

TEEN/ADULT

AQUATIC EXERCISE

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental is \$3 per class to be paid each class. Questions: quatonefitness@aol.com.

Aqua Tone Fitness		City Gym and Pool	
150802-3A	16 yrs + F 6:45-8:00am	1/15-2/12	\$53
150802-3B	16 yrs + F 6:45-8:00am	2/19-3/25	\$63
150802-3C	16 yrs + W 8:15-9:25am	1/13-2/10	\$53
150802-3D	16 yrs + W 8:15-9:25am	2/17-3/23	\$63
150802-3E	16 yrs + M 8:15-9:25am	1/11-2/8	\$44
150802-3F	16 yrs + M 8:15-9:25am	2/22-3/21	\$53

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.

Debra Thurn		City Gym and Pool	
150806-3A	16 yrs + M, W, F 12:15-1:15pm	1/11-1/29	\$74
150806-3B	16 yrs + M, W, F 12:15-1:15pm	2/1-2/26	\$84
150806-3C	16 yrs + M, W, F 12:15-1:15pm	3/7-4/1	\$84
150806-3D	16 yrs + Tu, Th 12:30-1:30pm	1/12-2/4	\$48
150806-3E	16 yrs + Tu, Th 12:30-1:30pm	2/2-2/25	\$58
150806-3F	16 yrs + Tu, Th 12:30-1:30pm	3/1-3/24	\$58

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: quatonefitness@aol.com.

Aqua Tone Fitness		City Gym and Pool	
150804-3F	16 yrs + M, W, F 5:30-6:30pm	1/11-2/12	\$118
150804-3G	16 yrs + M, W, F 5:30-6:30pm	2/19-3/25	\$133
150804-3H	16 yrs + M, W 5:30-6:30pm	1/11-2/10	\$73
150804-3I	16 yrs + M, W 5:30-6:30PM	2/17-3/23	\$88
150804-3J	16 yrs + F 5:30-6:30PM	1/15-2/12	\$43
150804-3K	16 yrs + F 5:30-6:30PM	2/19-3/25	\$51
150804-3L	16 yrs + W 5:30-6:30pm	1/13-2/10	\$43
150804-3M	16 yrs + W 5:30-6:30pm	2/22-3/23	\$51
150804-3N	16 yrs + M 5:30-6:30pm	1/11-2/8	\$36
150804-3O	16 yrs + M 5:30-6:30pm	2/22-3/21	\$43

Register Online!
www.hbsands.org

AQUA-FIT: FAT BURNING

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

Debra Thurn & Jamie Fowler		City Gym and Pool	
150805-3A	16 yrs + M, W 1:15-2:00pm	1/11-1/25	\$70
150805-3B	16 yrs + M, W 1:15-2:00pm	2/1-2/29	\$70
150805-3C	16 yrs + M, W 1:15-2:00pm	3/7-3/30	\$70
150805-3D	16 yrs + F 11am-12pm	1/15-1/29	\$45
150805-3E	16 yrs + F 11am-12pm	2/5-2/26	\$45
150805-3F	16 yrs + F 11am-12pm	3/4-3/25	\$45

AQUATIC EXERCISE: AQUA TONE

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: quatonefitness@aol.com.

Aqua Tone Fitness		City Gym and Pool	
150808-3A	16 yrs + M, W 7-8am	1/11-2/10	\$73
150808-3B	16 yrs + M, W 7-8am	2/22-3/21	\$88
150808-3C	16 yrs + M 7-8am	1/11-2/8	\$36
150808-3D	16 yrs + M 7-8am	2/22-3/21	\$43
150808-3E	16 yrs + W 7-8am	1/13-2/10	\$43
150808-3F	16 yrs + W 7-8am	2/17-3/23	\$51
150808-3G	16 yrs + Tu, Th 7-8am	1/12-2/11	\$81
150808-3H	16 yrs + Tu, Th 7-8am	2/16-3/24	\$96
150808-3I	16 yrs + Tu, Th 8:20-9:20am	1/12-2/11	\$81
150808-3J	16 yrs + Tu, Th 8:20-9:20am	2/16-3/24	\$96
150808-3K	16 yrs + F 8:20-9:20am	1/15-2/12	\$43
150808-3L	16 yrs + F 8:20-9:20am	2/19-3/25	\$51
150808-3M	16 yrs + Sa 7-8am	1/16-2/13	\$43
150808-3N	16 yrs + Sa 7-8am	2/20-3/26	\$51

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: quatonefitness@aol.com.

Aqua Tone Fitness		City Gym and Pool	
150821-3A	16 yrs + F 9:30-10:15am	1/15-2/12	\$43
150821-3B	16 yrs + F 9:30-10:15am	2/19-3/25	\$51

HUNTINGTON BEACH MERMAID SWIM CLUB

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid tail or instructor will hand out information for how to purchase your own.

Debra Thurn		City Gym and Pool	
Beginner			
15116-3A	7 yrs + Tu 12:30-1:00pm	1/12-2/2	\$45
15116-3B	7 yrs + Tu 12:30-1:00pm	2/9-3/1	\$56
15116-3C	7 yrs + Tu 12:30-1:00pm	3/8-3/29	\$56
Advanced			
15116-3D	16 yrs + F 6:45-7:45pm	1/15-2/2	\$45
15116-3E	16 yrs + F 6:45-7:45pm	2/5-2/26	\$56
15116-3D	16 yrs + F 6:45-7:45pm	3/4-3/25	\$56

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 provided on receipt.

Diane Merrill **HB Art Center**
150116-4A 13 yrs + Tu 9:30am - 12:30pm 1/12 - 2/16 \$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 have many projects under your belt this workshop is for you. Beginners will be making a pendant while more practiced students will set a cabuchon in a bezel after firing. All tools provided by instructor with a \$5 use fee.

Laura Moore **HB Art Center**
150129-4A 16 yrs + W 5:30 - 7:30pm 2/17 - 3/23 \$136/123

INTRO/INTERMEDIATE ACRYLIC PAINTING

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

Jose Loza **HB Art Center**
150135-4A 12 yrs + Tu 5:45 - 7:45pm 1/12 - 3/22 \$116/105

DIGITAL PHOTOGRAPHY ADVANCED

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

Kurt Weston **HB Art Center**
150136-4A 18 yrs+ F 1 - 3:30pm 1/15 - 2/19 \$96/87

WATERCOLORS LOOSE & FREE

Sharpen your watercolor skills. Focus on color mixing, direct brush work, exploring texture and designing with color. Subject matter ranges from still life to naturescapes and abstract compositions.

