

TEEN/ADULT

AQUATIC EXERCISE

AQUA CORE

This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment.

Aqua Therapy & Fitness-Debra Thurn **City Gym and Pool**
350807-3A 16 yrs + F 10:45-11:15am 6/26-9/4 \$74

AQUA FIT

The perfect aquatic workout after work. Interval training in both deep and shallow water maximize your workout. Aqua paddles are available as well as Aqua-logix equipment. So come have fun and start the weekend right!

Aqua Therapy & Fitness-Debra Thurn **City Gym and Pool**
350800-3A 16 yrs + F 6:45-7:45pm 6/26-9/4 \$86

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.

Aqua Tone Fitness- Dawnette Lowry **City Gym and Pool**
350802-3A 16 yrs + M 8:15-9:25am 6/22-8/31 \$100
350802-3B 16 yrs + W 8:15-9:25am 6/24-9/2 \$100
350802-3C 13 yrs + F 6:45-8am 6/26-9/4 \$100

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.

Aqua Tone Fitness- Dawnette Lowry **City Gym and Pool**
350804-3A 16 yrs + M 5:30-6:30pm 6/22-8/31 \$83
350804-3B 16 yrs + W 5:30-6:30pm 6/24-9/2 \$83
350804-3C 16 yrs + M,W 5:30-6:30pm 6/22-9/2 \$165
350804-3D 16 yrs + M,W,F 5:30-6:30pm 6/22-9/4 \$239
350804-3E 16 yrs + F 5:30-6:30pm 6/26-9/4 \$83

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.

Aqua Therapy & Fitness-Debra Thurn **City Gym and Pool**
350805-3A 16 yrs + M,W 1:15-2pm 6/22-7/29 \$94
350805-3B 16 yrs + M,W 1:15-2pm 8/3-9/2 \$86
350805-3C 16 yrs + F 11:15am-12:15pm 6/26-9/4 \$94

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery.

Aqua Therapy & Fitness-Debra Thurn **City Gym and Pool**
350806-3A 16 yrs + M,W,F 12:15-1:15pm 6/22-7/31 \$107
350806-3B 16 yrs + M,W,F 12:15-1:15pm 8/3-9/4 \$113
350806-3C 16 yrs + Tu,Th 12:30-1:30pm 6/23-7/30 \$74
350806-3D 16 yrs + Tu,Th 12:30-1:30pm 8/4-9/3 \$79

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.

Aqua Tone Fitness-Dawnette Lowry **City Gym and Pool**
350808-3A 16 yrs + M 7-8am 6/22-8/31 \$83
350808-3B 16 yrs + W 7-8am 6/24-9/2 \$83
350808-3C 16 yrs + M,W 7-8am 6/22-9/2 \$165
350808-3D 16 yrs + Tu,Th 7-8am 6/23-9/3 \$165
350808-3E 16 yrs + Tu,Th 8:20-9:20am 6/23-9/3 \$165
350808-3F 16 yrs + F 8:20-9:20am 6/26-9/4 \$83
350808-3G 16 yrs + Sa 7-8am 6/27-9/5 \$83

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**
350821-3A 16 yrs + F 9:30-10:15am 6/26-9/4 \$83

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.

Pati Kent **HB Art Center**
350103-4A 12 yrs + Tu 2:30-4pm 8/4-9/1 \$95/86

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. Demonstrations will be given periodically through the course. Materials list will be supplied by instructor at first class. Materials for first class will be supplied by instructor.

Diane Merrill **HB Art Center**
350117-4A 13 yrs + Th 9:30am-12:30pm 7/30-9/3 \$136/123



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
350108-4A 18 yrs+ Th 6-7:30pm 6/25-7/23 \$115/104
350108-4B 18 yrs+ Th 6-7:30pm 7/30-8/27 \$115/104

DIGITAL PHOTOGRAPHY BEGINNING

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

Kurt Weston HB Art Center
350109-4A 16 yrs + F 3:30-5:30pm 8/7-9/11 \$97/88

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
350110-4A 16 yrs + F 1-3pm 8/7-9/11 \$97/88
350110-4B 16 yrs + Sa 1-3pm 8/8-9/12 \$97/88

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
350132-4A 16 yrs + Sa 3-4:30pm 8/8-9/12 \$91/82

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.

Pati Kent HB Art Center
350111-4A 12 yrs + Tu 6-7:30pm 8/4-9/1 \$95/86

DRAWING & PAINTING ON LOCATION

This unique class is only offered in the Summer. We meet at the Huntington Beach Art Center for the first night of class for a lesson and maps will be given. Each week students meet at a new location to draw and paint. Bring materials first day. Suggested materials list.

