

TEEN/ADULT

AQUATIC EXERCISE

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No Class Dates: May-25

Aqua Tone Fitness			City Gym and Pool	
250802-3A	16 yrs + F	6:45-8am	4/3-6/12	\$98
250802-3B	16 yrs + W	8:15-9:25am	4/1-6/10	\$98
250802-3C	13 yrs + M	8:15-9:25am	3/30-6/8	\$90

AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. No Class Dates: May-25

Aqua Tone Fitness			City Gym and Pool	
250804-3A	16 yrs + M	5:30-6:30pm	3/30-6/8	\$80
250804-3B	16 yrs + W	5:30-6:30pm	4/1-6/10	\$88
250804-3C	16 yrs + M,W	5:30-6:30pm	3/30-6/10	\$160
250804-3D	16 yrs + M,W,F	5:30-6:30pm	3/30-6/12	\$250
250804-3E	16 yrs + F	5:30-6:30pm	4/3-6/12	\$88

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. No Class Dates: May-25

Debra Thurn/ /Jamie Fowler			City Gym and Pool	
250805-3A	16 yrs + M,W	1:15-2pm	3/30-6/10	\$198
250805-3B	16 yrs + F	11:15am-12pm	4/3-6/12	\$102

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No Class Dates: May-25

Debra Thurn			City Gym and Pool	
250806-3A	16 yrs + M,W,F	12:15-1:15pm	3/30-5/1	\$123
250806-3B	16 yrs + Tu,Th	12:30-1:30pm	3/31-4/30	\$84
250806-3C	16 yrs + M,W,F	12:15-1:15pm	5/4-6/12	\$117
250806-3D	16 yrs + Tu,Th	12:30-1:30pm	5/5-6/4	\$84



AQUA-TONE: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No Class Dates: May-25

Aqua Tone Fitness			City Gym and Pool	
250808-3A	16 yrs + M	7-8am	3/30-6/8	\$80
250808-3B	16 yrs + W	7-8am	4/1-6/10	\$88
250808-3C	16 yrs + M,W	7-8am	3/30-6/10	\$160
250808-3D	16 yrs + Tu,Th	7-8am	3/31-6/11	\$168
250808-3E	16 yrs + Tu,Th	8:20-9:20am	3/31-6/11	\$168
250808-3F	16 yrs + F	8:20-9:20am	4/3-6/12	\$88
250808-3G	16 yrs + Sa	7-8am	4/4-6/13	\$88

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.

Aqua Tone Fitness			City Gym and Pool	
250821-3A	16 yrs + F	9:30-10:15am	4/3-6/12	\$88

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. No Class Dates: Apr-7

Pati Kent			HB Art Center	
250103-4A	12 yrs + Tu	2:30-4pm	3/31-5/5	\$95/\$86
250103-4B	12 yrs + Tu	2:30-4pm	5/12-6/9	\$95/\$86

CERAMIC CREATIONS (ADULTS)

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 materials fee due at first class.

Lucia Henry			HB Art Center	
250108-4A	16 yrs + Th	5:30-7:15pm	4/9-5/7	\$115/\$105
250108-4B	16 yrs + Th	5:30-7:15pm	5/14-6/11	\$115/\$105

DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

Kurt Weston			HB Art Center	
250109-4A	16 yrs + F	3:30-5:30pm	4/10-5/15	\$95/\$86
250109-4B	16 yrs + Sa	1-3pm	4/11-5/16	\$95/\$86

DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Kurt Weston

HB Art Center

250110-4A 18 yrs + F 1-3pm 4/10-5/15 \$95/\$86

DRAWING & PAINTING WITH PATI

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list. No Class Dates: Apr-7

Pati Kent

HB Art Center

250111-4A 12 yrs + Tu 6-7:45pm 3/31-5/5 \$95/\$86
250111-4B 12 yrs + Tu 6-7:45pm 5/12-6/9 \$95/\$86

DIGITAL PHOTOGRAPHY CRITIQUE SESSIONS

These sessions are for technically competent and self-directed photographers who wish to showcase and discuss their work. We will address questions and concerns about photographic technique and aesthetic. Instructor Kurt Weston (MFA), skilled as both a commercial and fine arts photographer will lead the sessions, sharing his advice and knowledge.

Kurt Weston

HB Art Center

250132-4A 18 yrs + Sa 3-4:30pm 4/11-5/16 \$86/\$78

FUNDAMENTALS OF OIL PAINTING

Learn the fundamentals of oil painting. Understand simple paint mixing, color theory, and artist materials including paint, brushes and canvas selections. One monochromatic still life and one step by step full color instructional guided painting will be completed. All levels welcome.

TBD

HB Art Center

250104-4A 12 yrs + W 5:45-7:30pm 4/1-4/29 \$96/\$87
250104-4B 12 yrs + W 5:45-7:30pm 5/13-6/10 \$96/\$87

INTERMEDIATE METAL CLAY

Learn new metal clay skills; develop skills that will allow you to create metal clay art pieces from your imagination. We will work on several projects that teach carving, dry construction, and ring sizing. Most projects will use about \$27-\$50 of silver clay. Use of tools is provided with a \$5 fee.

Laura Moore

HB Art Center

250130-4A 16 yrs + W 5:30-7:30pm 4/8-5/13 \$122/\$110

LANDSCAPE PAINTING IN OILS

Students will learn the basic elements of creating landscape paintings using traditional oils as well as water soluble oils. Beginning to advanced students welcome. Materials list provided

Jim Ellsberry

HB Art Center

250114-4A 18 yrs+ W 9:30am-12:30pm \$136/124

PAINTING AND DRAWING

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.

Marilyn Oropeza

Rodgers Seniors' Center

250115-5A 18 yrs + Tu 8:30-11:30am 3/31-5/5 \$50
250115-5B 18 yrs + Tu 8:30-11:30am 5/12-6/16 \$50

BEGINNING WATERCOLOR PAINTING

In this introductory class, students are taught the basics of watercolor painting, including color mixing, composition, value, and materials. Focus will be upon landscape and seascape painting with personalized instruction based upon student's needs. Demonstration will be given periodically through the course. Materials list.

