/26.

HB Pilates Murdy Community Center Hall B
4568.200 16yrs to Adult 3/24 - 6/2 11:15am-11:45am M \$60
4568.201 16yrs to Adult 3/26 - 6/4 6:30pm-7:00pm W \$66

HB Pilates City Gym Room A
4600.200 16yrs to Adult 3/25 - 6/3 6:30pm-7:00pm Tu \$66
4600.201 16yrs to Adult 3/26 - 6/4 11:00am-11:30am W \$66

HB Pilates Edison Community Center Hall B
4605.200 16yrs to Adult 3/24 - 6/2 8:30pm-9:00pm M \$60
4605.201 16yrs to Adult 3/25 - 6/3 11:00am-11:30am Tu \$66
4605.202 16yrs to Adult 3/28 - 6/6 11:30am-12:00pm F \$66

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 3/25 - 6/5 8:45am-9:45am Tu Th \$82

FITNESS: CARDIO STEP AND BODY SCULPT

Research proves step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4-8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. No class 5/26. Bring weights and a mat.

Hardy, Susan S Edison Community Center Hall B
4371.200 13yrs to Adult 3/24 - 6/9 5:15pm-6:15pm M W F \$121

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 CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together and save. No class 5/26.

Hardy, Susan S Murdy Community Center Hall A
4370.200 13yrs to Adult 3/24 - 6/9 9:15am-10:00am M W F \$116
***4424.200 13 yrs to Adult 3/24 - 6/9 8:30am-10:00am M W F \$140**

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 3/25 - 6/17 5:00pm-6:00pm Tu \$75
4386.202 3yrs to Adult 3/27 - 6/19 5:00pm-6:00pm Th \$75

FITNESS: HB PILATES BOOTCAMP

Are you ready to sweat?! Come join HB Pilates' highly certified NASM Personal Trainers for a Boot Camp that will help you build muscle, burn fat, and give you that extra energy boost for the day! Incorporating strength, power, stability and cardio circuit exercises, we promise to help sculpt and tighten your entire body so you will look and feel great! All ages and ability levels welcome. Bring mat, towel, water, and dumbbells (hand weights). All other equipment provided. No class 5/26.

HB Pilates Edison Community Center Hall A
4646.200 16yrs to Adult 3/24 - 6/2 9:00am-10:00am M \$120
4646.201 16yrs to Adult 3/26 - 6/4 9:00am-10:00am W \$132
4646.202 16yrs to Adult 3/28 - 6/6 9:00am-10:00am F \$132

HB Pilates City Gym Room A
4672.200 16yrs to Adult 3/24 - 6/2 7:00am-8:00am M \$120
4672.201 16yrs to Adult 3/26 - 6/4 7:00am-8:00am W \$132

HB Pilates Murdy Community Center Hall A
4655.200 16yrs to Adult 3/25 - 6/3 9:00am-10:00am Tu \$132
4655.201 16yrs to Adult 3/27 - 6/5 9:00am-10:00am Th \$132
4655.202 16yrs to Adult 3/27 - 6/5 5:00pm-6:00pm Th \$132

Adult & Teen Classes

FITNESS: UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: BootCamp, 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 available and some restrictions apply.

HB Pilates, Jill Hardwick Murdy Community Center Hall A
4658.200 16yrs to Adult TBA \$396.00

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 WORKOUT plus CARDIO STEP FOR THE HEART together and save. class. No class 5/26.

Hardy, Susan S Murdy Community Center Hall A
4363.200 13yrs to Adult 3/24 - 6/9 8:30am-9:15am M W F \$116
***4424.200 13 yrs to Adult 3/24 - 6/9 8:30am-10:00am M W F \$140**

FITNESS: HEAD TO TOE WORKOUT/CARDIO STEP COMBO

Hardy, Susan S Murdy Community Center Hall A
 Combine Head to Toe Workout and Step for the Heart and save \$\$.
 Please see description for each class. No class 5/26.

4424.200 13yrs to Adult 3/24 - 6/9 8:30am-10:00am M W F \$140

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 9:00-10:05 am; T,TH 6:00-7:05 pm; Sat 7:45-8:45 am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 5/26.