Pati Kent HB Art Center
350134-4A 12 yrs + Tu 6-8pm 6/23-7/21 \$95/86

INTRO TO ACRYLIC PAINTING

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

Jose Loza HB Art Center
350135-4A 12 yrs + W 5:45-7:30pm 7/29-8/26 \$101/91

LANDSCAPE PAINTING IN OIL

This beginning oil painting class uses the landscape to help you develop and strengthen your artistic abilities. Color mixing, relationships of dark and light, plus good composition are emphasized. The goal of this class is to help you see and interpret the landscape as shape, form, and color.

Jim Ellsberry HB Art Center
350114-4A 18 yrs + W 9:30am-12:30pm 7/29-9/2 \$104/94

METAL CLAY WORKSHOP

Metal Clay Workshop is open to all levels of metal clay artists. Whether you have never opened a packet of metal clay or are an experienced clayer, come play in this summer's workshop. You can learn to create a metal clay pendant using your own design or tackle a more challenging project like a ring.

Laura Moore HB Art Center
350129-4A 17 yrs + W 5:30-7:30pm 7/29-9/2 \$136/123

PAINTING AND DRAWING

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

Marilyn Oropeza Rodgers Seniors' Center
350115-5A 18 yrs + Tu 8:30-11:30am 6/23-7/28 \$50
350115-5B 18 yrs + Tu 8:30-11:30am 8/4-9/8 \$50

WATERCOLOR PAINTING

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

Diane Merrill HB Art Center
350116-4A 13 yrs + Tu 9:30am-12:30pm 7/28-9/1 \$136/123



Parks and Recreation
build family unity

COMPUTERS

BASICS FOR PORTABLE ELECTRONIC DEVICES

A primer for your portable electronic devices. Learn to navigate and use that new laptop, notebook, smartphone or other portable device. We'll cover operating systems for Apple, Windows, Android, and more. Get answers to BASIC navigation on the equipment you bring to class. Ask questions, experiment, learn tricks, share and discover.

RSC Volunteer		Rodgers Seniors' Center			
350206-5A	50+ W	4-5:30pm	6/10	\$6	
350206-5B	50+ W	4-5:30pm	6/24	\$6	
350206-5C	50+ W	4-5:30pm	7/8	\$6	
350206-5D	50+ W	4-5:30pm	7/22	\$6	
350206-5E	50+ W	4-5:30pm	8/12	\$6	
350206-5F	50+ W	4-5:30pm	8/26	\$6	

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			
350200-5A	18 yrs + Tu	9-11:30am	7/7-7/28	\$15	
350200-5B	18 yrs + Tu	9-11:30am	8/4-8/25	\$15	
350200-5C	18 yrs + Tu	9-11:30am	9/1-9/22	\$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			
350202-5A	18 yrs + Sa	9am-12pm	8/15-8/15	\$38	

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			
350606-1A	14 yrs + Tu	7-9pm	7/7-7/21	\$79	

ESSENTIAL COMPUTER SKILLS

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

Joel Lander		Rodgers Seniors' Center			
350205-5A	18 yrs + F	9am-12pm	7/10-7/24	\$72	
350205-5B	18 yrs + F	9am-12pm	9/4-9/18	\$72	

FUN WITH CRAIGSLIST

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

Joel Lander		Rodgers Seniors' Center			
350201-5A	18 yrs + Sa	9am-12pm	9/12-9/12	\$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			
350209-5A	18 yrs + W	9am-12pm	7/8-7/29	\$15	
350209-5B	18 yrs + W	9am-12pm	8/5-8/26	\$15	
350209-5C	18 yrs + W	9am-12pm	9/9-9/30	\$15	

ORGANIZE YOUR COMPUTER

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			
350210-5A	18 yrs + Th	2-5pm	8/6-8/13	\$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.

Joel Lander		Rodgers Seniors' Center			
350214-5A	18 yrs + Th	9am-12pm	8/6-8/20	\$72	

WINDOWS 7 MADE EASY

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

Joel Lander		Rodgers Seniors' Center			
350211-5A	18 yrs + Th	9am-12pm	7/9-7/16	\$66	
350211-5B	18 yrs + Th	9am-12pm	9/3-9/10	\$66	

WINDOWS 8 & 10

This is a 3-hour, starter workshop. Explore some new features in Windows 8/10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. NOTE: This class is for individuals with basic computer experience, not for beginners.

Joel Lander		Rodgers Seniors' Center			
350212-5A	18 yrs + Sa	9am-12pm	7/18-7/18	\$38	
350212-5B	18 yrs + W	6-9pm	8/12-8/12	\$38	
350212-5C	18 yrs + Th	9am-12pm	9/17-9/17	\$38	

COOKING

ASIAN CUISINE

We will be making a variety of Asian dishes. Some of the dishes we will be preparing are: Bok Choy Salad, Stuffed Won Tons with dipping sauces, Chicken and Beef Satay with Peanut Sauce, Thai Noodles, Fried Rice, Orange Chicken, Noodle Soup Rice with Coconut Sauce, Curried Beef and Vegetables, Gingered Pork. You will take home lots of new recipes. \$15 materials fee due at first class.