Diane Merrill

HB Art Center

250117-4A 13 yrs + Th 9:30am-12:30pm 4/2-5/21 \$150/\$136

WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list.

Diane Merrill

HB Art Center

250116-4A 13 yrs + Tu 9:30am-12:30pm 3/31-5/19 \$150/\$136

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.

Joel Lander

Rodgers Seniors' Center

250202-5A 18 yrs + Sa 9am-12pm 4/25-4/25 \$38
250202-5B 18 yrs + Sa 9am-12pm 5/23-5/23 \$38
250202-5C 18 yrs + Sa 9am-12pm 6/20-6/20 \$38

BASIC COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander

Rodgers Seniors' Center

250205-5A 18 yrs + F 9am-12pm 4/10-4/24 \$66
250205-5B 18 yrs + Th 9am-12pm 5/7-5/21 \$66
250205-5C 18 yrs + F 9am-12pm 6/5-6/19 \$66

Register Online! www.hbsands.org

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web.

A \$5 suggested donation is due at the first class.

RSC Volunteer		Rodgers Seniors' Center		
250200-5A	18 yrs + Tu	9-11:30am	4/7-4/28	\$15
250200-5B	18 yrs + Tu	9-11:30am	6/2-6/23	\$15

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander		Rodgers Seniors' Center		
250201-5A	18 yrs + Sa	9am-12pm	4/11-4/11	\$38
250201-5B	18 yrs + Sa	9am-12pm	5/9-5/9	\$38
250201-5C	18 yrs + Sa	9am-12pm	6/6-6/6	\$38

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 \$5 suggested donation is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

RSC Volunteer		Rodgers Seniors' Center		
250215-5A	50 yrs + M	9am-12pm	6/1-6/22	\$15

MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A \$5 suggested donation is due at the first class.

RSC Volunteer		Rodgers Seniors' Center		
250209-5A	18 yrs + W	9am-12pm	4/8-4/29	\$15
250209-5B	18 yrs + W	9am-12pm	5/6-5/27	\$15
250209-5C	18 yrs + W	9am-12pm	6/3-6/24	\$15

PORTABLE ELECTRONIC BASICS

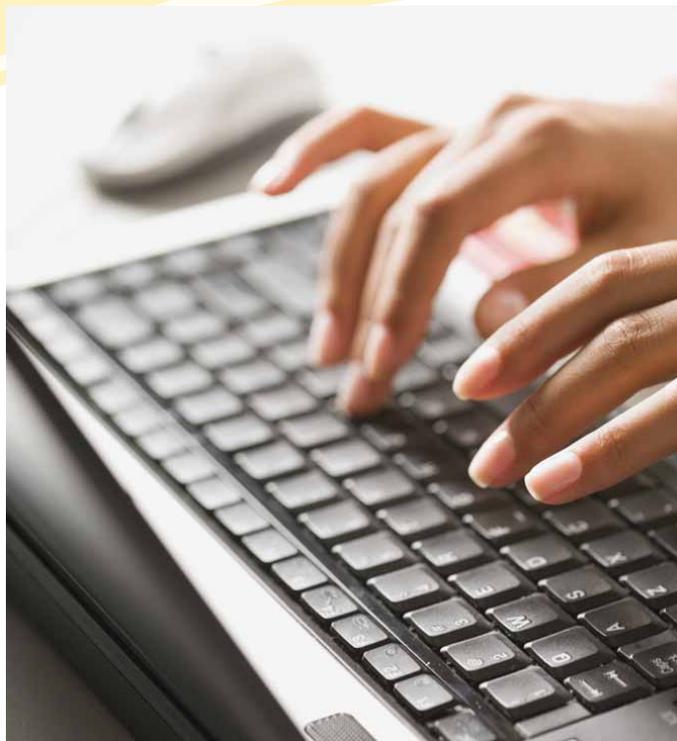
A primer for portable electronic devices. Learn to navigate and use a notebook, smartphone, and portable devices. Get answers to BASIC navigation on the equipment you bring to class.

Recreation Staff		Rodgers Seniors' Center		
250206-5A	18 yrs + W	4-5:30pm	4/8	\$6
250206-5B	18 yrs + W	4-5:30pm	4/22	\$6
250206-5C	18 yrs + W	4-5:30pm	5/13	\$6
250206-5D	18 yrs + W	4-5:30pm	5/27	\$6

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Requires basic computer skills. Advanced registration strongly advised.

Joel Lander		Rodgers Seniors' Center		
250210-5A	18 yrs + Th	2-5pm	5/7-5/14	\$66



WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

Joel Lander		Rodgers Seniors' Center		
250211-5A	18 yrs + Th	2-5pm	4/9-4/16	\$66
250211-5B	18 yrs + Th	2-5pm	6/4-6/11	\$66

INTRO TO WINDOWS 8

If you own or are planning to get a new computer with Windows 8, this class will explore some of the new features in W-8. Learn about the Start screen, tiles, the charms bar and side bar, as well as organizing your files and folders and backing up your computer. Prerequisite: Basic computer knowledge.

Joel Lander		Rodgers Seniors' Center		
250212-5A	18 yrs + Sa	9:30am-12pm	4/18	\$34
250212-5B	18 yrs + W	6:30-9pm	4/29	\$34
250212-5C	18 yrs + W	6:30-9pm	5/13	\$34
250212-5D	18 yrs + Sa	9:30am-12pm	5/30	\$34
250212-5E	18 yrs + W	6:30-9pm	6/17	\$34
250212-5F	18 yrs + Sa	9:30am-12pm	6/27	\$34

PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander		Rodgers Seniors' Center		
250214-5A	18 yrs + Th	9am-12pm	4/9-4/23	\$66
250214-5B	18 yrs + F	9am-12pm	5/8-5/22	\$66
250214-5C	18 yrs + Th	9am-12pm	6/4-6/18	\$66

COOKING

CAKE DECORATING: BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes. Materials list given first day of class.

Rebecca Mejia **Murdy Community Center**
250301-1A 13 yrs + Tu 6-8pm 3/31-4/21 \$50
250301-1B 13 yrs + Tu 6-8pm 4/28-5/19 \$50

CAKE DECORATING: FLOWERS & CAKE

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class. Materials list given first day of class.