Wilker, Mary M City Gym Gymnasium
4364.200 Adult Monthly Pass \$40
4364.201 Adult 10 Classes \$55
4364.202 Adult 4 Classes \$25
4364.203 Adult Drop-In \$15

FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Murdy Community Center Hall A Weber, Julia R
4360.200 14yrs to 99yrs 3/25-6/03 7:00pm-08:00pm Tu \$87

FITNESS: PILATES CHAIR

Pilates Chair is designed for all ages and ability levels and great for people over 50 because of the low impact/gentle exercises. Chair Pilates uses resistance bands and a chair for sitting/standing exercises. Improve: balance, flexibility, strength, posture with an enhanced mind-body awareness to help reduce the risk of falls. All ages/abilities welcome. No class 5/26. Bring an exercise mat.

HB Pilates Rodgers Senior Center Game Room
4822.200 50yrs+ 3/24 - 6/2 12:30pm-1:30pm M \$99
4822.201 18yrs+ 3/26 - 6/4 4:00pm-5:00pm W \$109
4822.202 18yrs+ 3/28 - 6/6 12:30pm-1:30pm F \$109
4822.203 18yrs+ 3/24 - 6/6 12:30pm-1:30pm Any 2 days \$189
4822.204 18yrs+ 3/24 - 6/6 12:30pm-1:30pm M W F \$256

FITNESS: PILATES BARRE WITH CARDIO

This high-energy class incorporates Pilates, yoga, and dance with cardio intervals to help condition and strengthen the entire body. Combining Pilates on the barre, resistance bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories along the way! Fitness level: Intermediate. Bring: mat, towel, water. No class 5/26.

HB Pilates Murdy Community Center Hall B
4511.200 16yrs to Adult 3/25 - 6/3 7:00pm-8:00pm Tu \$132

HB Pilates Edison Community Center Hall B
4513.200 16yrs to Adult 3/24 - 6/2 7:30pm-8:30pm M \$120

HB Pilates City Gym Room A
4514.200 16yrs to Adult 3/25 - 6/3 7:00am-8:00am Tu \$132
4514.201 16yrs to Adult 3/26 - 6/4 10:00am-11:00am W \$132
4514.202 16yrs to Adult 3/26 - 6/4 5:15pm-6:15pm W \$132
4514.203 16yrs to Adult 3/27 - 6/5 7:15pm-8:15pm Th \$132
4514.204 16yrs to Adult 3/28 - 6/6 9:00am-10:00am F \$132

FITNESS: PILATES MAT CLASS

HB Pilates mat exercises are low impact with high results and we happily welcome all ages and ability levels. 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! Bring water and an exercise mat. No class 5/25 & 5/26.

HB Pilates Edison Community Center Hall B
4365.200 16yrs to Adult 3/24 - 6/2 6:30pm-7:30pm M \$110
4365.201 16yrs to Adult 3/25 - 6/3 9:00am-10:00am Tu \$121
4365.202 16yrs to Adult 3/28 - 6/6 10:30am-11:30am F \$121

HB Pilates City Gym Room A
4366.200 16yrs to Adult 3/26 - 6/4 9:00am-10:00am W \$121
4366.201 16yrs to Adult 3/27 - 6/5 6:15pm-7:15pm Th \$121
4366.202 16yrs to Adult 3/28 - 6/6 7:00am-8:00am F \$121

HB Pilates Murdy Community Center Hall A
4465.200 16yrs to Adult 3/24 - 6/2 10:15am-11:15am M \$110
4465.201 16yrs to Adult 3/25 - 6/3 6:00pm-7:00pm Tu \$121
4465.202 16yrs to Adult 3/29 - 6/7 9:00am-10:00am Sa \$121

HB Pilates Rodgers Senior Center Hall E
4539.200 16yrs to Adult 3/26 - 6/4 5:00pm-6:00pm W \$121
4539.201 16yrs to Adult 3/29 - 6/7 10:00am-11:00am Sa \$121

FITNESS: PILATES PRIVATE LESSONS

Train one-on-one with a Certified Personal Trainer/Pilates Instructor. Private lessons are great for beginning-advanced clients. Improve strength, power, endurance, flexibility, balance, weight loss and more! Discounts are given for multiple lessons. Sign up for 10+ lessons and get an HB Pilates unlimited classes pass FREE! Times/dates TBD. Bring: mat, towel, water. No class 5/26.

