

Adult & Teen Classes

AQUA-TONE: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class Mondays 1/20 and 2/17.

AquaToneFitness, Dawnette Lowry		City Gym Pool	
4312.100	16yrs to Adult	1/6 - 3/12	7:00am-8:00am M W \$132
4312.101	16yrs to Adult	1/7 - 3/13	7:00am-8:00am Tu Th \$146
4312.102	16yrs to Adult	1/7 - 3/13	8:20am-9:20am Tu Th \$146
4312.103	16yrs to Adult	1/6 - 3/10	7:00am-8:00am M \$65
4312.104	16yrs to Adult	1/8 - 3/12	7:00am-8:00am W \$76
4312.105	16yrs to Adult	1/10 - 3/14	8:20am-9:20am F \$76
4312.106	16yrs to Adult	1/11 - 3/15	7:00am-8:00am Sa \$76

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class Mondays 1/20 and 2/17.

AquaToneFitness, Dawnette Lowry		City Gym Pool	
4314.100	16yrs to Adult	1/6 - 3/10	8:15am-9:25am M \$77
4314.101	16yrs to Adult	1/8 - 3/12	8:15am-9:25am W \$96
4314.102	16yrs to Adult	1/10 - 3/14	6:45am-8:00am F \$96

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No class Mondays 1/20 and 2/17.

Thurn, Debra		City Gym Pool	
4315.100	Adult	1/6 - 2/7	12:15pm-1:15pm M W F \$97
4315.101	Adult	2/10 - 3/14	12:15pm-1:15pm M W F \$97
4315.102	Adult	1/7 - 2/6	12:30pm-1:30pm Tu Th \$71
4315.103	Adult	2/11 - 3/13	12:30pm-1:30pm Tu Th \$71

AQUATIC EXERCISE: AQUA-EVENING

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Mondays 1/20 and 2/17. Questions: aquatonefitness@aol.com

AquaToneFitness, Dawnette Lowry		City Gym Pool	
4310.100	16yrs to Adult	1/6 - 3/10	5:30pm-6:30pm M \$65
4310.101	16yrs to Adult	1/8 - 3/12	5:30pm-6:30pm W \$76
4310.102	16yrs to Adult	1/10 - 3/14	5:30pm-6:30pm F \$76

AQUATIC EXERCISE: AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance. No class Mondays 1/20 and 2/17.

Thurn, Debra		City Gym Pool	
4574.100	Adult	1/6 - 3/12	1:15pm-2:00pm M W \$150

AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Thurn, Debra		City Gym Pool	
4313.100	Adult	1/10 - 3/14	11:15am-12:15pm F \$91

AQUATIC EXERCISE: H₂O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

AquaToneFitness, Dawnette Lowry		City Gym Pool	
4525.100	16yrs to Adult	1/10 - 3/14	9:30am-10:15am F \$81

ART: BASIC OIL PAINTING

Learn oil painting with classically trained artist Gia Moody. There will be step by step instruction on how to mix color, composition, brush selection and canvas. Small class size will ensure lots of individual attention. All levels welcome. Materials List.

Moody, Gia M		Art Center Studio	
4656.101	14yrs to Adult	1/15 - 2/14	6:15pm-7:45pm W \$86
\$78 HBAC			

ART: 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! We will create functional and purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee due at first class.

Henry, Lucia		Art Center Studio	
4623.101	Adult	2/20 - 3/27	11:30am-1:00pm Th \$125
\$113.10 HBAC			

ART: 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.

Weston, Kurt T		Art Center Multipurpose	
4305.101	16yrs to Adult	1/31 - 3/7	1:00pm-3:00pm F \$90
\$81.60 HBAC			

ART: DIGITAL PHOTOGRAPHY-BEGINNING

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

Weston, Kurt T		Art Center Multipurpose	
4304.101	16yrs to Adult	1/31 - 3/7	3:30pm-5:30pm F \$90
\$81.60 HBAC			

Parks & Recreation...

Reduce Stress

...The Benefits Are Endless

Adult & Teen Classes

ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

		Art Center Studio			
4302.101	12yrs to Adult	1/14 - 2/4	6:00pm-7:30pm	Tu	\$76*
4302.102	12yrs to Adult	2/11 - 3/4	6:00pm-7:30pm	Tu	\$76*
*\$69 HBAC					

ART: ART IN THE AFTERNOON

Maximize your time! This new daytime class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

		Art Center Studio			
4625.101	12yrs to Adult	1/14 - 2/4	2:30pm-4:00pm	Tu	\$76*
4625.102	12yrs to Adult	2/11 - 3/4	2:30pm-4:00pm	Tu	\$76*
*\$69 HBAC					

ART: FRESH COLOR IN STILL LIFE

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

		Art Center Studio			
4554.101	14yrs to Adult	1/8 - 2/12	10:00am-12:30pm	W	\$136
\$123 HBAC					

ART: LANDSCAPE PAINTING IN OIL

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

		Art Center Studio			
4552.101	14yrs to Adult	1/8 - 2/12	12:45pm-2:45pm	W	\$136
\$123 HBAC					

ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

		Rodgers Senior Center Hall D			
4814.101	Adult	1/7 - 2/4	8:30am-11:30am	Tu	\$35
4814.102	Adult	2/11 - 3/18	8:30am-11:30am	Tu	\$40

ART: PORTRAITURE AND FIGURE DRAWING

Learn how to draw portraits and figures with experienced artist Gia Moody. This studio class will use live models and plaster casts to help you launch your drawing skills to a new level. This class is for all levels, with plenty of individual instruction. Materials List.

		Art Center Studio			
4505.101	14yrs to Adult	1/11 - 2/8	10:00am-12:00pm	Sa	\$86*
4505.102	14yrs to Adult	2/15 - 3/15	10:00am-12:00pm	Sa	\$86*
*\$78 HBAC					

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$10 due at first class.

		Murdy Community Center Hall C&D			
4395.100	13yrs to Adult	1/9 - 3/13	1:00pm-2:00pm	Th	\$70

		Rodgers Senior Center Hall E			
4396.101	13yrs to Adult	1/8 - 3/12	9:00am-10:00am	W	\$70

ART: SILVER CLAY INTERMEDIATE

Continue learning to play with metal clay. Students will work on more challenging projects such as making a ring and layering textured clay. Projects completed with vary depending on students experience. Maximum of 8 students. Tools are provided. Material Fee \$27 per project due to instructor.

