

TEEN/ADULT

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

AQUATIC EXERCISE

AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

This class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No Class Dates: 5/27.

Dawnette Lowry City Gym & Pool
250808-3A 16-class pack \$135

Monday, Wednesday & Saturday 7-8am
Tuesday & Thursday 7-8am
Friday 7-8am; Friday 8:20-9:20am
Tuesday, Thursday & Friday 8:20-9:20am

AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is an unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No Class Dates: 5/27.

Dawnette Lowry City Gym & Pool
250802-3A 16-class pack \$166

Monday & Wednesday 8:15-9:25am

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 Dates: 5/27.

Debra Thurn City Gym & Pool

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

	APRIL		MAY		JUNE	
M,W,F	250806-3A	\$84	250806-3B	\$84	250806-3C	\$84
Tu,Th	250806-3D	\$58	250806-3E	\$58	250806-3F	\$58

AQUA-FIT: FAT BURNING + AQUA CORE

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. No Class Dates: 5/27.

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. No equipment necessary. Questions: aquatonefitness@aol.com. No Class Dates: 5/27.

Dawnette Lowry City Gym & Pool
250808-3A 16-class pack \$135

Monday, Wednesday & Friday 5:30-6:30pm

AQUA TONE FITNESS: AQUA FUNOODLE CLASS

Become one with the noodle in this very fast and challenging 45 minute shallow to deep water class. This "Death by Noodle" class engages your core the entire time and is a lot of movement in water. We will take you from warm up, to work, and cool down by using a bouyancy noodle the entire class. It's a fun and wet way to stay in shape! Questions: aquatonefitness@aol.com. No Class Dates: 5/27.

Dawnette Lowry City Gym & Pool
250808-3A 16-class pack \$135

Friday 9:30-10:15am

ART

ACRYLIC POURING-PAINTING

Welcome to the fun world of acrylic pouring! Prepare to get hooked on creating contemporary abstract art. We will cover: making pouring medium, mixing acrylics, and a variety of pour techniques. Students will take home several finished pieces. \$60 material fee due at first class.

Hoag HB Art Center
251610-4A 16 yrs + Th 5:30-8pm 3/28-4/25 \$166 / \$150
251610-4B 16 yrs + Th 5:30-8pm 5/9-6/6 \$166 / \$150

ART: DRAWING & PAINTING FOR TEENS

The class is designed for students who want to improve their drawing and painting skills. It is also designed for students who would like to work on their portfolio. We will include right brain exercises, warm ups, and assignments for sketchbooks. Students will have the opportunity to have their work included in a future art show. Material fee due to instructor first day of class: \$40 for first time students, \$35 for returning students.

Pati Kent Rodgers Center
250112-7A 12-18 yrs Th 3:30-4:45pm 5/9-5/30 \$70 / \$64

BASIC DRAWING

This is a beginning drawing class in black and white. We will go over line, shading, perspective, portrait, and figure. We will use pencil, charcoal pencil, and gray scale chalk pastel.

Katie McGuire HB Art Center
251608-4A 14 yrs + Sa 1-4pm 3/30-4/20 \$86 / \$78
251608-4B 14 yrs + Sa 1-4pm 5/18-6/8 \$86 / \$78

BEGINNING DIGITAL PHOTOGRAPHY I

This is the first of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required... only a desire to learn. *No class 4/5.*

Rudy Poe Inc. **HB Art Center**
250109-4A 16 yrs + F 4-5:30pm 3/29-4/19 \$66 / \$60

BEGINNING DIGITAL PHOTOGRAPHY II

This is the second of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. Prerequisite: Beginning Digital Photography I.

Rudy Poe Inc. **HB Art Center**
250110-4A 16 yrs + F 4-5:30pm 4/26-5/10 \$66 / \$60

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 first and third Wednesdays.

Senior Center Volunteer **Senior Center in Central Park**
250120-5A 18 yrs + W 10:30-11:30am 4/3-6/5 \$10

CHINESE BRUSH PAINTING—FREE DEMO

Sign-up now for a free demo and experience the beauty of Chinese Brush Painting! The lively interaction of brush, ink, water, and rice paper is a transformative experience and a lot of fun! Mayee Futterman's teaching is founded on classical brush painting skills, techniques, philosophy, and subject matter. Mayee teaches at UCLA Extension and at the Institute of Chinese Language and Culture. Mayee's step-by-step approach is great for all ages and experience levels.

Mayee Futterman **HB Art Center**
251609-4A 13 yrs + Sa 9:30am-12:30pm 4/13 Free

CHINESE BRUSH PAINTING

Explore the wonders of Chinese Brush Painting. The lively interaction of brush, ink, water, and rice paper is a transformative experience and a lot of fun! Mayee Futterman's teaching is founded on classical brush painting skills, techniques, philosophy, and subject matter. She teaches at UCLA Extension and at the Institute of Chinese Language and Culture. Her award winning work is collected internationally. Mayee's step-by-step approach is great for all ages and levels. We will produce masterpieces in one day! Drop-ins: \$25 per class. *No class: 5/11, 5/18, 5/25.*

Mayee Futterman **HB Art Center**
250174-4A 13 yrs + Sa 9:30am-12:30pm 4/27-6/8 \$86 / \$78

CREATIVE 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 info: YourProfessorD@gmail.com.

Dorothy Spirus **HB Art Center**
250198-4A 16 yrs + Sa 2-5pm 3/30 \$75 / \$68

CREATIVE WRITING

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

Dorothy Spirus **HB Art Center**
250144-4A 18 yrs + Tu 6:30-8pm 3/26-4/30 \$175 / \$158

DOCUMENTARY/NON-FICTION FILM WORKSHOP

This workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This 4 hour 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 16 yrs + Sa 12:30-4:30pm 3/30 \$66 / \$60

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 13 yrs + Tu 2:45-4:15pm 5/7-6/4 \$106 / \$96

INTERMEDIATE PHOTO WORKSHOP

This workshop is designed for people who have completed the Beginning Photography classes and/or possess rudimentary photographic skills and want to grow as a photographer. Class is tailored to meet student's specific interests and goals. Class encourages group interaction and shared learning. Limited to nine students. *No class 4/5.*

Rudy Poe Inc. **HB Art Center**
251607-4A 16 yrs + F 2:15-3:45pm 3/29-4/19 \$66 / \$60
251607-4B 16 yrs + F 2:15-3:45pm 4/26-5/10 \$66 / \$60

INTRO TO WATERCOLOR

The beginning or returning artist will build skills through experiencing a variety of watercolors (tube, sticks, and pencil), materials (absorbent grounds, watercolor medium, and varnish), techniques (i.e. color language, perspective), and eight basic types of application methods.

Marilyn Oropeza

HB Art Center

250125-4A 18 yrs + W 9:30am-12:30pm 3/27-4/24 \$96 / \$87
250125-4B 18 yrs + W 9:30am-12:30pm 5/8-6/5 \$96 / \$87

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 14 yrs + F 2:45-5:45pm 3/29-4/26 \$186 / \$168
250135-4B 14 yrs + Tu 6-7:45pm 5/7-6/4 \$151 / \$136

INTERMEDIATE ACRYLIC PAINTING

This course is designed to explore advanced techniques in acrylic painting with an emphasis on content, composition, technique, and color harmony. Students will get the opportunity to experiment and work on personal projects, learn illustrative techniques, and 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 14 yrs + Tu 6-7:45pm 3/26-4/23 \$151 / \$136
250152-4B 14 yrs + F 2:45-5:45pm 5/10-6/7 \$186 / \$168

INTRO TO COLORED PENCILS

You'll be introduced to all types of colored pencils: wax, oil, watercolor, and pastel and use them individually or combined, on various surfaces. Learn how to make painterly drawings using solvents, layering various papers, burnishing and other types of finishes. Supplies are included in the cost of registration.

Marilyn Oropeza

HB Art Center

251605-4A 18 yrs + Sa 1-4pm 5/4 \$66 / \$60

INTRO TO PENCIL DRAWING

Learn to draw what you see with pencil, ink, or charcoal. We'll cover making marks, contour drawing, still life, 3D shading, landscape, types of surfaces, and layering papers. Plus, fun ways to get creative using rubbings, Gamsol, various drawing surfaces, collage layering, and finishes.

Marilyn Oropeza

HB Art Center

251606-4A 18 yrs + Sa 1-4pm 5/11 \$66 / \$60

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 16 yrs + Sa 12:30-2pm 4/27-5/11 \$66 / \$60

LEARNING TO SEE

Whether you're interested in photography, painting, or image creation of any kind, this class is designed to increase your visual awareness of the world around you and help you better express yourself through the images you create. We will exercise your mind and imagination as we get back to the basics and explore shape and color, rhythm and patterns, depth and perspective, and light and shadow.

Rudy Poe Inc.