Eileen McCullough **HB Art Center**
150137-4A 16 yrs + Th 9:30am - 12:30pm 2/4 - 3/24 \$150/136



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**
150103-4A 12 yrs + Tu 2:45 - 4:15pm 1/12 - 2/9 \$114/103
150103-4B 12 yrs + Tu 2:45 - 4:15pm 2/23 - 3/22 \$114/103

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**
150109-4A 16 yrs + F 3:30 - 5:30pm 1/15 - 2/19 \$96/87
150109-4B 16 yrs + Sa 2:45 - 4:30pm 1/16 - 2/20 \$96/87

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**
150110-4A 16 yrs + Sa 1 - 2:45pm 1/16 - 2/20 \$96/87

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**
150114-4A 18 yrs + W 9:30am - 12:30pm 1/13 - 2/17 \$104/94

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**
150115-5A 18 yrs + Tu 8:30 - 11:30am 1/12 - 2/16 \$50
150115-5B 18 yrs + Tu 8:30 - 11:30am 2/23 - 3/29 \$50

**Parks
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Parks and Recreation
promote sensitivity
to cultural diversity

CREATING ARTIST PRESENTATIONS USING POWERPOINT

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

Kurt Weston **HB Art Center**
150138-4A 18 yrs + Th 1 - 3pm 1/14 - 2/18 \$96/87

PAINT PEN TECHNIQUES

An easy to use medium, paint pens are a great way to express your creative side. Beginners to intermediate students will benefit from paint pen techniques, color theory, and basic drawing skills taught throughout the course.

Sam Bernal **HB Art Center**
150139-4A 12 yrs + W 3:30 - 5:30pm 1/13 - 2/10 \$121/109

COMPUTERS

BEGINNING COMPUTER

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

RSC Volunteer **Rodgers Seniors' Center**
150200-5A 18 yrs + Tu 9 - 11:30am 1/5 - 1/26 \$15
150200-5B 18 yrs + Tu 9 - 11:30am 2/2 - 2/23 \$15
150200-5C 18 yrs + Tu 9 - 11:30am 3/1 - 3/22 \$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**
150202-5A 18 yrs + F 9am - 12pm 1/22 - 1/22 \$38

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**
150205-5A 18 yrs + Th 9am - 12pm 2/11 - 2/25 \$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**
150201-5A 18 yrs + F 9am - 12pm 1/15 \$38
150201-5B 18 yrs+ Th 2 - 5pm 3/10 \$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**
150209-5A 18 yrs + W 9am - 12pm 1/6 - 1/27 \$15
150209-5B 18 yrs+ W 9am - 12pm 3/9 - 3/30 \$15

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

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

Joel Lander **Rodgers Seniors' Center**
150210-5A 18 yrs + Th 2 - 5pm 1/7 - 1/14 \$66
150209-5B 18 yrs+ W 9am - 12pm 3/10 - 3/17 \$66

WINDOWS 7 MADE EASY

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

Joel Lander **Rodgers Seniors' Center**
150211-5A 18 yrs + Th 2 - 5pm 2/11 - 2/18 \$66

INTRO TO WINDOWS 8

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**
150212-5A 18 yrs + F 9am - 12pm 1/8 \$38
150212-5B 18 yrs + W 6 - 9pm 1/20 \$38
150212-5C 18 yrs + Sa 9am - 12pm 2/20 \$38
150212-5D 18 yrs + Th 6 - 9pm 2/25 \$38
150212-5E 18 yrs+ Sa 9am - 12pm 3/12 \$38
150212-5F 18 yrs+ Th 2 - 5pm 3/17 \$38

Register Online!
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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	
150214-5A	18 yrs +	Th	9am - 12pm	1/7 - 1/21	\$72
150214-5B	18 yrs +	F	9am - 12pm	2/12 - 2/26	\$72

INTRODUCTION TO THE INTERNET

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

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150216-5A	55 yrs +	M	9 - 11am	2/22 - 3/14	\$65

PROTECTING YOUR ONLINE IDENTITY

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

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150217-5A	55 yrs +	M	11:15am - 12:15pm	2/22 - 3/14	\$40

INTRODUCTION TO FACEBOOK

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

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150218-5A	55 yrs +	M	1:30 - 2:30pm	2/22 - 3/14	\$40

SMARTPHONES & TABLETS

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

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150219-5A	18 yrs +	M	2:45 - 3:45pm	2/22 - 3/14	\$40

COOKING

CAJUN COOKIN'

Just in time for a Fat Tuesday Party. Learn about spices and seasonings that make your Cajun dishes pop! Impress your friends with Cajun-style red beans and rice, gumbo, jambalaya, shrimp etouffe, hush puppies, and key lime pie. Also learn to make the perfect roux. Take home tons of recipes. \$15 materials fee due at first class.

April Berg				Edison Community Center	
150306-2A	18 yrs +	Tu	6:15 - 9:15pm	2/2	\$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	
150301-1A	13 yrs +	Tu	6 - 8pm	1/12 - 2/2	\$50
150301-1B	13 yrs +	Tu	6 - 8pm	2/9 - 3/1	\$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: Basic Beginnings before this class.

Rebecca Mejia				Murdy Community Center	
150304-1A	13 yrs +	W	6 - 8pm	2/17 - 3/9	\$50

FUN WITH FISH

Learn to make the most incredible fish dishes. You will master poaching, baking, frying, grilling, and sauteing the perfect fish and shellfish. You will also learn how to make marinades and the sauces to accompany your fish and shellfish. Take home lots of recipes. Come hungry! \$15 material fee payable to instructor.

April Berg				Edison Community Center	
150309-2A	18 yrs +	Tu	6:15 - 9:15pm	3/22 - 3/22	\$35

FUN WITH SUSHI

Create your own sushi bar at home for your friends and family. Learn to make sushi rice, miso soup, California roll, massago, maguro, sake, Japanese omelet, spicy tuna, and more. This is a hands-on class - bring a sharp knife. Preparation supplies will be available in class. There is a \$15 material fee payable in class.