		Art Center Multipurpose			
3603.101	12yrs to Adult	1/8 - 2/12	5:30pm-7:30pm	W	\$120
\$108.50 HBAC					

ART: WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the medium. The class focuses on skills, techniques, weekly demonstrations and critiques for all levels. Materials list.



		Art Center Studio			
4308.101	18yrs to Adult	1/7-2/25	10:00am-1:00pm	Tu	\$117
\$106.00 HBAC Member					

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Silver Star" by Jeanette Walls before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 2/12, 3/12, 4/9, 5/14.

		Rodgers Senior Center Hall D			
4317.101	Adult	2/12 - 5/14	7:00pm-9:00pm	W	\$30

BRIDGE: BEGINNING

Your New Year resolution!! To learn party bridge, a game well worth knowing!! Make this your first step to a new social experience. Enjoy the challenge of something new while you meet interesting people like yourself. Focus on fun while you learn various conventions.. No class Jan. 20, Feb. 17.

		Rodgers Senior Center Hall E			
4318.101	Adult	1/6 - 3/10	2:00pm-4:00pm	M	\$48

BRIDGE: INTERMEDIATE 1

Intermediate 1 takes over where the beginning class ends. More conventions, play of hand, defense, weak two and 2 clubs, Stayman, Joacoby transfer, score keeping, Blackwood, Gerber. No partner needed. Start the year out right; learn something new or perfect what you already know. No class Jan. 21, Feb. 18.

		Rodgers Senior Center Hall E			
4319.101	Adult	1/7 - 3/11	2:30pm-4:30pm	Tu	\$48

Adult & Teen Classes

BRIDGE: INTERMEDIATE 2

Start with pre-set hands, covering various conventions--how to play the hand--how to make your contract, defensive bid and play. No partner required. Have fun while improving your bridge skills. No class Jan. 22, Feb. 19.

Spira, Rita L
Rodgers Senior Center Hall E
4320.101 Adult 1/8 - 3/12 6:30pm-8:30pm W \$48

COOKING: FOOD FOR ENERGY

Ready to feel great after you eat? During this class I will discuss certain foods that leave you feeling energized at the end of your meal. Together, we will prepare Greek style sliders with homemade hummus. You will leave this class full of fuel with the recipe!

Murdy Community Center Kitchen Aileen Hebert
3723.100 16yrs to Adult 1/16 6:30pm-8:30pm Th \$45

COOKING: FOOD FOR ENERGY

Ready to feel great after you eat? During this class I will discuss certain foods that leave you feeling energized at the end of your meal. Together, we will prepare power smoothies paired with high energy granola bars. You will leave this class full of fuel with the recipe!

Murdy Community Center Kitchen Aileen Hebert
3723.101 16yrs to Adult 2/13 6:30pm-8:30pm Th \$45

DANCE: 2PUA ISLAND DANCE CARDIO

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Seanoa, Melody A
Rodgers Senior Center Hall D
4596.101 13yrs to Adult 1/9 - 2/6 7:00pm-8:00pm Th \$50
4596.102 13yrs to Adult 2/13 - 3/13 7:00pm-8:00pm Th \$50

DANCE: ADULT BALLET – BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. No Class Mondays 1/20 and 2/17.

Huntington Academy of Dance City Gym Room A
4487.100 13yrs to Adult 1/6 - 3/10 7:00pm-8:00pm M \$85

DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! 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 free.

Huntington Academy of Dance 16601 Gothard St Suite A. HB
4326.100 13yrs to Adult 1/8 - 3/12 7:30pm-8:30pm W \$105

DANCE: BALLROOM & SWING

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class 1/20 & 2/17.

Fox, Kaylaa Edison Community Center Hall A
4328.100 16yrs to Adult 1/6 - 2/3 7:00pm-7:45pm M \$49
4328.101 16yrs to Adult 2/10 - 3/10 7:00pm-7:45pm M \$49

DANCE: BELLY DANCE – BEGINNING

Bellydance is a great workout and loads of fun. You will learn upbeat Turkish shimmies and slower Moroccan moves along with a short routine you can take home. Exotic music is played throughout the class. It is proven that bellydance tones all muscle groups, improves posture and builds self esteem. No class 1/20.

Costello, Pilar Murdy Community Center Hall C&D
4329.100 12yrs to Adult 1/6 - 2/17 7:00pm-8:00pm M \$60
4329.101 12yrs to Adult 1/10 - 2/14 10:30am-11:30am F \$60

DANCE: CHAIR TAP DANCE CLASS! BEGINNING

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

Roseth, Renee B Rodgers Senior Center Hall D
4642.100 Adult 1/8 - 2/5 1:30pm-2:15pm W \$65

DANCE: COUNTRY LINE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D
4462.100 16yrs to Adult 1/9 - 1/30 6:15pm-7:00pm Th \$49
4462.101 16yrs to Adult 2/6 - 2/27 6:15pm-7:00pm Th \$49

Fox, Kaylaa Edison Community Center Hall A
4632.100 16yrs to Adult 1/8 - 2/5 7:45pm-8:30pm W \$49
4632.101 16yrs to Adult 2/12 - 3/12 7:45pm-8:30pm W \$49

DANCE: COUNTRY LINE INTERMEDIATE

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

Fox, Kaylaa Murdy Community Center Hall C&D
4512.100 16yrs to Adult 1/9 - 1/30 7:00pm-7:45pm Th \$49
4512.101 16yrs to Adult 2/6 - 2/27 7:00pm-7:45pm Th \$49

DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed!

Fox, Kaylaa Murdy Community Center Hall C&D
4579.100 16yrs to Adult 1/9 - 1/30 7:45pm-8:30pm Th \$49
4579.101 16yrs to Adult 2/6 - 2/27 7:45pm-8:30pm Th \$49

DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required. No class 1/20 & 2/17.

Fox, Kaylaa Edison Community Center Hall A
4434.100 16yrs to Adult 1/6 - 2/3 7:45pm-8:30pm M \$49
4434.101 16yrs to Adult 2/10 - 3/10 7:45pm-8:30pm M \$49

Parks & Recreation...

