Camp HB! 2019

Four exciting weeks of camp, including:

- **Week 1 (7/15–7/19)** Splash Week
- **Week 2 (7/22–7/26)** Great Outdoors Week
- **Week 3 (7/29–8/2)** Wild n’ Wacky Week
- **Week 4 (8/5–8/9)** Sports Extravaganza Week

Camp is held at the Murdy Community Center
Monday through Friday, 8:30 a.m.—5:30 p.m.
Call 714-960-8895 for more information.
Register at hbsands.org

$175 per child

Surf City USA

**SHUTTLE**

Runs Memorial Day to Labor Day | Stops Throughout Huntington Beach

Free Huntington Beach Transportation

For the shuttle schedule, special event service, and live GPS tracking visit SurfCityUSAShuttle.com
Director’s Greeting
Summer is quickly approaching and what better way to enjoy Surf City than enrolling in a volleyball camp, or maybe one of our many surf camps or private lessons (page 50)? The Community Services Department is excited to partner with multiple quality surf instructors to provide a safe and enjoyable way to enjoy the City’s beaches. Along with our many beach programs, we are also happy to have Camp HB return for another four weeks of summer fun; there’s something for everyone! Check out our Parks Make Life Better Movie Series (page 2) and spend a Saturday evening with your family at one of our many parks! We welcome you to take a few moments to browse the pages of our proudly redesigned SANDS to see all the amazing ways to get active this summer!

Marie Knight
Director of Community Services

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

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

City Administration
City Manager Fred A. Wilson
Assistant Lori Ann Farrell Harrison
City Manager

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

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

HB Pier Swim
The 69th Annual HB Pier Swim will be held on Saturday, June 9. Awards will be given to the top three finishers in each division. The Gene Beshe Memorial Perpetual Trophy will be awarded to the top team. Preregistration includes a T-shirt (April 11–May 18). Late Day-of registration will be taken on the beach only and starts at 7 a.m. Late registration does not include a T-shirt (extra T-shirts may be available for $10 each).

Recreation Staff City Beach
311212-2A 12–15 yrs Sa 10:15am 6/9 $25
311212-2B 12–15 yrs Sa 10:15am 6/9 $25
311212-2C 16–24 yrs Sa 8:45am 6/9 $25
311212-2D 16–24 yrs Sa 8:45am 6/9 $25
311212-2E 25–31 yrs Sa 8:45am 6/9 $25
311212-2F 25–31 yrs Sa 8:45am 6/9 $25
311212-2G 32–39 yrs Sa 9:30am 6/9 $25
311212-2H 32–39 yrs Sa 9:30am 6/9 $25
311212-2I 40–49 yrs Sa 9:30am 6/9 $25
311212-2J 40–49 yrs Sa 9:30am 6/9 $25
311212-2K 50–59 yrs Sa 9:30am 6/9 $25
311212-2L 50–59 yrs Sa 9:30am 6/9 $25
311212-2M 60–64 yrs Sa 9:30am 6/9 $25
311212-2N 60–64 yrs Sa 9:30am 6/9 $25
311212-2O 65–99 yrs Sa 9:30am 6/9 $25

Overnight Family Campout
Nothing is better than a relaxing weekend spent outdoors with nature, especially in your own backyard. Come and enjoy what Huntington Beach has to offer through this low-cost camping experience. At only $18 per camp site, and $12 per person, this great adventure includes activities such as crafts, campfire entertainment including s’mores by the fire, dinner, breakfast, and more! Lions Club generously donates their time to provide you two hot meals. Conclude the event on Sunday with a trip to Adventure Playground on Sunday. Schedule of activities will be emailed and mailed to every participant two weeks prior to the campout.

Recreation Staff Huntington Beach Central Park
311203-1A All Sa–Su 12–12pm 7/13–7/14 $48

Parks Make Life Better Movie Series
Bring your own chair and relax at the park movie will be shown outside. You may begin to set up your chairs at 7:15 p.m., and the movie will start at 8 p.m. Light snacks will be served, but outside food is also allowed. Please call the City Gym & Pool at 714-960-8884 for more information.

