

# TEEN/ADULT

## AQUATIC EXERCISE

### 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](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool		
250804-3A	16 yrs +	M	5:30-6:30pm	3/28-5/2	\$51
250804-3B	16 yrs +	M	5:30-6:30pm	5/9-6/20	\$51
250804-3C	16 yrs +	W	5:30-6:30pm	3/30-5/4	\$51
250804-3D	16 yrs +	W	5:30-6:30pm	5/11-6/22	\$57
250804-3E	16 yrs +	M,W	5:30-6:30pm	3/28-5/4	\$96
250804-3F	16 yrs +	M,W	5:30-6:30pm	5/9-6/22	\$104
250804-3G	16 yrs +	F	5:30-6:30pm	4/1-5/6	\$51
250804-3H	16 yrs +	F	5:30-6:30pm	5/13-6/24	\$57
250804-3I	16 yrs +	M,W,F	5:30-6:30pm	3/28-5/6	\$132
250804-3J	16 yrs +	M,W,F	5:30-6:30pm	5/9-6/24	\$146

### 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.

Debra Thurn			City Gym and Pool		
250805-3A	16 yrs +	M,W	1:15-2pm	4/4-4/27	\$70
250805-3B	16 yrs +	M,W	1:15-2pm	5/2-5/25	\$70
250805-3C	16 yrs +	M,W	1:15-2pm	6/6-6/29	\$70
250805-3D	16 yrs +	F	11-12pm	4/1-4/1	\$45
250805-3E	16 yrs +	F	11-12pm	5/6-5/6	\$45
250805-3F	16 yrs +	F	11-12pm	6/3-6/24	\$45

### AQUATIC EXERCISE: A1QUA 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.

Debra Thurn			City Gym and Pool		
250806-3A	16 yrs +	M,W,F	12:15-1:15pm	4/4-4/29	\$84
250806-3B	16 yrs +	M,W,F	12:15-1:15pm	5/2-5/27	\$84
250806-3C	16 yrs +	M,W,F	12:15-1:15pm	6/6-6/24	\$84
250806-3D	16 yrs +	M,W,F	12:15-1:15pm	4/4-4/29	\$84
250806-3E	16 yrs +	Tu,Th	12:30-1:30pm	5/3-5/26	\$55
250806-3F	16 yrs +	Tu,Th	12:30-1:30pm	6/7-6/30	\$55

### 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](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool		
250808-3A	16 yrs +	M	7-8am	3/28-5/2	\$51
250808-3B	16 yrs +	M	7-8am	5/9-6/20	\$51
250808-3C	16 yrs +	W	7-8am	3/30-5/4	\$51
250808-3D	16 yrs +	W	7-8am	5/11-6/22	\$63
250808-3E	16 yrs +	M,W	7-8am	3/28-5/4	\$96
250808-3F	16 yrs +	M,W	7-8am	5/9-6/22	\$104
250808-3G	16 yrs +	Tu,Th	7-8am	3/29-5/5	\$96
250808-3H	16 yrs +	Tu,Th	7-8am	5/10-6/23	\$104
250808-3I	16 yrs +	Tu,Th	8:20-9:20am	3/29-5/5	\$96
250808-3J	16 yrs +	Tu,Th	8:20-9:20am	5/10-6/23	\$104
250808-3K	16 yrs +	F	8:20-9:20am	4/1-5/6	\$51
250808-3L	16 yrs +	F	8:20-9:20am	5/13-6/24	\$58
250808-3M	16 yrs +	Sa	7-8am	4/2-5/7	\$51
250808-3N	16 yrs +	Sa	7-8am	5/14-6/25	\$58

### 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](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool		
250802-3A	16 yrs +	M	8:15-9:25am	3/28-5/2	\$63
250802-3B	16 yrs +	M	8:15-9:25am	5/9-6/20	\$63
250802-3C	13 yrs +	W	8:15-9:25am	3/30-5/4	\$63
250802-3D	13 yrs +	W	8:15-9:25am	5/11-6/22	\$73
250802-3E	13 yrs +	F	6:45-8am	4/1-5/6	\$63
250802-3F	13 yrs +	F	6:45-8am	5/13-6/24	\$73

### 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. H<sub>2</sub>O 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](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness			City Gym and Pool		
250821-3A	16 yrs +	F	9:30-10:15am	4/1-5/6	\$51
250821-3B	16 yrs +	F	9:30-10:15am	5/13-6/24	\$58



**Parks  
Make  
Life  
Better!**

Parks & Recreation  
Promote Good Health

## 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.

<b>Pati Kent</b>					<b>HB Art Center</b>
<b>250103-4A</b>	12 yrs +	Tu	2:45-4:15pm	4/5-5/3	\$114/103
<b>250103-4B</b>	12 yrs +	Tu	2:45-4:15pm	5/17-6/14	\$114/103

## ARTIST PRESENTATIONS

Kurt Weston (MFA) instructs this class and will assist emerging and established artists to clearly articulate their artistic intent. Artists will be instructed on writing effective artists statements, creating their own PowerPoint presentations and refining their oral presentation skills. Some computer skills and PowerPoint for Windows or Mac required.

<b>Kurt Weston</b>					<b>HB Art Center</b>
<b>250138-4A</b>	18 yrs+	Th	1-3pm	3/31-5/5	\$100/91

## CREATIVE WRITING

This workshop is for beginning writers of poetry, fiction, and creative nonfiction. We will read selections for each genre and practice writing using prompts. We will work together and thoughtfully read each others writing. This is a class for those interested in finding their voice on the page.

<b>Marty Salgado</b>					<b>HB Art Center</b>
<b>250144-4A</b>	12 yrs +	W	10am-12pm	4/6-5/25	\$126 /114

## 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.

<b>Kurt Weston</b>					<b>HB Art Center</b>
<b>250109-4A</b>	16 yrs +	F	3:30-5:30pm	4/1-5/6	\$100/91

## 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.

<b>Kurt Weston</b>					<b>HB Art Center</b>
<b>250110-4A</b>	16 yrs +	Sa	1-2:45pm	4/2-5/7	\$100/91

## DIGITAL PHOTOGRAPHY ADVANCED

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

<b>Kurt Weston</b>					<b>HB Art Center</b>
<b>250136-4A</b>	18 yrs+	F	1-3pm	4/1-5/6	\$100/91

## 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.

<b>Kurt Weston</b>					<b>HB Art Center</b>
<b>250132-4A</b>	18 yrs +	Sa	2:45-4:30pm	4/2-5/7	\$92/83

## GARDEN MOSAIC ON STONE

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on stone that is weather proof for home or garden. \$25 materials fee due to instructor on first day of class. *No Class* Dates: Apr-8

<b>Anne Marie Price</b>					<b>HB Art Center</b>
<b>250141-4A</b>	12 yrs +	F	3:30-5:30pm	4/1-4/29	\$125/113
<b>250141-4B</b>	12 yrs +	F	3:30-5:30pm	5/13-6/3	\$125/113

## HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$32 per painter-register in advance at [HBsands.org](http://HBsands.org).