April Berg				Edison Community Center	
150305-2A	18 yrs +	Tu	6:15 - 9:15pm	3/1	\$35

VEGETARIAN, VEGAN, AND GLUTEN FREE

The key to a vegetarian and vegan diet is variety. You will learn how to make the most delicious meals starting with appetizers, a variety of salads with dressings that are vegan and gluten free, whole grain dishes, main courses, and baking vegan style. Also how to make substitutions for cheeses and dairy. You will be amazed at the explosion these dishes will have on your taste buds. \$15 materials fee due at first class.

April Berg				Edison Community Center	
150308-2A	18 yrs +	Tu	6:15 - 9:15pm	1/12	\$35



Parks and Recreation
expand knowledge

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**
150442-3A 13 yrs + M 7 - 8pm 1/11 - 3/21 \$95

Huntington Academy of Dance **16601 Gothard Street, Suite A**
150442-1A 13 yrs + W 7:30 - 8:30pm 1/13 - 3/9 \$95

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 **16601 Gothard St**
150426-1A 50 yrs + M 12:30 - 1:30pm 1/4 - 2/8 \$49
150426-1B 50 yrs + M 12:30 - 1:30pm 2/15 - 3/21 \$49

BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. No Partner needed. *No Class Dates: Jan-18, Feb-15*

Kaylaa Fox **Edison Community Center**
150407-2A 16 yrs + M 7 - 8pm 1/11 - 2/8 \$49
150407-2B 16 yrs + M 7 - 8pm 2/22 - 3/14 \$49

DANCE: CHA CHA

The Cha Cha is a vibrant, flamboyant and playful dance. The light and bubbly feel of the Cha Cha gives it a unique sense of fun. The Cha Cha requires lots of hip motion (Cuban motion), as it is danced in 4/4 time. Bring a partner if you can!

Hazard William E **Rodgers Seniors' Center**
150448-5A 16 yrs + Tu 7:30 - 8:30pm 1/5 - 1/26 \$39

DANCE: COUNTRY LINE

Country line dance your way to the next night club, dance, or wedding. Learn easy, popular, step by step line dances taught by a patient instructor. This is a great way to have a good time while burning some calories. \$2 materials fee due at first class.

Kaylaa Fox **Edison Community Center**
150413-2A 16 yrs + W 7:30 - 8:15pm 1/20 - 2/10 \$49
150413-2B 16 yrs + W 7:30 - 8:15pm 2/17 - 3/9 \$49

Kaylaa Fox **Murdy Community Center**
150413-1A 16 yrs + Th 7 - 7:45pm 1/21 - 2/11 \$49
150413-1B 16 yrs + Th 7 - 7:45pm 2/18 - 3/10 \$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**
150415-2A 16 yrs + W 8:15 - 9pm 1/20 - 2/10 \$49
150415-2B 16 yrs + W 8:15 - 9pm 2/17 - 3/9 \$49

Kaylaa Fox **Murdy Community Center**
150415-1A 16 yrs + Th 7:45 - 8:30pm 1/21 - 2/11 \$49
150415-1B 16 yrs + Th 7:45 - 8:30pm 2/18 - 3/10 \$49

DANCE: RHUMBA

Rhumba is a sensual dance with Cuban Motion which I have an easy way to teach you. A lot of attention will be on following and leading. Bring a partner if you can!

Hazard William E **Rodgers Seniors' Center**
150445-5A 16 yrs + Tu 7:30 - 8:30pm 3/1 - 3/22 \$39

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. *No Class Dates: Jan-18*

Kaylaa Fox **Edison Community Center**
150421-2A 16 yrs + M 8 - 8:45pm 1/11 - 2/8 \$49
150421-2B 16 yrs + M 8 - 8:45pm 2/22 - 3/14 \$49

Kaylaa Fox **Murdy Community Center**
150421-1A 16 yrs + Th 8:30 - 9:15pm 1/21 - 2/11 \$49
150421-1B 16 yrs + Th 8:30 - 9:15pm 2/18 - 3/10 \$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. HOSTED BY MICHAEL and OLIVA LAI

Kaylaa Fox **Murdy Community Center**
150422-1A 16 yrs + Th 6:15 - 7:15pm 1/21 - 2/11 \$40
150422-1B 16 yrs + Th 6:15 - 7:15pm 2/18 - 3/10 \$40

DANCE: SWING BASICS

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

Kaylaa Fox **Murdy Community Center**
150423-1A 16 yrs + Th 8:15 - 9:15pm 1/21 - 2/11 \$40
150423-1B 16 yrs + Th 8:15 - 9:15pm 2/18 - 3/10 \$40



Parks and Recreation
reduce stress

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 MICHAEL and OLIVAI LAI

Kaylaa Fox				Murdy Community Center	
150424-1A	16 yrs +	Th	7:15 - 8:15pm	1/21 - 2/11	\$40
150424-1B	16 yrs +	Th	7:15 - 8:15pm	2/18 - 3/10	\$40

DANCE: TANGO

Tango is one of the most fascinating of all dances. The tango is a sensual ballroom dance that originated in South America and is performed by a man and a woman, expressing an element of romance in their synchronized movements. Bring a partner if you can!

Hazard William E				Rodgers Seniors' Center	
150447-5A	16 yrs +	Tu	7:30 - 8:30pm	2/2 - 2/23	\$39

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 dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music.

Suzu Hazard				Rodgers Seniors' Center	
150434-5A	18 yrs +	F	3 - 4pm	1/8 - 3/18	\$59

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: New Beginner Line Dance**

Suzu Hazard				Rodgers Seniors' Center	
150419-5A	18 yrs +	F	4 - 5pm	1/8 - 3/18	\$59

LINE DANCE FITNESS LEVEL 2

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

Suzu Hazard				Rodgers Seniors' Center	
150428-5A	18 yrs +	W	3 - 4:30pm	1/6 - 3/16	\$59

LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. **No Class Dates: Jan-18, Feb-15**

Suzu Hazard				Rodgers Seniors' Center	
150433-5A	18 yrs +	M	3:15 - 4:45pm	1/4 - 3/14	\$49

LINE DANCE FITNESS 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	
150420-5A	18 yrs +	W	1 - 2:30pm	1/6 - 3/16	\$59

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	
150402-2A	6 yrs +	TBA		1/11 - 3/29	\$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.