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

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

2 hbsands.org
Camp HB!
It’s never a dull moment at Camp HB! Discover new adventures through on-site and off-site excursions. Camp HB offers four fun-filled weeks of camp, each with its own unique theme: Splash Week, Great Outdoors Week, Wild n’ Wacky Week and Sports Extravaganza Week! Campers can take advantage of the diverse activities HB has to offer under the supervision of experienced staff in a safe and fun environment. Campers will receive a camp T-shirt. Please bring labeled lunch and water bottle. More info: 714-960-8895.

Recreation Staff  |  Murdy Community Center
---|---
320305-1A  |  6–12 yrs  |  M–F  |  8:30am–5:30pm  |  7/15–7/19  |  $175
320305-1B  |  6–12 yrs  |  M–F  |  8:30am–5:30pm  |  7/22–7/26  |  $175
320305-1C  |  6–12 yrs  |  M–F  |  8:30am–5:30pm  |  7/29–8/2  |  $175
320305-1D  |  6–12 yrs  |  M–F  |  8:30am–5:30pm  |  8/5–8/9  |  $175

Art

Art at the Beach: Shipwrecked on Artists Isle
On your summer vacation, calamity has struck your boat and stranded you on a deserted island to discover your inner artist! Plan your escape, explore, and map an uncharted territory with a week of exciting and adventurous projects! Join us this week among stranded castaways here on Artists Isle!

Art Center Instructors  |  HB Art Center
---|---
320102-4A  |  6–12 yrs  |  M–F  |  9am–12:30pm  |  6/24–6/28  |  $175/$157
320103-4A  |  6–12 yrs  |  M–F  |  1:30–5pm  |  6/24–6/28  |  $175/$157

Art at the Beach: Envisioning the Future
Unleash your inner artist, designer, and inventor as the Envisioning the Future Art Camp looks towards the future. In this camp, you will create the cities of tomorrow, draw up new inventions, and predict what the world will look like hundreds of years from now. Join us this summer to create the future!

Art Center Instructors  |  HB Art Center
---|---
320104-4A  |  6–12 yrs  |  M–F  |  9am–5pm  |  7/8–7/12  |  $225/$202
320105-4A  |  6–12 yrs  |  M–F  |  9am–12:30pm  |  7/8–7/12  |  $175/$157
320106-4A  |  6–12 yrs  |  M–F  |  1:30–5pm  |  7/8–7/12  |  $175/$157

Art at the Beach: Jungle Safari Adventure
Want to discover something new this summer? Join a group of artists in a jungle safari this week! Campers can draw and paint their favorite plants and animals from the rainforest right here at the Art Center. Get ready for an adventure!

Art Center Instructors  |  HB Art Center
---|---
320107-4A  |  6–12 yrs  |  M–F  |  9am–5pm  |  8/6–8/9  |  $225/$202
320108-4A  |  6–12 yrs  |  M–F  |  9am–12:30pm  |  8/27–8/30  |  $175/$157
320109-4A  |  6–12 yrs  |  M–F  |  1:30–5pm  |  7/15–7/19  |  $175/$157

SUMMER CAMPS

ART

Art at the Beach: Under the Stars
Let’s go on an adventure under the stars and bring out the happy camper in you. Get ready to make some art themed around the joy of camping: campfires, s’mores, stargazing, and more!

Art Center Instructors  |  HB Art Center
---|---
320110-4A  |  6–12 yrs  |  M–F  |  9am–5pm  |  7/22–7/26  |  $225/$202
320111-4A  |  6–12 yrs  |  M–F  |  9am–12:30pm  |  7/22–7/26  |  $175/$157
320112-4A  |  6–12 yrs  |  M–F  |  1:30–5pm  |  7/22–7/26  |  $175/$157

Action & Minecraft Movie Flix
Registration discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! Bring your own sack lunch. $70 materials fee due at first class.