HB Art Center

250182-4A 16 yrs + Sa 2:30-4pm 4/27-5/11 \$66 / \$60

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 second and fourth Wednesday of each month. *Meeting dates: March 27, April 10, April 24, May 8, May 22, and June 12.*

Senior Center Volunteer

Senior Center in Central Park

250113-5A 18 yrs + W 10:30-11:30am 3/27-6/12 \$10

OIL PAINTING-COLOR PERSPECTIVE & THE LANDSCAPE

This intermediate class will help you identify and mix colors to achieve perspective (depth). Concepts include clarifying color values, abstract concept of "push and pull" with color, design and composition, and mixing colorful grays to unite the painting. Students work from their own photos or instructor photos. *No class: 5/27.*

Jim Ellsberry

HB Art Center

250114-4A 18 yrs + M 1:30-4pm 3/25-4/22 \$135 / \$122
250114-4B 18 yrs + M 1:30-4pm 5/6-6/3 \$135 / \$122

OIL PAINTING ESSENTIALS

A beginning oil painting class for students new to painting and those who wish to refresh their knowledge of the fundamentals. The class will emphasize materials and paint handling, creating form through light and shadow, and color basics. Oils and water-mixable oils are acceptable.

Jim Ellsberry

HB Art Center

250104-4A 18 yrs + W 5-7:30pm 3/27-4/24 \$135 / \$122
250104-4B 18 yrs + W 5-7:30pm 5/1-5/29 \$135 / \$122

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 8-11:30am 3/26-4/23 \$40
250115-5B 18 yrs + Tu 8-11:30am 5/7-6/11 \$40

Summer Camps

See page 45 for Summer Camp classes.

PHOTOGRAPHY: CRITIQUE & CONVERSATION

This class provides the opportunity for intermediate and advanced students of photography to gather weekly and share their work and learn from each other. Commercial and fine art photographer and filmmaker Rudy Poe, MFA, moderates the critique sessions and leads conversations about a variety of technical and creative aspects of the photographic medium. *No class 4/5.*

Rudy Poe Inc.

HB Art Center

250180-4A	16 yrs +	F	12:30-2pm	3/29-4/19	\$66 / \$60
250180-4B	16 yrs +	F	12:30-2pm	4/26-5/10	\$66 / \$60

SCULPTURE: BEGINNING & INTERMEDIATE

Learn how to turn pictures of your favorite object (animals, flowers, humans, abstract) into realistic sculptures. Students will learn how to construct sculptures in air-dry clay starting from pictures taken from different angles that they bring with them. When the sculptures are complete, students will learn how to paint them with acrylic paint. \$30 material fee due at first class. More info: sculpturebynohad.com. *No class: 4/10.*

Nohad Sabbagh

Rodgers Center

251611-7A	13-19 yrs	W	3:30-5:30pm	3/27-5/1	\$141 / \$127
251611-7B	18 yrs +	W	6-8pm	3/27-5/1	\$141 / \$127
251611-7C	13-19 yrs	W	3:30-5:30pm	5/8-6/5	\$141 / \$127
251611-7D	18 yrs +	W	6-8pm	5/8-6/5	\$141 / \$127

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-2:30pm	3/26-4/23	\$40
250149-5B	18 yrs +	Tu	11:30am-2:30pm	5/7-6/11	\$40

TRADITIONAL HAWAIIAN APPLIQUE

Popular class to learn needleturn hand applique and hand quilting. Create a quilted pillow top using a traditional Hawaiian design and colorful fabric. Enjoy a relaxed atmosphere for hand stitching, community and conversation while learning a beautiful new craft. Ask for the supply list at registration.

Senior Center Volunteer

Senior Center in Central Park

250165-5A	18 yrs +	W	3-4pm	3/27-5/29	\$6
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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	3/26-4/23	\$102 / \$92
250116-4B	18 yrs +	Tu	9:30am-12:30pm	5/7-6/4	\$102 / \$92

WATERCOLOR BASICS – MASTER LEVEL

This four hour class is designed to sharpen your creative mind with a spontaneous, on the spot approach to your painting. You will be asked to do painting in class with a three hour time span. This course will have some lectures and instruction, however watercolor techniques will not be taught. This class is not appropriate for beginners. *No class: One day in May, to be announced.*

Nancy Caldwell

HB Art Center

250150-4A	18 yrs +	Th	9am-1pm	3/28-5/23	\$166 / \$150
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HUNTINGTON BEACH ART CENTER
...where art meets community



The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps, and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

CREATIVE VISIONS

The 13th 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 29–April 9, 2019

Opening Reception: Friday, March 29, 5–9pm

Closing Reception: Friday, April 5, 5–8pm

SPRING EXHIBITION

The City of Huntington Beach and the Huntington Beach Art Center are hosting an international exhibition of comic art as part of the National Cartoonists Society annual Reuben Awards. The exhibition will feature works from the United Kingdom, the United States, and France and will explore images of heroes and heroines, *Mad Magazine*, and the world of soccer.

Exhibition: May 11–June 1, 2019

Patron & Member Preview: Saturday, May 11, 5:30–6:30pm

Public Reception: Saturday, May 11, 6:30–9pm

NCS FEST: Sunday, May 19, 11am–4pm

Art for Lunch: Thursday, May 23, 11:30am–1:30pm



HUNTINGTON BEACH ART CENTER
...where art meets community

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

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

COMPUTERS

ALL ABOUT GOOGLE

Two, two-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 + Sa	10am-12pm	4/20-4/27		\$54
250220-5B	18 yrs + Sa	10am-12pm	5/11-5/18		\$54
250220-5C	18 yrs + Th	10am-12pm	6/6-6/13		\$54

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	10am-12:30pm	5/7-5/28		\$15

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 + Th	9am-12pm	4/11-4/25		\$82
250205-5B	18 yrs + F	9am-12pm	5/24-6/7		\$82

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 and edit ads, attach photos. Protection: learn to protect yourself when using Craigslist. Opportunity: learn to use one of the most popular shopping websites.

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

HOW TO USE WINDOWS 10

Two, two-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 + Sa	10am-12pm	4/6-4/13		\$54
250212-5B	18 yrs + Th	10am-12pm	5/23-5/30		\$54
250212-5C	18 yrs + Sa	10am-12pm	6/8-6/15		\$54

MASTERING GMAIL AND THE GOOGLE CALENDAR

Comprehensive instructions on the use of Google's outstanding email and calendar for computers, phones and tablets. Setup, organize and use both programs. Synchronize them on all you devices (PCs, Android and Apple). Learn how these programs talk to each other and Google Maps so you can organize your time and communication. One 3-hour class, handouts included. (Although this class includes phones and tablets it is not a class purely on their use).

Joel Lander		Senior Center in Central Park			
250228-5A	18 yrs + W	1-4pm	4/17		\$42
250228-5B	18 yrs + F	9am-12pm	5/17		\$42
250228-5C	18 yrs + W	9am-12pm	6/5		\$42

MICROSOFT WORD ESSENTIALS

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

Senior Center Volunteer		Senior Center in Central Park			
250209-5A	18 yrs + W	9am-12pm	5/8-5/29		\$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 + F	9am-12pm	4/19-4/26		\$72
250210-5B	18 yrs + Th	9am-12pm	5/9-5/16		\$72

PHOTOS BY GOOGLE

A 3-hour introductory class about the Google Photo application. The application stores and synchronizes all your photos with your phones, tablets and computers. Learn the search, grouping and photo enhancement features. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system. If you take photos you need this! Class notes included.

Joel Lander		Senior Center in Central Park			
250214-5A	18 yrs + Th	9am-12pm	4/4		\$42
250214-5B	18 yrs + W	1-4pm	4/24		\$42
250214-5C	18 yrs + F,Sa	9am-12pm	5/25		\$42
250214-5D	18 yrs + F	9am-12pm	6/14		\$42

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. *No class: 4/15.*

Marga Dill		Senior Center in Central Park			
250227-5A	55 yrs + M	2:45-3:45pm	3/25-4/22		\$54

SMARTPHONES: ADVANCED

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together. *No class: 4/15.*

Marga Dill **Senior Center in Central Park**
250224-5A 55 yrs + M 1:30-2:30pm 3/25-4/22 \$54

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 + F 9am-12pm 4/5 \$42
250229-5B 18 yrs + W 1-4pm 5/15 \$42
250229-5C 18 yrs + Sa 9am-12pm 6/1 \$42

COOKING

OUTSIDE COOKING – BBQ

Summer is coming and we need to get outside and do some BBQ! You will learn the basics of grilling and smoking. This is an all new class with new rubs, bbq sauce, side dish recipes. We will preparing beef, chicken, fish, vegetables and rice. You will take home a packet with lots more recipes to try on your own. Come hungry! \$15 material fee due at first class.

April Berg **Edison Community Center**
250308-2A 18 yrs + Tu 6:15-9:15pm 5/14 \$35

PICNICS AND MORE

Summer is here and there is so much to do. Come and learn recipes to take to on those picnics to the beach, outdoor concerts or just to a friend's house. We will be making sides, salads, main dishes and desserts. Of course, we will talk about food safety, transport, and serving techniques. You will take home a packet with recipes to try on your own. Come hungry! \$15 material fee due at first class.

April Berg **Edison Community Center**
250305-2A 18 yrs + Tu 6:15-9:15pm 6/11 \$35

SPRING IN PARIS – FRENCH COOKING

Come and join us as we learn the techniques and basic methods that add more flavors to make it a special dish braising, roasting etc. We will learn to make sauces, the perfect French onion soup, beef, bourguignon, bouillabaisse, cassoulet and clafoutis. You will also take home a packet with more recipes to try at home. Come hungry! \$15 material fee due at first class.