Rebecca Mejia **Murdy Community Center**
250303-1A 13 yrs + W 6-8pm 4/15-5/6 \$50

CAKE DECORATING: GUM PASTE & FONDANT & GUMPASTE

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. Materials list given first day of class.

Rebecca Mejia **Murdy Community Center**
250304-1A 13 yrs + Th 6-8pm 5/7-5/28 \$50

CARIBBEAN COOKING

A blend of different cultures inspire the unique flavors of Caribbean cooking. We will learn to make jerk chicken and jerk rubs, Cuban sea bass, fried plantains, variety of spicy curries and salsas, stews, rum and coconut tart to name only a few. Take home new techniques and a lot of recipes to use later. Come hungry! \$15 material fee due to instructor.

April Berg **Edison Community Center**
250305-2A 18 yrs + Tu 6:15-9:15pm 4/14-4/14 \$35



INCREDIBLE FAST AND EASY

Cooking should be a joy and not a chore. You will learn preparation and techniques to prepare new and creative dishes that will wow your family and friends but will get you in and out of the kitchen in half the time. This is the perfect class for those who want to add to their repertoire of everyday dishes. Come hungry! \$15 materials fee due at first class.

April Berg **Edison Community Center**
250306-2A 18 yrs + Tu 6:15-9:15pm 6/9-6/9 \$35

SO MUCH ABOUT CHICKEN

Savor the delicious chicken dishes we will learn to prepare. If it's roasted, baked, grilled, stuffed, you will learn how to make it savory and moist. Learn how to best use the different cuts and new techniques and sides to accompany the dish. Take home lots of new recipes to incorporate daily. Come hungry! \$15 materials fee due at first class.

April Berg **Edison Community Center**
250308-2A 18 yrs + Tu 6:15-9:15pm 5/12-5/12 \$35

VICTORIA TEA

The perfect class for anyone who wants to host a Victorian Tea for a shower, birthday party, or just an afternoon get together. You learn how to make the perfect scone, lemon curd, a variety of tea sandwiches, trifle from scratch, napoleons and learn the history of tea. After the presentation, you will have a mini Victorian Tea party. Grab a friend and join us. \$15 materials fee due at first class.

April Berg **Edison Community Center**
250307-2A 18 yrs + Tu 6:15-9:15pm 5/26-5/26 \$35

DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No Class Dates: May-25*

Huntington Academy of Dance **City Gym and Pool**
250442-3A 16 yrs + M 7-8pm 3/30-6/15 \$115
Huntington Academy of Dance **16601 Gothard Street, Suite A**
250442-1A 16 yrs + W 7:30-8:30pm 4/1-6/17 \$125

BALLET & BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process. *No Class Dates: May-25*

Huntington Academy of Dance **Rodgers Seniors' Center**
250426-5A 50 yrs + M 12:30-1:30pm 3/30-4/27 \$42
250426-5B 50 yrs + M 12:30-1:30pm 5/4-6/8 \$42

BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. Hosted by Jill Foremen. No Partner needed. *No Class Dates: May-25*

Kaylaa Fox		Edison Community Center
250407-2A	16 yrs + M 7-8pm	3/30-4/26 \$59
250407-2B	16 yrs + M 7-8pm	5/4-6/8 \$59

DANCE: SWING BASICS

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

Kaylaa Fox		Murdy Community Center
250423-1A	16 yrs + Th 8:15-9:15pm	4/9-4/30 \$40
250423-1B	16 yrs + Th 8:15-9:15pm	5/7-5/28 \$40

DANCE: COUNTRY LINE

COUNTRY IS BIG! Don't miss out dancing Country Line Dance and the Country good fun! Meet the Country crowd and socialize while listening to your favorite Country music. All the popular line dances are taught. kaylaa@dancequick.com \$2 supply fee

Kaylaa Fox		Edison Community Center
250413-2A	16 yrs + W 7:45-8:30pm	4/1-4/22 \$49
250413-2B	16 yrs + W 7:45-8:30pm	4/29-5/20 \$49

Kaylaa Fox		Murdy Community Center
250413-1A	16 yrs + Th 6:30-7:15pm	4/2-4/23 \$49
250413-1B	16 yrs + Th 6:30-7:15pm	4/30-5/21 \$49

DANCE: COUNTRY TWO STEP

COUNTRY IS BIG! Country Two Step is the top dance at Country Nightclubs and Country Events. You will learn the Two Step and be out having a great country good time socializing and meeting new people. No Partner needed. \$2 supply fee.

Kaylaa Fox		Murdy Community Center
250415-1A	16 yrs + Th 7:15-8:00pm	4/2-4/23 \$49
250415-1B	16 yrs + Th 7:15-8:00pm	4/30-5/21 \$49

Kaylaa Fox		Edison Community Center classes
250415-2A	16 yrs + W 8:30-9:15pm	4/1-4/23 \$49
250415-2B	16 yrs + W 8:30-9:15pm	4/30-5/21 \$49

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: Line Dance Introduction.

Suzy Hazard		Rodgers Seniors' Center
250419-5A	18 yrs + F 4-5pm	4/10-6/12 \$50

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.

Suzy Hazard		Rodgers Seniors' Center
250428-5A	18 yrs + W 2:15-3:45pm	4/8-6/10 \$55



LINE DANCE 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: May-25*

Suzy Hazard		Rodgers Seniors' Center
250433-5A	18 yrs + M 3:15-4:45pm	4/6-6/8 \$50

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.

Suzy Hazard		Rodgers Seniors' Center
250420-5A	18 yrs + W 12:30-2pm	4/8-6/10 \$55

NEW BEGINNER LINE DANCE

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

Suzy Hazard		Rodgers Seniors' Center
250434-5A	18 yrs + F 3-4pm	4/10-6/12 \$50

NEW BEGINNER & LEVEL 1 COMBO

Take both the Introduction and Level 1 Line Dance classes. Prerequisite: Line Dance Introduction or knowledge of basics.

