

# TEEN/ADULT

## AQUATIC FITNESS

FOR SPECIFIC AQUATIC FITNESS START/END DATES,  
CALL THE CITY GYM & POOL AT 714-960-8884.

### 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](mailto:aquatonefitness@aol.com). No Class Date: May-28.

**Dawnette Lowry**

**City Gym & Pool**

Monday, Wednesday & Saturday 7:00 - 8am  
\*Tuesday & Thursday 7 - 8 am  
\*\*Tuesday, Thursday & Friday 8:20 - 9:20 am

	APRIL	MAY	JUNE
M	250808-3A \$43	250808-3B \$29	250808-3C \$36
W	250808-3D \$36	250808-3E \$43	250808-3F \$36
F	250808-3G \$36	250808-3H \$36	250808-3I \$43
Sa	250808-3J \$36	250808-3K \$36	250808-3L \$43
M,W	250808-3M \$73	250808-3N \$66	250808-3O \$66
Tu,Th*	250808-3P \$66	250808-3Q \$81	250808-3R \$66
Tu,Th**	250808-3S \$66	250808-3T \$81	250808-3U \$66

### 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](mailto:aquatonefitness@aol.com). No Class Date: May-28.

**Dawnette Lowry**

**City Gym & Pool**

Monday & Wednesday 8:15 - 9:25am  
Friday 6:45 - 8 am

	APRIL	MAY	JUNE
M	250802-3A \$53	250802-3B \$34	250802-3C \$44
W	250802-3D \$44	250802-3E \$53	250802-3F \$44
F	250802-3G \$44	250802-3H \$44	250802-3I \$53
M,W	250802-3J \$91	250802-3K \$81	250802-3L \$76



Parks & Recreation  
Enhance Opportunities  
to Play

### 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 Date: May-28.

**Debra Thurn**

**City Gym & Pool**

Monday, Wednesday & Friday 12:15 - 1:15 pm  
Tuesday & Thursday 12:30 - 1:30 pm

	APRIL	MAY	JUNE
M,W,F	250800-3A \$84	250800-3B \$84	250800-3C \$84
Tu,Th	250800-3D \$58	250800-3E \$58	250800-3F \$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 Date: May-28.

**Debra Thurn & Jamie Fowler**

**City Gym & Pool**

Monday & Wednesday 1:15-2pm  
Friday 11am-12pm

	APRIL	MAY	JUNE
M,W	250805-3A \$70	250805-3B \$70	250805-3C \$70
F	250805-3D \$45	250805-3E \$45	250805-3F \$45

### 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](mailto:aquatonefitness@aol.com). No Class Date: May-28.

**Dawnette Lowry**

**City Gym & Pool**

Monday, Wednesday & Friday 5:25-6:25pm

	APRIL	MAY	JUNE
M	250804-3A \$43	250804-3B \$29	250804-3C \$36
W	250804-3D \$36	250804-3E \$43	250804-3F \$36
F	250804-3G \$36	250804-3H \$36	250804-3I \$43
M,W	250804-3J \$73	250804-3K \$66	250804-3L \$66
M,W,F	250804-3M \$103	250804-3N \$96	250804-3O \$103

### AQUA TONE FITNESS: H<sub>2</sub>O BOOTCAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Date: May-28.

**Dawnette Lowry**

**City Gym & Pool**

Friday 9:30-10:15am

	APRIL	MAY	JUNE
F	250821-3A \$36	250821-3B \$36	250821-3 \$43



## DRAWING & PAINTING 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**  
**250103-4A** 12 yrs + Tu 2:45-4:15pm 3/27-4/17 \$85/77  
**250103-4B** 12 yrs + Tu 2:45-4:15pm 5/1-5/22 \$85/77

## 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. *Class meets 4/11, 4/25, 5/9, 5/23, 6/13.*

**Senior Center Volunteer** **Senior Center in Central Park**  
**250113-5A** 18 yrs + W 10:30-11:30am 4/11-6/13 \$6

## PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

**Marilyn Oropeza** **Senior Center in Central Park**  
**250115-5A** 18 yrs + Tu 8:30-11:30am 3/27-5/1 \$35  
**250115-5B** 18 yrs + Tu 8:30-11:30am 5/8-6/12 \$35

## WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list provided on first day of class.

**Diane Merrill** **HB Art Center**  
**250116-4A** 18 yrs + Tu 9:30am-12:30pm 3/27-4/24 \$96/87  
**250116-4B** 18 yrs + Tu 9:30am-12:30pm 5/8-6/5 \$96/87

## 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. *Class Meets: Apr-4, Apr-18, May-2, May-16, June-6, June-20.*

**Senior Center Volunteer** **Senior Center in Central Park**  
**250120-5A** 18 yrs + W 10:30-11:30am 4/4-6/20 \$6

## INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation-based painting. Instruction will be given on preparation of materials, painting process, composition, and technique. The smaller class size and extended hours are meant to prioritize one-on-one instruction.

**Jose Loza** **HB Art Center**  
**250135-4A** 15 yrs + Sa 1-4pm 3/31-4/28 \$186/168

## CALIFORNIA STYLE WATERCOLOR

Revisit the classic style of the California watercolor movement of the 1930's to 50's. Explore the fast, spontaneous, and loose style of the master Plein Air artists such as Rex Brandt, Phil Dyke, and Milford Zornes. Focus on iconic classic California subject matter such as seascapes, beach life, and rustic landscapes. This class is not recommended for beginners.

**Eileen McCullough** **HB Art Center**  
**250137-4A** 18 yrs + Th 9:30am-12:30pm 4/12-5/31 \$156/141



**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

## Events Spring 2018

### Creative Visions

The 12th annual student art show will feature work by local Huntington Beach student artists in grades K-12 from the Huntington Beach City School District, the Huntington Beach Union High School District, and the Ocean View School District. Both visual and performing arts are included.

- Exhibition: March 23 - April 14, 2018
- Opening Reception: Friday, March 23, 5-10pm
- Closing Reception: Friday, April 13, 5-8pm
- Art for Lunch: Thursday, April 5, 11:30am-1:30pm

### Spring Exhibition

The Art Center is presenting *The Power of Pigment: A Celebration of Color*, an exhibition of artists exploring the impact of color in abstract painting and on the growth of modern and contemporary art.

- Exhibition: April 28 - June 16, 2018
- Patron and Member Preview: Saturday, May 5, 5:30-6:30pm
- Public Reception: Saturday, May 5, 6:30-9pm
- Panel Discussion: Saturday, May 5, 7:30pm
- Art for Lunch: Thursday, May 17, 11:30am-1:30pm

### Art Center Hours

Tuesday – Thursday, 12:00 – 8:00 pm  
 Friday, 12:00 – 6:00 pm  
 Saturday, 12:00 – 5:00 pm



## MOSAIC ART

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on a framed wood substrate. \$25 materials fee due at first class.

**Anne Marie Price**

**HB Art Center**

**250141-4A** 13 yrs + F 3:30-5:30pm 3/30-4/27 \$125/113  
**250141-4B** 13 yrs + F 3:30-5:30pm 5/11-6/8 \$125/113

## 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**

**250149-5A** 18 yrs + Tu 11:30am-2:45pm 3/27-5/1 \$35  
**250149-5B** 18 yrs + Tu 11:30am-2:45pm 5/8-6/12 \$35

## 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 or observation. The smaller class size and extended hours are meant to prioritize one-on-one instruction.

**Jose Loza**

**HB Art Center**

**250152-4A** 15 yrs + Sa 1-4pm 5/12-6/9 \$186/168

## DRAWING & RENDERING

Take your drawings to the next level! In this workshop students will explore classical and non-traditional drawing methods with a focus on improving the student's ability to draw from observation. Instruction will be given using a variety of materials; all levels of experience are welcome. Materials required.

**Laura Black**

**HB Art Center**

**250154-4A** 12 yrs + Tu 6-7:30pm 3/27-5/29 \$126/114

## FOUR SIMPLE STEPS TO BETTER PAINTING

This class is designed to take beginner and intermediate students through a process of learning to "see like a painter." Once you learn to see you are ready to paint. There are four core principles that, once learned, will unlock the creative genius in you! All painting mediums are acceptable.

**Carlo Chappy Valente**

**HB Art Center**

**250162-4A** 13 yrs + Th 5:30-7:45pm 3/29-4/26 \$86/78  
**250162-4B** 13 yrs + Th 5:30-7:45pm 5/10-6/7 \$86/78

## TRADITIONAL HAWAIIAN APPLIQUE/QUILTING PILLOW

Learn the traditional Hawaiian method to applique and quilt a pillow using a needle, thread, and just our hands and fingers. We will create a beautiful Hawaiian design pillow. It's easy, portable, and fun. All you need to know to begin is how to thread a needle.

**Senior Center Volunteer**

**Senior Center in Central Park**

**250165-5A** 18 yrs + W 3-4pm 3/28-5/30 \$6

## ASIAN BRUSH PAINTING

Bamboo brush ink/watercolor on "rice papers" introduced in cultural context. Classical styles, seasonal topics match student ability/interest: flowers/fruit, small creatures, fish, and landscape. Step-by-step group instruction, and individual practice. Developmental workshop student-centered for beginners and those continuing. Join either or both four-week sessions, or drop-in a day. Instructor helps select supplies.