April Berg Edison Community Center
350305-2A 18 yrs + Tu 6:15-9:15pm 7/14-7/14 \$35

CAKE DECORATING: BUILDING BUTTERCREAM SKILLS

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

Rebecca Mejia Murdy Community Center
350301-1A 13 yrs + Tu 6-8pm 6/23-7/14 \$50

CAKE DECORATING: FLOWERS & CAKE DESIGN

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

Rebecca Mejia Murdy Community Center
350303-1A 13 yrs + W 6-8pm 7/15-8/5 \$50

CAKE DECORATING: GUM PASTE & FONDANT

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

Rebecca Mejia Murdy Community Center
350304-1A 13 yrs + Th 6-8pm 7/30-8/20 \$50

GROUP NUTRITION CLASS

Learn how to be healthy without starving yourself! You will get a complete meal plan (work for meat eaters, vegetarians, vegans & gluten free-er's) recipes, a grocery list and nutrition tips. We will meet for 4 weeks where we will concentrate on a different topics plus a live cooking demo!

Aileen Antunez-Herbert Murdy Community Center
350307-1A 18 yrs + M 6:30-8:30pm 7/6-7/27 \$99

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
350442-3A 16 yrs + M 7-8pm 7/6-8/10 \$65
Huntington Academy of Dance 16601 Gothard Street, Suite A
350442-1A 16 yrs+ W 7:30-8:30pm 7/8-8/12 \$65

BALLROOM & SWING

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

Kaylaa Fox Edison Community Center
350407-2A 16 yrs + M 7-8pm 6/22-7/13 \$49
350407-2B 16 yrs + M 7-8pm 7/20-8/10 \$49

BALLET & BALLET STRETCH FOR OLDER ADULTS

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

Huntington Academy of Dance Rodgers Seniors' Center
350426-5A 50 yrs + M 12:30-1:30pm 6/15-7/20 \$45
350426-5B 50 yrs + M 12:30-1:30pm 7/27-8/31 \$45

DANCE: POLYNESIAN ADVANCED

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
350439-5A 13 yrs + Tu 7:30-8:30pm 6/23-7/21 \$50
350439-5B 13 yrs + Tu 7:30-8:30pm 7/28-8/25 \$50

DANCE: POLYNESIAN BEGINNING

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

Melody Seanoa Rodgers Seniors' Center
350440-5A 13 yrs + Tu 6:30-7:30pm 6/23-7/21 \$50
350440-5B 13 yrs + Tu 6:30-7:30pm 7/28-8/25 \$50



Parks and Recreation promote sensitivity to cultural diversity

Register Online!
www.hbsands.org

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	
350413-2A	16 yrs +	W	7:45-8:30pm	6/24-7/15	\$49
350413-2B	16 yrs +	W	7:45-8:30pm	7/22-8/12	\$49

Kaylaa Fox				Murdy Community Center	
350413-1A	16 yrs +	Th	6:30-7:15pm	6/25-7/16	\$49
350413-1B	16 yrs +	Th	6:30-7:15pm	7/23-8/13	\$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				Edison Community Center	
350415-2A	16 yrs +	W	8:30-9:15pm	6/24-7/15	\$49
350415-2B	16 yrs +	W	8:30-9:15pm	7/22-8/12	\$49

Kaylaa Fox				Murdy Community Center	
350415-1A	16 yrs +	Th	7:15-8pm	6/25-7/16	\$49
350415-1B	16 yrs +	Th	7:15-8pm	7/23-8/13	\$49

DANCE: SALSA

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

Kaylaa Fox				Murdy Community Center	
350421-1A	16 yrs +	Th	8-8:45pm	7/23-8/13	\$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 MIKE LAI

Kaylaa Fox				Murdy Community Center	
350423-1A	16 yrs +	Th	8:15-9:15pm	6/25-7/16	\$40
350423-1B	16 yrs +	Th	8:15-9:15pm	8/6-8/27	\$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 your dancing more enjoyable. No partner needed. HOSTED BY MIKE LAI

Kaylaa Fox				Murdy Community Center	
350424-1A	16 yrs +	Th	7:15-8:15pm	6/25-7/16	\$40
350424-1B	16 yrs +	Th	7:15-8:15pm	8/6-8/27	\$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 MIKE LAI

Kaylaa Fox				Murdy Community Center	
350422-1A	16 yrs +	Th	6:15-7:15pm	6/25-7/16	\$40
350422-1B	16 yrs +	Th	6:15-7:15pm	8/6-8/27	\$40

**DANCE: BALLROOM SOCIAL**

These Ballroom dances will allow you to dance at ALL social ball room dance places and occasions. Foxtrot for slow dancing, good for weddings and dinner and dancing, too. Also, Cha Cha for exciting Latin and today's pop music. With these 2 dances you can dance anyplace on any occasion.