Renee Roseth				Rodgers Seniors' Center	
150437-5A	18 yrs +	M	5 - 6pm	1/4 - 3/14	\$175
150437-5B	18 yrs +	Tu	5 - 6pm	1/5 - 3/15	\$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	
150438-5A	18 yrs +	M	6 - 7pm	1/4 - 3/14	\$175
150438-5B	18 yrs +	Tu	6 - 7pm	1/5 - 3/15	\$175

TUPUA'S POLYNESIAN BEGINNING/INTERMEDIATE

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	
150440-5A	14 yrs +	Tu	6:30 - 7:30pm	1/12 - 2/9	\$50
150440-5B	14 yrs +	Tu	6:30 - 7:30pm	2/16 - 3/15	\$50



Register Online! www.hbsands.org

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**
150503-2A 10 yrs + Tu 8:30 - 9:15pm 2/23 - 3/1 \$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**
150506-1A 10 yrs + M 7:30 - 8:45pm 2/29 - 3/21 \$82

DOG - FRISBEE: CATCH THE FUN!

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

Dog Services Unlimited **Dog Park**
150509-1A 10 yrs + Su 3:30 - 5pm 1/24 \$29

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 materials fee (includes training manual).

Dog Services Unlimited **Edison Community Center**
150504-2A 10 yrs + Tu 7:30 - 8:30pm 1/19 - 3/1 \$95
150504-2B 10 yrs + W 6 - 7pm 1/13 - 2/24 \$95

Dog Services Unlimited **Murdy Community Center**
150504-1A 10 yrs+ Th 7 - 8pm 1/14 - 2/25 \$95

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: Feb-13, Mar-5*

Surf City Flyball **Central Park- Slater/Goldenwest Street**
150507-1A 18 yrs + Sa 9 - 10am 1/23 - 3/26 \$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: Feb-13, Mar-5*

Surf City Flyball **Central Park- Slater/Goldenwest Street**
150508-1A 18 yrs + Sa 10 - 11:30am 1/23 - 3/26 \$95

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**
150502-1A 10 yrs + M 6:30 - 7:30pm 2/22 - 3/28 \$84

EDUCATIONAL

E-BAY SELLING BASICS

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

David Krueger **Murdy Community Center**
150606-1A 16 yrs + Tu 7 - 9pm 1/19 - 2/2 \$79

ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. It will meet once a week. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. *Ci vediamo!* (see you soon!)

Spectrum Languages **Edison Community Center**
150601-2A 18 yrs + Th 6:30 - 7:30pm 1/21 - 3/24 \$113

ITALIAN: CONVERSATIONAL ITALIAN 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition and again a focus 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**
150603-2A 18 yrs + Th 7:30 - 8:30pm 1/21 - 3/24 \$113

Register Online! www.hbsands.org

LEARNING BLACK HISTORY

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

OC Learning Black History **Rodgers Seniors' Center**
150610-5A 8 yrs + Sa 10am - 12pm 1/9 - 3/26 \$10

SPANISH FOR FUN AND 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**
150604-5A 18 yrs + Tu 6 - 7pm 1/12 - 2/16 \$84
150604-5B 18 yrs + Th 2 - 3pm 1/14 - 2/18 \$84

HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: Jan-18*

HB Pilates **City Gym and Pool**
150833-3A 16 yrs + W 11 - 11:30am 1/13 - 2/17 \$45
150833-3B 16 yrs + W 11 - 11:30am 2/24 - 3/23 \$38

HB Pilates **Edison Community Center**
150833-2A 16 yrs + F 11:30am - 12pm 1/15 - 2/19 \$45
150833-2B 16 yrs + F 11:30am - 12pm 2/26 - 3/25 \$38

HB Pilates **Murdy Community Center**
150833-1A 16 yrs + M 11 - 11:30am 1/11 - 2/8 \$31
150833-1B 16 yrs + M 11 - 11:30am 2/22 - 3/21 \$38
150833-1C 16 yrs + W 6:30 - 7pm 1/13 - 2/17 \$45
150833-1D 16 yrs + W 6:30 - 7pm 2/24 - 3/23 \$38

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: Jan-18, Feb-15*

Susan Hardy **Murdy Community Center**
150835-1A 18 yrs + M,W,F 9:15 - 10am 1/11 - 3/18 \$106

SENIOR CARDIOFIT

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

Marianne Grossman **Rodgers Seniors' Center**
150837-5A 55 yrs + Tu,F 9 - 9:45am 1/12 - 3/18 \$49

CARDIO STRENGTH

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**
150850-2A 13 yrs + Tu,Th 8:45 - 9:45am 1/12 - 3/24 \$79

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat.

Susan Hardy **Edison Community Center**
150851-2A 13 yrs + M,W,F 5:15 - 6:15pm 1/11 - 3/18 \$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**
150838-5A 40 yrs + W 6 - 7pm 1/13 - 3/9 \$95

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: Jan-18, Feb-15*

Susan Hardy **Murdy Community Center**
150841-1A 18 yrs + M,W,F 8:30 - 9:15am 1/11 - 3/18 \$106



KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. *No Class Dates: Feb-15*

David Phears **Rodgers Seniors' Center**
 150815-5A 18 yrs + M 9:30 - 10:30am 2/1 - 3/28 \$100

KICKBOXING AEROBICS

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

Julia Weber **Murdy Community Center**
 150842-1A 14 yrs + Tu 7 - 8pm 1/12 - 3/22 \$88

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Sharkia'd -be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! Classes available Mondays and Fridays from 8-9am, and Tuesdays from 5:30-6:30pm.

Erica Den Hartog **City Gym and Pool**
 150853-3A 16 yrs + 10 Classes 1/11-3/21 \$68
 150853-3B 16 yrs + 20 Classes 1/11-3/21 \$98

MEDITATION FOR BEGINNERS

Studies using magnetic resonance imaging (MRI) of the brain show that meditation protects the brain from the decline in gray matter volume as we age. In other words, meditation could protect your brain from shrinking as you get older. It also lowers blood pressure, leads to deeper relaxation and less stress, eases headaches, and many other benefits. Chairs will be provided. You may bring a large towel to place on the chair for comfort. Wear comfortable clothing.