HB Pilates Rodgers Senior Center Game Room
4637.200 Adult TBA TBA TBA \$66

HB Pilates Murdy Community Center Hall A
4606.200 16yrs to Adult TBA TBA TBA \$66

HB Pilates City Gym and Pool
4652.200 16yrs to Adult TBA TBA TBA \$66

Parks & Recreation...
Builds Strong Bodies
 ...The Benefits Are Endless

Adult & Teen Classes

FITNESS: PRENATAL/POSTNATAL PILATES

Pilates is a safe way for women to exercise throughout their pregnancy as they prepare for childbirth and after pregnancy when 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. Each participant can bring one guest at no additional cost. Additional guest/drop-ins welcome: \$15. Please bring mat, towel, and water.

HB Pilates Murdy Community Center Hall B
4654.200 Adult 3/29 - 6/7 11:45am-12:45pm Sa \$165

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 mat, towel, and water. No class 5/26.

HB Pilates City Gym Room A
4544.200 16yrs to Adult 3/25 - 6/3 7:00pm-8:00pm Tu \$132
4544.201 16yrs to Adult 3/27 - 6/5 7:00am-8:00am Th \$132
4544.202 16yrs to Adult 3/27 - 6/5 5:15pm-6:15pm Th \$132

HB Pilates Murdy Community Center Hall B
4545.200 16yrs to Adult 3/26 - 6/4 7:00pm-8:00pm W \$132
4545.201 16yrs to Adult 3/29 - 6/7 10:00am-11:00am Sa \$132

HB Pilates Edison Community Center Hall B
4571.200 16yrs to Adult 3/25 - 6/3 10:00am-11:00am Tu \$132

FITNESS: R.I.P.P.E.D.

R.I.P.P.E.D. - the One Stop Body Shock is a plateau proof fitness formula that helps you create continuity, consistency, and challenge in every R.I.P.P.E.D. class. This total body high intensity program utilizes free weights, resistance and body weight combined with the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics, and Endurance.

Grossman, Marianne Edison Community Center Hall A
4358.200 Adult 3/25 - 6/3 5:45pm-6:45pm Tu \$79

FITNESS: SAT. MORNING CARDIO STEP AND 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 5/26.

Hardy, Susan S Edison Community Center Hall C & D
4668.200 13yrs to Adult 3/29 - 5/31 9:15am-10:15am Sa \$43

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 Lake Park Clubhouse - 1035 11th Street 92648
4367.200 13yrs to Adult 3/24 - 5/30 9:00am-10:00am M W F \$60

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 5/26.

Grossman, Marianne Rodgers Senior Center Hall A & B
4372.201 Adult 3/24 - 6/9 5:30pm-6:30pm M \$69

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.

SockhopFitness Edison Community Center Hall A
4446.200 Adult 4/23 - 6/4 6:35pm-7:25pm W \$72

SockhopFitness Murdy Community Center Hall A
4628.200 Adult 4/23 - 6/4 6:00pm-6:50pm W \$45
4628.201 Adult 3/29 - 6/7 8:05am-8:55am Sa \$69

FITNESS: ZUMBA - AGES 6 TO 86!

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

SockhopFitness Rodgers Senior Center Hall A
4573.201 6yrs to 96yrs 3/25 - 6/3 6:00pm-6:45pm Tu \$68

SockhopFitness Edison Community Center Hall A
4590.200 6yrs to Adult 3/26 - 6/4 5:45pm-6:30pm W \$68

FITNESS: ZUMBA GOLD

Designed for active seniors or anyone just starting to exercise, Zumba Gold combines body sculpting moves with easy dance steps set to a fabulous mix of Latin and International music. Dance and shimmy your way to fitness while you burn calories, tone muscle and put a smile on your face. Drop in classes \$12.