Suzy Hazard		Rodgers Seniors' Center
250436-5A	18 yrs + F 3-5pm	4/10-6/12 \$60

PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

SockhopFitness		Edison Community Center
250402-2A	6 yrs + M,Tu,W,Th,F,Sa 8am-10pm	3/30-6/20 \$60

SOUNDS OF MOTOWN

Get up and Get down to the sounds of Motown!!! Certified dance instructor, Charletta Fry, has over 15 years experience teaching African dance, jazz and hip-hop. Now it's your turn to experience the joy of dance and join the fun as you'll be 'movin and groovin' to the rhythms that inspired a generation. No experience necessary. *No Class Dates: May-25*

Charletta Fry **Rodgers Seniors' Center**
250403-5A 18 yrs + W 11am-12pm 4/8-5/13 \$60

SALSA

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

Kaylaa Fox **Murdy Community Center**
250421-1A 16 yrs + Th 8-8:45pm 4/2-4/23 \$49
250421-1B 16 yrs + Th 8-8:45pm 4/30-5/21 \$49

SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MIKE LAI

Kaylaa Fox **Murdy Community Center**
250422-1A 18 yrs + Th 6:15-7:15pm 4/9-4/30 \$40
250422-1B 18 yrs + Th 6:15-7:15pm 5/7-5/28 \$40

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. HOSTED BY MIKE LAI

Kaylaa Fox **Murdy Community Center**
250424-1A 16 yrs + Th 7:15-8:15pm 4/9-4/30 \$40
250424-1B 16 yrs + Th 7:15-8:15pm 5/7-5/28 \$40

TAP CLASS BEGINNING

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

Renee Roseth **Rodgers Seniors' Center**
250437-5A 18 yrs + M 5-6pm 3/30-6/15 \$175
250437-5B 18 yrs + Tu 5-6pm 3/31-6/16 \$175
250437-5C 18 yrs + W 3:30-4:30pm 4/1-6/17 \$175

TAP-INTERMEDIATE/ADVANCED

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

Renee Roseth **Rodgers Seniors' Center**
250438-5A 18 yrs + M 6-7pm 3/30-6/15 \$175
250438-5B 18 yrs + Tu 6-7pm 3/31-6/16 \$175
250438-5C 18 yrs + W 2:30-3:30pm 4/1-6/17 \$175

TUPUA'S ADVANCED POLYNESIAN

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

Melody Seanoa **Rodgers Seniors' Center**
250439-5A 13 yrs + Th 7:30-8:30pm 4/9-5/7 \$50
250439-5B 13 yrs + Th 7:30-8:30pm 5/14-6/11 \$50

TUPUA'S BEGINNING POLYNESIAN

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

Melody Seanoa **Rodgers Seniors' Center**
250440-5A 13 yrs + T 6:30-7:30pm 4/7-5/5 \$50
250440-5B 13 yrs + T 6:30-7:30pm 5/12-6/9 \$50

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**
250503-2A 10 yrs + Tu 8:30-9:15pm 5/5-5/12 \$26

DOG-FRISBEE: CATCH THE FUN!

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (includes Frisbee) Class meets on grass near Dog Park, Edwards & Inlet.

Dog Services Unlimited **Dog Park**
250509-1A 10 yrs + Su 5-6:30pm 4/19-4/19 \$29

DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class, includes training manual. *No Class Dates: May-25*

Dog Services Unlimited **Murdy Community Center**
250502-1A 10 yrs + M 6:30-7:30pm 5/4-6/15 \$82



DOG OBEDIENCE BEGINNING

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

Dog Services Unlimited Edison Community Center

250504-2A	10 yrs + Tu	7:30-8:30pm	3/31-5/12	\$93
250504-2B	10 yrs + W	6-7pm	4/15-5/27	\$93

Dog Services Unlimited Murdy Community Center

250504-1A	10 yrs + Th	7-8pm	4/30-6/11	\$93
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CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required. *No Class Dates: May-25*

Dog Services Unlimited Murdy Community Center

250506-1A	10 yrs + M	7:30-8:45pm	5/11-6/8	\$80
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FLYBALL DOG TRAINING 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 Dates: May-2, May-30*

Surf City Flyball Center Park-Slater/Golden West Street

250507-1A	18 yrs + Sa	9-10am	4/11-6/13	\$95
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FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: May-2, May-30*

Surf City Flyball Center Park-Slater/Golden West Street

250508-1A	18 yrs + Sa	10-11:30am	4/11-6/13	\$95
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EDUCATIONAL

E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling accounts, how to decide what to sell. Little known tips on setting up your auctions and stealth secrets for creating an eyeball-grabbing listing. Hand-outs will be given and CPU points are available. Instruction will be presented using Power Point and the Internet.

David Krueger Murdy Community Center

250606-1A	14 yrs + Tu	7-9pm	4/14-4/28	\$79
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ITALIAN: CONVERSATIONAL ITALIAN 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 and travel. It will meet once a week. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. *Ci vediamo! (see you soon!)*

Spectrum Languages Edison Community Center

250601-2A	18 yrs + Th	6:30-7:30pm	4/2-6/4	\$120
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ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended Conversation Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey into Italian and in the process you will have a lot of fun.

Spectrum Languages Edison Community Center

250603-2A	18 yrs + Th	7:30-8:30pm	4/2-6/4	\$120
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SPANISH FOR FUN & FOREVER-BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his or her message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 activity fee due at first class.

Murnez Blades Rodgers Seniors' Center

250604-5A	18 yrs + Th	3-4pm	3/26-5/7	\$94
250604-5B	18 yrs + Tu	6-7pm	3/24-5/5	\$94

SPANISH FOR FUN & 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.

Murnez Blades Rodgers Seniors' Center

250605-5A	18 yrs + Th	4:15-5:15pm	3/26-5/14	\$94
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YOUTH LEADERSHIP & PUBLIC SPEAKING "INFORMATIVE" SERIES

Learn to be a fearless communicator! Through hands-on activities and leadership roles, new and continuing students have fun learning to overcome stage fright, enhance their speech writing, presentation skills, and critical thinking. The workshop style provides one-on-one feedback in a comfortable atmosphere as students continue to progress through each season. \$5 materials fee due first day of class.