Jacki King, E-RYT, CYT **Murdy Community Center**
 150912-1A 18+ Wed 5:20-5:50p 1/27-3/2 \$55

HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and hand weights. All other equipment provided. *No classes: Jan-18, Feb-15*

HB Pilates **Edison Community Center**
 150839-2A 16 yrs + M 9 - 10am 1/11 - 2/8 \$55
 150839-2B 16 yrs + M 9 - 10am 2/22 - 3/21 \$68
 150839-2C 16 yrs + F 9 - 10am 1/15 - 2/19 \$81
 150839-2D 16 yrs + F 9 - 10am 2/26 - 3/25 \$68

HB Pilates **Murdy Community Center**
 150839-1A 16 yrs + Th 9 - 10am 1/14 - 2/18 \$81
 150839-1B 16 yrs + Th 9 - 10am 2/25 - 3/24 \$68

HB PILATES STROLLER WORKOUT

Calling all mom's! Why hire a babysitter AND a trainer when you can work out with your little ones! 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. Email info@hbpilates.com for questions.

HB Pilates **Rodgers Seniors' Center**
 150825-5A 18 yrs + Tu 9 - 10am 1/12 - 2/16 \$84
 150825-5B 18 yrs + Th 9 - 10am 1/14 - 2/18 \$84
 150825-5C 18 yrs + Tu,Th 9 - 10am 1/12 - 2/18 \$144
 150825-5D 18 yrs + Tu 9 - 10am 2/23 - 3/22 \$71
 150825-5E 18 yrs + Th 9 - 10am 2/25 - 3/24 \$71
 150825-5F 18 yrs + Tu,Th 9 - 10am 2/23 - 3/24 \$120

HB PILATES: 5 CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, PILOXING, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. *No Class Dates: Jan-18, Feb-15*

HB Pilates **All Community Center Locations**
 150611-1A 16 yrs + M thru Sa 9am - 9pm 1/11 - 2/20 \$80
 150611-1B 16 yrs + M thru Sa 9am - 9pm 2/22 - 3/26 \$80

HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. *No Class Dates: Jan-18, Feb-15*

HB Pilates **All Community Center Locations**
 150612-1A 16 yrs + M thru Sa 9am - 9pm 1/11 - 2/20 \$160
 150612-1B 16 yrs + M thru Sa 9am - 9pm 2/22 - 3/26 \$160



Register Online! www.hbsands.org



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, grip socks, and water.

HB Pilates

Murdy Community Center

150856-1A	18 yrs +	Th	6 - 7pm	1/14 - 2/18	\$84
150856-1B	18 yrs +	Th	6 - 7pm	2/25 - 3/24	\$71
150856-1C	18 yrs +	Private lesson 30 min class			\$46
150856-1D	18 yrs +	Private lesson 1 hour class			\$77

PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. Email info: hbpilates.com for questions. *No Class Dates: Jan-18*

HB Pilates

Rodgers Seniors' Center

150879-5A	18 yrs +	M	12:30 - 1:30pm	1/11 - 2/8	\$50
150879-5B	18 yrs +	W	12 - 1pm	1/13 - 2/17	\$72
150879-5C	18 yrs +	F	12:30 - 1:30pm	1/15 - 2/19	\$72
150879-5D	18 yrs +	Any 2 days		1/11 - 2/19	\$120
150879-5E	18 yrs +	All 3 days		1/11 - 2/19	\$144
150879-5F	18 yrs +	M	12:30 - 1:30pm	2/22 - 3/21	\$61
150879-5G	18 yrs +	W	12 - 1pm	2/24 - 3/23	\$61
150879-5H	18 yrs +	F	12:30 - 1:30pm	2/26 - 3/25	\$61
150879-5I	18 yrs +	Any 2 days		2/22 - 3/25	\$100
150879-5J	18 yrs +	All 3 days		2/22 - 3/25	\$135

PILATES CHAIR: SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, this class will work on improving: strength, flexibility, posture, core strength, and an enhanced mind-body connection. Bring water and grip socks. *No Class Dates: Jan-18*

HB Pilates

Rodgers Seniors' Center

150895-5A	18 yrs +	M	11:45am - 12:30pm	1/11 - 2/8	\$39
150895-5B	18 yrs +	M	11:45am - 12:30pm	2/22 - 3/21	\$48

UNLIMITED HB PILATES CLASSES

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

HB Pilates

All Community Center Locations

150896-1B	16 yrs +	M thru Sa	9am - 9pm	1/11 - 2/20	\$234
150896-1C	16 yrs +	M thru Sa	9am - 9pm	2/22 - 3/26	\$195



Parks and Recreation
create memories

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, grip socks, and water. *No Class Dates: Jan-18*

HB Pilates

City Gym and Pool

150811-3A	16 yrs +	W	9 - 10am	1/13 - 2/17	\$75
150811-3B	16 yrs +	Th	6 - 7pm	1/14 - 2/18	\$75
150811-3C	16 yrs +	W	9 - 10am	2/24 - 3/23	\$63
150811-3D	16 yrs +	Th	6 - 7pm	2/25 - 3/24	\$63

HB Pilates

Edison Community Center

150811-2A	16 yrs +	M	6:30 - 7:30pm	1/11 - 2/8	\$51
150811-2B	16 yrs +	M	6:30 - 7:30pm	2/22 - 3/21	\$63
150811-2C	16 yrs +	Tu	9 - 10am	1/12 - 2/16	\$75
150811-2D	16 yrs +	Tu	9 - 10am	2/23 - 3/22	\$63
150811-2E	16 yrs +	W	6 - 7pm	1/13 - 2/17	\$75
150811-2F	16 yrs +	W	6 - 7pm	2/24 - 3/23	\$63
150811-2G	16 yrs +	F	10:30 - 11:30am	1/15 - 2/19	\$75
150811-2H	16 yrs +	F	10:30 - 11:30am	2/26 - 3/25	\$63

HB Pilates

Murdy Community Center

150811-1A	16 yrs +	M	10 - 11am	1/11 - 2/8	\$51
150811-1B	16 yrs +	M	10 - 11am	2/22 - 3/21	\$63
150811-1C	16 yrs +	Tu	6 - 7pm	1/12 - 2/16	\$75
150811-1D	16 yrs +	Tu	6 - 7pm	2/23 - 3/22	\$63
150811-1E	16 yrs +	Th	5 - 6pm	1/14 - 2/18	\$75
150811-1F	16 yrs +	Th	5 - 6pm	2/25 - 3/24	\$63
150811-1G	16 yrs +	Sa	9 - 10am	1/16 - 2/20	\$75
150811-1H	16 yrs +	Sa	9 - 10am	2/27 - 3/26	\$63