IncredFlix Studio  |  Harbour View Clubhouse
---|---
321116-1A  |  7–12 yrs  |  M–F  |  9am–4pm  |  7/15–7/19  |  $371

Action Movie Flix
The favorite from 2018 is back! Students use a green screen, camera tricks and FX to create their own live-action adventure movie. They’ll collaborate to write, act, and direct in this action packed movie where kids will be taught action choreography to thrill the audience. Movies will be available for download one month after program ends. $35 materials fee due at first class.

IncredFlix Studio  |  Harbour View Clubhouse
---|---
321111-1A  |  7–12 yrs  |  M–F  |  9am–12pm  |  7/15–7/19  |  $214

Art Explorations – Camp
This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy summer time through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided. $20 materials fee due at first class.

Lucia Henry  |  Rodgers Center
---|---
340112-7A  |  6–11 yrs  |  Tu–F  |  1:30–3:30pm  |  8/6–8/9  |  $91/$82
340112-7B  |  6–11 yrs  |  Tu–F  |  1:30–3:30pm  |  8/27–8/30  |  $91/$82

Cartoon Adventures in Space!
Buckle up for blast-off on a hilarious trip across the galaxy as we practice our cartoon techniques with a silly cast of cartoon characters: Sketch the mouse, Dave the elephant, Shade the cat, and Pablo the frog! We will hone our drawing and cartooning techniques through alien encounters, space ships, and more while storytelling through facial expressions, body poses, and dynamic perspectives!

Young Rembrandts  |  Lake Park Clubhouse
---|---
340126-4A  |  6–13 yrs  |  M–F  |  1–3pm  |  8/26–8/30  |  $145/$131
**SUMMER CAMPS**

**Cartoon Animals!**
This five-day workshop featuring a hilarious variety of silly, dynamic animal cartoon drawings is a fantastic introduction to cartooning techniques. Students will learn to personify ordinary animals and transform them into fully-realized cartoon characters with human-like characteristics. We will learn to exaggerate facial features, draw expressive faces, and create dynamic body poses as we bring cats, otters, beavers, dogs, and more to life!

**Young Rembrandts**
Lake Park Clubhouse

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<tr>
<th>Code</th>
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<td>340123-4A</td>
<td>6–13 yrs</td>
<td>M–F</td>
<td>1–3pm</td>
<td>8/5–8/9</td>
<td>$145/131</td>
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**Cartooning!**
Young Rembrandts’ unique method teaches drawing using demonstration and step-by-step process. Our Cartooning program utilizes the same unique process and skill development as our Elementary Drawing class, but with an emphasis on actions, facial expressions, humor, telling stories through movement and fun, dynamic characters, and personified objects and creatures.

**Young Rembrandts**
HB Art Center

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<tr>
<td>340129-4A</td>
<td>6–13 yrs</td>
<td>W</td>
<td>3–4pm</td>
<td>7/31–9/4</td>
<td>$105/95</td>
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**Clay Adventure – Camp**
Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under-glazes (special paint for wet clay). Different projects each day. All pieces will be glazed and fired. Aprons will be provided. $20 materials fee due at first class.

**Lucia Henry**
Rodgers Center

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<tr>
<td>340113-7A</td>
<td>6–11 yrs</td>
<td>Tu–F</td>
<td>1:30–3:30pm</td>
<td>8/20–8/23</td>
<td>$97/88</td>
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**Creative Arts and Crafts Camp**
Your child will experience several different disciplines of art: painting, drawing, sculpturing, mosaic, weaving, sewing and more. Your child’s art will be powered by their imagination and some instruction. We are embracing the process not the product. Each week will be different projects. Children need to bring a snack and lunch to camp. Wearing old clothes is a must because we are going to get messy. Each child will make a T-shirt to take home. The Art Show is on Friday for your child to share their works of art. $35 materials fee due at first class.

