

# TEEN/ADULT

For New Senior Center Activity information see pg 47

## AQUATIC EXERCISE

### AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accomodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation.

Equipment rental \$3 per class to be paid each class. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Jul-4

#### Aqua Tone Fitness

				City Gym and Pool	
350802-3A	16 yrs +	M	8:15-9:25am	6/27-7/25	\$44
350802-3B	16 yrs +	M	8:15-9:25am	8/1-8/29	\$53
350802-3C	13 yrs +	W	8:15-9:25am	6/29-7/27	\$53
350802-3D	13 yrs +	W	8:15-9:25am	8/3-8/31	\$53
350802-3E	13 yrs +	F	6:45-8am	7/1-7/29	\$53
350802-3F	13 yrs +	F	6:45-8am	8/5-9/2	\$53

### AQUATIC EXERCISE: AQUA EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Jul-4

#### Aqua Tone Fitness

				City Gym and Pool	
350804-3A	16 yrs +	M	5:30-6:30pm	6/27-7/25	\$32
350804-3B	16 yrs +	M	5:30-6:30pm	8/1-8/29	\$38
350804-3C	16 yrs +	W	5:30-6:30pm	6/29-7/27	\$38
350804-3D	16 yrs +	W	5:30-6:30pm	8/3-8/31	\$38
350804-3E	16 yrs +	F	5:30-6:30pm	7/1-7/29	\$38
350804-3F	16 yrs +	F	5:30-6:30pm	8/5-9/2	\$38
350804-3G	16 yrs +	M,W	5:30-6:30pm	6/27-7/25	\$65
350804-3H	16 yrs +	M,W	5:30-6:30pm	8/1-8/29	\$71
350804-3I	16 yrs +	M,W,F	5:30-6:30pm	7/1-7/29	\$97
350804-3J	16 yrs +	M,W,F	5:30-6:30pm	8/5-9/2	\$103

### AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. No Class Dates: Jul-4

#### Debra Thurn and Jamie Fowler

				City Gym and Pool	
350805-3A	16 yrs +	M,W	1:15-2pm	July	\$45
350805-3B	16 yrs +	M,W	1:15-2pm	August	\$45
350805-3C	16 yrs +	M,W	1:15-2pm	September	\$45
350805-3D	16 yrs +	F	11am-12pm	July	\$45
350805-3E	16 yrs +	F	11am-12pm	August	\$45
350805-3F	16 yrs +	F	11am-12pm	September	\$45

### 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: Jul-4

#### Debra Thurn

				City Gym and Pool	
350806-3A	16 yrs +	M,W,F	12:15-1:15pm	July	\$58
350806-3B	16 yrs +	M,W,F	12:15-1:15pm	August	\$58
350806-3C	16 yrs +	M,W,F	12:30-1:30pm	September	\$58
350806-3D	16 yrs +	Tu,Th	12:30-1:30pm	July	\$58
350806-3E	16 yrs +	Tu,Th	12:30-1:30pm	August	\$58
350806-3F	16 yrs +	Tu,Th	12:30-1:30pm	September	\$58

### AQUATIC EXERCISE: AQUA-TONE FITNESS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Jul-4

#### Aqua Tone Fitness

				City Gym and Pool	
350808-3A	16 yrs +	M	7-8am	6/27-7/25	\$32
350808-3B	16 yrs +	M	7-8am	8/1-8/29	\$38
350808-3C	16 yrs +	W	7-8am	7/6-7/27	\$38
350808-3D	16 yrs +	W	7-8am	8/3-8/31	\$38
350808-3E	16 yrs +	M,W	7-8am	6/27-7/27	\$65
350808-3F	16 yrs +	M,W	7-8am	8/1-8/31	\$71
350808-3G	16 yrs +	Tu,Th	7-8am	6/28-7/28	\$71
350808-3H	16 yrs +	Tu,Th	7-8am	8/2-9/1	\$71
350808-3I	16 yrs +	Tu,Th	7-8am	6/28-7/28	\$71
350808-3J	16 yrs +	Tu,Th	7-8am	8/2-9/1	\$71
350808-3K	16 yrs +	F	8:20-9:20am	7/1-7/29	\$38
350808-3L	16 yrs +	F	8:20-9:20am	8/5-9/2	\$38
350808-3M	16 yrs +	Sa	7-8am	7/2-7/30	\$38
350808-3N	16 yrs +	Sa	7-8am	8/6-9/3	\$38

### AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com).

#### Aqua Tone Fitness

				City Gym and Pool	
350821-3A	16 yrs +	F	9:30-10:15am	7/1-7/29	\$38
350821-3B	16 yrs +	F	9:30-10:15am	8/5-9/2	\$38

### HUNTINGTON BEACH MERMAID SWIM CLUB

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

#### Debra Thurn

				City Gym and Pool	
351166-3A	7 yrs +	Tu	1:30-2pm	July	\$48
351166-3B	7 yrs +	Tu	1:30-2pm	August	\$48
351166-3C	7 yrs +	Tu	1:30-2pm	September	\$48
351166-3D	7 yrs +	F	6:45-7:15pm	July	\$48
351166-3E	7 yrs +	F	6:45-7:15pm	August	\$48
351166-3F	7 yrs +	F	6:45-7:15pm	September	\$48

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



## SPRINGBOARD DIVING: INTRODUCTION

Basic diving skills such as the forward approach and hurdle as well as the back press are taught. In this class the five basic dives (front, back, reverse, inward and twist) will be introduced to divers that are ready. This is a fun, active way to introduce young diving hopefuls to the sport. Diving develops balance and coordination. Participants must pass level II or have equivalent skills. Swim test first day.