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Jan-18*

HB Pilates

City Gym and Pool

150855-3A	16 yrs +	W	10 - 11am	1/13 - 2/17	\$81
150855-3B	16 yrs +	Th	7 - 8pm	1/14 - 2/18	\$81
150855-3C	16 yrs +	W	10 - 11am	2/24 - 3/23	\$68
150855-3D	16 yrs +	Th	7 - 8pm	2/25 - 3/24	\$68

HB Pilates

Edison Community Center

150855-2A	16 yrs +	M	7:30 - 8:30pm	1/11 - 2/8	\$55
150855-2B	16 yrs +	M	7:30 - 8:30pm	2/22 - 3/21	\$68
150855-2C	16 yrs +	W	7 - 8pm	1/13 - 2/17	\$81
150855-2D	16 yrs +	W	7 - 8pm	2/24 - 3/23	\$68

HB Pilates

Murdy Community Center

150855-1A	16 yrs +	Tu	7 - 8pm	1/12 - 2/16	\$81
150855-1B	16 yrs +	Tu	7 - 8pm	2/23 - 3/22	\$68
150855-1C	16 yrs +	Sa	10 - 11am	1/16 - 2/20	\$81
150855-1D	16 yrs +	Sa	10 - 11am	2/27 - 3/26	\$68



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: Jan-18, Feb-15*

HB Pilates	Murdy Community Center				
150897-1A	16 yrs +	M thru Sa	9am - 9pm	1/11 - 3/26	\$75
150897-1B	16 yrs +	M thru Sa	9am - 9pm	1/11 - 3/26	\$700
150897-1C	16 yrs +	M thru Sa	9am - 9pm	1/11 - 3/26	\$1300

PILOXING®

PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$16. Bring mat, towel, grip socks, and water.

HB Pilates	City Gym and Pool				
150843-3A	16 yrs +	Tu	7 - 8pm	1/12 - 2/16	\$81
150843-3B	16 yrs +	Tu	7 - 8pm	2/23 - 3/22	\$38

HB Pilates	Edison Community Center				
150843-2A	16 yrs +	Tu	10 - 11am	1/12 - 2/16	\$81
150843-2B	16 yrs +	Tu	10 - 11am	2/23 - 3/22	\$68

HB Pilates	Murdy Community Center				
150843-1A	16 yrs +	W	7 - 8pm	1/20 - 2/17	\$81
150843-1B	16 yrs +	W	7 - 8pm	2/24 - 3/23	\$68

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				
150864-1A	18 yrs +	W	6 - 7:15pm	1/13 - 2/24	\$49

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

Susan Hardy	Edison Community Center				
150846-2A	13 yrs +	Sa	9:15 - 10:15am	1/16 - 3/12	\$43

SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility.

Orange County Youth Sports Academy					Lake Park
141339-1A	8-18yrs	M	4:30-5:30p	1/11 - 2/15	\$120
141339-1B	8-18yrs	M	4:30-5:30p	2/29-3/21	\$80
141339-1C	8-18yrs	Tu	4:30-5:30p	1/12-2/16	\$120
141339-1D	8-18yrs	Tu	4:30-5:30p	2/23-3/22	\$100
141339-1E	8-18yrs	W	4:30-5:30p	1/13-2/17	\$120
141339-1F	8-18yrs	W	4:30-5:30p	2/24-3/23	\$100

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				
150847-2A	18 yrs +	M,W,F	9 - 10am	1/11 - 3/18	\$60

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Jan-18, Feb-15*

Elizabeth Pham	Rodgers Seniors' Center				
150881-5A	18 yrs +	M	6:45 - 8:15pm	1/11 - 3/21	\$45
150881-5B	18 yrs +	Th	9 - 10:30am	1/14 - 3/24	\$55

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Jan-18, Feb-15*

Shona Howe	Rodgers Seniors' Center				
150882-5A	18 yrs +	M	6:45 - 8:15pm	1/11 - 3/21	\$45
150882-5B	18 yrs +	Th	9 - 10:30am	1/14 - 3/24	\$55

TAI CHI (YANG STYLE)

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

Luh Arts					HB Art Center
FREE DEMO		Tu	10 - 11:15am	1/12	
150884-4A	16 yrs +	Tu	10 - 11:15am	1/19 - 3/8	\$109/99
FREE DEMO		W	6:30 - 7:45pm	1/13	
150884-4B	16 yrs +	W	6:30 - 7:45pm	1/20 - 3/9	\$109/99

Register Online! www.hbsands.org

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: Jan-18, Feb-15*

Marianne Grossman Edison Community Center
150857-2A 18 yrs + Tu 5:30 - 6:30pm 1/12 - 3/15 \$65

Marianne Grossman Rodgers Seniors' Center
150857-5A 18 yrs + M 5:30 - 6:30pm 1/11 - 3/14 \$52

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: Jan-18, Feb-15*

Susan Hardy Murdy Community Center
150886-1A 18 yrs + M,W,F 8:30 - 10am 1/11 - 3/18 \$128

TAI CHI FOR WELLNESS SET 1

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

Donald Walker Edison Community Center
150887-2A 18 yrs + Tu 1 - 2:15pm 1/12 - 2/23 \$49

TAI CHI FOR WELLNESS SET 2

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

Donald Walker Edison Community Center
150911-2A 18 yrs + Tu 2:30 - 3:45pm 1/12 - 2/23 \$49

CANDLELIGHT YOGA

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

Denise Stanek HB Art Center
150865-4A 17 yrs + Tu 6:30 - 7:30pm 1/12 - 3/1 \$106/96

CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500. *No Class Dates: Jan-18, Feb-15*

Diane Pavesic Rodgers Seniors' Center
150866-5A 18 yrs + M 10 - 11am 1/11 - 3/14 \$66
150866-5B 18 yrs + M 11:15am - 12:15pm 1/11 - 3/14 \$66

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
150867-3A 16 yrs + M 10:30am-12pm 1/11-3/7 \$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: Feb-10, Feb-17*

Diane Pavesic Edison Community Center
150868-2A 18 yrs + W 4:30 - 5:30pm 1/13 - 3/16 \$66
150868-2B 18 yrs + W 5:45 - 6:45pm 1/13 - 3/16 \$66
150868-2C 18 yrs + W 7 - 8pm 1/13 - 3/16 \$66

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: Jan-18, Feb-15*

Jacki King, RYT, CYT Murdy Community Center
150876-1F 18 yrs + M 4:35 - 5:35pm 1/25 - 3/14 \$60
150876-1H 18 yrs + W 4 - 5pm 1/20 - 3/16 \$74

