

Fall 2019

SANDS

Community Services Recreation & Programs Guide



Parks
Make
Life
Better!

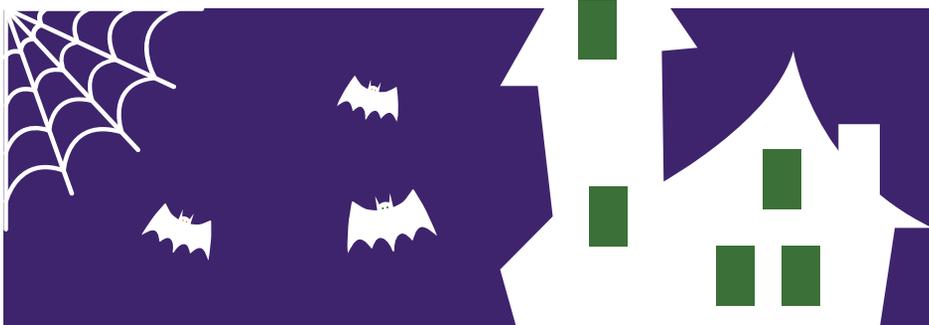
WORTHY PARK
Before Dark
OCTOBER 26
1-4PM

**Parks
 Make
 Life
 Better!**

**Come join us for a
 spooktacular day
 full of Halloween
 festivities!**

REGISTER ONLINE:
411202-3A

**FOR MORE DETAILS,
 SEE PAGE 2 OR CALL
 714.960.8884**



**MEET
 — ON —
 BEACH**

NOV 17 BEACH BLVD

Connecting seven Orange County cities for the first time to reimagine Beach Boulevard. Meet us on Beach by foot or on wheels to discover these communities with fresh eyes, and enjoy a day filled with free active fun for the whole family!

MEETONBEACH.COM

SAVE THE DATE....

**BREAKFAST WITH
 SANTA IS COMING
 TO EDISON
 COMMUNITY CENTER!**

\$10 PER PERSON

SATURDAY, DECEMBER 14TH
411205-1A: 8:30AM
411205-1B: 9:30AM

**BREAKFAST, MEET SANTA, ARTS & CRAFTS,
 AND SO MUCH MORE!**
CALL (714) 960 - 8895

Director's Greeting

Daylight Savings time has us springing forward and falling behind. However, this fall I want to encourage you to fall forward and dive into all the great things we have planned for you. This quarter we are highlighting all that we do for our "seasoned" citizens. Have you been to our fabulous Fitness Pavilion at the Senior Center in Central Park? If not, I hope the photo on our front cover entices you to visit this great space for older adults in our community to work out and stay fit. We offer an amazing variety from fitness classes, to health and wellness lectures, and personal training sessions in our beautiful Pavilion. Or how about a dinner and book club or help navigating the wonderful world of technology – we have that too. So stop by for a free tour and see what so many of your friends and neighbors are raving about. Be sure to mark your calendar for Saturday, September 9 because you won't want to miss the annual Senior Saturday event filled with informative vendors, fun activities and great learning sessions at the beautiful Huntington Beach Pier!

We also wouldn't want the rest of you to feel left out, so be sure to check out some of our new activities such as our great line-up of year-round surfing lessons for all skill levels on page 27 and our Halloween Pumpkin Carving and Costume Contest at the City Gym & Pool on page 2. No matter what the age, we've got fun in store for you because Parks Make Life Better here in Huntington Beach!

Marie Knight

Director of Community Services

City Council

Mayor Erik Peterson
Mayor Pro Tem Lyn Semeta
Councilmember Patrick Brenden
Councilmember Kim Carr
Councilmember Barbara Delgleize
Councilmember Jill Hardy
Councilmember Mike Posey

Community Services Commission

Chair Jay Kreitz
Vice Chair Michelle Schuetz
Commissioner Joe Carchio
Commissioner Stephanie Green
Commissioner Bridget Kaub
Commissioner Lisa Kemmerer
Commissioner Janis Mantini
Commissioner Roy Miller
Commissioner Krista Sterud
Commissioner Richard Thiel

City Administration

Interim City Manager Dave Kiff
Interim Assistant City Manager Travis Hopkins

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.

**Fall class registration begins August 6 at 9 a.m.
Classes begin September 9!**

SANDS

Fall 2019

contents

- 2** Special Events
- 3** Infant/Toddler
- 9** Youth
- 15** Teens
- 16** Adults
- 28** Senior Center in Central Park
- 39** Aquatics
- 42** Tennis
- 45** Pickleball
- 46** HB City Directory
- 47** Services & Facilities
- 48** Registration

Photo Credit: Visit HB



hbsands.org



@hbcommunityservices



/hbcommunityservices



SPECIAL EVENTS

HB City Surf Contest

The 49th Annual Huntington Beach City Surf contest, sponsored by the City of Huntington Beach Community Services Department, Huntington Surf and Sport and Dukes will be held on September 14 and 15. Participation is limited to persons residing in the Huntington Beach Union High School District. Winners of each division will receive awards. Driver's license or school ID with proof of age (birth certificate) must be presented before competing. Ages are as of contest date. Each participant will receive a contest T-shirt. Participation is limited to first 175 registrants. Registration starts July 5. Thursday, August 22 is the last day to sign up (unless 175 is reached before that date).

Recreation Staff		South Side of Pier		
311213-2A	Up to 9 yrs	Menehune Boys & Girls	9/14-9/15	\$40
311213-2B	10-14 yrs	Boys	9/14-9/15	\$40
311213-2C	15-17 yrs	Juniors Men	9/14-9/15	\$40
311213-2D	18-24 yrs	Men	9/14-9/15	\$40
311213-2E	25-34 yrs	Masters Men	9/14-9/15	\$40
311213-2F	35-44 yrs	Senior Men	9/14-9/15	\$40
311213-2G	45-54 yrs	Grand Masters Men	9/14-9/15	\$40
311213-2H	55-64 yrs	Super Grand Masters	9/14-9/15	\$40
311213-2I	65 yrs +	Legesnds Men	9/14-9/15	\$40
311213-2J	10 yrs +	Womens	9/14-9/15	\$40

Halloween Pumpkin Carving & Costume Contest

Calling all ghouls, ghosts and goblins for a Halloween festival at Worthy Park! Dress up in your best costume and get ready to make a jack-o-lantern come to life! Festivities will include 'pick your own' pumpkin patch & carving, games, a bounce house and more! Event will be held outside at Worthy Park Saturday, Oct. 26th from 1:00pm - 4:00pm. \$20 per family (includes one pumpkin) and \$5 per extra pumpkin. Register online or in-person beginning August 6th. Pre-registration is encouraged to guarantee a pumpkin.

Recreation Staff				Worthy Park	
411202-3A	All	Sa	1-4pm	10/26	\$20

Breakfast with Santa

Hear the jingle? It's time to mingle, with family and friends! Put on your best holiday gear and bring the family to enjoy festivities including a pancake breakfast, bounce house, holiday music, arts and crafts, and a picture with Santa! Register early as space is limited, tickets will not be sold at the door. Children under the age of one are free!

Recreation Staff		Edison Community Center			
411205-1A	Sa	8:30-10:30am	12/14	\$10	
411205-1B	Sa	9:30-11:30am	12/14	\$10	

The FunTime Dance is a special event for adults with developmental disabilities held on the 3rd Friday of every month at Edison Community Center from 7:30 to 9:30pm. The event is co-sponsored by the City of Huntington Beach, Kiwanis Club, The Sts. Simon & Jude Knights of Columbus and Men's Club. Recreation staff and kind, individual volunteers create a safe, positive environment that allows the participants to have a fun experience dancing the night away to music played by a DJ. Each dance has a different theme and dancers often dress-up accordingly.

Additionally, refreshments including donuts, generously donated to the dance by Adams Avenue Donuts, are served. The dance is completely supported by donations from sponsors and a suggested donation of \$2 per dancer. Come out and join in the fun! For more information, call or email Recreation Supervisor John Valinsky 714-960-8870 jvalinsky@surfcity-hb.org

Arts

Crafty Little Ones!

We provide the supplies, you provide the creativity! Help unleash your little one's imagination by assisting them in a variety of arts n' craft projects. Children and their parents will be given the opportunity to work together through drawing, painting, and much more!

Recreation Staff **Murdy Community Center**
430110-1A 2-4 yrs W 10-11am 10/2-10/23 Free

Dance & Performing Arts

Baby Ballerina and 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. *No class: 11/11.*

Huntington Academy of Dance **6491 Edinger Ave**
430410-1A 2.5-4 yrs M 9:30-10:15am 9/9-11/18 \$105
430410-1B 2.5-4 yrs Tu 10-10:45am 9/10-11/12 \$105

Baby's First Dance Class

Children delight in a sense of movement. Singing and dancing is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, knowledge and coordination. \$5 material fee due at first class. *No class: 11/11, 11/29.*

Dawna Ludwig **Murdy Community Center**
430406-1A 8 mo-3.5 yrs F 9:40-10:20am 9/13-10/18 \$54

Dawna Ludwig **Lake View Clubhouse**
430406-1B 8 mo-3.5 yrs F 9:40-10:20am 11/8-12/13 \$46

Dawna Ludwig **City Gym & Pool**
430406-3A 8 mo-3.5 yrs M 11:10-11:50am 9/9-10/14 \$54
430406-3B 8 mo-3.5 yrs M 11:10-11:50am 10/21-11/25 \$54

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: 10/31, 11/11.*

Huntington Academy of Dance **Murdy Community Center**
430407-1B 4-6 yrs M 3:30-4:30pm 9/9-11/18 \$95

Beginning on 11/4/19, this class will be held at Rodgers Community Center, 1706 Orange Ave Huntington Beach, 92648.

Huntington Academy of Dance **Edison Community Center**
430407-2A 4-6 yrs W 3:30-4:30pm 9/11-11/13 \$105
430407-2B 3-5 yrs Sa 9:15-10:15am 9/14-11/16 \$105
430407-2C 4-6 yrs Sa 10:15-11:15am 9/14-11/16 \$105

Huntington Academy of Dance **City Gym & Pool**
430407-3A 3-5 yrs Th 3-4pm 9/12-11/21 \$105

Huntington Academy of Dance **6491 Edinger Ave**
430407-1A 3-5 yrs M 10:15-11:15am 9/9-11/18 \$105
430407-1C 3-5 yrs Tu 11am-12pm 9/10-11/12 \$105

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: 11/11.*

Huntington Academy of Dance **6491 Edinger Ave**
430408-1A 3-5 yrs Th 10:15-11:15am 9/12-11/14 \$105

Hip Hop & Jazz

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: 11/11.*

Huntington Academy of Dance **6491 Edinger Ave**
430416-1A 3-5 yrs Th 11:15am-12:15pm 9/12-11/14 \$105

One & Two Baby Boogie & You

Children delight in a sense of movement. Dance is a marvelous introduction for little students to acquire confidence and discipline as well as strength, knowledge, and coordination. "Baby face, you've got the cutest, little baby face." Parent/child participation. \$5 material fee due at first class. *No class: 11/29.*

Dawna Ludwig **Murdy Community Center**
430409-1A 4 mo-1 yrs F 10:20-10:50am 9/13-10/18 \$54

Dawna Ludwig **Lake Park Clubhouse**
430409-1B 4 mo-1 yrs F 10:20-10:50am 11/8-12/13 \$46

Dawna Ludwig **City Gym & Pool**
430409-3A 4 mo-1 yrs M 11:50am-12:20pm 9/9-10/14 \$54
430409-3B 4 mo-1 yrs M 11:50am-12:20pm 10/21-11/25 \$54

Parent and Me Froggy Yoga and Play

Parent and 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. *No class: 11/28.*

Se7en Yoga **Edison Community Center**
430804-2A 6 mo-3 yrs Th 10:30-11:15am 9/19-12/12 \$96



INFANT/TODDLER

Parent and Me Sunshine Babies and Tots

Have fun singing, dancing, marching & playing to upbeat music using bright colored props and introduce your child to the wonderful world of song combined with dance. Parachute games, bubbles, balls, tunnels, marching parade using rhythm instruments. Parent participation is required. 3 year olds can join our Sunshine Generation Performing Group. *No class: 9/24, 11/27, 11/28.*

Iskui Merdjanian **Murdy Community Center**
431003-1A 10 mo–3 yrs Tu 9:15–10am 9/10–10/29 \$64

Iskui Merdjanian **Lake View Clubhouse**
431003-1B 10 mo–3 yrs W 5:45–6:30pm 10/9–12/4 \$69

Iskui Merdjanian **Edison Community Center**
431003-2A 10 mo–3 yrs Th 9:15–10am 10/10–12/5 \$69

Performing Art: 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 due at first class for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. *No class: 11/27, 11/28.*

Iskui Merdjanian **Lake View Clubhouse**
431004-1A 3–6 yrs W 6:45–7:30pm 10/9–12/4 \$79

Iskui Merdjanian **Edison Community Center**
431004-2A 3–5 yrs Th 4:45–5:30pm 10/10–12/5 \$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. *No class: 11/28.*

Patricia Hill **Murdy Community Center**
431005-1A 6–15 mo Th 10:30–11:15am 9/12–10/17 \$60

Patricia Hill **Lake Park Clubhouse**
431005-1B 6–15 mo Th 10:30–11:15am 10/24–12/5 \$60

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 15 mo–3 yrs Tu 9:30–10:30am 9/10–10/15 \$66
431002-3B 15 mo–3 yrs Tu 9:30–10:30am 10/22–11/26 \$66

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. *No class: 11/11.*

Huntington Academy of Dance **6491 Edinger Ave**
430402-1A 1.5–2.5 yrs M 9–9:30am 9/9–11/18 \$80
430402-1B 1.5–2.5 yrs Th 9–9:30am 9/12–11/14 \$80

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. *No class: 11/29.*

Tippi Toes HB **Edison Community Center**
430418-2A 2.5–4 yrs F 9:30–10:10am 9/20–10/25 \$82
430418-2B 2.5–4 yrs F 9:30–10:10am 11/1–12/13 \$82

Tippi Toes Parent & 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. *No class: 11/11, 11/28, 11/30*

Tippi Toes HB **Murdy Community Center**
430404-1A 1.5–3 yrs M 5:10–5:40pm 9/16–10/21 \$82

Tippi Toes HB **Edison Community Center**
430404-1B 1.5–3 yrs M 5:10–5:40pm 10/28–12/9 \$82
430404-2A 1.5–3 yrs W 9:30–10am 9/18–10/23 \$82
430404-2B 1.5–3 yrs W 9:30–10am 10/30–12/11 \$82

Tippi Toes HB **City Gym & Pool**
430404-3A 1.5–3 yrs Sa 9:30–10am 9/14–10/19 \$82
430404-3B 1.5–3 yrs Sa 9:30–10am 10/26–12/7 \$82

Tippi Toes Princess Dance

With songs like “Put’n on my Make-up” & “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. *No class: 11/11, 11/28, 11/30.*

Tippi Toes HB **Murdy Community Center**
430405-1A 3–5 yrs M 4:15–5pm 9/16–10/21 \$82

Tippi Toes HB **Edison Community Center**
430405-1B 3–5 yrs M 4:15–5pm 10/28–12/9 \$82
430405-2A 3–5 yrs W 10:10–10:55am 9/18–10/23 \$82
430405-2B 3–5 yrs W 10:10–10:55am 10/30–12/11 \$82

Tippi Toes HB **City Gym & Pool**
430405-3A 2.5–3 yrs Sa 10:15–11am 9/14–10/19 \$82
430405-3B 2.5–3 yrs Sa 10:15–11am 10/26–12/7 \$82
430405-3C 4–6 yrs Sa 11:05–11:50am 9/14–10/19 \$82
430405-3D 4–6 yrs Sa 11:05–11:50am 10/26–12/7 \$82

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	9/10-10/22	\$74/\$67
430403-4B	3-5 yrs	Tu	3:30-4pm	10/29-12/10	\$74/\$67

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. *No class: 11/28.*

Patricia Hill **Murdy Community Center**

431001-1A	1.5-3 yrs	Th	9:30-10:15am	9/12-10/17	\$60
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Patricia Hill **Lake Park Clubhouse**

431001-1B	1.5-3 yrs	Th	9:30-10:15am	10/24-12/5	\$60
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Patricia Hill **City Gym & Pool**

431001-3A	18 mo-3 yrs	Tu	10:45-11:30am	9/10-10/15	\$60
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431001-3B	18 mo-3 yrs	Tu	10:45-11:30am	10/22-11/26	\$60
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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	9/10-10/22	\$105
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430618-2B	2-4 yrs	Tu	9:15-10:15am	10/29-12/10	\$105
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Pre-School Play & Practice

Imagine learning activities, award-winning children's literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. \$5 material fee due at first class. *No class: 11/11, 11/29.*

Dawna Ludwig **Murdy Community Center**

430610-1A	8 mo-3.5 yrs	F	9-9:40am	9/13-10/18	\$54
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Dawna Ludwig **Lake Park Clubhouse**

430610-1B	8 mo-3.5 yrs	F	9-9:40am	11/8-12/13	\$46
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Dawna Ludwig **Edison Community Center**

430610-2A	8 mo-3.5 yrs	M	9:20-10am	9/9-10/14	\$54
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430610-2B	8 mo-3.5 yrs	M	9:20-10am	10/21-11/18	\$45
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Dawna Ludwig **City Gym & Pool**

430610-3A	8 mo-3.5 yrs	M	10:30-11:10am	9/9-10/14	\$54
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430610-3B	8 mo-3.5 yrs	M	10:30-11:10am	10/21-11/25	\$54
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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. NO material fee required.

Portal Languages **Murdy Community Center**

430617-1A	2-5 yrs	F	9:15-10:15am	9/13-10/25	\$140
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430617-1B	2-5 yrs	F	10:30-11:30am	9/13-10/25	\$140
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Portal Languages **Edison Community Center**

430617-2A	2-5 yrs	Tu	10:30-11:30am	9/10-10/22	\$140
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430617-2B	2-5 yrs	Tu	10:30-11:30am	10/29-12/10	\$140
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HB Community Preschool - Combination Class

Our Combination program is designed to provide your child with a positive preschool experience and a healthy self-image. 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. Children eligible to enroll in the Pre-K Program may also enroll in this class concurrently. Your child must be 3 years old by 9/1/2019 and potty trained. A \$20 material fee payable to the instructor. Public school holidays will be observed. *No class: 11/25, 11/26, 11/27, 11/28, 11/29.*

Keri Smith **Murdy Community Center**

430603-1A	3-5 yrs	Tu, Th	9am-12pm	9/24-10/31	\$225
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Keri Smith **Harbour View Clubhouse**

430603-1B	3-5 yrs	Tu, Th	9am-12pm	11/5-12/19	\$225
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Keri Smith **Edison Community Center**

430603-2A	3-5 yrs	Tu, Th	9am-12pm	9/24-10/31	\$225
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430603-2B	3-5 yrs	Tu, Th	9am-12pm	11/5-12/19	\$225
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HB Community Preschool - Pre-K Program

Our program is 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 9/1/19. A \$25 material fee payable to the instructor. Public school holidays will be observed. *No class: 11/11, 11/25, 11/26, 11/27, 11/28, 11/29.*

Keri Smith **Murdy Community Center**

430607-1A	4-5 yrs	M, W, F	9am-12pm	9/23-11/1	\$290
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Keri Smith **Harbour View Clubhouse**

430607-1B	4-5 yrs	M, W, F	9am-12pm	11/4-12/20	\$290
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Keri Smith **Edison Community Center**

430607-2A	4-5 yrs	M, W, F	9am-12pm	9/23-11/1	\$290
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430607-2B	4-5 yrs	M, W, F	9am-12pm	11/4-12/20	\$290
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INFANT/TODDLER

Toddler Play & Learn

A special time for parents and toddlers to enjoy creative and stimulating play and learn centers, hands on age appropriate crafts including painting and playdough, singing and dancing time, plus bubbles and parachute play. Parenting tips, learning games, plus lots of family resources, activities and outing ideas in our community shared each class. Field trip to visit animals included each session. \$5 material fee due at first class. Sibling discount: second child \$58.

Daycia Aaron **Murdy Community Center**
430602-1A 10 mo–2 yrs W 9:30–10:30am 9/11–10/30 \$78

Tot Hour

Parent participation class including creative play and learning centers; bubbles and parachute time; craft activity with Playdough, paints, collages; plus songs and dancing. Trip to visit farm animals. Provides opportunities in play and learning activities helpful for future preschool experiences. \$5 material fee due at first class. Sibling discount: second child \$58.