**Robbie McLellan**

**Marina High School Pool,  
15871 Springdale Street**

<b>352420-3A</b>	6 yrs +	M-Th	10-10:45am	6/27-7/8	\$135
<b>352420-3B</b>	6 yrs +	M-Th	10:45-11:30am	6/27-7/8	\$135
<b>352420-3C</b>	6 yrs +	M-Th	10-10:45am	7/11-7/22	\$150
<b>352420-3D</b>	6 yrs +	M-Th	10:45-11:30am	7/11-7/22	\$150
<b>352420-3E</b>	6 yrs +	M-Th	10-10:45am	7/25-8/5	\$150
<b>352420-3F</b>	6 yrs +	M-Th	10-10:45am	8/8-8/19	\$150

## SPRINGBOARD DIVING: INTERMEDIATE

This class takes the basic skills and applies them to the five basic dive groups (front, back, reverse, inward and twist). Somersaulting and twisting dives are introduced as well as dives from the 3-meter high diving board. Introduction to competition offered to those divers who show they are ready. A basic swim test and diving test are offered on the 1st day of class.

**Robbie McLellan**

**Marina High School Pool,  
15871 Springdale Street**

<b>352421-3A</b>	6 yrs +	M-Th	11:30am-12:15pm	6/27-7/8	\$135
<b>352421-3B</b>	6 yrs +	M-Th	11:30am-12:15pm	7/11-7/22	\$150
<b>352420-3C</b>	6 yrs +	M-Th	10:45-11:30am	7/25-8/5	\$150
<b>352421-3D</b>	6 yrs +	M-Th	11:30am-12:15pm	7/25-8/5	\$150
<b>352420-3E</b>	6 yrs +	M-Th	10:45-11:30am	8/8-8/19	\$150
<b>352421-3F</b>	6 yrs +	M-Th	11:30AM-12:15pm	8/8-8/19	\$150

## ART

### ART EXPLORATION & DISCOVERY

Explore common materials and new processes to find your artistic flow. Starting with spontaneous "automatic drawing" exercises, you'll build mixed-media projects using graphite, acrylic paints, papers and fabrics. Collage and assemblage, color, shape and design are emphasized. No prior skill, just be ready to explore, discover and have fun!

**Jim Ellsberry**

**HB Art Center**

**350148-4A** 18 yrs + W 9:30am-12pm 8/3-8/31 \$112/101

### ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

**Pati Kent**

**HB Art Center**

**350103-4A** 12 yrs + Tu 2:45-4:15pm 8/2-8/30 \$104/94



## ARTIST PRESENTATIONS

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

**Kurt Weston**

**HB Art Center**

**350138-4A** 18 yrs + Th 1-3pm 8/4-9/8 \$100/91

## CREATIVE WRITING

This workshop is for beginning writers of poetry, fiction, and creative nonfiction. We will read selections for each genre and practice writing using prompts. We will work together and thoughtfully read each other's writing. This is a class for those interested in finding their voice on the page.

**Martin Salgado**

**HB Art Center**

**350144-4A** 13 yrs + Tu 1-3pm 8/2-9/6 \$96/87

## DIGITAL PHOTOGRAPHY ADVANCED

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

**Kurt Weston**

**HB Art Center**

**350136-4A** 18 yrs + F 1-3pm 8/5-9/9 \$100/91

## DIGITAL PHOTOGRAPHY BEGINNING

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

**Kurt Weston**

**HB Art Center**

**350109-4A** 16 yrs + F 3:30-5:30pm 8/5-9/9 \$100/91

## DIGITAL PHOTOGRAPHY CRITIQUE SESSIONS

These sessions are for technically competent and self-directed photographers who wish to showcase and discuss their work. We will address questions and concerns about photographic technique and aesthetic. Instructor Kurt Weston (MFA), skilled as both a commercial and fine arts photographer will lead the sessions, sharing his advice and knowledge.

**Kurt Weston**

**HB Art Center**

**350132-4A** 16 yrs + Sa 2:45-4:30pm 8/6-9/10 \$100/91

## DIGITAL PHOTOGRAPHY INTERMEDIATE

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

**Kurt Weston**

**HB Art Center**

**350110-4A** 16 yrs + Sa 1-2:45pm 8/6-9/10 \$100/91

## DRAWING & PAINTING ON LOCATION

This unique class is only offered in the Summer. We meet at the Huntington Beach Art Center for the first night of class for a lesson and maps will be given. Each week students meet at a new location to draw and paint. Bring materials first day. Suggested materials list.

**Pati Kent** **HB Art Center**  
350134-4A 12 yrs + Tu 6-8pm 6/28-7/26 \$104/94

## HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$32 per painter-register in advance.

**Pati Kent** **City Gym and Pool**  
350143-3A 18 yrs + F 6-8pm 7/8 \$32  
350143-3C 18 yrs + F 6-8pm 9/9 \$32

**Pati Kent** **Murdy Community Center**  
350143-3B 18 yrs + F 6-8pm 8/12 \$32

## ILLUSTRATIVE WATERCOLOR

Explore inventive watercolor techniques used to create illustrations and fine art with an award-winning painter who's fluent in both adaptations. No experience necessary; some drawing ability useful. You will learn wash & gradient techniques, photo transfer, color layering, and much more. Materials list provided in advance on receipt.