<b>Pati Kent</b>					<b>City Gym and Pool</b>
<b>250143-3A</b>	18 yrs +	F	6-8pm	4/8	\$32
<b>250143-3B</b>	18 yrs +	F	6-8pm	5/13	\$32
<b>250143-3C</b>	18 yrs +	F	6-8pm	6/10	\$32
<b>Pati Kent</b>					<b>Murdy Community Center</b>
<b>250143-1A</b>	18 yrs +	F	6-8pm	4/22	\$32
<b>250143-1B</b>	18 yrs +	F	6-8pm	5/27	\$32
<b>250143-1C</b>	18 yrs +	F	6-8pm	6/24	\$32

## INTRO TO IMPROV

Gain self-confidence and overcome fear of standing in front of class, while learning more effective communication skills in a no pressure environment. Students will learn the basic rules, and philosophy of improvisation through games, drills and scenes.

<b>Brenda Glim</b>					<b>HB Art Center</b>
<b>250145-4A</b>	18 yrs +	W	1-3pm	3/30-5/18	\$125 /113

## INTRO/INTERMEDIATE ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique.

<b>Jose Loza</b>					<b>HB Art Center</b>
<b>250135-4A</b>	12 yrs +	Tu	5:45-7:45pm	3/29-6/7	\$116/105



Parks & Recreation  
Stimulate the Mind

## ILLUSTRATIVE WATERCOLOR

Explore inventive watercolor techniques used to create illustrations and fine art with an award-winning painter who's fluent in both adaptations. No experience necessary; some drawing ability useful. You will learn wash & gradient techniques, photo transfer, color layering, and much more. Materials list provided in advance on receipt.

**Moira Hahn** **HB Art Center**  
**250140-4A** 16 yrs + F 12:15-2:45pm 4/8-5/13 \$131/118

## INTRODUCTION TO WATERCOLOR

Enjoy learning basic watercolor techniques from a specialist, no prior experience necessary; some drawing ability useful. Projects will include observational studies, portraits, landscapes, and non-representational paintings, as time permits.

**Moira Hahn** **HB Art Center**  
**250142-4A** 16 yrs + Th 10am-12:30pm 4/7-5/12 \$131/118

## LANDSCAPE PAINTING IN OIL

This session one oil painting class uses the landscape to help students understand oil painting basics and develop their artistic abilities. Color mixing, relationships of dark and light, plus good composition are emphasized.

**Jim Ellsberry** **HB Art Center**  
**250114-4A** 18 yrs + W 9:30am-12pm 3/30-4/27 \$98/89  
**250114-4B** 18 yrs + W 9:30am-12pm 5/11-6/8 \$98/89

## METAL CLAY WORKSHOP

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 + Sa 1:30-3:30pm 5/14-6/18 \$122/110

## PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

**Marilyn Oropeza** **Rodgers Seniors' Center**  
**250115-5A** 18 yrs + Tu 8:30-11:30am 4/5-5/24 \$60

## 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 with be supplied.

**Diane Merrill** **HB Art Center**  
**250116-4A** 13 yrs + Tu 9:30am-12:30pm 3/29-4/26 \$88/80  
**250116-4B** 13 yrs + Tu 9:30am-12:30pm 5/10-6/7 \$88/80

## ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets 2nd & 4th Mondays of each month.

**Susan Turner** **Rodgers Seniors' Center**  
**251117-5A** 18 yrs + M 12:30-1:30pm 3/28-5/23 \$6

## COMPUTERS

### BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A \$5.00 suggested donation is due at the first class.

**RSC Volunteer** **Rodgers Seniors' Center**  
**250200-5A** 18 yrs + Tu 9-11:30am 4/5-4/26 \$15  
**250200-5B** 18 yrs + Tu 9-11:30am 5/3-5/24 \$15

### BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

**Joel Lander** **Rodgers Seniors' Center**  
**250202-5A** 18 yrs + Th 9am-12pm 5/19-5/19 \$38

### 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 + Th 2-5pm 4/28-4/28 \$38  
**250201-5B** 18 yrs + Sa 9am-12pm 5/21-5/21 \$38



**Parks  
Make  
Life  
Better!**

Parks & Recreation  
Spark Creativity

## INTRO TO WINDOWS 10

This is a 3-hour, starter workshop. Explore some new features in Windows 10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. **NOTE:** This class is for individuals with basic computer experience, not for beginners. *No Class Dates: Jul-4, Dec-25, Jan-1, Nov-11*

Joel Lander		Rodgers Seniors' Center			
250212-5A	18 yrs +	Sa	9am-12pm	4/16-4/16	\$38
250212-5B	18 yrs +	Sa	9am-12pm	5/7-5/7	\$38
250212-5C	18 yrs +	W	6-9pm	5/18-5/18	\$38
250212-5D	18 yrs +	Th	9am-12pm	5/26-5/26	\$38

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

RSC Volunteer		Rodgers Seniors' Center			
250209-5A	18 yrs +	W	9am-12pm	3/9-3/30	\$15
250209-5B	18 yrs +	W	9am-12pm	4/6-4/27	\$15
250209-5C	18 yrs +	W	9am-12pm	5/4-5/25	\$15

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7, or 8. Requires basic computer skills. Advanced registration strongly advised.

Joel Lander		Rodgers Seniors' Center			
250210-5A	18 yrs +	Th	2-5pm	4/7-4/14	\$66
250210-5B	18 yrs +	Th	2-5pm	5/5-5/12	\$66

## PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised. *No Class Dates: Apr-21*

Joel Lander		Rodgers Seniors' Center			
250214-5A	18 yrs +	Th	9am-12pm	4/7-4/28	\$72
250214-5B	18 yrs +	F	9am-12pm	5/13-5/27	\$72

## WINDOWS 7 MADE EASY

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

Joel Lander		Rodgers Seniors' Center			
250211-5A	18 yrs +	Th	9am-12pm	5/5-5/12	\$66

## INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identity safe online. This course is for beginners.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250216-5A	55 yrs +	M	9-11am	4/4-4/25	\$66
250216-5B	55 yrs+	M	9-11am	5/2-5/23	\$66

## PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250217-5A	55 yrs +	M	11:15am-12:15pm	4/4-4/25	\$46
250217-5B	55 yrs +	M	11:15am-12:15pm	5/2-5/23	\$46

## INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo, and you will know the latest on the do's and don'ts of Facebook.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250218-5A	55 yrs +	M	1:30-2:30pm	4/4-4/25	\$46
250218-5B	55 yrs +	M	1:30-2:30pm	5/2-5/23	\$46

## INTRODUCTION TO SMARTPHONES & TABLETS

This class will focus on how to set up and use your smartphones and tablets with apps that interest you. We will give you some tips and tricks on how to get the most out of your phone or tablet and help you fix some of the most common issues. Please bring your phone or tablet, fully charged.