Young Ambassadors City Gym and Pool

250607-3A	10-14 yrs F	5:10-6:10pm	4/3-5/15	\$95
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HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture, and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, and your own exercise ball. Email info@hbspiates.com for more info. *No class date: May-25*

HB Pilates City Gym and Pool

250833-3A	16 yrs + W	11-11:30am	4/1-6/10	\$77
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HB Pilates Edison Community Center

250833-2B	16 yrs + F	11:30am-12pm	4/3-6/12	\$77
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HB Pilates Murdy Community Center

250833-1A	16 yrs + M	11:30am-12pm	3/30-6/8	\$69
250833-1B	16 yrs + W	6:30-7pm	4/1-6/10	\$77



CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$165. *No Class Dates: May-22, May-25*

Susan Hardy Murdy Community Center
250835-1A 13 yrs + M,W,F 9:15-10am 3/30-6/10 \$106

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.

Joanne Pridomirski Edison Community Center
250850-2A 13 yrs + Tu,Th 8:45-9:45am 3/31-6/11 \$79

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No Class Dates: May-22, May-25*

Susan Hardy Edison Community Center
250851-2A 13 yrs + M,W,F 5:15-6:15pm 3/30-6/10 \$111

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.

Phil Hart Rodgers Seniors' Center
250838-5A 40 yrs + W 6-7pm 4/29-6/10 \$95

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 Dates: May-25*

David Phears Rodgers Seniors' Center
250815-5A 18 yrs + M 9:30-10:30am 3/30-6/1 \$120

HB PILATES STROLLER WORKOUT CLASS

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Mom's and/or Dad's, join us for a one hour workout that will have you bonding with your babies while sculpting and tightening your entire body! Kids 0-4 welcome. 2 kids max. Bring stroller, water, snacks, and mat. Email info@hbpilates.com for questions.

HB Pilates Murdy Community Center
250825-1A 18 yrs + Tu 9-10am 3/31-6/9 \$143
250825-1B 18 yrs + Tu 9-10am 3/31-4/21 \$58
250825-1C 18 yrs + Tu 9-10am 4/28-5/19 \$58
250825-1D 18 yrs + Tu 9-10am 5/26-6/9 \$45

HB PILATES BOOT CAMP

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. X2 Days a week \$264, x3 days a week \$352. *No class Dates: May-25*

HB Pilates Edison Community Center
250839-2A 16 yrs + M 9-10am 3/30-6/8 \$130
250839-2B 16 yrs + W 9-10am 4/1-6/10 \$143
250839-2C 16 yrs + F 9-10am 4/3-6/12 \$143

HB Pilates Murdy Community Center
250839-1A 16 yrs + Th 9-10am 4/2-6/11 \$143

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Sign-up for **HEAD TO TOE WORKOUT** plus **CARDIO STEP FOR THE HEART** together for only \$165. *No Class Dates: May-22, May-25*

Susan Hardy Murdy Community Center
250841-1A 18 yrs + M,W,F 8:30-9:15am 3/30-6/10 \$106

JAZZERCISE

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Start dancing yourself fit and change the shape of your body today! Class meets Monday & Friday from 9-10am. *No Class Dates: May-25*

Erica Den Hartog City Gym and Pool
250853-3A 13 yrs + M,F 9-10:05am 3/30-6/5 \$68
250853-3B 13 yrs + M,F 9-10:05am 3/30-6/5 \$98

KICKBOXING AEROBICS

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

Julia Weber Murdy Community Center
250842-1A 13-90 yrs Tu 7-8pm 3/31-6/2 \$81

MELT METHOD HANDS & FEET SOFT MASSAGE

This class will focus on your hands and feet, and can be done sitting. Ease the aches and pains of arthritis, carpal tunnel, and plantar fasciitis by treating the inflammation with these simple self-care techniques with soft balls. Your entire body will feel better and function more efficiently. Please wear comfortable clothing and bring water. *No class Dates: May-26*

Niki Parker	Rodgers Seniors' Center				
250895-5A	18 yrs +	Th	12:15-1:15pm	4/2-4/30	\$30
250895-5B	18 yrs +	Tu	12:15-1:15pm	5/5-6/16	\$36

PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$16. Bring mat, towel, and water. *No Class Dates: May-25*

HB Pilates	City Gym and Pool				
250811-3A	16 yrs +	W	9-10am	4/1-6/10	\$132
250811-3B	16 yrs +	Th	6-7pm	4/2-6/11	\$132

HB Pilates	Edison Community Center				
250811-2A	16 yrs +	M	6:30-7:30pm	3/30-6/8	\$120
250811-2B	16 yrs +	Tu	9-10am	3/31-6/9	\$132
250811-2C	16 yrs +	F	10:30-11:30am	4/3-6/12	\$132

HB Pilates	Murdy Community Center				
250811-1A	16 yrs +	M	10:30-11:30am	3/30-6/8	\$120
250811-1B	16 yrs +	Tu	6-7pm	3/31-6/9	\$132
250811-1C	16 yrs +	Th	5-6pm	4/2-6/11	\$132
250811-1D	16 yrs +	Sa	9-10am	4/4-6/13	\$132

PILOXING®

From Hollywood to Huntington Beach! PILOXING® combines Boxing, Pilates and dance 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. Burn mega calories while having a blast! Drop-Ins: \$16. Bring mat, towel, water.

HB Pilates	Edison Community Center				
250843-2A	16 yrs +	Tu	10-11am	3/31-6/9	\$143

HB Pilates	Murdy Community Center				
250843-1A	16 yrs +	W	7-8pm	4/1-6/10	\$143
250843-1B	16 yrs +	Sa	10-11am	4/4-6/13	\$143

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 Dates: May-25*

HB Pilates	City Gym and Pool				
250855-3A	16 yrs +	W	10-11am	4/1-6/10	\$143
250855-3B	16 yrs +	W	5:15-6:15pm	4/1-6/10	\$143
250855-3C	16 yrs +	Th	7-8pm	4/2-6/11	\$143

HB Pilates	Edison Community Center				
250855-2A	16 yrs +	M	7:30-8:30pm	3/30-6/8	\$130

HB Pilates	Murdy Community Center				
250855-1A	16 yrs +	Tu	7-8pm	3/31-6/9	\$143

PILATES CHAIR

Pilates chair is designed for all ages and disability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Register for more than 1x per week and save. Additional guests/drop-ins welcome: \$16. *No class dates: May 25.*

HB Pilates	Rodgers Seniors' Center				
250879-5A	18+	M	12:30-1:30pm	3/30-6/8	\$110
250879-5B	18+	W	12:00-1:00pm	4/1-6/10	\$121
250879-5C	18+	F	12:30-1:30pm	4/3-6/12	\$121

PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth and after pregnancy 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. Drop-Ins: \$16. Please bring mat, towel, and water. Thursday is exclusively pre/postnatal classes. Tuesday is a fusion mat classes.