**Moira Hahn** **HB Art Center**  
350140-4A 16 yrs + F 12:15-2:45pm 8/5-9/9 \$131/118

## INTRO TO IMPROV

Shy? Fear of public speaking? Like to act or perform, but want to know what to do when you forget your lines? Have fun while learning more effective communication skills in a no pressure environment. Students will learn the basic rules & philosophy of improvisation through games, drills and scenes.

**Brenda Glim** **HB Art Center**  
350145-4A 18 yrs + W 1-3pm 8/3-9/7 \$81/73

## LANDSCAPE PAINTING IN OIL

This is a class for continuing students and those with some oil painting experience, designed to further strengthen and develop the student's oil painting abilities. Color mixing, relationships of dark and light, composition and perspective are studied as we work from photo assignments.

**Jim Ellsberry** **HB Art Center**  
350114-4A 18 yrs + Sa 1:30-3:30pm 7/9-8/6 \$112/101

## PAINT PEN TECHNIQUES

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

**Sam Bernal** **HB Art Center**  
350139-4A 12 yrs + W 3:30-5:30pm 8/3-9/7 \$130/118

## PLEIN AIR SKETCHING & WATERCOLOR

Sketching and Watercolor on location. Class will meet at various locations around Main Street H.B. Learn the fundamentals of keeping a sketchbook, choosing subject matter, editing and planning a plein air day. Class will also meet at Art Center for studio time and instruction. Not for beginners.

**Eileen McCullough** **HB Art Center**  
350147-4A 16 yrs + Th 9:30am-12:30pm 8/4-9/8 \$106/96

## 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. Bring source material. Materials list provided on receipt.

**Diane Merrill** **HB Art Center**  
350116-4A 13 yrs + Tu 9:30am-12:30pm 8/2-9/6 \$114/103

## WRITING LIFE STORIES

Everyone has a story. What matters is how you tell it. Perhaps you have a funny or dramatic moment you lived through. Come find out how to create a focused narrative out of the many fascinating elements of your life. In a positive and supportive atmosphere, explore the different facets of memoir writing, including setting and place, point of view, voice, character arcs.

**Martin Salgado** **HB Art Center**  
350146-4A 13 yrs + W 10am-12pm 8/3-9/7 \$96/87

## COOKING

### BREADS AND MORE

Nothing can be so inviting and comforting as the smell of bread baking. We will be making a variety of different breads using different flours, seeds, fruits, and leveling agents. We will also learn to make starters. A portion of the class will be hands on. \$15 materials fee due at first class.

**April Berg** **Edison Community Center**  
350305-2A 18 yrs + Tu 6:15-9:15pm 8/16-8/16 \$35

### SANTA FE CUISINE

We will be learning to make and sampling food of the Southwest. We will be learning about spices, chilies, cooking methods, uses of corn, beans, and meats in this blend of cultures type of food. Come hungry! \$15 materials fee due at first class.

**April Berg** **Edison Community Center**  
350306-2A 18 yrs + Tu 6:15-9:15pm 7/12-7/12 \$35

## COMPUTER

### E-BAY SELLING BASICS

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

**David Krueger** **Murdy Community Center**  
350606-1A 14 yrs + Tu 7-9pm 6/7-6/21 \$89

# DANCE

## PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

**SockhopFitness** Edison Community Center  
350402-2A 6 yrs + TBA TBA TBA \$60

## BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Swing, Waltz, and Cha Cha. Classic dance moves will give you confidence at weddings, cruises, and parties. No Partner needed. No Class

Dates: Jul-4

**Kaylaa Fox** Edison Community Center  
350407-2A 16 yrs + M 7-7:45pm 6/27-7/25 \$49  
350407-2B 16 yrs + M 7-7:45pm 8/1-8/22 \$49

## DANCE: COUNTRY LINE

Country Line Dance is so big, you can go out dancing to "in" country music immediately. Meet new friends, socialize, and have fun! Calories just jump off as your boots are flying to the music on the dance floor.

**Kaylaa Fox** Edison Community Center  
350413-2A 16 yrs + W 7:30-8:15pm 6/29-7/20 \$49  
350413-2B 16 yrs + W 7:30-8:15pm 7/27-8/17 \$49

**Kaylaa Fox** Murdy Community Center  
350413-1A 16 yrs + Th 7-7:45pm 6/30-7/21 \$49  
350413-1B 16 yrs + Th 7-7:45pm 7/28-8/18 \$49

## DANCE: COUNTRY TWO STEP

Romantic Country 2 Step Lets you dance with your own partner or meet a partner in class or out at the country clubs. Listen to favorite songs played by DJs and bands as you dance to the beat. No partner needed.

**Kaylaa Fox** Edison Community Center  
350415-2A 16 yrs + W 8:15-9pm 6/29-7/20 \$49  
350415-2B 16 yrs + W 8:15-9pm 7/27-8/17 \$49

**Kaylaa Fox** Murdy Community Center  
350415-1A 16 yrs + Th 7:45-8:30pm 6/30-7/21 \$49  
350415-1B 16 yrs + Th 7:45-8:30pm 7/28-8/18 \$49

## DANCE: SALSA

SALSA dance is exploding in clubs and parties with its exotic rhythms just waiting to be danced to. Easy patterns in this class will take you out socializing and dancing immediately. No partner needed. No class dates: Jul-4.