Marga Rekers OCSeniors Club		Rodgers Seniors' Center			
250219-5A	18 yrs +	M	2:45-3:45pm	4/4-4/25	\$46
250219-5B	18 yrs +	M	2:45-3:45pm	5/2-5/23	\$46

## 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.

Rebecca Mejia		Murdy Community Center			
250301-1A	13 yrs +	Tu	6-8p	4/5-4/26	\$50
250301-1B	13yrs +	Tu	6-8p	5/3-5/24	\$50

### CAKE DECORATING: FLOWERS AND CAKE DESIGN

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

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

Register Online!  
[www.hbsands.org](http://www.hbsands.org)

## AMAZING PIZZA

It may be a takeout go to, but in this class you will learn to make different crusts from scratch, sauces, combinations of fresh ingredients, plus take home a packet of different recipes. Come hungry! \$15 materials fee due at first class

**April Berg** **Edison Community Center**  
**250305-2A** 18 yrs + Tu 6:15-9:15pm 4/12-4/12 \$35

## THE ART OF BBQ & SMOKING

All new BBQ class. We will be making different sauces, rubs, and learning how to BBQ and smoke a variety of different foods-just not meat. In your take home packet, you will get a lot of recipes for incredible sides. And of course we will be sampling everything. Come hungry! \$15 materials fee due at first class.

**April Berg** **Edison Community Center**  
**250308-2A** 18 yrs + Tu 6:15-9:15pm 5/24-5/24 \$35

## PICNIC IN STYLE

This isn't your everyday picnic of fried chicken, etc. We will be learning to prepare some premier dishes that will wow your friends and family either at the beach, outdoor concert, or wherever you go. We will be making appetizers, sides, main courses, and dessert and learn easy ways to transport. Come hungry! \$15 materials fee due at first class.

**April Berg** **Edison Community Center**  
**250306-2A** 18 yrs + Tu 6:15-9:15pm 6/14-6/14 \$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.

**Huntington Academy of Dance** **City Gym and Pool**  
**250442-3A** 13 yrs + M 7-8pm 4/4-6/20 \$115

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**250442-1A** 16 yrs + W 7:30-8:30pm 4/6-6/22 \$125

### BALLET/BALLET STRETCHING 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. Class held at Huntington Beach Academy of Dance 16601 Gothard Street, Suite A

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**250426-1A** 50yrs + M 12:30-1:30p 3/28-5/2 \$49  
**250426-1B** 50yrs + M 12:30-1:30p 5/9-6/20 \$49



### BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. No Partner needed.

**Kaylaa Fox** **Edison Community Center**  
**250407-2A** 16 yrs + M 7-7:45pm 3/28-4/18 \$49  
**250407-2B** 16 yrs + M 7-7:45pm 4/25-5/16 \$49

### DANCE: BRIDE AND GROOM'S FIRST DANCE

Bride and Groom will learn how to dance to their FIRST DANCE music. One class meeting for 1 hour. Great for Father Daughter dance and Mother Son dance too. Just bring your music choices.

**Kaylaa Fox** **Murdy Community Center**  
**250449-1A** 18 yrs + Th 6-7pm 3/31 \$25  
**250449-1B** 18 yrs + Th 6-7pm 4/28 \$25

### DANCE: COUNTRY LINE

Country line dance your way to the next night club, dance, or wedding. Learn easy, popular, step by step line dances taught by a patient instructor. This is a great way to have a good time while burning some calories.

**Kaylaa Fox** **Edison Community Center**  
**250413-2A** 16 yrs + W 7:30-8:15pm 3/30-4/20 \$49  
**250413-2B** 16 yrs + W 7:30-8:15pm 4/27-5/18 \$49

**Kaylaa Fox** **Murdy Community Center**  
**250413-1A** 16 yrs + Th 7-7:45pm 3/31-4/21 \$49  
**250413-1B** 16 yrs + Th 7-7:45pm 4/28-5/19 \$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.

**Kaylaa Fox** **Edison Community Center**  
**250415-2A** 16 yrs + W 8:15-9pm 3/30-4/20 \$49  
**250415-2B** 16 yrs + W 8:15-9pm 4/27-5/18 \$49

**Kaylaa Fox** **Murdy Community Center**  
**250415-1A** 16 yrs + Th 7:45-8:30pm 3/31-4/21 \$49  
**250415-1B** 16 yrs + Th 7:45-8:30pm 4/28-5/19 \$49

## DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class.

Kaylaa Fox	Edison Community Center			
250421-2A	16 yrs +	M	7:45-8:30pm	3/28-4/18 \$49
250421-2B	16 yrs +	M	7:45-8:30pm	4/25-5/16 \$49

Kaylaa Fox	Murdy Community Center			
250421-1A	16yrs +	Th	8:30-9:15pm	3/21-4/21 \$49
250421-1B	16yrs +	Th	8:30-9:15pm	4/28-5/19 \$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. HOSTED BY MICHAEL and OLIVIA LAI

Kaylaa Fox	Murdy Community Center			
250423-1A	16yrs +	Th	8:15-9:15p	3/31-4/21 \$40
250423-1B	16yrs +	Th	8:15-9:15p	4/28-5/19 \$40

## DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make you're dancing more enjoyable. No partner needed. HOSTED BY MICHAEL and OLIVIA LAI

Kaylaa Fox	Murdy Community Center			
250424-1A	16 yrs +	Th	7:15-8:15p	3/31-4/21 \$40
250424-1B	16 yrs +	Th	7:15-8:15p	4/28-5/19 \$40

## DANCE: SWING ADVANCED

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

Kaylaa Fox	Murdy Community Center			
250422-1A	16yrs +	Th	6:15-7:15p	3/31-4/21 \$40
250422-1B	16yrs +	Th	6:15-7:15p	4/28-5/19 \$40

## LINE DANCE FITNESS NEW BEGINNER

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.