Build Friendships

...The Benefits Are Endless

Adult & Teen Classes

DANCE: LINE DANCE LEVEL 1

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

Hazard, Suzy		Rodgers Senior Center Hall A			
4459.101	Adult	1/10 - 3/14	3:00pm-4:30pm	F	\$55
4459.102	Adult	1/10 - 3/14	3:00pm-5:00pm	F	\$65

DANCE: LINE DANCE LEVEL 1 PLUS

Easy Level 2 dances will be taught the last ½ hour (4:30-5:00 pm) of the introductory Level 1 to prepare those who would like to move up to the Level 2 class on Wednesdays.

Hazard, Suzy		Rodgers Senior Center Hall A			
4459.102	Adult	1/10 - 3/14	3:00pm-5:00pm	F	\$65

DANCE: 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.

Hazard, Suzy		Rodgers Senior Center Hall A			
4460.101	Adult	1/8 - 3/12	2:00pm-3:30pm	W	\$55

DANCE: LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Hazard, Suzy		Rodgers Senior Center Hall A			
4461.101	Adult	1/8 - 3/12	12:30pm-2:00pm	W	\$55

DANCE: POLYNESIAN BEGINNING

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

Seanoa, Melody A		Rodgers Senior Center Hall D			
4598.101	13yrs to Adult	1/9 - 2/6	6:00pm-7:00pm	Th	\$50
4598.102	13yrs to Adult	2/13 - 3/13	6:00pm-7:00pm	Th	\$50

DANCE: PRIVATE DANCE LESSON

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

SockhopFitness, Jill E Foreman		See Receipt Notes			
4561.100	6yrs to Adult	1/6 - 3/15	8:00am-10:00pm	Su M Tu W Th	\$64

DANCE: SALSA

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

Fox, Kaylaa		Murdy Community Center Hall C&D			
4335.100	Adult	1/9 - 1/30	8:30pm-9:15pm	Th	\$49
4335.101	Adult	2/6 - 2/27	8:30pm-9:15pm	Th	\$49

DANCE: SOUNDS OF MOTOWN DANCE CLASS

Get up and Get down to the sounds of Motown!!! Certified dance instructor, Charletta Fry, has over 15 years experience teaching. African dance, jazz and hip-hop. Now it's your turn to experience the joy of dance and join the fun as you'll be 'movin and groovin' to the rhythms that inspired a generation. No experience necessary. No class 1/20 and 2/17.

Fry, Charletta R		Rodgers Senior Center Hall D			
4651.100	8yrs to Adult	1/6 - 2/3	2:00pm-3:00pm	M	\$45
4651.101	8yrs to Adult	2/24 - 3/17	2:00pm-3:00pm	M	\$45

DANCE: SWING BASICS

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

Fox, Kaylaa		Murdy Community Center Hall A			
4339.100	16yrs to Adult	1/9 - 2/6	8:15pm-9:15pm	Th	\$49
4339.101	16yrs to Adult	2/13 - 3/13	8:15pm-9:15pm	Th	\$49

DANCE: SWING INTERMEDIATE

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

Fox, Kaylaa		Murdy Community Center Hall A			
4340.100	Adult	1/9 - 2/6	7:15pm-8:15pm	Th	\$49
4340.101	Adult	2/13 - 3/13	7:15pm-8:15pm	Th	\$49

DANCE: SWING ADVANCED

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

Fox, Kaylaa		Murdy Community Center Hall A			
4341.100	Adult	1/9 - 2/6	6:15pm-7:15pm	Th	\$49
4341.101	Adult	2/13 - 3/13	6:15pm-7:15pm	Th	\$49

DANCE: TAP ADULTS AND SENIORS BEGINNING

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

Roseth, Renee B		Rodgers Senior Center Hall D			
4342.101	Adult	1/6 - 3/17	5:00pm-6:00pm	M	\$165
4342.102	Adult	1/7 - 3/18	5:00pm-6:00pm	Tu	\$165

DANCE: TAP ADULTS & SENIORS INTERMEDIATE/ADVANCED

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

Roseth, Renee B		Rodgers Senior Center Hall D			
4343.101	Adult	1/6 - 3/17	6:00pm-7:00pm	M	\$165
4343.102	Adult	1/7 - 3/18	6:00pm-7:00pm	Tu	\$165
4343.103	Adult	1/8 - 3/19	2:30pm-3:30pm	W	\$165

DANCE: WEDDING FIRST DANCE

Make your first dance a beautiful start to your life together. Your dance can be fun, romantic, elegant, playful, or a mix of flavors. Learn easy basics to fit your song plus simple tricks and dips to make your dance special. Couples only. Register separately. No class 2/17.

SockhopFitness, Jill E Foreman		Edison Community Center Hall A			
4643.100	Adult	1/27 - 2/24	8:30pm-9:15pm	M	\$90

Adult & Teen Classes

DANCE: 2PUA ISLAND DANCE CARDIO

2Pua Island Dance Cardio combines traditional dance steps from the South Pacific with modern formats & techniques. This fun group cardio dance class is designed for all levels whether you are new or experienced. If you enjoy moving & shaking your hips, you'll love this dance workout!!

Seanoa, Melody A Art Center Multipurpose
4629.101 13yrs to Adult 1/8 - 2/5 11:30am-12:15pm W \$56*
4629.102 13yrs to Adult 2/12 - 3/12 11:30am-12:15pm W \$56*
 *\$51 HBAC

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 Picnic #1 Edison Community Center
4344.100 10yrs to Adult 2/18 - 2/25 8:30pm-9:15pm Tu \$26

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 material fee (includes training manual).

Dog Services, Unlimited Murdy Community Center
4345.100 10yrs to Adult 1/30 - 3/13 7:00pm-8:00pm Th \$90

Dog Services, Unlimited Edison Community Center Picnic #1
4346.100 10yrs to Adult 1/14 - 2/25 7:30pm-8:30pm Tu \$90
4346.101 10yrs to Adult 1/29 - 3/12 6:00pm-7:00pm W \$90

DOG TRAINING: CALLING ALL FRISBEE DOGS

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

Dog Services, Unlimited Dog Park
4347.100 10yrs to Adult 2/9 4:00pm-5:30pm Su \$29

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson. No class 2/17.