Susan Holden Murdy Community Center
150876-1A 16 yrs + M 6 - 7pm 1/25 - 3/14 \$60
150876-1B 16 yrs + M 7:15 - 8:15pm 1/25 - 3/14 \$60
150876-1C 16 yrs + Tu 5:30 - 6:45pm 1/19 - 3/15 \$74
150876-1D 16 yrs + F 4 - 5pm 1/15 - 3/11 \$74

Yvonne Carmichael Lake View Clubhouse, 17461 Zeider Lane
150876-1E 16 yrs + W 10:30am - 12pm 1/13 - 3/16 \$97
150876-1G 16 yrs + F 10:30am - 12pm 1/15 - 3/18 \$97

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-11, Feb-18*

Diane Pavesic Rodgers Seniors' Center
150872-5A 18 yrs + Th 10 - 11am 1/14 - 3/17 \$66
150872-5B 18 yrs + Th 11am - 12pm 1/14 - 3/17 \$66



Parks and Recreation
 elevate personal growth

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

150874-3A 16 yrs + Th 8:45 - 10am

City Gym and Pool

2/4 - 3/24 \$100

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

150858-2A 16 yrs + W 6:30 - 7:15pm

Edison Community Center

1/13 - 3/23 \$60

ZUMBA AGES 6 TO 86

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

150813-1A 6yrs+ Tu 8:05-8:50am

Murdy Community Center

1/12-3/22 \$66

SockhopFitness

150813-5A 6 yrs + Tu 6 - 6:45pm

Rodgers Seniors' Center

1/12 - 3/22 \$66

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. *No Class Dates: Feb-20*

SockhopFitness

150860-5A 16 yrs + Sa 9:15 - 10am

Rodgers Seniors' Center

1/16 - 3/26 \$60

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. *No class dates: 1/18, 2/15.*

SockhopFitness

150888-2A 16 yrs + M 6:00 - 6:45pm

Edison Community Center

1/11 - 3/21 \$55

MARTIAL ARTS

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

150901-5A 16 yrs + Tu 6:15 - 7:45pm

150901-5B 16 yrs + Th 6:15 - 7:45pm

150901-5C 16 yrs + Sa 10am - 12pm

Rodgers Seniors' Center

1/12 - 3/22 \$85

1/14 - 3/24 \$85

1/16 - 3/26 \$85

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

150904-5A 3 yrs + Tu 5 - 6pm

150904-5B 3 yrs + Th 5 - 6pm

Rodgers Seniors' Center

1/12 - 3/22 \$80

1/14 - 3/24 \$80

TAE KWON DO

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

Kiavash Tillehkoob

150906-3A 13yrs+ M 7:15 - 8pm

150906-3B 13yrs+ Tu 7:15 - 8pm

150906-3C 13yrs+ W 7:15 - 8pm

150906-3D 13yrs+ Th 7:15 - 8pm

150906-3F 10-17 yrs M,Tu 6:30 - 7:15pm

150906-3G 10-17 yrs Tu,W 6:30 - 7:15pm

150906-3H 10-17 yrs M,W 7:15 - 8pm

150906-3I 10-17 yrs Tu,Th 6:30 - 7:15pm

City Gym and Pool

1/11 - 3/21 \$187

1/12 - 3/22 \$187

1/13 - 3/23 \$187

1/14 - 3/24 \$187

1/11 - 3/21 \$197

1/12 - 3/22 \$197

1/13 - 3/23 \$197

1/14 - 3/24 \$197

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

150907-2A 16 yrs + Th 7 - 8:15pm

Edison Community Center

1/14 - 3/17 \$120

**Parks
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Parks and Recreation
strengthen neighborhood
involvement

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**
151002-2A 10 yrs + Tu 7 - 8pm 1/12 - 3/1 \$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**
151001-2A 10 yrs + Tu 8:10 - 9:10pm 1/12 - 3/1 \$125

GROUP GUITAR

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

The Rock Band Experience **HB Art Center**
151008-4A 13 yrs + Th 4:30 - 5:30pm 1/14 - 2/4 \$81/73
151008-4B 13 yrs + Th 4:30 - 5:30pm 2/11 - 3/3 \$81/73
151008-4C 13 yrs + Th 4:30 - 5:30pm 3/10 - 3/31 \$81/73

UKE PLAYERS ANONYMOUS-LEVEL I

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: Feb-2, Mar-1*

Guava Groove **Rodgers Seniors' Center**
151003-5A 18 yrs + Tu 9:30 - 10:30am 1/12 - 3/15 \$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.

Guava Groove **Rodgers Seniors' Center**
151004-5A 18 yrs + Tu 10:45 - 11:45am 1/12 - 3/15 \$70

BEGINNING UKULELE WITH TUPUA

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

Tupua Productions **Rodgers Seniors' Center**
151007-5A 18 yrs + Tu 6:30 - 7:30pm 1/12 - 2/9 \$60
151007-5B 18 yrs + Tu 6:30 - 7:30pm 2/16 - 3/15 \$60

INTERMEDIATE UKULELE WITH TUPUA

Tupua Productions **Rodgers Seniors' Center**
151009-5A 18 yrs + Tu 7:30 - 8:30pm 1/12 - 2/9 \$60
151009-5B 18 yrs + Tu 7:30 - 8:30pm 2/16 - 3/15 \$60

SPECIAL INTEREST

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "The Martian" by Andy Weir 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 2/10, 3/9, 4/13, 5/11.

April Berg **Rodgers Seniors' Center**
151101-5A 18 yrs + W 7 - 9pm 2/10 - 5/11 \$30

BEGINNING BRIDGE

A new year brings us new chances to learn and expand our knowledge. Bridge, while not the easiest game to learn, is a very exciting game. You will find it is worth your effort to learn and also have fun! Meet new friends with the same interest as yours. No partner needed. *No Class Dates: Jan-18, Feb-15*

Rita Spira **Rodgers Seniors' Center**
151102-5A 18 yrs + M 2 - 4pm 1/11 - 3/14 \$58

BRIDGE INTERMEDIATE 1

Know the basics but want to know more conventions to take your game to the next level? This is the class for you! Keeping score, Stayman, Weak two's, Jacoby Transfer, Negative double, Blackwood, defensive bidding and play and so much more. No partner required.