Suzu Hazard	Rodgers Seniors' Center			
250419-5A	18 yrs +	F	3-4pm	4/1-5/27 \$49

## LINE DANCE FITNESS LEVEL 1

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

Suzu Hazard	Rodgers Seniors' Center			
250420-5A	18 yrs +	F	4-5pm	4/1-5/27 \$49



## LINE DANCE FITNESS: LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Suzu Hazard	Rodgers Seniors' Center			
250428-5A	18 yrs +	W	3-4:30pm	3/30-5/25 \$49

## 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.

Suzu Hazard	Rodgers Seniors' Center			
250433-5A	18 yrs +	M	3:15-4:45pm	3/28-5/23 \$49

## LINE DANCE FITNESS: 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.

Suzu Hazard	Rodgers Seniors' Center			
250434-5A	18 yrs +	W	1-2:30pm	3/30-5/25 \$49

## 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 +	TBA	TBA	TBA \$60

## 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 +	Tu	6:30-7:30pm	3/29-5/17 \$85
250440-5B	13 yrs +	Tu	6:30-7:30pm	5/12-5/24 \$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 5/3-5/10 \$28

### DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class, includes training manual.

**Dog Services Unlimited** **Murdy Community Center**  
**250502-1A** 10 yrs + M 6:30-7:30pm 4/11-5/16 \$84

### DOG TRAINING: BEGINNING DOG OBEDIENCE

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

**Dog Services Unlimited** **Edison Community Center**  
**250504-2A** 10 yrs + Tu 7:30-8:30pm 3/29-5/10 \$95

**Dog Services Unlimited** **Murdy Community Center**  
**250504-1A** 10 yrs + Th 7-8pm 4/28-6/9 \$95



### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

**Dog Services Unlimited** **Murdy Community Center**  
**250506-1A** 10 yrs + M 7:30-8:45pm 4/18-5/9 \$82

### 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 1:30-3pm 5/1 \$29

### 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-7, May-28*

**Surf City Flyball** **Central Park- Slater/Goldenwest Street**  
**250507-1A** 18 yrs + Sa 9-10am 4/9-6/11 \$95

### FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: May-7, May-28*

**Surf City Flyball** **Central Park- Slater/Goldenwest Street**  
**250508-1A** 18 yrs + Sa 10-11:30am 4/9-6/11 \$95

## EDUCATIONAL

### E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling account, 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 4/5-4/19 \$79

### 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 3/31-6/2 \$113

## ITALIAN: CONVERSATIONAL ITALIAN 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition, and again a focus of speaking in daily activities. The program is adjusted to the requests and abilities of the participants. Recommended for students with at least 10 hours of previous Italian learning. Grazie mille! (Thank you!).

**Spectrum Languages** Edison Community Center  
250603-2A 18 yrs + Th 7:30-8:30pm 3/31-6/2 \$113



## LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m.-12:00p.m.

**OC Learning Black History** Rodgers Seniors' Center  
250610-5A 8 yrs + Sa 10am-12pm 4/9-5/28 \$10

## 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 + Tu 6-7pm 4/12-5/24 \$94  
250604-5B 18 yrs + Th 3-4pm 4/14-5/26 \$94

## HEALTH & 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. \*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$140. No Class Dates: May-27, May-30

**Susan Hardy** Murdy Community Center  
250835-1A 13 yrs + M,W,F 9:15-10am 3/28-6/13 \$116

### CARDIO STRENGTH & STRENGTH TRAINING

Whether you are a beginner or advanced, see results faster! Join us for a mix of step cardiovascular training, low impact, core, and muscular strength training to blast calories and improve total health. Not able to do step or cardiovascular training? Sign up for 2B and join us for the muscular strength and endurance conditioning. Steps and hand-held weights provided. Please bring mat, towel, and water.

**Joanne Pridomirski** Edison Community Center  
250850-2A 13 yrs + Tu,Th 8:45-9:45am 3/29-6/9 \$79  
250850-2B 13 yrs + Tu,Th 9:15-9:45am 3/29-6/9 \$39

### 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-27, May-30

**Susan Hardy** Edison Community Center  
250851-2A 13 yrs + M,W,F 5:15-6:15pm 3/28-6/13 \$121

### 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 3/30-5/25 \$95

### HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. \*Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$140. No Class Dates: May-27, May-30

**Susan Hardy** Murdy Community Center  
250841-1A 13 yrs + M,W,F 8:30-9:15am 3/28-6/13 \$116

### HB PILATES: 5 CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, PILOXING, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: May-30

**HB Pilates** All Community Center Locations  
250611-1A 16 yrs + Attend any HB Pilates Classes 3/28-5/7 \$80  
250611-1B 16 yrs + Attend any HB Pilates Classes 5/9-6/11 \$80

### HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: May-30

**HB Pilates** All Community Center Locations  
250612-1A 16 yrs + Attend any HB Pilates Classes 3/28-5/7 \$160  
250612-1B 16 yrs + Attend any HB Pilates Classes 5/9-6/11 \$160

Register Online! [www.hbsands.org](http://www.hbsands.org)

## HB PILATES: 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, exercise ball (65cm), & grip socks. *No Class Dates: May-30*

HB Pilates		City Gym and Pool			
250833-3A	16 yrs + W 11-11:30am	3/30-5/4	\$51		
250833-3B	16 yrs + W 11-11:30am	5/11-6/8	\$43		

  

HB Pilates		Edison Community Center			
250833-2A	16 yrs + F 11:30am-12pm	4/1-5/6	\$51		
250833-2B	16 yrs + F 11:30am-12pm	5/13-6/10	\$43		

  

HB Pilates		Murdy Community Center			
250833-1A	16 yrs + M 11-11:30am	3/28-5/2	\$51		
250833-1B	16 yrs + M 11-11:30am	5/9-6/6	\$35		
250833-1C	16 yrs + W 6:30-7pm	3/30-5/4	\$51		
250833-1D	16 yrs + W 6:30-7pm	5/11-6/8	\$43		

## HB PILATES: LEAN AND FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and hand weights. All other equipment provided. *No Class Dates: May-30*

HB Pilates		Edison Community Center			
250839-2A	16 yrs + M 9-10am	3/28-5/2	\$81		
250839-2B	16 yrs + M 9-10am	5/9-6/6	\$56		
250839-2C	16 yrs + F 9-10am	4/1-5/6	\$81		
250839-2D	16 yrs + F 9-10am	5/13-6/10	\$68		

  

HB Pilates		Murdy Community Center			
250839-1A	16 yrs + Th 9-10am	3/31-5/5	\$81		
250839-1B	16 yrs + Th 9-10am	5/12-6/9	\$68		

## HB PILATES: PILOXING

PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$18. Bring mat, towel, grip socks, and water.