**Kaylaa Fox** Edison Community Center  
350421-2A 16 yrs + M 7:45-8:30pm 6/27-7/25 \$49  
350421-2B 16 yrs + M 7:45-8:30pm 8/1-8/22 \$49

**Kaylaa Fox** Murdy Community Center  
350421-1A 16 yrs + Th 8:30-9:15pm 6/30-7/21 \$49  
350421-1B 16 yrs + Th 8:30-9:15pm 7/28-8/18 \$49

## DANCE: SWING ADVANCED

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

**Kaylaa Fox** Murdy Community Center  
350422-1A 16 yrs + Th 6:15-7:15pm 6/30-7/21 \$40  
350422-1B 16 yrs + Th 6:15-7:15pm 7/28-8/18 \$40

## DANCE: SWING BASICS

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

**Kaylaa Fox** Murdy Community Center  
350423-1A 16 yrs + Th 8:15-9:15pm 6/30-7/21 \$40  
350423-1B 16 yrs + Th 8:15-9:15pm 7/28-8/18 \$40

## DANCE: SWING INTERMEDIATE

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

**Kaylaa Fox** Murdy Community Center  
350424-1A 16 yrs + Th 7:15-8:15pm 6/30-7/21 \$40  
350424-1B 16 yrs + Th 7:15-8:15pm 7/28-8/18 \$40

## BALLET & BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process. No Class Dates: Jul-4

**Huntington Academy of Dance** 16601 Gothard Street, Suite A  
350426-1A 18 yrs + M 12:30-1:30pm 6/27-7/25 \$32  
350426-1B 18 yrs + M 12:30-1:30pm 8/1-8/29 \$39

## ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

**Huntington Academy of Dance** City Gym and Pool  
350442-3A 13 yrs + M 7-8pm 7/11-8/15 \$65

**Huntington Academy of Dance** 16601 Gothard Street, Suite A  
350442-1A 16 yrs + W 7:30-8:30pm 7/6-8/10 \$65

## DANCE: BRIDE AND GROOM'S FIRST

Bride & Groom will learn how to dance to their FIRST DANCE music. One class meeting for one hour. Great for father daughter dance and mother son dance, too. Just bring your music of choice.

**Kaylaa Fox** Murdy Community Center  
350449-1A 18 yrs + Th 6-7pm 6/30 \$25  
350449-1B 18 yrs + Th 6-7pm 7/21 \$25

## DOG TRAINING

### DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class includes training manual.

**Dog Services Unlimited** **Murdy Community Center**  
350502-1A 10 yrs + M 6:30-7:30pm 7/18-8/22 \$84

### AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested.

**Dog Services Unlimited** **Edison Community Center**  
350503-2A 10 yrs + Tu 8:30-9:15pm 8/2-8/9 \$28

### DOG TRAINING: BEGINNING DOG OBEDIENCE

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

**Dog Services Unlimited** **Edison Community Center**  
350504-2A 10 yrs + Tu 7:30-8:30pm 6/28-8/9 \$95  
350504-2B 10 yrs + W 6-7pm 7/20-8/31 \$95

**Dog Services Unlimited** **Murdy Community Center**  
350504-1A 10 yrs + Th 7-8pm 7/7-8/18 \$95

### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

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

**Dog Services Unlimited** **Murdy Community Center**  
350506-1A 10 yrs + M 7:30-8:45pm 8/1-8/22 \$82

### DOG-FRISBEE: CATCH THE FUN!

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

**Dog Services Unlimited** **Dog Park, Edwards Street & Inlet Drive**  
350509-1A 10 yrs + Su 5:30-7pm 7/17 \$29

**For New Senior Center  
Activity information  
see pg 47**

### FLYBALL DOG TRAINING – BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. *No Class Dates: Jul-23*

**Surf City Flyball** **Central Park-Slater Avenue/Goldenwest Street**  
350507-1A 18 yrs + Sa 9-10am 7/1-9/3 \$95

### FLYBALL DOG TRAINING – INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: Jul-23*

**Surf City Flyball** **Central Park-Slater Avenue/Goldenwest Street**  
350508-1A 18 yrs + Sa 10-11:30am 7/1-9/3 \$95

## EDUCATIONAL

### ITALIAN: INTENSIVE BEGINNING ITALIAN

Whether you are traveling to Italy or just have a passion for the language, this intensive two week course will give you the basic words and phrases to get you on your way to learning and communicating. Focus is on spoken Italian.

**Spectrum Languages** **Edison Community Center**  
350601-2A 18 yrs + Tu 6:30-8:30pm 6/28-7/5 \$58

## HEALTH AND FITNESS

### CARDIO STRENGTH

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

**Joanne Pridomirski-Alvo** **Edison Community Center**  
350850-2A 13 yrs + Tu,Th 8:45-9:45am 7/5-9/1 \$69

### CARDIO STEP & BODY SCULPT

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

**Susan Hardy** **Edison Community Center**  
350851-2A 13 yrs + M,W,F 5:15-6:15pm 6/27-8/31 \$111

### CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$128. *No Class Dates: Jul-4*

**Susan Hardy** **Murdy Community Center**  
350835-1A 13 yrs + M,W,F 9:15-10am 6/27-8/31 \$106

## HB PILATES: 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5-pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, PILOXING, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Jul-4

HB Pilates		All Community Center Locations	
<b>350611-1A</b>	16 yrs + Attend any HB Pilates Classes	6/27-7/30	\$85
<b>350611-1B</b>	16 yrs + Attend any HB Pilates Classes	8/1-9/3	\$85

## HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10-class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. No Class Dates: Jul-4

HB Pilates		All Community Center Locations	
<b>350612-1A</b>	16 yrs + Attend any HB Pilates Classes	6/27-7/30	\$160
<b>350612-1B</b>	16 yrs + Attend any HB Pilates Classes	8/1-9/3	\$160

