Community Services Recreation & Programs Guide

Programming subject to change. Please visit hbsands.org for updates.
HUNTINGTON BEACH
COMMUNITY SERVICES

JOIN US FOR

DRIVE-THRU
PUMPKIN PARTY

Calling all families! Join us for a drive-thru fall festival at Murdy Park. We will be handing out pumpkins from our pumpkin patch, decorating kits, candy, and more! Decorate your car for a chance to win a fun family prize!

- SATURDAY, OCTOBER 24 -
- 3:30PM -
- MURDY PARK (7000 NORMA DR)

$20 PER CAR. ADDITIONAL PUMPKINS $5 EACH. PRE-REGISTRATION REQUIRED. REGISTER ONLINE AT HBSANDS.ORG ACTIVITY CODE 411202 PLEASE CALL 714.960.8884 FOR ADDITIONAL DETAILS

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BREAKFAST WITH SANTA

SATURDAY, DECEMBER 12TH

Murdy Community Center
7000 Norma Dr.
Huntington Beach, CA
92647

$10 PER PERSON
**CHILDREN UNDER 1 ARE FREE**

411205-1A
8:30-10:30 AM

411205-1B
9:30-11:30 AM

For more information: call (714)960.8884 or visit www.hbsands.org
Richard Branson once said, “Every success story is a tale of constant adaption, revision and change.” As we continue to live in a COVID world, this quote rings true. The Community Services team strives to be innovative, forward thinking and ready to pivot as the opportunity to expand programs and services arises.

One of the biggest adoptions you’ll notice for the Fall season is the registration process. Historically, all class registrations would open on a single day. In Fall, registration dates will roll throughout the season, opening 6 days prior to the start of each class. By employing this strategy, we hope to offer better customer service based on the guidance provided by the County and State. Community Services staff are also seeking virtual class opportunities to bring programs to you! These may not be listed in the Sands, so continue to visit hbsands.org for the most up to date details on events, classes and programs.

You’ll see changes starting to happen at Edison Community Center and Rodgers Senior Center in the coming months. We are excited to reimagine those locations, ensuring that our facilities continue to evolve with the needs of Huntington Beach.

Our COVID success story will be the result of collaboration with our residents, community partners and businesses. The Community Services team is always available to assist you through the registration process, provide information on upcoming events, and field any ideas or needs you may have. Please visit the directory on page 38. Together, we will guarantee that Parks Make Life Better!

**Chris Slama**
Director of Community Services

**Our Core Purpose:**
We exist to serve exceptionally, inspiring pride in our Huntington Beach community.

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

Online registration for on-site classes begins at 7:30am, six (6) days before the class or program beings. See hbsands.org for registration date for specific classes.

Register at hbsands.org. Classes scheduled to begin September 7.

**DISCLAIMER**
Due to the uncertainty of the COVID-19 Virus at the time of print, all programs and events in this Fall 2020 magazine are subject to change. All programs provided in this issue of the SANDS will be evaluated to ensure that proper health and safety precautions are taken for participants.

Please visit huntingtonbeachca.gov/sands or hbsands.org for updates!
The Senior Center in Central Park is looking forward to the day we can re-open our doors for our community to return to the many activities we have to offer, continue to provide our many in-person services, and to serve the public exceptionally. During this time of closure, we have transformed our operations striving to provide the best service in response to the COVID-19 crisis. Community Services Department staff, other City departments, and our non-profit partners have worked together to create partnerships to best serve the needs of the older adults in our community. If you should need assistance, have a question, or would just like to say hello, we are available by phone at 714-536-5600, Monday through Friday from 8 a.m to 4 p.m.

Due to the changing nature of COVID-19, programs and events at the Senior Center in Central Park are subject to change. For more information about programs being offered at the Senior Center in Central Park, please visit huntingtonbeachca.gov/seniorcenterincentralpark.

For more questions, please call 714-536-5600.
MEALS

As you can imagine, nutritional support and essential supplies have become a critical need during this time. In response to these needs, the Senior Center in Central Park has continued to be available and ready to address the needs that arise from our community members. Thus far, our Care Management staff have been working hard to respond to over 3,000 inquiries!

Knowing that our Home Delivered Meals was at capacity, the City worked in partnership with the Greater Huntington Beach Interfaith Council, Waste Not OC, Care Connections Network, and the Lutheran Disaster Response to bridge the gap and address the unmet immediate and longer-term nutritional needs of older adults in our community. This volunteer-driven partnership worked tirelessly to support those in need as well as organizing a successful tri-community canned food drive. A huge thank you goes out to all those that have organized and volunteered during this critical time.

In addition, the City has continued to collaborate with Meals on Wheels OC. Aligning services with critical food needs in the community, the Congregate Lunch Program was transformed into a drive-thru frozen meal program. Senior Center staff coordinates the distribution of several hundred multipacks of frozen meals every Tuesday in the Center’s parking lot. Meals on Wheels has done an excellent job responding to the needs of those in our community by providing thousands of meals per week. This is truly a coordinated effort and we thank Meals on Wheels OC and staff for all the continued support.

- 50,000 meals served
- 3,000 Care Management inquiries
- 2,200 rides provided
- 720 bags of shelf stable food distributed to low income residents

Between urgent meal deliveries, Home Delivered Meals, One HB Connects, Meals on Wheels OC Grab & Go Meals, and food distribution, the Senior Center has served over 50,000 meals! This would not be possible without the coordinated efforts of the Community Services Department and City staff, support and donations of our partners named above, the Huntington Beach Council on Aging, the Handycrafters Club, and our wonderful community who have generously sent in donations. We appreciate you!

TRANSPORTATION

Although the regular hustle and bustle to the Senior Center has been paused, Surf City Seniors on the Go are still providing rides for essential services. Working under new protocols, with safety in mind, transportation has continued critical rides to medical appointments and grocery stores, with over 2,200 rides given. Transportation also delivers Congregate Grab & Go packs of frozen meals to clients who previously attended congregate lunches in person as well as food commodities bags to clients in need.

- 50,000 meals served
- 3,000 Care Management inquiries
- 2,200 rides provided
- 720 bags of shelf stable food distributed to low income residents
As many of our clients are regular riders, transportation staff and drivers have developed relationships with those in our community. Staff have been busy during this time maintaining connection with clients through regular wellness calls. As our community slowly re-opens, Surf City Seniors on the Go looks forward to seeing more faces in our cars and buses in the future.

PROGRAMMING

The City of Huntington Beach Senior Center staff along with the Huntington Beach Council on Aging cannot wait to welcome you back into the doors of the Center when it is safe to do so. We miss the smiling faces, the laughter, and the community that has filled these walls for the past four years. We, however, are a strong community and know that when this does pass, we will once again come together and enjoy the many activities that are offered at the Senior Center.

While the difficulties of COVID-19 still exist, the Senior Center staff is hard at work putting together opportunities for engagement and activities to keep us connected, yet apart. We have started a “Senior Center in a Box program.” Every two weeks you are invited to come pick up a different activity carefully packaged in individual boxes. Each box is thoughtfully filled with an activity to enjoy. We invite you to share your completed project with our community on the Senior Center in Central Park Facebook. If possible, we ask for a $5 donation to support this ongoing program. For more information please visit HBCOA.org or check the latest Outlook on Active Aging newsletter.

Our special events have always been one of our favorite ways to connect with our community. Although they may look a bit different this year, we want to assure you that we are brainstorming creative ways to make them happen! While social distancing measures may be in place for the foreseeable future, we are actively searching for exciting events to bring our community together, albeit at a distance. With the support of the Huntington Beach Council on Aging, we are evaluating the opportunity for “drive-in experiences.” We are seeking other creative ideas, so if you have one, please share!

During our closure, staff has diligently been working on connecting with you via the Senior Center in Central Park Facebook. We consistently post workouts to follow, including yoga, exercise, meditation and more! In addition, we post links to lectures by partners such as Hoag Hospital and MemorialCare Orange Coast Hospital. It is our hope to keep you updated on Center happenings and engaged in virtual activities.

As we await for guidance to reopen, we encourage you to check out our website at huntingtonbeachca.gov/seniorcenterincentralpark. All current programming opportunities will be posted on the Senior Center in Central Park website as they become available. We want to thank you all for hanging in there with us and checking in virtually via Facebook, driving by for box pick up, or even just a phone call to say hello. We miss you and cannot wait to have you back at the Senior Center in Central Park!

CONNECT WITH US ONLINE

huntingtonbeachca.gov/seniorcenterincentralpark

NANCY M.
This morning I picked up an activity box. It is super! From the ease of pick up to the card, the activities, and the supplies one can tell that whomever put this together was really planning for a treat for us seniors. The size and weight of the box works well too. Thank you so much for providing this box.

FELICIANA R.
Dear HB Senior Center & Staff. We are truly grateful for your staff and entire organization. Your endless support and timeless effort with services provided to our mom is priceless.

JOYCE P.
Although some of you are only a voice on the phone, you go all out to help me. In the past, before the pandemic, I have been a regular rider in using your transportation. Most of your drivers are very familiar to me. They are ever so polite and helpful. In my case, you have been my main source of travel. I can’t thank you enough.
Due to the uncertainty of the COVID-19 Virus at the time of print, all events in this fall 2020 magazine are subject to change. All programs provided in this issue of the SANDS will be evaluated to ensure that proper health and safety precautions are taken for participants. At the time of print, all events will open for registration one month before the event.

Please visit huntingtonbeachca.gov/sands or hbsands.org for more information and updates!

HB City Surf Contest (CANCELLED)

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Please visit huntingtonbeachca.gov/sands or hbsands.org for more information and updates!

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<tr>
<th>Recreation Staff</th>
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<tr>
<td>311213-2A</td>
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Drive-Thru Pumpkin Party

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Registration for special events begins at 7:30 a.m., thirty (30) days before the event date.

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Dance & Performing Arts

Ballet Buddies
Learn ballet the fun way with friends, great music, and an enthusiastic instructor. Learn basic ballet positions, jumps, turns, and short dances using French vocabulary. Leotard, tights, and ballet slippers encouraged. Parents are invited to watch the last class of the session. No class: 11/2.

Huntington Academy of Dance  Murdy Community Center
430407-1A  3–5 yrs  M  10:45–11:45am  9/14–11/29  $85
430407-1B  4–6 yrs  M  3:30–4:30pm  9/14–11/29  $85

Huntington Academy of Dance  6941 Edinger Ave.
430407-1C  3-5 yrs  T  11am–12pm  9/8 - 10/27  $85

Ballet & Tap
WARNING: If your child takes this class, they will perform dance routines for you at home all the time! This popular class teaches basic positions, movements, and rhythms of ballet and tap! Parents are invited to “show day” on the last class. Dance attire and tap shoes required. No class: 10/29.

Huntington Academy of Dance  Murdy Community Center
430407-2A  4–6 yrs  W  3:30–4:30pm  9/9–10/28  $85
430407-2B  3–5 yrs  Sa  9:15–10:15am  9/12–10/31  $85
430407-2C  4–6 yrs  Sa  10:15–11:15am  9/12–10/31  $85

Huntington Academy of Dance  City Gym & Pool
430407-3A  3–5 yrs  Th  3–4pm  9/10–10/29  $85

Baby Ballerina & Me
Parents assist dancers in learning basic ballet positions, movements, short dances and more. Both parents and tiny dancers benefit by improving body awareness, coordination and flexibility. A great start for a budding ballerina and fun for parents, too.

Huntington Academy of Dance  Murdy Community Center
430408-1A  2.5–4 yrs  M  9:45–10:30am  9/14–11/29  $85

Huntington Academy of Dance  6941 Edinger Ave.
430410-1A  2.5–4 yrs  M  9:45–10:30am  9/14–11/29  $85

Jazz & Hip Hop
Does your child dance around the house all day long? This is the class for your budding dancer! Bring a friend and learn the basics of Jazz Dance and get your groove on hip-hopping. Your child will move to family friendly high energy music while learning funky fresh moves! Parents are invited to show day on the last class. Dance attire is encouraged. No class: 10/29.

Huntington Academy of Dance  Murdy Community Center
430416-1A  3–5 yrs  Th  11:30am–12:30pm  9/10–11/5  $85

Performing Arts: Sunshine Generation of HB
Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. $30 for Sunshine t-shirt, CD, and wordsheets due at the first class. Parents are asked not to stay during rehearsals. No class: 11/1, 11/25.

Iskui Merdjanian  Murdy Community Center
431004-1A  3–6 yrs  W  6:45–7:30pm  9/30–12/2  $79

Iskui Merdjanian  Edison Community Center
431004-2A  3–5 yrs  Th  4:45–5:30pm  9/10–10/29  $79

Rhythm Babies
This class is an easy and fun way to introduce your child to age appropriate musical instruments. They will delight to the sounds while developing their balance and coordination skills. $2 material fee due at first class. This is a parent-participation class.

Patricia Hill  Murdy Community Center
431005-1A  6–18 mos  Th  10:30–11:15am  9/17–11/5  $86

Rhythm, Rhyme & Fun
Rhyming games, musical instruments, and a colorful costume parade are just some of the fun things that your child will take part in as they learn to socialize in a positive and cheerful environment. $3 material fee due at first class. This is a parent participant class.

Patricia Hill  City Gym & Pool
431002-3A  18 mos–3 yrs  Tu  9:30–10:30am  9/15–10/27  $90

Tiny Tutu Tots
Dance develops body awareness, coordination, and rhythm in young tots as they move and groove to the music. Parents will enjoy helping baby improve gross motor skills, plus it’s so much fun to watch baby dance! Dance attire encouraged for tots. Parent participation required.

Huntington Academy of Dance  Murdy Community Center
430402-1A  1.5–2.5 yrs  M  9–9:30am  9/14–11/2  $65

Huntington Academy of Dance  6941 Edinger Ave.
430402-1B  1.5–2.5 yrs  Th  9–9:30am  9/10–10/29  $65

Tippi Toes Hip Hop for Tots
Boys and girls will learn all the latest hip-hop moves designed for tiny tots! High energy dance lessons, obstacle courses, parachute play, games, and more.

Tippi Toes Orange County  Edison Community Center
430418-2A  2.5–5 yrs  F  9:30–10:10am  9/11–10/30  $120

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
**Tippi Toes Princess Ballet**

With songs like “Put’n on my Make-up” and “Pink High Heels,” your little dancer is sure to leave class covered in sparkles while she leaps and twirls! The instructor will use dance, imagination and Tippi Toes music to make class a magical experience! Performance opportunities available throughout the year.