Kaylaa Fox				Murdy Community Center	
350432-1A	16 yrs +	Th	8-8:45pm	6/25-7/16	\$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.

Suzu Hazard				Rodgers Seniors' Center	
350419-5A	18 yrs +	F	4-5pm	7/3-7/24	\$26

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.

Suzu Hazard				Rodgers Seniors' Center	
350428-5A	18 yrs +	W	2:15-3:45pm	7/1-7/22	\$26

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.

Suzu Hazard				Rodgers Seniors' Center	
350433-5A	18 yrs +	M	3:15-4:45pm	6/29-7/27	\$31

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.

Suzu Hazard				Rodgers Seniors' Center	
350420-5A	18 yrs +	W	12:30-2pm	7/1-7/22	\$26

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**
350436-5A 18 yrs+ F 3pm-5pm 7/3-7/24 \$33

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**
350434-5A 18 yrs + F 3-4pm 7/3-7/24 \$26

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**
350402-2A 6 yrs + TBD TBD 6/22-9/5 \$60

TAP CLASS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory. *No Class Dates: Jul-4, Sep-7*

Renee Roseth **Rodgers Seniors' Center**
350437-5A 18 yrs + M 5-6pm 6/22-9/7 \$175
350437-5B 18 yrs + Tu 5-6pm 6/23-9/8 \$175
350437-5C 18 yrs + W 3:30-4:30pm 6/24-9/9 \$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**
350438-5A 18 yrs + M 6-7pm 6/22-9/7 \$175
350438-5B 18 yrs + Tu 6-7pm 6/23-9/8 \$175
350438-5C 18 yrs + W 2:30-3:30pm 6/24-9/9 \$175

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**
350503-2A 10 yrs + Tu 8:30-9:15pm 7/28-8/4 \$26

CRASH COURSE IN CANINE MANNERS

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

Dog Services Unlimited **Murdy Community Center**
350506-1A 10 yrs + M 7:30-8:45pm 7/27-8/17 \$80

DOG-FRISBEE: CATCH THE FUN!

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

Dog Services Unlimited **Dog Park**
350509-1A 10 yrs + Su 5-6:30pm 6/28-6/28 \$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).

Dog Services Unlimited **Murdy Community Center**
350502-1A 10 yrs + M 6:30-7:30pm 7/20-8/24 \$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**
350504-2A 10 yrs + Tu 7:30-8:30pm 6/23-8/4 \$93
350504-2B 10 yrs + W 6-7pm 7/15-8/26 \$93
Dog Services Unlimited **Murdy Community Center**
350504-1A 10 yrs + Th 7-8pm 7/9-8/20 \$93

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: Jul-4, Jul-25*

Surf City Flyball **Central Park: Dog Park**
350507-1A 18 yrs + Sa 9-10am 6/20-8/29 \$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: Jul-4, Jul-25*

Surf City Flyball **Central Park: Dog Park**
350508-1A 18 yrs + Sa 10-11:30am 6/20-8/29 \$95

EDUCATIONAL

ITALIAN: BEGINNING ITALIAN INTENSIVE CRASH COURSE

This class is for students with little to no experience or those that wish for a refresher on basic phrases to get you started for daily conversation and travel. Perfect for preparation for a trip or to jump start long term learning of the language. Focus is conversation.

Spectrum Languages **Edison Community Center**
350601-2A 18 yrs + Tu 6:30-8:30pm 6/23-6/30 \$44

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**
350604-5A 18 yrs+ Tu 6-7pm 7/7-8/18 \$94
350604-5B 18 yrs+ Tu 3-4pm 7/9-8/20 \$94

HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdominal, 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. Drop ins welcome \$12. All levels welcome! Bring mat, towel, water and your own exercise ball. Email: info@hbpilates.com for questions

HB Pilates **City Gym and Pool**
350833-3A 16 yrs + W 11-11:30am 6/24-9/2 \$77

HB Pilates **Edison Community Center**
350833-2A 16 yrs + M 8:30-9pm 6/22-8/31 \$77
350833-2B 16 yrs + F 11:30am-12pm 6/26-9/4 \$77

HB Pilates **Murdy Community Center**
350833-1A 16 yrs + M 11:30am-12pm 6/22-8/31 \$77
350833-1B 16 yrs + W 6:30-7pm 6/24-9/2 \$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 \$128. *No Class Dates: Jul-3*

Susan Hardy **Murdy Community Center**
350835-1A 13 yrs + M,W,F 9:15-10am 6/22-9/2 \$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**
350850-2A 13 yrs + Tu,Th 8:45-9:45am 6/23-9/3 \$85

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: Jul-3*

Susan Hardy **Edison Community Center**
350851-2A 13 yrs + M,W,F 5:15-6:15pm 6/22-9/2 \$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**
350838-5A 16 yrs + W 6-7pm 6/24-8/12 \$95

HB PILATES: STROLLER WORKOUT AT THE BEACH

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. Meet us in front of Rodgers Senior Center! Email info@hbpilates.com for questions.