**Dorothy Yim**

**HB Art Center**

**250174-4A** 13 yrs + Sa 9:30am-12:30pm 4/7-4/28 \$70/63  
**250174-4B** 13 yrs + Sa 9:30am-12:30pm 5/12-6/2 \$70/63  
**Walk-In** \$20

## PAINTING WORKSHOP

Painting Workshop class will include how to use a photo reference image, composition, cropping, how to transfer an image to the canvas, how to project an image using a projector, underpainting, color mixing, color harmonies, compliments in color, glazing, and framing. Bring 2 images on photo paper to first class. We will complete one painting in the 5 week course.

**Gia Moody**

**HB Art Center**

**250177-4A** 13 yrs + W 6-7:30pm 3/28-4/25 \$106/96  
**250177-4B** 13 yrs + W 6-7:30pm 5/2-5/30 \$106/96

## BEGINNING DIGITAL PHOTOGRAPHY

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

**Rudy Poe Inc**

**HB Art Center**

**250109-4A** 13 yrs + F 4:15-5:45pm 4/13-5/11 \$76/69

## INTERMEDIATE DIGITAL PHOTOGRAPHY

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept, and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

**Rudy Poe Inc**

**HB Art Center**

**250110-4A** 13 yrs + F 2:30-4pm 4/13-5/11 \$76/69

## ADVANCED DIGITAL PHOTOGRAPHY

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

**Rudy Poe Inc**

**HB Art Center**

**250136-4A** 13 yrs + F 12:30-2pm 4/13-5/11 \$76/69

## INTRO TO DOCUMENTARY FILMMAKING

This two-hour workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This workshop is a general overview of production and storytelling techniques, from start to finish including development, research, writing, production, editing, and finishing. The class is taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

**Rudy Poe Inc** **HB Art Center**  
250159-4A 13 yrs + Sa 12:30-2:30pm 4/7 \$36/30

## DOCUMENTARY FILMMAKING: CONCEPTUALIZING & WRITING

The first step in making a documentary is figuring out what story you want to tell. This two-hour workshop focuses on this initial process that is the foundation of your film. Whether you're interested in making a traditional documentary, an educational film, or a promotional film for your company, this workshop will help you craft your story.

**Rudy Poe Inc** **HB Art Center**  
250167-4A 13 yrs + Sa 2:45-4:45pm 4/7 \$36/30

## DOCUMENTARY FILMMAKING: SHOOTING INTERVIEWS

Shooting quality interviews is crucial to producing a professional documentary-style film. Emmy Award winning documentarian Rudy Poe shares with you the tricks of the trade and how best to prepare, shoot, and edit a professional quality video interview.

**Rudy Poe Inc** **HB Art Center**  
250160-4A 13 yrs + Sa 12:30-2:30pm 4/21 \$36/30

## DOCUMENTARY FILMMAKING: EDITING

It is said that documentaries are made in editing. Once you've shot your footage, it's time to weave it all together into a cohesive story. Emmy Award winning documentarian Rudy Poe will walk you through the various approaches to the editing process for documentary films. This workshop is not a technical class about how to edit but rather focuses on the conceptual, storytelling process that can be applied to whatever editing system you use from iMovie to professional editing systems.

**Rudy Poe Inc** **HB Art Center**  
250168-4A 13 yrs + Sa 2:45-4:45pm 4/21 \$36/30

## THROUGH THE LENS: HOW TO SEE

Whether you're interested in photography or image creation of any kind, this class will help you better express yourself and tell stories with the images you create. This is not a technical workshop so whether you have a cell phone camera or a DSLR, the workshop is designed to increase your visual awareness and help you capture interesting, thought provoking images. Exercise your mind and imagination as you explore point-of-view, color, shape, depth, perspective, light, and shadow.

**Rudy Poe Inc** **HB Art Center**  
250161-4A 13 yrs + Tu 6-7:30pm 4/3-5/1 \$76/69

## IPHONE PHOTOGRAPHY

Learn to use the camera that's always with you. Whether it's for travel, business, family, or fun with friends, this class will teach you how to use your iPhone to create gorgeous iPhone photographs that are so much more than simply snapshots.

**Rudy Poe Inc** **HB Art Center**  
250176-4A 13 yrs + W 3-4:30pm 4/4-5/2 \$76/69

## COMPUTERS

### BEGINNING COMPUTER

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

**Senior Center Volunteer** **Senior Center in Central Park**  
250200-5A 18 yrs + Tu 9-11:30am 5/1-5/22 \$15

### FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

**Joel Lander** **Senior Center in Central Park**  
250201-5A 18 yrs + Th 2-5pm 5/17-5/17 \$42  
250201-5B 18 yrs + F 9am-12pm 6/15-6/15 \$42

### ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

**Joel Lander** **Senior Center in Central Park**  
250205-5A 18 yrs + F 9am-12pm 4/20-5/4 \$82  
250205-5B 18 yrs + Th 9am-12pm 5/17-5/31 \$82  
250205-5C 18 yrs + Sa 9am-12pm 6/9-6/23 \$82

### MS 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.

**Senior Center Volunteer** **Senior Center in Central Park**  
250209-5A 18 yrs + W 9am-12pm 4/4-4/25 \$15  
250209-5B 18 yrs + W 9am-12pm 5/9-5/30 \$15  
250209-5C 18 yrs + W 9am-12pm 6/6-6/27 \$15

### ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

**Joel Lander** **Senior Center in Central Park**  
250210-5A 18 yrs + Th 2-5pm 4/12-4/19 \$72  
250210-5B 18 yrs + Th 9am-12pm 6/7-6/14 \$72

## HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

Joel Lander		Senior Center in Central Park			
250212-5A	18 yrs + Th	10am-12pm	4/12-4/19	\$54	
250212-5B	18 yrs + F	10am-12pm	5/18-5/25	\$54	
250212-5C	18 yrs + F	10am-12pm	6/22-6/29	\$54	

## PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

Joel Lander		Senior Center in Central Park			
250214-5A	18 yrs + Th	9am-12pm	4/5	\$42	
250214-5B	18 yrs + Sa	9am-12pm	4/28	\$42	
250214-5C	18 yrs + F	9am-12pm	5/11	\$42	
250214-5D	18 yrs + Sa	9am-12pm	5/26	\$42	
250214-5E	18 yrs + Sa	9am-12pm	6/2	\$42	
250214-5F	18 yrs + Th	9am-12pm	6/21	\$42	

## ONLINE SECURITY

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

Marga Dill		Senior Center in Central Park			
250217-5A	55 yrs + M	10:15-11:15am	4/9-4/30	\$48	

## ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers.

Joel Lander		Senior Center in Central Park			
250220-5A	18 yrs + F	10am-12pm	4/6-4/13	\$54	
250220-5B	18 yrs + Th	10am-12pm	5/3-5/10	\$54	

## INTERNET TIPS FOR TRAVEL

Tourism is an information-intense industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after.

Marga Dill		Senior Center in Central Park			
250221-5A	55 yrs + M	11:30am-12:30pm	4/9-4/30	\$48	

## 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			
250227-5A	55 yrs + M	2:30-3:30pm	4/9-4/30	\$48	
250227-5B	55 yrs + Th	2:45-3:45pm	4/12-5/3	\$48	

## 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			
250224-5A	55 yrs + M	1:15-2:15pm	4/9-4/30	\$48	

## MASTERING GMAIL AND THE GOOGLE CALENDAR

Comprehensive instructions on the use of Google's outstanding E-mail & calendar for computers, phones and tablets. Setup, organize and use both programs. Synchronize them on all you devices (PCs, Android & Apple). Learn how these programs talk to each other and Google Maps so you can organize your time and communication. Two 2-hour classes, handouts included. (Although this class includes phones & tablets it is NOT a class purely on their use).

Joel Lander		Senior Center in Central Park			
250228-5A	18 yrs + Th	9am-12pm	4/26	\$42	
250228-5B	18 yrs + Sa	9am-12pm	5/12	\$42	
250228-5C	18 yrs + F	9am-12pm	6/8	\$42	

## SPECIAL COMPUTER PROGRAMS FOR SENIORS

A presentation of computer programs particularly useful for seniors (may also be used in smart phone/tablets). A survey of Facebook, YouTube, Skype, Gmail, PayPal, Kindle, Free online Library Books, Pandora, Luminosity and more. Introductory instructions on how to find, obtain and use these free applications. Ask questions, get answers. Class notes included.

Joel Lander		Senior Center in Central Park			
250229-5A	18 yrs + Sa	9am-12pm	4/7	\$42	
250229-5B	18 yrs + F	9am-12pm	6/1	\$42	

## COOKING

### TASTE OF INDIA

In this class you will learn to make a wide range of dishes using fragrant curries, spices, and regional influenced dishes. We will be sampling savory to sweet. Some of the dishes we are making are: Chicken Tikka Masala, Coconut Chicken Curry, Chicken Tandoori Saag Paneer, vegetarian Korma, Masoor Dal, Naan, and a few sweet treats. \$15 materials fee due at first class.

April Berg		Edison Community Center			
250306-2A	18 yrs + Tu	6:15-9:15pm	4/10	\$35	

### FRESH AND EASY

With summer approaching we want to get in and out of the kitchen with less effort and less time. We are going to learn to use fresh ingredients, a few enhancements, and out will come a great meal with little clean up. Cooking will be a joy not a chore. You will receive a large packet with more recipes to try on your own. \$15 materials fee due at first class.