Daycia Aaron **Murdy Community Center**
430609-1A 2-3 yrs W 10:45–11:45am 9/11–10/30 \$78

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. *No class: 11/28.*

Se7en Yoga **Edison Community Center**
430803-2A 3–6 yrs Th 9:30–10:15am 9/19–12/12 \$96

Gymnastics: Junior Olympians

Beginning gymnasts are taught fundamental movement and gymnastic skills through introduction of simple directions and fun stations. Beginning cartwheels, rolls, 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! parent participation may be required. \$2 material fee *No class: 11/26.*

Tumble-N-Kids Inc. **Edison Community Center**
430716-1A 3–5 yrs Tu 9:30–10:15am 11/12–12/10 \$40

Gymnastics: Tiny Twisters

Enjoy Saturday mornings with your “Tiny Twister.” Learning age appropriate tumbling is great fun! Your little one improves important motor skills, strength, confidence and coordination. Together, we’ll tumble, roll, balance, bounce, sing, sit, crawl, jump and enjoy safe, creative fun and music. “Let the good times ROLL”. \$2 material fee due first class. *No class: 11/26, 11/30.*

Tumble-N-Kids Inc. **Murdy Community Center**
430704-1A 10 mo–2 yrs Sa 9:30–10:15am 9/14–11/2 \$80

Tumble-N-Kids Inc. **Rodgers Center**
430704-1B 10 mo–2 yrs Sa 9:30–10:15am 11/16–12/14 \$40

Tumble-N-Kids Inc. **Edison Community Center**
430704-2A 10 mo–2 yrs Sa 9:30–10:15am 9/21–11/23 \$100
430704-1C 10 mo–2 yrs Tu 11:15am–12pm 11/12–12/10 \$40

Tumble-N-Kids Inc. **City Gym & Pool**
430704-3A 10 mo–2 yrs F 9:30–10:15am 9/20–11/22 \$100

Gymnastics: Tootsie Rollers

This class is jam-packed with music, movement and Tumble-N-Fun. Together, we’ll tumble, roll, balance, bounce, sing, sit, crawl, jump and enjoy safe, creative fun and music! Obstacle courses, beams, trampoline, and “Big Cheese” keep it roll’n! Gymnastic skills are a great foundation for all sports! Parents participation class. \$2 material fee due at first class. *No class: 11/28.*

Tumble-N-Kids Inc. **Murdy Community Center**
430705-1A 1.5–3 yrs Th 10:30–11:30am 9/12–10/31 \$96

Tumble-N-Kids Inc. **Rodgers Center**
430705-1B 1.5–3 yrs Th 10:30–11:30am 11/14–12/12 \$48

Tumble-N-Kids Inc. **Edison Community Center**
430705-2A 1.5–3 yrs W 10:50–11:50am 9/18–11/20 \$120

Gymnastics: Tumble-Bugs

Together, we’ll tumble, roll, balance, bounce, sing, hop, jump and enjoy safe, creative tumble-fun & music. Obstacle courses, balance beams, trampoline, “big cheese”, tunnels, animal walks, circle time, learning gymnastic positions, keep it roll’n. Parent participation required. \$2 material fee due at first class. *No class: 11/26, 11/30.*

Tumble-N-Kids Inc. **Murdy Community Center**
430706-1A 2–4 yrs Tu 10–11am 9/10–10/29 \$96
430706-1B 2–4 yrs Sa 10:15–11:15am 9/14–11/2 \$96

Tumble-N-Kids Inc. **Rodgers Center**
430706-1C 2–4 yrs Sa 10:15–11:15am 11/16–12/14 \$48

Tumble-N-Kids Inc. **Edison Community Center**
430706-2A 2–4 yrs Sa 10:15–11:15am 9/21–11/23 \$120
430706-1D 2–4 yrs Tu 10:15–11:15am 11/12–12/10 \$48

Gymnastics: Tumble-N-Dance

Boys + Girls will improve rhythm, strength, body control, balance and coordination through music, creative movement and gymnastic skills. Gymnastics/Dance is great foundation for all sports! Have FUN and find your GROOVE! Parent participation class. \$2 material fee due at first class.

Tumble-N-Kids Inc.		City Gym & Pool			
430712-3A	3-5 yrs	F	11-11:45am	9/20-11/22	\$100

Gymnastics: Tumble Stars

Boys and girls safely learn fun and age-appropriate Gymnastics/Tumbling skills. Students gain strength, coordination, flexibility, balance, and self-confidence. Obstacle courses, balance beams, trampoline and handspring barrel keep the fun roll'n. Students learn to follow directions—a great class to prepare for school. Parent participation class. \$2 material fee due at first class. *No class: 11/28.*

Tumble-N-Kids Inc.		Murdy Community Center			
430707-1A	2-4 yrs	Th	11:35am-12:35pm	9/12-10/31	\$96

Tumble-N-Kids Inc.		Rodgers Center			
430707-1B	2-4 yrs	Th	11:35am-12:35pm	11/14-12/12	\$48

Tumble-N-Kids Inc.		Edison Community Center			
430707-2A	2-4 yrs	W	12:10-1:10pm	9/18-11/20	\$120

Gymnastics: Tiny Yoga-Nastics

A BIG dose of FUN, this active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Get strong and confident learning gymnastic rolls, balance beams, trampoline, "Big Cheese", animal walks and more. Improve balance, flexibility, concentration and body awareness with fun and easy kid's yoga. We make learning FUN! Yoga mats provided, or bring your own mat. Parent participation required. \$2 material fee due at first class.

Tumble-N-Kids Inc.		Murdy Community Center			
430702-1A	8 mo-2 yrs	Tu	12-12:45pm	9/10-10/29	\$80

Gymnastics: Yoga-Nastics

Release your child's inner "tumbler" in a FUN and controlled environment! Our active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Kids get strong and confident learning gymnastics, balance beams, trampoline, rolling down inclines and coordination while doing animal walks. PLUS improve balance, flexibility and concentration with fun and easy kid's yoga. We make learning FUN! Yoga mats provided, or bring your own mat. Parent participation required. \$2 material fee due first day of class. *No class: 11/28.*

Tumble-N-Kids Inc.		Murdy Community Center			
430715-1A	1.5-3 yrs	Tu	11am-12pm	9/10-10/29	\$80

Tumble-N-Kids Inc.		Rodgers Center			
440705-1B	7-14 yrs	Th	5:30-6:30pm	11/14-12/12	\$48

Gymnastics: Teeny Tumblers

"Teeny Tumblers" will develop important motor skills and confidence as they tumble, roll, balance, bounce, sing, sit and crawl in this fun, active class! Together we'll enjoy safe, creative fun +music! " \$2 material fee due at first class. Parent participation class. *No class: 11/28.*

Tumble-N-Kids Inc.		Murdy Community Center			
430711-1A	10 mo-2 yrs	Th	9:30-10:15am	9/12-10/31	\$80

Tumble-N-Kids Inc.		Rodgers Center			
430711-1B	10 mo-2 yrs	Th	9:30-10:15am	11/14-12/12	\$40

Tumble-N-Kids		Edison Community Center			
430711-2A	10 mo-2 yrs	W	10-10:45am	9/18-11/20	\$100

Tiny Tumble-N-Dance

Combining two great skills, gymnastics and dance, your little one will improve rhythm, balance and coordination through music, creative movement and age-appropriate tumbling. Together, we'll sing, dance and tumble in a fun, safe environment—"Ta-Da!" \$2 material fee due at first class. Parents participate in the FUN!

Tumble-N-Kids Inc.		City Gym & Pool			
430703-3A	2-3 yrs	F	10:15-11am	9/20-11/22	\$100

Fitness

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 \$110, two days a week for \$130. *No class: 10/18, 10/19, 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
430901-2A	5-7 yrs	Th	5:45-6:25pm	9/12-12/12	\$110
430901-2B	5-7 yrs	F	5-5:40pm	9/13-12/13	\$110

Karate-Do Traditional Japanese Karate 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 \$55. Two days a week for \$75. Must be enrolled in both sessions to be eligible for belt test. *No class: 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
430902-2A	5-7 yrs	Th	5:45-6:30pm	9/12-10/10	\$55
430902-2B	5-7 yrs	Th	5:45-6:30pm	10/24-12/12	\$55
430902-2C	5-7 yrs	F	5:45-6:30pm	9/13-10/11	\$55
430902-2D	5-7 yrs	F	5:45-6:30pm	10/25-12/13	\$55

INFANT/TODDLER

Karate-Do Traditional Japanese Karate 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 \$70. Two days a week for \$90. Must be enrolled in both sessions to be eligible for belt test. *No class: 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
430903-2A	5-7 yrs	Th	5:45-7:30pm	9/12-10/10	\$70
430903-2B	5-7 yrs	Th	5:45-7:30pm	10/24-12/12	\$70
430903-2C	5-7 yrs	F	5:45-7:30pm	9/13-10/11	\$70
430903-2D	5-7 yrs	F	5:45-7:30pm	10/25-12/13	\$70

Sports

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.

Kidz Love Soccer		Worthy Park			
431314-1A	2-3.5 yrs	Sa	4:30-5pm	10/5-11/23	\$102

Pee Wee Soccer

This non-competitive introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Players will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive an HB recreation shirt and all soccer equipment will be made available.

Youth Sports Staff		Sports Complex			
431307-01	3-5 yrs	Tu	4-4:50pm	9/10-10/15	\$60
431307-02	3-5 yrs	Tu	5-5:50pm	9/10-10/15	\$60
431307-03	3-5 yrs	Tu	6-6:50pm	9/10-10/15	\$60
431307-04	3-5 yrs	Th	4-4:50pm	9/12-10/17	\$60
431307-05	3-5 yrs	Th	5-5:50pm	9/12-10/17	\$60
431307-06	3-5 yrs	Th	6-6:50pm	9/12-10/17	\$60

Stroller Workout

See page 35 for Stroller Workout class.

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: 11/29.*

Skyhawks Sports Academy Inc.		Worthy Park			
431316-1A	2-3.5 yrs	M	4-4:40pm	9/9-10/14	\$99
431316-1B	2-3.5 yrs	M	4-4:40pm	10/28-12/2	\$99
431316-1C	3.5-4.5 yrs	M	4:50-5:30pm	9/9-10/14	\$99
431316-1D	3.5-4.5 yrs	M	4:50-5:30pm	10/28-12/2	\$99

Skyhawks Sports Academy Inc.		Edison Community Center			
431316-2A	2-3.5 yrs	W	4-4:40pm	9/11-10/16	\$99
431316-2B	3.5-4.5 yrs	W	4:50-5:30pm	9/11-10/16	\$99
431316-2C	4.5-6 yrs	W	5:40-6:20pm	9/11-10/16	\$99
431316-2D	2-3.5 yrs	W	4-4:40pm	10/30-12/4	\$99
431316-2E	3.5-4.5 yrs	W	4:50-5:30pm	10/30-12/4	\$99
431316-2F	4.5-6 yrs	W	5:40-6:20pm	10/30-12/4	\$99
431316-2G	2-3.5 yrs	F	4-4:40pm	9/13-10/18	\$99
431316-2H	3.5-4.5 yrs	F	4:50-5:30pm	9/13-10/18	\$99
431316-2I	4.5-6 yrs	F	5:40-6:20pm	9/13-10/18	\$99
431316-2J	2-3.5 yrs	F	4-4:40pm	11/1-12/13	\$99
431316-2K	3.5-4.5 yrs	F	4:50-5:30pm	11/1-12/13	\$99
431316-2L	4.5-6 yrs	F	5:40-6:20pm	11/1-12/13	\$99

Skyhawks Hoopster Tots

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 Inc.		Edison Community Center			
431311-2A	3-4 yrs	Tu	4-4:45pm	9/10-10/15	\$99
431311-2B	5-6 yrs	Tu	5-5:45pm	9/10-10/15	\$99
431311-2C	3-4 yrs	Tu	4-4:45pm	10/29-12/3	\$99
431311-2D	5-6 yrs	Tu	5-5:45pm	10/29-12/3	\$99

Skyhawks: 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. *No class: 9/18, 10/31.*

Skyhawks Sports Academy Inc.		Worthy Park			
431304-1A	2-3.5 yrs	W	4-4:40pm	9/11-11/13	\$139
431304-1B	3.5-4.5 yrs	W	4:50-5:30pm	9/11-11/13	\$139

Skyhawks Sports Academy Inc.		Edison Community Center			
431304-2A	2-3.5 yrs	Th	4-4:40pm	9/12-11/14	\$155
431304-2B	3.5-4.5 yrs	Th	4:50-5:30pm	9/12-11/14	\$155
431304-2C	4.5-6 yrs	Th	5:40-6:20pm	9/12-11/14	\$155
431304-2D	2-2 yrs	Sa	9-9:40am	9/14-11/9	\$155
431304-2E	3-3 yrs	Sa	9:50-10:30am	9/14-11/9	\$155
431304-2F	4-6 yrs	Sa	10:40-11:20am	9/14-11/9	\$155

Skyhawks Sports Academy Inc.		City Gym			
431304-3A	2-3.5 yrs	M	10:15-11am	9/9-10/14	\$99
431304-3B	2-3.5 yrs	M	10:15-11am	10/28-12/2	\$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.

Kidz Love Soccer			Worthy Park		
431315-1A	3.5-5 yrs	Sa	3:45-4:20pm	10/5-11/23	\$102

Skate & Surf

Ice Skating for Tots

Beginning ice skating made fun and easy. Your skater will have a smile on their face when he/she learns how to march, glide, hop and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on day of class (3-5pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. *No class: 11/27, 11/30.*

The Rinks Westminster ICE			Westminster Ice		
431312-1A	3-5 yrs	W	5:10-5:40pm	9/11-10/2	\$38
431312-1B	3-5 yrs	W	5:10-5:40pm	10/9-10/30	\$38
431312-1C	3-5 yrs	W	5:10-5:40pm	11/6-12/4	\$38
431312-1D	3-5 yrs	Sa	10:15-10:45am	9/14-10/5	\$38
431312-1E	3-5 yrs	Sa	10:15-10:45am	10/12-11/2	\$38
431312-1F	3-5 yrs	Sa	10:15-10:45am	11/9-12/7	\$38

Parent & Me Ice Skating

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent & one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (Tuesday 3:10-4:10pm, Saturday 12-2pm) and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. *No class: 11/26, 11/30.*

The Rinks Westminster ICE			Westminster Ice		
431313-1A	3-5 yrs	Tu	4:10-4:40pm	9/10-10/1	\$38
431313-1B	3-5 yrs	Tu	4:10-4:40pm	10/8-10/29	\$38
431313-1C	3-5 yrs	Tu	4:10-4:40pm	11/5-12/3	\$38
431313-1D	3-5 yrs	Sa	11:15-11:45am	9/14-10/5	\$38
431313-1E	3-5 yrs	Sa	11:15-11:45am	10/12-11/2	\$38
431313-1F	3-5 yrs	Sa	11:15-11:45am	11/9-12/7	\$38

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Surfing Classes

See page 27 for surfing classes.



Arts

Art Explorations

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills as young artists. The different elements of art will be introduced through a variety of media such as acrylic on canvas, pastels, charcoal, watercolor, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own masterpieces. All materials and aprons will be provided. \$20 material fee due at first class.

Lucia Henry			HB Art Center		
440110-4A	6-11 yrs	Th	3:45-5pm	10/17-11/14	\$97/\$88

Clay Adventures

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, and slab building. We will decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 material fee due at first class.

Lucia Henry			HB Art Center		
440101-4A	6-11 yrs	Th	3:45-5pm	9/12-10/10	\$97/\$88

Essential Cartooning

This fun and exciting 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.

Pati Kent			HB Art Center		
440109-4A	7-13 yrs	Tu	4:30-5:30pm	9/17-10/8	\$68/\$62
440109-4B	7-13 yrs	Tu	4:30-5:30pm	10/22-11/12	\$68/\$62

Kids Cooking it up Fresh

Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make his or her own individual recipe.

Stephanie Collett			Edison Community Center		
440301-2A	7-12 yrs	F	6:30-7:45pm	9/27-10/25	\$98
440301-2B	7-12 yrs	Sa	11am-12:15pm	9/28-10/26	\$98

YOUTH

Dance & Performing Arts

Basic 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.

Huntington Academy of Dance 6491 Edinger Ave
440408-1A 8–12 yrs Tu 6–7pm 9/10–11/12 \$105

Hip Hop

Hip Hop Hooray! Ho! Boys and girls will get their groove on hip hoppin' to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free! *No class: 11/11.*

Huntington Academy of Dance Murdy Community Center
440404-1A 7–12 yrs M 5:30–6:30pm 9/9–11/18 \$105

Beginning on 11/4/19, this class will be held at Rodgers Community Center, 1706 Orange Ave Huntington Beach, 92648.

Huntington Academy of Dance Edison Community Center
440404-2A 5–7 yrs W 4:35–5:35pm 9/11–11/13 \$105

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 6491 Edinger Ave
441107-1A 7–12 yrs W 7–8pm 9/11–11/13 \$105

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 due at 1st class for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. *No class: 11/27, 11/28*

Iskui Merdjanian Lake View Clubhouse
441003-1A 6–10 yrs W 6:45–7:30pm 10/9–12/4 \$79

Iskui Merdjanian Edison Community Center
441003-2A 6–14 yrs Th 5:45–6:45pm 10/10–12/5 \$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.

Huntington Academy of Dance 6491 Edinger Ave
440407-1A 7–12 yrs M 3:30–4:30pm 9/9–11/11 \$105

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 9/10–10/22 \$76/\$69
440403-4B 6–11 yrs Tu 4–4:45pm 10/29–12/10 \$76/\$69

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: 11/11.*

Huntington Academy of Dance Murdy Community Center
440401-1A 6–8 yrs M 4:30–5:30pm 9/9–11/18 \$105

Beginning on 11/4/19, this class will be held at Rodgers Community Center, 1706 Orange Ave Huntington Beach, 92648.

Huntington Academy of Dance Edison Community Center
440401-2A 5–7 yrs Sa 11:15am–12:15pm 9/14–11/16 \$105

Huntington Academy of Dance City Gym & Pool
440401-3A 5–7 yrs Th 4–5pm 9/12–11/21 \$105

Education

Mad Science: Earth, Wind, Inspire!

Are you ready to get engrossed in entomology, the study of bugs? To investigate and analyze crime scene evidence to solve a mystery? Movie Effects gives you a chance to sit in the director's chair and discover why science is the real star of the big screen. Finally, conduct hands-on experiments to understand how and why weather occurs plus so much more! Mad Science makes science hands-on, engaging and FUN! All participants get a topic specific take home each class! \$20 materials fee due at first class. *No class: 11/29.*

MAD Science Murdy Community Center
440612-1A 5–12 yrs F 3:30–4:30pm 10/11–12/6 \$99

Beginning on 11/8/19, this class will be held at Lakeview Clubhouse, 17461 Zeider Ave Huntington Beach, 92647.

Seriously Awesome Sitters

The ultimate babysitter preparation class! You become certified in Basic First Aid and CPR/AED for adults and children. You'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be asked back again and again! \$30 material fee due at first class.

Workshops on Wellness Murdy Community Center
440608-1A 10 yrs + Sa 10am–5pm 10/5 \$60

Spanish

Spanish is currently the third most spoken language in the world. Studying with us will help you explore other cultures, communicate with Spanish speakers and increase your career possibilities. Through role-playing, crafts, games, speaking, reading and writing we will study a theme that will broaden your skills and comprehension, and help you to succeed during the new school year. \$10 material fee due at first class.

Portal Languages		Edison Community Center			
440622-2A	8–12 yrs	Th	4–5pm	10/3–11/21	\$150

Fitness

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!

Kiavash Tillekhoo		City Gym & Pool			
440908-3A	5–9 yrs	M	5:45–6:30pm	9/9–12/9	\$188
440908-3B	5–9 yrs	Tu	5:45–6:30pm	9/10–12/10	\$188
440908-3C	5–9 yrs	W	5:45–6:30pm	9/11–12/11	\$188
440908-3D	5–9 yrs	Th	5:45–6:30pm	9/12–12/12	\$188

Karate-Do Traditional Japanese Karate 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 \$110. Two days a week for \$130. *No class: 10/17, 10/18, 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
440903-2A	8–12 yrs	Th	5:45–6:30pm	9/12–12/12	\$110
440903-2B	8–12 yrs	F	5:45–6:30pm	9/13–12/13	\$110

Karate-Do Traditional Japanese Karate 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 \$55. Two days a week for \$75. Must be enrolled in both sessions to be eligible for belt test. *No class: 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
440904-2A	8–14 yrs	Th	5:45–6:30pm	9/12–10/10	\$55
440904-2B	8–14 yrs	Th	5:45–6:30pm	10/24–12/12	\$55
440904-2C	8–14 yrs	F	5:45–6:30pm	9/13–10/11	\$55
440904-2D	8–14 yrs	F	5:45–6:30pm	10/25–12/13	\$55

Karate-Do Traditional Japanese Karate Intermediate

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. Blue/St, Green, Green/St, Red, Red/St., Purple belts only. One day a week, Thursday, or Friday, for \$70. Two days a week for \$90. Must be enrolled in both sessions to be eligible for belt test. *No class: 10/17, 10/18, 10/19, 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
440906-2A	8–18 yrs	Th	5:45–7:30pm	9/12–10/10	\$70
440906-2B	8–18 yrs	Th	5:45–7:30pm	10/24–12/12	\$70
440906-2C	8–18 yrs	F	5:45–7:30pm	9/13–10/11	\$70
440906-2D	8–18 yrs	F	5:45–7:30pm	10/25–12/13	\$70

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: 11/28, 11/29.*

Wadoryu USA Inc.		Edison Community Center			
440907-2A	8–18 yrs	Th	5:45–8pm	9/12–10/10	\$80
440907-2B	8–18 yrs	Th	5:45–8pm	10/24–12/12	\$80
440907-2C	8–18 yrs	F	5:45–8:15pm	9/13–10/11	\$80
440907-2D	8–18 yrs	F	5:45–8:15pm	10/25–12/13	\$80

Youth Karate/Self-Defense

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts. All classes available for ages 4 through 15. *No class: 11/29.*

Young Champions Rec Program		Murdy Community Center			
440905-1A	New Students	F	5:30–6:10pm	9/13–11/1	\$72
440905-1B	Yellow/Orange	F	6:15–6:55pm	9/13–11/1	\$72
440905-1C	Purple and Above	F	7–7:40pm	9/13–11/1	\$72

Young Champions Rec Program		Harbour View Clubhouse			
440905-1D	New Students	F	5:30–6:10pm	11/8–12/20	\$48
440905-1E	Yellow/Orange	F	6:15–6:55pm	11/8–12/20	\$48
440905-1F	Purple and Above	F	7–7:40pm	11/8–12/20	\$48

YOUTH

Empower Workouts – Youth Fitness

Empower workouts is a program delivered by youth for youth. It features high-intensity, 45 minute full-body workouts that are fun for everyone. But they're not only lists of exercises—the youth instructors know exactly how to keep their peers motivated to implement the workouts into their everyday routine and achieve their fitness and health goals. A professional youth fitness trainer designs a comprehensive workout plan aiming to improve one's physical fitness, condition, and stamina. A professional trainer introduces a variety of exercises aiming to strengthen the core, improvement flexibility and balance, and build muscles and nutrition.