Dog Services, Unlimited Murdy Community Center
4352.100 10yrs to Adult 2/10 - 3/10 7:00pm-8:15pm M \$80

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards. No class 1/18.

Haney, Katherine Dog Park
4421.100 15yrs to Adult 1/11 - 3/8 9:00am-10:00am Sa \$85

DOG TRAINING: K9 WORK & PLAY

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

Dog Services, Unlimited Murdy Community Center
4581.100 10yrs to Adult 1/22 - 2/26 7:30pm-8:30pm W \$78

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 house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee due at first class (includes training manual)

Dog Services, Unlimited Murdy Community Center
 Basketball Courts
4580.100 10yrs to Adult 1/22 - 2/26 6:30pm-7:30pm W \$78

EBAY BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M Murdy Community Center Game Room
4353.100 13yrs to Adult 1/14 - 1/28 7:00pm-9:00pm Tu \$79

FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring med-large sized exercise ball, mat, towel and water. For a limited time: Register for any 2 9AM/10AM HB Pilates classes and get an additional HB Pilates AM class for FREE; or register for any 3 AM/PM, one-hour HB Pilates classes and get an HB Pilates unlimited AM/PM class pass for this session! No Class 1/20 & 2/17.

HB Pilates Murdy Community Center Hall B
4568.100 16yrs to Adult 1/8 - 3/12 6:30pm-7:00pm W \$60
4568.101 16yrs to Adult 1/6 - 3/10 11:15am-11:45am M \$48

HB Pilates City Gym Room A
4600.100 16yrs to Adult 1/7 - 3/11 6:30pm-7:00pm Tu \$60
4600.101 16yrs to Adult 1/8 - 3/12 11:00am-11:30am W \$60

HB Pilates Edison Community Center Hall B
4605.100 16yrs to Adult 1/6 - 3/10 8:30pm-9:00pm M \$48
4605.101 16yrs to Adult 1/7 - 3/11 11:00am-11:30am Tu \$60

FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

Pridomirski, Joanne C Edison Community Center Hall A
4369.100 13yrs to Adult 1/7 - 3/13 8:45am-9:45am Tu Th \$78

Adult & Teen Classes

FITNESS: CARDIO STEP AND 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 1/20 & 2/17.

Hardy, Susan S Edison Community Center Hall B

4371.100 13yrs to Adult 1/6 - 3/10 5:15pm-6:15pm M W F \$100
4371.101 13yrs to Adult 1/11 - 3/8 8:30am-9:30am Sa \$43

FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Take CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together and save. No class 1/20 and 2/17

Hardy, Susan S Murdy Community Center Hall A

4370.100 13yrs to Adult 1/6 - 3/10 9:15am-10:00am M W F \$96
*4424.100 13yrs to Adult 1/6 - 3/10 8:30am-10:00am M W F \$116

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family group. \$75 for one day weekly up to 3 family members, \$5 per each extra person. \$100 for both days up to 3 family members, \$5 per each extra person. Opportunities for advancement.

Cardinal, Frances M Rodgers Senior Center Hall B

4386.101 3yrs to Adult 1/7 - 3/11 5:00pm-6:00pm Tu \$75
4386.102 3yrs to Adult 1/9 - 3/13 5:00pm-6:00pm Th \$75
4386.103 3yrs to Adult 1/7 - 3/13 5:00pm-6:00pm Tu Th \$100

FITNESS: 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.

Hart, Phil Rodgers Senior Center Hall C

4827.100 50yrs + 1/8 - 2/26 6:00pm-7:00pm W \$89

FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Take HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together and save. class. No class 1/20 & 2/17

Hardy, Susan S Murdy Community Center Hall A

4363.100 13yrs to Adult 1/6 - 3/10 8:30am-9:15am M W F \$96
4424.100 13yrs to Adult 1/6 - 3/10 8:30am-10:00am M W F \$116

FITNESS: HEAD TO TOE WORKOUT/STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$\$.

Please see description for each class. No class 1/20 & 2/17.

Hardy, Susan S Murdy Community Center Hall A

4424.100 13yrs to Adult 1/6 - 3/10 8:30am-10:00am M W F \$116

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. City Gym CLOSED Mondays 1/20 and 2/17.

Wilker, Mary M

City Gym Gymnasium

4364.100 Adult Monthly Pass \$40
4364.101 Adult 10 Classes \$55
4364.102 Adult 4 Classes \$25

FITNESS: KICKBOXING AEROBICS

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



Weber, Julia R

Murdy Community Center Hall A

4360.100 14yrs to Adult 1/7 - 3/11 7:00pm-8:00pm Tu \$82

FITNESS: MORNING BOOTCAMP

Start your day off right by joining an HB Pilates highly certified NASM Personal Trainer in a Morning Boot Camp that will help you build muscle, burn fat and give you an extra energy boost for the day. Incorporating strength, power, stability and cardio circuit and ability level exercises this boot camp promises to help sculpt and tighten your entire body. All ages and ability levels welcome. Bring mat, towel, water, and hand weights. All other equipment will be provided. For a limited time: Register for any two 9AM/10AM HB Pilates classes and get an additional HB Pilates AM class for FREE. Or register for any 3 AM/PM, one hour HB Pilates classes and get an HB Pilates unlimited AM/PM class pass for this session! No class 1/20 & 2/17.

HB Pilates Edison Community Center Hall A

4646.100 16yrs to Adult 1/6 - 3/10 9:00am-10:00am M \$96
4646.101 16yrs to Adult 1/8 - 3/12 9:00am-10:00am W \$120
4646.102 16yrs to Adult 1/10 - 3/14 9:00am-10:00am F \$120

HB Pilates Murdy Community Center Hall A

4655.100 16yrs to Adult 1/7 - 3/11 9:00am-10:00am Tu \$120
4655.101 16yrs to Adult 1/9 - 3/13 9:00am-10:00am Th \$120

FITNESS: ON A ROLL

Correct postural imbalances, relieve muscle tension and effect deep tissue massage using a foam roller. You will learn how to safely roll away tension and stimulate healing of fascia, tendons and ligaments with this workout. Required: 6x36" foam roller. Suggested: yoga mat. No class 1/20 and 2/17.