## HB PILATES: PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: Jul-4

HB Pilates		City Gym and Pool	
<b>350811-3A</b>	16 yrs + W 9-10am	6/29-7/27	\$64
<b>350811-3B</b>	16 yrs + Th 6-7pm	6/30-7/28	\$64
<b>350811-3C</b>	16 yrs + W 9-10am	8/3-8/31	\$65
<b>350811-3D</b>	16 yrs + Th 6-7pm	8/4-9/1	\$65

HB Pilates		Edison Community Center	
<b>350811-2A</b>	16 yrs + M 6:30-7:30pm	6/27-7/25	\$53
<b>350811-2B</b>	16 yrs + M 6:30-7:30pm	8/1-8/29	\$65
<b>350811-2C</b>	16 yrs + Tu 9-10am	6/28-7/26	\$64
<b>350811-2D</b>	16 yrs + Tu 9-10am	8/2-8/30	\$65
<b>350811-2E</b>	16 yrs + W 6-7pm	6/29-7/27	\$64
<b>350811-2F</b>	16 yrs + W 6-7pm	8/3-8/31	\$65
<b>350811-2G</b>	16 yrs + F 10:30-11:30am	7/1-7/29	\$64
<b>350811-2H</b>	16 yrs + F 10:30-11:30am	8/5-9/2	\$65

HB Pilates		Murdy Community Center	
<b>350811-1A</b>	16 yrs + M 10-11am	6/27-7/25	\$53
<b>350811-1B</b>	16 yrs + M 10-11am	8/1-8/29	\$65
<b>350811-1C</b>	16 yrs + Tu 6-7pm	6/28-7/26	\$64
<b>350811-1D</b>	16 yrs + Tu 6-7pm	8/2-8/30	\$65
<b>350811-1E</b>	16 yrs + Th 5-6pm	6/30-7/28	\$64
<b>350811-1F</b>	16 yrs + Th 5-6pm	8/4-9/1	\$65
<b>350811-1G</b>	16 yrs + Sa 9-10am	7/2-7/30	\$64
<b>350811-1H</b>	16 yrs + Sa 9-10am	8/6-9/3	\$65

## HB PILATES: AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. No Class Dates: Jul-4

HB Pilates		City Gym and Pool	
<b>350833-3A</b>	16 yrs + W 11-11:30am	6/29-7/27	\$43
<b>350833-3B</b>	16 yrs + W 11-11:30am	8/3-8/31	\$43

HB Pilates		Edison Community Center	
<b>350833-2A</b>	16 yrs + F 11:30am-12pm	7/1-7/29	\$43
<b>350833-2B</b>	16 yrs + F 11:30am-12pm	8/5-9/2	\$43

HB Pilates		Murdy Community Center	
<b>350833-1A</b>	16 yrs + M 11-11:30am	6/27-7/25	\$38
<b>350833-1B</b>	16 yrs + M 11-11:30am	8/1-8/29	\$43
<b>350833-1C</b>	16 yrs + W 6:30-7pm	6/29-7/27	\$43
<b>350833-1D</b>	16 yrs + W 6:30-7pm	8/3-8/31	\$43

## HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. No Class Dates: Jul-4

HB Pilates		Edison Community Center	
<b>350839-2A</b>	16 yrs + M 9-10am	6/27-7/25	\$59
<b>350839-2B</b>	16 yrs + M 9-10am	8/1-8/29	\$68
<b>350839-2C</b>	16 yrs + F 9-10am	7/1-7/29	\$68
<b>350839-2D</b>	16 yrs + F 9-10am	8/5-9/2	\$68

HB Pilates		Murdy Community Center	
<b>350839-1A</b>	16 yrs + Th 9-10am	6/30-7/28	\$68
<b>350839-1B</b>	16 yrs + Th 9-10am	8/4-9/1	\$68

## HB PILATES: PILOXING

PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$18. Bring mat, towel, grip socks, and water.

HB Pilates		City Gym and Pool	
<b>350843-3A</b>	16 yrs + Tu 7-8pm	6/28-7/26	\$68
<b>350843-3B</b>	16 yrs + Tu 7-8pm	8/2-8/30	\$68

HB Pilates		Edison Community Center	
<b>350843-2A</b>	16 yrs + Tu 10-11am	6/28-7/26	\$68
<b>350843-2B</b>	16 yrs + Tu 10-11am	8/2-8/30	\$68

HB Pilates		Murdy Community Center	
<b>350843-1A</b>	16 yrs + W 7-8pm	6/29-7/27	\$68
<b>350843-1B</b>	16 yrs + W 7-8pm	8/3-8/31	\$68

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



## HB PILATES: PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Jul-4*

HB Pilates		City Gym and Pool			
350855-3A	16 yrs +	W	10-11am	6/29-7/27	\$68
350855-3B	16 yrs +	Th	7-8pm	6/30-7/28	\$68
350855-3C	16 yrs +	W	10-11am	8/3-8/31	\$68
350855-3D	16 yrs +	Th	10-11am	8/4-9/1	\$68

HB Pilates		Edison Community Center			
350855-2A	16 yrs +	M	7:30-8:30pm	6/27-7/25	\$59
350855-2B	16 yrs +	M	7:30-8:30pm	8/1-8/29	\$68
350855-2C	16 yrs +	W	7-8pm	6/29-7/27	\$68
350855-2D	16 yrs +	W	7-8pm	8/3-8/31	\$68