April Berg		Edison Community Center			
250307-2A	18 yrs + Tu	6:15-9:15pm	6/12	\$35	

Register Online! [www.hbsands.org](http://www.hbsands.org)

## CROCK POT COOKING

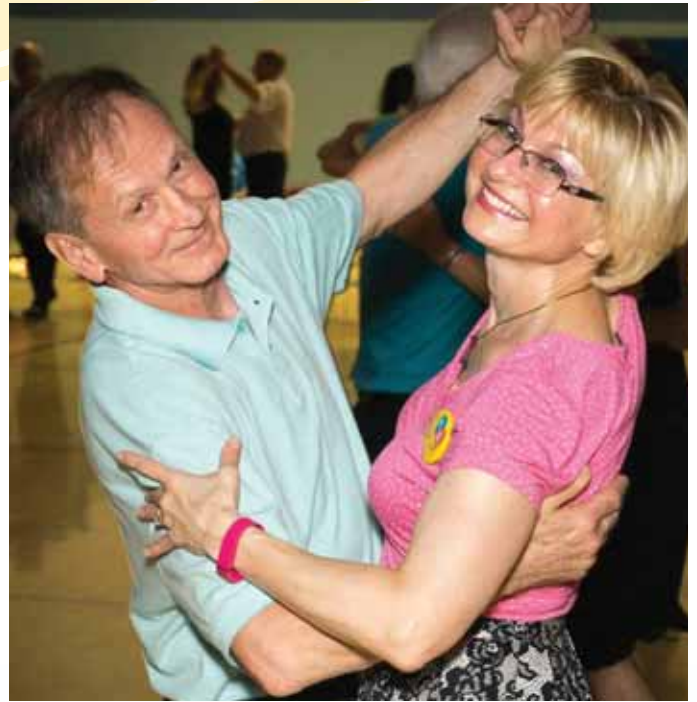
In this class you will learn to make a wide variety of dishes that are simple, slow-cooked and delicious! This class is using all new recipes and techniques for making appetizers, soups, main courses, and even dessert in your slow cooker. Come hungry because we are going to be sampling a lot of dishes. \$15 materials fee due at first class.

**April Berg** **Edison Community Center**  
250308-2A 18 yrs + Tu 6:15-9:15pm 5/22 \$35

## HEALTHY LIVING COOKING CLASS

Join us for a live cooking class presentation of a 3-course meal that is not only nutritious, but delicious and simple to create. Le Cordon Bleu culinary Chef Mercy Pacino will walk us through the recipe step by step and explain the nutritional benefits of all ingredients involved. Small samples will be served for tasting and recipes will be available to take home. There is limited seating so sign up today!

**Jolene Campbell** **Senior Center in Central Park**  
250309-5A 55 yrs + Th 2-4pm 6/7-6/7 Free



## DANCE

### LINE DANCE NEW 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.

**Suzu Hazard** **Senior Center in Central Park**  
250419-5A 18 yrs + F 2-3pm 4/13-6/8 \$49

**Linda Anderson-Maarleveld** **Senior Center in Central Park**  
250450-5A 18 yrs + Tu 2:30-3:30pm 4/3-6/19 \$66  
250450-5B 18 yrs + Tu 4-5pm 4/3-6/19 \$66

### 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: Line Dance New Beginner.

**Suzu Hazard** **Senior Center in Central Park**  
250420-5A 18 yrs + F 3:15-4:30pm 4/13-6/8 \$49

**Linda Anderson-Maarleveld** **Senior Center in Central Park**  
250453-5A 18 yrs + W 7-8:30pm 4/4-6/20 \$90  
250453-5B 18 yrs + Th 3:45-4:45pm 4/5-6/21 \$66

### 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 basic dances.

**Suzu Hazard** **Senior Center in Central Park**  
250428-5A 18 yrs + W 2:45-4:15pm 4/11-6/6 \$49

### 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 dance moves. No Class Date: May-28.

**Suzu Hazard** **Senior Center in Central Park**  
250433-5A 18 yrs + M 3:15-4:45pm 4/9-6/4 \$45

### 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: Experience doing difficult dances.

**Suzu Hazard** **Senior Center in Central Park**  
250434-5A 18 yrs + W 1-2:30pm 4/11-6/6 \$49

### BEGINNING/INTERMEDIATE POLYNESIAN DANCE WITH TUPOA

Aloha! Introduction to the fundamentals of Polynesian 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. No Class Dates: May-28

**Melody Seanoa** **Senior Center in Central Park**  
250440-5A 13 yrs + M 1-2pm 4/16-6/4 \$70

### ZUMBA GOLD DANCE FITNESS

The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact 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 good time to feel great! No Class Dates: Apr-19

**CS Dance Factory** **Senior Center in Central Park**  
250456-5A 18 yrs + Th 1:30-2:15pm 4/5-6/7 \$96



## DANCE: BALLROOM & SWING

Dance Swing, Waltz, slow dance Foxtrot, and Cha Cha dance basics. EASY instruction and review every week of previous 8 weeks. Instructional chart for you to take home to practice. Join us for a great fun and exercise that will enhance you physically and mentally. No partner needed.

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>
<b>250407-2A</b>	16 yrs + W 7:30-8:15pm	3/28-5/16 \$49

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250407-1A</b>	18 yrs + Th 6:30-7:15pm	3/29-5/17 \$49

## DANCE: COUNTRY LINE

Line dance classes in afternoon and evening are EASY to learn and are so much fun! Easy instruction in 8 week class and review every week of previous weeks. Instructional chart for you to take home to practice. 20 years experience. Join us for great fun and exercise that will enhance you physically and mentally.

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>
<b>250413-2A</b>	16 yrs + M 7:45-8:30pm	3/26-5/14 \$49

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250413-1A</b>	18 yrs + Th 7:15-8pm	3/29-5/17 \$49

## COUNTRY TWO STEP AND COWBOY CHA CHA

Country 2 Step and Cowboy Cha Cha lets you dance at the country club. Listen to favorite country songs. No partner needed.

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>
<b>250415-2A</b>	16 yrs + W 8:15-9pm	3/28-5/16 \$49

## DANCE: LATIN BASICS

Romantic SALSA, CHA CHA and MERENGUE will whisper the songs of Latin Dance in your ear. Easy and Rhythmic patterns will confirm the Latin mood to you in class and out on the dance floor. No partner needed.

<b>Kaylaa Fox</b>		<b>Edison Community Center</b>
<b>250421-2A</b>	16 yrs + M 7-7:45pm	3/26-5/14 \$49

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250421-1A</b>	18 yrs + Th 8-8:45pm	3/29-5/17 \$49

## DANCE: SWING ADVANCED

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

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250422-1A</b>	18 yrs + Th 6:15-7:15pm	3/29-4/19 \$39
<b>250422-1B</b>	18 yrs + Th 6:15-7:15pm	4/26-5/17 \$39

## 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.

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250423-1A</b>	18 yrs + Th 8:15-9:15pm	3/29-4/19 \$39
<b>250423-1B</b>	18 yrs + Th 8:15-9:15pm	4/26-5/17 \$39

## 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.

<b>Kaylaa Fox</b>		<b>Murdy Community Center</b>
<b>250424-1A</b>	18 yrs + Th 7:15-8:15pm	3/29-4/19 \$39
<b>250424-1B</b>	18 yrs + Th 7:15-8:15pm	4/26-5/17 \$39

## 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. *No Class Dates: May-28.*

<b>Huntington Academy of Dance</b>	<b>16601 Gothard Street, Suite A</b>
<b>250426-1A</b>	50 yrs + M 12:30-1:30pm 4/2-5/7 \$49
<b>250426-1B</b>	50 yrs + M 12:30-1:30pm 5/14-6/25 \$49

## 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 Dates: Apr-2, Apr-4, May-28.*

<b>Huntington Academy of Dance</b>	<b>City Gym and Pool</b>
<b>250442-3A</b>	13 yrs + M 7-8pm 3/26-6/25 \$125

<b>Huntington Academy of Dance</b>	<b>16601 Gothard Street Suite A</b>
<b>250442-1A</b>	13 yrs + W 7:30-8:30pm 3/28-6/27 \$135

## HULA-BEGINNING

Aloha Mai-This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

<b>Guava Groove</b>	<b>Senior Center in Central Park</b>
<b>250451-5A</b>	18 yrs + W 9:30-10:30am 3/28-5/2 \$65
<b>250451-5B</b>	18 yrs + W 9:30-10:30am 5/9-6/13 \$65

## 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!

<b>Dare to Dance</b>	<b>Murdy Community Center</b>
<b>250455-1A</b>	14 yrs + W 7-8pm 4/4-6/6 \$30

## 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.

Amanda Mykitta		Senior Center in Central Park			
250441-5A	16 yrs +	Th	7-8:30pm	3/29-5/3	\$40
250441-5B	16 yrs +	Th	7-8:30pm	5/10-6/14	\$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.

Amanda Mykitta		Senior Center in Central Park			
150459-5A	16 yrs +	Th	6-7pm	3/29-5/3	\$40
150459-5B	16 yrs +	Th	6-7pm	5/10-6/14	\$40

## 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!

Amanda Mykitta		Senior Center in Central Park			
150458-5A	16 yrs +	Th	5-6pm	3/29-5/3	\$40
150458-5B	16 yrs +	Th	5-6pm	5/10-6/14	\$40

## DOG TRAINING

### AKC CANINE GOOD CITIZEN TEST

This 10 part certification test is open to both pure-bred and mixed-breed dogs who already obey basic obedience commands and who can remain calm when faced with distracting situations in public places. Dogs that pass all 10 skills will earn the official certificate from A.K.C. and can also receive the "CGC Title". See [www.dogclassinfo.com](http://www.dogclassinfo.com) for a detailed list of the skills tested.