HB Pilates **Rodgers Seniors' Center**
350825-1A 18 yrs + Tu 9-10am 6/23-9/1 \$137
350825-1B 18 yrs + Th 9-10am 6/25-9/3 \$137
350825-1C 18 yrs + Tu,Th 9-10am 6/23-9/3 \$197

HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you build lean muscle, burn fat 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 mat, towel, water, dumbbells (hand weights). All other equipment provided. 2x/week \$227 3x/week \$297.

HB Pilates **Edison Community Center**
350839-2A 16 yrs + M 9-10am 6/22-8/31 \$143
350839-2B 16 yrs + W 9-10am 6/24-9/2 \$143
350839-2C 16 yrs + F 9-10am 6/26-9/4 \$143



Parks and Recreation
expand knowledge



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 \$128. No Class Dates: Jul-3

Susan Hardy Murdy Community Center
350841-1A 13 yrs + M,W,F 8:30-9:15am 6/22-9/2 \$106

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. No Class Dates: Aug-18

Julia Weber Murdy Community Center
350842-1A 13-90 yrs Tu 7-8pm 6/23-9/1 \$84

KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living.

David Phears Rodgers Seniors' Center
350815-5A 18 yrs + M 9:30-10:30am 6/29-8/31 \$135

MELT METHOD HANDS & FEET SOFT BALL 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: Jul-23

Niki Parker Rodgers Seniors' Center
350895-5A 18 yrs + Th 12:15-1:15pm 6/25-7/30 \$30
350895-5B 18 yrs + Th 12:15-1:15pm 8/6-8/27 \$24

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. Email: info@hbpilates.com for questions. No Class Dates: Jul-4

HB Pilates City Gym and Pool
350811-3A 16 yrs + W 9-10am 6/24-9/2 \$132
350811-3B 16 yrs + Th 6-7pm 6/25-9/3 \$132

HB Pilates Edison Community Center
350811-2A 16 yrs + M 6:30-7:30pm 6/22-8/31 \$132
350811-2B 16 yrs + Tu 9-10am 6/23-9/1 \$132
350811-2C 16 yrs + F 10:30-11:30am 6/26-9/4 \$132

HB Pilates Murdy Community Center
350811-1A 16 yrs + M 10:30-11:30am 6/22-8/31 \$132
350811-1B 16 yrs + Tu 6-7pm 6/23-9/1 \$132
350811-1C 16 yrs + Th 5-6pm 6/25-9/3 \$132
350811-1D 16 yrs + Sa 9-10am 6/27-9/5 \$120

PILOXING®

From Hollywood to Huntington Beach! PILOXING® combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING® integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$16. Bring mat, towel, and water. Email: info@hbpilates.com for questions. No Class Dates: Jul-4.

HB Pilates City Gym and Pool
350843-3A 16 yrs + Tu 7-8pm 6/23-9/1 \$143

HB Pilates Edison Community Center
350843-2A 16 yrs + Tu 10-11am 6/23-9/1 \$143

HB Pilates Murdy Community Center
350843-1A 16 yrs + W 7-8pm 6/24-9/2 \$143
350843-1B 16 yrs + Sa 10-11am 6/27-9/5 \$130

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. Drop-ins welcome \$16. Bring: mat, towel, water. Email: info@hbpilates.com for questions.

HB Pilates City Gym and Pool
350855-3A 16 yrs + W 10-11am 6/24-9/2 \$143
350855-3B 16 yrs + W 5:15-6:15pm 6/24-9/2 \$143
350855-3C 16 yrs + Th 7-8pm 6/25-9/3 \$143

HB Pilates Edison Community Center
350855-2A 16 yrs + M 7:30-8:30pm 6/22-8/31 \$143

HB Pilates Murdy Community Center
350855-1A 16 yrs + Tu 7-8pm 6/23-9/1 \$143

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.

HB Pilates Murdy Community Center
350856-1A 18 yrs + Tu 6-7pm 6/23-9/1 \$143
350856-1B 18 yrs + Th 6-7pm 6/25-9/3 \$143
350856-1C 18 yrs + Private Lesson 30 mins TBA \$45
350856-1D 18 yrs + Private Lessons 60 mins TBA \$75

PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. No Class Dates: Jul-3, Jul-4

HB Pilates All Community Centers
350897-1A 16 yrs + M-Sa 1 Session \$75
350897-1B 16 yrs + M-Sa 10 Sessions \$700
350897-1C 16 yrs + M-Sa 20 Sessions \$1300

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. Register for more than 1x per week and save. 1x/wk=\$11/class; 2x/wk=\$10/class; 3x/wk=\$8/class. Additional guests/drop-ins welcome: \$16. Bring water. Email: info@hbpilates.com for questions.