April Berg **Edison Community Center**
250307-2A 18 yrs + Tu 6:15-9:15pm 4/9 \$35

DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No class: 4/15, 4/17, 5/27.*

Huntington Academy of Dance	City Gym and Pool
250442-3A 13 yrs + M 7-8pm	3/25-6/24 \$125
Huntington Academy of Dance	6491 Edinger Avenue
250442-1A 13 yrs + W 7:30-8:30pm	3/27-6/26 \$135

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! To top it all, we make learning fun. No partner needed. Come join us! (Instructed by Amanda Mykitta.)

Definitely Dance	Senior Center in Central Park
250458-5A 16 yrs + Th 5-6pm	3/28-5/2 \$40
250458-5B 16 yrs + Th 5-6pm	5/9-6/13 \$40

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: 4/15, 5/27.*

Huntington Academy of Dance	6491 Edinger Avenue
250426-1A 50 yrs + M 12:30-1:30pm	4/1-5/6 \$49
250426-1B 50 yrs + M 12:30-1:30pm	5/13-6/24 \$49

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. (Instructed by Amanda Mykitta.)

Definitely Dance	Senior Center in Central Park
250441-5A 16 yrs + Th 7-8:30pm	3/28-5/2 \$40
250441-5B 16 yrs + Th 7-8:30pm	5/9-6/13 \$40

BALLROOM DANCE BASICS LEVEL 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. (Instructed by Amanda Mykitta.)

Definitely Dance	Senior Center in Central Park
250459-5A 16 yrs + Th 6-7pm	3/28-5/2 \$40
250459-5B 16 yrs + Th 6-7pm	5/9-6/13 \$40

BALLROOM & COUNTRY LINE DANCE

Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, and even some country moves. Whether you're looking for a fun new hobby, a place to meet some new friends, or a way to stay active, dancing is a great way to go! (Instructed by Amanda Mykitta.)

Definitely Dance		Edison Community Center			
250462-2A	16 yrs +	Tu	6-7pm	3/26-4/30	\$40
250462-2B	16 yrs +	Tu	6-7pm	5/7-6/11	\$40

COUNTRY LINE DANCE

Learn easy line dances from the 80's and also recent ones, popular in today's country nightclubs. Work out and have a good time!

Efren Barrera		Murdy Community Center			
250413-1A	14 yrs +	Th	4-5pm	3/28-4/25	\$40
250413-1B	14 yrs +	Th	4-5pm	5/2-5/30	\$40
250413-1C	14 yrs +	Th	7-8pm	3/28-4/25	\$40
250413-1D	14 yrs +	Th	7-8pm	5/2-5/30	\$40

COUNTRY TWO-STEP AND COWBOY CHA CHA

Country 2-Step plus Cowboy Cha-Cha - both dances are coming back and both are popular in country nightclubs! You will learn both and have a good time socializing and meeting new people. No partner needed!

Efren Barrera		Murdy Community Center			
250415-1A	14 yrs +	Th	6-7pm	3/28-4/25	\$40
250415-1B	14 yrs +	Th	6-7pm	5/2-5/30	\$40

DANCE: SWING BASICS

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

Kaylaa Fox		Murdy Community Center			
250423-1A	16 yrs +	Th	8:15-9:15pm	3/28-4/25	\$35
250423-1B	16 yrs +	Th	8:15-9:15pm	5/2-5/30	\$35

DANCE: SWING INTERMEDIATE

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

Kaylaa Fox		Murdy Community Center			
250424-1A	16 yrs +	Th	7:15-8:15pm	3/28-4/18	\$35
250424-1B	16 yrs +	Th	7:15-8:15pm	5/2-5/30	\$35

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to four-, six-, and eight-swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

Kaylaa Fox		Murdy Community Center			
250422-1A	16 yrs +	Th	6:15-7:15pm	3/28-4/18	\$35
250422-1B	16 yrs +	Th	6:15-7:15pm	5/2-5/30	\$35

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.

Suzy Hazard		Senior Center in Central Park			
250419-5A	18 yrs +	F	2-3pm	4/12-6/7	\$50

Linda Anderson-Maarleveld		Senior Center in Central Park			
250450-5A	18 +	Tu	2:30-3:30pm	3/26-6/11	\$46
250450-5B	18 +	Tu	4-5pm	3/26-6/11	\$46

No class: 4/16, 4/23, 4/30, 5/7.

LINE DANCE LEVEL 1

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

Suzy Hazard		Senior Center in Central Park			
250420-5A	18 yrs +	F	3:15-4:30pm	4/12-6/7	\$50

Linda Anderson-Maarleveld		Senior Center in Central Park			
250453-5A	18 yrs +	W	7-8:30pm	3/27-6/12	\$66
250453-5B	18 yrs +	Th	3:30-4:30pm	3/28-6/13	\$46

No class: W: 4/17, 4/24, 5/1, 5/8. Th: 4/18, 4/25, 5/2, 5/9.

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 practicing basic line dancing.

Suzy Hazard		Senior Center in Central Park			
250428-5A	18 yrs +	W	2:45-4:15pm	4/10-6/5	\$50

Linda Anderson-Maarleveld		Senior Center in Central Park			
250460-5A	18 yrs +	Th	2-3pm	3/28-6/13	\$46

No class: 4/18, 4/25, 5/2, 5/9.

LINE DANCE LEVEL 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to dance more often and/or hone their skills in preparation for the Level 3-4 class. Prerequisite: Experience doing basics plus more difficult dances. No class: 5/27.

Suzy Hazard		Senior Center in Central Park			
250433-5A	18 yrs +	M	3:15-4:45pm	4/8-6/3	\$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: Have experience doing more difficult dances.

Suzy Hazard		Senior Center in Central Park			
250434-5A	18 yrs +	W	1-2:30pm	4/10-6/5	\$50

SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! 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! (Instructed by Amanda Mykitta.)

Definitely Dance				Murdy Community Center	
250455-1A	14 yrs +	W	7-8pm	4/3-6/5	\$30

SALSA 1 FOR TEENS & ADULTS

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Learn hot beginner and intermediate patterns. Meet people, socialize and show off your moves! No partner needed.

Efren Barrera				Murdy Community Center	
250421-1A	14 yrs +	Th	8-9pm	3/28-4/25	\$40
250421-1B	14 yrs +	Th	8-9pm	5/2-5/30	\$40

SWING & SALSA BASICS

Swing and Salsa are some of the most popular social dances out there! Come learn the basics of these dynamic dances so that you can own the dance floor. Dance classes are a great place to meet new friends, get a workout in, and have some fun—come join us! No partner needed. (Instructed by Amanda Mykitta.)

Definitely Dance				Edison Community Center	
250461-2A	16 yrs +	Tu	7-8pm	3/26-4/30	\$40
250461-2B	16 yrs +	Tu	7-8pm	5/7-6/11	\$40

DOG TRAINING

BEGINNING DOG OBEDIENCE

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

Dog Services Unlimited				Edison Community Center	
250504-2A	10 yrs +	Tu	7-8pm	4/2-5/14	\$98

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

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

Dog Services Unlimited				Murdy Community Center	
250506-1A	10 yrs +	Th	6:30-7:45pm	5/9-5/30	\$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 six months old, in good physical condition, well socialized, and have a fairly reliable "come when called". **First class held without dogs.** No class: 5/4, 5/25.

Surf City Flyball				Goldenwest & Slater	
250507-1A	18 yrs +	Sa	9-10am	3/30-6/1	\$95

FLYBALL DOG TRAINING – INTERMEDIATE

For dogs who have at least two sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. **No class: 5/4, 5/25.**

Surf City Flyball				Goldenwest & Slater	
250508-1A	18 yrs +	Sa	10:30am-12pm	3/30-6/1	\$95

EDUCATIONAL

AGING IN PLACE: NEW TECHNOLOGIES TO GROW OLD WITH

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

Marga Dill				Senior Center in Central Park	
250624-5A	55 yrs +	M	11am-12:30pm	3/25	\$26
250624-5B	55 yrs +	M	11am-12:30pm	4/8	\$26

CUTTING THE CABLE

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

Marga Dill				Senior Center in Central Park	
250616-5A	55 yrs +	M	11am-12:30pm	4/1	\$26
250616-5B	55 yrs +	M	11am-12:30pm	4/22	\$26

MIND BOOSTER SERIES

Come learn about healthy aging! Mind Booster is a research-based series that provides a proactive approach to understanding the causes and risk factors of memory loss. Classes focus on maintaining skills and slowing progression, utilizing memory tools, understanding super foods and a healthy brain diet, exercise and stress management, legal and financial guidance. The four classes will include a neurologist, psychologist, nutritionist, physical therapy and elder law attorney. Space is limited. Sign up no later than May 22nd.

Alzheimer's Family Center				Senior Center in Central Park	
253401-5A	18 yrs +	Th	9:30am-12:30pm	6/1-6/22	\$42

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	5:30-6:30pm	4/4-6/6	\$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	6:30-7:30pm	4/4-6/6	\$179

FRENCH 1

Beginners learn French with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak French from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$20 material fee due first class.

Portal Languages Senior Center in Central Park
250608-5A 18 yrs + Tu 3:30-4:30pm 4/2-6/4 \$160

FRENCH 2

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

Portal Languages Senior Center in Central Park
250622-5A 18 yrs + Tu 4:30-5:30pm 4/2-6/4 \$160

OC LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. 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 second and fourth Saturday of each month.