Dog Services Unlimited		Edison Community Center			
250503-2A	10 yrs +	Tu	8-9:15pm	5/15	\$28

### BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring shot records. \$10 material fee (includes training manual).

Dog Services Unlimited		Edison Community Center			
250504-2A	10 yrs +	Tu	7-8pm	4/10-5/22	\$97

### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records. \$5 materials fee due at first class. Pre-registration is required.

Dog Services Unlimited		Murdy Community Center			
250506-1A	10 yrs +	Th	7:45-9pm	3/29-4/19	\$86

## FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. No Class Dates: Apr-7, May-26.

Surf City Flyball		Central Park-Slater and Goldenwest			
250507-1A	18 yrs +	Sa	9-10am	3/31-6/2	\$95

## FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. No Class Dates: Apr-7, May-26.

Surf City Flyball		Central Park-Slater and Goldenwest			
250508-1A	18 yrs +	Sa	10:30-11:30am	3/31-6/2	\$95

## DOG-FRISBEE: CATCH THE FUN!

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

Dog Services Unlimited		Dog Park Edwards Street & Inlet Drive			
250509-1A	10 yrs +	Su	4-5:30pm	4/22	\$29

## EDUCATIONAL

### CPR & AED TRAINING – ADULTS, CHILDREN AND INFANT

Don't miss a beat and increase the number of people "Stayin' Alive." Please pay the instructor the additional \$24 fee for the training supplies, accompanying American Heart Association workbook and course completion card valid for 2 years. Not a class for medical providers. Advance registration required

Healthy U		Murdy Community Center			
251104-1A	11 yrs +	Tu	6-9:30pm	4/17	\$62
251104-1B	11 yrs +	Tu	6-9:30pm	5/22	\$62

### SPANISH FOR BEGINNERS

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. No Class Dates: May-28.

Portal Languages		Senior Center in Central Park			
250618-5A	18 yrs +	M	1:30-2:30pm	4/2-6/11	\$150

Register Online!  
[www.hbsands.org](http://www.hbsands.org)



## CONVERSATIONAL SPANISH

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. \$30 materials fee due at first class.

### Portal Languages

**250619-3A** 18 yrs + M 5-6pm **City Gym and Pool** 4/2-5/21 \$160

## ENGLISH AS A SECOND LANGUAGE (ESL)

Bienvenido al curso de enriquecimiento de inglés como segundo idioma (ESL), diseñado para personas que no son nativas y con conocimientos básicos del idioma inglés. La formación lingüística le ayudará a sentirse cómodo con la lengua y se sentirá seguro de conversar en inglés en situaciones cotidianas y entornos de trabajo. \$20 cuota debida al instructor a la primera clase para cubrir el costo del libro.

### Portal Languages

**250620-3A** 18 yrs + W 6-7pm **City Gym and Pool** 4/4-5/23 \$180

## ITALIAN: CONVERSATIONAL ITALIAN 1A

This course focuses on day-to-day spoken Italian for those with little or no experience. Themes include greetings, shopping, ordering in a restaurant, etc. Material may be adapted to the preference and experience of participants.

### Spectrum Languages

### Edison Community Center

**250601-2A** 18 yrs + Th 6-7pm 3/29-5/31 \$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 preference and experience of the participants.

### Spectrum Languages

### Edison Community Center

**250603-2A** 18 yrs + Th 7-8pm 3/29-5/31 \$169

## FRENCH

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 materials fee due at the first class.

### Portal Languages

### Senior Center in Central Park

**250608-5A** 18 yrs + Tu 3:30-4:30pm 3/27-5/29 \$150

## LEARNING BLACK HISTORY

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

### OC Learning Black History

### Senior Center in Central Park

**250610-5A** 8 yrs + Sa 10am-12pm 4/14-6/23 \$10

## HEALTH & FITNESS

### MINDFULNESS MEDITATION

Learn to cultivate mindfulness through this guided meditation class. All levels welcome. We will study breathing techniques, light stretches to relax the body, and learn different ways to deepen our meditation. These techniques will serve as tools to help us through navigate the everyday emotions and stressors. Crystals, aromatherapy, and sound healing will be incorporated. Wear comfortable clothing and bring a mat and towel or blanket.

### Holden Erika

### City Gym and Pool

**251503-3A** 16 yrs + Tu 8-9pm 3/27-4/24 \$64  
**251503-3B** 16 yrs + Tu 8-9pm 5/1-5/29 \$64

### PRIVATE PILATES, YOGA, AND PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: May-28.*

### HB Pilates

### All Community Center Locations

**250897-1A** 16 yrs + 1 Session TBD 3/26-6/16 \$45  
**250897-1B** 16 yrs + 5 Sessions TBD 3/26-6/16 \$215  
**250897-1C** 16 yrs + 10 Sessions TBD 3/26-6/16 \$400

### UNLIMITED HB PILATES FITNESS CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Stroller Workout and Power Yoga and Restorative Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. *E-mail: info@hbpilates.com. No Class Dates: May-28.*

### HB Pilates

### All CC Locations

**250896-1A** 16 yrs + TBD TBD 3/26-5/5 \$234  
**250896-1B** 16 yrs + TBD TBD 5/7-6/16 \$234

### 5 CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Power Yoga Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email *info@hbpilates.com* for questions. *No Class Dates: May-28.*

### HB Pilates

### All Community Center Locations

**250611-1A** 16 yrs + Attend any HB Pilates class 3/26-5/5 \$85  
**250611-1B** 16 yrs + Attend any HB Pilates class 5/7-6/16 \$85



Parks & Recreation...  
 Promote good health

## 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Power Yoga, Restorative Yoga, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.  
No Class Dates: May-28.

### HB Pilates

### All Community Center Locations

<b>250612-1A</b>	16 yrs +	Attend any HB Pilates class	3/26-5/5	\$160
<b>250612-1B</b>	16 yrs +	Attend any HB Pilates class	5/7-6/16	\$160

## PILATES CHAIR SITTING ONLY

Pilates-Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, and enhanced mind-body connection. Bring water and grip socks. No Class Dates: May-28.

### HB Pilates

### Senior Center in Central Park

<b>250895-5A</b>	18 yrs +	M	11:45am-12:30pm	3/26-4/30	\$60
<b>250895-5B</b>	18 yrs +	F	11:45am-12:30pm	3/30-5/4	\$60
<b>250895-5C</b>	18 yrs +	M,F	11:45am-12:30pm	3/26-5/4	\$108
<b>250895-5D</b>	18 yrs +	M	11:45am-12:30pm	5/7-6/11	\$51
<b>250895-5E</b>	18 yrs +	F	11:45am-12:30pm	5/11-6/15	\$60
<b>250895-5F</b>	18 yrs +	M,F	11:45am-12:30pm	5/7-6/15	\$99

## PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: May-28.

### HB Pilates

### Edison Community Center

<b>250811-2A</b>	16 yrs +	M	6:30-7:30pm	3/26-4/30	\$78
<b>250811-2B</b>	16 yrs +	M	6:30-7:30pm	5/7-6/11	\$66
<b>250811-2C</b>	16 yrs +	F	10-11am	3/30-5/4	\$78
<b>250811-2D</b>	16 yrs +	F	10-11am	5/11-6/15	\$78

### HB Pilates

### Murdy Community Center

<b>250811-1A</b>	16 yrs +	M	10-11am	3/26-4/30	\$78
<b>250811-1B</b>	16 yrs +	M	10-11am	5/7-6/11	\$66
<b>250811-1C</b>	16 yrs +	Tu	6-7pm	3/27-5/1	\$78
<b>250811-1D</b>	16 yrs +	Tu	6-7pm	5/8-6/12	\$78
<b>250811-1E</b>	16 yrs +	Th	5-6pm	3/29-5/3	\$78
<b>250811-1F</b>	16 yrs +	Th	5-6pm	5/10-6/14	\$78

### HB Pilates

### City Gym and Pool

<b>250811-3A</b>	16 yrs +	W	9-10am	3/28-5/2	\$78
<b>250811-3B</b>	16 yrs +	Th	6-7pm	3/29-5/3	\$78
<b>250811-3C</b>	16 yrs +	W	9-10am	5/9-6/13	\$78
<b>250811-3D</b>	16 yrs +	Th	6-7pm	5/10-6/14	\$78

### HB Pilates

### Senior Center in Central Park

<b>250811-5A</b>	18 yrs +	Tu	9-10am	3/27-5/1	\$78
<b>250811-5B</b>	18 yrs +	Th	8-9am	3/29-5/3	\$78
<b>250811-5C</b>	18 yrs +	Sa	9-10am	3/31-5/5	\$78
<b>250811-5D</b>	18 yrs +	Tu	9-10am	5/8-6/12	\$78
<b>250811-5E</b>	18 yrs +	Th	8-9am	5/10-6/14	\$78
<b>250811-5F</b>	18 yrs +	Sa	9-10am	5/12-6/16	\$78



## STROLLER WORKOUT

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one hour workout at the beach that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Kids 0-4 welcome. 2 kids max. Bring stroller, mat, water, snacks. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