**Tippi Toes Orange County**  
**Murdy Community Center**

- **430405-1A**: 3–5 yrs M 4:15–5pm 9/14–10/19 $92
- **430405-1B**: 3–5 yrs M 4:15–5pm 10/26–12/7 $92

**Tippi Toes Orange County**  
**Edison Community Center**

- **430405-2A**: 3–5 yrs W 10:10–10:55am 9/9–10/28 $120

**Tippi Toes Toddler & Me**

Tippi Toes Dance Company introduces music, movement, balance and the basic dance steps in a fun and positive manner! Instructors will keep fun & exciting music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. Performance opportunities available throughout the year.

**Tippi Toes Orange County**  
**Murdy Community Center**

- **430404-1A**: 1.5–3 yrs M 5:10–5:40pm 9/14–10/19 $92
- **430404-1B**: 1.5–3 yrs M 5:10–5:40pm 10/26–12/7 $92

**Tippi Toes Orange County**  
**Edison Community Center**

- **430404-2A**: 1.5–3 yrs W 9:30–10am 9/9–10/28 $120

**Tippi Toes Toddler**

Tupua’s Tiny Tots Polynesian Dance

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem, and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

**Melody Seanoa**  
**HB Art Center**

- **430403-4A**: 3–5 yrs Tu 3:30–4pm 9/8–10/13 $56/51
- **430403-4B**: 3–5 yrs Tu 3:30–4pm 10/20–11/24 $56/51

**Wiggle, Giggle Music Time**

Children will enjoy singing, dancing, and musical “bandtime.” A simple project will be made by each participant to take home that reflects the weekly theme. A $5 material fee is due to the instructor. Parent participation is required.

**Patricia Hill**  
**Murdy Community Center**

- **431001-1A**: 18 mos–3 yrs Th 9:30–10:15am 9/17–11/5 $86

**Patricia Hill**  
**City Gym & Pool**

- **431001-3A**: 18 mos–3 yrs Tu 10:45–11:30am 9/15–10/27 $86

**Zumbini**

Zumbini program combines music, dance and educational tools, as well as bonding with their caregivers. Using the power of music to enhance our lives, stimulate learning, and inspire dance and movement. Includes singing, dancing, and playing with instruments! Parent participation is required.

**Tippi Toes Orange County**  
**Murdy Community Center**

- **430419-1A**: 0.5–4 yrs Tu 9–9:45am 9/15–10/20 $96
- **430419-1B**: 0.5–4 yrs Tu 9–9:45am 10/27–12/1 $96

**Education**

**ABC & 123**

Welcome to the PORTAL Enrichment Program, which provides a unique introduction to letters, numbers, and basic words. This children language learning program will come alive through fun and entertainment with music, puppets, big books, posters, picture cards, theater, felt board, trivia, and bingo games. No material fee.

**Portal Languages**  
**Edison Community Center**

- **430618-2A**: 2–4 yrs Tu 9:15–10:15am 9/8–10/27 $110

**HB Community Preschool–Combination Program**

We believe children learn and develop best through play. Our nurturing environment will offer engaging and fun activities while exploring arts, music, science, story time, and more. This class is for children ages 3 to 5 years old. Children eligible to enroll in the Pre-K class may also enroll in this class concurrently. Your child must be 3 years old by 9/1/20 and potty trained. A $20 material fee payable to the instructor. Public school holidays will be observed. No class: 11/24, 11/26.

**Keri Smith**  
**Murdy Community Center**

- **430603-1A**: 3–5 yrs Tu, Th 9am–12pm 9/15–10/22 $225
- **430603-1B**: 3–5 yrs Tu, Th 9am–12pm 10/27–12/10 $225

**Keri Smith**  
**Edison Community Center**

- **430603-2A**: 3–5 yrs Tu, Th 9am–12pm 9/15–10/22 $225

**Keri Smith**  
**Lake Park Clubhouse**

- **430603-2B**: 3–5 yrs Tu, Th 9am–12pm 10/27–12/10 $225

**Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.**

**Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.**
HB Community Preschool – Pre-K Program

Our Pre-K class designed to prepare your child for a successful transition into Kindergarten. Through play and hands-on activities your child will develop problem solving skills, language skills, writing skills, and confidence! Your child must be 4 years old by 9/1/20. A $25 material fee payable to the instructor. Public school holidays will be observed. No class: 11/12, 11/29, 11/30.

Keri Smith
Murdy Community Center
430607-1A 4–5 yrs M, W, F 9am–12pm 9/14–10/23 $295
430607-1B 4–5 yrs M, W, F 9am–12pm 10/26–11/11 $295

Keri Smith
Edison Community Center
430607-2A 4–5 yrs M, W, F 9am–12pm 9/14–10/23 $295

Keri Smith
Lake Park Clubhouse
430607-2B 4–5 yrs M, W, F 9am–12pm 10/26–12/11 $295

Preschool Spanish Basics

Welcome to the PORTAL Enrichment Program, which provides a unique opportunity to enjoy a Spanish class and associated cultural activity. This children’s language learning program will come alive through fun and entertainment with music, puppets, big books, posters, picture cards, theater, felt board, trivia and bingo games.

Portal Languages
Edison Community Center
430617-2A 2–5 yrs Tu 10:30–11:30am 9/8–10/27 $156

Fitness

Parent & Me Froggy Yoga & Play

Parent & Me Froggy Yoga and Play is a perfect environment for fun and bonding with your little one. This class gives a leg up on motor skills, balance, and strength while encouraging their strong imaginations. Yoga, creative movement, and dance combined with animal costumes/props and great music. Please bring mat or towel.

Se7en Yoga
Edison Community Center
430804-2A 6 mos–3 yrs Th 10:30–11:15am 9/10–10/29 $64

Karate-Do Traditional Japanese Novice

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Orange, yellow, blue belts only. One day a week, Thursday or Friday, for $65. Two days a week for $86. Must be enrolled in both sessions to be eligible for belt test. No class: 11/26, 11/27.

Wadoryu USA Inc.
Edison Community Center
430902-2A 5–7 yrs Th 5:30–6:30pm 9/10–10/15 $66
430902-2B 5–7 yrs F 5:30–6:30pm 9/11–10/16 $66

Wadoryu USA Inc.
Lake Park Clubhouse
430902-2C 5–7 yrs Th 5:30–6:30pm 10/29–12/10 $66
430902-2D 5–7 yrs F 5:30–6:30pm 10/30–12/11 $66

Karate-Do Traditional Japanese Intermediate & Advanced

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red, Red St belts only. One day a week, Thursday, or Friday, for $76. Two days a week for $96. Must be enrolled in both sessions to be eligible for belt test. No class: 11/26, 11/27.

Wadoryu USA Inc.
Edison Community Center
430903-2A 5–7 yrs Th 5:30–7:30pm 9/10–10/15 $76
430903-2C 5–7 yrs F 5:30–7:30pm 9/11–10/16 $76

Wadoryu USA Inc.
Lake Park Clubhouse
430903-2B 5–7 yrs Th 5:30–7:30pm 10/29–12/10 $76
430903-2D 5–7 yrs F 5:30–7:30pm 10/30–12/11 $76

Karate-Do Traditional Japanese Beginner

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. One day a week, Thursday, or Friday, for $58. Two days a week for $78. No class: 11/26, 11/27.

Wadoryu USA Inc.
Edison Community Center
430901-2A 5–7 yrs Th 5:30–6:10pm 9/10–10/15 $58
430901-2B 5–7 yrs F 5:30–6:10pm 9/11–10/16 $58

Wadoryu USA Inc.
Lake Park Clubhouse
430901-2C 5–7 yrs Th 5:30–6:10pm 10/29–12/10 $58
430901-2D 5–7 yrs F 5:30–6:10pm 10/30–12/11 $58

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
### Gymnastics

#### Froggy Yoga and Play
Kids Froggy Yoga and Play is a perfect environment for your kid to be a kid. This class gives a leg up on motor skills, balance, strength, and flexibility while encouraging their strong imaginations. Yoga, Animal Costumes/Props combined with great music, bubbles/play. Please bring a mat or towel.

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<tr>
<th>Se7en Yoga</th>
<th>Edison Community Center</th>
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<td><strong>430803-2A</strong> 3–7 yrs Th 9:30–10:15am</td>
<td>9/10–10/29 $64</td>
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#### Gymnastics: Tumble-N-Dance
Boys + Girls will improve rhythm, strength, body control, balance and coordination through music, creative movement, & tumbling challenges. Simple directions and routines will help your child develop listening and social interaction skills. Have fun and find your GROOVE! Parent participation MAY be required. $2 material fee due first class.

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<tr>
<th>Tumble-N-Kids Inc.</th>
<th>City Gym &amp; Pool</th>
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<td><strong>430712-3A</strong> 3–5 yrs F 11–11:45am</td>
<td>9/18–12/4 $100</td>
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#### Gymnastics: Junior Olympians
Girls and boys are taught fundamental movement and gymnastic skills through introduction of simple directions and fun stations. Beginning cartwheels, rolls, music, balance beams, mini trampoline, back-handspring barrel, and obstacle courses will be safely introduced. Boost self-esteem, increase body awareness and build strength and coordination for all types of sports! $2 material fee is due to the instructor on the first day. *Parent participation may be required. No class: 10/30, 11/27.*

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<td><strong>430716-1A</strong> 3–5 yrs Tu 12:45–1:30pm</td>
<td>9/15–11/17 $100</td>
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<tr>
<td><strong>430716-1B</strong> 3–5 yrs Th 11:15am–12pm</td>
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<tr>
<td><strong>430716-2A</strong> 3–5 yrs W 11:15am–12pm</td>
<td>9/9–10/21</td>
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</tbody>
</table>

#### Gymnastics: Tiny Twisters
Tiny Twisters and partners Shake-Tumble-N-Roll with upbeat music and friends. Safe spotting tips and age-appropriate tumbling will facilitate child’s sensory and motor skill development. Tumblers explore in a safe environment, learn multiple rolls down the “big cheese,” crawl through tunnels, and learn gymnastics positions in a circle time with fun songs and props. Parent participation required. $2 material fee due to the instructor on the first day.

<table>
<thead>
<tr>
<th>Tumble-N-Kids Inc.</th>
<th>Murdy Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>430704-1A</strong> 1–2 yrs Tu 10:30–11:15am</td>
<td>9/15–11/17 $100</td>
</tr>
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<tr>
<td><strong>430704-2A</strong> 1–2 yrs W 9:30–10:15am</td>
<td>9/9–10/24  $70</td>
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<tr>
<td><strong>430704-2B</strong> 1–2 yrs Sa 9:30–10:15am</td>
<td>9/12–10/24 $70</td>
</tr>
</tbody>
</table>

#### Gymnastics: Tumble-Bugs
Let’s MOVE! Music, tumbling challenges, introducing simple directions and routines will help your child develop listening and social interaction skills. Tumble Bugs and partners will participate in circle time and obstacle courses, dance to songs, tumble, roll, jump, balance, walk like animals and finish with parachute activities! *Parent participation required. $2 material fee due first class. No class: 10/30, 11/27.*

<table>
<thead>
<tr>
<th>Tumble-N-Kids Inc.</th>
<th>Murdy Community Center</th>
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<tbody>
<tr>
<td><strong>430706-1A</strong> 1.5–3 yrs Tu 11:30am–12:30pm</td>
<td>9/15–11/17 $120</td>
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<td><strong>430706-1B</strong> 1.5–3 yrs Th 10–11am</td>
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<tr>
<td><strong>430706-1C</strong> 2–4 yrs Sa 10:30–11:30am</td>
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<th>Edison Community Center</th>
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<tbody>
<tr>
<td><strong>430706-2A</strong> 1.5–3 yrs W 10:15–11:15am</td>
<td>9/9–10/24 $84</td>
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<th>City Gym &amp; Pool</th>
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<tbody>
<tr>
<td><strong>430706-3A</strong> 1.5–3 yrs F 10–11am</td>
<td>9/18–12/4 $120</td>
</tr>
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</table>

#### Music

#### Parent & Me Sunshine Babies & Tots of HB
Have fun singing, dancing, marching and playing to upbeat music using bright colored props, and introduce your child to the wonderful world of song combined with dance. Fun activities include parachute games, bubbles, balls, tunnels, marching parade using rhythm instruments, and more. Parent participation is required. 3-year-olds can join our Sunshine Generation Performing Group. No class: 11/11, 11/25.

<table>
<thead>
<tr>
<th>Iskui Merdjanian</th>
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<tr>
<td><strong>431003-1A</strong> 10 mos–3 yrs Tu 9:15–10am</td>
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<thead>
<tr>
<th>Iskui Merdjanian</th>
<th>Edison Community Center</th>
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<tbody>
<tr>
<td><strong>431003-2A</strong> 10 mos–3 yrs Th 9:15–10am</td>
<td>9/10–10/29 $69</td>
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</table>

Online registration for on-site classes begins at begins at 7:30am, six (6) days before the first class meeting.
Sports

Mini-Hawk Multi-Sport
Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

Skyhawks Sports Academy LLC. Murdy Community Center
431304-1A 2–3.5 yrs W 6–6:40pm 9/9–11/4 $155
431304-1B 3.5–4.5 yrs W 6:50–7:30pm 9/9–11/4 $155

Skyhawks Sports Academy LLC. Edison Community Center
431304-2A 2–3.5 yrs Th 4–4:40pm 9/10–10/15 $60
431304-2B 3.5–4.5 yrs Th 5–5:40pm 9/10–10/15 $60
431304-2C 4.5–6 yrs Th 5:40–6:20pm 9/10–10/15 $60

Mommy/Daddy & Me Soccer
As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey. No class: 10/31.

Kidz Love Soccer Murdy Community Center
431314-1A 2–3.5 yrs Sa 5–5:30pm 9/19–11/14 $132

Skyhawks HoopsterTots
Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide the right amount of challenge.

Skyhawks Sports Academy LLC. Edison Community Center
431311-2A 3.5–4.5 yrs Tu 5–5:40pm 9/8–10/13 $99
431311-2B 4.5–6 yrs Tu 5:50–6:30pm 9/8–10/13 $99
431311-2C 3.5–4.5 yrs Tu 5–5:40pm 11/3–12/8 $99
431311-2D 4.5–6 yrs Tu 5:50–6:30pm 11/3–12/8 $99

Skyhawks SoccerTots
Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all, we promote fun, fun, fun! Parent participation may be required for younger ages. No class: 11/11, 11/27.