HB Pilates	Murdy Community Center				
250856-1A	18 yrs +	Tu	6-7pm	3/31-6/9	\$143
250856-1B	18 yrs +	Th	6-7pm	4/2-6/11	\$143
250856-1D	18 yrs +	Private Lesson	TBD	30 min lesson	\$45
250856-1E	18 yrs +	Private Lesson	TBD	1 hour lesson	\$75

PRIVATE PILATES/PERSONAL TRAINING

Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: May-25*

HB Pilates	All Community Center Locations				
250897-1A	16 yrs +	M-Sa	TBD	1 Session	\$75
250897-1B	16 yrs +	M-Sa	TBD	10 Sessions	\$700
250897-1C	16 yrs +	M-Sa	TBD	20 Sessions	\$1300

QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker	Murdy Community Center				
250864-1A	18 yrs +	W	6-7:15pm	4/1-5/13	\$49

SATURDAY AM CARDIO STEP

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 Dates: May-23*

Susan Hardy	Edison Community Center				
250846-2A	13 yrs +	Sa	9:15-10:15am	4/4-6/10	\$43

SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Georgia Spidle Lake Park Clubhouse, 1035 11th Street
250847-2A 18 yrs + M,W,F 9-10am 3/30-6/12 \$60

SENIOR CARDIOFIT

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

Marianne Grossman Rodgers Seniors' Center
254088-5A 55 yrs + Tu,F 9-9:45am 4/7-6/19 \$55

TAI CHI FOR WELLNESS

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.

Donald Walker Edison Community Center
250887-2A 18 yrs + M 1:30-2:45pm 3/30-5/11 \$49

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: May-25.

Elizabeth Pham Rodgers Seniors' Center
250881-5A 18+ M 6:45-8:15pm 4/6-6/15 \$55
250881-5B 18+ Th 9:00-10:30am 4/9-6/18 \$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. No Class Dates: May-25.

Shona Howe Rodgers Seniors' Center
250882-5A 18+ M 6:45-8:15pm 4/6-6/15 \$55
250882-5B 18+ Th 9:00-10:30am 4/9-6/18 \$55

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No Class Dates: May-25

Marianne Grossman Edison Community Center
250857-2A 18 yrs + Tu 5:30-6:30pm 4/7-6/16 \$71

Marianne Grossman Rodgers Seniors' Center
250857-5A 18 yrs + M 5:30-6:30pm 4/6-6/15 \$64

TOTAL BODY WORKOUT & CARDIO STEP

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. Low impact on floor for a total body 1 1/2 hour workout at one LOW PRICE. All fitness levels welcome. Bring mat and hand weights.

Susie Hardy Murdy Community Center
250886-1A 13 yrs + MWF 8:30-10am 3/30-6/10 \$128

UNLIMITED HB PILATES CLASS PASS

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 are available and some restrictions apply.

HB Pilates	All Community Center Locations		
250896-1A	16 yrs +	M-Sa 11 Weeks	3/30-6/13 \$399
250896-1B	16 yrs +	M-Sa 6 Weeks	3/30-5/9 \$239
250896-1C	16 yrs +	M-Sa 5 Weeks	5/11-6/13 \$199

WALKING: REJUVENATE YOUR STEP

Jumpstart your walking to look and feel younger. Revitalize your movement and balance so you can walk farther, faster while pain-free. Discover the latest scientific findings regarding how to walk easily and effortlessly while also learning mindful movement and posture skills derived from Tai Chi. Step right up!

Donald Walker Lake Park Clubhouse 1035 11th Street
250898-2A 18 yrs + Tu 1:30-2:45pm 4/14-5/12 \$49
250898-2B 18 yrs + Tu 6:30-7:45pm 4/14-5/12 \$49

CANDLELIGHT YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Denise Stanek HB Art Center
250865-4A 17 yrs + Tu 6:30-7:30pm 3/31-5/19 \$106/\$96

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No Class Dates: May-25

Yvonne Carmichael City Gym and Pool
250867-3A 16 yrs + M 10:30am-12pm 3/30-5/25 \$97

YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, "Yogatation" is for every level of practice and knowledge.

David Phears City Gym and Pool
250874-3A 16 yrs + Th 8:45-10am 4/2-6/4 \$125

YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath centered practice for overall well-being. Benefits include reduced pain & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.



Diane Pavesic

Edison Community Center

250868-2A	18 yrs +	W	4:30-5:30pm	4/8-5/27	\$64
250868-2B	18 yrs +	W	5:45-6:45pm	4/8-5/27	\$64
250868-2C	18 yrs +	W	7-8pm	4/8-5/27	\$64

YOGA: RODGERS SENIORS' CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.

Diane Pavesic

Rodgers Seniors' Center

250872-5A	18 yrs +	Th	10am-11pm	4/9-5/28	\$64
250872-5B	18 yrs +	Th	11am-12pm	4/9-5/28	\$64

CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500.