### HB Pilates

### Senior Center in Central Park

<b>250825-5A</b>	18 yrs +	Tu	9-10am	3/27-5/1	\$78
<b>250825-5B</b>	18 yrs +	W	6-7pm	3/28-5/2	\$78
<b>250825-5C</b>	18 yrs +	Th	9-10am	3/29-5/3	\$78
<b>250825-5D</b>	18 yrs +	Tu,Th	9-10am	3/27-5/3	\$120
<b>250825-5E</b>	18 yrs +	Tu	9-10am	5/8-6/12	\$78
<b>250825-5F</b>	18 yrs +	W	6-7pm	5/9-6/13	\$78
<b>250825-5G</b>	18 yrs +	Th	9-10am	5/10-6/14	\$78
<b>250825-5H</b>	18 yrs +	Tu,Th	9-10am	5/8-6/14	\$120

## PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. No Class Dates: May-28.

### HB Pilates

### Edison Community Center

<b>250855-2A</b>	16 yrs +	M	7:30-8:30pm	3/26 - 4/30	\$78
<b>250855-2B</b>	16 yrs +	M	7:30-8:30pm	5/7-6/11	\$66

### HB Pilates

### Murdy Community Center

<b>250855-1A</b>	16 yrs +	Tu	7-8pm	3/27-5/1	\$78
<b>250855-1B</b>	16 yrs +	Tu	7-8pm	5/8-6/12	\$78

### HB Pilates

### City Gym and Pool

<b>250855-3A</b>	16 yrs +	W	10-11am	3/28-5/2	\$78
<b>250855-3B</b>	16 yrs +	Th	7-8pm	3/29-5/3	\$78
<b>250855-3C</b>	16 yrs +	W	10-11am	5/9-6/13	\$78
<b>250855-3D</b>	16 yrs +	Th	7-8pm	5/10-6/14	\$78

### HB Pilates

### Senior Center in Central Park

<b>250855-5A</b>	18 yrs +	Sa	8-9am	3/31-5/5	\$78
<b>250855-5B</b>	18 yrs +	Sa	8-9am	5/12-6/16	\$78

## POWER YOGA

Join us for an hour of power! This dynamic yoga class with focus on increasing strength and flexibility while utilizing rhythmic breathing, and building heat and stamina in the body and mind. Yoga experience recommended. Bring mat, towel, water, two yoga blocks, and yoga strap.

### HB Pilates

### Senior Center in Central Park

<b>250878-5A</b>	18 yrs +	W	6:30-7:30pm	3/28-5/2	\$78
<b>250878-5B</b>	18 yrs +	Sa	9-10am	3/31-5/5	\$78
<b>250878-5C</b>	18 yrs +	W	6:30-7:30pm	5/9-6/13	\$78
<b>250878-5D</b>	18 yrs +	Sa	9-10am	5/12-6/16	\$78

## PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. *No Class Dates: May-28.*

HB Pilates		Senior Center in Central Park			
250879-5A	18 yrs + M	12:30-1:30pm	3/26-4/30	\$72	
250879-5B	18 yrs + Tu	12:30-1:30pm	3/27-5/1	\$72	
250879-5C	18 yrs + W	12:30-1:30pm	3/28-5/2	\$72	
250879-5D	18 yrs + F	12:30-1:30pm	3/30-5/4	\$72	
250879-5E	18 yrs + 2x	12:30-1:30pm	3/26-5/4	\$132	
250879-5F	18 yrs + 3x	12:30-1:30pm	3/26-5/4	\$149	
250879-5G	18 yrs + M	12:30-1:30pm	5/7-6/11	\$61	
250879-5H	18 yrs + Tu	12:30-1:30pm	5/8-6/12	\$68	
250879-5I	18 yrs + W	12:30-1:30pm	5/9-6/13	\$72	
250879-5J	18 yrs + F	12:30-1:30pm	5/11-6/15	\$72	
250879-5K	18 yrs + 2x	12:30-1:30pm	5/7-6/15	\$132	
250879-5L	18 yrs + 3x	12:30-1:30pm	5/7-6/15	\$149	

## GENTLE PILATES MAT

This class will include all of the classic Pilates Mat exercises but will move at a slower pace, to be more inviting for 50+. With an emphasis on core strength and posture, we will work on overall strength, flexibility and coordination to help improve balance and your overall quality of life. All ages/abilities welcome. Drop-ins welcome: \$18. Bring: Mat, towel, water, and grip socks.

HB Pilates		Senior Center in Central Park			
250883-5A	18 yrs + M	5-6pm	3/26-4/30	\$78	
250883-5B	18 yrs + Th	11:15am-12:15pm	3/29-5/3	\$78	
250883-5C	18 yrs + M	5-6pm	5/7-6/11	\$66	
250883-5D	18 yrs + Th	11:15am-12:15pm	5/10-6/14	\$78	

## PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum. (women at minimum 6-8 weeks postpartum, with doctor's approval) Drop-ins: \$18. Please bring: mat, towel, grip socks, and water.

HB Pilates		Murdy Community Center			
250856-1A	18 yrs + Th	6-7pm	3/29-5/3	\$90	
250856-1B	18 yrs + Th	6-7pm	5/10-6/14	\$90	
250856-1C	18 yrs + Private Session	30 minutes	3/29-6/14	\$46	
250856-1D	18 yrs + Private Session	1 hour	3/29-6/14	\$76	

## AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: May-28.*

HB Pilates		Murdy Community Center			
250833-1A	16 yrs + M	11-11:30am	3/26-4/30	\$48	
250833-1B	16 yrs + M	11-11:30am	5/7-6/11	\$41	

## PILATES CHAIR-PLUS

Pilates Chair-Plus is the most advanced version of our chair classes. This class will integrate the use of a variety of equipment in the fitness facility, and will move at a quicker pace. We will focus on improving: strength, flexibility, posture, functional fitness, and an enhanced mind-body connection. Pre-requisites: one session of Pilates Chair, and instructor approval. Not suitable for those relying on a walker and/or cane. Bring water and grip socks.

HB Pilates		Senior Center in Central Park			
250826-5A	18 yrs + W	11:30am-12:30pm	3/28-5/2	\$72	
250826-5B	18 yrs + F	11:30am-12:30pm	3/30-5/4	\$72	
250826-5C	18 yrs + W,F	11:30am-12:30pm	3/28-5/4	\$132	
250826-5D	18 yrs + W	11:30am-12:30pm	5/9-6/13	\$72	
250826-5E	18 yrs + F	11:30am-12:30pm	5/11-6/15	\$72	
250826-5F	18 yrs + W,F	11:30am-12:30pm	5/9-6/15	\$132	

## LEAN AND FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and hand weights. All other equipment is provided. *No Class Dates: May-28.*

HB Pilates		Senior Center in Central Park			
250839-5A	18 yrs + Tu	10:15-11:15am	3/27-5/1	\$78	
250839-5B	18 yrs + W	7-8pm	3/28-5/2	\$78	
250839-5C	18 yrs + Th	10:15-11:15am	3/29-5/3	\$78	
250839-5D	18 yrs + Sa	8-9am	3/31-5/5	\$78	
250839-5E	18 yrs + Tu	10:15-11:15am	5/8-6/12	\$78	
250839-5F	18 yrs + W	7-8pm	5/9-6/13	\$78	
250839-5G	18 yrs + Th	10:15-11:15am	5/10-6/14	\$78	
250839-5H	18 yrs + Sa	8-9am	5/12-6/16	\$78	

HB Pilates		Edison Community Center			
250839-2A	16 yrs + M	9-10am	3/26-4/30	\$78	
250839-2B	16 yrs + M	9-10am	5/7-6/11	\$66	
250839-2C	16 yrs + F	9-10am	3/30-5/4	\$78	
250839-2D	16 yrs + F	9-10am	5/11-6/15	\$78	

## RESTORATIVE YOGA

Restorative Yoga is a gentle yoga class that focuses on healing the aches and pains of daily life through gentle movements and stillness by aligning the body and mind. Whether you are seated at a desk all day, working in a fast paced environment, or a fitness addict, everyone needs a little bit of Restorative Yoga in their life to create balance. All levels welcome. Bring yoga mat, two yoga blocks and a yoga strap.

HB Pilates		Senior Center in Central Park			
250828-5A	18 yrs + W	5:30-6:30pm	3/28-5/2	\$78	
250828-5B	18 yrs + Sa	10-11am	3/31-5/5	\$78	
250828-5C	18 yrs + W	5:30-6:30pm	5/9-6/13	\$78	
250828-5D	18 yrs + Sa	10-11am	5/12-6/16	\$78	



## CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$141. *No Class Dates: May-28.*

**Susan Hardy** Murdy Community Center  
**250835-1A** 18 yrs + M,W,F 9:15-10am 3/26-6/13 \$117

## SENIOR CARDIOFIT

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

**Marianne Grossman** Senior Center in Central Park  
**250837-5A** 50 yrs + Tu,F 9-9:45am 4/10-6/8 \$63

## HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. \*Sign-up for **HEAD TO TOE WORKOUT** plus **CARDIO STEP FOR THE HEART** together for only \$141. *No Class Dates: May-28.*