HB Pilates		Murdy Community Center			
350855-1A	16 yrs +	Tu	7-8pm	6/28-7/26	\$68
350855-1B	16 yrs +	Tu	7-8pm	8/2-8/30	\$68
350855-1C	16 yrs +	Sa	10-11am	7/2-7/30	\$68
350855-1D	16 yrs +	Sa	10-11am	8/6-9/3	\$68

## HB PILATES: PRENATAL/POSTNATAL

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

HB Pilates		Murdy Community Center			
350856-1A	18 yrs +	Th	6-7pm	6/30-7/28	\$78
350856-1B	18 yrs +	Th	6-7pm	8/4-9/1	\$78
350856-1C	18 yrs +	Private Lesson	30 Minutes	TBD	\$46
350856-1D	18 yrs +	Private Lesson	1 Hour	TBD	\$76

## HB PILATES: PILATES CHAIR - SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, this class will work on improving: strength, flexibility, posture, core strength, and an enhanced mind-body connection. Bring water and grip socks. **\*Please note class will move to the New Senior Center in July. No Class Dates: Jul-4**

HB Pilates		Murdy Community Center			
350895-1A	18 yrs +	M	11:45am-12:30pm	6/27	\$16

## HB PILATES: UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Jul-4*

HB Pilates		All Community Center Locations			
350896-1A	16 yrs +	M-Sa	TBA	6/27-7/30	\$195
350896-1B	16 yrs +	M-Sa	TBA	8/1-9/3	\$195

## HB PILATES: PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: Jul-4*

HB Pilates		Murdy Community Center			
350897-1A	18 yrs +	M-Sa	1 Session	6/27-9/3	\$76
350897-1B	18 yrs +	M-Sa	10 Session	6/27-9/3	\$700
350897-1C	18 yrs +	M-Sa	20 Session	6/27-9/3	\$1300

## HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of it's low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. **\*Please note classes may move to the NEW Senior Center in Central Park starting in July. No Class Dates: Jul-4**

HB Pilates		Murdy Community Center			
350879-1A	18 yrs +	M	12:30-1:30pm	6/27	\$17
350879-1B	18 yrs +	W	12-1pm	6/29-7/6	\$28
350879-1C	18 yrs +	F	12:30-1:30pm	7/1-7/8	\$28
350879-1D	18 yrs +	Any 2 Days	TBA	6/27-7/8	\$46
350879-1E	18 yrs +	All 3 Days	TBA	6/27-7/8	\$51

## HB PILATES: STROLLER WORKOUT AT THE BEACH

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

HB Pilates		Rodgers Seniors' Center			
350825-1A	18 yrs +	Tu	9-10am	6/28-7/26	\$68
350825-1B	18 yrs +	Th	9-10am	6/30-7/28	\$68
350825-1C	18 yrs +	Tu	9-10am	8/2-8/30	\$68
350825-1D	18 yrs +	Th	9-10am	8/4-9/1	\$68

## HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. **\*Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$128. No Class Dates: Jul-4**

Susan Hardy		Murdy Community Center			
350841-1A	13 yrs +	M,W,F	8:30-9:15am	6/27-8/31	\$106

**For New Senior Center  
Activity information  
see pg 47**



## TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: Jul-26*

**Marianne Grossman** **Edison Community Center**  
**350857-2A** 18 yrs + Tu 5:30-6:30pm 6/28-8/30 \$59

## JAZZERCISE

You think you know us, but you DON'T. Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put you to the test, with a hot playlist to distract you from the burn. INCINERATE up to 800 calories per hour. We will leave you breathless, toned and coming back for more. Start working it...with Jazzercise! Classes available on Mondays & Fridays from 8-9am, and Tuesdays from 5:30-6:30pm.

**Erica Den Hartog** **City Gym and Pool**  
**350853-3A** 13 yrs + 10 class pack 6/13-9/9 \$70  
**350853-3B** 13 yrs + 20 class pack 6/13-9/9 \$100

## KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class. *No Class Dates: Aug-23*

**Julia Weber** **Murphy Community Center**  
**350842-1A** 13 yrs + Tu 7-8pm 6/28-8/30 \$69

## SATURDAY AM CARDIO STEP

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

**Susan Hardy** **Edison Community Center**  
**350846-2A** 13 yrs + Sa 9:15-10:15am 7/2-8/27 \$43

## SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. *No Class Dates: Jul-4*

**Georgia Spidle** **Lake Park Clubhouse, 1035 11th Street**  
**350847-2A** 18 yrs + M,W,F 9-10am 6/27-9/2 \$60

## TAI CHI (YANG STYLE)

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

**Luh Arts** **HB Art Center**  
**Free Demo** Tu 10:15-11:30am 7/5  
**350884-4A** 16 yrs + Tu 10:15-11:30am 7/12-8/30 \$109/99  
**Free Demo** W 6:30-7:45pm 7/6  
**350884-4B** 16 yrs + W 6:30-7:45pm 7/13-8/31 \$109/99

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: Jul-4*

**Susan Hardy** **Murphy Community Center**  
**350886-1A** 13 yrs + M,W,F 8:30-10am 6/27-8/31 \$128

## TAI CHI FOR WELLNESS

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, revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class is free!