Diane Pavesic

Rodgers Seniors' Center

250866-5A	18 yrs +	M	10-11am	4/6-5/18	\$58
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YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates: May-25, May-26, May-27, May-29*

Jacki King-E-RYT

Murdy Community Center

250876-1F	18 yrs +	M	4:35-5:35pm	4/6-6/8	\$72
250876-1H	16 yrs +	W	4-5pm	4/8-6/10	\$72

Susan Holden

Murdy Community Center

250876-1A	18 yrs +	M	6-7pm	4/6-6/8	\$72
250876-1B	16 yrs +	M	7:15-8:15pm	4/6-6/8	\$72
250876-1C	16 yrs +	Tu	5:30-6:45pm	4/7-6/9	\$72
250876-1D	16 yrs +	F	4-5pm	4/10-6/12	\$72

Yvonne Carmichael Lake View Clubhouse 17461 Zeider Lane

250876-1E	16 yrs +	W	10:30am-12pm	3/25-5/27	\$97
250876-1G	16 yrs +	F	10:30am-12pm	3/27-5/29	\$97

YOGA: GENTLE THERAPEUTIC WITH A MALE FOCUS

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. Limited to 12 students for individual attention. Please bring a mat & blanket. *No Class Dates: Apr-4, May-2, May-23*

Help Your Health

Lake View Clubhouse 17461 Zeider Lane

250894-1A	18 yrs +	Sa	10-11am	3/28-5/30	\$76
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GENTLE YOGA: BUT NOT A BEGINNERS CLASS

This class is for the yoga student who has already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement with a therapeutic edge and not being asked to be a pretzel. Limited to 12 students with personalized attention Please bring mat and blanket. *No class dates: 4/21, 4/28*

Help Your Health

Marutani Dojo Cultural Center 18964 Brookhurst Street, Fountain Valley

250871-1A	18 yrs +	Tu	9-10:15am	3/24-5/26	\$128
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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.

SockhopFitness

Edison Community Center

250888-2A	18 yrs +	M	5:45-6:30pm	4/6-6/8	\$72
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ZUMBA STEP

Looking to strengthen and tone your legs and glutes? Well, step right up! Zumba Step combines the awesome toning and strengthening power of step aerobics, with the Zumba fitness-party workout atmosphere. Increase your cardio and calorie burning, while adding fun moves that define and sculpt your core and legs.

Joanne Pridomirski

Edison Community Center

250803-2A	13 yrs +	Tu,Th	10-10:50am	3/31-6/11	\$85
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ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 86! 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! Walk-ins welcome \$12.

SockhopFitness

Edison Community Center

250813-2A	6-86 yrs	W	5:45-6:30pm	4/8-6/10	\$68
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SockhopFitness

Rodgers Seniors' Center

250813-5A	6 yrs +	Tu	6-6:45pm	4/7-6/9	\$68
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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

250817-1A	16 yrs +	Tu	8:05-8:50am	4/7-6/9	\$72
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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. Walk-ins welcome \$12.

SockhopFitness		Edison Community Center		
250858-2A	18 yrs + W	6:35-7:20pm	4/8-6/10	\$72
SockhopFitness		Murdy Community Center		
250858-1A	16 yrs + W	6-6:45pm	4/8-6/10	\$72

ZUMBA GOLD AND GOLD TONING

Same fabulous music as regular Zumba Gold but at a teach-me-the-steps pace. This class won't wear you out but it will tone your muscles, increase your balance and flexibility, and put a smile on your face. Suggested: 1-2 lb. weights or Toning Sticks. *No Class Dates: May-25*

SockhopFitness		Rodgers Seniors' Center		
250859-5A	18 yrs + M	9-9:45am	4/6-6/8	\$72

MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$15.

Frances Cardinal		Rodgers Seniors' Center		
250904-5A	3 yrs + Tu	5-6pm	3/31-6/16	\$80
250904-5B	3 yrs + Th	5-6pm	4/2-6/18	\$80

KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks

Wadoryu USA		Edison Community Center		
250907-2A	16 yrs + Th	7-8:15pm	4/2-6/11	\$120

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.

Justin Betance		Murdy Community Center		
250905-1A	15 yrs + Th	7-8pm	4/2-6/6	\$155
	Sa	9-10am		

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$85, any 2 days \$144, all 3 days \$180.

Frances Cardinal		Rodgers Seniors' Center		
250901-5A	16 yrs + Tu	6:15-8pm	3/31-6/16	\$85
250901-5B	16 yrs + Th	6:15-8pm	4/2-6/18	\$85
250901-5C	16 yrs + Sa	10am-12pm	4/4-6/20	\$85

TAE KWON DO

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor. *No Class Dates: May-25*

Kiavash Tillehkoob		City Gym and Pool		
250906-3A	10-17 yrs M,W	6:30-7:15pm	3/30-6/8	\$198
250906-3B	10-17 yrs Tu,Th	6:30-7:15pm	3/31-6/9	\$198
250906-3C	10-17 yrs M,Tu	6:30-7:15pm	3/30-6/9	\$198
250906-3D	10-17 yrs W,Th	6:30-7:15pm	4/2-6/11	\$198
250906-3E	10-17 yrs M,Th	6:30-7:15pm	3/30-6/11	\$198
250906-3F	13 yrs + M	7:15-8pm	3/30-6/8	\$187
250906-3G	13 yrs + Tu	7:15-8pm	3/31-6/9	\$187
250906-3H	13 yrs + W	7:15-8pm	4/1-6/10	\$187
250906-3I	13 yrs + Th	7:15-8pm	4/2-6/11	\$187

MUSIC

GUITAR: STRUMMING AND SINGING

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

McGrath Music		Edison Community Center		
251002-2A	10 yrs + Tu	7-8pm	3/31-5/19	\$125

GUITAR: MORE STRUMMING AND SINGING

More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

McGrath Music		Edison Community Center		
251001-2A	10 yrs + Tu	8:15-9:15pm	3/31-5/19	\$125

BEGINNING UKULELE WITH TUPUA

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

Stephen Seanoa		Rodgers Seniors' Center		
215007-5A	18 yrs + 4/7-6/9	Tuesday	6:30-7:30pm	\$79

SPORTS

UKE PLAYERS ANONYMOUS-LEVEL 1

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due at first class. *No Class Dates: Apr-7, May-5*

Hoku Bray **Rodgers Seniors' Center**
251003-5A 18 yrs + Tu 9:30-10:30am 3/24-5/26 \$60

UKE PLAYERS ANONYMOUS-LEVEL II

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! \$5 materials fee due at first class. *No Class Dates: Apr-7, May-5*

Hoku Bray **Rodgers Seniors' Center**
251004-5A 18 yrs + Tu 10:45-11:45am 3/24-5/26 \$60

SPECIAL INTERESTS

BEGINNING BRIDGE

Spring into action. Register now to learn to play bridge. You have been thinking about it; now is the time. No partner needed. Once you learn you will wonder why you waited so long. Jump in and have fun with us!