OC Learning Black History Senior Center in Central Park
250610-5A 9 yrs + Sa 10am-12pm 4/13-6/8 \$10

SPANISH FOR BEGINNERS 1

Beginners learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak Spanish from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$30 material fee due to instructor at first class meeting to cover cost of book.

Portal Languages Senior Center in Central Park
250618-5A 18 yrs + M 1:30-2:30pm 3/25-6/3 \$160

SPANISH FOR BEGINNERS 2

This class is a continuation for beginners who completed the Spanish 1 series. We will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. \$30 material fee due at first class. *No class: 5/27.*

Portal Languages Senior Center in Central Park
250623-5A 18 yrs + M 2:30-3:30pm 3/25-6/3 \$160

SPANISH CONVERSATIONAL

Learn how to engage your Spanish conversations. The focus is on speaking about daily actions, travels, experiences. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. A \$30 material fee is payable to the instructor.

Portal Languages City Gym and Pool
250619-3A 18 yrs + M 5-6pm 4/1-5/20 \$160

INTERMEDIATE SPANISH

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

Portal Languages Senior Center in Central Park
250621-5A 18 yrs + M 3:30-4:30pm 3/25-6/3 \$160

HEALTH & FITNESS

5-CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full schedule? This is the pass for you! Good for any HB Pilates and Fitness classes: Ab-Core Blast, Lean and Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, Pilates Chair, and Stroller Workout! Some restrictions apply. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. Any City Community Center
250611-1A 16 yrs + Any HB Pilates Class 3/25-5/4 \$85
250611-1B 16 yrs + Any HB Pilates Class 5/6-6/15 \$85

10-CLASS PACK

Looking to add a variety to your workout routine? Then this is the pass for you! Mix and match your classes with any HB Pilates and Fitness classes including: Ab-Core Blast, Lean and Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, and Stroller Workout! Some restrictions apply. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. Any City Community Center
250612-1A 16 yrs + Any HB Pilates Class 3/25-5/4 \$160
250612-1B 16 yrs + Any HB Pilates Class 5/6-6/15 \$160

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Proper engagement can help you obtain a flatter looking abdomen region, better posture, and more! Core strength can also help you reduce the risk for certain back problems while helping to alleviate most chronic back pain. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. Murdy Community Center
250833-1A 16 yrs + M 11-11:30am 3/25-4/29 \$55
250833-1B 16 yrs + M 11-11:30am 5/6-6/10 \$48

**Parks
Make
Life
Better!**

ATX CARDIAC LIFESTYLE PROGRAM

ATX Cardiac is a program that promotes health and stress management. It is designed to address the special needs of heart patients or others interested in living a heart-healthy lifestyle. Class structure includes gentle warm-up, cardio and strength exercise, deep relaxation, group discussion, goal-setting, and heart-healthy meal planning. *No class: 5/27.*

Hoag Senior Center in Central Park
251508-5A 50 yrs + M 11am-12pm 4/1-6/10 Free

BARRE STRENGTH & STRETCH

Live longer, get stronger! Standing at the barre for the whole class, you will be stepped through easy-to-follow, head-to-toe exercises with music that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. Drop-in: \$15 per class (limit to one drop-in per participant). Free demo on April 3 from 8:15 to 8:45 a.m.

CS Dance Factory Senior Center in Central Park
251501-5A 18 yrs + W 8:15-9am 4/17-6/5 \$78

BUILD 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 & Fitness Inc. Senior Center in Central Park

250878-5A	16 yrs +	W	6-7pm	3/27-5/1	\$81
250878-5B	16 yrs +	Sa	9-10am	3/30-5/4	\$81
250878-5C	16 yrs +	W	6-7pm	5/8-6/12	\$81
250878-5D	16 yrs +	Sa	9-10am	5/11-6/15	\$81

GENTLE YOGA

Gentle yoga is a restorative and therapeutic yoga style class suitable for all ages and levels. This class will focus on reconnecting the mind and body through the art of movement using awareness exercises, restorative poses, and breathing techniques that calm the nervous system. Please bring your own yoga mat, two yoga blocks, and one yoga strap with you to each class.

Stephanie Gray HB Art Center

250865-4A	18 yrs +	W	6-7pm	3/27-4/24	\$106 / \$96
250865-4B	18 yrs +	W	6-7pm	5/8-6/5	\$106 / \$96

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 four-to-eight-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: 5/29.*

Susan Hardy Edison Community Center
250851-2A 18 yrs + M, W, F 5:15-6:15pm 3/25-6/12 \$123

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** and **Head-to-Toe Workout** together for only \$141. *No class: 5/29.*

Susan Hardy Murdy Community Center
250835-1A 18 yrs + M, W, F 9:15-10am 3/25-6/12 \$117

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 (three-to-five pounds), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor.

Marianne Grossman Senior Center in Central Park
250816-5A 50 yrs + F 10:15-11:15am 4/12-6/14 \$65

EXERCISE FOR BALANCE – PART 1

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

Hoag Senior Center in Central Park

250899-5A	55 yrs +	Tu	9-10am	3/26-4/16	Free
250899-5B	55 yrs +	Tu	9-10am	4/23-5/14	Free

FABULOUSLY FIT AS YOU AGE

Program includes components necessary to achieve and improve quality of life, regardless of age or ability. Increase stamina, agility, balance. Fun exercises that help your bones. Improve and increase strength, endurance, range of motion, posture. Mat work, prevents injury. Stay independent and healthy. Bring mat and weights to class. It's never too late to get in the best shape of your life.

Rene Burton Senior Center in Central Park

251510-5A	50 yrs +	M, W	10:30-11:30am	3/25-5/1	\$90
251510-5B	50 yrs +	M, W	10:30-11:30am	5/6-6/12	\$83

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 (two-to-three pounds). \$4 material fee due at first class.

Marianne Grossman Senior Center in Central Park

250817-5A	50 yrs +	Tu	10:15-11am	4/9-6/11	\$45
250817-5B	50 yrs +	Th	10:45-11:30am	4/11-6/13	\$45

GENTLE PILATES MAT

Gentle Pilates Mat is a great introductory class that focuses on the fundamental concepts of Pilates. With an emphasis on core strength and posture, to be more inviting for 50+, we will work on flexibility, overall strength, balance, mobility and coordination to enhance your quality of life. All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, some towel, grip socks and water. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. Senior Center in Central Park

250883-5A	16 yrs +	M	4:30-5:30pm	3/25-4/29	\$81
250883-5B	16 yrs +	Th	11:15am-12:15pm	3/28-5/2	\$81
250883-5C	16 yrs +	M	4:30-5:30pm	5/6-6/10	\$70
250883-5D	16 yrs +	Th	11:15am-12:15pm	5/9-6/13	\$81

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 **Cardio Step for the Heart and Head-to-Toe Workout** together for only \$141. *No class: 5/29.*

Susan Hardy **Murdy Community Center**

250841-1A 18 yrs + M, W, F 8:30–9:15am 3/25–6/12 \$117

INTRODUCTION TO MINDFULNESS – PRACTICING PRESENCE

This class teaches how to practice mindfulness in order to be more present in daily life and experience greater calm and ease. Topics include different types of mindfulness practices and meditations as well as skills for dealing with difficulty in daily life. Chairs provided. Comfy clothes, pen and paper are recommended.

Fredric Afshari **Senior Center in Central Park**

251519-5A 18 yrs + Th 4–5:15pm 3/28–4/18 \$80

251519-5B 18 yrs + Th 4–5:15pm 4/25–5/16 \$80

251519-5C 18 yrs + Th 4–5:15pm 5/23–6/13 \$80

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 dumbbells. Drop-ins: \$18 per class. *No class: 5/27.*

HB Pilates & Fitness Inc. **Edison Community Center**

250839-2A 16 yrs + M 9–10am 3/25–4/29 \$81

250839-2B 16 yrs + M 9–10am 5/6–6/10 \$70

250839-2C 16 yrs + F 9–10am 3/29–5/3 \$81

250839-2D 16 yrs + F 9–10am 5/10–6/14 \$81

HB Pilates & Fitness Inc. **Senior Center in Central Park**

250839-5A 16 yrs + Tu 10:15–11:15am 3/26–4/30 \$81

250839-5B 16 yrs + W 7–8pm 3/27–5/1 \$81

250839-5C 16 yrs + Th 10:15–11:15am 3/28–5/2 \$81

250839-5D 16 yrs + Sa 8–9am 3/30–5/4 \$81

250839-5E 16 yrs + Tu 10:15–11:15am 5/7–6/11 \$81

250839-5F 16 yrs + W 7–8pm 5/8–6/12 \$81

250839-5G 16 yrs + Th 10:15–11:15am 5/9–6/13 \$81

250839-5H 16 yrs + Sa 8–9am 5/11–6/15 \$81

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, Barre, Yoga, and Dance with cardio intervals and functional fitness exercises. Using resistance bands, workout balls, and your own body weight we will help you achieve the lean and toned body you have been waiting for! Fitness level: Intermediate. Drop-ins: \$18 per class. Bring: mat, small towel, grip socks and water. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. **Murdy Community Center**