SockhopFitness, Jill E Foreman Rodgers Senior Center Game Room

4649.100 Adult 1/6 - 2/3 10:15am-11:00am M \$42
4649.101 Adult 2/10 - 3/10 10:15am-11:00am M \$42

Parks & Recreation...
Promote Good Health

...The Benefits Are Endless

Register Online! www.hbsands.org

Adult & Teen Classes

FITNESS: PILATES CARDIO

This high-energy class incorporates Pilates, yoga and dance with cardio intervals to help condition and strengthen the entire body. Combining Pilates at the barre, resistance bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories along the way! Fitness level: Intermediate. Bring: mat, towel, water. For a limited time: Register for any 2 9am/10am HB Pilates classes and get a additional HB Pilates AM class for FREE; or register for any 3 AM/PM, one-hour HB Pilates classes and get an HB Pilates unlimited AM/PM class pass for this session! No class 1/20 & 2/17.

HB Pilates				Murdy Community Center Hall B
4511.100	16yrs to Adult	1/7 - 3/11	7:00pm-8:00pm	Tu \$120

HB Pilates				Edison Community Center Hall B
4513.100	16yrs to Adult	1/6 - 3/10	7:30pm-8:30pm	M \$96

HB Pilates				City Gym Room A
4514.100	16yrs to Adult	1/8 - 3/12	10:00am-11:00am	W \$120
4514.101	16yrs to Adult	1/8 - 3/12	5:15pm-6:15pm	W \$120
4514.102	16yrs to Adult	1/9 - 3/13	7:15pm-8:15pm	Th \$120
4514.103	16yrs to Adult	1/10 - 3/14	9:00am-10:00am	F \$120

FITNESS: PILATES CHAIR

Designed for all ages and ability levels, Chair Pilates uses resistance bands and a chair for sitting/standing exercises. Improve: balance, flexibility, strength, posture and MORE! Register for any two 9AM/10AM classes, get one AM class FREE! Register for any 3 full-hour classes, get unlimited AM/PM class pass! (HB Pilates only). No class 1/20 and 2/17.

HB Pilates				Rodgers Senior Center Game Room
4822.100	16yrs to Adult	1/6 - 3/10	12:30pm-1:30pm	M \$79
4822.101	16yrs to Adult	1/10 - 3/14	12:30pm-1:30pm	F \$99
4822.102	16yrs to Adult	1/6 - 3/14	12:30pm-1:30pm	M F \$144
4822.103	16yrs to Adult	1/8 - 3/12	4:00pm-5:00pm	W \$99

FITNESS: PILATES MAT CLASS

HB Pilates mat exercises are low impact with high results and we happily welcome all ages and ability levels. HB Pilates' highly certified instructors will help you improve posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! Bring water and an exercise mat. For a limited time: Register for any 2 9AM/10AM HB Pilates classes and get an additional HB Pilates AM class for FREE! Or register for any 3 AM/PM, one hour HB Pilates classes and get an HB Pilates unlimited AM/PM class pass for this session! No class 1/20 and 2/17.

HB Pilates				Edison Community Center Hall B
4365.100	16yrs to Adult	1/6 - 3/10	6:30pm-7:30pm	M \$88
4365.101	16yrs to Adult	1/7 - 3/11	9:00am-10:00am	Tu \$110
4365.102	16yrs to Adult	1/10 - 3/14	10:30am-11:30am	F \$110

HB Pilates				City Gym
4366.100	16yrs to Adult	1/8 - 3/12	9:00am-10:00am	W \$110
4366.101	16yrs to Adult	1/9 - 3/13	6:15pm-7:15pm	Th \$110

HB Pilates				Murdy Community Center Hall A
4465.100	16yrs to Adult	1/6 - 3/10	10:15am-11:15am	M \$88
4465.101	16yrs to Adult	1/7 - 3/11	6:00pm-7:00pm	Tu \$110
4465.102	16yrs to Adult	1/11 - 3/15	9:00am-10:00am	Sa \$110

HB Pilates				Rodgers Senior Center E Room
4539.100	Adult	1/8 - 3/12	5:00pm-6:00pm	W \$110
4539.101	Adult	1/11 - 3/15	10:00am-11:00am	Sa \$110

FITNESS: PILOXING

From Hollywood to Huntington Beach, PILOXING® combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING® integrates the power, speed, and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. For a limited time: Register for any two 9am/10am HB Pilates classes and get an additional HB Pilates AM class for FREE; or register for any 3am/pm, one-hour HB Pilates classes and get an HB Pilates unlimited am/pm class pass for this session! Bring mat, towel, and water. No class 1/20 & 2/17.

HB Pilates				City Gym Room A
4544.100	16yrs to Adult	1/7 - 3/11	7:00pm-8:00pm	Tu \$120
4544.101	16yrs to Adult	1/9 - 3/13	5:15pm-6:15pm	Th \$120

HB Pilates				Murdy Community Center Hall B
4545.100	Adult	1/8 - 3/12	7:00pm-8:00pm	W \$120
4545.101	Adult	1/11 - 3/15	10:00am-11:00am	Sa \$120

HB Pilates				Edison Community Center Hall B
4571.100	16yrs to Adult	1/7 - 3/11	10:00am-11:00am	Tu \$120

FITNESS: PRIVATE PERSONAL TRAINING/PILOXING SESSION

Train one-on-one for one hour with a NASM Certified Personal Trainer and/or BASI Certified Pilates Instructor for one hour and enjoy the benefits of the one-on-one experience. Private lessons are great for beginning-advanced clients and can help improve strength, power, endurance, flexibility, balance, coordination, weight loss, and more! Discounts are given for multiple lessons. Sign up for 10+ lessons and get an HB Pilates Unlimited class pass for FREE. Times/dates TBD. Please bring a mat, sweat towel, and water. No class 1/20 & 2/17.