SockhopFitness Murdy Community Center Hall A
4635.200 Adult 4/22 - 6/3 8:05am-8:55am Tu \$45

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 \$12. No class 5/26.

SockhopFitness Rodgers Senior Center Hall A & B
4373.200 Adult 3/29 - 6/7 9:00am-9:50am Sa \$72
4373.201 Adult 4/21 - 6/2 9:00am-9:50am M \$39

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. No class 5/26.

SockhopFitness, Jill E Foreman Edison Community Center Hall A
4489.200 Adult 3/24 - 6/2 5:45pm-6:30pm M \$70

Parks & Recreation...

Feel Great

...The Benefits Are Endless

Adult & Teen Classes

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 by Dan Yenny.

FORE Golf, Management, LLC Meadowlark Golf Course,
16782 Graham Street 92649

4377.200	17yrs to Adult	4/8 - 4/29	11:00am-12:00pm	Tu	\$99
4377.201	17yrs to Adult	5/6 - 5/27	11:00am-12:00pm	Tu	\$99
4377.202	17yrs to Adult	5/8 - 5/29	6:00pm-7:00pm	Th	\$99
4377.203	17yrs to Adult	3/29 - 4/19	10:00am-11:00am	Sa	\$99
4377.204	17yrs to Adult	5/3 - 5/24	10:00am-11:00am	Sa	\$99

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

McGrath Music, Patrick McGrath Edison Community Center Hall B
4615.200 10yrs to Adult 3/25 - 5/13 7:00pm-8:00pm Tu \$125

GUITAR: MORE STRUMMING & 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, Patrick McGrath Edison Community Center Hall B
4645.200 10yrs to Adult 3/25 - 5/13 8:15pm-9:15pm Tu \$125

HEALTH: DR. SEARS L.E.A.N START WORKSHOP

This class is a series of fun and interactive classes that gives parents and caregivers of school-aged children, accurate, trustworthy, uncomplicated information to maximize their family's health, nutrition, and overall wellness. Healthy family = happy family!

G60FIT LLC, Natalie Gengle City Gym Room B

4671.200	Adult	4/19	10:00am-12:00pm	Sa	\$75
4671.201	Adult	5/31	10:00am-12:00pm	Sa	\$75
4671.202	Adult	6/14	10:00am-12:00pm	Sa	\$75

HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. Transportation provided. This class involves moderate physical activity. Orientation class 3/31, 9am - 11am. Hike dates are 4/7, 4/21, 5/5, and 5/19. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances C Rodgers Senior Center Hall E
4378.201 Adult 3/31 - 5/19 8:00am-4:30pm M \$67

HIKING BEAUTIFUL SO. CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. Transportation provided. This class involves moderate physical activity. Orientation class 4/4, 9:00am-11:00am. Hikes: 4/11, 4/25, 5/9 and 5/23. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances C Rodgers Senior Center Hall E
4627.201 Adult 4/4 - 5/30 8:00am-4:30pm F \$67

INTRODUCTION TO FLY FISHING

Learn how to fly fish in 2014! Class covers; fly fishing equipment, casting techniques and fly tying. Instructor provides each student with individual equipment and materials for the class. Also included is practice time 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	4/21 - 5/5	6:00pm-8:00pm	M	\$61
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ITALIAN: BEGINNING 1A

This course focuses on day to day spoken Italian for those with little or no experience. Themes include greeting, shopping, ordering in a restaurant, etc. Material may be adapted to preference and experience of participants. \$5 material fee due at first class.

Spectrum, Languages Edison Community Center Hall C&D

4551.200	Adult	4/10 - 6/12	6:30pm-7:30pm	Th	\$110
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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. \$5 material fee due at first class.

Spectrum, Languages Edison Community Center Hall C&D

4604.200	Adult	4/10 - 6/12	7:30pm-8:30pm	Th	\$110
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KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available.

Betance, Justin Murdy Community Center Hall B

5232.201	15yrs to Adult	3/27 - 5/29	7:00pm-8:00pm	Th	\$150
			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 Monday 5/26.