Workouts Empower		City Gym & Pool		
441363-3A	7–17 yrs	4x/week	3:05–3:50pm	\$149
441363-3B	7–17 yrs	2x/week	3:05–3:50pm	\$99
441363-3C	7–17 yrs	4x/week	4–4:45pm	\$149
441363-3D	7–17 yrs	2x/week	4–4:45pm	\$99

Gymnastics

Gymnastics: Cheer-Nastics

Students have fun while safely learning cheers, stunting techniques, and gymnastic skills great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! \$2 material fee due at first class.

Tumble-N-Kids Inc.		City Gym & Pool		
440701-3A	6–12 yrs	F	4–5pm	9/20–11/22 \$120

Gymnastics: Jammin' Gymnasts

Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! \$2 material fee due at first class. *No class: 11/26, 11/28, 11/30.*

Tumble-N-Kids Inc.		Murdy Community Center		
440702-1A	6–12 yrs	Tu	4–5pm	9/10–10/29 \$96
440702-1B	6–12 yrs	Th	4:30–5:30pm	9/12–10/31 \$96
440702-1C	5–8 yrs	Sa	11:20am–12:20pm	9/14–11/2 \$96

Tumble-N-Kids Inc.		Edison Community Center		
440702-2A	6–12 yrs	W	3:45–4:45pm	9/18–11/20 \$120
440702-2B	5–8 yrs	Sa	11:20am–12:20pm	9/21–11/23 \$120
440702-1D	6–12 yrs	Tu	3:30–4:30pm	11/12–12/10 \$48

Tumble-N-Kids Inc.		City Gym & Pool		
440702-3A	7–14 yrs	F	5–6pm	9/20–11/22 \$120

Tumble-N-Kids Inc.		Rodgers Center		
440702-1E	6–12 yrs	Th	4:30–5:30pm	11/14–12/12 \$48
440702-1F	5–8 yrs	Sa	11:20am–12:20pm	11/16–12/14 \$48

Gymnastics: Kartwheel-N-Kids

Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 material fee due at first class. *No class: 11/26, 11/28.*

Tumble-N-Kids Inc.		Murdy Community Center		
440704-1A	4–6 yrs	Tu	3–4pm	9/10–10/29 \$96
440704-1B	4–6 yrs	Th	3:30–4:30pm	9/12–10/31 \$96

Tumble-N-Kids Inc.		Edison Community Center		
440704-2A	4–6 yrs	W	2:45–3:45pm	9/18–11/20 \$120
440704-1C	4–6 yrs	Tu	2:30–3:30pm	11/12–12/10 \$48

Tumble-N-Kids Inc.		City Gym & Pool		
440704-3A	4–6 yrs	F	3–4pm	9/20–11/22 \$120

Tumble-N-Kids Inc.		Rodgers Center		
440704-1D	4–6 yrs	Th	3:30–4:30pm	11/14–12/12 \$48

Gymnastics: Yoga-Nastics

Yoganastics combines 2 popular skills, Gymnastics + Yoga! This unique mix promotes student's flexibility, balance, coordination, focus, strength & more, while delivering a double dose of FUN! These valuable skills are great building blocks for ALL SPORTS. Parents attend last class with certificate awarded. Yoga mats are provided or bring your own. *No class: 11/28.*

Tumble-N-Kids Inc.		Murdy Community Center		
440705-1A	7–14 yrs	Th	5:30–6pm	9/12–10/31 \$48

Tumble-N-Kids Inc.		Rodgers Center		
440705-1B	7–14 yrs	Th	5:30–6:30pm	11/14–12/12 \$48

Music

Group Guitar

Have you ever wanted to be a rockstar? Well now's the time! Learn to play acoustic guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. Bring your own acoustic guitar, \$20 material fee for book. Pre-registration is required. *No class: 11/26.*

The RockBand Experience		Murdy Community Center		
441011-1A	8 yrs +	Tu	3:30–4:15pm	9/10–10/1 \$89
441011-1B	8 yrs +	Tu	3:30–4:15pm	10/8–10/29 \$89
441011-1D	8 yrs +	Tu	4:15–5pm	9/10–10/1 \$89
441011-1E	8 yrs +	Tu	4:15–5pm	10/8–10/29 \$89

The RockBand Experience		Lake View Clubhouse		
441011-1C	8 yrs +	Tu	3:30–4:15pm	11/5–12/3 \$89
441011-1F	8 yrs +	Tu	4:15–5pm	11/5–12/3 \$89

Sports

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 goldencoastvolleyball.com \$5 materials fee due at first class.

Beach Volleyball CA Inc.		15th Street & PCH		
441360-2A	7-11 yrs	Su	9-9:50am	9/22-11/3 \$70

Beginner Youth Wrestling

This super-fun program is a 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. *No class: 9/12, 9/17, 9/19, 9/28, 10/31, 11/28.*

OC Youth Sports Academy		Rodgers Center		
441349-1A	6-10 yrs	Tu, Th	5:30-6:30pm	9/10-12/5 \$225
441349-1B	11-14 yrs	Tu, Th	5:30-6:30pm	9/10-12/5 \$225
441349-1C	6-10 yrs	Tu, Th	5:30-6:30pm	10/22-12/5 \$125
441349-1D	11-14 yrs	Tu, Th	5:30-6:30pm	10/22-12/5 \$125

Junior Soccer

This semi-competitive introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Players will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive an HB recreation shirt and all soccer equipment will be made available.

Youth Sports Staff		Sports Complex		
441310-00	6-8 yrs	Tu	6-6:50pm	9/10-10/15 \$60
441310-01	6-8 yrs	Th	6-6:50pm	9/12-10/17 \$60

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 volley tennis standards. Saturday game times will vary. All participants will receive an HB recreation jersey and league awards. We ask for parent volunteers to coach our teams!

Youth Sports Staff		City Gym & Pool		
441316-3A	7th-8th grade	Sa	12-1pm	9/7-11/16 \$60
441316-3B	5th-6th grade	Sa	10:30-11:30am	9/7-11/16 \$60
441316-3C	3rd-4th grade	Sa	9-10am	9/7-11/16 \$60

Intermediate Competitive Wrestling

This program is an excellent prep for competitive youth and high school wrestling. Fundamental basics are sharpened, competitive readiness, mindset training, intermediate and advanced wrestling skills are combined with positive reinforcement, instructional drills, situational and live wrestling. The focus is on skill & knowledge development! Wrestlers will work with same age/experience/size partners. More info: oc-grappling.org. Tournament preparation and diet are also covered. *No class: 9/12, 9/17, 9/19, 9/28, 10/31, 11/28.*

OC Youth Sports Academy		Rodgers Center		
441350-1A	8-10 yrs	Tu, Th	6:30-7:40pm	9/10-12/5 \$225
441350-1B	11-13 yrs	Tu, Th	6:30-7:40pm	9/10-12/5 \$225
441350-1C	8-10 yrs	Tu, Th	6:30-7:40pm	10/22-12/5 \$125
441350-1D	11-13 yrs	Tu, Th	6:30-7:40pm	10/22-12/5 \$125
441350-1E	14-18 yrs	Tu, Th	6:30-7:40pm	9/10-10/22 \$125

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 Inc.		Murphy Community Center		
441302-1A	7-10 yrs	M	6-7pm	9/9-10/14 \$99
441302-1B	7-10 yrs	M	6-7pm	10/28-12/2 \$99

Skyhawks Sports Academy Inc.		Edison Community Center		
441302-2A	7-10 yrs	Tu	6-7pm	9/10-10/15 \$99
441302-2B	7-10 yrs	Tu	6-7pm	10/29-12/3 \$99

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 Inc.		Edison Community Center		
441337-2A	5-6 yrs	M	4-5pm	9/9-10/14 \$99
441337-2B	7-8 yrs	M	5:15-6:15pm	9/9-10/14 \$99
441337-2C	5-6 yrs	M	4-5pm	10/28-12/2 \$99
441337-2D	7-8 yrs	M	5:15-6:15pm	10/28-12/2 \$99

Soccer 1: Techniques & Teamwork

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer		Worthy Park		
441335-1A	5-6 yrs	Sa	3-3:45pm	10/5-11/23 \$102

YOUTH

Soccer 2: Skillz & Scrimmages

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer	Worthy Park				
441336-1A	7-10 yrs	Sa	2:15-3pm	10/5-11/23	\$102

Volleyball: HB Aces Indoor

Formally known as Jr. Spikers, HB Aces continues on as the 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 yet challenging environment. Classes will include instruction on technique, drills to reinforce, and plenty of team play. All players will receive an HB Aces T-Shirt on the first day of class! *No class: 11/11.*

Matt Taylor Volleyball	City Gym & Pool				
441309-3A	5th & 6th grade	M	3:30-4:45pm	9/16-11/25	\$176
441309-3B	5th & 6th grade	Th	3:30-4:45pm	9/19-11/21	\$176
441309-3C	7th & 8th grade	M	4:45-6pm	9/16-11/25	\$176

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.

Matt Taylor Volleyball	City Gym & Pool				
441355-3A	6th-8th grade	Th	4:45-6pm	9/19-11/21	\$176



Surf & Skate

Beginning Ice Skating

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (Thursday 3:10-4:10pm, Saturday 12-2pm), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warm (gloves recommended). Class is taught at Westminster ICE, 13071 Springdale Street, Westminster. *No class: 11/28, 11/30.*

The Rinks Westminster ICE	Westminster Ice				
441324-1A	6-16 yrs	Th	4:10-4:40pm	9/12-10/3	\$38
441324-1B	6-16 yrs	Th	4:10-4:40pm	10/10-10/31	\$38
441324-1C	6-16 yrs	Th	4:10-4:40pm	11/7-12/5	\$38
441324-1D	6-16 yrs	Sa	10:45-11:15am	9/14-10/5	\$38
441324-1E	6-16 yrs	Sa	10:45-11:15am	10/12-11/2	\$38
441324-1F	6-16 yrs	Sa	10:45-11:15am	11/9-12/7	\$38

Ice Hockey Skating Skills

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (Wednesday 3-5pm, Saturday 12-2pm), and three additional skating passes to be used during the four-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. *No class: 11/27, 11/30.*

The Rinks Westminster ICE	Westminster Ice				
441323-1A	6-16 yrs	W	6:10-6:40pm	9/11-10/2	\$38
441323-1B	6-16 yrs	W	6:10-6:40pm	10/9-10/30	\$38
441323-1C	6-16 yrs	W	6:10-6:40pm	11/6-12/4	\$38
441323-1D	6-16 yrs	Sa	11:15-11:45am	9/14-10/5	\$38
441323-1E	6-16 yrs	Sa	11:15-11:45am	10/12-11/2	\$38
441323-1F	6-16 yrs	Sa	11:15-11:45am	11/9-12/7	\$38

Skateboarding

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

Skatedogs	Sports Complex				
491402-6A	5-13 yrs	W	4-5:30pm	9/11-10/23	\$175
491402-6B	5-13 yrs	W	4-5:30pm	10/30-12/11	\$175

Surf Class Beginner

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

HB Surf School	City Beach				
441407-2A	8-16 yrs	Sa	9-10am	9/7-9/28	\$200
441407-2B	8-16 yrs	Sa	9-10am	10/5-10/26	\$200
441407-2C	8-16 yrs	Sa	9-10am	11/2-11/23	\$200
441407-2D	8-16 yrs	Sa	9-10am	11/30-12/21	\$200

ART

Sculpture—Beginning & Intermediate

Learn how to turn pictures of your favorite object (animals, flowers, humans, abstract) into realistic sculptures. Students will learn how to construct sculptures in air-dry clay starting from pictures taken from different angles that they bring with them. When the sculptures are complete, students will learn how to paint them with acrylic paint. \$30 material fee due to instructor at first class. Please see SculptureByNohad.com. *No class: 11/27.*

Nohad Sabbagh		Rodgers Center			
451611-7A	13-19 yrs	W	3:30–5:30pm	9/11–10/16	\$141/\$127
451611-7B	18 yrs +	W	6–8pm	9/11–10/16	\$141/\$127
451611-7C	13-19 yrs	W	3:30–5:30pm	10/30–12/11	\$141/\$127
451611-7D	18 yrs +	W	6–8pm	10/30–12/11	\$141/\$127

Dance & Performing Arts

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			
450465-4A	12-16 yrs	Tu	4:45–5:30pm	9/10–10/22	\$76/\$69
450465-4B	12-16 yrs	Tu	4:45–5:30pm	10/29–12/10	\$76/\$69

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, we’ll teach you all the moves you need to own any dance floor!

Definitely Dance		Murdy Community Center			
450455-1A	14 yrs +	W	7–8pm	9/18–10/16	\$25

Definitely Dance		Edison Community Center			
450455-2A	14 yrs +	Tu	6–7pm	10/22–12/3	\$25



Education

Writing Your College Essay

Get a jump on college admissions essays and lessen the stress of meeting deadlines. This course will help you begin your essay through various writing exercises to reveal what makes you interesting and unique, how to write about yourself without sounding boastful, and how to show admissions staff your finest qualities. Your essays will be checked for grammar, clarity, and quality. Bring a pen and spiral notebook. Class size limited to 10 students.

Dorothy Spirus		Rodgers Center			
451137-4A	16 yrs +	Th	6:30–8pm	10/10–10/24	\$150/\$136

Fitness

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: 11/11, 11/28.*

Kiavash Tillehkooh		City Gym & Pool			
440912-3A	10–17 yrs	M, W	6:30–7:15pm	9/9–12/11	\$199
440912-3B	10–17 yrs	Tu, Th	6:30–7:15pm	9/10–12/12	\$199
440912-3C	10–17 yrs	W, Th	6:30–7:15pm	9/11–12/12	\$199
440912-3D	10–17 yrs	Tu, W	6:30–7:15pm	9/10–12/11	\$199

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.

Meghan Rambo		Rodgers Center			
451511-7A	12–19 yrs	W	4–5pm	9/11–10/9	\$86/\$78
451511-7B	12–19 yrs	W	4–5pm	10/23–11/20	\$86/\$78

**Parks
Make
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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 goldencoastvolleyball.com

Beach Volleyball CA Inc.		15th Street & PCH			
441330-2A	12-17 yrs	Tu	4-5:20pm	9/17-10/29	\$110
441330-2B	12-17 yrs	Th	4-5:20pm	9/19-10/31	\$110

Beach Volleyball: Boys Advanced Trainings

This squad is for boys that are committed to competing in tournaments. Athletes must obtain permission from the club director to be eligible for the squad. Training days and times are dependent on the 2019 youth tournament schedule. Three trainings a week over the 7 weeks for \$350. Trainings held at the courts at 15th Street and PCH. For more information go to goldencoastvolleyball.com

Beach Volleyball CA Inc.		15th Street & PCH			
441327-2A	12-17 yrs	TBD	7am-7pm	9/16-11/3	\$350

Beach Volleyball: Girls Weekday Trainings

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 goldencoastvolleyball.com

Beach Volleyball CA Inc.		City Beach			
441331-2A	12-17 yrs	Tu	4-5:20pm	9/17-10/29	\$110
441331-2B	12-17 yrs	Th	4-5:20pm	9/19-10/31	\$110

Beach Volleyball: Advanced Girls Trainings

This squad is for girls that are committed to competing in tournaments. Athletes must obtain permission from the club director to be eligible for the squad. Training days and times are dependent on the 2019 youth tournament schedule. Three trainings a week over the 7 weeks for \$350. Trainings held at the courts at 15th Street and PCH. For more information go to goldencoastvolleyball.com

Beach Volleyball CA Inc.		15th Street & PCH			
441328-2A	12-17 yrs	TBD	7am-7pm	9/16-11/3	\$350

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. *No class: 11/11, 11/28, 11/29.*

Debra Thurn		City Gym & Pool			
■ M, W, F: 12:15-1:15pm					
■ T, Th: 12:30-1:30pm					

	October	November	December
M,W,F	450806-3A \$84	450806-3B \$84	450806-3C \$84
T, Th	450806-3D \$58	450806-3E \$58	450806-3F \$58

Aqua-Fit: Fat Burning

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. Monthly 2x/wk. *No class: 11/11, 11/29.*

Debra Thurn		City Gym & Pool			
■ M, W: 1:15-2pm					
■ F: 11am-12pm					

	October	November	December
M,W	450805-3A \$70	450805-3B \$70	450805-3C \$70
F	450805-3D \$45	450805-3E \$45	450805-3F \$45

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. Questions: aquatonefitness@aol.com. *No class: 11/11, 11/28, 11/29, 11/30.*

Dawnette Lowry		City Gym & Pool	
■ M-Sa: 7-8am			
■ T, Th, F: 8:20-9:20am			
450808	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: 11/11, 11/29.*

Dawnette Lowry		City Gym & Pool	
■ M, W, F: 5:30pm-6:30pm			
450808	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. Questions: aquatonefitness@aol.com. No class: 11/11.

Dawnette Lowry

City Gym & Pool

■ M, W: 8:15–9:25am

450802	16-class pack	\$166
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Art

Anime!

Have fun drawing anime and action scenes while you learn the art of character design for animated films, graphic novels, or video games. If you're considering a career in this exciting field, this class can help you build your art portfolio for college entrance.

Mardi Speth

Rodgers Center

451614-7A	14 yrs +	Tu	4–6pm	9/10–10/15	\$181/\$163
451614-7B	14 yrs +	Tu	4–6pm	10/22–11/26	\$181/\$163

Art in the Afternoon

This fun 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!

Pati Kent

HB Art Center

450103-4A	15 yrs +	Tu	2:45–4:15pm	9/17–10/8	\$86/\$78
450103-4B	15 yrs +	Tu	2:45–4:15pm	10/22–11/12	\$86/\$78

Beginning Digital Photography

This 6 session class will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself, as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required ... only a desire to learn.

Rudy Poe Inc.

HB Art Center

450109-4A	16 yrs +	F	2:15–3:45pm	10/11–11/15	\$126/\$114
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Beginning Drawing

Beginning Drawing in black & white & color covering perspective, line, value, portrait, figure, color, and a creative project.

Katie McGuire

HB Art Center

451608-4A	14 yrs +	Sa	1–4pm	9/14–10/26	\$146/\$132
451608-4B	14 yrs +	Sa	1–4pm	11/2–12/14	\$146/\$132



HUNTINGTON BEACH ART CENTER

...where art meets community

538 Main Street, Huntington Beach, CA 92648
(714) 374-1650 | artcenterstaff@surfcity-hb.org
www.huntingtonbeachartcenter.org

Gallery Hours: Tu–Th: 12–8pm | Fr: 12–6pm | Sat: 12–5pm
Closed Sun, Mon & most holidays

Free to the public, HBAC advances public awareness and understanding of cultural, historic, and contemporary perspectives in the art community through exhibitions, performances, film screenings, lectures, and educational programming. Become a member today to experience exclusive member benefits and helps us grow our important arts programming, events, and exhibitions.

Fall Exhibition

The HBAC, in partnership with the Peter Blake Gallery, is hosting an exhibition of California Minimalism.

Exhibition: September 21 – October 26, 2019

Members & Patrons Preview: Sat, Sept 21 | 5:30–6:30pm

Public Opening Reception: Sat, Sept 21 | 6:30–9pm

Art for Lunch: Thurs, Oct 17 | 11:30am–1:30pm

Surf City Arts Fest: Sun, Oct 13 | 11am–4pm

Film Night: Thurs, Oct 24 | 6:30–8:30pm

Inspired: 6th Annual Artist Council Exhibition

The HBAC presents the latest works from Artist Council members featuring over 100 artists working in a variety of mediums.

Exhibition: November 16 – December 14, 2019

Members & Patrons Preview: Sat, Nov 16 | 5:30–6:30pm

Public Opening Reception: Sat, Nov 16 | 6:30–9pm

Art for Lunch: Thurs, Nov 21 | 11:30am–1:30pm

Film Night: Thurs, Dec 5 | 6:30–8:30pm



ADULTS

Chinese Brush Painting

Explore the wonders of Chinese Brush Painting. The lively interaction of brush, ink, water, and rice paper is a transformative experience and a lot of fun! Mayee Futterman's teaching is founded on classical brush painting skills, techniques, philosophy, and subject matter. She teaches at UCLA Extension and at the Institute of Chinese Language and Culture. Her award winning work is collected internationally. Mayee's step-by-step approach is great for all ages and levels. We will produce masterpieces in one day! Drop-ins: \$25 per. *No class: 9/28, 11/9, 11/23, 11/30.*

Mayee Futterman

HB Art Center

450174-4A	13 yrs +	Sa	9:30am–12:30pm	9/14–10/12	\$86/\$78
450174-4B	13 yrs +	Sa	9:30am–12:30pm	11/2–12/14	\$86/\$78

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 info: YourProfessorD@gmail.com.