HB Pilates		Edison Community Center			
250843-2A	16 yrs + Tu 10-11am	3/29-5/3	\$81		
250843-2B	16 yrs + Tu 10-11am	5/10-6/7	\$68		

  

HB Pilates		City Gym and Pool			
250843-3A	16 yrs + Tu 7-8pm	3/29-5/3	\$81		
250843-3B	16 yrs + Tu 7-8pm	5/10-6/7	\$68		

  

HB Pilates		Murdy Community Center			
250843-1A	16 yrs + W 7-8pm	3/30-5/4	\$81		
250843-1B	16 yrs + W 7-8pm	5/11-6/8	\$68		

## HB PILATES: PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: May-30*

HB Pilates		City Gym and Pool			
250855-3A	16 yrs + W 10-11am	3/30-5/4	\$81		
250855-3B	16 yrs + Th 7-8pm	3/31-5/5	\$81		
250855-3C	16 yrs + W 10-11am	5/11-6/8	\$68		
250855-3D	16 yrs + Th 7-8 pm	5/12-6/9	\$68		

  

HB Pilates		Edison Community Center			
250855-2A	16 yrs + M 7:30-8:30pm	3/28-5/2	\$81		
250855-2B	16 yrs + M 7:30-8:30pm	5/9-6/6	\$56		
250855-2C	16 yrs + W 7-8pm	3/30-5/4	\$81		
250855-2D	16 yrs + W 7-8pm	5/11-6/8	\$68		

  

HB Pilates		Murdy Community Center			
250855-1A	16 yrs + Tu 7-8pm	3/29-5/3	\$81		
250855-1B	16 yrs + Tu 7-8pm	5/10-6/7	\$68		
250855-1C	16 yrs + Sa 10-11am	4/2-5/7	\$81		
250855-1D	16 yrs + Sa 10-11am	5/14-6/11	\$68		



## HB PILATES: 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: \$18. Please bring mat, towel, grip socks, and water.

HB Pilates				Murdy Community Center	
250856-1A	18 yrs +	Th	6-7pm	3/31-5/5	\$87
250856-1B	18 yrs +	Th	6-7pm	5/12-6/9	\$73
250856-1C	18 yrs +	Private Lesson	30 mins	3/31-6/9	\$46
250856-1D	18 yrs +	Private Lesson	1 hour	3/31-6/9	\$76

## HB 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: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: May-30

HB Pilates				City Gym and Pool	
250811-3A	16 yrs +	W	9-10am	3/30-5/4	\$75
250811-3B	16 yrs +	W	6-7pm	3/31-5/5	\$75
250811-3C	16 yrs +	W	9-10am	5/11-6/8	\$63
250811-3D	16 yrs +	Th	6-7pm	5/12-6/9	\$63

HB Pilates				Edison Community Center	
250811-2A	16 yrs +	M	6:30-7:30pm	3/28-5/2	\$75
250811-2B	16 yrs +	M	6:30-7:30pm	5/9-6/6	\$52
250811-2C	16 yrs +	Tu	9-10am	3/29-5/3	\$75
250811-2D	16 yrs +	Tu	9-10am	5/10-6/7	\$63
250811-2E	16 yrs +	W	6-7pm	3/30-5/4	\$75
250811-2F	16 yrs +	W	6-7pm	5/11-6/8	\$63
250811-2G	16 yrs +	F	10:30-11:30am	4/1-5/6	\$75
250811-2H	16 yrs +	F	10:30-11:30am	5/13-6/10	\$63

HB Pilates				Murdy Community Center	
250811-1A	16 yrs +	M	10-11am	3/28-5/2	\$75
250811-1B	16 yrs +	M	10-11am	5/9-6/6	\$52
250811-1C	16 yrs +	Tu	6-7pm	3/29-5/3	\$75
250811-1D	16 yrs +	Tu	6-7pm	5/10-6/7	\$63
250811-1E	16 yrs +	Th	5-6pm	3/31-5/5	\$75
250811-1F	16 yrs +	Th	5-6pm	5/12-6/9	\$63
250811-1G	16 yrs +	Sa	9-10am	4/2-5/7	\$75
250811-1H	16 yrs +	Sa	9-10am	5/14-6/11	\$63

## HB PILATES: CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. \*Please note classes will move to the Murdy center starting 5/9/16. Email info: [hb pilates.com](mailto:hb pilates.com) for questions. No Class Dates: May-30

HB Pilates				Murdy Community Center	
250879-1A	18 yrs +	M	12:30-1:30pm	5/9-6/6	\$48
250879-1B	18 yrs +	W	12-1pm	5/11-6/8	\$58
250879-1C	18 yrs +	F	12:30-1:30pm	5/13-6/10	\$58
250879-1D	18 yrs +	M,W,F	12:30-1:30pm	5/9-6/10	\$103
250879-1E	18 yrs +	M,W,F	12:30-1:30pm	5/9-6/10	\$115

HB Pilates				Rodgers Seniors' Center	
250879-5A	18 yrs +	M	12:30-1:30pm	3/28-5/2	\$69
250879-5B	18 yrs +	W	12:00-1:00 pm	3/30-5/4	\$69
250879-5C	18 yrs +	F	12:30-1:30 pm	4/1-5/6	\$69
250879-5D	18 yrs +	Any 2 days	TBA	3/28-5/6	\$123
250879-5E	18 yrs +	All 3 days	TBA	3/28-5/6	\$147

## HB PILATES: CHAIR- SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, this class will work on improving: strength, flexibility, posture, core strength, and an enhanced mind-body connection. Bring water and grip socks. \*Please note class will move to the Murdy center starting 5/9/16. No Class Dates: May-30

HB Pilates				Murdy Community Center	
250895-1A	18 yrs +	M	11:45am-12:30pm	5/9-6/6	\$40

HB Pilates				Rodgers Seniors' Center	
250895-5A	18 yrs +	M	11:45am-12:30pm	3/28-5/2	\$57

## HB PILATES: STROLLER WORKOUT

Calling all moms! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one hour workout at the beach that will sculpt and tighten your entire body while you are bonding with your babies and making new mom friends! Kids 0-4 welcome. 2 kids max. Bring stroller, mat, water, snacks. Meet us in front of Rodgers Senior Center! Email [info@hb pilates.com](mailto:info@hb pilates.com) for questions. \*\*New Location: Meet at Rodgers Seniors' Center Patio.

HB Pilates				Rodgers Seniors' Center	
250825-5A	18 yrs +	Tu	9-10am	3/29-5/3	\$81
250825-5B	18 yrs +	Th	9-10am	3/31-5/5	\$81
250825-5C	18 yrs +	Tu,Th	9-10am	3/29-5/5	\$123
250825-5D	18 yrs +	Tu	9-10am	5/10-6/7	\$68
250825-5E	18 yrs +	Th	9-10am	5/12-6/9	\$68
250825-5F	18 yrs +	Tu,Th	9-10am	5/10-6/9	\$103

## HB PILATES: PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. No Class Dates: May-30

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

## HB PILATES: UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hb pilates.com](mailto:info@hb pilates.com) for questions.