HB Pilates				Edison Community Center Hall B
4644.100	16yrs to Adult	1/6 - 3/15	Time and dates to be arranged	\$66 with instructor

HB Pilates				Murdy Community Center Hall B
4606.100	Adult	1/6 - 3/16	Time and dates to be arranged	\$66 with instructor

HB Pilates				City Gym Room A
4652.100	16yrs to Adult	1/6 - 3/15	Time and dates to be arranged	\$66 with instructor

HB Pilates				Rodgers Senior Center Game Room
4637.100	Adult	1/6 - 3/15	Time and dates to be arranged	\$66 with instructor



Adult & Teen Classes

FITNESS: PRENATAL/POSTNATAL PILATES

Pilates is a safe way for woman 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 woman in their 1st, 2nd, and 3rd trimester and woman 6-8 weeks postpartum, with doctor's approval. Each participant can bring one guest at no additional cost. Additional guest/drop-ins welcome: \$15. Please bring mat, towel, and water.

HB Pilates Murdy Community Center Hall B
4654.100 Adult 1/11 - 3/15 11:45am-12:45pm Sa \$150

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

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

Grossman, Marianne Edison Community Center Hall A
4358.100 Adult 1/7 - 3/11 5:45pm-6:45pm Tu \$79

FITNESS: SLIM & TRIM BY GEORGIA

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

Spidle, Georgia A Lake Park Clubhouse - 1035 11th Street
4367.100 13yrs to Adult 1/6 - 3/14 9:00am-10:00am M W F \$70

FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No class 1/20 and 2/17.

Grossman, Marianne Rodgers Senior Center Hall A & B
4372.101 Adult 1/6 - 3/10 5:30pm-6:30pm M \$52

FITNESS: ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout - Join the Party! www.sockhopfitness.com.

Foreman, Jill E Edison Community Center Hall A
4446.100 16yrs to Adult 1/8 - 3/12 6:35pm-7:20pm W \$72

Foreman, Jill E Murdy Community Center Hall A
4628.100 Adult 1/8 - 3/12 6:00pm-6:50pm W \$72
4628.101 Adult 1/11 - 3/15 8:00am-8:50am Sa \$72

FITNESS: ZUMBA - AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun! Walk-ins welcome, \$10.

Foreman, Jill E Rodgers Senior Center Hall A
4573.101 6yrs to 86yrs 1/7 - 2/4 6:00pm-6:50pm Tu \$35
4573.102 6yrs to 86yrs 2/11 - 3/11 6:00pm-6:50pm Tu \$35

Foreman, Jill E Edison Community Center Hall A
4590.100 6yrs to Adult 1/8 - 2/5 5:45pm-6:30pm W \$35
4590.101 6yrs to Adult 2/12 - 3/12 5:45pm-6:30pm W \$35

FITNESS: ZUMBA GOLD

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

Foreman, Jill E Murdy Community Center Hall A
4635.100 Adult 1/7 - 3/11 8:00am-8:50am Tu \$69

FITNESS: ZUMBA GOLD AND GOLD TONING - BEGINNING

The same great Zumba music, the same great moves at a "teach-me-the-steps" pace. Ample warm-up and cool-down to protect and strengthen joints and tendons. Guaranteed to put more zing in your step and a smile on your face! Bring water and 1-2 lb. hand weights. No class 2/6 and 3/6. Walk-ins welcome, \$10

Foreman, Jill E Rodgers Senior Center Hall D
4831.100 60yrs to Adult 1/9 - 3/13 10:00am-10:45am Th \$54

FITNESS: ZUMBA GOLD & GOLD TONING

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$10. No class 1/20, 2/6, 2/17 and 3/6.

Foreman, Jill E Rodgers Senior Center Hall A & B
4373.100 Adult 1/6 - 3/10 9:00am-9:50am M \$58
4373.101 Adult 1/9 - 3/13 9:00am-9:50am Th \$58
4373.102 Adult 1/11 - 3/15 9:00am-9:50am Sa \$72

FITNESS: ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. No class 1/20 & 2/17.

Foreman, Jill E Edison Community Center Hall A
4489.100 16yrs to Adult 1/6 - 3/10 5:45pm-6:30pm M \$58

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St by Dan Yenny.

FORE Golf, Management, LLC Meadowlark Golf Course
4377.100 17yrs to Adult 1/14 - 2/4 11:00am-12:00pm Tu \$99
4377.101 17yrs to Adult 2/18 - 3/11 11:00am-12:00pm Tu \$99
4377.102 17yrs to Adult 1/18 - 2/8 10:00am-11:00am Sa \$99
4377.103 17yrs to Adult 2/22 - 3/15 10:00am-11:00am Sa \$99

GUITAR: STRUMMING AND SINGING

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

McGrath Music, Patrick McGrath Edison Community Center Hall B
4615.100 10yrs to Adult 1/7 - 2/25 7:00pm-8:00pm Tu \$125

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

Adult & Teen Classes

GUITAR: MORE STRUMMING & SINGING

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

McGrath Music, Patrick McGrath Edison Community Center Hall B
4645.100 10yrs to Adult 1/7 - 2/25 8:15pm-9:15pm Tu \$125

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

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

G60FIT LLC, Natalie Gengle City Gym Room B
4657.100 Adult 1/11 - 1/25 10:00am-12:00pm Sa \$75
4657.101 Adult 2/8 - 2/22 10:00am-12:00pm Sa \$75
4657.102 Adult 3/1 - 3/15 10:00am-12:00pm Sa \$75

ITALIAN: BEGINNING 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 Hall C&D
4551.100 Adult 1/23 - 3/27 6:30pm-7:30pm Th \$100

ITALIAN: INTERMEDIATE 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition and again a focus on 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 Hall C&D
4604.100 Adult 1/23 - 3/27 7:30pm-8:30pm Th \$100

KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system 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. You will sweat and have a good time. - Belt Advancement is Available. No class 2/6, 2/8, 2/13 and 2/15.

Betance, Justin Murdy Community Center Hall B
4441.100 16yrs to Adult 1/9 - 3/15 9:00pm-9:45pm Sa \$125

KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Monday 1/20 and 2/17.

Tillehkooh, Kiavash City Gym Room B
4381.100 13yrs to Adult 1/6 - 3/10 7:15pm-8:00pm M \$177
4381.101 13yrs to Adult 1/7 - 3/11 7:15pm-8:00pm Tu \$177
4381.102 13yrs to Adult 1/8 - 3/12 7:15pm-8:00pm W \$177
4381.103 13yrs to Adult 1/9 - 3/13 7:15pm-8:00pm Th \$177

KARATE: TRADITIONAL JAPANESE KARATE-DO ALL RANK

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

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A
4383.100 15yrs to Adult 1/9 - 3/13 7:00pm-8:15pm Th \$120

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. Any one day \$90, any 2 days \$140, all 3 days \$160. No Saturday classes on 2/1 and 3/1.