Skyhawks Sports Academy LLC. Murdy Community Center
431316-1A 2–3.5 yrs M 4–4:40pm 9/14–10/19 $99
431316-1B 2–3.5 yrs M 4–4:40pm 11/9–12/14 $99
431316-1C 3.5–5 yrs M 4:50–5:30pm 9/14–10/19 $99
431316-1D 3.5–5 yrs M 4:50–5:30pm 11/9–12/14 $99

Skyhawks Sports Academy LLC. Edison Community Center
431316-2A 2–3.5 yrs W 5–5:40pm 9/9–10/14 $99
431316-2B 3.5–4.5 yrs W 5:50–6:30pm 9/9–10/14 $99
431316-2C 4.5–6 yrs W 6:40–7:20pm 9/9–10/14 $99

Tot/Pre-Soccer
Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each child receives a soccer jersey. Shin guards are required after the first meeting. No class: 10/31.

Kidz Love Soccer Murdy Community Center
431315-1A 3.5–5 yrs Sa 4:15–4:50pm 9/19–11/14 $132

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.
Art

Art Explorations
In this LIVE virtual step-by-step art class, students will combine fun drawing exercises and creative painting projects. The different elements of art will be introduced through a variety of media such as acrylics on canvas, pastels, and watercolors. Emphasis is placed on techniques as students explore the work of famous artists. *Different projects each session. *You can purchase the Art Kit, which includes all the supplies for this class (shipped to your home). *Classes are online via Zoom.

Lucia Henry

Art Kit: $20

Art Explorations
6–11 yrs
3:45–5pm
9/10–10/1
$81/73

Clay Adventures
In this LIVE virtual step-by-step clay sculpture class, students will have a blast learning clay hand-building techniques and create unique projects such as castles, animals, and fantastic creatures. We will be using air-dry clay and decorate the pieces with acrylic paint. *Different projects each session. *You can purchase the Clay Kit, which includes all the supplies for this class (shipped to your home). *Classes are online via Zoom.

Lucia Henry

Clay Kit: $20

Clay Adventures
6–11 yrs
3:45–5pm
10/8–10/29
$81/73

Cartooning for Fun!
This fun and exciting ONLINE class will teach character drawing and basic cartooning skills, including Japanese manga, anime, and current popular cartoons. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. $25 material fee for new students ($20 for returning students) due at first class. Pre-registration is required. All materials are provided. This class is ongoing so students may repeat. Weekly characters will be available via downloads from internet.

Pati Kent

Cartooning for Fun!
7–13 yrs
4:30–5:30pm
9/15–10/6
$82/74

Drawing & Painting for Kids
In this ONLINE class students will explore traditional drawing methods using graphite pencil, colored pencil, charcoal, and black sharppies. Line, shape, color, and value will be explored in drawing. For painting, students will work with acrylic paints and watercolor. Students will work on color and mixing paint while reinterpreting one master artist’s masterpiece. No class: 11/25.

Gia Moody

Drawing & Painting for Kids
7–13 yrs
3–4:30pm
9/9–9/30
$78/71

Online classes
Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Musical Theater

Love to sing and dance? From High School Musical to Glee, everyone loves musical theater! This FUN class will introduce students to the basics of musical theater dance, acting and voice instruction. Please wear dance attire. Join us and SING and DANCE your days away!

Huntington Academy of Dance 6941 Edinger Ave.
441107-1A 7–12 yrs M 5:30–6:30pm 9/14–11/2 $85

Performing Arts:
Sunshine Generation of HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. Parents are asked not to stay during rehearsals. $30 sunshine t-shirt, CD, and wordsheets due at first class.

Iskui Merdjanian Murdy Community Center
441003-1A 6–10 yrs W 6:45–7:45pm 9/30–12/2 $79

Tumble-N-Kids Inc. Edison Community Center
441003-2A 6–11 yrs Th 5:45–7pm 9/10–10/29 $79

Tap

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making NOISE with their feet! Dance attire, please. Optional recital June 25th– additional fees apply, please see instructor the first day of class for more information.

Huntington Academy of Dance 6941 Edinger Ave.
440407-1A 7–12 yrs M 3:30–4:30pm 9/14–11/9 $85

Tupua’s Youth Polynesian Dance

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem, and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

Melody Seanoa HB Art Center
440403-4A 6–11 yrs Tu 4–4:45pm 9/8–10/13 $66/60
440403-4B 6–11 yrs Tu 4–4:45pm 10/20–11/24 $66/60

Youth Ballet

Challenge your child to develop rhythm, strength and coordination the FUN way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. Details will be given at first class. No class: 11/2.

Huntington Academy of Dance Murdy Community Center
440401-1A 6–8 yrs M 4:30–5:30pm 9/14–11/9 $85

Huntington Academy of Dance Edison Community Center
440401-2A 5–7 yrs Sa 11:15am–12:15pm 9/12–10/31 $85

Huntington Academy of Dance City Gym & Pool
440401-3A 5–7 yrs Th 4–5pm 9/10–10/29 $85

Education

American Sign Language

Learn ASL to power up your executive function and CV: our fun class will help you to communicate and stimulate your problem-solving skills, planning and other mentally demanding tasks. If you wish to gain the attention of millions of deaf and hard of hearing individuals, learn ASL. Knowing your ABCs and a few simple signs is a great place to start. When you learn and use ASL, deaf and hard hearing customers and friends will flock to you.

Portal Languages Edison Community Center
440636-2A 10–17 yrs M 4:30–5:30pm 9/14–10/26 $146

Mad Science: Crazy Chemworks

Welcome to the world of chemistry! Children make gooey slime, experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab! $20 material fee due the first day of class.

MAD Science Murdy Community Center
420601-1A 5–12 yrs Th 3:30–4:30pm 10/1–11/19 $105

Gymnastics

Gymnastics: Cheer-Nastics

All levels welcome! Experienced coaches safely teach stunts, jumps, cheers, arm motions, and gymnastic skills. Primary tumbling skills include cartwheels, round offs, handsprings, walkovers, and routines! A great class to take in addition to the Jammin Gymnastics class. Performance on last day! $2 material fee due first class. No class: 10/30, 11/27.

Tumble-N-Kids Inc. City Gym & Pool
440701-3A 6–12 yrs F 4–5pm 9/18–12/4 $120

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
**Gymnastics: Jammin’ Gymnasts**

Boys and Girls build skills on balance beam, mini-trampoline and floor, perfecting cartwheels, round-offs, handsprings, backbends, flips and more! The mastery of basic skills leads to increased development and advancement through the levels of the USA Gymnastics Program that is implemented in our curriculum. $2 material fee due first class. **No class:** 10/30, 11/27.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>7–12 yrs</td>
<td>Tu</td>
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<td>440702-1B</td>
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<td>440702-1C</td>
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<td>440703-1B</td>
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<td>440703-2B</td>
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<td>9/18–12/4</td>
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**Gymnastics: Kartwheel-N-Kids**

Strength, flexibility, balance, agility and coordination- Great skills needed for ALL sports! Aspiring gymnasts benefit from our progressive skill teaching method, promoting confidence and self-esteem! Gymnasts build routines and skill on floor, fine-tune rolls, cartwheels, round-offs, walkovers, handsprings, splits, and more! $2 material fee due first class. **No class:** 10/30, 11/27.

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**Fitness**

**Karate-Do Traditional Japanese Beginner**

This traditional Japanese karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms are available for purchase from instructor. One day a week, Thursday or Friday, for $58. Two days a week for $78. **No class:** 11/26, 11/27.

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**Karate-Do Traditional Japanese Novice**

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, yellow, and blue belts only. One day a week, Thursday, or Friday, for $66. Two days a week for $86. Must be enrolled in both sessions to be eligible for belt test. **No class:** 11/26, 11/27.

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<td>440906-2A</td>
<td>8–18 yrs</td>
<td>Th</td>
<td>5:30–7:30pm</td>
<td>10/29–12/10</td>
<td>$66</td>
</tr>
<tr>
<td>440906-2B</td>
<td>8–18 yrs</td>
<td>F</td>
<td>5:30–7:30pm</td>
<td>10/30–12/11</td>
<td>$66</td>
</tr>
</tbody>
</table>

**Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.**
Karate-Do Traditional Japanese Advanced
This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Red stripe, brown or black belts only. Uniforms and equipment are available for purchase from instructor. One day a week for $80 or two days a week for $100. Must be enrolled in both sessions to be eligible for belt test. No class: 11/26, 11/27.

Wadoryu USA Inc. Edison Community Center
440907-2A 8–18 yrs Th 6–8pm 9/10–10/15 $80
440907-2C 8–18 yrs F 6–8:15pm 9/11–10/16 $80

Wadoryu USA Inc. Lake Park Clubhouse
440907-2B 8–18 yrs Th 6–8pm 10/29–12/10 $80
440907-2D 8–18 yrs F 6–8:15pm 10/30–12/11 $80

Junior Tae Kwon Do
Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self-defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! No class: 10/28, 10/29, 11/2, 11/3, 11/4, 11/11, 11/26.

Kiavash Tillehkooh City Gym & Pool
440908-3A 5–9 yrs M 5:45–6:30pm 9/14–12/7 $188
440908-3B 5–9 yrs Tu 5:45–6:30pm 9/8–12/8 $188
440908-3C 5–9 yrs W 5:45–6:30pm 9/9–12/9 $188
440908-3D 5–9 yrs Th 5:45–6:30pm 9/10–12/10 $188

Teen Tae Kwon Do
Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self-defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! No class: 10/28, 10/29, 11/2, 11/3, 11/4, 11/11, 11/26.

Kiavash Tillehkooh City Gym & Pool
440912-3A 10–17 yrs M, W 6:30–7:15pm 9/14–12/7 $199
440912-3B 10–17 yrs Tu, Th 6:30–7:15pm 9/8–12/8 $199
440912-3C 10–17 yrs W, Th 6:30–7:15pm 9/9–12/9 $199
440912-3D 10–17 yrs Tu, W 6:30–7:15pm 9/8–12/9 $199

Music

Group Guitar 1
Have you ever wanted to be a rockstar? Well, now’s the time! New students will learn to play acoustic guitar from Mr. Greg and have fun playing their favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! Don’t delay and learn to play today. This course is suitable for new students. Bring your own guitar, $20 material fee for book. No class: 11/24.

The RockBand Experience Murdy Community Center
451008-1A 13 yrs + Tu 3:30–4:15pm 9/8–9/29 $99
451008-1B 13 yrs + Tu 3:30–4:15pm 10/6–10/27 $99
451008-1C 13 yrs + Tu 3:30–4:15pm 11/3–12/1 $99

Group Guitar 2
Have you ever wanted to be a rockstar? Well, now’s the time! Continuing students will learn to play acoustic guitar from Mr. Greg and have fun playing their favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! Don’t delay and learn to play today. This course is suitable for continuing students. Bring your own guitar, $20 material fee for book. No class: 11/24.

The RockBand Experience Murdy Community Center
451018-1A 8 yrs + Tu 3:30–4:15pm 9/8–9/29 $99
451018-1B 8 yrs + Tu 3:30–4:15pm 10/6–10/27 $99
451018-1C 8 yrs + Tu 3:30–4:15pm 11/3–12/1 $99

Special Interest

Sing and Sign! For Special Needs
With a focus on self-esteem and fun, we support one another as we play with vocal music. Learn harmony, tone, style, the joy of singing, basic signs, story creating, choreography and more! We perform for one another in a friendly, flexible environment, all without pressure. Perfection absolutely not required! No class: 10/28, 11/4.

Cyndi Harrington-Dewey Murdy Community Center
441014-1A 8–12 yrs W 3:45–4:45pm 9/16–11/18 $86

Adaptive class

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.
Sports

Beach Volleyball: Boys Weekday Trainings
The Golden Coast Beach Volleyball Club invites all boys to register for our club trainings where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Each week we focus on a particular skill and then apply it in game situations. Trainings held at the courts at 15th street and PCH. For more information go to www.goldencoastvolleyball.com

Beach Volleyball CA Inc. 15th St at PCH

**441330-2A** 12–17 yrs Tu 4–5:20pm 9/15–10/27 $115
**441330-2B** 12–17 yrs Th 4–5:20pm 9/17–10/29 $115

Beach Volleyball: Girls Weekday Training
The Golden Coast Beach Volleyball Club invites all girls to register for our club trainings where our coaches will teach the techniques and tactics of the game of 2-a-side beach volleyball. Each week we focus on a particular skill and then apply it in game situations. Trainings held at the courts at 15th street and PCH. For more information go to www.goldencoastvolleyball.com

Beach Volleyball CA Inc. 15th St at PCH

**441331-2A** 12–17 yrs Tu 4–5:20pm 9/15–10/27 $115
**441331-2B** 12–17 yrs Th 4–5:20pm 9/17–10/29 $115

Beach Volleyball: Youth Beginner
This class introduces beach volleyball to kids just starting out in the sport. The program adopts a concept of cooperative volleyball where participants play the ball over the net in a cooperative way to achieve goals that progressively get more difficult. Trainings held at the courts at 15th street and PCH. For more information go to www.goldencoastvolleyball.com $5 materials fee due at first class.

Beach Volleyball CA Inc. 15th St at PCH

**441360-2A** 7–9 yrs Sa 9–9:50am 9/19–10/24 $75
**441360-2B** 10–12 yrs Sa 10–10:50am 9/19–10/24 $75

Indoor Coed Volleyball League
The City of Huntington Beach Indoor Coed Volleyball league is a competitive league with an emphasis on having fun and learning the game of volleyball. Boys and girls from 3rd through 8th grades will be placed on teams for the season which includes two weeks of evaluations, practice games, six league games and a championship tournament. All 3rd and 4th graders will play by volleyball tennis standards.

Beach Volleyball CA Inc. 15th St at PCH

**441316-3A** 7th & 8th grade Sa 12–1pm 9/5–11/7 $60
**441316-3B** 5th & 6th grade Sa 10:30–11:30am 9/5–11/7 $60
**441316-3C** 3rd & 4th grade Sa 9–10am 9/5–11/7 $60

Skyhawks Basketball
This fun, skill-intensive program is designed for beginning to intermediate players. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility.