Tillehkooh, Kiavash City Gym Room B

4381.200	13yrs to Adult	3/24 - 6/2	7:15pm-8:00pm	M	\$177
4381.201	13yrs to Adult	3/25 - 6/3	7:15pm-8:00pm	Tu	\$177
4381.202	13yrs to Adult	3/26 - 6/4	7:15pm-8:00pm	W	\$177
4381.203	13yrs to Adult	3/27 - 6/5	7:15pm-8:00pm	Th	\$177

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	16yrs to Adult	3/27 - 6/12	7:00pm-8:15pm	Th	\$120
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Parks & Recreation...
Stimulate the Mind
...The Benefits Are Endless

Adult & Teen Classes

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. Any 1-day \$55, any 2 days \$100, all 3 days \$145.

		Cardinal, Frances M		Rodgers Senior Center Hall B	
4385.200	13yrs to Adult	3/25 - 6/17	6:15pm-7:45pm	Tu	\$90
4385.201	13yrs to Adult	3/27 - 6/19	6:15pm-7:45pm	Th	\$90
4385.202	13yrs to Adult	3/29 - 6/21	10:00am-12:00pm	Sa	\$90
4385.203	13yrs to Adult	3/25 - 6/21	10:00am-12:00pm	Any 2 days	\$140
4385.204	13yrs to Adult	3/25 - 6/21	10:00am-12:00pm	Tu Th Sa	\$160

KEEP YOUR BRAIN STRONGER WITH COGNITIVE EXERCISE

The brain is not a muscle but it can function as one. When you exercise it, your brain gets stronger. Strengthen your memory, sharpen your focus, and increase the flexibility of your brain through Cognitive Exercise. Increase your brain reserve and keep your brain stronger for longer. No class 4/21.

		Worden, Estelle		Rodgers Senior Center Hall C	
4833.200	All ages	3/24 - 6/2	11:30am-12:30pm	M	\$150

MEDITATION FOR BETTER LIVING "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. No class 4/7.

		Phears, William David		Rodgers Senior Center Hall C	
4611.200	Adult	3/24 - 5/19	9:30am-10:30am	M	\$40

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 5/6. Note: \$5 material fee due at first class.

		Hopkins, Arthur		Rodgers Senior Center Hall E	
4390.201	Adult	4/8 - 5/20	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 May 7. Note: \$5 material fee will be collected at first meeting.

		Hopkins, Arthur		Rodgers Senior Center Hall E	
4391.201	18yrs to Adult	4/8 - 5/20	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. 1st class is free.

		Walker, Donald D		Murdy Community Center Hall C&D	
4394.200	Adult	3/26 - 5/7	6:00pm-7:15pm	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. Please arrive 15 minutes early to the 1st class and dress warm. No class 4/16 and 5/21.

		Westminster, Ice Mgmt LLC		13071 Springdale Street, Westminster 92683	
4436.200	17yrs to Adult	4/9 - 5/7	6:10pm-6:40pm	W	\$37
4436.201	17yrs to Adult	5/14 - 6/11	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 activity fee due at first class.

		Blades, Murnez		Rodgers Senior Center Hall C	
4399.201	Adult	3/25 - 5/13	6:00pm-7:00pm	Tu	\$94
4399.202	Adult	3/27 - 5/15	3:00pm-4:00pm	Th	\$94

SPANISH FOR FUN AND FOREVER – INTERMEDIATE

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

		Blades, Murnez		Rodgers Senior Center Hall C	
4400.201	Adult	3/27 - 5/15	4:15pm-5:15pm	Th	\$94

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

HB Surf School, William S Sharp Beach Service Center - South side of pier

4402.201	10yrs to Adult	4/5	9:00am-10:30am	Sa	\$75
4402.202	10yrs to Adult	4/12	9:00am-10:30am	Sa	\$75
4402.203	10yrs to Adult	4/19	9:00am-10:30am	Sa	\$75
4402.204	10yrs to Adult	5/10	9:00am-10:30am	Sa	\$75
4402.205	10yrs to Adult	5/17	9:00am-10:30am	Sa	\$75
4402.206	10yrs to Adult	5/24	9:00am-10:30am	Sa	\$75
4402.207	10yrs to Adult	6/7	9:00am-10:30am	Sa	\$75
4402.208	10yrs to Adult	6/14	9:00am-10:30am	Sa	\$75
4402.209	10yrs to Adult	6/21	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