Dorothy Spirus

HB Art Center

450198-4A	16 yrs +	Sa	2–4pm	9/14	\$75/\$68
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Creative Writing

Do you have a half-finished novel, great family stories or an idea for a children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a former magazine editor. New to creative writing? This class will help you begin. Open to all levels of experience. More info: YourProfessorD@gmail.com.

Dorothy Spirus

HB Art Center

450144-4A	18 yrs +	Tu	6:30–8pm	9/10–10/15	\$175/\$158
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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	9/13–10/11	\$125/\$113
450141-4B	13 yrs +	F	12:30–2:15pm	10/25–11/22	\$125/\$113

Imagine It! The Story of U

Are you stuck? Need help unleashing your imagination so you can realize your creative dreams? Join Rudy Poe and his cast of characters and thought leaders on a fun-filled and insightful 6-week journey of transformation that will elevate your creative spirit, provide insight to your psyche and show you how to focus your creative energy.

Rudy Poe Inc.

HB Art Center

451615-4A	16 yrs +	F	4–5:30pm	10/11–11/15	\$126/\$114
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Intro to Watercolor

The beginning or returning artist will build skills through experiencing a variety of watercolors (tube, sticks, and pencil), materials (absorbent grounds, watercolor medium, and varnish), techniques (i.e. color language, perspective), and 8 basic types of application methods. *No class: 11/27.*

Marilyn Oropeza

HB Art Center

450125-4A	18 yrs +	W	9:30am–12:30pm	9/11–10/16	\$114/\$103
450125-4B	18 yrs +	W	9:30am–12:30pm	10/23–12/4	\$114/\$103

Intro to Acrylic Painting

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

Jose Loza

HB Art Center

450135-4A	15 yrs +	Tu	6–7:45pm	9/10–10/8	\$150/\$136
450135-4B	15 yrs +	F	3–5pm	10/25–11/22	\$150/\$136

Intermediate Acrylic Painting

This course is designed to explore advanced techniques in acrylic painting with an emphasis on content, composition, technique, and color harmony. Students will get the opportunity to experiment and work on personal projects, learn illustrative techniques, work from photographs and observation.

Jose Loza

HB Art Center

450152-4A	15 yrs +	F	3–5pm	9/13–10/11	\$150/\$136
450152-4B	15 yrs +	Tu	6–7:45pm	10/22–11/19	\$150/\$136

Mixed Media Collage

This is an exciting art making adventure where students will be learning several collage processes. The term collage means to cut and paste, however, we will be utilizing paint and lots of unusual materials. Students will make several personalized artworks. *No class: 11/28.*

Cindy Beatteay

HB Art Center

451612-4A	15 yrs +	Th	5:30–8pm	11/7–12/12	\$166/\$150
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Pastels

Bring your favorite pastels and supplies and maybe an artwork to share. Learn application, types of grounds (surfaces), solvents, how to create illusion of 3D forms, mixing various forms of pastels together, and protective framing. Lots of samples to try as we cover pan, soft, pencil, compressed, and oil pastels. *No class: 11/27.*

Marilyn Oropeza

HB Art Center

451616-4A	18 yrs +	W	1–3pm	9/11–10/16	\$102/\$92
451616-4B	18 yrs +	W	1–3pm	10/23–12/4	\$102/\$92

Photography: Critique & Conversation

This class provides the opportunity for intermediate and advanced students of photography to gather weekly and share their work and learn from each other. Commercial and fine art photographer and filmmaker, Rudy Poe, MFA, moderates the critique sessions and leads conversations about a variety of technical and creative aspects of the photographic medium.

Rudy Poe Inc. **HB Art Center**
450180-4A 16 yrs + F 12:30–2pm 10/11–11/15 \$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 9/10–10/15 \$126/\$114
450116-4B 18 yrs + Tu 9:30am–12:30pm 10/29–12/3 \$126/\$114

Watercolor Basics 4–Master Level

This 4 hour class is designed to sharpen your creative mind with a spontaneous on the spot approach to your painting. You shall be asked to do a painting within a 2 1/2 hour time span each session. Some lectures and instruction but no watercolor techniques shall be taught. No beginners please. No class one day in October, to be announced.

Nancy Caldwell **HB Art Center**
450150-4A 18 yrs + Th 9am–1pm 9/12–11/7 \$166/\$150

Culinary

Fall Harvest

In this new class we will be learning cooking and preparation techniques for the fall bounty. We learn to create extraordinary recipes incorporating fresh produce and herbs from the farmers market. Learn to couple couple flavors and textures to have your dishes bursting with fresh flavors. You will have lots of dishes to sample and take home lots of recipes to try at home. Come hungry and a \$15.00 material fee is payable to instructor.

April Berg **Edison Community Center**
450308-2A 18 yrs + Tu 6:15–9:15pm 10/8–10/8 \$35

Tailgate Party and More

In this new class, we will be learning crowd and family winners. You will learn how to have the ultimate football party—either at home, potluck or in the parking lot. The dishes we will be making will include appetizers, incredible sides and meats. How to serve and how to transport will also be included. You will also take a packet for dishes to try on your own. Come hungry and with a \$15.00 material fee.

April Berg **Edison Community Center**
450307-2A 18 yrs + Tu 6:15–9:15pm 11/12–11/12 \$35

The Ultimate Holiday Party

In this new class you will learn to create the ultimate holiday party. It will be perfect for family and friend gatherings this holiday season. You will learn to create a fabulous spread and also how to stage for the ultimate WOW factor. You will be sampling lots of savories and sweets. You can come hungry. Material fee of \$15 due at first class.

April Berg **Edison Community Center**
450306-2A 18 yrs + Tu 6:15–9:15pm 12/10–12/10 \$35

Dance & Performing Arts

Adult Ballet: Beginning

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No class: 11/11.*

Huntington Academy of Dance **City Gym & Pool**
450442-3A 13 yrs + M 7–8pm 9/9–11/18 \$105

Huntington Academy of Dance **6491 Edinger Ave**
450442-1A 13 yrs + W 7:30–8:30pm 9/11–11/13 \$105

Ballet & Ballet Stretch for Seniors

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

Huntington Academy of Dance **6491 Edinger Ave**
450426-1A 50 yrs + M 12:30–1:30pm 9/9–10/14 \$49
450426-1B 50 yrs + M 12:30–1:30pm 10/21–11/25 \$49

Ballroom & Country Line Dance Basics

Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, & even some country moves. Whether you're looking for a fun new hobby, a place to meet some new friends, or a way to stay active, dancing is a great way to go! *No class: 11/26, 11/29.*

Amanda Mykitta **Edison Community Center**
450462-2A 16 yrs + F 1–2pm 9/13–10/18 \$40
450462-2B 16 yrs + F 1–2pm 10/25–12/6 \$40

Country 2-Step and 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**
450415-1A 14 yrs + Th 6–7pm 9/12–10/10 \$32

ADULTS

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!

Efren Barrera		Murdy Community Center			
450413-1A	14 yrs +	Th	4-5pm	9/12-10/10	\$32
450413-1B	14 yrs +	Th	7-8pm	9/12-10/10	\$32

Dance: Swing Basics

Fun and easy swing dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. Hosted by Michael and Olivia Lai for five weeks. *No class: 11/28.*

Kaylaa Fox		Murdy Community Center			
450423-1A	16 yrs +	Th	8:15-9:15pm	9/26-10/24	\$35

Kaylaa Fox		Harbour View Clubhouse			
450423-1B	16 yrs +	Th	8:15-9:15pm	11/7-12/12	\$35

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 for four weeks. *No class: 11/28.*

Kaylaa Fox		Murdy Community Center			
450424-1A	16 yrs +	Th	7:15-8:15pm	9/26-10/17	\$35

Kaylaa Fox		Harbour View Clubhouse			
450424-1B	16 yrs +	Th	7:15-8:15pm	11/7-12/5	\$35

Dance: Swing Advanced

Move way beyond the basics. Advanced Swing moves to four-, six- and eight-swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. Hosted by Michael and Olivia Lai for four weeks. *No class: 11/28.*

Kaylaa Fox		Murdy Community Center			
450422-1A	16 yrs +	Th	6:15-7:15pm	9/26-10/17	\$35

Kaylaa Fox		Harbour View Clubhouse			
450422-1B	16 yrs +	Th	6:15-7:15pm	11/7-12/5	\$35

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			
450421-1A	14 yrs +	Th	8-9pm	9/12-10/10	\$32

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, we'll teach you all the moves you need to own any dance floor!

Definitely Dance		Murdy Community Center			
450455-1A	14 yrs +	W	7-8pm	9/18-10/16	\$25

Definitely Dance		Edison Community Center			
450455-2A	14 yrs +	Tu	6-7pm	10/22-12/3	\$25

Swing and 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. *No class: 11/26, 1/12.*

Amanda Mykitta		Edison Community Center			
450461-2A	16 yrs +	Tu	7-8pm	9/10-10/15	\$40
450461-2B	16 yrs +	Tu	7-8pm	10/22-12/3	\$40

Dog Training

Beginning Dog Obedience

For dogs five 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			
450504-2A	10 yrs +	Tu	7-8pm	9/24-11/5	\$98

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.** *No class: 10/26.*

Surf City Flyball		Goldenwest & Slater			
450507-1A	18 yrs +	Sa	9-10am	9/14-11/9	\$95

Flyball Intermediate

For dogs who have at least two sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No class: 10/26.*

Surf City Flyball		Goldenwest & Slater			
450508-1A	18 yrs +	Sa	10:30-11:30am	9/14-11/9	\$95

Education

CPR & AED Training – Adult, Child and Infant

Don't miss a beat and increase the number of people "Stayin' Alive". An additional \$24 fee for the American Heart Association workbook and 2- year course completion card is payable to the instructor, Healthy U. Not a class for medical providers. Advance registration is required.

Healthy U		Murdy Community Center			
451104-1A	11 yrs +	Tu	6–9:30pm	9/24	\$59

Italian: Conversational Italian 1A

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. *No class: 10/31.*

Spectrum Languages		Edison Community Center			
450601-2A	18 yrs +	Th	5:30–6:30pm	9/12–11/21	\$169

Italian: Conversational Italian 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. *No class: 10/31.*

Spectrum Languages		Edison Community Center			
450603-2A	18 yrs +	Th	6:30–7:30pm	9/12–11/21	\$179

Spanish Conversational

Learn how to engage your Spanish conversations. The focus is on speaking about daily actions, travels, 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. A \$30 material fee is payable to the instructor.

Portal Languages		City Gym & Pool			
450619-3A	18 yrs +	M	5–6pm	9/9–10/21	\$140
450619-3B	18 yrs +	M	5–6pm	10/28–12/16	\$140

Fitness

5-Class Pack

Interested in adding a few extra classes to your busy schedule but can't commit to a full schedule? This is the pass for you! Good for any HB Pilates & Fitness classes: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, Pilates Chair, and Stroller Workout! Some restrictions apply. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		Any HB Community Center			
450611-1A	16 yrs +	Any HB Pilates Class	9/9–10/12	\$90	
450611-1B	16 yrs +	Any HB Pilates Class	10/14–11/16	\$90	
450611-1C	16 yrs +	Any HB Pilates Class	11/18–12/20	\$90	

10-Class Pack

Looking to add a variety to your workout routine? Then this is the pass for you! Mix and match your classes with any HB Pilates & Fitness classes including: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, and Stroller Workout! Some restrictions apply. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		Any HB Community Center			
450612-1A	16 yrs +	Any HB Pilates Class	9/9–10/12	\$170	
450612-1B	16 yrs +	Any HB Pilates Class	10/14–11/16	\$170	
450612-1C	16 yrs +	Any HB Pilates Class	11/18–12/20	\$170	

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 and abilities welcome. Bring a mat, exercise ball, (~65cm), grip socks, a towel and water. More info: info@hbpilates.com.

HB Pilates & Fitness Inc.		Murdy Community Center			
450833-1A	16 yrs +	M	11–11:30am	9/9–10/7	\$49
450833-1B	16 yrs +	M	11–11:30am	10/14–11/4	\$42

Murdy will change location on 11/4. Contact HB Pilates for more info.

HB Pilates & Fitness Inc.		Edison Community Center			
450833-2A	16 yrs +	M	11–11:30am	11/18–12/9	\$42

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 to advanced welcome!

Kiavash Tillehkooh		City Gym & Pool			
450909-3A	15 yrs +	M	7:15–8pm	9/9–12/9	\$188
450909-3B	15 yrs +	Tu	7:15–8pm	9/10–12/10	\$188
450909-3C	15 yrs +	W	7:15–8pm	9/11–12/11	\$188
450909-3D	15 yrs +	Th	7:15–8pm	9/12–12/12	\$188

Cardio Step for the Heart

This class raises the heart rate by stepping up and down on four- or eight-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 \$166. *No class: 11/11, 11/25, 11/27, 11/29.*

Susan Hardy		Murdy Community Center			
450835-1A	13 yrs +	M, W, F	9:15–10am	9/9–12/13	\$137

Beginning on 11/4/19, this class will be held at Lake Park Clubhouse, 1035 11th Street, Huntington Beach, 92648.

ADULTS

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 \$166. *No class: 11/11, 11/25, 11/27, 11/29.*

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

Beginning on 11/4/19, this class will be held at Lake Park Clubhouse, 1035 11th Street, Huntington Beach, 92648.

Total Body Workout/Cardio Step

This class raises the heart rate by stepping up and down on four- or eight-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 \$166. *No class: 11/11, 11/25, 11/27, 11/29.*

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

Beginning on 11/4/19, this class will be held at Lake Park Clubhouse, 1035 11th Street, Huntington Beach, 92648.

Cardio Step & Body Sculpt

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No class: 11/11, 11/25, 11/26, 11/27, 11/28, 11/29.*

Susan Hardy Edison Community Center
450851-2A 13 yrs + M, W, F 5:15–6:15pm 9/9–12/13 \$144

Gentle Yoga

Gentle yoga is a restorative and therapeutic yoga style class suitable for all ages and levels. This class will focus on reconnecting the mind and body through the art of movement using awareness exercises, restorative poses, and breathing techniques that calm the nervous system. Please bring your own yoga mat, two yoga blocks, and one yoga strap with you to each class. *No class: 10/30, 11/27.*

Stephanie Russell HB Art Center
450865-4A 18 yrs + W 6–7pm 9/11–10/16 \$106/\$96
450865-4B 18 yrs + W 6–7pm 10/23–12/11 \$106/\$96

Hatha Yoga

Unwind after work with a well-rounded class including breath work, stretch, strength, and focus on alignment. Achieve connection between mind, body, and soul in this one hour Hatha yoga experience with Meg Rambo (500 RYT). All skill levels welcome.

Meghan Rambo Rodgers Center
451521-7A 12 yrs + W 5:30–6:30pm 9/11–10/9 \$86/\$78
451521-7B 12 yrs + W 5:30–6:30pm 10/23–11/20 \$86/\$78

Jazzercise

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our cardio, strength training, stretching moves will leave you breathless, toned and coming back for more. Start working it with Jazzercise. Classes will be Monday, Wednesday, & Fridays from 8:45-9:50am.

Erica Den Hartog City Gym & Pool
450853-3A 13 yrs + 10 class pack 9/9–12/20 \$90
450853-3B 13 yrs + 20 class pack 9/9–12/20 \$140
450853-3C 13 yrs + 30 class pack 9/9–12/20 \$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. Beginner/All Ranks *No class: 10/17, 10/18, 11/28, 11/29.*

Wadoryu USA Inc. Edison Community Center
450907-2A 18 yrs + Th 7:15–8pm 9/12–12/12 \$110
450907-2B 18 yrs + F 7:15–8pm 9/13–12/13 \$110

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. Drop-ins: \$18 per class. *No class: 11/11, 11/29.*

HB Pilates & Fitness Inc. Edison Community Center
450839-2A 16 yrs + M 9–10am 9/9–10/7 \$71
450839-2B 16 yrs + M 9–10am 10/14–11/4 \$59
450839-2C 16 yrs + M 9–10am 11/18–12/9 \$59
450839-2D 16 yrs + F 9–10am 9/13–10/11 \$71
450839-2E 16 yrs + F 9–10am 10/18–11/15 \$71
450839-2F 16 yrs + F 9–10am 11/22–12/13 \$48



Yoga Classes

See page 36 for more yoga classes at Senior Center in Central Park.

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. Drops-ins: \$18 per class. Bring: mat, small towel, grip socks and water. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		Murdy Community Center			
450855-1A	16 yrs +	Tu	7-8pm	9/10-10/8	\$71
450855-1B	16 yrs +	Tu	7-8pm	10/15-11/12	\$71

Murdy classes will change location the weeks of 11/4 and 11/11. Please contact HB Pilates for more information.

HB Pilates & Fitness Inc.		Edison Community Center			
450855-2A	16 yrs +	M	7:30-8:30pm	9/9-10/7	\$71
450855-2B	16 yrs +	M	7:30-8:30pm	10/14-11/4	\$59
450855-2C	16 yrs +	M	10-11am	11/18-12/9	\$59

HB Pilates & Fitness Inc.		City Gym & Pool			
450855-3A	16 yrs +	W	10-11am	9/11-10/9	\$71
450855-3B	16 yrs +	Th	7-8pm	9/12-10/10	\$71
450855-3C	16 yrs +	W	10-11am	10/16-11/13	\$71
450855-3D	16 yrs +	Th	7-8pm	10/17-11/14	\$71
450855-3E	16 yrs +	Tu	7-8pm	11/19-12/17	\$71
450855-3F	16 yrs +	W	10-11am	11/20-12/18	\$71
450855-3G	16 yrs +	Th	7-8pm	11/21-12/19	\$59

Prenatal/Postnatal Pilates

Pilates is a safe way for women to exercise before, during (1st, 2nd, & 3rd trimester), and after their pregnancy (with doctor's 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: 11/28.*

HB Pilates & Fitness Inc.		Murdy Community Center			
450856-1A	18 yrs +	Th	6-7pm	9/12-10/10	\$75
450856-1B	18 yrs +	Th	6-7pm	10/17-11/14	\$75
450856-1C	18 yrs +	1 private lesson	New client introduction	9/9-12/20	\$20

Murdy classes will change location the weeks of 11/4 and 11/11. Please contact HB Pilates for more information.

HB Pilates & Fitness Inc.		City Gym & Pool			
450856-3A	18 yrs +	Th	5-6pm	11/21-12/19	\$60

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 to be determined. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		Any HB Community Center			
450897-1A	16 yrs +	1 private lesson	New client introduction	9/9-12/20	\$20
450897-1B	16 yrs +	5 sessions	30 minutes	9/9-10/12	\$220
450897-1C	16 yrs +	5 sessions	30 minutes	10/14-11/16	\$220
450897-1D	16 yrs +	5 sessions	30 minutes	9/9-12/20	\$220

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! More info: Info@hbpilates.com. All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, small towel, grip socks, and water. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		Murdy Community Center			
450811-1A	16 yrs +	M	10-11am	9/9-10/7	\$71
450811-1B	16 yrs +	M	10-11am	10/14-11/4	\$59
450811-1C	16 yrs +	Tu	6-7pm	9/10-10/8	\$71
450811-1D	16 yrs +	Tu	6-7pm	10/15-11/12	\$71
450811-1E	16 yrs +	Th	5-6pm	9/12-10/10	\$71
450811-1F	16 yrs +	Th	5-6pm	10/17-11/14	\$71

Murdy classes will change location the weeks of 11/4 and 11/11. Please contact HB Pilates for more information.

HB Pilates & Fitness Inc.		Edison Community Center			
450811-2A	16 yrs +	M	6:30-7:30pm	9/9-10/7	\$71
450811-2B	16 yrs +	M	6:30-7:30pm	10/14-11/4	\$59
450811-2C	16 yrs +	M	10-11am	11/18-12/9	\$59
450811-2D	16 yrs +	M	6:30-7:30pm	11/18-12/9	\$59
450811-2E	16 yrs +	F	10-11am	9/13-10/11	\$71
450811-2F	16 yrs +	F	10-11am	10/18-11/15	\$71
450811-2G	16 yrs +	F	10-11am	11/22-12/13	\$48

HB Pilates & Fitness Inc.		City Gym & Pool			
450811-3A	16 yrs +	W	9-10am	9/11-10/9	\$71
450811-3B	16 yrs +	Th	6-7pm	9/12-10/10	\$71
450811-3C	16 yrs +	W	9-10am	10/16-11/13	\$71
450811-3D	16 yrs +	Th	6-7pm	10/17-11/14	\$71
450811-3E	16 yrs +	Tu	6-7pm	11/19-12/17	\$71
450811-3F	16 yrs +	W	9-10am	11/20-12/18	\$71
450811-3G	16 yrs +	Th	6-7pm	11/21-12/19	\$59

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, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.		REPAIR Sports Institute			
451512-1A	16 yrs +	1 private lesson	New client introduction	9/9-12/20	\$20
451512-1B	16 yrs +	5 sessions	30 minutes	9/9-10/12	\$220
451512-1C	16 yrs +	5 sessions	30 minutes	10/14-11/16	\$220
451512-1D	16 yrs +	5 sessions	30 minutes	9/9-12/20	\$220

ADULTS

Qigong for Wellness

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

Donald Walker **Murdy Community Center**
450864-1A 18 yrs + W 6–7:15pm 9/11–10/23 \$49

Saturday AM Cardio Step/Body Sculpt

Make this class your wake-up workout. Using a 4"–8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for ab work. You'll be energized for the weekend! *No class: 11/30.*

Susan Hardy **Edison Community Center**
450846-2A 13 yrs + Sa 9:15–10:15am 9/14–12/14 \$61

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 14 yrs + F 7–8pm 9/13–10/4 \$76
451135-3B 14 yrs + F 7–8pm 10/11–11/1 \$76

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 + M 1:30–2:45pm 9/9–10/21 \$49

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 clothing and sun protection as portions of class may be outdoors. First class free. *No class: 11/26.*

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

Total Body Stretch

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No class: 11/11.*

Marianne Grossman **Edison Community Center**
450857-2A 18 yrs + Tu 5:30–6:30pm 9/17–12/10 \$84

Unlimited HB Pilates & Fitness Classes

Unlimited Classes allows you access to all HB Pilates & Fitness classes: Ab-Core Blast, Lean & Fit, Restorative Flow Yoga, Build Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Gentle Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Some restrictions apply. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc. **Any HB Community Center**
450896-1A 16 yrs + Any HB Pilates Classes 9/9–10/12 \$199
450896-1B 16 yrs + Any HB Pilates Classes 10/14–11/16 \$199
450896-1C 16 yrs + Any HB Pilates Classes 11/18–12/20 \$199

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 9/9–10/28 \$70
451124-1B 16 yrs + W 4–5pm 9/11–10/30 \$70
No class: 11/11, 11/25 & 11/27.