HB Pilates			Rodgers Seniors' Center	
350879-5A	18 yrs + M	12:30-1:30pm	6/22-8/31	\$121
350879-5B	18 yrs + W	12-1pm	6/24-9/2	\$121
350879-5C	18 yrs + F	12:30-1:30pm	6/26-9/4	\$121

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	
350864-1A	18 yrs + W	6-7:15pm	6/24-8/5	\$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: Jul-4

Susan Hardy			Edison Community Center	
350846-2A	13 yrs + Sa	9:15-10:15am	6/27-8/29	\$43

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! *No Class Dates: Jul-21, Jul-24, Jul-28, Jul-31*

Marianne Grossman			Rodgers Seniors' Center	
354088-5A	55 yrs + Tu,F	9-9:45am	6/30-8/28	\$35

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	
350847-2A	18 yrs + M,W,F	9-10am	6/22-9/4	\$60

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: Jul-27, Jul-28*

Marianne Grossman			Edison Community Center	
350857-2A	18-99 yrs Tu	5:30 - 6:30pm	6/30-9/1	\$59

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.

Elizabeth Pham			Rodgers Seniors' Center	
350881-5A	18 yrs + M	6:45-8:15pm	6/22-8/24	\$50
350881-5B	18 yrs + Th	9-10:30am	6/25-8/27	\$50

TAI CHI CHUAN FOR INTERMEDIATE

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

Sonja Howe			Rodgers Seniors' Center	
350882-5A	18 yrs + M	6:45-8:15pm	6/22-8/24	\$50
350882-5B	18 yrs + Th	9-10:30am	6/25-8/27	\$50

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. *No Class Dates: Jul-3*

Susan Hardy			Murdy Community Center	
350886-1A	13 yrs + M,W,F	8:30-10am	6/22-9/2	\$128

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	
350887-2A	18 yrs + M	1:30-2:45pm	6/22-8/3	\$49

UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: BootCamp, Pilates Mat, Pilates Barre with Cardio, PILOXING, Pilates Chair, Ab-Core Blast and Prenatal/Postnatal Pilates. Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces are available and some restrictions apply. *No Class Dates: Jul-3, Jul-4*

HB Pilates			All Community Center Locations	
350896-1A	16 yrs + M-Sa	11 Weeks	6/22-9/5	\$399
350896-1B	16 yrs + M-Sa	6 Weeks	6/22-8/1	\$234
350896-1C	16 yrs + M-Sa	5 Weeks	8/3-9/5	\$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	
350898-2A	18 yrs + Tu	1:30-2:45pm	7/7-8/4	\$45
350898-2B	18 yrs + Tu	6:30-7:45pm	7/7-8/4	\$45

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
350874-3A 16 yrs + Th 8:45-10am 6/25-8/27 \$100

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
350865-4A 17 yrs + Tu 6:30-7:30pm 6/23-8/11 \$106/96

YOGA AS A BOOMER SOLUTION

A Therapeutic Yoga Practice with an emphasis on posture, balance, breath, strength building, establishing awareness of the body and a healthy back. Learning something new in each class plus building confidence through repetition. Also taking your practice off the mat and into daily life. Suitable for beginners.

No Class Dates: Jul-4, Jul-25

RoxAnn Madera Lake View Clubhouse, 17461 Zeider Lane
350894-1A 50 yrs + Sa 10-11am 6/27-8/22 \$106

YOGA: INTERMEDIATE

If you have previous Yoga experience and want to be challenged in further developing your skills of body alignment, movement and strength building. Based on the fundamentals, adding more complicated poses, longer holds and flowing with the breath.

No Class Dates: Jul-21

RoxAnn Madera Marutani Dojo, Cultural Center
18964 Brookhurst Street, Fountain Valley
350871-1A 15 yrs + Tu 9-10:15am 6/23-8/18 \$143

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
350867-3A 16 yrs + M 10:30am-12pm 6/22-8/24 \$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: Jul-8*

Diane Pavesic Edison Community Center
350868-2A 18 yrs + W 4:30-5:30pm 6/24-8/26 \$74
350868-2B 18 yrs + W 5:45-6:45pm 6/24-8/26 \$74
350868-2C 18 yrs + W 7-8pm 6/24-8/26 \$74

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: Jul-3, Aug-3, Aug-4, Aug-5, Aug-7*

Jacki King- E-RYT Murdy Community Center
350876-1F 18 yrs + M 4:35-5:35pm 6/29-8/24 \$64
350876-1G 18 yrs + W 4-5pm 7/1-8/26 \$64

Susan Holden Murdy Community Center
350876-1A 18 yrs + M 6-7pm 6/29-8/24 \$64
350876-1B 16 yrs + M 7:15-8:15pm 6/29-8/24 \$64
350876-1C 16 yrs + Tu 5:30-6:45pm 6/30-8/25 \$64
350876-1D 16 yrs + F 4-5pm 6/26-8/21 \$58