**April Berg**
Murdy Community Center

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<tr>
<td>321117-1C</td>
<td>5–12 yrs</td>
<td>M–F</td>
<td>9am–2pm</td>
<td>8/26–8/30</td>
<td>$135</td>
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**April Berg**
Harbour View Clubhouse

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<th>Code</th>
<th>Age</th>
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<tr>
<td>321117-1A</td>
<td>5–12 yrs</td>
<td>M–F</td>
<td>9am–2pm</td>
<td>6/24–6/28</td>
<td>$135</td>
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<tr>
<td>321117-1B</td>
<td>5–12 yrs</td>
<td>M–F</td>
<td>9am–2pm</td>
<td>7/29–8/2</td>
<td>$135</td>
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**Harry Potter Camp**
A camp where students are invited to attend a week at Hogwarts, where they will transition from muggles (non-magical folk) to full-blown wizards. Each student will be sorted into a Hogwarts house, and given a wand! Students will be taught the traditional methods of dueling with ancient spells (also known as “Defense Against the Dark Arts”), mind reading (Divination class), and Quidditch—a time-honored tradition! Students will be invited to investigate, discover, and imagine the world of young Harry Potter as this camp dives headfirst into the books and movies throughout the week!

**Edutainment Art**
Harbour View Clubhouse

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<tbody>
<tr>
<td>320610-1A</td>
<td>6–10 yrs</td>
<td>M–F</td>
<td>9am–12pm</td>
<td>7/8–7/12</td>
<td>$150</td>
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**Horses, Horses, & More Horses!**
This week-long workshop is all about one of the most majestic animals on the planet, and one of humankind’s great companions: horses! Throughout the week, we will explore these magnificent creatures in a variety of contexts: realistic drawings, portraits, cartoons, and a large-scale poster project using pastels on the final day!

**Young Rembrandts**
Lake Park Clubhouse

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<tr>
<td>340125-4A</td>
<td>6–13 yrs</td>
<td>M–F</td>
<td>1–3pm</td>
<td>8/19–8/23</td>
<td>$145/$131</td>
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**Junior Drawing: Curious George**
This 5-day camp for young artists features artwork and projects inspired by the classic children's book series by Hans Augusto Rey and Margaret Rey. Each day in class, we will read one of the books in this series and then work together on drawings inspired by that day's story.

**Young Rembrandts**
Lake Park Clubhouse

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<tr>
<td>340128-4A</td>
<td>4–7 yrs</td>
<td>M–F</td>
<td>1–3pm</td>
<td>7/29–8/2</td>
<td>$145/$131</td>
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**Minecraft Movie Flix**
Kids love Minecraft®! New for 2019—more set design features like lava-rivers and torches! Using stop-motion animation students will bring Steve, Alex, and more to life in movies they’ll storyboard, shoot and voice-over in age-appropriate groups. Movies will be available for download one month after program ends. $35 materials fee due at first class.

**IncrediFlix Studio**
Harbour View Clubhouse

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<tr>
<td>321115-1A</td>
<td>7–12 yrs</td>
<td>M–F</td>
<td>1–4pm</td>
<td>7/15–7/19</td>
<td>$192</td>
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**Ocean Life–Pastel Workshop**
Dive deep into the oceans with the many fascinating creatures living beneath the surface as we explore the wonders of Pastels, a medium halfway between drawing and painting with incredible opportunities for creativity! Each day we will complete a new, large-format composition featuring a different element of sea-life including sea turtles, clown-fish, jellyfish and more!

**Young Rembrandts**
Lake Park Clubhouse

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<tr>
<td>340124-4A</td>
<td>6–13 yrs</td>
<td>M–F</td>
<td>12:30–3:30pm</td>
<td>8/12–8/16</td>
<td>$165/$149</td>
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Zombies vs. Humans
Struggle to survive against zombies. Team work and wilderness skills will be required to compete against the walking dead in many games, challenges and activities. Find shelter, water, and food after the apocalypse. If you're prepared for Zombies, you'll be prepared for anything. Will you survive or become a zombie?