**Susan Hardy** Murdy Community Center  
**250841-1A** 18 yrs + M,W,F 8:30-9:15am 3/26-6/13 \$117

## KICKBOXING AEROBICS

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

**Julia Weber** Murdy Community Center  
**250842-1A** 14-72 yrs Tu 7-8pm 3/27-6/5 \$89

## SATURDAY AM CARDIO STEP/BODY SCULPT

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

**Susan Hardy** Edison Community Center  
**250846-2A** 13 yrs + Sa 9:15-10:15am 3/31-6/9 \$52

## SLIM & TRIM

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

**Georgia Spidle** Lake Park Clubhouse  
**250847-2A** 18 yrs + M,W,F 9-10am 3/26-6/8 \$60

## ZUMBA GOLD/ ZUMBA 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.

**Marianne Grossman** Senior Center in Central Park  
**250848-5A** 18 yrs + Th 9-10am 4/12-6/7 \$54

## 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 Dates: May-28*

**Susan Hardy** Edison Community Center  
**250851-2A** 13 yrs + M,W,F 5:15-6:15pm 3/26-6/13 \$123

## 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 and Tuesdays from 5:30-6:40pm.

**Erica Den Hartog** City Gym and Pool  
**250853-3A** 8 yrs + 10-Class Pack 3/26-6/22 \$70  
**250853-3B** 8 yrs + 20-Class Pack 3/26-6/22 \$100

## TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: May-28*

**Marianne Grossman** Edison Community Center  
**250857-2A** 18 yrs + Tu 5:30-6:30pm 4/10-6/5 \$59

**Marianne Grossman** Senior Center in Central Park  
**250857-5A** 18 yrs + M 5:30-6:30pm 4/9-6/4 \$52

## ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

**SockhopFitness** Edison Community Center  
**250858-2A** 18 yrs + W 6:30-7:15pm 4/4-6/6 \$65

Register Online! [www.hbsands.org](http://www.hbsands.org)



## ZUMBA GOLD & ZUMBA GOLD TONING

Zumba Gold is perfect for active adults looking for the great moves of Zumba at 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 Dates: May-22, May-25*

SockhopFitness		Senior Center in Central Park				
250860-5A	55 yrs +	F	9-9:45am	4/6-6/8	\$65	
SockhopFitness		Murdy Community Center				
250860-1A	55 yrs +	Tu	8:05-8:55am	4/3-6/5	\$59	

## 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. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness		Senior Center in Central Park				
250813-5A	6-86 yrs	Tu	6-6:45pm	4/3-6/5	\$65	

## 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. 1st class is free.

Donald Walker		Murdy Community Center				
250864-1A	18 yrs +	W	6-7:15pm	3/28-5/9	\$49	

## CHAIR YOGA

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. Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT.

Diane Pavesic		Senior Center in Central Park				
250866-5A	18 yrs +	M	10-11am	4/9-5/21	\$60	
250866-5B	18 yrs +	M	11:15am-12:15pm	4/9-5/21	\$60	



## 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 Dates: May-28.*

Yvonne Carmichael		City Gym and Pool				
250867-3A	14 yrs +	M	10:30am-12pm	3/26-6/4	\$105	

## YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates for Jacki King: May-28, May-30. No Class Dates for Susan Holden: May-28, May-29, June-1.*

Jacki King, E-RYT, CYT, YACEP		Murdy Community Center				
251124-1A	16 yrs +	M	4:35-5:35pm	4/9-6/11	\$74	
251124-1B	16 yrs +	W	4-5pm	4/11-6/13	\$74	
Susan Holden		Murdy Community Center				
250876-1A	16 yrs +	M	6-7pm	4/2-6/11	\$90	
250876-1B	16 yrs +	M	7:15-8:15pm	4/2-6/11	\$90	
250876-1C	16 yrs +	Tu	5:30-6:45pm	4/3-6/12	\$90	
250876-1D	16 yrs +	F	4-5pm	4/6-6/15	\$82	

Yvonne Carmichael		Lake View Clubhouse				
251125-1A	14 yrs +	F	10:30am-12pm	3/30-6/1	\$105	
251125-1B	14 yrs +	W	10:30am-12pm	3/28-5/30	\$105	

## YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutically oriented class integrates postures, meditation, Yoga philosophy, and research in a breath-centered practice suitable for all levels. Bring mat and blanket. Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.

Diane Pavesic		Edison Community Center				
250868-2A	18 yrs +	W	4:30-5:30pm	4/11-5/23	\$60	
250868-2B	18 yrs +	W	5:45-6:45pm	4/11-5/23	\$60	
250868-2C	18 yrs +	W	7-8pm	4/11-5/23	\$60	

## 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. Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.

Diane Pavesic		Senior Center in Central Park				
250872-5A	18 yrs +	Th	10-11am	4/12-5/24	\$60	
250872-5B	18 yrs +	Th	11am-12pm	4/12-5/24	\$60	

## SILVER GLOVE FITNESS

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that 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](mailto:ademing@silverglovefitness.com) if you have any questions about this. *No Class Dates: May-28.*

Andrew Deming		Senior Center in Central Park				
250820-5A	18 yrs +	M	8:30-9:30am	4/2-4/30	\$75	
250820-5B	18 yrs +	M	8:30-9:30am	5/7-6/11	\$75	

## FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

**Phil Hart** Senior Center in Central Park  
**250838-5A** 40 yrs + W 5:45-6:45pm 4/18-6/6 \$95

## CHAIR DANCE

Chair Dance exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun music from past eras through today and have a joyful time moving with our uplifting instructor. Dance is top-rated for your brain! All exercises are performed seated.

**CS Dance Factory** Senior Center in Central Park  
**250880-5A** 18 yrs + Th 12:30-1:15pm 4/5-6/7 \$87

## 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  
**250887-2A** 18 yrs + M 1-2:15pm 3/26-5/7 \$49

## TAI CHI BASICS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free! PREREQUISITE: Must have taken Tai Chi Basics Set 1.

**Donald Walker** Edison Community Center  
**250911-2A** 18 yrs + M 2:30-3:45pm 3/26-5/7 \$49

## TAI CHI CHUAN FOR BEGINNERS

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

**Elizabeth Pham** Senior Center in Central Park  
**250881-5A** 18 yrs + M 6:45-8:15pm 4/2-6/18 \$77  
**250881-5B** 18 yrs + Th 9-10:30am 3/29-6/14 \$84

## TAI CHI CHUAN FOR INTERMEDIATE

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

**Shona Howe** Senior Center in Central Park  
**250882-5A** 18 yrs + M 6:45-8:15pm 4/2-6/18 \$77  
**250882-5B** 18 yrs + Th 8:25-10:25am 3/29-6/14 \$84



## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy, and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength, and relax mentally and physically at deep levels. Wear comfortable clothing. \$20 materials fee due at first class. DVD included. Check payable to Makena Solutions LLC or Bing Luh.

<b>Makena Solutions LLC</b>	<b>HB Art Center</b>
<b>250884-4A</b> 16 yrs + Tu 10:30-11:45am 4/10 Free	
<b>250884-4B</b> 16 yrs + Tu 10:30-11:45am 4/17-6/5 \$125/113	
<b>250884-4C</b> 16 yrs + W 6:30-7:45pm 4/11 Free	
<b>250884-4D</b> 16 yrs + W 6:30-7:45pm 4/18-6/6 \$125/113	

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: May-28.*

**Susan Hardy** Murdy Community Center  
**250886-1A** 18 yrs + M,W,F 8:30-10am 3/26-6/13 \$141

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend. *No Class Dates: May-28.*

**SockhopFitness** Edison Community Center  
**250888-2A** 18 yrs + M 6-6:45pm 4/2-6/4 \$59

## 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. Monday class meets from 6:00-6:45pm. Wednesday class meets from 6:30-7:15pm. *No Class Dates: May-28.*

**SockhopFitness** Edison Community Center  
**250827-2A** 16 yrs + M 6-6:45pm 4/2-6/6 \$109  
 W 6:30-7:15pm



Parks & Recreation  
 Reduce Stress

## 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 Dates: May-29, Jun-1.*

Susan Holden		Senior Center in Central Park			
250892-5A	16 yrs +	Tu	10:30-11:30am	4/3-6/5	\$74
250892-5B	18 yrs +	F	10-11am	4/6-6/8	\$74

## BARRE STRENGTH & STRETCH

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises 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. *No Class Dates: Apr-19.*

CS Dance Factory		Senior Center in Central Park			
251101-5A	18 yrs +	Th	2:30-3:15pm	4/5-6/7	\$96

## EXERCISE FOR BALANCE PART 1

Have you ever noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a four-week session that includes discussion and exercise to help improve your balance. These classes are designed for participants of all activity levels.