Yvonne Carmichael Murdy Community Center
350876-1E 16 yrs + W 10:30am-12pm 6/24-8/26 \$97
350876-1H 16 yrs + F 10:30am-12pm 6/26-8/28 \$97

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. *No Class Dates: Jul-8*

Diane Pavesic Rodgers Seniors' Center
350872-5A 18 yrs + Th 10am-11pm 6/25-8/27 \$74
350872-5B 18 yrs + Th 11am-12pm 6/25-8/27 \$74

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: Jul-6*

Diane Pavesic Rodgers Seniors' Center
350866-5A 18 yrs + M 10-11am 6/22-8/24 \$74

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
350888-2A 18 yrs + M 5:45-6:30pm 6/22-8/31 \$68

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
350858-2A 18 yrs + W 6:35-7:20pm 6/24-9/2 \$68

SockhopFitness Murdy Community Center
350858-1A 16 yrs + W 6-6:45pm 4/8-6/10 \$72

ZUMBA GOLD BEGINNING

Same great Zumba music, the same great moves at a "teach-me-the-steps" pace. This class won't wear you out but will tone your muscles, increase your balance and put a smile on your face! Going on vacation? We'll prorate for the number of classes you can attend.

SockhopFitness		Rodgers Seniors' Center
350860-5B	16 yrs + Sa 9:15-10am	6/27-8/29 \$58

ZUMBA AGES 6 TO 86

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

SockhopFitness		Edison Community Center
350813-2A	6-86 yrs W 5:45-6:30pm	6/24-9/2 \$68

SockhopFitness		Murdy Community Center
350813-1A	6-86 yrs Tu 8:05-8:50am	6/23-8/11 \$54

SockhopFitness		Rodgers Seniors' Center
350813-5A	6 yrs + Tu 6-6:45pm	6/23-9/1 \$68

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
350904-5A	3 yrs + Tu 5-6pm	6/23-8/25 \$80
350904-5B	3 yrs + Th 5-6pm	6/25-8/27 \$80

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. *No Class Dates: Jul-4*

Justin Betance		Murdy Community Center
350905-1A	15 yrs + Th 7-8pm	6/25-8/29 \$155
	Sa 9-10am	

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
350907-2A	16 yrs + Th 7-8:15pm	6/25-9/3 \$125

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
350901-5A	16 yrs + Tu 6:15-7:45pm	6/23-8/25 \$85
350901-5B	16 yrs + Th 6:15-7:45pm	6/25-8/27 \$85
350901-5C	16 yrs + Sa 10am-12pm	6/27-8/29 \$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: Sep-7*

Kiavash Tillehkoob		City Gym and Pool
350906-3A	10-17 yrs M,W 6:30-7:15pm	6/22-9/9 \$188
350906-3B	10-17 yrs Tu,Th 6:30-7:15pm	6/23-9/10 \$188
350906-3C	10-17 yrs M,Tu 6:30-7:15pm	6/22-9/8 \$188
350906-3D	10-17 yrs M,Th 6:30-7:15pm	6/22-9/10 \$188
350906-3F	13yrs + M 7:15-8pm	6/22-8/31 \$177
350906-3G	13yrs + Tu 7:15-8pm	6/23-9/8 \$177
350906-3H	13 yrs+ W 7:15-8pm	6/24-9/9 \$177
350906-3I	13 yrs+ Th 7:15-8pm	6/25-9/10 \$177

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
351002-2A	10 yrs + Tu 7-8pm	6/23-8/11 \$125

GUITAR: MORE STRUMMING AND SINGING

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

McGrath Music		Edison Community Center
351001-2A	10 yrs + Tu 8:15-9:15pm	6/23-8/11 \$125

BEGINNING UKULELE WITH TUPUA

Leave your worries and cares behind as experienced instructor Steve Seanora 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 Seanora		Rodgers Seniors' Center
351007-5A	18 yrs + Tu 6:30-7:30pm	6/23-7/21 \$60
351007-5B	18 yrs + Tu 6:30-7:30pm	7/28-8/25 \$60

Register Online! www.hbsands.org

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: Jul-7, Aug-4*

Hoku Bray **Rodgers Seniors' Center**
351003-5A 18 yrs + Tu 9:30-10:30am 6/23-8/25 \$70

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: Jul-7, Aug-4*

Hoku Bray **Rodgers Seniors' Center**
351004-5A 18 yrs + Tu 10:45-11:45am 6/23-8/25 \$70

SPECIAL INTEREST

BEGINNING BRIDGE

This class will show you how to count your hand to find the best contract. Talk to your partner through your bid. This is party bridge, no partner required. Handouts each week, lecture, lots of play time. Come have fun while you learn a great game!