HB Pilates				All Community Center Locations	
250896-3A	16 yrs +	Attend any HB Pilates Classes	6 weeks	3/28-5/7	\$234
250896-3B	16 yrs +	Attend any HB Pilates Classes	5 weeks	5/9-6/11	\$195



Parks & Recreation  
Reduce Stress

## JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Sharkia'd-be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! Jazzercise is a calorie torching, hip swiveling, Shakira'd be proud dance party workout to put you to the test, with a hot playlist to distract you from the burn. INCINERATE up to 800 calories per hours. We will leave you breathless, toned, and coming back for more. Start working it...with Jazzercise!

<b>Erica Den Hartog</b>				<b>City Gym and Pool</b>	
<b>250853-3A</b>	13 yrs +	M,Tu,F	9-10am	3/14-6/10	\$68
<b>250853-3B</b>	13 yrs +	M,Tu,F	8-9am	3/14-6/10	\$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.

<b>Julia Weber</b>				<b>Murdy Community Center</b>	
<b>250842-1A</b>	14-70 yrs	Tu	7-8pm	3/29-5/31	\$89

## 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.

<b>David Phears</b>				<b>Rodgers Seniors' Center</b>	
<b>250815-5A</b>	18 yrs +	M	9:30-10:30am	3/14-5/16	\$125

## 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.

<b>Donald Walker</b>				<b>Murdy Community Center</b>	
<b>250864-1A</b>	18 yrs +	W	6-7:15pm	3/30-5/11	\$49

## 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!

<b>Marianne Grossman</b>				<b>Rodgers Seniors' Center</b>	
<b>250837-5A</b>	All	Tu,F	9-9:45am	3/29-5/27	\$49

## SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend! *No Class Dates: May-28*

<b>Susan Hardy</b>				<b>Edison Community Center</b>	
<b>250846-2A</b>	13 yrs +	Sa	9:15-10:15am	4/2-6/11	\$47

## 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.

<b>Georgia Spidle</b>				<b>Lake Park Clubhouse, 1035 11<sup>th</sup> Street</b>	
<b>250847-2A</b>	18 yrs +	M,W,F	9-10am	3/28-6/3	\$60

## TAI CHI CHUAN FOR BEGINNERS

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

<b>Elizabeth Pham</b>				<b>Rodgers Seniors' Center</b>	
<b>250881-5A</b>	18 yrs +	M	6:45-8:15pm	4/4-5/23	\$40
<b>250881-5B</b>	18 yrs +	Th	9-10:30am	4/7-5/26	\$40

## 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.

<b>Shona Howe</b>				<b>Rodgers Seniors' Center</b>	
<b>250882-5A</b>	18 yrs +	M	6:45-8:15pm	4/4-5/23	\$40
<b>250882-5B</b>	18 yrs +	Th	9-10:30am	4/7-5/26	\$40

## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength, and relax mentally and physically at deep levels. Wear comfortable clothing. Class material and DVD included \$20 payable to instructor at the first class. Check payable to Luh Arts/Bing Luh. FREE Demo on January 12 at 10am and January 13 at 6:30pm.

<b>Luh Arts</b>				<b>HB Art Center</b>	
<b>Free Demo</b>		Tu	10:15-11:30am	3/29	
<b>250884-4A</b>	16 yrs +	Tu	10:15-11:30am	4/5-5/24	\$109/99
<b>Free Demo</b>		W	6:30-7:45pm	3/30	
<b>250884-4B</b>	16 yrs +	W	6:30-7:45pm	4/6-5/25	\$109/99

## TAI CHI FOR WELLNESS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

<b>Donald Walker</b>				<b>Edison Community Center</b>	
<b>250887-2A</b>	18 yrs +	M	1-2:15pm	3/28-5/9	\$49

## TAI CHI FOR WELLNESS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free!

<b>Donald Walker</b>				<b>Edison Community Center</b>	
<b>250911-2A</b>	18 yrs +	M	2:30-3:45pm	3/28-5/9	\$49

## 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.

<b>Marianne Grossman</b>				<b>Edison Community Center</b>	
<b>250857-2A</b>	18 yrs +	Tu	5:30-6:30pm	3/29-6/7	\$71
<b>250857-5A</b>	18 yrs +	M	5:30-6:30pm	3/28-5/23	\$59

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: May-27, May-30*

**Susan Hardy** Murdy Community Center  
**250886-1A** 13 yrs + M,W,F 8:30-10am 3/28-6/13 \$140

## 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** Edison Community Center  
**250898-2A** 18 yrs + Tu 1:30-2:45pm 4/12-5/10 \$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 3/29-5/17 \$106/96

## 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. *No Class Dates: May-16*

**Diane Pavesic** Rodgers Seniors' Center  
**250866-5A** 18 yrs + M 10-11am 4/4-5/23 \$60  
**250866-5B** All M 11:15am-12:15pm 4/4-5/23 \$60

## YOGA: CITY GYM

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

**Yvonne Carmichael** City Gym and Pool  
**250867-3A** 16 yrs + M 10:30am-12pm 3/28-5/23 \$97

## 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. *No Class Dates: May-11*

**Diane Pavesic** Edison Community Center  
**250868-2A** 18 yrs + W 4:30-5:30pm 4/6-5/25 \$60  
**250868-2B** 18 yrs + W 5:45-6:45pm 4/6-5/25 \$60  
**250868-2C** 18 yrs + W 7-8pm 4/6-5/25 \$60

## 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: Apr-25, Apr-26, Apr-27, Apr-29, May-30, May-31, Jun-1, Jun-3*

**Jacki King- RYT, CRT** Murdy Community Center  
**250876-1F** 18 yrs + M 4:35-5:35pm 4/4-6/13 \$74  
**250876-1H** 18 yrs + W 4-5pm 4/6-6/15 \$74

**Susan Holden** Murdy Community Center  
**250876-1A** 16 yrs + M 6-7pm 4/4-6/13 \$74  
**250876-1B** 16 yrs + M 7:15-8:15pm 4/4-6/13 \$74  
**250876-1C** 16 yrs + Tu 5:30-6:45pm 4/5-6/14 \$74  
**250876-1D** 16 yrs + F 4-5pm 4/8-6/17 \$74

**Yvonne Carmichael** Lake View Clubhouse, 17461 Zeider Lane  
**250876-1E** 16 yrs + W 10:30am-12pm 3/30-6/1 \$97  
**250876-1G** 16 yrs + F 10:30am-12pm 4/1-6/3 \$97

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: May-12*

**Diane Pavesic** Rodgers Seniors' Center  
**250872-5A** 18 yrs + Th 10am-11pm 4/7-5/26 \$60  
**250872-5B** 18 yrs + Th 11am-12pm 4/7-5/26 \$60

## YOGATATION

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

**David Phears** City Gym and Pool  
**250874-3A** 16 yrs + Th 9-10am 3/17-5/19 \$125

## YOGA: MEDITATION ONLY

Studies using magnetic resonance imaging (MRI) of the brain show that meditation protects the brain from the decline in gray matter volume as we age. In other words, meditation could protect your brain from shrinking as you get older. It also lowers blood pressure, leads to deeper relaxation and less stress, eases headaches, and many other benefits. Chairs will be provided. You may bring a large towel to place on the chair for comfort. Wear comfortable clothing. *No Class Dates: Apr-27*

**Jacki King- RYT, CRT** Murdy Community Center  
**250912-1A** 18 yrs + W 5:20-6pm 4/13-5/25 \$55

## ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

**SockhopFitness** **Edison Community Center**  
**250858-2A** 18 yrs + W 6:30-7:15pm 4/6-6/8 \$65

## BEGINNING ZUMBA GOLD

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.