HB Surf School, William S Sharp Beach Service Center - South side of pier

4403.200	10yrs to Adult	4/5 - 4/20	9:00am-10:30am	Su Sa	\$200
4403.201	10yrs to Adult	5/10 - 5/25	9:00am-10:30am	Su Sa	\$200
4403.202	10yrs to Adult	6/7 - 6/22	9:00am-10:30am	Su Sa	\$200

Parks & Recreation...
Expand Knowledge
...The Benefits Are Endless

Register Online! www.hbsands.org

Adult & Teen Classes

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 4/21, 4/24 and 5/26.

Pham, Elizabeth Rodgers Senior Center Hall B

4407.201 Adult 3/24 - 6/9 6:45pm-8:15pm M \$50

4407.202 Adult 3/27 - 6/12 9:00am-10:30am Th \$55

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 4/21, 4/24 and 5/26.

Howe, Shona S Rodgers Senior Center Hall B

4499.201 Adult 3/24 - 6/9 6:45pm-8:15pm M \$50

4499.202 Adult 3/27 - 6/12 9:00am-10:30am Th \$55

TAI CHI FOR WELLNESS I

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

Walker, Donald D Edison Community Center Hall B

4404.200 Adult 3/24 - 5/5 1:30pm-2:45pm 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 92648

4435.201 Adult 4/8 - 5/6 1:30pm-2:45pm Tu \$45

4435.202 Adult 4/8 - 5/6 6:30pm-7:45pm Tu \$45

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advance players only, they must try out first day to make the list/team.

DiGiovanni, Joann N K City Gym Gymnasium

4409.200 18yrs to 80yrs 3/18 - 5/20 9:30am-12:30pm Tu \$70

4409.202 18yrs to 70yrs 3/20 - 5/22 9:30am-12:30pm Th \$70

4409.203 18yrs to 70yrs 3/21 - 5/23 10:30am-12:30pm F \$99

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Carmichael, Yvonne City Gym Room B

4410.200 16yrs to Adult 3/24 - 5/19 10:30am-12:00pm M \$95

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-500C, ERYT-500.

Pavesic, Diane M Edison Community Center Hall C&D

4411.200 Adult 4/9 - 5/28 4:30pm-5:30pm W \$63

4411.201 Adult 4/9 - 5/28 5:45pm-6:45pm W \$63

4411.202 Adult 4/9 - 5/28 7:00pm-8:00pm W \$63

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 the week of 4/14 and 5/26.

King, Jacki, E-RYT Murdy Community Center Hall A

4417.200 Adult 3/31 - 6/9 4:35pm-5:35pm M \$70

4417.201 Adult 4/2 - 6/11 4:00pm-5:00pm W \$70

Carmichael, Yvonne Murdy Community Center Game Room

4418.200 14yrs to Adult 3/26 - 5/21 10:30am-12:00pm W \$87

4418.201 14yrs to Adult 3/28 - 5/23 10:30am-12:00pm F \$87

Holden, Susan, CYP Murdy Community Center Hall A

4450.200 16yrs to Adult 3/31 - 6/9 6:00pm-7:00pm M \$70

4450.201 16yrs to Adult 3/31 - 6/9 7:15pm-8:15pm M \$70

4450.202 16yrs to Adult 4/1 - 6/10 5:30pm-6:45pm Tu \$70

4450.203 16yrs to Adult 4/4 - 6/6 4:00pm-5:00pm F \$63

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 4/10 - 5/29 10:00am-11:00am Th \$63

4413.202 Adult 4/10 - 5/29 11:00am-12:00pm Th \$63

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 50yrs+ 4/7 - 5/19 10:00am-11:00am M \$58

YOGA: BEACH VINYASA YOGA

Beautiful yoga at the beach! Come flow with me on Thursday mornings at 8:30 am for one hour of Vinyasa. Increase strength and flexibility as we find our inner peace with the tranquil sea before us. Breathe in the ocean air and nourish your body and spirit for one hour that belongs to solely you... A lovely way to start your day. We will be on the sand between 9th and 10th streets north of the pier, near the circle bike path. Remember to bring a mat, water, and to wear sunscreen. Namaste my friends. All levels are welcome.

