

In recent years, open water swimming has increased in popularity. With miles of beautiful beaches in Huntington Beach, many people are taking advantage of our natural playground to enjoy the ocean and to help boost their fitness levels! All the regular benefits of swimming are available to open water swimmers and open water swimming can also add various levels of resistance and intensity. Swimming gets the heart rate up and is an excellent form of cardiac conditioning. It also increases muscle strength and provides stamina benefits. Regular swimming, especially over long distances, can make people stronger and more fit. The Annual HB Pier Swim, held on June 11th, 2016, is an excellent opportunity for seasoned swimmers to experience the ocean with their fellow athletes. See page 4 for additional information. For those smaller athletes who are not yet proficient swimmers, lessons are available starting at the age of 6 months, on page 42 of this brochure. If you are not ready to take the plunge, just enjoy the shoreline this summer.... there is plenty of sun and sand to go around!

Janeen Laudenback
Director of Community Services



Table of Contents Summer 2016



Surf School Info page 2



Special Events page 4



Camps page 5



Infant/Tot page 14



Youth page 21



Teen/Adult page 30



Youth/Adult Sports: pages 24/40



Aquatics page 42

CITY COUNCIL

Jim Katapodis, *Mayor*
Dave Sullivan, *Mayor Pro Tem*
Barbara Delgleize
Billy O'Connell
Erik Peterson
Jill Hardy
Mike Posey

COMMUNITY SERVICES COMMISSION

Paul Burkart	J.D Miles
Michael Couey	Roy Miller
Nicolina Cuzzacrea	Jerry Moffatt
Roger Forest	Shay Reardon
Albert Gasparian	Richard Thiel
Bridget Kaub	Norm Westwell
Jay Kreitz	

CITY ADMINISTRATION

Fred A. Wilson, *City Manager*
Ken Domer, *Assistant City Manager*

MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.



Tennis page 48



Senior Center page 47

Class Registration Begins May 10 at 9 am

See Page 3 for information.

hbsands.org