Rita Spira **Rodgers Seniors' Center**
151103-5A 18 yrs + Tu 2:30 - 4:30pm 1/12 - 3/15 \$58

CARDKATEERS

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

Debbie Keller **Rodgers Seniors' Center**
151114-5A 18 yrs + W 10:30 - 11:30am 1/20 - 3/16 \$6

Register Online!
www.hbsands.org

TEEN/ADULT

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

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	
151104-1A	16 yrs +	Sa	9am - 2pm	1/16	\$50
Megan Ameduri				Rodgers Seniors' Center	
151104-5A	16 yrs +	Sa	9am - 2pm	2/20	\$50

MORNING MASTERPIECE

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

Angel Velazquez				Rodgers Seniors' Center	
151113-5A	18 yrs +	W	10:30-11:30am	1/13 - 3/23	\$6

PRACTICE BRIDGE

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

Recreation Staff				Rodgers Seniors' Center	
151108-5A	18 yrs +	F	1:30 - 4pm	1/2 - 2/6	\$12
151108-5B	18 yrs +	F	1:30 - 4pm	2/13 - 3/20	\$12

ZEN DOODLING

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

Susan Turner				Rodgers Seniors' Center	
151117-5A	18 yrs +	M	1:30-2:30pm	1/11-3/14	\$6



SPORTS

ICE SKATING FOR ADULTS

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

The Rinks Westminster ICE				13071 Springdale, Westminster	
151312-1A	17 yrs +	W	6:10 - 6:40pm	1/13 - 2/3	\$37
151312-1B	17 yrs +	W	6:10 - 6:40pm	2/17 - 3/9	\$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.

Diana Abruscato				Worthy Park	
151310-5A	14 yrs +	Th	6 - 8pm	1/14 - 2/18	\$116

ADULT SIX'S VOLLEYBALL LEAGUES

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

Win Win Production Inc				City Gym and Pool	
162107-3A	18 yrs +	M,W	6 - 10pm	1/11 - 3/23	\$250

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts at 15th and PCH.

Beach Volleyball CA Inc				City Beach	
151313-2A	18 yrs +	Sa	10 - 11:30am	1/16 - 3/19	\$150

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Classes held on the courts at 15th and PCH. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc				City Beach	
151311-2A	18 yrs +	Sa	11:30am - 1pm	1/16 - 3/19	\$150

BEACH VOLLEYBALL: ADULT 2-A-SIDE LEAGUE

Sign up for the Golden Coast Volleyball 2-A-Side beach volleyball league, held at 15th and PCH. After an initial seeding night, teams will compete in a ladder-style competition. Teammates wanting to play together sign up separately. Individuals who sign up will be placed with other solo registrants for games. Prizes will be awarded to the winners on the last night. Visit www.goldencoastvolleyball.com for more details.

Beach Volleyball CA Inc				City Beach	
151319-2A	18 yrs +	Su	3 - 4:30pm	1/17 - 3/20	\$150

WOMEN'S VOLLEYBALL LEAGUE

Tuesday is Intermediate players only - if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only drills class & Thursday is Advanced only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday.

Joann DiGiovanni				City Gym and Pool	
151302-3A	18 yrs +	Tu	9:30am - 12:30pm	1/5 - 2/2	\$35
151302-3B	18 yrs +	Tu	9:30am - 12:30pm	2/9 - 3/8	\$35
151302-3C	18 yrs +	W	10am - 12pm	1/6 - 2/3	\$25
151302-3D	18 yrs +	W	10am - 12pm	2/10 - 3/9	\$25
151302-3E	18 yrs +	Th	9:30am - 12:30pm	1/7 - 2/4	\$35
151302-3F	18 yrs +	Th	9:30am - 12:30pm	2/11 - 3/10	\$35
151302-3G	18 yrs +	F	10:30am - 12:30pm	1/8 - 2/5	\$40
151302-3H	18 yrs +	F	10:30am - 12:30pm	2/12 - 3/11	\$40

VOLLEYBALL: ADULT INDOOR CLINIC

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

Matt Taylor				City Gym and Pool	
Beginner/Low					
15109-3A	14 yrs +	Th	6:15-7:45pm	1/21-3/24	\$129
Intermediate					
15109-3B	14 yrs +	Th	7:45-9:15pm	1/21-3/24	\$129



SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility.

Orange County Youth Sports Academy				Lake Park	
141339-1A	8-18yrs	M	4:30-5:30pm	1/11-2/15	\$120
141339-1B	8-18yrs	M	4:30-5:30pm	2/29-3/21	\$80
141339-1C	8-18yrs	Tu	4:30-5:30pm	1/12-2/16	\$120
141339-1D	8-18yrs	Tu	4:30-5:30pm	2/23-3/22	\$100
141339-1E	8-18yrs	W	4:30-5:30pm	1/13-2/17	\$120
141339-1F	8-18yrs	W	4:30-5:30pm	2/24-3/23	\$100

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 January 18, 2016. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be December 2, 2015. The deadline to turn in team registration to City Hall is January 11, 2016. A manager's meeting will be held prior to the start of the league on Wednesday, January 13, 2016.

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

Registration information for the Spring 2016 season will be available in February, 2016 for the season starting in Mid-to late March, 2016.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter season will begin the week of January 17, 2016 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday Wednesday, or Friday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings at Murdy Park and Senior Women's on Mondays at Greer Park. Legends Senior Women's Softball Association plays on 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, January 8, 2016. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail beginning December 7, 2015. 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 Summer 2016 season will be available in March for the season starting in Mid-May, 2016.

SURF AND 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	
151402-2A	18 yrs +	Sa	10 - 11:30am	1/9	\$75
151402-2B	18 yrs +	Sa	10 - 11:30am	1/23	\$75
151402-2C	18 yrs +	Sa	10 - 11:30am	2/13	\$75
151402-2D	18 yrs +	Sa	10 - 11:30am	2/27	\$75
151402-2E	18 yrs +	Sa	10 - 11:30am	3/12	\$75
151402-2F	18 yrs +	Sa	10 - 11:30am	3/26	\$75

LEARN TO SURF

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

HB Surf School

				City Beach	
151403-2A	18 yrs +	Sa	10 - 11:30am	3/5 - 3/26	\$225



SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet.

Skatedogs

				Sports Complex	
191401-6A	6-16 yrs	W	4 - 5:30pm	1/13 - 2/10	\$125
191401-6B	6-16 yrs	W	4 - 5:30pm	2/24 - 3/23	\$125