Skyhawks Sports Academy LLC. Murdy Community Center

**441302-1A** 7–10 yrs M 6–7pm 9/14–10/19 $109
**441302-1B** 7–10 yrs M 6–7pm 11/9–12/14 $109

Skyhawks Sports Academy LLC. Edison Community Center

**441302-2A** 7–10 yrs Tu 6:40–7:40pm 9/8–10/13 $109
**441302-2B** 7–10 yrs Tu 6:40–7:40pm 11/3–12/8 $109

Skyhawks Beginning Golf
Children will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

Skyhawks Sports Academy LLC. Edison Community Center

**441337-2A** 5–6 yrs M 5–6pm 9/14–10/19 $99
**441337-2B** 5–6 yrs M 6:15–7:15pm 9/14–10/19 $99
**441337-2C** 7–8 yrs M 5–6pm 11/9–12/14 $99
**441337-2D** 7–8 yrs M 6:15–7:15pm 11/9–12/14 $99

Soccer 1: Techniques & Teamwork
Learn dribbling, passing, defense and shooting goals! Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Each participant receives a soccer jersey. Shin guards are required after the first meeting. **No class 10/31.**

Kidz Love Soccer Murdy Community Center

**441335-1A** 5–6 yrs Sa 3:15–4pm 9/19–11/14 $132

Soccer 2: Skillz & Scrimmages
Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome! Each participant receives a soccer jersey. Shin guards are required after the first meeting. **No class: 10/31.**

Kidz Love Soccer Murdy Community Center

**441336-1A** 7–10 yrs Sa 2:15–3pm 9/19–11/14 $132

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Volleyball: HB Aces Indoor

HB Aces continues on as the premier after-school alternative to the high costs and demands of club volleyball. Students can expect to learn the basics of the game in a fun and challenging environment—all from experienced coaches. Classes will include instruction on technique, drills to reinforce, and plenty of game play. All players will receive HB Aces T-Shirt on the first day of class!

Matt Taylor Volleyball City Gym & Pool

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>441309-3A</td>
<td>5th &amp; 6th grade</td>
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<td>441309-3C</td>
<td>7th &amp; 8th grade</td>
<td>M</td>
<td>4:45–6pm</td>
<td>9/14</td>
<td>11/30</td>
<td>$193</td>
</tr>
<tr>
<td>441309-3B</td>
<td>5th &amp; 6th grade</td>
<td>Th</td>
<td>3:30–4:45pm</td>
<td>9/17</td>
<td>12/3</td>
<td>$193</td>
</tr>
</tbody>
</table>

Volleyball: HB Aces Elite

This program is limited to experienced and motivated players who are looking for a high intensity clinic with competitive game play. Consider this a bridge between introduction classes and club volleyball. Beginner and lower level players should look to the Monday class to build their skills. No class: 11/26.

Matt Taylor Volleyball City Gym & Pool

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>441355-3A</td>
<td>6th–8th grade</td>
<td>Th</td>
<td>4:45–6pm</td>
<td>9/17</td>
<td>12/3</td>
<td>$193</td>
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</table>

Wrestling: Beginner Youth

This super-fun program is the first of its kind in HB. Foundational wrestling skills are taught in a dynamic, exciting environment utilizing positive reinforcement, instructional drills and technique-oriented games. The focus is on skill-development & fun! Youths are partnered with same age/size partners. More info: info@oc-grappling.org or oc-grappling.org.

OC Youth Sports Academy Rodgers Clubhouse

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>441349-1A</td>
<td>6–9 yrs</td>
<td>Tu, Th</td>
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<td>12/3</td>
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<tr>
<td>441349-1B</td>
<td>10–14 yrs</td>
<td>Tu, Th</td>
<td>5:30–6:30pm</td>
<td>9/8</td>
<td>12/3</td>
<td>$256</td>
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Wrestling: Intermediate Youth

This program is run by coaches with D1 and other collegiate backgrounds and is an excellent prep for competitive youth and high school wrestling. Fundamental basics are sharpened, and competitive readiness, mindset, intermediate, and advanced wrestling skills are enhanced. The focus is on skill and knowledge development! Wrestlers will work with same age, experience, size partners. Tournament preparation and diet are also covered. More info: oc-grappling.org.

OC Youth Sports Academy Rodgers Clubhouse

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
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<tr>
<td>441350-1B</td>
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<td>6:30–8pm</td>
<td>9/8</td>
<td>12/3</td>
<td>$276</td>
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Skate & Surf

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. No class: 11/25.

Skatedogs Rodgers Clubhouse

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>491402-6A</td>
<td>5–13 yrs</td>
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<tr>
<td>491402-6B</td>
<td>5–13 yrs</td>
<td>W</td>
<td>3:30–5:30pm</td>
<td>10/28</td>
<td>12/9</td>
<td>$216</td>
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<tr>
<td>491402-6C</td>
<td>5–13 yrs</td>
<td>F</td>
<td>3:30–5:30pm</td>
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<td>$216</td>
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<tr>
<td>491402-6D</td>
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<td>F</td>
<td>3:30–5:30pm</td>
<td>10/30</td>
<td>12/11</td>
<td>$216</td>
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Youth Beginner Surfing Lessons

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 of experience.

HB Surf School 285 Pacific Coast Hwy

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<tr>
<td>441407-2A</td>
<td>8–16 yrs</td>
<td>Sa</td>
<td>9–10am</td>
<td>9/5</td>
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<td>441407-2B</td>
<td>8–16 yrs</td>
<td>Sa</td>
<td>9–10am</td>
<td>10/3</td>
<td>10/24</td>
<td>$220</td>
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<tr>
<td>441407-2C</td>
<td>8–16 yrs</td>
<td>Sa</td>
<td>9–10am</td>
<td>11/7</td>
<td>11/28</td>
<td>$220</td>
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Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.
Aquatic Exercise

For specific aquatic fitness start/end dates, call the City Gym & Pool at 714-960-8884.

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 & Pool
M–F: 12:30–1:30pm

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<tr>
<th></th>
<th>October</th>
<th>November</th>
<th>December</th>
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<tbody>
<tr>
<td>M,W,F</td>
<td>450806-3A</td>
<td>$84</td>
<td>450806-3B</td>
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<td>T, Th</td>
<td>450806-3D</td>
<td>$58</td>
<td>450806-3E</td>
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Aqua Tone Fitness: 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. More info: aquatonefitness@aol.com.

Dawnette Lowry City Gym & Pool
T, W, Th, Sa: 7–8am
T, Th, F: 8:20–9:20am

350808 16-class pack $135

Aqua Tone Fitness: Aqua Evening Cardio
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. Questions: aquatonefitness@aol.com. *No class: 7/3.*

Dawnette Lowry City Gym & Pool
M, W, F: 5:30pm–6:30pm

350808 16-class pack $135

Aqua Tone Fitness: Aquatic Bodybuilding
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. More info: aquatonefitness@aol.com.

Dawnette Lowry City Gym & Pool
M, W: 8:15–9:25am

350802 16-class pack $166

Art

Abstract Landscape Workshop
Create an abstract landscape painting in one afternoon in this ONLINE workshop. The workshop covers the basics of color theory and a variety of paint application techniques using acrylics. No previous experience required.

Iris Kern-Foster Online
450197-4A 16 yrs + F 3–5:30pm 9/25 $46/42
450197-4B 16 yrs + F 3–5:30pm 10/23 $46/42

Art in the Afternoon
This fun ONLINE class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. The class will include exercises and sketchbook assignments. Students will use acrylic paints in their paintings and have the opportunity to include their paintings in an art show! Supplies list provided on receipt.

Pati Kent Online
450103-4A 15 yrs + Tu 2:45–4:15pm 9/15–10/6 $85/77
450103-4B 15 yrs + Tu 2:45–4:15pm 10/20–11/10 $85/77

Beginning Digital Photography
This 6-week class is a fun way to explore the use of your digital camera. Students will learn about lighting, composition, and camera controls to achieve a solid grounding in the technical and creative aspects of photograhic techniques. Students should bring their digital camera and a USB flash drive.

Kurt Weston Online
450109-4A 16 yrs + F 3:30–5:30pm 10/2–11/6 $126/114

Colored Pencils
Learn how to do some serious “coloring” using various methods with graphite, wax, oil, pastel, and watercolor pencils on a variety of surfaces and with paint and pencil specific mediums. Instructor will bring samples of everything to try out in class. *No class: 11/11, 11/25.*

Marilyn Oropeza Online
451606-4A 18 yrs + W 1–3pm 9/9–10/14 $114/103
451606-4B 18 yrs + W 1–3pm 10/21–12/9 $114/103

Online classes

Online registration for on-site classes begins at begins at 7:30am, six (6) days before the first class meeting.
Chinese Brush Painting

Explore the world of Chinese Brush Painting from the comfort of home! Mayee's popular class is now available Live-On-Line on Saturday mornings. Founded on classical techniques, materials, and subject matter, Mayee delivers her lively, step-by-step approach via Zoom. The class will interact and paint together - just like in the studio. Students will need a table and a computer device (laptop, tablet, smart phone, or desktop computer) with a camera, microphone, speaker, and stable internet access. The Zoom link, log-in instructions, and materials list will be emailed upon registration. **No class 9/19, 11/7.**

**Mayee Futterman Online**

- **450174-4A** 13 yrs+ Sa 9:30am–12:30pm 9/12–10/10 $91/82
- **450174-4B** 13 yrs+ Sa 9:30am–12:30pm 10/24–11/21 $91/82

Creating Landscapes with Notan

This class is ONLINE. The Notan: the composition of art and imagery. Notan is a Japanese design concept involving the play and placement of light and dark elements as they are placed next to one another in the composition. We will be exploring the landscape only in black and white. Also, we will be drawing first in markers and then painting with a neutral dark color. During this class you will create one or two completed landscapes.

**Gia Moody Online**

- **451638-4A** 18 yrs+ Sa 9–10:15am 9/12–10/10 $96/81
- **451638-4B** 18 yrs+ Sa 9–10:15am 10/24–11/14 $96/81

Creative Writing Jumpstart

You want to write, but don’t know where to start. Begin with a session of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We’ll discuss structure, technique, characters, and conflict. This one-day intensive class, taught by a published writer and former magazine editor, will encourage both the novice and experienced writer. Bring writing supplies. More information, YourProfessorD@gmail.com.

**Dorothy Spirus Online**

- **450198-4A** 16 yrs + Tu 6–8pm 9/8 $75/68
- **450198-4B** 16 yrs + Sa 2–4pm 10/24 $75/68

Glass Mosaic Art on Stone

Learn the art of mosaic in this beginner and intermediate class. Students will learn how to draw a simple design, cut glass, and create a mosaic on a garden rock. $25 material fee due at first class.

**Anne Marie Price HB Art Center**

- **450141-4A** 13 yrs + F 12:30–2:15pm 9/11–10/9 $125/113
- **450141-4B** 13 yrs + F 12:30–2:15pm 10/23–11/20 $125/113

Introduction to Watercolor

For the beginning or returning artist, an intro to the many types of watercolor supplies and use. The 8 basic methods of application, color and water control, layering and blending, creating light and shadow, negative and positive painting, landscape, portrait, mixed media, and how to fix mistakes. **No class: 11/11, 11/25.**

**Marilyn Oropeza Online**

- **450125-4A** 18 yrs + W 10:30am–12:30pm 9/9–10/14 $114/103
- **450125-4B** 18 yrs + W 10:30am–12:30pm 10/21–12/9 $114/103

Photo Critique Sessions

This class is designed to further the photographer's artistic vision and technical skills. Students will bring digital photographs on a USB flash drive to be viewed by the class for evaluation and comments. Visual aesthetic, concept, subject matter, technique, and digital image modification will be the basis for discussion.

**Kurt Weston Online**

- **450180-4A** 18 yrs + F 1–3pm 10/2–11/6 $126/114

Watercolor Painting

This class is for intermediate to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list will be provided on the first day of class. If you already have supplies, please bring them.

**Diane Merrill HB Art Center**

- **450116-4A** 18 yrs + Tu 9:30am–12:30pm 9/8–10/13 $126/114
- **450116-4B** 18 yrs + Tu 9:30am–12:30pm 10/27–12/1 $126/114

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Online classes

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Culinary

Baking
Just in time for the Holidays. In this “hands on” class we are learning to bake breads, muffins, cookies, pies and so much more. We will learn the fail proof techniques to feel like you should make it instead of buy it. Treat your friends and family to wonderful homemade goodies. You will take home a packet of more recipes to try at home. Come hungry. A $15 material fee is due the night of the class.

Dance & Performing Arts

Ballet: Adult 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.

Ballroom Dance Basics
Never be a wall-flower again. From Waltz to the Salsa, we’ll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed. Taught by Mandy Mykitta. No class: 11/11, 11/25.

Country Line Dance
Learn easy line dances from the 80’s and more recent ones, popular in today’s country nightclubs. Work out and have a good time!

With a national reputation for presenting prominent artists of international renown, the Huntington Beach Art Center features outstanding exhibition programs, a film series, lectures, and classes for adults and children. For more information regarding our upcoming programming, please visit our website.

Ballroom Dance Basics

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>450441-1A</td>
<td>16 yrs +</td>
<td>W</td>
<td>7:15–8:15pm</td>
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<tr>
<td>450441-1B</td>
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<td>W</td>
<td>7:15–8:15pm</td>
<td>10/28–12/9</td>
<td>$35</td>
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Country Line Dance

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>450413-1A</td>
<td>14 yrs +</td>
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<td>4–5pm</td>
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<tr>
<td>450413-1C</td>
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<tr>
<td>450413-1D</td>
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<td>Th</td>
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<td>10/15–11/12</td>
<td>$40</td>
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</tbody>
</table>

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Country Two Step & Cowboy Cha-Cha
Country 2 Step plus Cowboy Cha-Cha; both dances are coming back and both are popular in country nightclubs! You will learn both and have a good time socializing and meeting new people. No partner needed!

Efren Barrera  
Murdy Community Center

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<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
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<th>Dates</th>
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<tr>
<td>450415-1A</td>
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<td>450415-1B</td>
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<td>Th</td>
<td>6–7pm</td>
<td>10/15–11/12</td>
<td>$40</td>
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Dance: Swing Basics
Fun and easy Swing Dance. Basic 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

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<tr>
<th>Code</th>
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<td>450423-1A</td>
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<td>8:30–9:30pm</td>
<td>10/15–11/5</td>
<td>$35</td>
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</table>

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 Olivia Lai.