Stanek, Denise Beach

4630.201 17yrs to Adult 3/27 - 5/15 8:30am-9:30am Th \$106

\$96 HBAC Member

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

4594.201 17yrs to Adult 3/25 - 5/13 6:30pm-7:30pm Tu \$106

\$96 HBAC Member

Adult & Teen Classes

YOGA: GENTLE THERAPEUTIC YOGA WITH A MALE FOCUS

Whether you are a weekend warrior (we do warrior poses), a couch potato or maybe you just work at your computer all week. Learn how to de-stress while becoming more flexible in this men's focused yoga class designed especially for your needs. If you like sports this will enhance any physical activity, if you do not do any sports this will help keep the body flexible as well as work on strength building. Learning how to sit, stand and breathe. Oh! We thought we knew how, think again and join me for class, limited to 12 students for individual attention. Please bring a mat & blanket. No class 4/12, 4/19 and 5/24.

HelpYourHealth, RoxAnn Madera
Lake View Clubhouse,
17451 Zeider Lane 92647
4665.200 15yrs to Adult 3/29 - 6/7 10:15am-11:15am Sa \$105

YOGA: GENTLE YOGA FOR EVERYONE

Begin at the Beginning! Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Please bring mat and blanket. No class 4/12, 4/16, 4/19, 5/21 and 5/24.

HelpYourHealth, RoxAnn Madera
Marutani Center,
18964 Brookhurst Street, Fountain Valley 92708
4509.200 15yrs to Adult 3/26 - 6/4 9:00am-10:15am W \$141

HelpYourHealth, RoxAnn Madera
Lake View Clubhouse,
17451 Zeider Lane 92647
4613.200 15yrs to Adult 3/29 - 6/7 9:00am-10:00am Sa \$105

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.

Phears, William David
City Gym Room A
4648.200 Adult 3/27 - 5/15 9:00am-10:15am Th \$48
4648.201 Adult 3/26 - 5/14 12:00pm-1:15pm W \$48



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 45yrs to Adult 4/1 - 4/22 9:00am-11:30am Tu \$15
4800.201 50yrs+ 5/6 - 5/27 9:00am-11:30am Tu \$15
4800.202 50yrs+ 6/3 - 6/24 9:00am-11:30am Tu \$15

COMPUTERS: ESSENTIAL COMPUTER SKILLS

Enhance your basic knowledge with hands-on instruction on a range of essential computer skills. Learn the keyboard, word processing, the Windows filing system to properly save information and find it. Learn e-mailing, attaching to e-mails, downloading, backing-up your computer and more. Friendly, well-paced atmosphere. Experienced and patient teacher. A VERY useful class!

Lander, Joel
Rodgers Senior Center Computer Lab
4593.200 Adult 4/4 - 4/25 9:00am-12:00pm F \$66
4593.201 Adult 5/1 - 5/22 9:00am-12:00pm Th \$66
4593.202 Adult 6/6 - 6/27 9:00am-12:00pm F \$66

COMPUTERS: 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, experiment, learn tricks, share and discover. Have fun!

Lander, Joel
Rodgers Senior Center Computer Lab
4585.200 Adult 4/3 - 4/10 2:00pm-5:00pm Th \$66
4585.201 Adult 5/15 - 5/22 2:00pm-5:00pm Th \$66
4585.202 Adult 6/5 - 6/12 2:00pm-5:00pm Th \$66

COMPUTERS: 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.

Lander, Joel
Rodgers Senior Center Computer Lab
4830.200 Adult 4/26 9:00am-12:00pm Sa \$38
4830.201 Adult 5/10 9:00am-12:00pm Sa \$38
4830.202 Adult 6/28 9:00am-12:00pm Sa \$38

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. No class 5/26.

Staff, Recreation
Rodgers Senior Center Computer Lab
4803.200 50yrs+ 5/12 - 6/9 9:00am-12:00pm M \$15

Register Online! www.hbsands.org