Edutainment Art
320608-1A 6–12 yrs M–F 9am–12pm 8/5–8/9 $165

Culinary
Culinary Kids In The Kitchen
Culinary Kids Summer Camp is where young chefs come to cook, learn and make new friends. Our camp leaders will stir their way into your hearts and stomachs with our theme-based snacks and meals! Young chefs will be working in small groups to be hands on the kitchen! $50 materials fee due at first class.

Culinary Cooking Kids LLC.
320304-1A 5–13 yrs M–F 1–4pm 8/19–8/23 $200
320304-1B 5–13 yrs M–F 1–4pm 8/26–8/30 $200

Dance, Drama & Music
Camp Broadway Star
Act, Sing, Dance and explore the world of Broadway in this fun musical theater camp! Campers will build valuable musical theater performance skills, craft props, play theater games and create fun characters all while working together to perform a Mini Musical on the last day! Campers will be expected to practice lines and songs at home. Bring a lunch/snack and water. $20 materials fee due at first class.

Take the Stage Productions
321126-1A Spongebob 3–6 yrs M–F 9am–12pm 8/26–8/30 $195
321126-1B Spongebob 7–12 yrs M–F 1–4pm 8/26–8/30 $195

Super Star Dance Camp
Be a star at Huntington Academy’s Dance Camp! This fun camp offers instruction in ballet, tap, jazz and hip hop with high energy. Join other beginners in learning a new skill while experienced dancers refine the basics. Parents are invited to watch your budding star at the show on the last day of camp! Pack a lunch and wear dance attire.

Huntington Academy of Dance
6491 Edinger Avenue
320403-1A 7 yrs + M–F 10am–2pm 8/19–8/23 $175

SUMMER CAMPS
SUMMER CAMPS

Education

From Forensic to Mix Match Biology
Come and join this fun and hands-on biology workshop for kids! Learn about forensic and biology techniques, experiment and activities such as fingerprinting, DNA, trace evidence, wildfire forensic, and more in the morning. Learn about food biology, the digestive system, decomposers, microorganisms, water creatures, and genetic in the afternoon. Your child will perform dissections and cool biology experiments and activities. $100 lab fee due at first class.

Bionerds  Rodgers Center
320629-3A  5–12 yrs  M–F  9am–4pm  7/8–7/12 $400

Jedi Engineering using LEGO Materials
The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Play-Well Teknologies  Rodgers Center
320623-3A  5–7 yrs  M–F  9am–12pm  6/24–6/28 $175

Mad Science: Forensic Files
Mad Science Investigators: focus on the science of forensics in this hands-on look at crime scenes. Identify and collect evidence, from fingerprints to tracks to trash! Recreate the scene of a crime using clues and detailed observations. Campers will use science to connect the dots and help sniff out the suspects in this hands-on investigation into the science of sleuthing. $20 materials fee due at first class.

MAD Science  Rodgers Center
320613-1A  5–12 yrs  M–W  9am–12pm  7/1–7/3 $104
320613-3A  5–12 yrs  M–F  1–4pm  7/22–7/26 $160

Mad Science: Crazy Chemworks
Come and discover what it’s like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! $30 materials fee due at first class.

MAD Science  Murdy Community Center
320601-1B  5–12 yrs  M–F  9am–12pm  6/24–6/28 $160

MAD Science  Edison Community Center
320604-2A  8–12 yrs  M–F  9am–12pm  8/5–8/9 $175

MAD Science  Murdy Community Center
320604-1A  8–12 yrs  M–F  9am–12pm  7/8–7/12 $175

Mad Science: Rockin’ Rockets
Aerodynamics and Motion are the stars of this fun-filled week! Design and build everything from kites to planes to rockets! Experiment with different propulsion systems as you use your new knowledge to blast off, track and recover all kinds of flying machinery! Have a rockin’ good time at this rocket camp! $30 materials fee due at first class.