Kaylaa Fox  
Murdy Community Center

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<tr>
<th>Code</th>
<th>Age</th>
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<tr>
<td>450424-1B</td>
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<td>7:15–8:15pm</td>
<td>10/15–11/5</td>
<td>$35</td>
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</table>

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

Kaylaa Fox  
Murdy Community Center

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<tr>
<th>Code</th>
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<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>450422-1A</td>
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<tr>
<td>450422-1B</td>
<td>16 yrs +</td>
<td>Th</td>
<td>6–7pm</td>
<td>10/15–11/5</td>
<td>$35</td>
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Salsa 1 for Teens & Adults
Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today’s club and party scene. Learn hot beginner and intermediate patterns. Meet people, socialize and show off your moves! No partner needed.

Efren Barrera  
Murdy Community Center

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<tr>
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<tr>
<td>450421-1B</td>
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<td>Th</td>
<td>8:30–9:30pm</td>
<td>10/15–11/12</td>
<td>$40</td>
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Special Needs Ballroom
Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, well teach you all the moves you need to own any dance floor! No class: 11/11, 11/25.

Definitely Dance  
Murdy Community Center

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<tr>
<th>Code</th>
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<th>Days</th>
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<td>W</td>
<td>6–7pm</td>
<td>10/28–12/9</td>
<td>$25</td>
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Swing & Salsa Basics
Swing and Salsa are some of the most popular social dances out there. Come learn the basics of these dynamic dances so that you can own the dance floor. Dance classes are a great place to meet new friends, get a workout in, and have some fun—come join us! No partner needed.

Amanda Mykitta  
Edison Community Center

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<tr>
<th>Code</th>
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<td>9/15–10/20</td>
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Tupua’s Teen Polynesian Dance
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  
HB Art Center

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<th>Code</th>
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<td>450465-4B</td>
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<td>4:45–5:30pm</td>
<td>10/20–11/24</td>
<td>$66/60</td>
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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 held WITHOUT DOGS. Bring shot records. $10 material fee (includes training manual).

Dog Services Unlimited  
Edison Community Center

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<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
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<th>Dates</th>
<th>Fee</th>
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<td>Tu</td>
<td>7–8pm</td>
<td>9/15–10/27</td>
<td>$98</td>
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</table>

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Dog Training: Crash Course in Canine Manners
Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Discussions of various bad habits will be included! Dogs attend all meetings. Bring shot records and $5 material fee to first lesson. Pre-registration is required.

Dog Services Unlimited Murdy Community Center
450506-1A 10 yrs + Th 6:30–7:45pm 10/22–11/12 $89

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
Surf City Flyball Central Park–Slater/Goldenwest Street
450507-1A 18 yrs + Sa 9–10am 9/19–11/14 $95

Flyball 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.
Surf City Flyball Central Park–Slater/Goldenwest Street
450508-1A 18 yrs + Sa 10:30am–12pm 9/19–11/14 $85

Educational
American Sign Language for Beginners
Learn ASL to power up your executive function and CV: Our fun class will help you to communicate and stimulate your problem-solving skills, planning and other mentally demanding tasks. If you wish to gain the attention of millions of deaf and hard of hearing individuals, learn ASL. Knowing your ABCs and a few simples signs is a great place to start. When you learn and use ASL, deaf and hard hearing customers and friends will flock to you.
Portal Languages Edison Community Center
450628-2A 18 yrs + M 5:30–6:30pm 9/14–10/26 $146

Italian: Beginning Conversational
This class focuses on day-to-day conversational Italian. Topics can be adapted to interest of class. Taught by native speaker. Perfect for those traveling to Italy.
Spectrum Languages Edison Community Center
450601-2A 18 yrs + Th 5–6:30pm 9/10–10/29 $195

Italian: Conversational 1B
This is a continuation of Conversational Italian 1A. Focus is on spoken Italian and adding knowledge of more complex sentence structures and vocabulary to be able to help any student become more conversant. Material may be adapted to the learning preferences and experience of the participants.
Spectrum Languages Edison Community Center
450603-2A 18 yrs + Th 6:30–8pm 9/10–10/29 $215

Spanish: Conversational
Learn how to engage your Spanish conversations. The focus is on speaking about daily actions, travels, and experiences. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. $30 material fee due first class.
Portal Languages City Gym & Pool
450619-3A 18 yrs + M 5–6pm 9/14–11/16 $206

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
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! Proper engagement 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 while helping to alleviate most chronic back pain. All ages/abilities welcome. Bring: mat, exercise ball (~65cm), grip socks, towel & water.

HB Pilates & Fitness Inc.  |  Murdy Community Center
---|---
450833-1A  |  16 yrs +  |  M  |  11:30am–12pm  |  9/14–10/5  |  $40
450833-1B  |  16 yrs +  |  M  |  11:30am–12pm  |  10/12–11/9  |  $48
450833-1C  |  16 yrs +  |  M  |  11:30am–12pm  |  11/16–12/14  |  $48

**Adult Tae Kwon Do**
Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self-defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! No class: 10/28, 10/29, 11/2, 11/3, 11/4, 11/11, 11/25, 11/26.

Kia Vash Tillehoook  |  City Gym & Pool
---|---
450909-3A  |  15 yrs +  |  M  |  7:15–8pm  |  9/14–12/7  |  $188
450909-3B  |  15 yrs +  |  Tu  |  7:15–8pm  |  9/8–12/8  |  $188
450909-3C  |  15 yrs +  |  W  |  7:15–8pm  |  9/9–12/9  |  $188
450909-3D  |  15 yrs +  |  Th  |  7:15–8pm  |  9/10–12/10  |  $188

**Cardio Step for the Heart**
This class raises the heart rate by stepping up and down on 4 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 $141. No class: 11/11, 11/25, 11/27.

Susan Hardy  |  Murdy Community Center
---|---
450835-1A  |  13 yrs +  |  M, W, F  |  8:30–9:15am  |  9/9–12/11  |  $137

**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
---|---
450851-2A  |  13 yrs +  |  M, W, F  |  5:15–6:15pm  |  9/9–10/30  |  $91

**Head to Toe Workout**
A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only $141. No class: 11/11, 11/25, 11/27.

Susan Hardy  |  Murdy Community Center
---|---
450841-1A  |  13 yrs +  |  M, W, F  |  8:30–9:15am  |  9/9–12/11  |  $137

**Jazzercise**
We believe fitness is an important aspect of living our best lives. Our workout keeps us physically and mentally healthy. We're in it together. At Jazzercise, instructors, franchise owners and customers alike are bonded by a love for this program and the strength we derive from working it together; motivate us to be the best versions of ourselves on the daily and we revel in each other's successes.

Erica Den Hartog  |  City Gym & Pool
---|---
450853-3A  |  13 yrs +  |  M, W, F  |  8:45–9:50am  |  10-class pack  |  $90
450853-3B  |  13 yrs +  |  M, W, F  |  8:45–9:50am  |  20-class pack  |  $140
450853-3C  |  13 yrs +  |  M, W, F  |  8:45–9:50am  |  30-class pack  |  $170

**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. No class: 11/26, 11/27.

Wadoryu USA Inc.  |  Edison Community Center
---|---
450907-2A  |  18 yrs +  |  Th  |  7:15–8pm  |  9/10–10/15  |  $58
450907-2B  |  18 yrs +  |  F  |  7:15–8pm  |  9/11–10/16  |  $58

Wadoryu USA Inc.  |  Lake Park Clubhouse
---|---
450907-2C  |  18 yrs +  |  Th  |  7:15–8pm  |  10/29–12/10  |  $58
450907-2D  |  18 yrs +  |  F  |  7:15–8pm  |  10/30–12/11  |  $58

**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 dumbbells.

HB Pilates & Fitness Inc.  |  Murdy Community Center
---|---
450839-1A  |  16 yrs +  |  M  |  9–10am  |  9/14–10/5  |  $59
450839-1B  |  16 yrs +  |  M  |  9–10am  |  10/12–11/9  |  $71
450839-1C  |  16 yrs +  |  M  |  9–10am  |  11/16–12/14  |  $71

HB Pilates & Fitness Inc.  |  Edison Community Center
---|---
450839-2A  |  16 yrs +  |  F  |  9–10am  |  9/9–10/9  |  $71

HB Pilates & Fitness Inc.  |  City Gym & Pool
---|---
450839-2B  |  16 yrs +  |  F  |  9–10am  |  10/16–11/13  |  $71

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Pilates Mat
Join us for a low-impact class that will deliver high results and help you improve: posture, strength, flexibility, balance, coordination, mobility, and total mind-body awareness. Focusing on core strength and proper alignment, we will condition your entire body in every class! info@hbpilates.com. All ages/abilities welcome. Bring: mat, small towel, grip socks, and water. No class: 11/26.

HB Pilates & Fitness Inc.  
Murdy Community Center
450811-1A 16 yrs + M 10:15–11:15am 9/14–10/6 $59
450811-1B 16 yrs + M 10:15–11:15am 10/13–11/10 $71
450811-1C 16 yrs + M 10:15–11:15am 11/16–12/14 $71
450811-1D 16 yrs + Tu 6–7pm 9/8–10/6 $71
450811-1E 16 yrs + Tu 6–7pm 10/13–11/10 $71
450811-1F 16 yrs + Tu 6–7pm 11/17–12/15 $71
450811-1G 16 yrs + Th 6:45–7:45pm 9/10–10/8 $71
450811-1H 16 yrs + Th 6:45–7:45pm 10/15–11/12 $71
450811-1I 16 yrs + Th 6:45–7:45pm 11/19–12/17 $59

HB Pilates & Fitness Inc.  
Edison Community Center
450811-2A 16 yrs + M 6:30–7:30pm 9/14–10/5 $59
450811-2E 16 yrs + F 10–11am 9/11–10/9 $71

HB Pilates & Fitness Inc.  
City Gym & Pool
450811-3A 16 yrs + W 9–10am 9/9–10/7 $71
450811-3B 16 yrs + W 9–10am 10/14–11/4 $59
450811-3C 16 yrs + W 9–10am 11/18–12/16 $71
450811-2F 16 yrs + F 10–11am 10/16–11/13 $71

Pilates Barre with Cardio
Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, Barre, Yoga, and Dance with cardio intervals and functional fitness exercises. Using resistance bands, workout balls, and your own body weight we will help you achieve the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring: mat, small towel, grip socks and water. No class: 11/26.

HB Pilates & Fitness Inc.  
Murdy Community Center
450855-1A 16 yrs + Tu 7:15–8:15pm 9/8–10/6 $71
450855-1B 16 yrs + Tu 7:15–8:15pm 10/13–11/10 $71
450855-1C 16 yrs + Tu 7:15–8:15pm 11/17–12/15 $71
450855-1D 16 yrs + Th 8–9pm 9/10–10/8 $71
450855-1E 16 yrs + Th 8–9pm 10/15–11/12 $71
450855-1F 16 yrs + Th 8–9pm 11/19–12/17 $59

HB Pilates & Fitness Inc.  
Edison Community Center
450855-2A 16 yrs + M 7:30–8:30pm 9/14–10/5 $59

HB Pilates & Fitness Inc.  
City Gym & Pool
450855-3A 16 yrs + W 10–11am 9/9–10/7 $71
450855-3B 16 yrs + W 10–11am 10/14–11/4 $59
450855-3C 16 yrs + W 10–11am 11/18–12/16 $71

Prenatal/Postnatal Pilates
Pilates is a safe way for women to exercise before, during (1st, 2nd, & 3rd trimester), and after their pregnancy (with doctors approval). Work with a Prenatal/Postnatal Certified instructor on gentle strength and flexibility exercises specifically designed to support the changes of the body during pregnancy and help rebuild strength and muscle control after delivery. No class: 11/26.

HB Pilates & Fitness Inc.  
Murdy Community Center
450856-1A 18 yrs + Th 5:30–6:30pm 9/10–10/8 $75
450856-1B 18 yrs + Th 5:30–6:30pm 10/15–11/12 $75
450856-1C 18 yrs + Th 5:30–6:30pm 11/19–12/17 $62
450856-1D 18 yrs + One private lesson 9/8–12/19 $46

Private Pilates, Yoga & Personal Training
Whether you are looking to lose weight, start a new fitness routine, tone up and get stronger, or simply stay healthy and energized, working one-on-one will allow you to maximize the results of your personal health and fitness goals. Each exercise program is custom designed, specifically for you! 45-minute and 60-minute sessions available upon request. Times and dates TBD. info@hbpilates.com No class: 11/11, 11/26, 11/27.

HB Pilates & Fitness Inc.  
All HB Community Centers
450897-1A 16 yrs + Five 30-minute sessions 9/8–10/10 $220
450897-1B 16 yrs + Five 30-minute sessions 10/12–11/14 $220
450897-1C 16 yrs + Five 30-minute sessions 11/16–12/19 $220

Reformer Pilates Lessons
Work one-on-one using the Balanced Body Pilates Reformer to help you achieve your personal goals. Keeping in mind limitations, restrictions and providing individual modifications for those recovering from injuries. Reformer Pilates is a great low impact workout for all ages and ability levels. Specialties: Post-Injury Fitness, Athletic Cross Training, Pilates, Prenatal/Postnatal Pilates, and Pilates for 50+. Lessons held offsite at REPAIR Sports Institute. No class: 11/11, 11/26, 11/27.

HB Pilates & Fitness Inc.  
All HB Community Centers
451512-1A 18 yrs + Five 30-minute sessions 9/8–10/10 $220
451512-1B 18 yrs + Five 30-minute sessions 10/12–11/14 $220
451512-1C 18 yrs + Five 30-minute sessions 11/16–12/19 $220

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
450846-2A 13 yrs + Sa 9:15–10:15am 9/12–10/31 $40

Online registration for on-site classes begins at begins at 7:30am, six (6) days before the first class meeting.
Self Defense for Women & Teens
Designed specifically for the novice, this class material is simple and concise, utilizing movements that anyone can learn. Strategies on avoidance and prevention, awareness, escape methods, pre-incident indicators, and using intuition to recognize attacks BEFORE they happen. Loose clothing or workout attire recommended. $10 material fee payable to instructor.

Susan Salinas  
City Gym & Pool  
451135-3A  13 yrs +  F  7–8pm  9/18–10/9  $76  
451135-3B  13 yrs +  F  7–8pm  10/16–11/6  $76

Tai Chi Chuan–Simplified Yang Style
Integrated exercise-art for mental and physical well-being, producing a balanced unification of body, mind, and spirit while stretching and toning the body. Wear comfortable clothes. First class is free.