**SockhopFitness** **Rodgers Seniors' Center**  
**250859-5A** 18 yrs + Sa 9:15-10am 4/9-5/28 \$52

## ZUMBA AGES 6 TO 96

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

**SockhopFitness** **Murdy Community Center**  
**250813-1A** 6yrs + Tu 8:05-8:50am 4/5-6/7 \$65

**Sochop Fitness** **Rodgers Seniors' Center**  
**250813-5A** 6yrs+ Tu 6-6:45pm 4/5 - 5/24 \$52

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

**SockhopFitness** **Edison Community Center**  
**250888-2A** 18 yrs + M 6-6:45pm 4/4-6/6 \$58



## ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Monday class meets from 6:00-6:45pm. Wednesday class meets from 6:30-7:15pm.

**SockhopFitness** **Edison Community Center**  
**250827-2A** 16 yrs + M 6-6:45pm 4/4-6/8 \$110  
 W 6:30-7:15pm

## MARTIAL ARTS

### FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$35.

**Frances Cardinal** **Rodgers Seniors' Center**  
**250904-5A** 3 yrs + Tu 5-6pm 3/29-5/24 \$80  
**250904-5B** 3 yrs + Th 5-6pm 3/31-5/26 \$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** 18 yrs + Th 7-8:15pm 3/31-6/9 \$120

### MARTIAL ARTS FOR ADULTS

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

**Frances Cardinal** **Rodgers Seniors' Center**  
**250901-5A** 16 yrs + Tu 6:15-7:45pm 3/29-5/24 \$85  
**250901-5B** 16 yrs + Th 6:15-7:45pm 3/31-5/26 \$85  
**250901-5C** 16 yrs + Sa 10am-12pm 4/2-5/28 \$85

### TAE KWON DO

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

**Kiavash Tillehkoob** **City Gym and Pool**  
**250906-3A** 10-17 yrs M 7:15-8pm 3/28-6/6 \$187  
**250906-3B** 10-17 yrs Tu 7:15-8pm 3/29-6/7 \$187  
**250906-3C** 10-17 yrs W 7:15-8pm 4/6-6/8 \$187  
**250906-3D** 10-17 yrs Th 7:15-8pm 4/7-6/9 \$187  
**250906-3E** 10-17 yrs M,Th 6:30-7:15pm 3/28-6/9 \$198  
**250906-3F** 13yrs+ M 7:15-8pm 3/30-6/8 \$187

## MUSIC

### GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

#### The RockBand Experience

<b>251008-4A</b>	13-99 yrs	Th	4:30-5:30pm	4/7-4/28	\$81/73
<b>251008-4B</b>	13-99 yrs	Th	4:30-5:30pm	5/5-5/26	\$81/73
<b>251008-4C</b>	13-99 yrs	Th	4:30-5:30pm	6/2-6/16	\$62/56

#### HB Art Center

### 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

<b>251002-2A</b>	10 yrs +	Tu	7-8pm	3/29-5/17	\$125
------------------	----------	----	-------	-----------	-------

#### Edison Community Center

### GUITAR: MORE STRUMMING AND SINGING

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

#### McGrath Music

<b>251001-2A</b>	10 yrs +	Tu	8:10-9:10pm	3/29-5/17	\$125
------------------	----------	----	-------------	-----------	-------

#### Edison Community Center

### 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-5, May-3*

#### Guava Groove

<b>251003-5A</b>	18 yrs +	Tu	9:30-10:30am	3/22-5/24	\$70
------------------	----------	----	--------------	-----------	------

#### Rodgers Seniors' Center

### UKE PLAYERS ANONYMOUS-LEVEL II

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! A \$5 materials fee is due at first class. *No Class Dates: Apr-5, May-3*

#### Guava Groove

<b>251004-5A</b>	18 yrs +	Tu	10:45-11:45am	3/22-5/24	\$70
------------------	----------	----	---------------	-----------	------

#### Rodgers Seniors' Center

## SPECIAL INTERESTS

### BEGINNING BRIDGE

Bridge! More than just a card game. Working with a partner you learn various techniques to improve your skills. Called party bridge, it is done in a friendly atmosphere; a social game played with others that have a like interest. Join us. You don't need a partner to join. Have fun!

#### Rita Spira

<b>251102-5A</b>	18 yrs +	M	2-4pm	3/28-5/16	\$58
<b>251102-5B</b>	18 yrs +	W	6:30-8:30pm	3/30-5/18	\$58

#### Rodgers Seniors' Center

### BRIDGE INTERMEDIATE

Once you are comfortable with the basics, it's time to move to the next level. The intermediate might be just perfect for you! Learn Stayman, Jacoby Transfer, Weak two's, Negative Double, Rule of 20, more. You don't need a partner to participate. Expand your knowledge. Meet new friends.

#### Rita Spira

<b>251103-5A</b>	18 yrs +	Tu	2:30-4:30pm	3/29-5/17	\$58
------------------	----------	----	-------------	-----------	------

#### Rodgers Seniors' Center

### PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

#### Recreation Staff

<b>251108-5A</b>	18 yrs +	F	1-4pm	4/1-4/29	\$10
<b>251108-5B</b>	18 yrs +	F	1-4pm	5/6-5/27	\$8

#### Rodgers Seniors' Center

### 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 class. Includes Heartsaver CPR book.

#### OC-CPR.NET

<b>251104-1A</b>	16 yrs +	Sa	9am-1pm	5/21	\$45
------------------	----------	----	---------	------	------

#### Murdy Community Center

#### OC-CPR.NET

<b>251104-5A</b>	16 yrs +	Sa	9am-2pm	4/2	\$45
------------------	----------	----	---------	-----	------

#### Rodgers Seniors' Center

### CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

#### RSC Volunteer

<b>251114-5A</b>	18 yrs +	W	10:30-11:30am	3/30-5/18	\$6
------------------	----------	---	---------------	-----------	-----

#### Rodgers Seniors' Center

### MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at Rodgers Senior Center. Class meets the 2nd and 4th Wednesday of each month.