Susan Holden **Murdy Community Center**
450876-1A 16 yrs + M 6:15–7:15pm 9/9–10/28 \$70
450876-1C 16 yrs + Tu 5:30–6:30pm 9/10–10/29 \$70
450876-1E 16 yrs + F 4–5pm 9/13–11/1 \$70

Susan Holden **Senior Center In Central Park**
450876-1B 16 yrs + M 6:15–7:15pm 11/4–12/9 \$40
450876-1D 16 yrs + Tu 5:30–6:30pm 11/5–12/10 \$40
No class: 11/11, 11/12, 11/15, 11/25, 11/26, 11/29.

Susan Holden **Harbour View Clubhouse**
450876-1F 16 yrs + F 4–5pm 11/8–12/6 \$40
No class: 11/11, 11/12, 11/15, 11/25, 11/26, 11/29.

Yvonne Carmichael **Lake View Clubhouse**
451125-1A 16 yrs + W 10:30am–12pm 9/11–11/13 \$105
451125-1B 16 yrs + F 10:30am–12pm 9/13–11/1 \$86

Yoga: Holiday Yoga

****HOLIDAY YOGA**** is a gratitude based Yoga class to open the heart and fill our minds with joy. This will be the time we set aside a little time for ourselves to renew and restore in between all the cooking, cleaning, entertaining, and shopping so that we can be the best we can for those we love. Stretching, breathing, and calming the body/mind will be our intent. *No class: 11/11, 11/25, 11/27.*

Jacki King, E-RYT, CYT, YACEP **Senior Center In Central Park**
451522-1A 16 yrs + M 4:35–5:35pm 11/4–12/9 \$40
451522-1B 16 yrs + W 4–5pm 11/6–12/4 \$40

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. Instructor: Diane Pavesic.

Diane Pavesic, Edison Community Center
Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT

450868-2A	18 yrs +	W	4:30-5:30pm	9/18-12/4	\$76
450868-2B	18 yrs +	W	6-7pm	9/18-12/4	\$76

No class: 10/9, 10/16, 11/27.

Yoga: City Gym

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class: 11/11.

Yvonne Carmichael City Gym & Pool

450867-3A	16 yrs +	M	10:30am-12pm	9/9-11/18	\$105
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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: 11/27.

SockhopFitness Edison Community Center

450858-2A	16 yrs +	W	6:30-7:15pm	9/11-12/11	\$75
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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-three lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

SockhopFitness Edison Community Center

450888-2A	16 yrs +	M	6-6:45pm	9/9-12/9	\$78
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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. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm. No class: 11/27.

SockhopFitness Edison Community Center

450827-2A	16 yrs +	M	6-6:45pm	9/9-12/11	\$138
		W	6:30-7:15pm		

Zumba Gold plus 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! No class: 11/29.

SockhopFitness Murdy Community Center

450860-1A	55 yrs +	Tu	8:30-9:20am	9/17-10/29	\$42
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Music

Beginner Guitar

Do you love the sound of the guitar? Are you looking for a musical outlet to express yourself and sharpen your mind? Whether it's around the fire pit, a family reunion or the stage, Chris will walk you through the skills you need to read tablature and play any song. As an experienced and effective instructor he will have you playing chords your first week and playing basic songs by the second week. Bring your own guitar. \$20 materials fee due at first class.

Chris Ekstedt City Gym & Pool

451005-3A	13 yrs +	Th	5-6pm	9/12-11/7	\$115
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Group Guitar

Have you ever wanted to be a rockstar? Well now's the time! Learn to play acoustic guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. Bring your own acoustic guitar, \$20 material fee for book. Pre-registration is required. No class: 11/26.

The RockBand Experience Murdy Community Center

441011-1A	8 yrs +	Tu	3:30-4:15pm	9/10-10/1	\$89
441011-1B	8 yrs +	Tu	3:30-4:15pm	10/8-10/29	\$89
441011-1D	8 yrs +	Tu	4:15-5pm	9/10-10/1	\$89
441011-1E	8 yrs +	Tu	4:15-5pm	10/8-10/29	\$89

The RockBand Experience Lake View Clubhouse

441011-1C	8 yrs +	Tu	3:30-4:15pm	11/5-12/3	\$89
441011-1F	8 yrs +	Tu	4:15-5pm	11/5-12/3	\$89

Beginner Ukelele

Are you in love with joyful, relaxing sounds to ukulele? Fill your home with it! Learn to play! Whether it's around the fire pit, a family reunion or the stage, Chris will walk you through the skills you need to read tablature and play any song. As an experienced and effective instructor he will have you playing chords your first week and playing basic songs by the second week. Bring your own ukulele. \$20 materials fee due at first class.

Chris Ekstedt City Gym & Pool

451011-3A	13 yrs +	Tu	5-6pm	9/10-11/5	\$115
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ADULTS

Adult Sports Leagues



Adult Six's Volleyball Leagues

Rics Volleyball City Gym & Pool

This is a structured, competitive volleyball league for players of various skill levels. Three levels of play for co-ed teams (three men, three women) are offered on Monday nights, and Advanced Women's League plays on Wednesday nights. Each match consists of three games. To enter a team or join an existing team, contact Rics Volleyball at 714-375-5063.

Co-ed 3v3	M	6-10 p.m.	\$400* /per team
Advanced Women's League	W	6-10 p.m.	

*Each team must pay additional \$14 fee directly to official before each game.

Arena Soccer Leagues

Central Park Sports Complex

6v6 Men's Open League	M	7, 8, and 9 p.m.	\$400* /per team
6v6 Men's Rec League (28+)	Tu	7, 8, and 9 p.m.	
6v6 Men's Open League	W	7, 8, and 9 p.m.	
6v6 Legends (40+)	Th	7, 8, and 9 p.m.	
6v6 Coed Open League	F	7, 8, and 9 p.m.	

*Each team must pay additional \$20 fee directly to official before each game.

Slo-Pitch Softball Leagues

Mens	Co-Ed	Price
Sunday, Mondays, Tuesdays or Thursdays.	Sunday afternoons or evenings, or Wednesdays	\$420* /per team
Central Park Sports Complex (and other City softball fields)		
Mens 55+	Co-Ed 55+	Price
Sunday mornings or Thursday nights	Tuesday nights	\$200* /per team
Central Park Sports Complex (and other City softball fields)	Murdy Park	
Legends Senior Womens Softball Association	Competitive Senior Womens League	Price
Thursday nights	Monday nights	\$200* /per team
Murdy Park	Greer Park	

*Each team must pay additional \$15 fee directly to official before each game.

More information: 714-536-5230.



All Levels Open Ukulele Jam

Start your weekend off with an island vibe! The All Levels Open Ukulele Jam is a relaxed paced class for those looking to just have fun getting started playing ukulele as well as those already playing and looking for more time playing in a group! Material covered will be island classics, oldies, and classic rock. If you've been looking for a class that is just good old light hearted fun, this is the class for you! \$20 fee for book due at first class. *No class: 9/21, 10/19, 11/16, 11/30.*

The RockBand Experience				HB Art Center	
451015-4A	8 yrs +	Sa	11am-12pm	9/14-10/5	\$75/\$68
451015-4B	8 yrs +	Sa	11am-12pm	10/12-11/2	\$75/\$68
451015-4C	8 yrs +	Sa	11am-12pm	11/9-12/7	\$75/\$68

Special Interest

Fashion Makeup – Everyday to Glamour

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, rbnimis@yahoo.com.

Rodolfo Nimis			Murdy Community Center		
451134-1A	16 yrs +	Sa	9:30am-12:30pm	9/28	\$75
451134-1B	16 yrs +	Sa	9:30am-12:30pm	10/26	\$75

Rodolfo Nimis			City Gym & Pool		
451134-1C	16 yrs +	Sa	9:30am-12:30pm	12/14	\$75

Sports

Beginner – Intermediate Adult Wrestling

This OCG adult program is geared for adult BJJ, or other martial art practitioners who want to learn fundamentals of WRESTLING, the world's oldest martial art. Experienced grappling coaches with not only BJJ and Judo experience but also collegiate wrestling backgrounds from JC to D1, will teach technique, tactics & philosophy behind the moves. In a positive that encourages collegial discourse and understanding. The focus is on skill-development & knowledge base growth as well as drilling to muscle memory. *No class: 9/12, 9/17, 9/19, 9/28, 10/31, 11/28.*

OC Youth Sports Academy				Rodgers Center	
451520-1A	16 yrs +	Tu, Th	7:45-9pm	9/10-12/5	\$225
451520-1B	16 yrs +	Tu, Th	7:45-9pm	9/10-10/22	\$125
451520-1C	16 yrs +	Tu, Th	7:45-9pm	10/22-12/5	\$125

Beach Volleyball: Adult Intermediate

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions will be structured around the development of a specific skill each week and then applying that skill in game situations. Trainings held at 15th St and PCH. For more information go to goldencoastvolleyball.com

Beach Volleyball CA Inc.		15th Street & PCH			
451311-2A	18 yrs +	Th	5:20–6:20pm	9/19–10/31	\$110

Beach Volleyball: Adult Beginners

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun and relaxed environment. Trainings held at beach courts at 15th St and PCH. For more information go to GoldenCoastVolleyball.com.

Beach Volleyball CA Inc.		15th Street & PCH			
451313-2A	18 yrs +	Tu	5:20–6:20pm	9/17–10/29	\$110

King and 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, participant are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. A \$20 material fee is payable to instructor.

Matt Taylor Volleyball		City Gym & Pool			
451323-3A	16 yrs +	Th	7:45–9:45pm	9/19–11/21	\$140

Volleyball: Adult Indoor Clinic

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills.

Matt Taylor Volleyball		City Gym & Pool			
451309-3A	Beginner/ Intermediate	16 yrs +	Th	6:15–7:45pm	9/19–11/21 \$156

Women's Intermediate Volleyball League

Tuesday's—Intermediate class from 9:30-12:30,
Wednesday's—Advanced only 4's from 10am–12pm,
Thursday's—Advanced only from 9:30am-12:30pm.

If you are a new player you must try out the first week. You will be assessed at a satisfactory skill level. Please arrive 20 minutes early for try-outs.

Joann DiGiovanni		City Gym & Pool			
<i>Intermediate</i>					

451302-3A	18 yrs +	Tu	9:30am–12:30pm	9/17–10/15	\$35
451302-3B	18 yrs +	Tu	9:30am–12:30pm	10/22–11/19	\$35

Advanced

451302-3C	18 yrs +	W	10am–12pm	9/18–10/16	\$35
451302-3D	18 yrs +	W	10am–12pm	10/23–11/20	\$35
451302-3E	18 yrs +	Th	10am–12pm	9/19–10/17	\$35
451302-3F	18 yrs +	Th	9:30am–12:30pm	10/24–11/21	\$35

Skate & Surf

Ice Skating for Adults

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. Class is taught at Westminster ICE, 13071 Springdale Street, Westminster. *No class: 11/27, 11/30*

The Rinks Westminster ICE			Westminster Ice		
451312-1A	17 yrs +	W	6:40–7:10pm	9/11–10/2	\$38
451312-1B	17 yrs +	W	6:40–7:10pm	10/9–10/30	\$38
451312-1C	17 yrs +	W	6:40–7:10pm	11/6–12/4	\$38
451312-1D	17 yrs +	Sa	10:15–10:45am	9/14–10/5	\$38
451312-1E	17 yrs +	Sa	10:15–10:45am	10/12–11/2	\$38
451312-1F	17 yrs +	Sa	10:15–10:45am	11/9–12/7	\$38

Learn to Surf

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

HB Surf School		City Beach			
451403-2A	18 yrs +	Sa	10–11:30am	9/7–9/28	\$245
451403-2B	18 yrs +	Sa	10–11:30am	10/5–10/26	\$245
451403-2C	18 yrs +	Sa	10–11:30am	11/2–11/23	\$245

LITTLE SURF CO.
Between Towers 14 and 22
Private and semi-private surf lessons
More info: 657-464-4190
littleurfco@gmail.com

WAVEHUGGERS
Between Towers 6 and 10
Summer day and half-day camps
More info: 310-910-9099
helina@wavehuggers.com

MCKINNON SURF SCHOOL
Between Towers 4 and 6
Private and semi-private surf lessons
More info: 714-377-6101
rockymckinnon@mckinnonsurfboards.com

HB SURF SCHOOL
Between Towers 3 and 5
Group, private and semi-private surf lessons
More info: 714-658-6873
hbsurfschool@yahoo.com

CLINT CARROLL SURF SCHOOL
Between Towers 11 and 15
Private and semi-private surf lessons
More info: 949-355-7285
clintcarrollsurf@gmail.com

SURF LESSONS



SENIOR CENTER IN CENTRAL PARK

ARTS

Cardkateers

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

Senior Center Volunteer	Senior Center In Central Park				
450120-5A	55 yrs +	W	10:30-11:30am	9/18-12/4	\$10

Knitting for Beginners

Learn to knit and pearl in the English and Continental styles of knitting. You will learn to cast on, bind off, increase, decrease, knit in the round, and decode a pattern. I will have handy hints for tidy edges and resources for help when needed. See supply list.

Senior Center Volunteer	Senior Center In Central Park				
450199-5A	18 yrs +	W	1-2pm	10/2-12/4	\$6

Morning Masterpiece

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

Senior Center Volunteer	Senior Center In Central Park				
450113-5A	18 yrs +	W	10:30-11:30am	9/11-12/11	\$10

Painting and Drawing

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome! \$25 supply fee for new students.

Marilyn Oropeza	Senior Center In Central Park				
450115-5A	18 yrs +	Tu	8-11:30am	9/10-10/8	\$40
450115-5B	18 yrs +	Tu	8-11:30am	10/15-11/12	\$40
450115-5C	18 yrs +	Tu	8-11:30am	11/19-12/17	\$40

Studio Art

This is a chance to get together with other artists for social and unstructured painting and drawing.

Marilyn Oropeza	Senior Center In Central Park				
450149-5A	18 yrs +	Tu	11:30am-2:30pm	9/10-10/8	\$40
450149-5B	18 yrs +	Tu	11:30am-2:30pm	10/15-11/12	\$40
450149-5C	18 yrs +	Tu	11:30am-2:30pm	11/19-12/17	\$40

Traditional Hawaiian Applique

Popular class to learn needleturn hand applique and hand quilting. Create a quilted pillow top using a traditional Hawaiian design and colorful fabric. Enjoy a relaxed atmosphere for hand stitching, community and conversation while learning a beautiful new craft. Ask for the supply list at registration. *No class: 9/11, 9/18, 9/25.*

Senior Center Volunteer	Senior Center In Central Park				
450165-5A	18 yrs +	W	3-4pm	10/2-12/4	\$6

Dance & Performing Arts

All Level Swing Basics

Learn how to own the dance floor with this dynamic class! Swing is one of the most popular social dances, and you will learn some exciting new moves to last a lifetime! And to top it all, we make learning fun. No partner needed. Come join us! Taught by Mandy Mykitta. *No class: 11/28.*

Definitely Dance	Senior Center In Central Park				
450458-5A	16 yrs +	Th	5-6pm	9/12-10/17	\$40
450458-5B	16 yrs +	Th	5-6pm	10/24-12/5	\$40

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: 11/28.*

Definitely Dance	Senior Center In Central Park				
450441-5A	16 yrs +	Th	7-8:30pm	9/12-10/17	\$40
450441-5B	16 yrs +	Th	7-8:30pm	10/24-12/5	\$40

Ballroom Dance Basics 2

Never be a wall-flower again. From Waltz to Salsa, we'll teach you how to own any dance floor! Designed for those with some ballroom experience or who have completed at least one Ballroom Dance Basics session, our dynamic steps and techniques will last a lifetime and we make learning fun! No partner needed. Taught by Mandy Mykitta. *No class: 11/28.*

Definitely Dance	Senior Center In Central Park				
450459-5A	16 yrs +	Th	6-7pm	9/12-10/17	\$40
450459-5B	16 yrs +	Th	6-7pm	10/24-12/5	\$40

SENIOR CENTER IN CENTRAL PARK

Line Dance Easy Beginner

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

Suzy Hazard Senior Center In Central Park

450419-5A	18 yrs +	F	1-2pm	9/27-12/13	\$62
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No class: 11/29.

Linda AndersonMaarleveld Senior Center In Central Park

450450-5A	18 yrs +	Tu	3-4pm	9/24-12/10	\$61
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450450-5B	18 yrs +	Tu	4:15-5:15pm	9/24-12/10	\$61
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No class: 11/26.

Line Dance Level 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: Know basic cues and steps from Easy Beginner Class.

Suzy Hazard Senior Center In Central Park

450420-5A	18 yrs +	F	2:15-3:15pm	9/27-12/13	\$62
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No class: 11/29.

Linda AndersonMaarleveld Senior Center In Central Park

450453-5A	18 yrs +	W	7-8:30pm	9/25-12/11	\$91
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450453-5B	18 yrs +	Th	3:30-4:30pm	9/26-12/12	\$61
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No class: 11/27, 11/28.

Line Dance Level 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Experience doing Level 1 dances.

Suzy Hazard Senior Center In Central Park

450428-5A	18 yrs +	W	2:30-3:30pm	9/25-12/11	\$62
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No class: 11/27.

Linda AndersonMaarleveld Senior Center In Central Park

450460-5A	18 yrs +	Th	2-3pm	9/26-12/12	\$61
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No class: 11/28.

Line Dance Level 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to dance more often and/or hone their skills in preparation for the Level 3-4 class. Prerequisite: Experience doing basics plus more difficult dances. No class: 11/11.

Suzy Hazard Senior Center In Central Park

450433-5A	18 yrs +	M	3-4:15pm	9/23-12/9	\$62
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Line Dance Level 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. Prerequisite: Have experience doing more difficult dances. No class: 11/27.

Suzy Hazard Senior Center In Central Park

450434-5A	18 yrs +	W	1-2:15pm	9/25-12/11	\$62
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Education

Brain Fitness

Brain Fitness is a computer program designed to strengthen and sharpen one's brain. It helps a participant listen more effectively, improve memory and concentration, increase social skills, and most importantly, self-confidence. Students work at their own level and do not need prior computer experience. No class: 11/26, 11/28.

Sharon Fleming Senior Center In Central Park

451122-5A	18 yrs +	Tu, Th	1-3pm	9/24-10/24	\$139
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451122-5B	18 yrs +	Tu, Th	3-5pm	9/24-10/24	\$139
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451122-5C	18 yrs +	Tu, Th	1-3pm	10/29-12/5	\$139
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451122-5D	18 yrs +	Tu, Th	3-5pm	10/29-12/5	\$139
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Chris Epting's Storytellers

Ready to tell your story? Ready to document your life? This six-week course with best-selling memoirist Chris Epting will help you make sense of this exciting step in your life. It's fun, no writing experience is needed, and perfect for whether you picture yourself as a best-selling author or someone documenting your or someone else's story just to share with family and friends.

Chris Epting Senior Center In Central Park

451129-5A	18 yrs +	M	6-8pm	9/9-10/14	\$110
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Coping With Vision Loss

Living with limited vision can be challenging, but it doesn't need to be a barrier to living well. Find out how you can regain your independence through our Low Vision Wellness programs.

Braille Institute Senior Center In Central Park

450626-5A	18 yrs +	Th	1-2pm	11/7-11/21	FREE
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OC Learning Black History

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

OC Learning Black History Senior Center In Central Park

450610-5A	8 yrs +	Sa	10am-12pm	9/14-11/23	\$10
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SENIOR CENTER IN CENTRAL PARK

Spanish for Beginners 1

Beginners learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak Spanish from the very beginning. 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 to instructor at first class meeting to cover cost of book.

Portal Languages	Senior Center In Central Park				
450618-5A	18 yrs +	M	1:30–2:30pm	9/16–11/4	\$160

Spanish for Beginners 2

This is a continuation of the previous session for beginners. The focus is on conversation for fast learning of daily actions. You will continue to speak Spanish through vocabulary development and key grammatical structures. The lessons build on one another. Emphasis is given to listening and interpretation. \$30.00 material fee due at first class if you haven't purchased the book yet.