**Donald Walker** **Edison Community Center**  
**350887-2A** 18 yrs + Tu 1-2:15pm 6/28-8/9 \$49

## QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

**Donald Walker** **Murphy Community Center**  
**350864-1A** 18 yrs + W 6-7:15pm 6/29-8/10 \$49

## WALKING AWAY FROM PAIN

Jumpstart your walking to look and feel younger. Revitalize your movement and balance so you can walk farther, faster while pain-free. Discover the latest scientific findings regarding how to walk easily and effortlessly while also learning mindful movement and posture skills derived from Tai Chi. Step right up!

**Donald Walker** **Edison Community Center**  
**350898-2A** 18 yrs + M 1:30-2:45pm 7/11-8/8 \$49

## CANDLELIGHT YIN YOGA

Candlelight Yin Yoga is a yoga practice that consists of stretching poses that target connective tissue and fascia. It focuses on compression and tension based movements held over longer periods of time creating more flexibility, freedom, and mobility in the body. It is a calm practice set to soft music and is a great way to de-stress at the end your work day.

**Denise Stanek** **HB Art Center**  
**350865-4A** 17 yrs + Tu 6:30-7:30pm 6/28-8/16 \$106/96

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



## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. *No Class Dates: Jul-4*

**Yvonne Carmichael**

**City Gym and Pool**

**350867-3A** 16 yrs + M 10:30am-12pm 6/27-8/29 \$97

## YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath centered practice for overall well-being. Benefits include reduced pain & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Jul-6*

**Diane Pavesic**

**Edison Community Center**

**350868-2A** 18 yrs + W 4:30-5:30pm 6/29-8/24 \$66  
**350868-2B** 18 yrs + W 5:45-6:45pm 6/29-8/24 \$66  
**350868-2C** 18 yrs + W 7-8pm 6/29-8/24 \$66

## YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates: Jul-1, Jul-4, Jul-5, Jul-6, Aug-5, Aug-8, Aug-9, Aug-10*

**Jacki King, E-RYT, CYT**

**Murdy Community Center**

**350876-1F** 18 yrs + M 4:35-5:35pm 6/27-8/29 \$66  
**350876-1H** 18 yrs + W 4:15-5:15pm 6/29-8/31 \$66

**Susan Holden**

**Murdy Community Center**

**350876-1A** 16 yrs + M 6-7pm 6/27-8/29 \$66  
**350876-1B** 16 yrs + M 7:15-8:15pm 6/27-8/29 \$66  
**350876-1C** 16 yrs + Tu 5:30-6:45pm 6/28-8/30 \$66  
**350876-1D** 16 yrs + F 4-5pm 6/24-8/26 \$66

## ZUMBA

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

**SockhopFitness**

**Edison Community Center**

**350858-2A** 18 yrs + W 6:30-7:15pm 6/29-8/24 \$58

## ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! Monday class meets from 6-6:45 pm; Wednesday class meets from 6:30-7:15pm.

**SockhopFitness**

**Murdy Community Center**

**350813-1A** 6-86 yrs Tu 8:05-8:50am 6/28-8/23 \$58

## ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. *No Class Dates: Jul-4*

**SockhopFitness**

**Edison Community Center**

**350827-2A** 16 yrs + M 6-6:45pm 6/27-8/24 \$99  
W 6:30-7:15pm

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend. *No Class Dates: Jul-4*

**SockhopFitness**

**Edison Community Center**

**350888-2A** 18 yrs + M 6-6:45pm 6/27-8/22 \$52

## MARTIAL ARTS

### TAE KWON DO

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor. *No Class Dates: Jul-4*

**Kiavash Tillehkook**

**City Gym and Pool**

**350906-3A** 10-17 yrs M,W 6:30-7:15pm 6/27-8/31 \$188  
**350906-3B** 10-17 yrs Tu,Th 6:30-7:15pm 6/28-9/1 \$188  
**350906-3C** 10-17 yrs W,Th 6:30-7:15pm 6/29-9/1 \$188  
**350906-3D** 10-17 yrs W,Th 6:30-7:15pm 6/29-9/1 \$188  
**350906-3E** 13-99 yrs M 7:15-8pm 6/27-8/29 \$177  
**350906-3F** 13-99 yrs Tu 7:15-8pm 6/28-8/30 \$177  
**350906-3H** 13-99 yrs W 7:15-8pm 6/29-8/31 \$177  
**350906-3I** 13-99 yrs Th 7:15-8pm 6/30-9/1 \$177

### KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks.

**Wadoryu USA**

**Edison Community Center**

**350907-2A** 16 yrs + Th 7-8:15pm 6/30-7/21 \$60  
**350907-2B** 16 yrs + Th 7-8:15pm 8/4-9/1 \$60

## MUSIC

### GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out! *No Class Dates: Jul-26, Aug-1*

**McGrath Music**

**Edison Community Center**

**351002-2A** 10 yrs + Tu 7-8pm 6/28-8/30 \$125

## GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite. *No Class Dates: Jul-26, Aug-1*

**McGrath Music** **Edison Community Center**  
**351001-2A** 10 yrs + Tu 8:10-9:10pm 6/28-8/30 \$125

## GROUP GUITAR

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

**The RockBand Experience** **HB Art Center**  
**351008-4A** 13 yrs + Th 4:30-5:30pm 8/4-8/25 \$81/73

## SPECIAL INTEREST

### CPR/AED FOR INFANTS, CHILDREN

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due at class. Includes Heartsaver CPR book.