250855-1A 16 yrs + Tu 7–8pm 3/26–4/30 \$81

250855-1B 16 yrs + Tu 7–8pm 5/7–6/11 \$81

HB Pilates & Fitness Inc. **Edison Community Center**

250855-2A 16 yrs + M 7:30–8:30pm 3/25–4/29 \$81

250855-2B 16 yrs + M 7:30–8:30pm 5/6–6/10 \$70

HB Pilates & Fitness Inc. **City Gym and Pool**

250855-3A 16 yrs + W 10–11am 3/27–5/1 \$81

250855-3B 16 yrs + Th 7–8pm 3/28–5/2 \$81

250855-3C 16 yrs + W 10–11am 5/8–6/12 \$81

250855-3D 16 yrs + Th 7–8pm 5/9–6/13 \$81

HB Pilates & Fitness Inc. **Senior Center in Central Park**

250855-5A 16 yrs + Sa 8–9am 3/30–5/4 \$81

250855-5B 16 yrs + Sa 8–9am 5/11–6/15 \$81

PILATES CHAIR

Great for people over 50 who want to stay active, improve core strength, flexibility, mobility, balance, strength and mind-body connection to help reduce the risk of falls. Pilates exercises will be performed seated and standing with resistance bands and exercise balls. Not suitable for those dependent on walkers and/or canes. Bring: grip socks, small towel and water. Drop-ins: \$18 per class. More info at hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. **Senior Center in Central Park**

250879-5A 18 yrs + 1x/week 12:30–1:30pm 3/25–5/3 \$75

250879-5B 18 yrs + 2x/week 12:30–1:30pm 3/25–5/3 \$132

250879-5C 18 yrs + 3x/week 12:30–1:30pm 3/25–5/3 \$151

250879-5D 18 yrs + 1x/week 12:30–1:30pm 5/6–6/14 \$75

250879-5E 18 yrs + 2x/week 12:30–1:30pm 5/6–6/14 \$132

250879-5F 18 yrs + 3x/week 12:30–1:30pm 5/6–6/14 \$151



PILATES CHAIR: PLUS

Pilates Chair Plus more advanced exercises! Utilizing a variety of equipment in the fitness facility, this class will focus on improving strength, flexibility, posture, mobility, cardiovascular health and functional fitness while enhancing the mind-body connection.

Prerequisites: one session of Pilates Chair and instructor approval. Not suitable for those using a walker and/or cane. Please bring grip socks, water and a small towel. More info: info@hbpilates.com.

HB Pilates & Fitness Inc.		Senior Center in Central Park		
250826-5A	18 yrs + Tu	11:30am-12:30pm	3/26-4/30	\$78
250826-5B	18 yrs + W	11:30am-12:30pm	3/27-5/1	\$78
250826-5C	18 yrs + F	11:30am-12:30pm	3/29-4/5	\$78
250826-5D	18 yrs + 2x/week	11:30am-12:30pm	3/26-4/5	\$132
250826-5E	18 yrs + Tu	11:30am-12:30pm	5/7-6/11	\$78
250826-5F	18 yrs + W	11:30am-12:30pm	5/8-6/12	\$78
250826-5G	18 yrs + F	11:30am-12:30pm	5/10-6/14	\$78
250826-5H	18 yrs + 2x/week	11:30am-12:30pm	5/7-6/14	\$132

PILATES CHAIR: SITTING ONLY

Pilates Chair-Sitting Only is a gentler approach to Pilates Chair and a great introduction to the class because all exercises are done while seated in a chair. Integrating resistance bands and small exercise balls, we will work on improving core strength, flexibility, posture, upper and lower body strength, mobility, and an enhanced mind-body connection. All ages and abilities welcome. Please bring grip socks and water. More info: info@hbpilates.com. No class: 5/27.

HB Pilates & Fitness Inc.		Senior Center in Central Park		
250895-5A	18 yrs + M	11:45am-12:30pm	3/25-4/29	\$65
250895-5B	18 yrs + F	11:45am-12:30pm	3/29-5/3	\$65
250895-5C	18 yrs + M, F	11:45am-12:30pm	3/25-5/3	\$121
250895-5D	18 yrs + M	11:45am-12:30pm	5/6-6/10	\$55
250895-5E	18 yrs + F	11:45am-12:30pm	5/10-6/14	\$65
250895-5F	18 yrs + M, F	11:45am-12:30pm	5/6-6/14	\$105

PILATES MAT

Join us for a low-impact class that will deliver high results and help you improve: posture, strength, flexibility, balance, coordination, mobility, and total mind-body awareness. Focusing on core strength and proper alignment, we will condition your entire body in every class! All ages and abilities welcome. Please bring mat, small towel, grip socks, and water. Drop-ins: \$18 per class. More info: info@hbpilates.com. No class: 5/27.

HB Pilates & Fitness Inc.		City Gym and Pool		
250811-3A	16 yrs + W	9-10am	3/27-5/1	\$81
250811-3B	16 yrs + Th	6-7pm	3/28-5/2	\$81
250811-3C	16 yrs + W	9-10am	5/8-6/12	\$81
250811-3D	16 yrs + Th	6-7pm	5/9-6/13	\$81

HB Pilates & Fitness Inc.		Edison Community Center		
250811-2A	16 yrs + M	6:30-7:30pm	3/25-4/29	\$81
250811-2B	16 yrs + M	6:30-7:30pm	5/6-6/10	\$70
250811-2C	16 yrs + F	10-11am	3/29-5/3	\$81
250811-2D	16 yrs + F	10-11am	5/10-6/14	\$81

HB Pilates & Fitness Inc.		Murdy Community Center		
250811-1A	16 yrs + M	10-11am	3/25-4/29	\$81
250811-1B	16 yrs + M	10-11am	5/6-6/10	\$70
250811-1C	16 yrs + Tu	6-7pm	3/26-4/30	\$81
250811-1D	16 yrs + Tu	6-7pm	5/7-6/11	\$81
250811-1E	16 yrs + Th	5-6pm	3/28-5/2	\$81
250811-1F	16 yrs + Th	5-6pm	5/9-6/13	\$81

HB Pilates & Fitness Inc.		Senior Center in Central Park		
250811-5A	16 yrs + Tu	9-10am	3/26-4/30	\$81
250811-5B	16 yrs + Th	8-9am	3/28-5/2	\$81
250811-5C	16 yrs + Sa	9-10am	3/30-5/4	\$81
250811-5D	16 yrs + Tu	9-10am	5/7-6/11	\$81
250811-5E	16 yrs + Th	8-9am	5/9-6/13	\$81
250811-5F	16 yrs + Sa	9-10am	5/11-6/15	\$81

PIYO LIVE!

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

Noelle Acampora		HB Art Center		
251513-4A	18 yrs + Tu	1:30-2:30pm	3/26-4/23	\$68 / \$62
251513-4B	18 yrs + Tu	1:30-2:30pm	5/7-6/4	\$68 / \$62

PRENATAL/POSTNATAL PILATES

Pilates is a safe way for women to exercise before, during (first, second and third trimester), and after their pregnancy (with doctor's approval). Work with a Prenatal/Postnatal Certified instructor on gentle strength and flexibility exercises specifically designed to support the changes of the body during pregnancy and help rebuild strength and muscle control after delivery.

HB Pilates & Fitness Inc.		Murdy Community Center		
250856-1A	18 yrs + Thursday	6-7pm	3/28-5/2	\$90
250856-1B	18 yrs + Thursday	6-7pm	5/9-6/13	\$90
250856-1C	18 yrs + Private Lesson	30 minutes	3/25-6/14	\$46

PRIVATE PILATES, YOGA & PERSONAL TRAINING

Whether you are looking to lose weight, start a new fitness routine, tone up and get stronger, or simply stay healthy and energized, working one-on-one will allow you to maximize the results of your personal health and fitness goals. Each exercise program is custom designed and specifically for you! 45-minute and 60-minute sessions available upon request. Times and dates to be determined. More info: info@hbpilates.com. No class: 5/27.

HB Pilates & Fitness Inc.		Murdy Community Center		
250897-1A	16 yrs + 30 minute session	1 session	3/25-6/15	\$46
250897-1B	16 yrs + 30 minute session	5 session	3/25-6/15	\$220
250897-1C	16 yrs + 30 minute session	10 session	3/25-6/15	\$430

QIGONG

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

Donald Walker		Murdy Community Center		
250864-1A	18 yrs + W	6-7:15pm	3/27-5/8	\$49

REFORMER PILATES LESSON

Work one-on-one with using the Balanced Body Pilates Reformer to help you achieve your personal goals. Keeping in mind limitations, restrictions and providing individual modifications for those recovering from injuries. Reformer Pilates is a great low impact workout for all ages and ability levels. Specialties: Post-Injury Fitness, Athletic Cross Training, Pilates, Prenatal/Postnatal Pilates, and Pilates for 50+. Lessons held offsite at repair Sports Institute. No class: 5/27.

HB Pilates & Fitness Inc.		Any City Community Center		
251512-1A	16 yrs + 30 minute session	1 session	3/25-6/15	\$46
251512-1B	16 yrs + 30 minute session	5 sessions	3/25-6/15	\$220
251512-1C	16 yrs + 30 minute session	10 sessions	3/25-6/15	\$425

RESTORATIVE FLOW YOGA

Combining gentle movement flows with stillness and breath, Restorative Flow Yoga is perfect for all levels. Unwind from the fast-paced world we live in and join us for a relaxing and healing Yoga experience that will help create inner balance and improve posture and flexibility through strategic but gentle movement and postures. Bring a blanket, two blocks, yoga strap and mat. Drop-ins: \$18 per class. More info: info@hbpilates.com.
No class: 5/27.