Cardinal, Frances M Rodgers Senior Center Hall B
4385.100 13yrs to Adult 1/7 - 3/11 6:15pm-7:45pm Tu \$90
4385.101 13yrs to Adult 1/9 - 3/13 6:15pm-7:45pm Th \$90
4385.102 13yrs to Adult 1/11 - 3/22 10:00am-12:15pm Sa \$90
4385.103 13yrs to Adult 1/7 - 3/22 6:15pm-7:45pm Any 2 days \$140
4385.104 13yrs to Adult 1/7 - 3/22 6:15pm-7:45pm Any 3 days \$160

MEDITATION FOR BETTER LIVING "KINETIC MINDFULNESS"

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, 'urban' meditation and creative imaging for practical and fulfilled living. No class Jan. 20 and Feb. 17.

Recreation Staff Rodgers Senior Center Hall C
4611.100 Adult 1/6 - 3/10 9:30am-10:30am M \$40

MUSIC: UKULELE 101 A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class 2/4. Note: \$5 material fee will be collected at first class.

Hopkins, Arthur Rodgers Senior Center Hall E
4390.101 Adult 1/14 - 2/25 9:30am-10:30am Tu \$49

MUSIC: UKULELE 102 - BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class 2/4. Note: \$5 material fee will be collected at first meeting.

Hopkins, Arthur Rodgers Senior Center Hall E
4391.100 Adult 1/14 - 2/25 10:45am-11:45am Tu \$49

QIGONG (CHINESE YOGA)

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

Walker, Donald D Murdy Community Center Hall C&D
4394.100 Adult 1/8 - 2/19 6:00pm-7:15pm W \$49

Walker, Donald D Edison Community Center Hall B
4647.100 Adult 1/7 - 2/18 1:30pm-2:45pm Tu \$49

Register Online! www.hbsands.org

Adult & Teen Classes

SKATING: ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warmly.

Westminster Ice		13071 Springdale, Westminster			
4436.100	17yrs to Adult	1/15 - 2/5	6:10pm-6:40pm	W	\$37
4436.101	17yrs to Adult	2/19 - 3/12	6:10pm-6:40pm	W	\$37

SPANISH FOR FUN AND FOREVER-BEGINNING

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

Blades, Murnez		Rodgers Senior Center Hall C			
4399.101	Adult	1/28 - 3/18	6:00pm-7:00pm	Tu	\$94
4399.102	Adult	1/30 - 3/20	3:00pm-4:30pm	Th	\$94

SPANISH FOR FUN AND FOREVER – INTERMEDIATE

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

Blades, Murnez		Rodgers Senior Center Hall E			
4400.101	Adult	1/30 - 3/20	4:15pm-5:30pm	Th	\$94

SURFING: BASIC SURF LESSON

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

Sharp, Bill		Beach Service Center – south side of pier			
4402.101	10yrs to Adult	1/11	10:00am-11:30am	Sa	\$75
4402.102	10yrs to Adult	1/25	10:00am-11:30am	Sa	\$75
4402.103	10yrs to Adult	2/8	10:00am-11:30am	Sa	\$75
4402.104	10yrs to Adult	2/22	10:00am-11:30am	Sa	\$75
4402.105	10yrs to Adult	3/8	10:00am-11:30am	Sa	\$75
4402.106	10yrs to Adult	3/22	10:00am-11:30am	Sa	\$75

SURFING: LEARN TO SURF

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

Sharp, Bill		Beach Service Center – south side of pier			
4403.101	10yrs to Adult	1/11 - 1/26	10:00am-11:30am	Su Sa	\$200
4403.102	10yrs to Adult	2/8 - 2/23	10:00am-11:30am	Su Sa	\$200
4403.103	10yrs to Adult	3/8 - 3/23	10:00am-11:30am	Su Sa	\$200

TAI CHI CHUAN FOR BEGINNERS

A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing and flat-soled shoes. No class Jan. 20, Feb. 17.

Pham, Elizabeth		Rodgers Senior Center Hall B			
4407.101	Adult	1/6 - 3/10	6:45pm-8:15pm	M	\$40
4407.102	Adult	1/9 - 3/13	9:00am-10:30am	Th	\$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 and flat-soled shoes. No class 1/20 and 2/17.

Howe, Shona S		Rodgers Senior Center Hall B			
4499.101	Adult	1/6 - 3/10	6:45pm-8:15pm	M	\$40
4499.102	Adult	1/9 - 3/13	9:00am-10:30am	Th	\$50

VOLLEYBALL: ADULT INDOOR CLINIC – INTERMEDIATE

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills.

Taylor, Matthew R		City Gym Gymnasium			
4583.100	16yrs to Adult	1/7 - 2/4	7:15pm-9:15pm	Tu	\$89
4583.101	16yrs to Adult	2/11 - 3/11	7:15pm-9:15pm	Tu	\$89

WOMEN’S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Wednesday is for the beginning to intermediate players to refresh their skills of bumping, setting, spiking and serving. Fridays are for advance players only, they must try out first day to make the list/team.

DiGiovanni, Joann N K		City Gym Gymnasium			
4409.100	18yrs to 80yrs	1/7 - 3/11	9:30am-12:30pm	Tu	\$70
4409.101	18yrs to 80yrs	1/8 - 3/12	10:30am-12:00pm	W	\$45
4409.102	18yrs to 70yrs	1/9 - 3/13	9:30am-12:30pm	Th	\$70
4409.103	18yrs to 65yrs	1/10 - 3/14	10:30am-12:00pm	F	\$99



Adult & Teen Classes

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No Class Mondays 1/20 and 2/17.

Carmichael, Yvonne City Gym Room B
4410.100 16yrs to Adult 1/6 - 3/3 10:30am-12:00pm M \$95

YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500C. No class 2/12 & 2/19.