Rita Spira **Rodgers Seniors' Center**
351102-5A 18 yrs + M 2-4pm 6/22-8/10 \$54
351102-5B 18 yrs + W 6:30-8:30pm 6/24-8/12 \$54

BRIDGE INTERMEDIATE 1

You know the basics, but you want more. Learn scoring, Stayman, Weak 2, Jacoby, Defense, and what your bid means to your partner, how to reevaluate your hand, 2 club bid, slam bidding. No partner required. No better time than now to improve.

Rita Spira **Rodgers Seniors' Center**
351103-5A 18 yrs + Tu 2:30-4:30pm 6/23-8/11 \$54

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "What Alice Forgot" by Liane Moriarty before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee due at each meeting. Class meets 6/10, 7/8, 8/12, and 9/9.

April Berg **Rodgers Seniors' Center**
351101-5A 18 yrs + W 7-9pm 6/10-9/9 \$30

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.

Megan Ameduri **Murdy Community Center**
351104-1A 16 yrs + Sa 9am-2pm 7/25 \$50
351104-1B 16 yrs + Sa 9am-2pm 8/15 \$50

Megan Ameduri **Rodgers Seniors' Center**
351104-5A 16 yrs + Sa 9am-1pm 7/18 \$50

GROW YOUR HAPPINESS GARDENING

It's proven that gardens enhance your quality of life. Vitas Healthcare is committed to improving quality of life and offering a special gardening class. It will cover a range of gardening and wellness topics through hands on activities and guest lectures.

Megan Julienne **Rodgers Seniors' Center**
351117-5A 50+ F 10am-11am 6/26-7/31 \$6

SPORTS

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 \$420.00 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 24, 2015. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the 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 June 16, 2015. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be April 27, 2015. The deadline to turn in team registration to City Hall is June 8, 2015. A manager's meeting will be held prior to the start of the league on Wednesday, June 10, 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 Fall 2015 season will be available in August, 2015 for the season starting in early to mid September, 2015.



Parks and Recreation
spark creativity

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**
351311-2A 18 yrs + Su 4:30-6:30pm 7/12-9/6 \$135

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**
351313-2A 18 yrs + Su 3-4:30pm 7/12-9/6 \$135

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**
351314-2A 18 yrs + Tu 6-7:20pm 7/7-9/1 \$135

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**
351316-2A 18 yrs + Th 6-7:20pm 7/9-9/3 \$135

BEACH VOLLEYBALL: PRIVATE LESSONS WITH A BEACH VOLLEYBALL PROFESSIONAL

For students who desire more individual attention, private lessons are available for one or two students at Huntington Beach. Lessons are 50 minutes. One lesson is \$80, or 5 lessons for \$350. Dates and times are to be pre-arranged with the instructor. For registration and instructor contact information contact Edison Community Center.

Beach Volleyball CA Inc **City Beach**
351315-2A 12 yrs + TBD TBD TBD \$80

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. *No Class Dates: Jul-8*

The Rinks Westminster ICE **13071 Springdale, Westminster**
351312-1A 17 yrs + W 6:10-6:40pm 7/1-7/29 \$37
351312-1B 17 yrs + W 6:10-6:40pm 8/5-8/26 \$37

PICKLEBALL: ADULT BEGINNING

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

Diane Abruscato **Worthy Park**
351310-5A 14 yrs + Th 6-8pm 7/9-8/13 \$116

VOLLEYBALL: 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. *No class dates: Jun-30, Jul-2, Jul-3*

Joann DiGiovanni **City Gym and Pool**
INTERMEDIATE
351302-3A 18-80 yrs Tu 9:30am-12:30pm 6/16-8/25 \$70
ADVANCED
351302-3B 18-70 yrs Th 9:30am-12:30pm 6/18-8/27 \$70
ADVANCED: MUST TRY OUT
351302-3C 18-60 yrs F 10:30am-12:30pm 6/19-8/28 \$99

VOLLEYBALL: ADULT CLINIC

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

Matt Taylor Volleyball **City Gym and Pool**
351309-3A 16 yrs + Th 6:15-7:45pm 6/25-8/27 \$123
351309-3B 16 yrs + Th 7:45-9:30pm 6/25-8/27 \$123

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**
351402-2A 18 yrs + Sa 8-9:30am 7/11-7/11 \$75
351402-2B 18 yrs + Sa 8-9:30am 7/18-7/18 \$75
351402-2C 18 yrs + Sa 8-9:30am 7/25-7/25 \$75
351402-2D 18 yrs + Sa 8-9:30am 8/8-8/8 \$75
351402-2E 18 yrs + Sa 8-9:30am 8/15-8/15 \$75
351402-2F 18 yrs + Sa 8-9:30am 8/22-8/22 \$75
351402-2G 18 yrs + Sa 8-9:30am 9/5-9/5 \$75
351402-2H 18 yrs + Sa 8-9:30am 9/12-9/12 \$75
351402-2I 18 yrs + Sa 8-9:30am 9/19-9/19 \$75

Register Online! www.hbsands.org