Portal Languages	Senior Center In Central Park				
450623-5A	18 yrs +	M	2:30–3:30pm	9/16–11/4	\$160

Intermediate Spanish

This class is a continuation for students who completed the Spanish 1 and 2 series, or already have some knowledge of Spanish. We will keep focusing on vocabulary development, key grammatical structures and use of appropriate verbs. Emphasis is given to listening, reading and conversation. \$30 material fee due at first class.

Portal Languages	Senior Center In Central Park				
450621-5A	18 yrs +	M	3:30–4:30pm	9/16–11/4	\$160

French for Beginners 1

Beginners learn French with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak French from the very beginning. 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. \$20 material fee due at the first class.

Portal Languages	Senior Center In Central Park				
450608-5A	18 yrs +	Tu	3:30–4:30pm	9/17–11/5	\$160

French for Beginners 2

This class is a continuation for students who completed the French 1 series. The continuation will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. \$20 material fee due to instructor at first class meeting to cover cost of book.

Portal Languages	Senior Center In Central Park				
450622-5A	18 yrs +	Tu	4:30–5:30pm	9/17–11/5	\$160

Writing Your Life Story

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift—the story of your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift—the story of your life so far. Prior writing skills are not necessary.

Sharon Fleming	Senior Center In Central Park				
451121-5A	18 yrs +	Th	10am–12pm	9/26–11/14	\$99

Health & Wellness

Hoag Lectures

To register call 714-536-5600

Hoag: Modern Cataract Surgery

Join ophthalmologist Kevin Jwo, MD as he discusses cataract surgery and how it can benefit you. During this informative presentation, he will discuss the latest cutting-edge technology including laser assisted cataract surgery and multifocal lenses as well as what to expect and how to determine if it's right for you.

Hoag	Senior Center In Central Park				
453409-5A	18 yrs +	W	1–2pm	9/4	FREE



A member of the
St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Screening

18 yrs + T 9:30–11:30am Sept 3, Oct 1, Nov 5

Hearing Screening

18 yrs + W 9:30–11:30am Sept 11, Oct 9, Nov 13

To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call 714-536-5600.

SENIOR CENTER IN CENTRAL PARK

HOAG: Physicians Guide to Warming Up and Preventing Injury

Join our Hoag Medical Group sports medicine physician, Gabriel Carpio-Bracho, MD, as he shares his advice and expertise on the importance of warming up prior to exercise and strenuous activity. During his presentation he will share guidelines, discuss degenerative changes in your shoulders, hips and knees to watch out for, identify symptoms that should warrant a doctor's visit and more. This will be an interactive session where you can ask questions as well.

Hoag	Senior Center In Central Park				
453403-5A	18 yrs +	M	10-11am	9/9	FREE

Hoag: Mindfulness as Medicine – A Fad, Trend or Here to Stay

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join our Hoag Medical Group internist as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life. Presented by Amit Hiteshi, M.D.

Hoag	Senior Center In Central Park				
453412-5A	18 yrs +	Th	10-11am	9/12	FREE

Hoag Expert Panel: Optimizing Health During & After Cancer Treatment

Join Hoag Family Cancer Institute experts for an informative Q&A session around optimizing your health during and after cancer treatment. Treatment side effects could include fatigue, stress, physical issues and more. Hoag has numerous resources to assist you and your caregivers through this time that address body, mind and spirit.

Hoag	Senior Center In Central Park				
453402-5A	18 yrs +	Sa	9-11am	9/21	FREE

Hoag: Successful Aging

Join Dr. Raymond Chan, our Hoag Medical Group specialist in geriatric medicine, for an informative presentation on successful aging. He will provide tips for maintaining your health as well as what you need to know as your health changes. Additionally, he will offer a helpful roadmap to lead you to the path of good health for the years to come.

Hoag	Senior Center In Central Park				
453414-5A	18 yrs +	W	1-2pm	10/2	FREE

Hoag: The Latest on Risk, Screening, Surgery and Support for Breast Cancer

Join our panel of experts as they discuss the latest information and updates on breast cancer care. Learn risk reduction strategies for breast cancer, how to interpret screening guidelines for mammography as well as the surgical options available for treatment including oncoplastic surgery and IORT. We will also discuss support services offered to breast cancer survivors through the Hoag Breast Program.

Hoag	Senior Center In Central Park				
453415-5A	18 yrs +	M	10-11am	10/7	FREE

Hoag: Healthy Eating for Your Kidneys

Join Hoag dietitian, Meghan Gonzales, for an educational presentation on how to maximize kidney health with your diet. She will cover an overview of the minerals and nutrients that are regulated by your kidneys and possible diet modifications that you can easily incorporate.

Hoag	Senior Center In Central Park				
453408-5A	18 yrs +	Th	10-11am	10/10	FREE

Hoag: Minimally Invasive Treatment Options for Spine Afflictions

Join Dr. Peters as he answers questions and discussed treatment options for common problems affecting the spines of Seniors, including minimally invasive surgical treatment options. Dr. Peters will wrap-up with a Q&A session to address individual issues or questions.

Hoag	Senior Center In Central Park				
453407-5A	18 yrs +	M	10-11am	11/4	FREE

Hoag: Better Bone Health Through Vitamin D & Exercise

Join Hoag Medical Group for an educational discussion on bone health. Our physician will discuss the benefits of Vitamin D, recommended dosages and things to watch out for. Additionally, they will share insight on how exercise can positively impact your bones and recommended activity.

Hoag	Senior Center In Central Park				
453404-5A	18 yrs +	W	1-2pm	11/6	FREE

Hoag: Healthy Eating for the Holidays

Holiday parties can be stressful and cause us to make poor food and beverage choices. Join our Hoag Dietitian for tips on how to make heart healthy food and beverage choices at parties and restaurants with various cultural cuisines. Additional topics will include how to nutritionally balance meals and make healthy recipe substitutions when baking your favorite dishes.

Hoag	Senior Center In Central Park				
453381-5A	18 yrs +	Th	10-11am	11/14	FREE

SENIOR CENTER IN CENTRAL PARK

Hoag: Osteoporosis Education

Learn about intrinsic and extrinsic risk factors for osteoporosis; identify dietary sources for bone health and get information on exercise and safety for management and prevention of osteoporosis.

Hoag	Senior Center In Central Park				
453411-5A	18 yrs +	Th	1-2pm	11/14	FREE

Hoag: Grandparenting Isn't All About the Grandchildren

Grandparents get busy with the grandkids, but don't forget about taking care of you. In order for you to be in optimal shape to care for the young ones, you need to take care of your health and stay informed. Our Hoag Medical Group physician will provide an informative presentation on tips on how you can keep health a priority, ways to exercise together with the grandkids, how to stay informed with the latest information and so much more. And all of this so you are able to truly enjoy your grandchildren.

Hoag	Senior Center In Central Park				
453405-5A	18 yrs +	M	10-11am	12/2	FREE

Hoag: Treatment Options for Common Hand Afflictions

Join Dr. Chi as she answers questions and discusses treatment options for common problems affecting the hand(s) of Seniors, including non-surgical treatment options. Dr. Chi will wrap-up with a Q&A session to address individual issues or questions.

Hoag	Senior Center In Central Park				
453413-5A	18 yrs +	W	1-2pm	12/4	FREE

Hoag: How to Make Good Protein Choices in Your Diet

We all know the importance of protein in our diets, but what is the best way to accomplish that? Join our Hoag Dietitian as she provides useful tips for selecting healthy protein choices. She will also discuss portion control as it relates to protein intake and why it is unhealthy to eat too much protein. Handouts will include tips sheets to show actual protein sources, both healthy and unhealthy.

Hoag	Senior Center In Central Park				
453410-5A	18 yrs +	Th	1-2pm	12/12	FREE

Hoag: Breathing Techniques to Improve Lung Function

As we age, our lungs also age. What can we do to improve breathing and our lung function? Join Hoag's Pulmonary Team as they review techniques to help you breathe smarter, but not harder, within your daily activities.

Hoag	Senior Center In Central Park				
453406-5A	18 yrs +	Th	10-11am	12/12	FREE

Intro to Mindfulness

Mindfulness is the practice of present moment awareness and has been shown to help with stress, anxiety and boosts the immune system while simultaneously improving focus, concentration and emotional regulation. In this workshop, you will learn how to begin a mindfulness meditation practice and a diverse variety of tools to help incorporate mindfulness into daily tasks. Comfy clothes, pen and paper are recommended. Chairs provided. *No class: 11/28.*

Fredric Afshari	Senior Center In Central Park				
451519-5A	18 yrs +	Th	7-8:15pm	9/12-10/17	\$100
451519-5B	18 yrs +	Th	7-8:15pm	10/24-12/5	\$100

MemorialCare Orange Coast Medical Center Lectures

Sign up through Orange Coast Medical Center
1-800-MEMORIAL (636-6742)

What's Your Plan?

You have the right to make decisions regarding the medical care you prefer if you are unable to speak for yourself. Join Beth Hambelton with MemorialCare Orange Coast Medical Center to learn about the importance of having an advance directive. Complimentary advance directives will be provided for registered guests. RSVP: 800-636-6742.

Orange Coast Medical Center	Senior Center in Central Park			
18 yrs+	Th	3-4:30pm	9/19	FREE

Nutrition & Your Holiday Feast

Creating delicious, nutritious holiday meals to share with loved ones can be simple and fun. A registered clinical dietician with MemorialCare Orange Coast Medical Center will share health tips for the holidays. RSVP: 800-636-6742.

Orange Coast Medical Center	Senior Center in Central Park			
18 yrs+	Th	3-4:30pm	10/17	FREE

Fitness

ATX Cardiac Lifestyle Program

ATX Cardiac is a program that promotes health and stress management. It is designed to address the special needs of heart patients or others interested in living a heart-healthy lifestyle. Class structure includes gentle warm-up, cardio & strength exercise, deep relaxation, group discussion, goal-setting, and heart-healthy meal planning. *No class: 11/11.*

Elizabeth Logue	Senior Center In Central Park				
451508-5A	50 yrs +	M	11am-12pm	9/9-11/18	Free

SENIOR CENTER IN CENTRAL PARK

Barre Strength & Stretch

Live longer, get stronger! Standing at the barre for the whole class, you will be stepped through easy-to-follow, head-to-toe exercises with music that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. One time drop-in fee \$15.00. *No class: 11/27.*

CS Dance Factory		Senior Center In Central Park			
451501-5A	18 yrs +	W	8:15-9am	9/11-10/16	\$60
451501-5B	18 yrs +	W	8:15-9am	10/30-12/11	\$60

Circuit Training

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. *No class: 11/29.*

Marianne Grossman		Senior Center In Central Park			
450816-5A	50 yrs +	F	10:15-11:15am	9/20-12/13	\$78

Exercise for Balance-Series 1

Have you noticed a recent change in your balance? Do you avoid getting on/off the floor? Join Hoag Physical Therapists in a 4-week series that includes discussion, activity participation, and balance training to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

Hoag Physical Therapists		Senior Center In Central Park			
450899-5A	55 yrs +	Tu	9-10am	9/10-10/1	Free
450899-5B	55 yrs +	Tu	9-10am	10/8-10/29	Free

Exercise for Balance-Series 2

Did you enjoy the challenge of Series 1 Exercise for Balance Class? If so, join Hoag Physical Therapists in a 4-week series of advanced balance exercises to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

Hoag Physical Therapists		Senior Center In Central Park			
450893-5A	55 yrs +	Tu	9-10am	11/5-11/26	Free

Fabulously Fit as You Age

Program includes components necessary to achieve & improve quality of life, regardless of age or ability. Increase stamina, agility, balance. Fun exercises that help your bones. Improve & increase strength, endurance, range of motion, posture. Mat work, prevents injury. Stay independent & healthy. Bring mat, weights to class. It's Never Too Late to Get in the Best Shape of your Life. *No class: 11/11.*

Rene Burton		Senior Center In Central Park			
451510-5A	50 yrs +	M, W	10:30-11:30am	9/9-10/23	\$98
451510-5B	50 yrs +	M, W	10:30-11:30am	11/4-12/11	\$77

Family Martial Arts

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes four family members one time per week, a \$6 fee per extra student. Take two days per week for \$120 up to four people-if more than four students, add \$6 per student. Take three days per week for \$160 up to 4 people-if more, add \$6 per student. *No class: 11/28.*

Frances Cardinal		Senior Center In Central Park			
450904-5A	4 yrs +	Tu	5-6pm	9/10-12/10	\$80
450904-5B	4 yrs +	Th	5-6pm	9/12-12/12	\$80
450904-5C	4 yrs +	Sa	10-11am	9/14-12/14	\$80
450904-5D	4 yrs +	Any two days	TBD	9/10-12/14	\$120
450904-5E	4 yrs +	Any three days	TBD	9/10-12/14	\$160

Flex & Stretch

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). \$4 material fee for Dynaband payable in class. *No class: 10/31, 11/28.*

Marianne Grossman		Senior Center In Central Park			
450817-5A	50 yrs +	Tu	10:15-11am	9/17-12/10	\$58
450817-5B	50 yrs +	Th	10:45-11:30am	9/19-12/12	\$49

Gentle Pilates Mat

Gentle Pilates Mat is a great introductory class that focuses on the fundamental concepts of Pilates. With an emphasis on core strength and posture, to be more inviting for 50+, we will work on flexibility, overall strength, balance, mobility and coordination to enhance your quality of life. All ages/abilities welcome. Drop-ins: \$18/class. Bring: mat, some towel, grip socks and water. More info: info@hbpilates.com. *No class: 11/11, 11/28.*

HB Pilates & Fitness Inc.		Senior Center In Central Park			
450883-5A	16 yrs +	M	4:30-5:30pm	9/9-10/7	\$71
450883-5B	16 yrs +	Th	11:15am-12:15pm	9/12-10/10	\$71
450883-5C	16 yrs +	M	4:30-5:30pm	10/14-11/4	\$59
450883-5D	16 yrs +	Th	11:15am-12:15pm	10/17-11/14	\$71
450883-5E	16 yrs +	M	4:30-5:30pm	11/18-12/16	\$59
450883-5F	16 yrs +	Th	11:15am-12:15pm	11/21-12/19	\$59

SENIOR CENTER IN CENTRAL PARK

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. Drop-ins: \$18 per class. *No class: 11/28, 12/21.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450839-5A	16 yrs +	Tu	10:15–11:15am	9/10–10/8	\$71
450839-5B	16 yrs +	W	7–8pm	9/11–10/9	\$71
450839-5C	16 yrs +	Th	10:15–11:15am	9/12–10/10	\$71
450839-5D	16 yrs +	Sa	8–9am	9/14–10/12	\$71
450839-5E	16 yrs +	Tu	10:15–11:15am	10/15–11/12	\$71
450839-5F	16 yrs +	W	7–8pm	10/16–11/13	\$71
450839-5G	16 yrs +	Th	10:15–11:15am	10/17–11/14	\$71
450839-5H	16 yrs +	Sa	8–9am	10/19–11/16	\$71
450839-5I	16 yrs +	Tu	10:15–11:15am	11/19–12/17	\$71
450839-5J	16 yrs +	W	7–8pm	11/20–12/18	\$71
450839-5K	16 yrs +	Th	10:15–11:15am	11/21–12/19	\$59
450839-5L	16 yrs +	Sa	8–9am	11/23–12/14	\$59

Martial Arts for Adults

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any two days \$120, 3x week \$160. *No class: 11/28.*

Frances Cardinal	Senior Center In Central Park				
450901-5A	18 yrs +	Tu	6:15–7:45pm	9/10–12/10	\$80
450901-5B	18 yrs +	Th	6:15–7:45pm	9/12–12/12	\$80
450901-5C	18 yrs +	Sa	11am–12pm	9/14–12/14	\$80
450901-5D	18 yrs +	Any two days	TBD	9/10–12/14	\$120
450901-5E	18 yrs +	Any three days	TBD	9/10–12/14	\$160

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. Drops-ins: \$18 per class. Bring: mat, small towel, grip socks and water. More info: info@hbpilates.com. *No class: 12/21.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450855-5A	16 yrs +	Sa	8–9am	9/14–10/12	\$71
450855-5B	16 yrs +	Sa	8–9am	10/19–11/16	\$71
450855-5C	16 yrs +	Sa	8–9am	11/23–12/14	\$59

Pilates Chair

Great for people over 50 who want to stay active, improve core strength, flexibility, mobility, balance, strength and mind-body connection to help reduce the risk of falls. Pilates exercises will be performed seated and standing with resistance bands and exercise balls. Not suitable for those dependent on walkers and/or canes. Classes offered M, Tu, W, F. Bring: grip socks, small towel and water. Drop-ins: \$18/class. Info at hbpilates.com for details. *No class: 11/11, 11/28, 11/29, 12/20.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450879-5A	18 yrs +	One day a week	12:30–1:30pm	9/9–10/11	\$65
450879-5B	18 yrs +	Two days a week	12:30–1:30pm	9/9–10/11	\$120
450879-5C	18 yrs +	Three days a week	12:30–1:30pm	9/9–10/11	\$149
450879-5D	18 yrs +	One day a week	12:30–1:30pm	10/14–11/15	\$65
450879-5E	18 yrs +	Two days a week	12:30–1:30pm	10/14–11/15	\$120
450879-5F	18 yrs +	Three days a week	12:30–1:30pm	10/14–11/15	\$149
450879-5G	18 yrs +	One day a week	12:30–1:30pm	11/18–12/16	\$65
450879-5H	18 yrs +	Two days a week	12:30–1:30pm	11/18–12/20	\$120
450879-5I	18 yrs +	Three days a week	12:30–1:30pm	11/18–12/20	\$149

Pilates Chair–Sitting Only

Pilates Chair–Sitting Only is a gentler approach to Pilates Chair and a great introduction to the class because all exercises are done while seated in a chair. Intergrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, mobility, and an enhanced mind-body connection. All ages/abilities welcome. Bring: grip socks and water. More info: info@hbpilates.com. *No class: 11/11, 11/29.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450895-5A	18 yrs +	M	11:45am–12:30pm	9/9–10/7	\$58
450895-5B	18 yrs +	F	11:45am–12:30pm	9/13–10/11	\$58
450895-5C	18 yrs +	M, F	11:45am–12:30pm	9/9–10/11	\$99
450895-5D	18 yrs +	M	11:45am–12:30pm	10/14–11/4	\$48
450895-5E	18 yrs +	F	11:45am–12:30pm	10/18–11/15	\$58
450895-5F	18 yrs +	M, F	11:45am–12:30pm	10/14–11/15	\$89
450895-5G	18 yrs +	M	11:45am–12:30pm	11/18–12/16	\$58
450895-5H	18 yrs +	F	11:45am–12:30pm	11/22–12/20	\$48
450895-5I	18 yrs +	M, F	11:45am–12:30pm	11/18–12/20	\$89



SENIOR CENTER IN CENTRAL PARK

Pilates Chair: Plus

Pilates Chair PLUS more advanced exercises! Utilizing a variety of equipment in the fitness facility, this class will focus on improving strength, flexibility, posture, mobility, cardiovascular health and functional fitness while enhancing the mind-body connection. Prerequisites: one session of Pilates Chair and instructor approval. Not suitable for those using a walker and/or cane. More info: info@hbpilates.com. Bring: grip socks, water and small towel. *No class: 11/29.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450826-5A	18 yrs +	Tu	11:30am-12:30pm	9/10-10/8	\$65
450826-5B	18 yrs +	W	11:30am-12:30pm	9/11-10/9	\$65
450826-5C	18 yrs +	F	11:30am-12:30pm	9/13-10/11	\$65
450826-5D	18 yrs +	Two days a week	11:30am-12:30pm	9/10-10/11	\$120
450826-5E	18 yrs +	Tu	11:30am-12:30pm	10/15-11/12	\$65
450826-5F	18 yrs +	W	11:30am-12:30pm	10/16-11/13	\$65
450826-5G	18 yrs +	F	11:30am-12:30pm	10/18-11/15	\$65
450826-5H	18 yrs +	Two days a week	11:30am-12:30pm	10/15-11/15	\$120
450826-5I	18 yrs +	Tu	11:30am-12:30pm	11/19-12/17	\$65
450826-5J	18 yrs +	W	11:30am-12:30pm	11/20-12/18	\$65
450826-5K	18 yrs +	F	11:30am-12:30pm	11/22-12/20	\$55
450826-5L	18 yrs +	Two days a week	11:30am-12:30pm	11/19-12/20	\$120

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! All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, small towel, grip socks, and water. More info: info@hbpilates.com. *No class: 11/11, 11/28, 11/29, 12/21.*

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450811-5A	16 yrs +	Tu	8-10am	9/10-10/8	\$71
450811-5B	16 yrs +	Tu	9-10am	9/10-10/8	\$71
450811-5C	16 yrs +	Th	8-9am	9/12-10/10	\$71
450811-5D	16 yrs +	Sa	9-10am	9/14-10/12	\$71
450811-5E	16 yrs +	Tu	8-9am	10/15-11/12	\$71
450811-5F	16 yrs +	Tu	9-10am	10/15-11/12	\$71
450811-5G	16 yrs +	Th	8-9am	10/17-11/14	\$71
450811-5H	16 yrs +	Sa	9-10am	10/19-11/16	\$71
450811-5I	16 yrs +	Tu	8-9am	11/19-12/17	\$71
450811-5J	16 yrs +	Tu	9-10am	11/19-12/17	\$71
450811-5K	16 yrs +	Th	8-9am	11/21-12/19	\$59
450811-5L	16 yrs +	Sa	9-10am	11/23-12/14	\$59

Senior Cardiofit

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! *No class: 9/20, 11/8, 11/22, 11/29, 12/13.*

Marianne Grossman	Senior Center In Central Park				
450837-5A	50 yrs +	Tu,F	9-9:45am	9/17-12/10	\$84

Silver Glove Fitness

Silver Glove Fitness provides seniors with fun, challenging and safe boxing workouts to keep their bodies and brains healthy. You will perform exercises that help improve balance, coordination and overall strength. Silver Glove Fitness can give anyone an enjoyable, customized workout that fits your fitness needs. It gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. Please bring a yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions. *No class: 9/30, 11/11.*

Andrew Deming	Senior Center In Central Park				
450820-5A	55 yrs +	M	8:30-9:30am	9/9-10/21	\$95
450820-5B	55 yrs +	M	8:30-9:30am	10/28-12/9	\$95

Strength and Balance

As we age, we lose muscle. This class will focus on exercises designed to improve you strength and balance, increase bone density and build stamina. You will learn how to perform exercises (both seated and standing) that will protect your bone health and maintain your strength. (Bring a pair of light weights.) See us on Facebook at Senior Strength and Balance. *No class: 9/20, 11/8, 11/11, 11/22, 11/29, 12/13.*

Hoag	Senior Center In Central Park				
451818-5A	50 yrs +	M	1-1:45pm	9/9-12/9	\$50
451818-5B	50 yrs +	F	10:15-11am	9/13-12/6	\$35

Stroller Workout

Calling all parents and grandparents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for workout that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Modifications available for new moms and mummies to be! Drop-ins: \$18/class. Bring: stroller, mat, dumbbells, water and snacks. Meet at the back of the Senior Center in Central Park. More info: info@hbpilates.com.