Pavesic, Diane M Edison Community Center Hall C&D
4411.100 Adult 1/8 - 3/12 4:30pm-5:30pm W \$62
4411.101 Adult 1/8 - 3/12 5:45pm-6:45pm W \$62
4411.102 Adult 1/8 - 3/12 7:00pm-8:00pm W \$62

YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 1/20 and 2/17.

King, Jacki, E-RYT Murdy Community Center Hall A
4417.100 Adult 1/13 - 3/10 4:35pm-5:35pm M \$57
4417.101 Adult 1/15 - 3/12 4:00pm-5:00pm W \$70

Carmichael, Yvonne Murdy Community Center Game Room
4418.100 14yrs to Adult 1/8 - 3/5 10:30am-12:00pm W \$87
4418.101 14yrs to Adult 1/10 - 3/7 10:30am-12:00pm F \$87

Holden, Susan, RYT Murdy Community Center Hall A
4450.100 16yrs to Adult 1/13 - 3/10 6:00pm-7:00pm M \$57
4450.101 16yrs to Adult 1/13 - 3/10 7:15pm-8:15pm M \$57
4450.102 16yrs to Adult 1/14 - 3/11 5:30pm-6:45pm Tu \$70
4450.103 16yrs to Adult 1/17 - 3/14 4:00pm-5:00pm F \$70



YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500. No class Feb. 13 and 20.

Pavesic, Diane M Rodgers Senior Center Hall E
4413.101 Adult 1/9 - 3/13 10:00am-11:00am Th \$62
4413.102 Adult 1/9 - 3/13 11:00am-12:00pm Th \$62

YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 1/20 and 2/17. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M Rodgers Senior Center Hall D
4817.101 50yrs + 1/6 - 3/10 10:00am-11:00am M \$62

YOGA: BEACH VINYASA YOGA

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

Stanek, Denise Beach
4630.101 17yrs to Adult 1/9 - 2/27 8:30am-9:30am Th \$106
\$96 HBAC

YOGA: CANDLELIGHT VINYASA YOGA

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

Stanek, Denise Art Center Multipurpose
4594.101 17yrs to Adult 1/7 - 2/25 6:30pm-7:30pm Tu \$106
\$96 HBAC

YOGA: GENTLE THERAPEUTIC YOGA – MALE FOCUSED

For anyone who want to take it a little slower than a Gentle Yoga Class or has specific issues which need to be addressed. Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class focused on the male body and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket. No class 2/8

HelpYourHealth, RoxAnn Madera Lake View Clubhouse
 17451 Zeider Ln
4578.100 15yrs to Adult 1/11 - 3/8 10:15am-11:15am Sa \$105

Parks & Recreation...
Promote Longevity

...The Benefits Are Endless

Adult & Teen Classes

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket. No class 2/15 & 2/8
HelpYourHealth, RoxAnn Madera

Marutani Center
18964 Brookhurst St, FV
4509.100 15yrs to Adult 1/8 - 3/5 9:00am-10:15am W \$126

HelpYourHealth, RoxAnn Madera Lake View Clubhouse
17451 Zeider Ln

4613.100 15yrs to Adult 1/11 - 3/8 9:00am-10:00am Sa \$105

YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Learn in the atmosphere of a small class, limited to 12 students with personalized attention. This class is held at the Marutani Dojo Cultural Center 18964 Brookhurst St Fountain Valley, 92708. No class 2/4

HelpYourHealth, RoxAnn Madera Marutani Center
18964 Brookhurst St, FV

4576.100 15yrs to Adult 1/7 - 3/4 9:00am-10:15am Tu \$126

YOGA: IN THE GREAT OUTDOORS

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will meet at Harriett Wieder Park - 19251 Seapoint Ave. Please bring a yoga mat or towel.

Stevenson, Sarah Harriett Wieder Park 19251 Seapoint Ave.
4414.101 Adult 1/11 - 3/15 9:00am-10:00am Sa \$95

YOGATATION

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

Phears, William David City Gym Room A
4648.100 Adult 1/16 - 3/6 9:00am-10:15am Th \$48

Computers and Active Aging

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Recreation Staff Rodgers Senior Center Computer Lab

4800.100 50yrs + 1/7 - 1/28 9:00am-11:30am Tu \$15

4800.101 50yrs + 2/4 - 2/25 9:00am-11:30am Tu \$15

4800.102 50yrs + 3/4 - 3/25 9:00am-11:30am Tu \$15

Register Online! www.hbsands.org

No classes January 20 and February 17

Computers and Active Aging

COMPUTERS: BUYING ON THE INTERNET

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

Lander, Joel Rodgers Senior Center Computer Lab

4830.100 Adult 1/4 9:00am-12:00pm Sa \$38

4830.101 Adult 3/8 9:00am-12:00pm Sa \$38

COMPUTERS: ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing, 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.

Lander, Joel Rodgers Senior Center Computer Lab

4593.100 25yrs to Adult 1/10 - 1/31 9:00am-12:00pm F \$66

4593.101 25yrs to Adult 2/7 - 2/28 9:00am-12:00pm F \$66

4593.102 25yrs to Adult 3/6 - 3/27 9:00am-12:00pm Th \$66

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills. No class 1/20.

Cohn, Victor Rodgers Senior Center Computer Lab

4803.100 50yrs + 1/6 - 2/3 9:00am-12:00pm M \$15

COMPUTERS: FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

Recreation Staff Rodgers Senior Center Computer Lab

4517.101 Adult 1/11 - 1/25 10:00am-12:00pm Sa \$64

COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Recreation Staff Rodgers Senior Center Computer Lab

4805.100 50yrs + 1/6 - 1/13 1:00pm-4:00pm M \$12

COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners, for people who already have an iPad who want to learn how to use it. We will start at "How do I turn it on?" Discussions will include Wi-Fi, 3G/4G, iOS 6.1, iCloud and aspects of included apps. Must bring an iPad with charging cord to classes. \$10 material fee to be paid at first class.

Recreation Staff Rodgers Senior Center Hall D

4826.101 50yrs + 1/8 - 1/29 9:00am-11:30am W \$25

4826.102 50yrs + 2/5 - 2/26 9:00am-11:30am W \$25

COMPUTERS: MS 2010 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.

Recreation Staff Rodgers Senior Center Computer Lab

4802.100 50yrs + 1/8 - 1/29 9:00am-12:00pm W \$15