#### RSC Volunteer

<b>251113-5A</b>	18 yrs +	W	10:30-11:30am	4/13-5/25	\$6
------------------	----------	---	---------------	-----------	-----

#### Rodgers Seniors' Center

Register Online!  
[www.hbsands.org](http://www.hbsands.org)

**ADULT ICE SKATING CLASS**

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.

<b>The Rinks Westminster ICE</b>		<b>13071 Springdale, Westminster</b>		
<b>251312-1A</b>	17 yrs + W	6:10-6:40pm	3/30-4/20	\$37
<b>251312-1B</b>	17 yrs + W	6:10-6:40pm	4/27-5/18	\$37

**PICKLEBALL: ADULT BEGINNING**

Pickleball class is for anyone with little to no experience playing pickleball. 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.

<b>Diana Abruscato</b>		<b>Worthy Park</b>		
<b>251310-5A</b>	14 yrs + Th	6-8pm	4/21-5/26	\$116

**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. Classes held on the courts at 14th street. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com).

<b>Beach Volleyball CA Inc</b>		<b>City Beach</b>		
<b>251313-2A</b>	18 yrs + Tu	6:20-7:40pm	4/5-6/7	\$150
<b>251313-2B</b>	18 yrs + Sa	10:40am-12pm	4/9-6/11	\$150

**CALIFORNIA FOOTVOLLEY**

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week.

<b>California Footvolley</b>		<b>15th Street and PCH</b>		
<b>251320-3A</b>	18 yrs + Tu	9-10:30am	3/29-5/31	\$120
<b>251320-3B</b>	18 yrs + F	9am-10:30am	4/1-6/3	\$120
<b>251320-3C</b>	12 yrs + Tu	4-5:30pm	3/29-5/31	\$120
<b>251320-3D</b>	12 yrs + F	4-5:30pm	4/1-6/3	\$120

**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. This class meets on the beach courts at 14th street. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com).

<b>Beach Volleyball CA Inc</b>		<b>City Beach</b>		
<b>251311-2A</b>	18 yrs + Th	6:20-7:40pm	4/7-6/9	\$150
<b>251311-2B</b>	18 yrs + Sa	12:30-2pm	4/9-6/11	\$150

**BEACH VOLLEYBALL:****ADULT 2-A-SIDE BEACH VOLLEYBALL LEAGUE**

Sign up for the Golden Coast Volleyball 2-A-Side beach volleyball league, held at the courts at 14th street. After an initial seeding night, teams will compete in a ladder-style competition. Teammates wanting to play together sign up separately. Individuals who sign up will be placed with other solo registrants for games. Prizes will be awarded to the winners on the last night. Visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com) for more details.

<b>Beach Volleyball CA Inc</b>		<b>City Beach</b>		
<b>251319-2A</b>	18 yrs + Su	3-4pm	4/10-6/12	\$150

**WOMEN'S VOLLEYBALL**

Tuesday is Intermediate players only-if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only-Drills Class & Thursday is Advanced Only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. 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, Wednesday & Thursday, but in-person only for Friday.

<b>Joann DiGiovanni</b>		<b>City Gym and Pool</b>		
<b>251302-3A</b>	18-80 yrs Tu	9:30am-12:30pm	3/22-4/19	\$35
<b>251302-3B</b>	18-70 yrs Tu	9:30am-12:30pm	4/26-5/24	\$35
<b>251302-3C</b>	18-65 yrs F	10:30am-12:30pm	3/25-4/22	\$40
<b>251302-3D</b>	18-65 yrs F	10:30am-12:30pm	4/29-6/17	\$60
<b>251302-3E</b>	18-75 yrs Th	9:30-12:30pm	3/24-4/21	\$35
<b>251302-3F</b>	18-75 yrs Th	9:30-12:30pm	4/28-5/26	\$35

**VOLLEYBALL: ADULT INDOOR CLINIC**

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. \*8 classes plus 2 free classes to be used as make-up or additional sessions.

<b>Matt Taylor Volleyball</b>		<b>City Gym and Pool</b>		
<b>251309-3A</b>	14 yrs + Th	6:15-7:45pm	3/31-6/2	\$129
<b>251309-3B</b>	16 yrs + Th	7:45-9:15pm	3/31-6/2	\$129

**VOLLEYBALL: WOMEN'S ADVANCED**

Tuesday is Intermediate players only-if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only-Drills Class & Thursday is Advanced Only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. 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, Wednesday & Thursday, but in-person only for Friday.



<b>Joann DiGiovanni</b>		<b>City Gym and Pool</b>		
<b>251318-3A</b>	18 yrs + W	10am-12pm	3/23-4/20	\$30
<b>251318-3B</b>	18 yrs + W	10am-12pm	4/27-5/25	\$30

## 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.

[HBSurfSchool.com](http://HBSurfSchool.com).

#### HB Surf School

					City Beach
251402-2A	18 yrs +	Sa	9-10:30am	4/9-4/9	\$75
251402-2B	18 yrs +	Sa	9-10:30am	4/23-4/23	\$75
251402-2C	18 yrs +	Sa	9-10:30am	5/7-5/7	\$75
251402-2D	18 yrs +	Sa	9-10:30am	5/21-5/21	\$75
251402-2E	18 yrs +	Sa	9-10:30am	5/28-5/28	\$75
251402-2F	18 yrs +	Sa	9-10:30am	6/4-6/4	\$75
251402-2G	18 yrs +	Sa	9-10:30am	6/11-6/11	\$75
251402-2H	18 yrs +	Sa	9-10:30am	6/18-6/18	\$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. [HBSurfSchool.com](http://HBSurfSchool.com).

#### HB Surf School

					City Beach
251403-2A	18 yrs +	Sa	9-10:30am	4/2-4/23	\$225
251403-2B	18 yrs +	Sa	9-10:30am	5/7-5/28	\$225
251403-2C	18 yrs +	Sa	9-10:30am	6/4-6/25	\$225

See page 2 for a list of  
***SURF SCHOOLS***



## ADULT SPORTS LEAGUES

### 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 4, 2016. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website ([surfcity-hb.org](http://surfcity-hb.org)) 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 1, 2016. The deadline to turn in team registration to City Hall is March 28, 2016. A manager's meeting will be held prior to the start of the league on Wednesday, March 30, 2016 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 Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Summer 2016 season will be available in May, 2016 for the season starting in early to mid June, 2016.

## 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 9, 2016 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 \$420.00 plus the \$15.00 per game official's fee. The official's 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 \$15.00 per game official's fee.

Deadline for registration is Friday, April 22, 2016. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2016 season will be available in July for the season starting in Mid-August, 2016.

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**