Shona Howe  
HB Art Center/Triangle Park  
450884-4A  18 yrs +  Tu  9:30–10:45am  9/15–12/8  $102/92

Tai Chi Basics 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  
450887-2A  18 yrs +  Tu  1:30–2:45pm  9/8–10/27  $49

Total Body Workout/Cardio Step
This class raises the heart rate by stepping up and down on 4 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 $141. No class: 11/11, 11/25, 11/27.

Susan Hardy  
Murdy Community Center  
450886-1A  13 yrs +  M, W, F  8:30–10am  9/9–12/11  $166

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.

Marianne Grossman  
Edison Community Center  
450857-2A  18 yrs +  Tu  5:30–6:30pm  9/8–10/27  $52

Yoga: Build Yoga
Suitable for everyone from first-time to intermediate-level Yoga students. Build Yoga will consist of a series of movements to warm the body, build strength, flexibility and balance. The class will end with unwinding and relaxation for a wonderful mind-body experience. Learn yoga in a fun and supportive environment. Bring a blanket, blocks (x2), yoga strap and mat.

HB Pilates & Fitness Inc.  
Murdy Community Center  
450878-1A  16 yrs +  Sa  9:15–10am  9/12–10/10  $71  
450878-1B  16 yrs +  Sa  9:15–10am  10/17–11/14  $71  
450878-1C  16 yrs +  Sa  9:15–10am  11/21–12/19  $71

Yoga: Edison
Yoga unites mind & body improving general health, balance, and well-being. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. No class: 10/14, 11/11, 11/23.

Diane Pavesic  
Edison Community Center  
450866-2A  18 yrs +  W  4:30–5:30pm  9/23–10/28  $58  
450866-2B  18 yrs +  W  6–7pm  9/23–10/28  $58

Diane Pavesic  
Lake Park Clubhouse  
450866-2C  18 yrs +  W  4:30–5:30pm  11/4–12/9  $40  
450866-2D  18 yrs +  W  6–7pm  11/4–12/9  $40

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.

Jacki King  
E-RYT, CYT, YACEP  
Murdy Community Center  
451124-1A  16 yrs+  M  4:35–5:35pm  9/14–10/12  $54  
451124-1B  16 yrs+  M  4:35–5:35pm  11/2–12/7  $54

451124-1C  16 yrs+  W  4–5pm  9/16–10/14  $54  
451124-1D  16 yrs+  W  4–5pm  11/4–12/16  $54


Susan Holden  
Murdy Community Center  
450876-1A  16 yrs+  M  6–7pm  9/14–10/12  $54  
450876-1B  16 yrs+  M  6–7pm  11/2–12/7  $54

450876-1C  16 yrs+  Tu  5:30–6:30pm  9/15–10/13  $54  
450876-1D  16 yrs+  Tu  5:30–6:30pm  11/3–12/8  $54

450876-1E  16 yrs+  F  4–5pm  9/18–10/16  $54  
450876-1F  16 yrs+  F  4–5pm  11/6–12/11  $54


Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Yoga: Restorative Flow
Combining gentle movement flows with stillness and breath, Restorative Flow Yoga is perfect for all levels. Unwind from the fast-paced world we live in and join us for a relaxing and healing Yoga experience that will help create inner balance and improve posture and flexibility through strategic but gentle movement and postures. Bring a blanket, blocks (x2), yoga strap and mat. More info: info@hb pilates.com.

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. No class: 11/25.

Zumba Gold & Zumba Gold Toning
Zumba Gold is perfect for active adults looking for the great moves of Zumba at a lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

Music
Group Ukulele 1
Have you ever wanted to play ukulele? Well, now’s the time! Learn to play from Mr. Greg, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! Don’t delay and learn to play today! This class is suitable for new students. For best availability, please register prior to the first week of class. $20 material fee for book due at first class (payable to instructor). Students must provide their own ukulele. Please call Greg if you have questions about acquiring an ukulele. No class: 11/11, 11/25.

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 one-to-three pound hand weights. Going on vacation? We’ll prorate you for the number of weeks you attend.

Zumba & Zumba Toning
The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or toning sticks. No class: 11/25.

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
ADULTS

Group Ukulele 3
Have you ever wanted to play ukulele? Well, now’s the time! Learn to play from Mr. Greg, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! Don’t delay and learn to play today! Students must be pre-approved by Mr. Greg to enroll for this class. For best availability, please register prior to the first week of class. $20 material fee for book due at first class (payable to instructor). Students must provide their own ukulele. Please call Greg at 562-977-8723 if you have questions about acquiring an ukulele. No class: 11/11, 11/25.

The RockBand Experience
HB Art Center
451012–4A 8 yrs +  W  4:45–5:30pm  9/9–9/30  $99/90
451012–4B 8 yrs +  W  4:45–5:30pm  10/7–10/28  $99/90
451012–4C 8 yrs +  W  4:45–5:30pm  11/4–12/9  $99/90

Special Interest

Fashion Makeup–Everyday to Glamor
Part 1–Creating The Classic Face: Designed for beginners, learn the fundamentals of fashion makeup while creating the Classic Face, a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush and more. Part 2–Creating The Glamorous Face: Completion of Fashion Makeup. Learn how to transform the Classic Face to a Glamorous Face for those special events. Techniques taught: Smokey Eye, Highlighting/Contour, Pouty Lip and more. All products & supplies included. More info: (562) 221-3944 or rbnimis@yahoo.com.

Rodolfo Nimis Murdy Community Center
451134-1A 16 yrs +  Sa  9:30am–12:30pm  9/12  $75

CPR & AED Training–Adult, Child, and Youth
Don’t miss a beat and increase the number of people Stayin’ Alive. An additional $24 fee for the American Heart Association workbook and two-year course completion card is payable to the instructor. Not a class for medical providers. Advance registration is required.

Healthy U Murdy Community Center
451104-1A 11 yrs+  Th  5:30–9pm  9/10  $65
451104-1B 11 yrs+  Th  5:30–9pm  10/22  $65
451104-1C 11 yrs+  Th  5:30–9pm  12/3  $65

Sing and Sign!
With a focus on self-esteem and fun, we support one another as we play with vocal music. Learn harmony, tone, style, the joy of singing, basic signs, story creating, choreography and more! We perform for one another in a friendly, flexible environment, all without pressure. Perfection absolutely not required! No class: 10/28, 11/4.

Cyndi Harrington-Dewey Murdy Community Center
451141-1A 12 yrs+  W  5–6pm  9/16–11/18  $86

Sports

Adult Wrestling
Coached by an ex-collegiate wrestler with 30 years experience in the sport as well as a purple belt in BJJ under Sensei James Boran. This class is designed for BJJ players who want to improve their wrestling takedowns and takedown defense from wrestlers in standing position. Learn Greco clinch position, freestyle, and folkstyle wrestling techniques for defending takedowns. The focus is on fun building a connection to improve BJJ. No class: 11/26.

OC Youth Sports Academy Rodgers Clubhouse
451520-1A 16 yrs +  Tu, Th  8:15–10pm  9/8–12/3  $276

Beach Volleyball: Adult Beginner
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 and relaxed environment. More info: GoldenCoastVolleyball.com.

Beach Volleyball CA Inc. 15th St at PCH
451311-2A 18 yrs +  Th  5:20–6:20pm  9/17–10/29  $115

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Hatha Yoga
Unwind after work with a well-rounded class including breath work, stretch, strength, and focus on alignment. Achieve connection among mind, body, and soul in this one hour Hatha yoga experience. All skill levels welcome. No class: 11/11, 11/25.

Meghan Rambo  HB Art Center
451521-4A  12 yrs +  W  4:30–5:30pm  9/9–10/14  $102/92
451521-4B  12 yrs +  W  4:30–5:30pm  10/21–12/9  $102/92

King & Queen of the Court Volleyball Tournament
How do you stack up against the rest? This 6-on-6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. $20 material fee is payable to instructor. No class: 11/26.

Matt Taylor Volleyball  City Gym & Pool
451323-3A  16 yrs +  Th  7:45–9:45pm  9/17–12/3  $155

PiYo Live!
PiYo is a low-impact, high-intensity, Pilates and yoga-inspired workout that burns fat, defines every inch of your body, and increases your flexibility without weights or jumps. A fun dynamic workout that is easily adaptable to all fitness levels. Bring your yoga mat and be ready to sweat!

Noelle Acampora  HB Art Center
451513-4A  16 yrs +  Sa  1:30–2:30pm  9/12–10/17  $86/78
451513-4B  16 yrs +  Sa  1:30–2:30pm  10/31–12/5  $86/78

Teen Yoga
This one-hour class is designed to introduce yoga to teens. The class focuses on body awareness, yoga poses, confidence, and compassion. Yoga is a great way for teens to practice self-care. They will learn techniques for a healthy and positive lifestyle in a fun and easy-going atmosphere. Bring a yoga mat and water. No class: 11/11, 11/25.

Meghan Rambo  HB Art Center
451511-4A  12–19 yrs  W  3:30–4:30pm  9/9–10/14  $102/92
451511-4B  12–19 yrs  W  3:30–4:30pm  10/21–12/9  $102/92

Online classes
Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
ADULTS

Skate & Surf

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. hbsurfschool.com.

HB Surf School 285 Pacific Coast Hwy
451403-2A 18 yrs + Sa 10–11:30am 9/5–9/26 $245
451403-2B 18 yrs + Sa 10–11:30am 10/3–10/24 $245
451403-2C 18 yrs + Sa 10–11:30am 11/7–11/28 $245

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.

DISCLAIMER: Programming subject to change due with the changing nature of COVID-19.

MORE INFORMATION:
714-536-5230 or huntingtonbeachca.gov
Due to the changing nature of COVID-19, programs and events at the Senior Center in Central Park are subject to change. For more information about programs being offered at the Senior Center in Central Park, please visit huntingtonbeachca.gov/seniorcenterincentralpark. For more questions, please call 714-536-5600.

**ARTS**

Cardkateers
Volunteer Instructor

Knitting for Beginners
Volunteer Instructor

Morning Masterpiece
Volunteer Instructor

Traditional Hawaiian Applique & Quilting
Volunteer Instructor

Painting and Drawing
Marilyn Oropeza

Studio Art
Marilyn Oropeza

**EDUCATION**

Aging in Place
Marga Dill

Brain Fitness and Writing Your Life Story
Sharon Fleming

French and Spanish Language Classes
Portal Languages

Downshifting: Getting the Most Out of Retirement
Tap the Gap Coaching

OC Learning Black History
OC Learning Black History

**FITNESS**

ATX Cardiac Lifestyle
Elizabeth Logue

Better Life Boxing
Andrew Deming

Circuit Training
Marianne Grossman

Senior Cardiofit
Marianne Grossman

Total Body Stretch
Marianne Grossman

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Zumba Gold & Toning  
Marianne Grossman

Flex and Stretch  
Marianne Grossman

Exercise for Balance  
Hoag Physical Therapist

Fabulously Fit as You Age  
Rene Burton

Family Martial Arts  
Frances Cardinal

HB Pilates Classes:  
• Gentle Pilates Mat  
• Lean and Fit  
• Pilates Barre with Cardio  
• Pilates Chair and Pilates Chair Plus  
• Pilates Chair: Sitting Only  
• Restorative Flow Yoga  
• Pilates Mat

Strength and Balance  
Jennifer Rennie

Tai Chi Chuan Beginners & Intermediate  
Elizabeth Pham/Shona Howe

Yoga  
Susan Holden

Yoga: Senior Center in Central Park & Yoga Chair  
Diane Pavesic

Zumba  
Sockhop Fitness

Zumba  
CS Dance Factory

MUSIC

Ukulele  
Guava Groove

SOCIAL & RECREATIONAL

Behind the Classics  
Theodore Siegel

Bridge Beginning and Intermediate  
Rita Spira

Dinner Book Club  
April Berg

TECHNOLOGY

Computer Classes by Marga Dill  
Marga Dill  
• 5G Internet and Cell Phone Data Plans  
• Amazon Prime  
• Cutting the Cable  
• Everything Google  
• How to Protect your Online Identity and Internet Tips for Travel  
• Smartphones Beginning and Advanced

Computer Classes by Patrice Rutledge  
Patrice Rutledge  
• Essential Google Applications  
• Creating Custom Photobooks  
• Digital Photo Organizing  
• Facebook Essentials  
• Online Travel Planning  
• Online Genealogy Basics  
• Popular Applications for Seniors

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
The City of Huntington Beach is pleased to offer a complete swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered for students 6 months to 17 years old and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.

SWIM LEVEL PLACEMENT:

If you have questions or need help placing your child in the correct swim level, call the City Gym & Pool at 714-960-8884 to schedule an appointment.

COVID-19 INSTRUCTION:

Due to COVID-19, a parent/guardian is required to be in the pool with the child to provide hands-on instruction.

Swim Levels

PARENT AND CHILD (PC) 6 mos to about 3 years

Parents and children learn together through two fun-filled levels to increase children’s comfort in the water and build a foundation of basic aquatic and water safety skills.

- PC LEVEL 1 (PC1): Introduces basic skills including safety topics to parents and children.
- PC LEVEL 2 (PC2): Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.

PRESCHOOL AQUATICS (PA) About 4 to 5 years

Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children’s comfort level in and around the water.

- PA LEVEL 1 (PA1): Orients children to the aquatic environment and helps them gain basic aquatic skills.
- PA LEVEL 2 (PA2): Helps children gain greater independence in their skills and develop more comfort in and around water.
- PA LEVEL 3 (PA3): Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

LEARN-TO-SWIM (LS) About 6-to-17 years old

Four progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

- LEVEL 1 (LS1): Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- LEVEL 2 (LS2): Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- LEVEL 3 (LS3): Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- LEVEL 4 (LS4): Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

For water safety information, visit redcross.org/watersafety.

Registration or transfers will NOT be accepted after the third class.

The City Gym & Pool is located at 1600 Palm Avenue.

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
The City of Huntington Beach is pleased to offer a complete American Red Cross swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered for students age 6 months to 17 years and teach skills from water adjustment through life guarding techniques. Classes consist of ten lessons unless otherwise specified.

For more information about the City’s aquatics program, please visit: huntingtonbeachca.gov/aquatics.

### Activity Section Time Days Dates

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<thead>
<tr>
<th>Activity</th>
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<td>T/Th</td>
<td>10/20–11/19</td>
</tr>
<tr>
<td></td>
<td>472205 08</td>
<td>9:45am</td>
<td>Sa</td>
<td>9/19–11/21</td>
</tr>
</tbody>
</table>

### COVID-19 INSTRUCTION:

Due to COVID-19, a parent/guardian is required to be in the pool with the child to provide hands-on instruction.