HB Pilates & Fitness Inc.		Senior Center in Central Park			
250828-5A	16 yrs + M	5:30-6:30pm	3/25-4/29	\$81	
250828-5B	16 yrs + W	5-6pm	3/27-5/1	\$81	
250828-5C	16 yrs + Sa	10-11am	3/30-5/4	\$81	
250828-5D	16 yrs + M	5:30-6:30pm	5/6-6/10	\$70	
250828-5E	16 yrs + W	5-6pm	5/8-6/12	\$81	
250828-5F	16 yrs + Sa	10-11am	5/11-6/15	\$81	

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a four-to-eight-inch 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	18 yrs + Sa	9:15-10:15am	3/30-6/8	\$52	

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	4/9-6/14	\$79	

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 ounce size gloves are appropriate). More info: ademing@silverglovefitness.com.

Andrew Deming		Senior Center in Central Park			
250820-5A	50 yrs + M	8:30-9:30am	4/1-4/29	\$80	
250820-5B	50 yrs + M	8:30-9:30am	5/6-6/10	\$80	

STRENGTH AND BALANCE

As we age, we lose muscle. This class will focus on exercises designed to improve you strength and balance, increase bone density and build stamina. You will learn how to perform exercises (both seated and standing) that will protect your bone health and maintain your strength. Bring a pair of light weights.
No class 6/21.

Jennifer Rennie		Senior Center in Central Park			
251518-5A	50 yrs + F	10:15-11am	3/29-6/21	\$66	

STROLLER WORKOUT

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

HB Pilates & Fitness Inc.		Senior Center in Central Park			
250825-5A	18 yrs + Tu	9-10am	3/26-4/30	\$81	
250825-5B	18 yrs + Th	9-10am	3/28-5/2	\$81	
250825-5C	18 yrs + Tu, Th	9-10am	3/26-5/2	\$121	
250825-5D	18 yrs + Tu	9-10am	5/7-6/11	\$81	
250825-5E	18 yrs + Th	9-10am	5/9-6/13	\$81	
250825-5F	18 yrs + Tu, Th	9-10am	5/7-6/13	\$121	

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	3/25-5/6	\$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: Completion of Tai Chi Basics Set 1.

Donald Walker		Edison Community Center			
250911-2A	18 yrs + M	2:30-3:45pm	3/25-5/6	\$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: April 22, April 25, 5/27.

Elizabeth Pham		Senior Center in Central Park			
250881-5A	18 yrs + M	6:45-8:15pm	3/25-6/10	\$80	
250881-5B	18 yrs + Th	9-10:25am	3/28-6/13	\$88	

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: April 22, 5/27.

Shona Howe		Senior Center in Central Park			
250882-5A	18 yrs + M	6:45-8:15pm	3/25-6/10	\$80	
250882-5B	18 yrs + Th	8:30-10:25am	3/28-6/13	\$88	

TAI CHI CHUAN – SIMPLIFIED YANG STYLE

Integrated exercise-art for mental and physical well-being, producing a balanced unification of body, mind and spirit while stretching and toning the body. Wear comfortable clothing and sun protection as portions of class may be outdoors. No class: Apr 23.

Shona Howe		HB Art Center			
250884-4A	18 yrs + Tu	9:30-10:45am	3/26-6/4	\$86 / \$78	

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: 5/27.*

Marianne Grossman **Edison Community Center**
250857-2A 18 yrs + Tu 5:30-6:30pm 4/9-6/11 \$65

Marianne Grossman **Senior Center in Central Park**
250857-5A 18 yrs + M 5:30-6:30pm 4/8-6/10 \$59

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: 5/29.*

Susan Hardy **Murdy Community Center**
250886-1A 18 yrs + M, W, F 8:30-10am 3/25-6/12 \$141

UNLIMITED HB PILATES & FITNESS CLASSES

Unlimited Classes allows you access to all HB Pilates & Fitness classes: Ab-Core Blast, Lean and Fit, Restorative Flow Yoga, Build Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Gentle Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Some restrictions apply. More info: info@hbpilates.com. *No class: 5/27.*

HB Pilates & Fitness Inc. **Any City Community Center**
250896-1A 16 yrs + Any HB Pilates Class 3/25-5/4 \$234
250896-1B 16 yrs + Any HB Pilates Class 5/6-6/15 \$234

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: 5/28, 5/31.*

Susan Holden **Senior Center in Central Park**
250892-5A 18 yrs + Tu 10:30-11:30am 4/9-6/11 \$76
250892-5B 18 yrs + F 10-11am 4/5-6/14 \$85

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael **City Gym and Pool**
250867-3A 16 yrs + M 10:30am-12pm 3/25-5/20 \$105

YOGA: EDISON

Yoga unites mind and 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. *No class: 4/24.*

Diane Pavesic, BSN, CCM, YTRX-500 C, ERYT-500, C-IAYT **Edison Community Center**
250868-2A 18 yrs + W 4:30-5:30pm 4/3-5/22 \$62
250868-2B 18 yrs + W 6-7pm 4/3-5/22 \$62

YOGA FLOW

A medium-paced yoga flow class where we will break down postures and correct alignment for all the poses, while getting a great workout. This class is for all levels, from those who have never taken yoga, to those who are deep into their practice, everyone will be able to fully benefit from each week's class. Each week's flow will focus on strengthening the body and relaxing the mind. Come to learn, sweat, have fun, and release tension!

Neelam Molnar **HB Art Center**
250885-4A 18 yrs + W 9:15-10:15am 3/27-4/24 \$81 / \$74
250885-4B 18 yrs + W 9:15-10:15am 5/8-6/5 \$81 / \$74

YOGA: MURDY

Beginner and intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck etc.) Breathing and 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.

Susan Holden **Murdy Community Center**
250876-1A 16 yrs + M 6:15-7:15pm 4/8-6/10 \$76
250876-1B 16 yrs + Tu 5:30-6:45pm 4/9-6/11 \$76
250876-1C 16 yrs + F 4-5pm 4/5-6/14 \$85
No class: 5/27, 5/28, 5/31.

Jacki King, E-RYT, CYT, YACEP **Murdy Community Center**
251124-1A 16 yrs + M 4:35-5:35pm 4/8-6/10 \$70
251124-1B 16 yrs + W 4-5pm 4/10-6/12 \$70
No class: 5/6, 5/8, 5/27, 5/29.

Yvonne Carmichael **Lake View Clubhouse**
251125-1A 16 yrs + W 10:30am-12pm 3/27-5/22 \$105
251125-1B 16 yrs + F 10:30am-12pm 3/29-5/24 \$105

YOGA: PRENATAL YOGA

Prenatal yoga is a multifaceted approach to childbirth preparation. Open to all stages of pregnancy. A mixture of postures, controlled breathing and meditation. This yoga practice can improve mental focus and the strength and flexibility in the muscles used during childbirth

Se7en Yoga **Edison Community Center**
250845-2A 18 yrs + Th 9:30-10:25am 3/28-6/6 \$110

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 and blanket. *No class: 4/25.*

Diane Pavesic, BSN, CCM, YTRX-500 C, ERYT-500, C-IAYT **Senior Center in Central Park**
250872-5A 18 yrs + Th 10-11am 4/4-5/23 \$62
250872-5B 18 yrs + Th 11:10am-12:10pm 4/4-5/23 \$62

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 **Senior Center in Central Park**
250866-5A 18 yrs + M 10-11am 4/1-5/20 \$62
250866-5B 18 yrs + M 11:15am-12:15pm 4/1-5/20 \$62

TEEN YOGA

This 50 minute class is designed to introduce yoga to teens. The class focuses on body awareness, yoga poses, confidence, and compassion. Yoga is a great way for teens to practice self-care. They will learn techniques for a healthy and positive lifestyle in a fun and easy going atmosphere. Bring a yoga mat and water.

Meghan Rambo		Rodgers Center			
251511-7A	13-19 yrs	W	4-4:50pm	3/27-4/24	\$86 / \$78
251511-7B	13-19 yrs	W	4-4:50pm	5/8-6/5	\$86 / \$78

ZUMBA

It's different and 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. Drop-ins: \$12 per class.

SockhopFitness		Edison Community Center			
250858-2A	18 yrs +	W	6:30-7:15pm	4/3-6/19	\$68

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 a towel, water, and light weights or toning sticks. *Monday class meets from 6-6:45pm. Wednesday class meets from 6:30-7:15pm.

SockhopFitness		Edison Community Center			
250827-2A	16 yrs +	M,W	6-7:15pm*	4/1-6/19	\$114

ZUMBA AGES 6-TO-86

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

SockhopFitness		Senior Center in Central Park			
250813-5A	6-86 yrs	Tu	6-6:45pm	4/2-6/11	\$62

ZUMBA GOLD DANCE FITNESS

The funnest class you'll ever take! Zumba Gold is the dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact, fun dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a great time to feel great! Drop-in: \$15 per class. Free demo on April 3 from 9:15 to 9:45 a.m.

CS Dance Factory		Senior Center in Central Park			
251514-5A	18 yrs +	W	9:15-10:15am	4/17-6/5	\$62

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	50 yrs +	Th	9-10am	4/11-6/13	\$65

ZUMBA GOLD & ZUMBA 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!