MAD Science  Harbour View Clubhouse
320614-1A  5–12 yrs  M–F  9am–12pm  7/22–7/26 $160
320614-3A  5–12 yrs  M,Tu,W  1:30–4:30pm  7/1–7/3 $104
SUMMER CAMPS

Mad Science: Science in Motion
Take a walk on the wild side, kids will have fun with hands-on experiments that will increase their understanding of our Earth and animals! Take apart owl pellets to see what birds of prey can digest, build a birdhouse and experiment with inertia and gravity as you enjoy your favorite sports. $30 materials fee due at first class.

MAD Science Harbour View Clubhouse
320615-1A 5–12 yrs M–F 9am–12pm 8/12–8/16 $160
MAD Science Rodgers Center
320615-3A 5–12 yrs M–F 9am–12pm 8/12–8/16 $160

Mix and Match Biology
Come and join this fun and hands-on biology workshop for kids! These mix and match topics have never been related, but very interesting to learn. Learn about food biology, digestion system, decomposers, and water creatures. Your child will perform dissections and cool biology experiments and activities. $70 lab fee due at first class.

Bionerds City Gym & Pool
340625-3A 5–12 yrs M–F 1–4pm 7/8–7/12 $200

Super Hero Engineering using LEGO materials
Save the world with super heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Play-Well Teknologies Rodgers Center
320627-3A 5–7 yrs M–F 9am–12pm 8/5–8/9 $175

Super Hero Master Engineering using LEGO Materials
Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOpolis! Explore the tools and techniques of your favorite caped crusaders! An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict.

Play-Well Teknologies Rodgers Center
320626-3A 7–12 yrs M–F 1–4pm 8/5–8/9 $175

STEM+Minecraft Adventure using LEGO Materials Full Day Camp
Power on your STEM concepts and Minecraft gaming skills for a full day of LEGO fun! Learn about architecture and engineering by building Trains, Helicopters, Gear Cars, and Gondolas. Then Mine, Craft, and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience.

Play-Well Teknologies Rodgers Center
320628-3A 6–12 yrs M–F 9am–4pm 7/15–7/19 $300

Gymnastics

Gymnastics Cheer-Nastics Camp
Enjoy 20 jam-packed hours of cheerleading and gymnastics fun! Athletes will learn beginner to advanced gymnastics, tumbling, stunting, dance, and choreography. Experienced coaches safely teach cheers, arm movements, stunting, and gymnastic skills including cartwheels, round-offs, walkovers, handsprings, and routines! Music, creative stations, games and noncompetitive instruction make learning fun! Includes camp tee plus performance on Friday. Bring labeled lunch, water bottle, and slip-on shoes. $10 materials fee due first day.

Tumble-N-Kids Inc. Edison Community Center
320701-2A 5–12 yrs M–F 10:30am–2:30pm 8/5–8/9 $190
Tumble-N-Kids Inc. Murdy Community Center
320701-1A 5–12 yrs M–F 10:45am–2:45pm 8/19–8/23 $190

Sailing

Sailing: Sea Turtles
This class is designed for our youngest sailors who are too young to sail on their own. Sea Turtles will learn basic water/boating safety, and developing a sense of comfort in and around sailboats. Sea Turtles will sail tandem with older sailors and junior instructors in cubes and other sailboats. Boat rental fee is $75 ($150 for six-week session). No class: 7/4.