Rita Spira **Rodgers Seniors' Center**
251102-5A 18 yrs + M 2-4pm 3/30-5/18 \$54

BRIDGE INTERMEDIATE 1

If you know the basics and want to improve your skills, this class is for you. Stayman, Jacoby, Weak2, Scoring, Negative Double- so much more. Great social experience. No partner required.

Rita Spira **Rodgers Seniors' Center**
251103-5A 18 yrs + Tu 2:30-4:30pm 3/31-5/19 \$54

CPR/AED FOR INFANTS, CHILDREN

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due at first class. Includes Heartsaver CPR book.

Megan Ameduri **Rodgers Seniors' Center**
251104-5A 16 yrs + Sa 9am-1pm 4/11 \$50
251104-5B 16 yrs + Sa 9am-1pm 5/2 \$50

Megan Ameduri **Murdy Community Center**
251104-1A 16 yrs + Sa 9am-1pm 6/13 \$50

FLY FISHING INTRODUCTORY CLASS

Learn how to fly fish in 2015! 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.

Charles Nelson **Rodgers Seniors' Center**
251106-5A 11 yrs + M 6-8:30pm 4/6-4/20 \$62

BEACH VOLLEYBALL: ADULT BEGINNERS AT BEACH BLVD

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts at Beach Blvd.

Beach Volleyball CA Inc **City Beach**
251313-2A 18 yrs + Sa 10:40am-12pm 4/25-6/13 \$120

BEACH VOLLEYBALL: ADULT INTERMEDIATE AT BEACH BLVD

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. This class meets on the beach courts at Beach Blvd.

Beach Volleyball CA Inc **City Beach**
251311-2A 18 yrs + Sa 12:30-2pm 4/25-6/13 \$120

BEACH VOLLEYBALL: ADULT BEGINNERS AT THE HB PIER

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the north side of the pier.

Beach Volleyball CA Inc **City Beach**
251314-2A 18 yrs + Tu 6:20-7:40pm 4/21-6/9 \$120

BEACH VOLLEYBALL: ADULT INTERMEDIATE AT THE HB PIER

This class is designed for individuals with playing experience who can serve, pass, set, and spike consistently. Sessions are structured around the development of a specific skill each week, then applying it in a game situation. Classes held north side of the pier.

Beach Volleyball CA Inc **City Beach**
251315-2A 18 yrs + Th 6:20-7:40pm 4/23-6/11 \$120

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.

The Rinks Westminster ICE **13071 Springdale, Westminster**
251312-1A 17 yrs + W 6:10-6:40pm 4/8-4/29 \$37
251312-1B 17 yrs + W 6:10-6:40pm 5/6-6/3 \$37



PICKLEBALL CLINIC: ADULT BEGINNING

Basic skills will be introduced: safety, etiquette, rules, scoring, underhand serve, forehand, backhand, volley, overhead, lobs and basic strategies. Once you have completed these courses, you will understand how to play Pickleball and can participate comfortably in beginning/intermediate games. The nets, paddles and balls are provided.

Diana Abruscato				Worthy Park	
251310-5A	14 yrs +	Th	6-8pm	4/9-5/14	\$116

VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills.

Matt Taylor Volleyball				City Gym and Pool	
BEGINNER/ LOW					
251309-3C	14 yrs +	Th	6:15-7:45pm	4/2-4/30	\$79
251309-3D	14 yrs +	Th	6:15-7:45pm	5/14-6/11	\$79

INTERMEDIATE

251309-3A	16 yrs +	Th	7:45-9:45pm	4/2-4/30	\$89
251309-3B	16 yrs +	Th	7:45-9:45pm	5/14-6/11	\$89

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday.



Joann DiGiovanni				City Gym and Pool	
251302-3A	18-80 yrs	Tu	9:30am-12:30pm	3/31-5/26	\$65
251302-3B	18-70 yrs	Th	9:30am-12:30pm	4/2-5/28	\$65
251302-3C	18-60 yrs	F	10:30am-12:30pm	4/3-5/29	\$89

SURF & SKATE

BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

HB Surf School				City Beach	
251402-2A	18 yrs +	Sa	9-10:30am	4/11-4/11	\$75
251402-2B	18 yrs +	Sa	9-10:30am	4/25-4/25	\$75
251402-2C	18 yrs +	Sa	9-10:30am	5/9-5/9	\$75
251402-2D	18 yrs +	Sa	9-10:30am	5/23-5/23	\$75
251402-2E	18 yrs +	Sa	9-10:30am	5/30-5/30	\$75
251402-2F	18 yrs +	Sa	9-10:30am	6/6-6/6	\$75
251402-2G	18 yrs +	Sa	9-10:30am	6/13-6/13	\$75
251402-2H	18 yrs +	Sa	9-10:30am	6/20-6/20	\$75

LEARN TO SURF

This is a 4 lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.hbsurfschool.com

HB Surf School				City Beach	
251403-2A	18 yrs +	Sa	9-10:30am	4/4-4/25	\$225
251403-2B	18 yrs +	Sa	9-10:30am	5/2-5/23	\$225
251403-2C	18 yrs +	Sa	9-10:30am	6/6-6/27	\$225

ADULT SPORTS LEAGUES

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 11, 2015 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/ evenings or Wednesday nights. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday and Thursday nights at Murdy Park. If you are interested call: 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, April 24, 2015.

Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2015 season will be available in July for the season starting in Mid-August, 2015.

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of April 6, 2015. Team registration costs are \$400 per 8 week season plus referee fees (\$20) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (www.huntingtonbeachca.gov) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be March 3, 2015. The deadline to turn in team registration to City Hall is March 30, 2015. A manager's meeting will be held prior to the start of the league on Wednesday, April 1, 2015 at 6:30pm.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League-28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Coed Rec League-28 & Over	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Summer 2015 season will be available in May, 2015 for the season starting in early to mid June, 2015.