SockhopFitness		Murdy Community Center			
250860-1A	18 yrs +	Tu	8:05-8:55am	4/9-6/18	\$64

SockhopFitness		Senior Center in Central Park			
250860-5A	18 yrs +	F	9-9:50am	4/12-6/14	\$58

ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring one-to-three pound hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

SockhopFitness		Edison Community Center			
250888-2A	18 yrs +	M	6-6:45pm	4/1-6/17	\$64

MARTIAL ARTS

BEGINNER-INTERMEDIATE ADULT WRESTLING

This OCG adult program is geared for adult BJJ, or other martial art practitioners who want to learn fundamentals of wrestling, the world's oldest martial art. Experienced grappling coaches with not only BJJ and Judo experience but also collegiate wrestling backgrounds from JC to D1, will teach technique, tactics and philosophy behind the moves. In a positive that encourages collegial discourse and understanding. The focus is on skill-development and knowledge base growth as well as drilling to muscle memory. *No class: 4/23, 5/9.*

OC Youth Sports Academy		Rodgers Center			
251520-1A	19-49 yrs	Tu, Th	7:30-8:30pm	3/26-5/9	\$125
251520-1B	19-49 yrs	Tu, Th	7:30-8:30pm	5/14-6/20	\$125
251520-1C	19-49 yrs	Tu, Th	7:30-8:30pm	3/26-6/20	\$250

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes four family members one time per week, a \$6 fee per extra student. Take two days per week for \$120 up to four people—if more than four students, add \$6 per student. Take three days per week for \$160 up to four people – if more, add \$6 per student.

Frances Cardinal		Senior Center in Central Park			
250904-5A	4 yrs +	Tu	5-6pm	3/26-6/11	\$80
250904-5B	4 yrs +	Th	5-6pm	3/28-6/13	\$80
250904-5C	4 yrs +	Sa	10-11am	3/30-6/15	\$80
250904-5D	4 yrs +	Any 2 days	TBD	3/26-6/15	\$120
250904-5E	4 yrs +	Any 3 days	TBD	3/26-6/15	\$160

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: 5/2.*

Wadoryu USA **Edison Community Center**
250907-2A 18 yrs + Th 7:15-8pm 3/28-6/13 \$110

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any two days \$120, three days week \$160.

Frances Cardinal **Senior Center in Central Park**
250901-5A 18 yrs + Tu 6:15-7:45pm 3/26-6/11 \$80
250901-5B 18 yrs + Th 6:15-7:45pm 3/28-6/13 \$80
250901-5C 18 yrs + Sa 11am-12pm 3/30-6/15 \$80
250901-5D 18 yrs + Any 2 days TBD 3/26-6/15 \$120
250901-5E 18 yrs + Any 3 days TBD 3/26-6/15 \$160

TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a seventh 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: 5/27.*

Kiavash Tillehkhoo **City Gym and Pool**
250906-3A 15 yrs + M 7:15-8pm 4/1-6/10 \$188
250906-3B 15 yrs + Tu 7:15-8pm 4/2-6/11 \$188
250906-3C 15 yrs + W 7:15-8pm 4/3-6/12 \$188
250906-3D 15 yrs + Th 7:15-8pm 4/4-6/13 \$188

MUSIC

BEGINNING UKULELE

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

Guava Groove **Senior Center in Central Park**
251003-5A 18 yrs + Tu 9:30-10:30am 3/26-4/30 \$65
251003-5B 18 yrs + Tu 9:30-10:30am 5/7-6/11 \$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 material fee for book.

The RockBand Experience **HB Art Center**
251008-4A 13 yrs + Th 4:30-5:30pm 4/4-5/2 \$109 / \$99
251008-4B 13 yrs + Th 4:30-5:30pm 5/9-6/6 \$109 / \$99

The RockBand Experience **Murdy Community Cent**
241011-1C 13 yrs + Tu 4:30-5:30pm 4/2-4/30 \$109
241011-1D 13 yrs + Tu 4:30-5:30pm 5/7-6/4 \$109

GROUP UKULELE

Have you ever wanted to play ukulele? Well now's the time! Learn to play from Mr. Greg, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, pop and rock songs, and even modern-day adaptations of your favorite Radio Hits! All levels and all ages are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. Students must provide their own ukulele. Please call Greg if you have questions about acquiring an ukulele. \$20 material fee due at first class.

The RockBand Experience **HB Art Center**
251012-4A 13 yrs + W 4:15-5pm 4/3-5/1 \$99 / \$90
251012-4B 13 yrs + W 4:15-5pm 5/8-6/5 \$99 / \$90

GUAVA GROOVE UKULELE PLAYERS

This class 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 3/26-4/30 \$65
251004-5B 18 yrs + Tu 10:45-11:45am 5/7-6/11 \$65

TEEN UKULELE

Have you ever wanted to play ukulele? Well now's the time! Learn to play from Mr. Nick, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop, and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! All levels are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. Students must provide their own ukulele. \$20 material fee due at first class.

The RockBand Experience **Rodgers Center**
251013-7A 13-19 yrs W 4:30-5:15pm 3/27-4/17 \$79 / \$72
251013-7B 13-19 yrs W 4:30-5:15pm 4/24-5/15 \$79 / \$72
251013-7C 13-19 yrs W 4:30-5:15pm 5/22-6/12 \$79 / \$72

TEEN GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Nick, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, AC/DC, and so much more! All levels are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. \$20 material fee for book due first class (payable to the instructor). Students must provide their own acoustic guitar.

The RockBand Experience **Rodgers Center**
251014-7A 13-19 yrs W 3:30-4:30pm 3/27-4/17 \$89 / \$81
251014-7B 13-19 yrs W 3:30-4:30pm 4/24-5/15 \$89 / \$81
251014-7C 13-19 yrs W 3:30-4:30pm 5/22-6/12 \$89 / \$81



SPECIAL INTEREST

BRAIN FITNESS

Brain Fitness is a computer program designed to strengthen and sharpen one's brain. It helps a participant listen more effectively, improve memory and concentration, increase social skills, and most importantly, self-confidence. Students work at their own level and do not need prior computer experience. *No class: 4/16, 4/18.*

Sharon Fleming		Senior Center in Central Park			
251122-5A	18 yrs +	Tu, Th	1-3pm	3/26-5/2	\$139
251122-5B	18 yrs +	Tu, Th	3-5pm	3/26-5/2	\$139
251122-5C	18 yrs +	Tu, Th	1-3pm	5/7-6/6	\$139
251122-5D	18 yrs +	Tu, Th	3-5pm	5/7-6/6	\$139

BRIDGE BEGINNING

Contract/Party Bridge, as the name implies, is a fun way to learn this fascinating card game. The game is played with a partner though none is required for you to join the class and all are welcome. You will learn to describe your hand by various bidding techniques.

Rita Spira		Senior Center in Central Park			
251102-5A	18 yrs +	M	2-4pm	3/25-5/13	\$68
251102-5B	18 yrs +	W	6:30-8:30pm	3/27-5/15	\$68

BRIDGE INTERMEDIATE

Learn additional conventions to improve what you already know. Scoring, Stayman, Joacoby Transfer, Negative Double, Slam bidding, many more. I invite you to come join the class to find out what these conventions are all about. Meet some great people while you learn. Plenty of time for actual play.

Rita Spira		Senior Center in Central Park			
251103-5A	18 yrs +	Tu	3-5pm	3/26-5/14	\$68

COPING WITH VISION LOSS

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

Braille Institute		Senior Center in Central Park			
250626-5A	18 yrs +	Th	1-2pm	3/28-4/25	Free

CPR & AED TRAINING – ADULTS, CHILDREN AND INFANT

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

Healthy U		Murdy Community Center			
251104-1A	11 yrs +	Tu	6-9:30pm	4/16	\$59
251104-1B	11 yrs +	Tu	6-9:30pm	5/21	\$59

CHRIS EPTING'S STORYTELLERS

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

Chris Epting		Senior Center in Central Park			
251129-5A	18 yrs +	M	6-8pm	3/25-4/29	\$100

COPING WITH VISION LOSS

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

Braille Institute		Senior Center in Central Park			
250626-5A	18 yrs +	Th	1-2pm	3/28-4/25	Free

FASHION MAKEUP: FROM EVERYDAY

Part One – Creating The Classic Face: Designed for beginners, learn the fundamentals of fashion makeup while creating the Classic Face, a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush and more.

Part Two – 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 and supplies included. More info: 562-221-3944 or rbnimis@yahoo.com.

Rodolfo Nimis		Murdy Community Center			
251134-1A	16 yrs +	Sa	12-4pm	4/6	\$75
251134-1B	16 yrs +	Sa	12-4pm	5/4	\$75
251134-1C	16 yrs +	Sa	12-4pm	6/8	\$75

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!

Senior Center Volunteer		Senior Center in Central Park			
251108-5A	18 yrs +	F	1-4pm	3/29-6/14	\$20

WARD'S DUPLICATE BRIDGE GROUP

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

Senior Center Volunteer		Senior Center in Central Park			
251107-5A	18 yrs +	Tu	12:30-2:30pm	3/26-6/11	\$20

WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life so far. Prior writing skills are not necessary. *No class: 4/18.*

Sharon Fleming		Senior Center in Central Park			
251121-5A	18 yrs +	Th	10am-12pm	4/4-5/30	\$99

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 5, 2019 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 plus the \$15 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 per game official's fee.