**OC-CPR NET** **Murdy Community Center**  
**351104-1A** 16 yrs + Sa 9am-2pm 8/13 \$50

## 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. Classes held on the courts where 15th Street meets PCH.

**Beach Volleyball CA Inc** **City Beach**  
**351313-2A** 18 yrs + Tu 6:10-7:30pm 7/12-8/23 \$120

### 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. Class held on the courts where 15th Street meets PCH.

**Beach Volleyball CA Inc** **City Beach**  
**351311-2A** 18 yrs + Th 6:10-7:30pm 7/14-8/25 \$120

## BEACH VOLLEYBALL CONDITIONING BOOTCAMP

Any adults wanting to get really fit are invited to attend the Golden Coast Beach Volleyball Club conditioning bootcamp. This program involves stations of activity and rest based around movements specific to beach volleyball. Trainings will be held at the courts where 15th Street meets PCH. More info at [goldencoastvolleyball.com](http://goldencoastvolleyball.com).

**Beach Volleyball CA Inc** **City Beach**  
**351321-2A** 18 yrs + Tu 8-8:45am 7/12-8/23 \$100  
**351321-2B** 18 yrs + Th 8-8:45am 7/14-8/25 \$100

## VOLLEYBALL: WOMEN'S VOLLEYBALL

Tuesday is Intermediate only & Thursday is advanced only-if a new player, you must try out on the first day of the session to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Fridays are for advanced players only; they must try out first day to make the list/team. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday.

**Joann DiGiovanni** **City Gym and Pool**

### INTERMEDIATE

**351302-3A** 18 yrs+ Tu 9:30am-12:30pm 6/21-7/19 \$40  
**351302-3B** 18 yrs+ Tu 9:30am-12:30pm 7/26-8/23 \$40

### Advanced

**351302-3C** 18 yrs+ Th 10:30am-12:30pm 6/23-7/21 \$40  
**351302-3D** 18 yrs+ Th 10:30am-12:30pm 7/28-8/25 \$40  
**351302-3E** 18 yrs+ F 10:30am-12:30pm 6/24-7/22 \$40  
**351302-3F** 18 yrs+ F 10:30am-12:30pm 7/29-8/26 \$40

## CALIFORNIA FOOTVOLLEY

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week.

**Footvolley California** **City Beach**

**351320-3A** 18 yrs + Tu 9-10:30am 6/28-9/6 \$120  
**351320-3B** 18 yrs + F 9-10:30am 7/1-9/9 \$120  
**351320-3C** 12 yrs + Tu 4-5:30pm 6/28-9/6 \$120  
**351320-3D** 12 yrs + F 4-5:30pm 7/1-9/9 \$120

## VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. \*7 classes plus 2 free classes to be used as make-up or additional sessions.

**Matt Taylor Volleyball** **City Gym**  
**351309-3A** 16 years+ Th 6:15-7:45pm 6/30-8/25 \$124

## ICE SKATING FOR ADULTS

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

**The Rinks Westminster ICE** **13071 Springdale Street, Westminster**

**351312-1A** 17 yrs + W 6:10-6:40pm 6/29-7/27 \$37  
**351312-1B** 17 yrs + W 6:10-6:40pm 8/3-8/24 \$37

# SURF AND SKATE

## BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [HBSurfSchool.com](http://HBSurfSchool.com).

HB Surf School				City Beach	
351402-2A	18 yrs +	Sa	8-9:30am	7/2-7/2	\$90
351402-2B	18 yrs +	Sa	8-9:30am	7/9-7/9	\$90
351402-2C	18 yrs +	Sa	8-9:30am	7/16-7/16	\$90
351402-2D	18 yrs +	Sa	8-9:30am	7/23-7/23	\$90
351402-2E	18 yrs +	Sa	8-9:30am	8/6-8/6	\$90
351402-2F	18 yrs +	Sa	8-9:30am	8/13-8/13	\$90
351402-2G	18 yrs +	Sa	8-9:30am	8/20-8/20	\$90
351402-2H	18 yrs +	Sa	8-9:30am	8/27-8/27	\$90

# SPORTS

## ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM. Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) are offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at 714-960-8884 or Rics Volleyball 714-375-5063. *No Class Dates: Jul-4, Sep-5*

Win Win Production Inc			City Gym and Pool		
362107-3A	18 yrs +	M,W	6-10pm	6/27-9/7	\$250

## ARENA SOCCER LEAGUES

The Community Services Department offers year round adult arena soccer leagues at the Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of June 20, 2016. Team registration costs are \$400.00 per 8-week season plus referee fees of \$20.00 per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall or on the City website. For league information or to be placed on the individual players list, please call 714-536-5486. The first day of registration will be May 16, 2016. The deadline to turn in team registration to City Hall is June 13, 2016. A manager's meeting will be held prior to the start of the league on Wednesday, June 15, 2016 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 Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Fall 2016 season will be available in August 2016 for the season starting in early to mid September 2016.

## ADULT SLO-PITCH SOFTBALL LEAGUES

The Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 22, 2016, and continues for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons or evenings and Wednesday nights. Team registration costs are \$420.00 plus umpire fee. The umpire fee of \$15.00 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. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, August 5, 2016. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall or on the City website. Individuals who wish to join a team may call 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2017 season will be available in November for the season starting in Mid-January 2017.

## ADULT SLO-PITCH SOFTBALL LEAGUES

The Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 9, 2016 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/ evenings or Wednesday nights. Team registration costs are \$420.00 plus the \$15.00 per game official's fee. The official's fee of \$15.00 is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday and Thursday nights at Murdy Park. If you are interested call 714 523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, April 22, 2016. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall and on the City website. Individuals who wish to join a team may call 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2016 season will be available in July for the season starting in Mid-August 2016.

See page 2 for a list of **SURF SCHOOLS**