HB Pilates & Fitness Inc.	Senior Center In Central Park				
450825-5A	18 yrs +	Tu	9-10am	9/10-10/8	\$71
450825-5B	18 yrs +	Th	9-10am	9/12-10/10	\$62
450825-5C	18 yrs +	Tu, Th	9-10am	9/10-10/10	\$110
450825-5D	18 yrs +	Tu	9-10am	10/15-11/12	\$71
450825-5E	18 yrs +	Th	9-10am	10/17-11/14	\$71
450825-5F	18 yrs +	Tu, Th	9-10am	10/15-11/14	\$110
450825-5G	18 yrs +	Tu	9-10am	11/19-12/17	\$71
450825-5H	18 yrs +	Th	9-10am	11/21-12/19	\$71
450825-5I	18 yrs +	Tu, Th	9-10am	11/19-12/19	\$99

Tai Chi Chuan for Beginners

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No class: 10/31, 11/11, 11/28.*

Elizabeth Pham	Senior Center In Central Park				
450881-5A	18 yrs +	M	6:45-8:15pm	9/9-12/9	\$104
450881-5B	18 yrs +	Th	9-10:25am	9/12-12/12	\$96

SENIOR CENTER IN CENTRAL PARK

Tai Chi Chuan for Intermediate

A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing. *No class: 10/31, 11/11, 11/28.*

Shona Howe		Senior Center In Central Park				
450882-5A	18 yrs +	M	6:45–8:15pm	9/9–12/9	\$104	
450882-5B	18 yrs +	Th	8:30–10:25am	9/12–12/12	\$96	

Total Body Stretch

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No class: 11/11.*

Marianne Grossman		Senior Center In Central Park				
450857-5A	18 yrs +	M	5:30–6:30pm	9/16–12/9	\$78	

Yoga

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket. *No class: 10/15, 10/18, 11/12, 11/15, 11/26, 11/29.*

Susan Holden		Senior Center In Central Park				
450892-5A	18 yrs +	Tu	10:30–11:30am	9/10–12/10	\$92	
450892-5B	18 yrs +	F	10–11am	9/13–12/13	\$92	

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. *No class 12/21.*

HB Pilates & Fitness Inc.		Senior Center In Central Park				
450878-5A	16 yrs +	W	6–7pm	9/11–10/9	\$71	
450878-5B	16 yrs +	Sa	9–10am	9/14–10/12	\$71	
450878-5C	16 yrs +	W	6–7pm	10/16–11/13	\$71	
450878-5D	16 yrs +	Sa	9–10am	10/19–11/16	\$71	
450878-5E	16 yrs +	W	6–7pm	11/20–12/18	\$71	
450878-5F	16 yrs +	Sa	9–10am	11/23–12/14	\$59	

Yoga: Chair

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. *No class: 10/7, 10/14, 11/11, 11/25.*

Diane Pavesic,		Senior Center In Central Park				
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT						
450866-5A	18 yrs +	M	10–11am	9/16–12/2	\$70	
450866-5B	18 yrs +	M	11:15am–12:15pm	9/16–12/2	\$70	

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. Drop ins: \$18/class. Bring a blanket, blocks (x2), yoga strap and mat. More info: info@hbpilates.com. *No class: 11/11, 12/21.*

HB Pilates & Fitness Inc.		Senior Center In Central Park				
450828-5A	16 yrs +	M	5:30–6:30pm	9/9–10/7	\$71	
450828-5B	16 yrs +	W	5–6pm	9/11–10/9	\$71	
450828-5C	16 yrs +	Sa	10–11am	9/14–10/12	\$71	
450828-5D	16 yrs +	M	5:30–6:30pm	10/14–11/4	\$59	
450828-5E	16 yrs +	W	5–6pm	10/16–11/13	\$71	
450828-5F	16 yrs +	Sa	10–11am	10/19–11/16	\$71	
450828-5G	16 yrs +	M	5:30–6:30pm	11/18–12/16	\$71	
450828-5H	16 yrs +	W	5–6pm	11/20–12/18	\$71	
450828-5I	16 yrs +	Sa	10–11am	11/23–12/14	\$59	

Yoga: Senior Center in Central Park

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. *No class: 10/10, 10/17, 11/28.*

Diane Pavesic,		Senior Center In Central Park				
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT						
450872-5A	18 yrs +	Th	10–11am	9/19–12/5	\$76	
450872-5B	18 yrs +	Th	11:10am–12:10pm	9/19–12/5	\$76	

Zumba Ages 6 to 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Ditch the workout! Join the party!

SockhopFitness		Senior Center In Central Park				
450813-5A	6–86 yrs	Tu	6–6:45pm	9/10–12/10	\$75	

SENIOR CENTER IN CENTRAL PARK

Zumba Gold Dance Fitness

The funnest class you'll ever take! Zumba Gold is the dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact, fun dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a great time to feel great! Drop-ins: \$15. *No class: 11/27.*

CS Dance Factory Senior Center In Central Park
450456-5A 18 yrs + W 9:15-10:15am 9/11-12/11 \$97

Zumba Gold & Toning

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances. *No class: 11/28.*

Marianne Grossman Senior Center In Central Park
450848-5A 18 yrs + Th 9-10am 9/19-12/12 \$78

Zumba Gold plus 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! *No class: 11/29.*

SockhopFitness Senior Center In Central Park
450860-5A 55 yrs + F 9-9:50am 9/20-12/13 \$75

Music

Guava Groove Ukulele

Guava Groove Ukulele is designed for intermediate to advanced ukulele players. Students will learn progressive strums, chords, tab, notation and theory. Requirements: (1) At least one year of Beginning Ukulele or equivalent knowledge. (2) Instructor approval to enroll.

Guava Groove Senior Center In Central Park
451004-5A 18 yrs + Tu 10:45-11:45am 9/10-10/15 \$65
451004-5B 18 yrs + Tu 10:45-11:45am 11/5-12/10 \$65

Ukulele Beginning

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove Ukulele Players will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 material fee due at first class.

Guava Groove Senior Center In Central Park
451003-5A 18 yrs + Tu 9:30-10:30am 9/10-10/15 \$65
451003-5B 18 yrs + Tu 9:30-10:30am 11/5-12/10 \$65

Recreational & Social

Behind the Classics

"Behind the Classics" presents educational talks and screenings of classic films from the 1930s to the late 1970s. Each class session of "Behind The Classics" will show a movie in its entirety and share the fascinating details of the film. Screenings are preceded by a 30-minute informative discussion about the film, which includes its origins, the script, casting, production, audience reaction, box office sales, and the legacy of the film. All presentations are augmented with stills in a PowerPoint presentation illustrating the details of the discussion.

Theodore Siegel Senior Center In Central Park
450627-5A Vertigo 16 yrs + M 5:30-8:30pm 9/9 \$16
450627-5B The Magnificent 7 16 yrs + M 5:30-8:30pm 10/14 \$16
450627-5C The Treasure of the Sierra Madre 16 yrs + M 5:30-8:30pm 11/4 \$16
450627-5D It's a Wonderful Life 16 yrs + M 5:30-8:30pm 12/9 \$16

Bridge Beginning

This year's last session. Learn this great game now. Attend bridge parties with your new friends. Information by end of session for you to understand basics of game so you can play party or contract bridge. Class includes weekly lesson plans, quizzes, actual play time. No partner required. All welcome.

Rita Spira Senior Center In Central Park
451102-5A 18 yrs + M 2-4pm 9/9-11/4 \$68
451102-5B 18 yrs + W 6:30-8:30pm 9/11-11/6 \$68

Bridge Intermediate

9 weeks in this session to improve your understanding of Scoring, Stayman, Jacoby Transfer, Negative Doubles, Pre-emptive bids, Over-Calls, Take Out Doubles, 2 Club convention, Michael's cue bid. Knowledge of basics is required. No partner required, bring one if you have one.

Rita Spira Senior Center In Central Park
451103-5A 18 yrs + Tu 3-5pm 9/10-11/5 \$68

Practice Bridge

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at the Senior Center on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must! *No class: 11/29*

Recreation Staff Senior Center In Central Park
451108-5A 18 yrs + F 12:30-4pm 9/13-12/13 \$20

Ward's Duplicate Bridge

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

Sr Center Volunteer Senior Center In Central Park
451107-5A 18 yrs + Tu 12:30-2:30pm 9/10-12/10 \$20

SENIOR CENTER IN CENTRAL PARK

Dinner Book Club

Have dinner and stimulating conversation with others who love good books. Please read 'The Lightkeeper's Daughter' by Hazel Gaynor before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. *Class meets 10/9, 11/13, 12/11 and 1/8.*

April Berg		Senior Center In Central Park				
451101-5A	18 yrs +	W	7-9pm	10/9-1/8		\$30

Technology

Aging in Place: New Technologies to Grow Old With

90 percent of seniors would like to stay in their home as they age. This idea of aging in place—staying independent where you already live, is possible with assistive technology that can help you live in your home with ease and safety. We explain the technologies that are available and what is in it for you to start using them.

Marga Dill		Senior Center In Central Park				
450624-5A	55 yrs +	M	11am-12:30pm	9/16		\$26

Beginning Computer

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

Sr Center Volunteer		Senior Center In Central Park				
450200-5A	18 yrs +	Tu	10am-12:30pm	10/8-10/29		\$15

Cutting the Cable

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

Marga Dill		Senior Center In Central Park				
450616-5A	55 yrs +	M	11am-12:30pm	9/9		\$26
450616-5B	55 yrs +	M	11am-12:30pm	11/18		\$26
450616-5C	55 yrs +	M	11am-12:30pm	12/9		\$26

Microsoft Word Essentials

Get started familiarizing with Tabs and associated Ribbons. Learn to text size Word document/internet articles/e-mail to make them more readable. Topics include creating Word documents, save, retrieve, edit, and delete document. By class end, with hands-on exercises you will learn the essential buttons commonly used to format your document, to paragraph align, to line space, select techniques, cut/copy/paste, spelling and grammar, use of the thesaurus, and more. Prerequisite: Basic computer skills a plus.

Sr Center Volunteer		Senior Center In Central Park				
450209-5A	18 yrs +	W	9am-12pm	10/9-10/30		\$15

Protect Your Personal Information Online

The best time to fight fraud is before it happens. Identity thieves are after your personal information, so what exactly is personal information and where do they look for it? How can we protect ourselves using all of our devices? We will also explain how to create strong passwords and tell you about the latest scams.

Marga Dill		Senior Center In Central Park				
450217-5A	55 yrs +	M	10am-12pm	9/23-9/30		\$54

Smartphones: Advanced

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together.

Marga Dill		Senior Center In Central Park				
450224-5A	55 yrs +	M	2:45-3:45pm	9/9-9/30		\$54

Smartphones: Beginners

This class is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

Marga Dill		Senior Center In Central Park				
450227-5A	55 yrs +	M	1:30-2:30pm	9/9-9/30		\$54

**Parks
Make
Life
Better!**

The City of Huntington Beach is pleased to offer a complete fall 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.



City Gym & Pool

Recreation swim:

All Ages:	Mon/Wed	6:30-8 pm
Adult Swim:	Mon/Wed	8-8:30 pm
Senior Swim:	Fri	1:30-3 pm

Need additional help or have questions?

Swim Level testing is available, but not required, to enroll in a swim class. Knowledgeable staff will be available at the City Gym & Pool to assist you with questions about aquatic programs, and help you enroll in the correct level.

Swim Level Testing:

Have your child tested for swim level placement on August 3 from 1-1:30 pm. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

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 aquatics 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.

Six 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.
- **Level 5 (LS 5):** Stroke Refinement: Must hold level 4 certificate or be able to perform at the equivalent skill level. Students refine their performance of all the strokes and increase their distance. Students will be introduced to sidestroke.
- **Level 6 (LS 6):** Skill Proficiency: Must hold level 5 certificate or be able to perform at the equivalent skill level. Students will improve performance in all strokes and will learn competitive techniques.
- **Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.
- **Adult Lessons:** Adults will improve swimming skills and learn new skills.

Fall 2019–City Gym Swim Schedule Fees: \$60 per 10-class session

All swim lessons are one half hour.

All classes held at the City Gym and Pool–1600 Palm Ave. *No classes: November 11.*

Time	Mon/Wed 9/9–10/9	Tues/Thurs 9/10–10/10	Mon/Wed 10/14–11/18	Tues/Thurs 10/15–11/14	Saturday 9/14–11/16
9:00am					PA L1- 472203-15 PA L2- 472204-24
9:30am	PA L1- 472203-00 PA L2- 472204-00	PA L2- 472204-05 PA L3- 472205-03	PA L1- 472203-09 PA L2- 472204-12	PA L2- 472204-17 PA L3- 472205-11	PA L2- 472204-25 PA L3- 472205-17
10:00am	PA L2- 472204-01 PA L3- 472205-00	PA L1- 472203-04 PA L2- 472204-06	PA L2- 472204-13 PA L3- 472205-07	PA L1- 472203-12 PA L2- 472204-18	PC L1- 472201-06
10:30am	PC L1- 472201-00	PC L1- 472201-01	PC L1- 472201-03	PC L1- 472201-04	PC L2- 472202-06
11:00am	PC L2- 472202-00	PC L2- 472202-01	PC L2- 472202-03	PC L2- 472202-04	PA L1- 472203-16 PA L2- 472204-26
11:30am		PA L1- 472203-05 PA L2- 472204-07		PA L1- 472203-13 PA L2- 472204-19	PA L2- 472204-27 PA L3- 472205-18
12:00pm		PA L2- 472204-08 PA L3- 472205-04		PA L2- 472204-20 PA L3- 472205-12	LS 1- 472206-04 LS 2- 472207-05
12:30pm					LS 3- 472208-05 LS 4- 472209-04
2:00pm	PA L1- 472203-01 PA L3- 472205-01	PA L1- 472203-06 PA L3- 472205-05	PA L1- 472203-10 PA L3- 472205-08	PA L1- 472203-14 PA L3- 472205-13	
2:30pm	PA L2- 472204-02 PA L3- 472205-02	PA L2- 472204-09 PA L3- 472205-06	PA L2- 472204-14 PA L3- 472205-09	PA L2- 472204-21 PA L3- 472205-14	
3:00pm	PA L1- 472203-02 PA L2- 472204-03	PA L1- 472203-07 PA L2- 472204-10	PA L2- 472204-15 PA L3- 472205-10	PA L2- 472204-22 PA L3- 472205-15	
3:30pm	LS 1- 472206-00	LS 1- 472206-01	LS 1- 472206-02	LS 1- 472206-03	
4:00pm	LS 2- 472207-00	LS 2- 472207-01	LS 2- 472207-03	LS 2- 472207-04	
4:30pm	LS 3- 472208-00	LS 2- 472207-02	LS 3- 472208-02	LS 3- 472208-03	
5:00pm	PA L1 - 472203-03 PA L2 - 472204-04	LS 3- 472208-01 LS 4- 472209-00	PA L1 - 472203-11 PA L2 - 472204-16	LS 3- 472208-04 LS 4- 472209-02	
5:30pm		LS 4- 472209-01		LS 4- 472209-03	
6:00pm		PC L1- 472201-02		PC L1- 472201-05	
6:30pm	Rec Swim \$2	PC L2- 472202-02	Rec Swim \$2	PC L2- 472202-05	
7:00pm		PA L1- 472203-08 PA L2- 472204-11		PA L2- 472204-23 PA L3- 472205-16	
7:30pm		472213-00 Exceptional Swim \$18		472213-01 Exceptional Swim \$18	
8:00pm	Adult Swim \$2 8-8:30pm	472212-00 Adult Lessons	Adult Swim \$2 8-8:30pm	472212-01 Adult Lessons	

Fall 2019–Private Swim Lessons

For students and parents who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week **Fridays**. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions. *No classes: November 11.*

Private lessons will be taught with 1 to 1 participant to instructor ratio.
Class Fee: \$80.

OR

Small Group lessons are also available with maximum 2 students per instructor.
Class Fee: \$90.

All Private Lessons Held at City Gym and Pool



Private Swim Schedule: Session 1

Fridays, 9/13–10/11

Class Number	Time	Age
472214-00	3:15pm	3yrs to Adult
472214-01	3:15pm	3yrs to Adult
472214-02	3:15pm	3yrs to Adult
472214-03	3:30pm	3yrs to Adult
472214-04	3:30pm	3yrs to Adult
472214-05	3:30pm	3yrs to Adult
472214-06	3:45pm	3yrs to Adult
472214-07	3:45pm	3yrs to Adult
472214-08	3:45pm	3yrs to Adult
472214-09	4:00pm	3yrs to Adult
472214-10	4:00pm	3yrs to Adult
472214-11	4:00pm	3yrs to Adult
472214-12	4:15pm	3yrs to Adult
472214-13	4:15pm	3yrs to Adult
472214-14	4:15pm	3yrs to Adult
472214-15	4:30pm	3yrs to Adult
472214-16	4:30pm	3yrs to Adult
472214-17	4:30pm	3yrs to Adult
472214-18	4:45pm	3yrs to Adult
472214-18	4:45pm	3yrs to Adult
472214-20	4:45pm	3yrs to Adult
472214-21	5:00pm	3yrs to Adult
472214-22	5:00pm	3yrs to Adult
472214-23	5:00pm	3yrs to Adult

Private Swim Schedule: Session 2

Fridays, 10/18– 11/15

Class Number	Time	Age
472214-24	3:15pm	3yrs to Adult
472214-25	3:15pm	3yrs to Adult
472214-26	3:15pm	3yrs to Adult
472214-27	3:30pm	3yrs to Adult
472214-28	3:30pm	3yrs to Adult
472214-29	3:30pm	3yrs to Adult
472214-30	3:45pm	3yrs to Adult
472214-31	3:45pm	3yrs to Adult
472214-32	3:45pm	3yrs to Adult
472214-33	4:00pm	3yrs to Adult
472214-34	4:00pm	3yrs to Adult
472214-35	4:00pm	3yrs to Adult
472214-36	4:15pm	3yrs to Adult
472214-37	4:15pm	3yrs to Adult
472214-38	4:15pm	3yrs to Adult
472214-39	4:30pm	3yrs to Adult
472214-40	4:30pm	3yrs to Adult
472214-41	4:30pm	3yrs to Adult
472214-42	4:45pm	3yrs to Adult
472214-43	4:45pm	3yrs to Adult
472214-44	4:45pm	3yrs to Adult
472214-45	5:00pm	3yrs to Adult
472214-46	5:00pm	3yrs to Adult
472214-47	5:00pm	3yrs to Adult

Private Swim Schedule: Session 3 (3 classes for \$48)

Fridays, 12/6 – 12/20

Class Number	Time	Age
472214-48	3:15pm	3yrs to Adult
472214-49	3:15pm	3yrs to Adult
472214-50	3:15pm	3yrs to Adult
472214-51	3:30pm	3yrs to Adult
472214-52	3:30pm	3yrs to Adult
472214-53	3:30pm	3yrs to Adult
472214-54	3:45pm	3yrs to Adult
472214-55	3:45pm	3yrs to Adult
472214-56	3:45pm	3yrs to Adult
472214-57	4:00pm	3yrs to Adult
472214-58	4:00pm	3yrs to Adult
472214-59	4:00pm	3yrs to Adult
472214-60	4:15pm	3yrs to Adult
472214-61	4:15pm	3yrs to Adult
472214-62	4:15pm	3yrs to Adult
472214-63	4:30pm	3yrs to Adult
472214-64	4:30pm	3yrs to Adult
472214-65	4:30pm	3yrs to Adult
472214-66	4:45pm	3yrs to Adult
472214-67	4:45pm	3yrs to Adult
472214-68	4:45pm	3yrs to Adult
472214-69	5:00pm	3yrs to Adult
472214-70	5:00pm	3yrs to Adult
472214-71	5:00pm	3yrs to Adult