Deadline for registration is Friday, April 26, 2019. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 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 2019 season will be available in July for the season starting in Mid-August, 2019.

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 8, 2019. Team registration costs are \$400 per 8-week season plus referee fees (\$20) 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 (huntingtonbeachca.gov) 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, 2019. The deadline to turn in team registration to City Hall is April 1, 2019. A manager's meeting will be held prior to the start of the league on Wednesday, April 3, 2019 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 Men's Legends League-40 & Over	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Summer 2019 season will be available in May, 2019 for the season starting mid June, 2019.

ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday | 6-10pm | City Gym & Pool

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 (three men and three women) are offered on Monday nights. Advanced Women's League is offered Wednesday nights. 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 Rics Volleyball (714)375-5063.

SPORTS

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. More info: goldencoastvolleyball.com.

Beach Volleyball CA, Inc. 15th Street at PCH
251313-2A 18 yrs + Tu 6:30-7:40pm 4/16-5/28 \$140

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. More info: goldencoastvolleyball.com.

Beach Volleyball CA, Inc. 15th Street at PCH
251311-2A 18 yrs + Th 6:30-7:40pm 4/18-5/30 \$140

Beach Volleyball CA, Inc. City Beach
251311-2B 18 yrs + Sa 10-11:30am 4/20-6/1 \$140

INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach Indoor Coed Volleyball League is a Competitive League with an emphasis on having fun and learning the game of volleyball. Boys and girls between 3rd through 8th grade will be placed on teams for the 11 week season, which includes 2 weeks of evaluations, Practice Games, Six League Games and a City-Wide Championship Tournament. All third and fourth graders will play by Volley-Tennis Standards. There will be one practice per week and some Friday Games. Saturday game times will vary. All participants will receive an HB Recreation Jersey and League Awards.

Youth Sports Staff	City Gym and Pool		
251303-3A 12-14 yrs	Sa	12-1pm	3/30-6/8 \$60
251303-3B 11-12 yrs	Sa	10:30-11:30am	3/30-6/8 \$60
251303-3C 8-10 yrs	Sa	9-10am	3/30-6/8 \$60

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. \$20 material fee due first class. *No class: 4/18.*

Matt Taylor Volleyball City Gym and Pool
251323-3A 16 yrs + Th 7:45-9:45pm 3/28-5/2 \$55

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. *No class: 4/18.*

Matt Taylor Volleyball City Gym and Pool
251309-3A Beginner 16 yrs + Th 6:15-7:45pm 3/28-6/6 \$139
251309-3B Intermediate 16 yrs + Th 7:45-9:15pm 5/9-6/6 \$70

WOMEN'S VOLLEYBALL

Tuesday's-Intermediate class from 9:30am to 12:30pm, Wednesday's-Advanced only 4's from 10-12pm, Thursday's Advanced only from 9:30am-12:30pm. If you are a new player you must tryout 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	18 yrs + (Intermediate)	Tu	9:30am-12:30pm	3/26-4/23	\$35
251302-3B	18 yrs + (Intermediate)	Tu	9:30am-12:30pm	4/30-5/28	\$35
251302-3C	18 yrs + (Advanced)	W	10am-12pm	3/27-4/24	\$35
251302-3D	18 yrs + (Advanced)	W	10am-12pm	5/1-5/29	\$35
251302-3E	18 yrs + (Advanced)	Th	9:30am-12:30pm	3/28-4/25	\$35
251302-3F	18 yrs + (Advanced)	Th	9:30am-12:30pm	5/2-5/30	\$35

SKATE & SURF

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. *No class: 4/17, 4/20, 5/22, 5/25.*

The Rinks Westminster Ice 13071 Springdale Street, Westminster

251312-1A	17 yrs +	W	6:40-7:10pm	3/27-4/24	\$38
251312-1B	17 yrs +	W	6:40-7:10pm	5/1-5/29	\$38
251312-1C	17 yrs +	Sa	10:15-10:45am	3/30-4/27	\$38
251312-1D	17 yrs +	Sa	10:15-10:45am	5/4-6/1	\$38

LEARN TO SURF

This is four, one and a half hour lessons, that stresses beach safety and fun while you learn the basis of catching and riding waves and ocean safety. Students should be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years of experience. More info: hbsurfschool.com.

HB Surf School

City Beach

251403-2A	18 yrs +	Sa	9-10:30am	4/6-4/27	\$245
251403-2B	18 yrs +	Sa	9-10:30am	5/4-5/25	\$245
251403-2C	18 yrs +	Sa	9-10:30am	6/1-6/22	\$245

Private and Semi-Private Surf Lessons

For more information on surf classes, please visit huntingtonbeachca.gov



WELLNESS

HOAG LECTURES

To register call 714-536-5600

MINDFULNESS AS MEDICINE – A FAD, TREND, OR HERE TO STAY

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

Hoag

Senior Center in Central Park

253304-5A 18 yrs + M 10-11am 4/1 Free

FALL PREVENTION & EXERCISES

Each year, more than one out of three people over the age of 65 has a fall. Learn how to decrease your fall risk and how to get back up.

Hoag

Senior Center in Central Park

253309-5A 18 yrs + Th 10-11am 4/11 Free

STROKE & WARNING SIGNS AND SYMPTOMS

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 18 yrs + Th 1-2pm 5/9 Free

LATEST ADVANCEMENTS FOR TREATING KNEE PAIN AND ARTHRITIS

Knee pain and arthritis are common ailments for many active adults, and can increase over time. Did you know there are minimally invasive options to treat knee pain and arthritis that will get you back moving more quickly? Join Taylor Dunphy, M.D., orthopedic surgeon and sports medicine expert as he shares the latest advancements for treating knee pain including cartilage repair, partial knee replacements and non-surgical options.

Hoag

Senior Center in Central Park

253391-5A 18 yrs + Th 1-2pm 4/11 Free

HEALTHY TIPS TO REDUCE SUGAR, SODIUM, FAT & CHOLESTEROL

Do we really know what is in our food? And how can we avoid the unwanted sugar, fat, cholesterol and sodium? Join our Hoag Dietician as she educates you on how to identify what is in your food, tips for reducing these ingredients and advice on how to make better choices.

Hoag

Senior Center in Central Park

253392-5A 18 yrs + M 10-11am 6/3 Free

THE ROLE OF NUTRITION IN DIABETES MANAGEMENT

Can certain diets help patients manage their diabetes? Learn what foods are best for diabetics and what foods they should avoid.

Hoag Senior Center in Central Park
253393-5A 18 yrs + Th 10-11am 6/13 Free

SUPPLEMENTS & VITAMINS: WHAT YOU NEED TO KNOW

This presentation will help you understand how to navigate the vitamin shelves and informs you about what vitamins may be needed, what vitamins are necessary, and why. This presentation will help eliminate the guesswork and allow you to make an informed decision.

Hoag Senior Center in Central Park
253394-5A 18 yrs + W 11:30am-12:30pm 4/17 Free

LATEST ADVANCEMENTS FOR TREATING HIP PAIN AND ARTHRITIS

Is hip pain slowing you down or preventing you from doing what you love? If you're experiencing pain or arthritis in your hips, learn about the latest advancements in hip replacement and non-surgical options from Travis Scudday, M.D., orthopedic surgeon and hip and knee specialist with Hoag Orthopedic Institute. Knowing when to seek expert care can help avoid future pain and get you back to you.

Hoag Senior Center in Central Park
253395-5A 18 yrs + Th 10-11am 5/9 Free

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
253396-5A 18 yrs + W 11:30am-12:30pm 4/10 Free

ORANGE COAST MEMORIAL LECTURES SIGN up through Orange Coast Memorial 1-800-MEMORIAL (1-800-636-6742)

MEDICATIONS, SUPPLEMENTS AND OTC'S

Have you wondered about how your prescription medications, supplements and over-the-counter medications (OTC's) interact? It is important to know the answer. Elizabeth Tran, PharmD., a pharmacist with the Outpatient Pharmacy at MemorialCare Orange Coast Medical Center, will present this important topic and answer medication questions. Space is limited. RSVP to 800-636-6742.

Orange Coast Memorial Senior Center in Central Park
18+ Th 3-4:30pm 4/18 Free

DIABETES PREVENTION AND MANAGEMENT

Diabetes can be a debilitating and life-threatening disease when not well controlled. A registered dietitian with MemorialCare Orange Coast Medical Center will present on the role nutrition plays in prevention and management of diabetes. Space is limited. RSVP at memorialcare.org or 800-636-6742.

Orange Coast Memorial Senior Center in Central Park
18+ Th 3-4:30pm 5/16 Free

FALL PREVENTION AND BALANCE IMPROVEMENT

As we age, we can lose our balance over the slightest things. Physical therapists with MemorialCare Orange Coast Medical Center will join us to discuss practical ways to improve balance and help prevent falls. Space is limited. RSVP at memorialcare.org or 800-636-6742.

Orange Coast Memorial Senior Center in Central Park
18+ Th 3-4:30pm 6/20 Free

2019 SUMMER SWIM LESSONS



Summer swim program details will be provided in the summer edition of the SANDS, which will be released this April.

For questions, please call the City Gym & Pool at 714-960-8884.



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.