Registration or transfers will NOT be accepted after the third class.

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
It is important to remember that drowning is a leading cause of death for children in the United States. The American Red Cross provides numerous online tools to help educate people of all ages on water safety. Please visit redcross.org/watersafety for a variety of videos, quizzes, and other interactive safety guides to help keep families safe.

Quick tips:

- Maintain constant supervision.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child’s life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.
- Protect your skin. Limit the amount of direct sunlight you receive between 10 a.m. and 4 p.m. and wear sunscreen with a protection factor of at least 15.
- Swim in designated areas supervised by lifeguards.
- Drink plenty of water regularly, even if you’re not thirsty. Avoid drinks with sugar or caffeine in them.

Swim Lessons

The City of Huntington Beach is pleased to offer a complete American Red Cross swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.

For more information about the City’s aquatics program, please visit:

huntingtonbeachca.gov/aquatics.

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Pee Wee Tennis Academy

This clinic is the perfect tennis intro for your young child eager to pick up a racquet. Students will learn the basics of the: forehand, backhand, volley, and serve in a coordination building, fitness friendly, fun, atmosphere. Your child will love joining in fun tennis games like: popcorn machine, walk the tennis dog, and alley rally. Students will need to supply their own racquet. Please bring one can of unopened tennis balls to the first class.

Tennis Anyone Inc. Marina Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>482501-1A</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–4:55pm</td>
<td>9/14</td>
<td>10/5</td>
<td>$69</td>
</tr>
<tr>
<td>482501-1B</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–4:55pm</td>
<td>10/12</td>
<td>11/2</td>
<td>$69</td>
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<tr>
<td>482501-1C</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–4:55pm</td>
<td>11/9</td>
<td>12/14</td>
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</table>

Tennis Anyone Inc. Murdy Community Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<tr>
<td>482501-1D</td>
<td>3–6 yrs</td>
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<td>4:15–4:55pm</td>
<td>9/15</td>
<td>10/6</td>
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<tr>
<td>482501-1E</td>
<td>3–6 yrs</td>
<td>Tu</td>
<td>4:15–4:55pm</td>
<td>10/13</td>
<td>11/3</td>
<td>$69</td>
</tr>
<tr>
<td>482501-1F</td>
<td>3–6 yrs</td>
<td>Tu</td>
<td>4:15–4:55pm</td>
<td>11/10</td>
<td>12/15</td>
<td>$104</td>
</tr>
<tr>
<td>482501-1G</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–8:55am</td>
<td>9/19</td>
<td>10/10</td>
<td>$69</td>
</tr>
<tr>
<td>482501-1H</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–8:55am</td>
<td>10/17</td>
<td>11/7</td>
<td>$69</td>
</tr>
<tr>
<td>482501-1I</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–8:55am</td>
<td>11/14</td>
<td>12/19</td>
<td>$104</td>
</tr>
</tbody>
</table>

Tennis Anyone Inc. Edison Community Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<tr>
<td>482501-2A</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–5pm</td>
<td>9/14</td>
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<tr>
<td>482501-2B</td>
<td>3–6 yrs</td>
<td>W</td>
<td>4:15–5pm</td>
<td>9/16</td>
<td>10/7</td>
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<tr>
<td>482501-2C</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>9/19</td>
<td>10/10</td>
<td>$69</td>
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<tr>
<td>482501-2D</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–5pm</td>
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<tr>
<td>482501-2E</td>
<td>3–6 yrs</td>
<td>W</td>
<td>4:15–5pm</td>
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<td>11/4</td>
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<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>10/17</td>
<td>11/7</td>
<td>$69</td>
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<tr>
<td>482501-2G</td>
<td>3–6 yrs</td>
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<tr>
<td>482501-2H</td>
<td>3–6 yrs</td>
<td>W</td>
<td>4:15–5pm</td>
<td>11/11</td>
<td>12/16</td>
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<tr>
<td>482501-2I</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>11/14</td>
<td>12/19</td>
<td>$104</td>
</tr>
</tbody>
</table>

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Parks Make Life Better!

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Tennis Academy: Junior Beginner to Intermediate
The focus of the Junior Tennis Academy for Beginners is on learning the four major strokes of the game in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. Students will absolutely love playing drills like: King of the Tennis Hill, Tennis Baseball, and Tennis Line Tag. Beginners over the age of 13 should start in the Junior Tennis Academy—Intermediate/Advanced. Students will need to supply their own racquet. Please bring one can of unopened tennis balls to the first class.

<table>
<thead>
<tr>
<th>Tennis Anyone Inc.</th>
<th>Marina Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>482510-1A</td>
<td>7–13 yrs M 5–5:55pm 9/14–10/5 $79</td>
</tr>
<tr>
<td>482510-1B</td>
<td>7–13 yrs M 5–5:55pm 10/12–11/2 $79</td>
</tr>
<tr>
<td>482510-1C</td>
<td>7–13 yrs M 5–5:55pm 11/9–12/14 $119</td>
</tr>
</tbody>
</table>

Tennis Academy: Junior Intermediate to Advanced
This program is for students that have either attained all three mastery levels in the Beginning Academy or are coming in with proper form on the major tennis strokes. The focus in this group is on building stroke dependability so that students are able to rally with proper form. This is a high energy, dynamic, fitness challenging, tennis program designed to bring students to a level where they have the tools to start playing matches. Beginning students older than 13 should start in this group. Students will need to provide their own tennis racket. Please bring one can of unopened new tennis balls to first class.

<table>
<thead>
<tr>
<th>Tennis Anyone Inc.</th>
<th>Marina Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>482520-1A</td>
<td>7–17 yrs M 6–7:25pm 9/14–10/5 $89</td>
</tr>
<tr>
<td>482520-1B</td>
<td>7–17 yrs M 6–7:25pm 10/12–11/2 $89</td>
</tr>
<tr>
<td>482520-1C</td>
<td>7–17 yrs M 6–7:25pm 11/9–12/14 $134</td>
</tr>
</tbody>
</table>

Semi-Private Tournament Academy
This class is for students that have either attained six mastery levels in our Beginning and Intermediate to Advanced Academies or are already successfully playing matches. This is our highest level group designed to give students a competitive edge in junior tournaments or high school tennis team competition. Please bring one can of unopened tennis balls to first class. More info: tennisanyone.info.

<table>
<thead>
<tr>
<th>Tennis Anyone Inc.</th>
<th>Mury Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>482521-1A</td>
<td>7–17 yrs W 7:30–8:25pm 9/16–10/7 $119</td>
</tr>
<tr>
<td>482521-1B</td>
<td>7–17 yrs W 7:30–8:25pm 10/14–11/4 $119</td>
</tr>
</tbody>
</table>

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Tennis Anyone Inc. Edison Community Center
Tennis Anyone Inc. Murdy Community Center
Tennis Anyone Inc. Marina Park
No class: 11/26.

Tennis Anyone Inc. Edison Community Center
Tennis Anyone Inc. Murdy Community Center
Tennis Anyone Inc. Marina Park
No class: 11/26.

Semi-Private Lessons: Youth Beginner
These groups are for two-to-four students interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. More info: tennisanyone.info.

Tennis Anyone Inc. Murdy Community Center
482609-1A 7–17 yrs  Th 4:30–5:25pm 9/17–10/8 $19
482609-1B 7–17 yrs  Th 4:30–5:25pm 10/15–11/5 $19
482609-1C 7–17 yrs  Th 4:30–5:25pm 11/12–12/17 $149

Semi-Private Lessons: Youth Intermediate to Advanced
These groups are for two-to-four students interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Please bring one can of unopened tennis balls to the first class.

Tennis Anyone Inc. Murdy Community Center
482602-1A 7–17 yrs  Th 5:30–6:25pm 9/17–10/8 $19
482602-1B 7–17 yrs  Th 5:30–6:25pm 10/15–11/5 $19
482602-1C 7–17 yrs  Th 5:30–6:25pm 11/12–12/17 $149
482602-1D 7–17 yrs  Th 6:30–7:25pm 9/17–10/8 $19
482602-1E 7–17 yrs  Th 6:30–7:25pm 10/15–11/5 $19
482602-1F 7–17 yrs  Th 6:30–7:25pm 11/12–12/17 $149

Semi-Private Lessons: Adult Beginning
These groups are for two-to-four students, interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. More info: tennisanyone.info. No class: 11/26.

Tennis Anyone Inc. Marina Park
482800-1A 16 yrs +  M 7:30–8:25pm 9/14–10/5 $109
482800-1B 16 yrs +  M 7:30–8:25pm 10/12–11/2 $109
482800-1C 16 yrs +  M 7:30–8:25pm 11/9–12/14 $164

Tennis Anyone Inc. Murdy Community Center
482800-1D 16 yrs +  Th 6:30–7:25pm 9/17–10/8 $109
482800-1E 16 yrs +  Th 6:30–7:25pm 10/15–11/5 $109
482800-1F 16 yrs +  Th 6:30–7:25pm 11/12–12/17 $136

Tennis Anyone Inc. Edison Community Center
482800-2A 16 yrs +  W 7:30–8:30pm 9/16–10/7 $109
482800-2B 16 yrs +  Sa 11am–12pm 9/19–10/10 $109
482800-2C 16 yrs +  W 7:30–8:30pm 10/14–11/4 $109
482800-2D 16 yrs +  Sa 11am–12pm 10/17–11/7 $109
482800-2E 16 yrs +  W 7:30–8:30pm 11/11–12/16 $164
482800-2F 16 yrs +  Sa 11am–12pm 11/14–12/19 $164

Jr. Round Robin Tennis Tournament
This tournament is for junior players that can rally from the baseline and make an occasional serve. Students compete for trophies and bragging rights in this Junior Round Robin Tournament. Students will be given feedback designed to help move them to a higher competitive level.

Tennis Anyone Inc. Murdy Community Center
482709-1A 7–17 yrs  Sa 1–3:30pm 11/14 $35

Jr. Match Play Clinic
Students of all ages will play competitive singles and doubles matches with feedback from a coach on positioning, shot selection, and the finer points of set play. This is a great way to gain needed match experience in a friendly setting. No class: 11/27.

Tennis Anyone Inc. Murdy Community Center
482708-1A 7–17 yrs  F 5:30–7:30pm 9/18–10/9 $79
482708-1B 7–17 yrs  F 5:30–7:30pm 10/16–11/6 $79
482708-1C 7–17 yrs  F 5:30–7:30pm 11/13–12/18 $99

Adult Tennis Academy – Intermediate to Advanced
The focus of this academy is on gaining higher level skills like topspin, slice, overheads, and drop shots in a fun filled, fitness challenging atmosphere. These clinics are a terrific training ground for skills used in match play. Be ready to sweat! Students will need to provide their own racquet. Materials fee: One can of unopened tennis balls.

Tennis Anyone Inc. Murdy Community Center
482710-1A 16 yrs +  Tu 7:30–8:40pm 9/15–10/6 $75
482710-1B 16 yrs +  Tu 7:30–8:40pm 10/13–11/3 $75
482710-1C 16 yrs +  Tu 7:30–8:40pm 11/10–12/15 $113
482710-1D 16 yrs +  Th 7:30–8:40pm 9/17–10/8 $75
482710-1E 16 yrs +  Th 7:30–8:40pm 10/15–11/5 $75
482710-1F 16 yrs +  Th 7:30–8:40pm 11/12–12/17 $94

Private Lessons: Head Pro Private Lessons
Private Lessons: Head Pro
This tournament is for junior players that can rally from the baseline and make an occasional serve. Students compete for trophies and bragging rights in this Junior Round Robin Tournament. Students will be given feedback designed to help move them to a higher competitive level.

Tennis Anyone Inc. Murdy Community Center
482902-1A 3 yrs + Two-hour lessons 9/14–10/10 $120
482902-1B 3 yrs + Two-hour lessons 10/12–11/7 $120
482902-1C 3 yrs + Two-hour lessons 11/9–12/19 $120
482902-1D 3 yrs + Four-hour lessons 9/14–10/10 $240
482902-1E 3 yrs + Four-hour lessons 10/12–11/7 $240
482902-1F 3 yrs + Four-hour lessons 11/9–12/19 $240

Online registration for virtual classes begins at 7:30am, on Tuesday, August 25.
Pickleball: Adult Intermediate  
NEW! Designed for players that have completed adult intermediate pickleball class or is an intermediate/advanced experienced player. Expands on advancing your game plan utilizing advanced court strategies and creative play options. Incorporating vital elements of the game in a challenging format. More info: (714) 315-0922 or dtabruscato@gmail.com.

Performance Pickleball  
450830-3A  14 yrs +  F  6–8pm  11/6–11/20  $140

Pickleball Clinic: Adult Beginner  
Designed for adults with no experience playing pickleball. Basic fundamental skills such as safety, etiquette, rules, and strategy will be introduced in a group setting. Once completed, player can comfortably participate in games. Paddle and balls are provided. Flat, outdoor, court-specific footwear recommended. More info: (714) 315-0922 or dtabruscato@gmail.com.

Performance Pickleball  
452310-3A  14 yrs +  Tu  6–8pm  9/22–10/13  $132

Pickleball: Adult Intermediate  
Instruction for those who have taken Adult Beginning Pickleball Class or is an experienced player. This class expands on optimizing your game plan, court strategies, and the next steps to improve your game. Be prepared to elevate your game! Flat outdoor court specific footwear recommended. Questions: Call or email Diana at (714) 315-0922 or dtabruscato@gmail.com.

Performance Pickleball  
450809-5A  14 yrs +  Th  6–8pm  9/24–10/15  $132

Pickleball: Semi-Private Beginner  
This class is for anyone seeking to learn or to expand their pickleball ability in a small group setting. You will experience individual coaching attention based on your needs in a smaller group setting. During drills and match play, court strategies will focus on mechanics, consistency, accuracy, ball control, placement and an overall game plan. Semi-private lessons are the perfect blend of personal attention and affordability. The nets, paddles and balls are provided. Flat tennis court specific footwear is recommended.

Performance Pickleball  
451322-5A  14 yrs +  Tu  4–5:30pm  10/27–11/17  $159

Registration for fall programs begins at 7:30 a.m., six (6) days before the program starts.