TENNIS

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. Material fee: One unopened can of new tennis balls to first class meeting. ***20% off the second day of the week for students registering for two days per week and 30% off the third day for students registering for three days per week.**

Tennis Anyone Inc. Murdy Community Center

482501-1A	3-6 yrs	Tu	4:15-5pm	9/17-10/8	\$69
482501-1B	3-6 yrs	Tu	4:15-5pm	10/15-11/5	\$69
482501-1C	3-6 yrs	Tu	4:15-5pm	11/12-12/17	\$104

Tennis Anyone Inc. Marina Park

482501-1D	3-6 yrs	M	4:15-5pm	9/16 - 10/7	\$69
482501-1E	3-6 yrs	M	4:15-5pm	10/14-11/4	\$69
482501-1F	3-6 yrs	M	4:15-5pm	11/11 - 12/16	\$104

Tennis Anyone Inc. Edison Community Center

482501-2A	3-6 yrs	M	4:15-5pm	9/16-10/7	\$69
482501-2B	3-6 yrs	W	4:15-5pm	9/18-10/9	\$69
482501-2C	3-6 yrs	Sa	8:15-9am	9/21-10/12	\$69
482501-2D	3-6 yrs	M	4:15-5pm	10/14-11/4	\$69
482501-2E	3-6 yrs	W	4:15-5pm	10/16-11/6	\$69
482501-2F	3-6 yrs	Sa	8:15-9am	10/19-11/9	\$69
482501-2G	3-6 yrs	M	4:15-5pm	11/11-12/16	\$104
482501-2H	3-6 yrs	W	4:15-5pm	11/13-12/18	\$104
482501-2I	3-6 yrs	Sa	8:15-9am	11/16-12/21	\$104

Junior Tennis Academy: Beginning 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. Material fee: One unopened can of new tennis balls to first class meeting. Students may register for multiple days per week at a discount: ***20% off the second day of the week for students registering for two days per week and 30% off the third day for students registering for three days per week. No class: 10/31.**

Tennis Anyone Inc. Murdy Community Center

482510-1A	7-13 yrs	Tu	5-6pm	9/17-10/8	\$69
482510-1B	7-13 yrs	Tu	5-6pm	10/15-11/5	\$69
482510-1C	7-13 yrs	Tu	5-6pm	11/12-12/17	\$104
482510-1D	7-13 yrs	W	5-6pm	9/18-10/9	\$69
482510-1E	7-13 yrs	W	5-6pm	10/16-11/6	\$69
482510-1F	7-13 yrs	W	5-6pm	11/13-12/18	\$104

Tennis Anyone Inc. Marina Park

482510-1G	7-13 yrs	M	5-6pm	9/16-10/7	\$69
482510-1H	7-13 yrs	M	5-6pm	10/14-11/4	\$69
482510-1I	7-13 yrs	M	5-6pm	11/11-12/16	\$104

Tennis Anyone Inc. Edison Community Center

482510-2A	7-13 yrs	M	5-6pm	9/16-10/7	\$69
482510-2B	7-13 yrs	W	5-6pm	9/18-10/9	\$69
482510-2C	7-13 yrs	Sa	9-10am	9/21-10/12	\$69
482510-2D	7-13 yrs	M	5-6pm	10/14-11/11	\$69
482510-2E	7-13 yrs	W	5-6pm	10/16-11/13	\$69
482510-2F	7-13 yrs	Sa	9-10am	10/19-11/16	\$69
482510-2G	7-13 yrs	M	5-6pm	11/18-12/16	\$104
482510-2H	7-13 yrs	W	5-6pm	11/13-12/18	\$104
482510-2I	7-13 yrs	Sa	9-10am	11/16-12/21	\$104

Sign up for multiple days and receive a discount!

20% off

the second day of the week for students registering for two days per week

30% off

the third day of the week for students registering for three days per week

EDISON COMMUNITY PARK
MARINA PARK
MURDY COMMUNITY PARK

21377 Magnolia Street
5562 Cross Drive
7000 Norma Drive

Students need to provide their own racquets each class.



For questions or more information, call 909-625-2060.

**Tennis Rain
Hot Line
909-625-2060**

Junior Tennis Academy: Intermediate to Advanced

The Junior Tennis Academy-Intermediate to Advanced 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 racquet. Material fee: One unopened can of new tennis balls to first class meeting. ***20% off the second day of the week for students registering for two days per week and 30% off the third day for students registering for three days per week.**

Tennis Anyone Inc.		Murdy Community Center		
482520-1A	7-17 yrs Tu	6-7:30pm	9/17-10/8	\$83
482520-1B	7-17 yrs Tu	6-7:30pm	10/15-11/5	\$83
482520-1C	7-17 yrs Tu	6-7:30pm	11/12-12/17	\$125
482520-1D	7-17 yrs W	6-7:30pm	9/18-10/9	\$83
482520-1E	7-17 yrs W	6-7:30pm	10/16-11/6	\$83
482520-1F	7-17 yrs W	6-7:30pm	11/13-12/18	\$125

Tennis Anyone Inc.		Marina Park		
482520-1G	7-17 yrs M	6-7:30pm	9/16-10/7	\$83
482520-1H	7-17 yrs M	6-7:30pm	10/14-11/4	\$83
482520-1I	7-17 yrs M	6-7:30pm	11/11-12/16	\$125

Tennis Anyone Inc.		Edison Community Center		
482520-2A	7-17 yrs M	6-7:30pm	9/16-10/7	\$83
482520-2B	7-17 yrs W	6-7:30pm	9/18-10/9	\$83
482520-2C	7-17 yrs M	6-7:30pm	10/14-11/4	\$83
482520-2D	7-17 yrs W	6-7:30pm	10/16-11/6	\$83
482520-2E	7-17 yrs M	6-7:30pm	11/11-12/16	\$125
482520-2F	7-17 yrs W	6-7:30pm	11/13-12/18	\$125



Junior Tennis Academy: Tournament Ready

The Junior Tennis Tournament Academy 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. Students will need to provide their own racquet. Material fee: One unopened can of new tennis balls to first class meeting. ***20% off the second day of the week for students registering for two days per week.**

Tennis Anyone Inc.		Murdy Community Center		
482521-1A	7-17 yrs W	7:30-9pm	9/18-10/9	\$89
482521-1B	7-17 yrs W	7:30-9pm	10/16-11/6	\$89
482521-1C	7-17 yrs W	7:30-9pm	11/13-12/18	\$155

Tennis Anyone Inc.		Edison Community Center		
482521-2A	7-17 yrs M	7:30-9pm	9/16-10/7	\$89
482521-2B	7-17 yrs M	7:30-9pm	10/14-11/4	\$89
482521-2C	7-17 yrs M	7:30-9pm	11/11-12/16	\$134

Junior 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: 11/29.*

Tennis Anyone Inc.		Murdy Community Center		
482708-1A	7-17 yrs F	5:30-7:30pm	9/20-10/11	\$79
482708-1B	7-17 yrs F	5:30-7:30pm	10/18-11/8	\$79
482708-1C	7-17 yrs F	5:30-7:30pm	11/15-12/20	\$99

Junior 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	9/28	\$35

Semi-Private Lessons: Youth Beginning to Intermediate

These groups are for two-to-four students, ages 7 to 17, 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. Students may register for multiple days per week at a discount: two days for \$191. Students must call in at least 48 hours in advance to schedule a makeup lesson. To schedule a makeup lesson please call 909-625-2060. *No class: 10/31, 11/28.*

Tennis Anyone		Murdy Community Center		
482609-1A	7-17 yrs Th	4:30-5:30pm	9/19-10/10	\$114
482609-1B	7-17 yrs Th	4:30-5:30pm	10/17-11/7	\$85
482609-1C	7-17 yrs Th	4:30-5:30pm	11/14-12/19	\$143

TENNIS

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. Material fee: One unopened can of new tennis balls to first class meeting. ***20% off the second day of the week for students registering for two days per week.** No class: 10/31, 11/28.

Tennis Anyone		Murdy Community Center				
482602-1A	7-17 yrs	W	4-5pm	9/18-10/9	\$114	
482602-1B	7-17 yrs	W	4-5pm	10/16-11/6	\$114	
482602-1C	7-17 yrs	W	4-5pm	11/13-12/18	\$171	
482602-1D	7-17 yrs	Th	5:30-6:30pm	9/19-10/10	\$114	
482602-1E	7-17 yrs	Th	5:30-6:30pm	10/17-11/7	\$86	
482602-1F	7-17 yrs	Th	5:30-6:30pm	11/14-12/19	\$143	
482602-1H	7-17 yrs	Th	6:30-7:30pm	10/17-11/7	\$86	
482602-1G	7-17 yrs	Th	6:30-7:30pm	9/19-10/10	\$114	
482602-1I	7-17 yrs	Th	6:30-7:30pm	11/14-12/19	\$143	

Tennis Anyone		Edison Community Center				
482602-2A	7-17 yrs	Sa	10-11am	9/21-10/12	\$114	
482602-2B	7-17 yrs	Sa	10-11am	10/19-11/9	\$114	
482602-2C	7-17 yrs	Sa	10-11am	11/16-12/21	\$171	

Semi-Private Lessons: Adult Beginning

These groups are for two-to-four students, ages 16 and older, 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. Students will need to provide their own racquet. ***20% off the second day of the week for students registering for two days per week.** No class: 10/31.

Tennis Anyone		Murdy Community Center				
482800-1A	16 yrs +	Th	6:30-7:30pm	9/19-10/10	\$109	
482800-1B	16 yrs +	Th	6:30-7:30pm	10/17-11/7	\$82	
482800-1C	16 yrs +	Th	6:30-7:30pm	11/14-12/19	\$136	

Tennis Anyone		Marina Park				
482800-1D	16 yrs +	M	7:30-8:30pm	9/16-10/7	\$109	
482800-1E	16 yrs +	M	7:30-8:30pm	10/14-11/4	\$109	
482800-1F	16 yrs +	M	7:30-8:30pm	11/11-12/16	164	

Tennis Anyone		Edison Community Center				
482800-2A	16 yrs +	W	7:30-8:30pm	9/18-10/9	\$109	
482800-2B	16 yrs +	Sa	11am-12pm	9/21-10/12	\$109	
482800-2C	16 yrs +	W	7:30-8:30pm	10/16-11/6	\$109	
482800-2D	16 yrs +	Sa	11am-12pm	10/19-11/9	\$109	
482800-2E	16 yrs +	W	7:30-8:30pm	11/13-12/18	\$164	
482800-2F	16 yrs +	Sa	11am-12pm	11/16-12/21	\$164	

Adult 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. Material fee: One unopened can of new tennis balls to first class meeting. ***20% off the second day of the week for students registering for two days per week.** No class: 11/28, 10/31.

Tennis Anyone Inc.		Murdy Community Center				
482710-1A	16 yrs +	Tu	7:30-8:45pm	9/17-10/8	\$69	
482710-1B	16 yrs +	Tu	7:30-8:45pm	10/15-11/5	\$69	
482710-1C	16 yrs +	Tu	7:30-8:45pm	11/12-12/17	\$104	
482710-1D	16 yrs +	Th	7:30-8:45pm	9/19-10/10	\$69	
482710-1E	16 yrs +	Th	7:30-8:45pm	10/17-11/7	\$69	
482710-1F	16 yrs +	Th	7:30-8:45pm	11/14-12/19	\$104	

Head Pro Private Lessons

Private lesson students enjoy a one-on-one tennis experience, where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. Students can talk directly to Tennis Anyone coach to set up a time, or call Tennis Anyone at 909-625-2060.

Tennis Anyone		Murdy Community Center				
482902-1A	3 yrs +	2 hour session	TBD	9/16-10/13	\$120	
482902-1B	3 yrs +	2 hour session	TBD	10/14-11/10	\$120	
482902-1C	3 yrs +	2 hour session	TBD	11/11-12/22	\$120	
482902-1D	3 yrs +	4 hour session	TBD	9/16-10/13	\$240	
482902-1E	3 yrs +	4 hour session	TBD	10/14-11/10	\$240	
482902-1F	3 yrs +	4 hour session	TBD	11/11-12/22	\$240	



Pickleball: Youth Beginning

Youth Classes have finally arrived! This class is for youth interested in learning pickleball. The class is designed to focus on the introduction and fundamentals of the sport. With emphasis on the safety, rules, etiquette, ball control and placement. We will be practicing the serve, forehand, backhand, and volleys. Emphasizing "fun" in the fundamentals! Paddles and balls are provided. Flat outdoor pickleball court specific footwear are recommended.

Diana Abruscato, IPTPA **Worthy Park**
441361-5A 10–16 yrs Fri 5:30–6:30pm 11/15–12/13 \$60

Pickleball: Adult Beginning

These Pickleball classes are for anyone with little or no experience playing pickleball. Basic skills will be introduced: safety, etiquette, rules, scoring, underhand serve, forehand, backhand, volley, overhead shots, and basic strategies. Once you have completed these courses, you will understand how to play Pickleball and can participate comfortably in beginning/intermediate games. The nets, paddles and balls are provided. Flat tennis court specific footwear is recommended.

Diana Abruscato, IPTPA **Worthy Park**
451396-5A 14 yrs + Tu 6–8pm 9/24–10/22 \$129

Pickleball: Adult Intermediate

Instruction for those who have taken Adult Beginning Pickleball Class. If you already play, this drill-based class is the next step to improve your game. Instruction provides an opportunity to hone in on rules and strategies. Designed to improve skills, and successful execution of court movement, court positioning, consistency of ball placement, serves, forehands, and backhands. *No class: 11/7, 11/28.*

Diana Abruscato, IPTPA **Worthy Park**
450809-5A 14 yrs + Th 6–8pm 10/24–12/5 \$126

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. Flat outdoor pickleball court specific footwear are recommended. More info: (714) 315-0922 or dtabruscato@gmail.com.

Diana Abruscato, IPTPA **Worthy Park**
451328-5A 14 yrs + Th 6–8pm 10/3–10/17 \$79

Pickleball: Adult Drop-ins – Beginning/Intermediate/Advanced

Calling all players! This time is set aside for players who want to enhance their skills and increase game consistency by executing repetitive drills. We repeat the same drill over and over to create a habitual memory to increase consistency. Instruction is focused on repetition on low percentage shots, and to help you improve a variety of areas of the game. Prepare to exercise and extend your range of play. Flat non marking court specific footwear is recommended. The nets, paddles and balls are provided. Let's have some fun! Must pay for each individual 1 hour session separately. Must register prior to beginning of class.

Diana Abruscato, IPTPA **Worthy Park**
451324-5A 16 yrs + M 5–6pm 11/18 \$23
451324-5B 16 yrs + M 5–6pm 12/9 \$23
451324-5C 16 yrs + Th 5–6pm 10/10 \$23

Pickleball: Private Instruction

This tailored instruction works around your schedule and focuses on your specific pickleball goals. One-on-one instruction is designed to develop and enhance your skills and abilities at your own pace. Coaching goals will be a balanced approach by fine tuning mechanics and formulating game plans. For any level player inspired to learn or improve specific skills. For nets, paddles and registration information, call/text instructor Diana Abruscato at 714-315-0922 or dtabruscato@gmail.com. Maximum of one participants per sign up. *No class: 11/11, 11/28, 11/29.*

Diana Abruscato, IPTPA **Worthy Park**
451325-5A 14 yrs + 1 hour TBD 9/9–12/20 \$50
451325-5B 14 yrs + 2 hours TBD 9/9–12/20 \$100
451325-5C 14 yrs + 3 hours TBD 9/9–12/20 \$140

Pickleball: Semi-Private Beginning/Intermediate

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.

Diana Abruscato, IPTPA **Worthy Park**
451322-5A 14 yrs + Tu 4–5:30pm 9/24–10/22 \$158

Directory

R = indicates facilities are available for rent.

Recreation & Community Services

Community Services Department

2000 Main Street, Fifth Floor 714-536-5486

Director of Community Services: Marie Knight

Community Services Manager: Chris Slama

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	Monday–Thursday.... 9 a.m.–9 p.m.
	Friday 9 a.m.–8 p.m.
	Saturday 9 a.m.–12:30 p.m.

Arts & Cultural Services

Huntington Beach Art Center *R*

538 Main Street 714-374-1650

Senior Supervisor: Kate Hoffman

Administrative Hours Monday–Friday .. 8:30 a.m.–5:30 p.m.

Art Center Hours	Tuesday–Thursday..... 12–8 p.m.
	Friday 12–6 p.m.
	Saturday 12–5 p.m.

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 17–August 16) ..	714-842-7442
Adventure Playground (Off season)	714-536-5486
Batting Cages	714-375-3960
Rain & Field Condition Hotline	714-375-5164
Field Rentals	714-536-5230
Rain Hotline.....	714-375-5164

Beach Camping & Parking

Lifeguard Headquarters

103 Pacific Coast Highway 714-536-5281

Supervisor: Dottie Sheldon

Beach Camping	714-536-5286
Bolsa Chica State Beach	714-846-3460
Magnolia State Beach	714-536-1454

Senior Services

Senior Center in Central Park *R*

18041 Goldenwest Street 714-536-5600

Senior Supervisor: Randy Pesqueira

Supervisor: Kristin Martinez

Senior Center in Central Park Hours	Monday–Thursday... 8 a.m.–8:30 p.m.
	Friday 8 a.m.–5 p.m.
	Saturday 8 a.m.–1 p.m.

Hoag Wellness Pavilion	714-374-1578
Transportation	714-374-1742
Huntington Beach Council on Aging	714-374-1524
SeniorServ Office	714-375-8404

Social Services Provided:

- Care management
- Home-delivered meals
- Transportation (Surf City Seniors on the Go!)

Huntington Beach Central Park

Central Park Amenities

Disc Golf Course.....	714-931-4559
Equestrian Center	714-848-6565
Concessions (Kathy May's Lakeside Café)	714-842-7700
Concessions (The Park Bench Café).....	714-842-0775
HB Concert Band.....	714-891-6856
ShIPLEY Nature Center	714-842-4772

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: HBCCommunityGarden@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 p.m. to 4 p.m., except holidays and rainy days.

- More information: hbnews.us/nwhouse.html

International Surfing Museum

The International Surfing Museum plays host to this international monument to surfing, featuring exhibits on the culture and sport of surf, and a summer concert series.

- More information: surfingmuseum.org

Shipleigh Nature Center

The Shipleigh 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 vermicomposting 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

Registration

Fall class registration begins August 6 at 9 a.m.

City of Huntington Beach

2000 Main Street, Fifth Floor
Huntington Beach, CA 92648
714-536-5486 Telephone
714-374-1654 Fax
hbcommunityservices@surfcity-hb.org



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, 7 days a week.

2 In person Visit your local Huntington Beach Community Center or City Hall to fill out a registration form and sign up for your program or event. Only available during facility hours.

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 or credit card only. Priority given to online and in-person 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 92649-2702.
- \$30 will be charged for returned checks. Improperly submitted registrations will not be processed.

ADULT/GUARDIAN

First Name		Last Name	
Address			
City		State	Zip
Email		Primary Phone	Cell Phone

PARTICIPANT'S NAME	DATE OF BIRTH	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
GRAND TOTAL					

PAYMENT INFORMATION

Name as it appears on card:

Credit Card Type: MasterCard  Visa  Discover  Total: \$

Credit Card Number:

Expiration: / CCV: (3 or 4 digit code on back of card)

Mandatory Signature: Date: Receipt Number:

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.

Photo Release

Registration constitutes permission or 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.

Withdrawal And 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.



OCTOBER 4-6, 2019

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WWW.PACIFICAIRSHOW.COM/FAQ

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31st Annual Senior Saturday COMMUNITY FESTIVAL

Saturday, September 7 • 9 a.m. – 1 p.m. • Free Event • Huntington Beach Pier Plaza

Join us for a morning of fun as approximately 75 sponsor booths offer product information and services geared toward Baby Boomers as well as the older adult population. This is an excellent opportunity for Boomers, seniors, and their families to spend a Saturday by the Pier while gathering pertinent information amid a festive atmosphere.

In addition to the sponsor booths, there will be a \$2 breakfast and \$2 lunch, giveaways, health information, and free entertainment throughout the day. Pier Plaza is located adjacent to the Huntington Beach Pier at the intersection of Main Street and Pacific Coast Highway. Free shuttle service to the event is available from the **Senior Center in Central Park** (18041 Goldenwest Street).

The **Huntington Beach Council on Aging** is a non-profit organization that supports programs and services for Huntington Beach Seniors through the Senior Center in Central Park.

Bring your family and friends for a fun-filled morning!



For more information, please call the Senior Center in Central Park at 714-536-5600.



Community Services
2000 Main Street
Huntington Beach, CA 92648

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Hoag Medical Group Pediatrics

Join Us for a Pediatrics Meet & Greet

Tuesday, August 6th | 5:30 – 7 p.m.

- Meet our pediatricians
- Learn about our practice
- Tour the office
- Enjoy refreshments and a gift from HMG

Reservations are required
for this complimentary event.
Call 714-477-8001.

Meet our Pediatricians:



Jennifer Birkhauser, MD



Ronald Cornelsen, 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 available at Tustin Legacy location
- Including access to 11 Hoag Urgent Care locations



Hoag Medical Group Pediatrics
19582 Beach Boulevard
Suite 350
Huntington Beach, CA 92648
714-477-8001