Hoag		Senior Center in Central Park			
250899-5A	18 yrs +	Tu	9 - 10am	4/10 - 5/8	Free

## EXERCISE FOR BALANCE – PART 2

Taking the foundational principles of balance to the next level! Your confidence is increasing, your activity levels are improving and you are starting to notice a difference in how you are walking and moving. Let's challenge that balance further and improve your balance and independence even further with this advanced 4 week balance class. NOTE: You must have successfully completed Exercise for Balance Part 1 within the past year. *No Class Dates: May-29.*

Hoag		Senior Center in Central Park			
250893-5A	50 yrs +	Tu	9-10am	5/22-6/26	Free

## ZUMBA GOLD DANCE FITNESS

The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact 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 good time to feel great! *No Class Dates: Apr-19.*

CS Dance Factory		Senior Center in Central Park			
250456-5A	18 yrs +	Th	1:30-2:15pm	4/5-6/7	\$96



Parks & Recreation  
Build Family Unity

## 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 core work done on the floor.

Marianne Grossman		Senior Center in Central Park			
250816-5A	50 yrs +	F	10:15-11:15am	4/13-6/8	\$54

## 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.

Marianne Grossman		Senior Center in Central Park			
250817-1A	16 yrs +	Tu	10:15-11am	4/11-6/13	\$45
250817-5A	50 yrs +	Tu	10:15-11am	4/10-6/5	\$41
250817-5B	50 yrs +	Th	10:45-11:30am	4/12-6/7	\$41

## MARTIAL ARTS

### MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$120, 3x week \$160. *No Class Dates: Apr-7, May-5, Jun-2.*

Frances Cardinal		Senior Center in Central Park			
250901-5A	18 yrs +	Tu	6:15-7:45pm	3/27-6/19	\$80
250901-5B	18 yrs +	Th	6:15-7:45pm	3/29-6/21	\$80
250901-5C	18 yrs +	Sa	10am-12pm	3/31-6/23	\$80
250901-5D	18 yrs +	Any 2 days	6:15-7:45pm	3/27-6/23	\$120
250901-5E	18 yrs +	Any 3 days	6:15-7:45pm	3/27-6/23	\$160

### 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 4 family members one time per week, a \$6 fee per extra student. Take 2 days per week for \$120 up to 4 people-if more than 4 students, add \$6 per student. Take 3 days per week for \$160 up to 4 people-if more, add \$6 per student. *No Class Dates: Apr-7, May-5, Jun-2.*

Frances Cardinal		Senior Center in Central Park			
250904-5A	3 yrs +	Tu	5-6pm	3/27-6/19	\$80
250904-5B	3 yrs +	Th	5-6pm	3/29-6/21	\$80
250904-5C	3 yrs +	Sa	10-11am	3/31-6/23	\$80
250904-5D	3 yrs +	Any 2 days	5-6pm	3/27-6/23	\$120
250904-5E	3 yrs +	Any 3 days	5-6pm	3/27-6/23	\$160

Register Online! [www.hbsands.org](http://www.hbsands.org)

## 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 Dates: May-28.*

### Kiavash Tillehkooh

					City Gym and Pool
250906-3A	15 yrs +	M	7:15-8pm	3/26-6/11	\$188
250906-3B	15 yrs +	Tu	7:15-8pm	3/27-6/12	\$188
250906-3C	15 yrs +	W	7:15-8pm	3/28-6/13	\$188
250906-3D	15 yrs +	Th	7:15-8pm	3/29-6/14	\$188

## 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 Dates: May-10.*

### Wadoryu USA

### Edison Community Center

250907-2A	18 yrs +	Th	7:30-8pm	4/5-6/14	\$80
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## MUSIC

### 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 materials fee due at first class.

### Guava Groove

### Senior Center in Central Park

251003-5A	18 yrs +	Tu	9:30-10:30am	3/27-5/1	\$65
251003-5B	18 yrs +	Tu	9:30-10:30am	5/8-6/12	\$65

### GUAVA GROOVE UKULELE-INTERMEDIATE

Guava Groove Ukulele Players 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

251004-5A	18 yrs +	Tu	10:45-11:45am	3/27-5/1	\$65
251004-5B	18 yrs +	Tu	10:45-11:45am	5/8-6/12	\$65

### GROUP GUITAR

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

### The RockBand Experience

### HB Art Center

251008-4A	13 yrs +	Th	4:30-5:30pm	4/5-5/3	\$105/95
251008-4B	13 yrs +	Th	4:30-5:30pm	5/10-6/7	\$105/95

### TheRockBand Experience

### Murdy Community Center

241011-1C	13 yrs +	Tu	4:30-5:30pm	4/3-5/1	\$105
241011-1D	13 yrs +	Tu	4:30-5:30pm	5/8-6/5	\$105

## SPECIAL INTEREST

### 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 materials fee due at first class.

### Susan Salinas

### City Gym and Pool

251135-3A	15 yrs +	F	7-8pm	4/6-4/27	\$76
251135-3B	15 yrs +	F	7-8pm	5/4-5/25	\$76

### HB KNITWITS

HB Knitwits want to knit! Students will learn knitting stitches and practice these stitches while choosing and completing a simple fun project. The class is for those who have knitted in the past and need to get started again as well as for those who want to learn something completely new. You are welcome to sign up for a second class or if you just want help on your current projects and need a little help.

### Senior Center Volunteer

### Senior Center in Central Park

251128-5A	18 yrs +	W	12:30-2pm	3/28-5/16	\$6
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### 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.

### Sharon Fleming

### Senior Center in Central Park

251122-5A	18 yrs +	Tu,F	1:15-2:45pm	4/3-6/8	\$139
251122-5B	18 yrs +	Tu,F	3-4:30pm	4/3-6/8	\$139

### BRIDGE BEGINNING

Party bridge or contract bridge is what this class is about. Bridge is a serious game for a lot of people but as the name implies with party bridge we have fun while we learn the basics of this very popular game. No partner needed but are welcome.

### Rita Spira

### Senior Center in Central Park

251102-5A	18 yrs +	M	2-4pm	3/26-5/14	\$66
251102-5B	18 yrs +	W	6:30-8:30pm	3/28-5/16	\$66

### BRIDGE – INTERMEDIATE

Many popular conventions to help you communicate better with your partner will be covered in this class. Stayman, Jacoby Transfer, Pre-emptive bids, Blackwood and Gerber, Michael's cue bid. Learn proper bidding, responding and how to play your hand. Must know the basics for this class. No partner required. Sign up now!

### Rita Spira

### Senior Center in Central Park

251103-5A	18 yrs +	Tu	3-5pm	3/27-5/15	\$66
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Parks & Recreation  
Stimulate the Mind



## 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 so far. Prior writing skills are not necessary. You are unique in the entire universe and no one has lived a life like you have.

**Sharon Fleming** Senior Center in Central Park  
251121-5A 18 yrs + Th 10am-12pm 4/5-5/24 \$89

## MAKING YOUR MEMOIR

Unlike an autobiography, a memoir doesn't contain everything in your life, but rather special, defining moments. Best-selling memoirist Chris Epting will help you learn how to decide what to include, how to recount, research, organize and document your life's most vital stories and craft your memoir. No writing experience required. *No Class Dates: May-28.*

**Chris Epting** Senior Center in Central Park  
251129-5A 18 yrs + M 6-8pm 3/26-6/4 \$95

## PERSONAL WRITING: MEMORIES & REFLECTIONS

Using writing prompts, pre-writing exercises, and the writing process, students will create examples of personal memory pieces and reflective writing for the author's use in further exploration and, with permission, for sharing. Mindfulness exercises will be incorporated for enhancement of the writing process and daily writing encouraged.

**Dan Meylor** HB Art Center  
251133-4A 18 yrs + W 9:30am-12pm 3/28-4/25 \$81/73  
251133-4B 18 yrs + W 9:30am-12pm 5/9-6/6 \$81/73



Parks and Recreation provide space to enjoy nature

## FASHION MAKEUP: FROM EVERYDAY TO GLAMOUR

First Class-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. Second Class-Creating The Glamorous Face: Completion of Fashion Makeup Part 1 is required to attend this class. 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. For questions contact Rodolfo (562) 221-3944 or email: [rbnimis@yahoo.com](mailto:rbnimis@yahoo.com).  
*No Class Dates: May-22, May-29.*

**Rodolfo Nimis** City Gym and Pool  
251134-3A 16 yrs + F 6:30-8:30pm 3/30-4/6 \$68  
251134-3B 16 yrs + F 6:30-8:30pm 4/27-5/4 \$68

**Rodolfo Nimis** Murdy Community Center  
251134-1A 16 yrs + Tu 6:30-8:30pm 4/10-4/17 \$68  
251134-1B 16 yrs + Tu 6:30-8:30pm 5/8-5/15 \$68

## WRITING JUMPSTART

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

**Dorothy Spirus** City Gym and Pool  
251136-3A 16 yrs + Sa 10am - 1pm 3/31 \$75

## CREATIVE WRITING

Do you have a half-finished novel, great family stories or an idea for 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](mailto:YourProfessorD@gmail.com).

**Dorothy Spirus** City Gym and Pool  
250144-3A 18 yrs + W 7:30-9pm 3/28-5/2 \$170



Rec Report is a monthly video segment designed to highlight the programs, services and events presented by the Huntington Beach Community Services Department.

Tune in to HBTv3 during 'Surf City Highlights' or follow the City of Huntington Beach on Facebook and Twitter to see what makes the show and our recreation programs award-winning!



**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

## IMPROV 4 EVERYONE

Improv is no joke! If you are looking for a fun, but highly effective way to be free from shyness, fear of speaking, perfectionism, fear based planning or just build more creativity into your life, improv training is an excellent way to break through in a fun and safe environment.

Brenda Glim		Senior Center in Central Park			
250145-5A	16 yrs + W	6-8pm	3/28-4/18	\$65	
250145-5B	16 yrs + W	6-8pm	4/25-5/16	\$65	

## WARD'S DUPLICATE BRIDGE GROUP

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

CS Dance Factory		Senior Center in Central Park		
251107-5A	18 yrs + Tu	12:30-2:30pm	3/20-6/19	\$20

## PRACTICE & PLAY 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!

Recreation Staff		Senior Center in Central Park		
251108-5A	18 yrs + F	1-4pm	3/23-6/8	\$20

## SPORTS LEAGUES

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 6, 2018 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/ evenings or Wednesday nights. Team registration costs are \$420.00 plus the \$15.00 per game official's fee. The official's fee (\$15) is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Senior Coed leagues are offered on Tuesday evenings at Murdy Park and Senior Women's on Mondays at Greer Park. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call: 714-536-5230. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, April 20, 2018. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2018 season will be available in July for the season starting in Mid-August, 2018.

## ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of April 9, 2018. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website ([surfcity-hb.org](http://surfcity-hb.org)) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be March 1, 2018. The deadline to turn in team registration to City Hall is April 2, 2018. A manager's meeting will be held prior to the start of the league on Wednesday, April 4, 2018 at 6:30pm.

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

Registration information for the Summer 2018 season will be available in May, 2018 for the season starting mid June, 2018.

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM-Winter, Spring, Summer & Fall Sessions-This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) are offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

## SPORTS

### 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 and Pool		
251309-3A (Beginning)	16 yrs + Th	6:15-7:45pm	3/29-5/31	\$139
251309-3B (Intermediate)	16 yrs + Th	7:45-9:15pm	5/3-5/31	\$70

### WOMEN'S VOLLEYBALL

Tuesday's -Intermediate class from 9:30-12:30, Wednesday's-Advanced only 4's from 10-12:00pm, Thursday's-Advanced only from 9:30-12:30pm. 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 tryouts.

Joann DiGiovanni		City Gym and Pool		
251302-3A (Intermediate)	18+ Tu	9:30am-12:30pm	3/27-4/24	\$35
251302-3B (Intermediate)	18+ Tu	9:30am-12:30pm	5/1-5/29	\$35
251302-3C (Advanced)	18+ W	10am-12pm	3/28-4/25	\$35
251302-3D (Advanced)	18+ W	10am-12pm	5/2-5/30	\$35
251302-3E (Advanced)	18+ Th	9:30am-12:30pm	3/29-4/26	\$35
251302-3F (Advanced)	18+ Th	9:30am-12:30pm	5/3-5/31	\$35

## BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com).

**Beach Volleyball CA Inc** 15th St at PCH  
251313-2A 18 yrs + Tu 6:30-7:40pm 4/24-6/12 \$150

## BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. This class meets on the beach courts at 15th street. For more details, visit [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com).

**Beach Volleyball CA Inc** 15th St at PCH  
251311-2A 18 yrs + Th 6:30-7:40pm 4/26-6/14 \$150

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



**Matt Taylor Volleyball** City Gym and Pool  
251323-3A 16 yrs + Th 7:45-9:45pm 3/29-4/26 \$55

## SURF & SKATE

### 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. *No Class Dates: May-26.*

**The Rinks Westminster ICE** 13071 Springdale Street, Westminster  
251312-1A 17 yrs + W 6:40-7:10pm 4/4-4/25 \$38  
251312-1B 17 yrs + W 6:40-7:10pm 5/2-5/23 \$38  
251312-1C 17 yrs + Sa 10:15-10:45am 4/7-4/28 \$38  
251312-1D 17 yrs + Sa 10:15-10:45am 5/5-6/2 \$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. [www.hbsurfschool.com](http://www.hbsurfschool.com).

**HB Surf School** City Beach  
251403-2A 18 yrs + Sa 9-10:30am 4/7-4/28 \$225  
251403-2B 18 yrs + Sa 9-10:30am 5/5-5/26 \$225  
251403-2C 18 yrs + Sa 9-10:30am 6/2-6/23 \$225

## HEALTH & WELLNESS

### HOAG LECTURES

#### HOAG LECTURE: GET THE MOST OUT OF YOUR DOCTOR'S VISIT

An appointment with the doctor can be very successful when you are prepared. Join Hoag Medical Group for an informative discussion about how to prepare for your upcoming doctor's visit. Topics will include what to ask your primary care physician versus your specialist, how to prioritize your questions, and much more. Presented by: Amy Hiteshi, M.D.

**Hoag** Senior Center in Central Park  
253379-5A 18 yrs + M 10-11am 4/2 Free

#### HOAG LECTURE: COMMON ARTHRITIS CONDITIONS – OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Join our Hoag Medical Group Rheumatologist for an informative discussion on arthritis. During her presentation, she will discuss the two most common types of arthritis – osteoarthritis and rheumatoid arthritis. She will share common symptoms, treatment and much more. Presented by Sheetal Gavankar, M.D.

**Hoag** Senior Center in Central Park  
253329-5A 18 yrs + W 1:30-2:30pm 4/11 Free

#### HOAG LECTURE: LIFE CARE PLANNING

Medicine is not just about technological interventions, but also about caring for the whole person and their family. Join us and learn how you can explore what is important to you, what you value most and how to plan for the future. Presented by Mona El-Kurd, LCSW.

**Hoag** Senior Center in Central Park  
253312-5A 18 yrs + Th 1-2pm 4/12 Free

#### HOAG LECTURE: MANAGING ATRIAL FIBRILLATION

Join us for a discussion that will explore non-surgical options to eliminate the use of blood thinners in patients with atrial fibrillations. We will also review some of the latest treatment options for the non-surgical management of aortic and mitral valve disease, including Transcatheter Aortic Valve Replacement (TAVR) and Transcatheter Mitral Valve Repair (TMVR). Presented by Jorge Mauricio Castellanos, M.D.

**Hoag** Senior Center in Central Park  
253313-5A 18 yrs + M 10-11am 5/7 Free

#### HOAG LECTURE: STROKE: PREVENTION & WARNING SIGNS

Stroke is the number one cause of adult disability and the fourth cause of death in the U.S. Join us to learn about the risk factors and warning signs of stroke. Also, we'll be discussing the latest innovations in stroke intervention and treatment delivered by Hoag's rapid response team.

**Hoag** Senior Center in Central Park  
253343-5A 55 yrs + Th 1-2pm 5/10 Free

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

## HOAG LECTURE: MINDFULNESS AS MEDICINE-A FAD, TREND, OR HERE TO STAY

An appointment with the doctor can be very successful when you are prepared. Join Hoag Medical Group for an informative discussion about how to prepare for your upcoming doctor's visit. Topics will include what to ask your primary care physician versus your specialist, how to prioritize your questions, and much more. Presented by: Amit Hiteshi, M.D.

**Hoag** **Senior Center in Central Park**  
253304-5A 18 yrs + M 10-11am 6/4 Free

## HOAG LECTURE: HEALTHY CHOICES

Busy days, special occasions, holidays and social events often involve dining out, which can be intimidating if you are trying to make healthy decisions and/or have diabetes. Join the Mary & Dick Allen Diabetes Center to gain tools to make the healthiest choices while enjoying eating out.

**Hoag** **Senior Center in Central Park**  
253311-5A 18 yrs + W 1-2pm 6/6 Free

## HOAG LECTURE: PREPARING FOR YOUR GRANDCHILDREN'S VISIT

Having your grandchild visit is an exciting time but it does take a bit of preparation to make sure the visit is safe and successful. Join our Hoag Medical Group pediatrician for an engaging and informative presentation about what to do to prepare for your grandchild's visit. She will discuss how to make them feel welcome, what safety hazards are often overlooked, and so much more.

**Hoag** **Senior Center in Central Park**  
253378-5A 50 yrs + W 1:30-2:30pm 6/13 Free

## ORANGE COAST MEMORIAL LECTURES

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

## MEMORIALCARE ORANGE COAST MEDICAL CENTER: CHAT WITH A PHARMACIST!

Have you ever wondered what the differences are between generic and name-brand medications? Join Elizabeth Tran, Pharm.D., a pharmacist with the MemorialCare Orange Coast Medical Center Outpatient Pharmacy, to learn about this important topic and to have your medication questions answered. RSVP to 1-800-636-6742 or [memorialcare.org](http://memorialcare.org).

**Orange Coast Memorial** **Senior Center in Central Park**  
50 yrs + Th 6-7:30pm 4/19 Free

## MEMORIALCARE ORANGE COAST MEDICAL CENTER: EAT YOUR WAY TO BETTER HEALTH!

Eating for better health is a great way to help you enjoy active aging. Join a MemorialCare Medical Group physician to gain important insight into the role nutrition plays in maintaining and improving health with delicious foods from local stores. You won't want to miss presentation. RSVP to 1-800-636-6742 or [memorialcare.org](http://memorialcare.org).

**Orange Coast Memorial** **Senior Center in Central Park**  
50 yrs + Th 3-4:30pm 5/3 Free

## MEMORIALCARE ORANGE COAST MEDICAL CENTER: WHAT'S YOUR PLAN?

Did you know you have the right to make decisions regarding the kinds of medical care you prefer if you are unable to speak for yourself, by completing an advance directive? Join Beth Hamblton with MemorialCare Orange Coast, and Victoria Maruca with Greater Newport Physicians, to discuss this importance topic. RSVP to 1-800-636-6742 or [memorialcare.org](http://memorialcare.org).

**Orange Coast Memorial** **Senior Center in Central Park**  
50 yrs + Th 6-7:30pm 5/17 Free


## MEMORIALCARE ORANGE COAST MEDICAL CENTER: STRESS GOT YOU DOWN?

Reducing stress is often easier said than done. But allowing stress to continue can have serious health consequences. A physician with Edinger Medical Group will join us to share some fun and practical ways to help reduce daily stress for your better health. RSVP to 1-800-636-6742.

**Orange Coast Memorial** **Senior Center in Central Park**  
50 yrs + Th 6-7:30pm 6/21 Free



TEEN/ADULT



**hoag**  
A member of the  
St. Joseph Hoag Health alliance

### Complimentary Health Screenings

**Blood Pressure Checks**  
April 3, May 1, June 5  
9:30 a.m. – 11:30 a.m.

**Hearing Screening**  
April 11, May 9, June 13  
9:30 a.m. – 11:30 a.m.

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