Pickleball: Adult Drop-in Drills – Beginner, Intermediate, & Advanced  
Calling all players! A 1 hour time slot is set aside specifically for drilling to enhance skills and game consistency by executing repetitive drills. Designed to create habitual memory. Prepare to exercise and extend your range of play. Flat outdoor court specific footwear recommended. Paddles and balls provided. Must register prior to beginning of class. Questions: Call or email Diana at (714) 315-0922 or dtabruscato@gmail.com.

Performance Pickleball  
451324-5A  14 yrs +  Th  5–6pm  11/19  $26

Pickleball: Private Instructional  
For all ages and skill levels! Beginning to advanced welcome! Tailored private instruction works around your schedule. Will access strengths and focus on individual goals. Player development and abilities at your individual pace. The paddles and balls are provided. Flat outdoor court specific footwear recommended. To arrange dates and times, contact Diana at (714) 315-0922 or dtabruscato@gmail.com. Maximum of one participant per sign up.

Performance Pickleball  
451325-5A  14 yrs +  One hour  9/8 - 12/12  $55

Pickleball: Adult Match Play  
Match Play classes are designed for adults with experience playing pickleball games. Match play is focused on playing pickleball games in a round robin setting in a rotating partner/set partner format. Scores will be calculated and award winners will be recognized at end of classes. A great way to experience educational play in a doubles team challenge format. The paddles and balls are provided.

Performance Pickleball  
451328-5A  14 yrs +  Th  6–8pm  10/22–11/5  $69

NEW! Pickleball: Youth Beginner  
Calling all youth with no experience playing pickleball. Basic foundational and fundamental skills will be introduced such as safety, etiquette, rules, scoring, underhand serve, and other basic strategies. Once completed, player will have a basic understanding of how to play pickleball and comfortably participate in games. Paddles and balls are provided. Flat outdoor court specific footwear recommended. Questions: Call or email Diana at (714) 315-0922 or dtabruscato@gmail.com.

Performance Pickleball  
451361-5A  10 yrs +  F  5:30–6:30pm  10/9–10/30  $60

Online registration for on-site classes begins at 7:30am, six (6) days before the first class meeting.
Directory

Recreation & Community Services
Community Services Department
2000 Main Street, Fifth Floor .............................................. 714-536-5486
Director of Community Services: Chris Slama
Community Services Manager: Chris Cole
Community Services Manager: Ashley Wysocki

City Gym & Pool R
1600 Palm Avenue ...................................................... 714-960-8884
Supervisor: Holland Gannon

Edison Community Center R
21377 Magnolia Street ..................................................... 714-960-8870
Supervisor: John Valinsky

Murdy Community Center R
7000 Norma Drive ...................................................... 714-960-8895
Supervisor: Kaci Thol

Community Center Hours
Please check online for hours of operation.

Arts & Cultural Services
Huntington Beach Art Center R
538 Main Street ...................................................... 714-374-1650
Senior Supervisor: Kate Hoffman

Administrative Hours
Please check online for hours of operation.

Art Center Hours
Please check online for hours of operation.

Central Park Sports Complex
Sports Complex at
Huntington Beach Central Park R
18100 Goldenwest Street ..................................................... 714-536-5230
Supervisor: Ray Frankeny

Sports Complex Contacts
Adventure Playground
June 21–August 20, 2021 .............................................. 714-842-7442
Adventure Playground (Off season) ................................ 714-536-5286
Batting Cages ............................................................. 714-375-3960
Rain & Field Condition Hotline ..................................... 714-375-5164
Field Rentals ............................................................. 714-536-5230

Rental Facilities
Harbor View Clubhouse .............................................. 16600 Saybrook Lane
Lake Park Clubhouse & BBQ ............................................. 1035 11th Street
Newland Barn ..................................................... 19822 Beach Boulevard
Call 714-536-5486 for reservation information.
Community Groups

Huntington Beach Art League
The Huntington Beach Art League meets on the first Wednesday of each month at the Senior Center.
- Contact: e-mail president@hbartleague.com
- More information: hbartleague.org

Huntington Beach Community Garden
Imagine your kitchen full of delicious organic produce that you grew in your own plot at the HB Community Garden! For a low annual fee, you can have your own garden plot! In addition to providing an area where HB residents can grow food for their own use, HBCG donates thousands of pounds of excess harvest to local charities and educates the public on organic gardening.
- Contact: HBCommunityGarden@gmail.com
- More information: huntingtonbeachcommunitygarden.com

Huntington Beach Concert Band
The Huntington Beach Concert Band is a volunteer organization of approximately 70 musicians providing music to the HB community.
- More information: hbconcertband.org

Huntington Beach Council On Aging
The Huntington Beach Council on Aging (HBCOA) is officially recognized by the City Council of Huntington Beach as representing its local senior citizens. The mission of this nonprofit corporation is to work with City staff and volunteers to enhance the dignity and quality of life for City seniors through comprehensive services, education, and advocacy aimed to empower and meet the needs of a diverse population. The Board meets at 9 a.m. on the first Thursday of each month at the Senior Center in Central Park; and general membership meetings are held four times a year. Please help us continue our efforts by becoming a member of the HBCOA, or by making a donation.
- More information: hbcoa.org

Huntington Beach Historical Society (Newland House Museum)
Built in 1898, the Newland House Museum is the City's best-preserved and most historically significant example of early homes. The Newland House Museum is open the first and third weekends of the month, Saturday and Sunday from 12 to 4 p.m., except holidays and rainy days.
- More information: hbnews.us/nwhouse.html

Shipley Nature Center
The Shipley Nature Center is an 18-acre nature center with trails and Interpretive Center, and is open Monday through Saturday, from 9 a.m. to 1 p.m. Come learn all about composting and vermitcomposting and how to turn kitchen scraps and backyard cuttings into “black gold.” Classes will be held in April, May, June and September.
Parent and Me Time: Come enjoy stories and crafts on Wednesdays at 11 a.m; cost is $3 per parent.
Address: 17851 Goldenwest Street
- More information: shipleynature.org

City Services

City Attorney ........................................... 714-536-5555
City Clerk ............................................. 714-536-5227
City Council ........................................... 714-536-5553
City Manager ......................................... 714-536-5202
Code Enforcement .................................. 714-375-5155
Community Development ....................... 714-536-5271
Beach Operations .................................. 714-536-5281
Business Development ............................. 714-536-5542
Business Licenses .................................... 714-536-5267
Finance Department ............................... 714-536-5630
Fire Department ..................................... 714-536-5411
Graffiti Removal .......................... 714-960-8861
Human Resources ................................. 714-536-5492
Information Services .............................. 714-536-5515
Junior Lifeguards ................................. 714-374-1501
Library Services ................................. 714-842-4481
Park Tree & Landscape ......................... 714-536-5480
Passports .............................................. 714-374-1600
Police Department ............................... 714-960-8811
Public Works ........................................ 714-536-5431
Water Conservation .............................. 714-536-5922
Water/Trash Set-Up .............................. 714-536-5919

Local Resources

HB Chamber of Commerce ........ 714-536-8888
HB Downtown BID ......................... 714-536-8300
HB Tree Society ................................. 714-564-1396
HB Visitors Bureau–Visit HB ........ 714-969-3492
Huntington Dog Beach ..................... 714-841-8644
Huntington Harbour
Yacht Club ............................................. 562-592-2186
International Surfing Museum .... 714-300-8836
Meadowlark Golf Club ....................... 714-846-1364
**Waiver & Release of Liability**

The above named participant has my permission to participate in the activity indicated above. I realize every precaution is taken to eliminate any injuries or hazards and a competent supervisor is present. However, in the event of an injury, I hereby waive, release, and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the Supervisor, Community Services Department personnel, and the City of Huntington Beach. Participants of virtual recreation classes acknowledge they are responsible for ensuring their environment is safe/free from obstructions and that any use of third-party applications (e.g., Zoom, Instagram, etc.) is at their own security risk.

**COVID-19 Waiver:**

I am aware of the COVID-19 pandemic and related governmental orders, directives and guidelines (collectively “directives”), including directives for frequent hand washing, social distancing and use of face masks in public locations. I am aware that this facility and the activity for which it is being used will be located in a public location during the COVID-19 pandemic. I am aware that I could be infected, seriously injured or even die due to COVID-19. I accept and voluntarily incur any and all risks or danger of bodily injury, death, property damage, loss, expense or harm which arise during or result from my use of the assigned facility/grounds, regardless of whether or not caused in whole or in part by the alleged or actual negligence of city of Huntington Beach, its officials, employees, representatives, and volunteers.

**Registration**

Fall class registration begins at 7:30am six (6) days before the class begins.

Two ways to register

1. **Online at hbsands.org**
   Go online to view and register for your favorite City classes and events with ease at hbsands.org, 24 hours a day, seven days a week.

2. **Mail in checks to:**
   Community Services Department, PO Box 190, Huntington Beach, CA 92649-2702.
   Make checks out to: **City of Huntington Beach**. $30 will be charged for returned checks. Improperly submitted registrations will not be processed. Mail-in registration accepted. Checks only. Priority given to online registration. If you would like a receipt mailed to you, include a self-addressed envelope with stamp. Send registrations to Community Services Department, PO Box 190, Huntington Beach, CA 92648-2702.
   $30 will be charged for returned checks. Improperly submitted registrations will not be processed.
   • Make checks out to: City of Huntington Beach.

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**General Information**

- All courses are subject to change or cancellation.
- Registration and payment is required for all courses unless noted otherwise. Registration and payment must be received before attending any course.
- If a course is full at the time of registration, you may register for the waitlist. Please wait to be contacted by City staff or instructor prior to attending the course.
- Mail-in registration accepted. Checks only. Priority given to online registration. If you would like a receipt mailed to you, include a self-addressed envelope with stamp. Send registrations to Community Services Department, PO Box 190, Huntington Beach, CA 92648-2702.
- $30 will be charged for returned checks. Improperly submitted registrations will not be processed.
- Make checks out to: City of Huntington Beach.

**Withdrawal & Refund Policy**

- Full refunds are available for classes that are cancelled. All other withdrawals are subject to a six-dollar ($6) processing fee for each class session.
- Refunds after the start of the program are contingent upon City approval and will be assessed a six-dollar ($6) processing fee and will be prorated based on the number of classes held.
  - Credit card transactions will be refunded to the same credit card used for enrollment.
  - Cash or check transactions may receive a refund in the form of a City-issued check.
  - Refunds are not available for workshops without a two-day notice, special events, or classes that have concluded, unless approved by Supervisor due to extenuating circumstances.

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**Mandatory**

Signature: Date:

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**ADULT/GUARDIAN**

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**GRAND TOTAL**

**Receipt Number:**

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**Applicable if Participant is a minor:** I am the parent/legal guardian of the Participant, and I hereby execute this Release on his/her behalf.

**Photo Release**

Registration constitutes permission of the City of Huntington Beach to take and use any photograph of the above named participant and/or legal guardian in any promotion materials without compensation to the above named participant and/or legal guardian of the above name participant for such use.

**Americans With Disabilities Act**

The City intends to comply with the Americans with Disabilities Act. If you require special assistance for participation in our recreation programs, please notify staff at the time of registration or call 714-536-5486.

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**Registration**

Go online to view and register for your favorite City classes and events with ease at hbsands.org. Make checks out to: City of Huntington Beach. $30 will be charged for returned checks. Improperly submitted registrations will not be processed. Mail-in registration accepted. Checks only. Priority given to online registration. If you would like a receipt mailed to you, include a self-addressed envelope with stamp. Send registrations to Community Services Department, PO Box 190, Huntington Beach, CA 92648-2702.

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Register at hbsands.org

Register for your favorite classes at your convenience, 24 hours a day, seven days a week. You can register from your computer, or your mobile device!

STEP ONE - LOGIN

New Users:
All users will need to create a new account for hbsands.org before they can register for programs.
To create a new account:
1. Go to hbsands.org, click Create An Account, located at the bottom of the Login box.
2. Fill out the New Account Information and Household Primary Person Information. All fields in red* are required.
3. To add additional household members, click Add New Member at the bottom of the screen.
4. Click Save when all fields are completed.

Returning Users:
To login to your account:
1. Go to hbsands.org, locate the Login box.
2. Type in your Username and Password.
   » If you forgot your Username and Password, click Forgot Password at the bottom of the Login box.
3. Click Login.

STEP TWO - CHOOSE YOUR PROGRAMS

How to Search:
1. Search Bar:
   » Search by keyword, ex. “swimming.”
   » Search by six digit class code (do not type in the dash or digits following it).
2. Search by Category:
   » Click on category of interest, ex. Camps, Youth Sports, Senior Center in Central Park.
3. Add to Cart:
   » When you find what you are looking for:
   » To Add Class To Cart, click the + on the left.
   » If Class Is Full or not available for registration, a red X will be on the left.
4. Choose which member of your household you wish to enroll.
5. Agree to the waiver (one waiver per person registered).
6. When you are ready, click Proceed To Checkout, or click the Shopping Cart button.

STEP THREE - CHECKOUT

1. In your Shopping Cart, you will see a Summary of Charges, which reviews what you’re purchasing.
2. Make sure your Billing Information is correct, and click Continue.
3. Fill out your Payment Information and click Submit Payment.
4. Check your email for your receipt!

COVID-19 Registration Process

Registration will begin at 9am, six days before the activity or class begins.
Example: If an activity starts on Tuesday, September 8, then registration will open on Wednesday, September 2, at 9am.

DISCLAIMER
Due to the uncertainty of the COVID-19 Virus at the time of print, all activities and events in this fall 2020 brochure are subject to change. All activities provided in this issue of the SANDS will be evaluated to ensure that proper health and safety precautions are taken for participants. Please visit hbsands.org for updates.

For questions specific to classes at the Senior Center in Central Park, please call 714-536-5600.
For all other classes, please call the Community Services Department at 714-536-5486, or the community center where the class is held (see Directory on page 38 for telephone numbers).
* We cannot process enrollments over the phone.
Meet our Pediatricians in Huntington Beach:

Jennifer Birkhauser, MD
Jennifer Kim, MD
Kimberly Lank, DO
Kristy Tolly, MD
Rachel Zabaneh, MD
Natalia Zapadinsky, MD

Hoag Medical Group Pediatrics offers:
- Care for children of all ages
- Same day sick appointments
- Access to CHOC Children's
- Weekend sick appointments at Tustin Legacy location
- Continuity of care at 13 Hoag Urgent Care locations
- In-person and telehealth visits available

Visit HoagMedicalGroup.com/HBPeds to view physician videos and bios.