HB Sailing Foundation Huntington Harbour Yacht Club
321404-1A 6–7 yrs M–Th 9am–12pm 6/24–7/11 $395
321404-1B 6–7 yrs M–Th 9am–12pm 7/15–8/1 $395
321404-1C 6–7 yrs M–Th 9am–12pm 6/24–8/1 $620

Sailing: Beginning Sabots/Cubes
Sailors will learn the basics of water safety, boat parts, rigging, docking, boat handling, wind direction, and racing. Students will sail solo and compete in friendly camp regattas. Must be age 8 or entering third grade. Boat rental fee is $75 without their own sabot. ($150 for six-week session). No class: 7/4.

HB Sailing Foundation Huntington Harbour Yacht Club
321405-1A 8–16 yrs M–Th 9am–12pm 6/24–7/11 $395
321405-1B 8–16 yrs M–Th 9am–12pm 7/15–8/1 $395
321405-1C 8–16 yrs M–Th 9am–12pm 6/24–8/1 $620

Sailing: Teen Beginning Sabots/Cubes
This afternoon class is limited to older beginning sailors who, due to age and size, are better able to handle the stronger afternoon winds. Same instruction as AM beginning class. Boat rental fee is $75 for those without their own sabot ($150 for six-week session). No class: 7/4.

HB Sailing Foundation Huntington Harbour Yacht Club
321410-1A 11–16 yrs M–Th 1–4pm 6/24–7/11 $395
321410-1B 11–16 yrs M–Th 1–4pm 7/15–8/1 $395
321410-1C 11–16 yrs M–Th 1–4pm 6/24–8/1 $620
Sailing: Intermediate Sailing
This course is tailored to honing boat handling skills and racing tactics and techniques. Sailors should be comfortable tacking and following a simple course around buoys. Afternoon winds challenge students to advance their skills and prepares for outside regattas. Prerequisite: one season of beginning sailing. Boat rental fee is $75 for those without their own sabot ($150 for six-week session). No class: 7/4.

HB Sailing Foundation Huntington Harbour Yacht Club
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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Sailing: Advanced Sailing
Additional racing skills will be developed including race starts, tactics, rules and sportsmanship. Sailors will have the opportunity to expand their racing skills and knowledge in sabots and apply their skills to larger two-person boats. They will be encouraged to participate in outside regattas. Boat rental fee is $75 ($150 for six-week session). No class: 7/4.

HB Sailing Foundation Huntington Harbour Yacht Club
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
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<th>Time</th>
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<td>M–Th</td>
<td>1–4pm</td>
<td>6/24–8/1</td>
<td>$620</td>
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Sports

Junior Tennis Camp
The Junior Tennis Camp will offer the opportunity for beginner to advanced players to enjoy a one-week tennis clinic setting. The program includes instruction in basic physical fitness concepts, skill coordination development, all stroke techniques, “Tennis Olympics” and supervised match play. Parents will be invited to a Dominos Pizza lunchtime awards presentation on last day of camp. Daily awards included. Bring one unopened can of tennis balls to first class, as well as a tennis racket.

Ian Rich Edison High School
<table>
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<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
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<td>6–16 yrs</td>
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<td>6–16 yrs</td>
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<td>8:30am–12:30pm</td>
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Kidz Love Soccer Summer Camp
Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing and receiving, shooting and defense. Campers should bring a full water bottle and a snack. All participants must wear shin guards! Soccer shoes and sunscreen are recommended.

Kidz Love Soccer Murdy Community Center
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<th>Course Code</th>
<th>Age</th>
<th>Days</th>
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<th>Fee</th>
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Kidz Love Soccer Worthy Park
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<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
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<tr>
<td>321311-1B</td>
<td>7–10 yrs</td>
<td>M–F</td>
<td>9am–12pm</td>
<td>7/29–8/2</td>
<td>$148</td>
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</table>

Skyhawks Indoor Soccer Camp
Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamental of the world’s most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. All participants receive a T-shirt, soccer ball and player evaluation.

Skyhawks Sports Academy Inc. City Gym & Pool
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>M–F</td>
<td>2–5pm</td>
<td>7/22–7/26</td>
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Skyhawks: Flag Football Camp
Flag football is the perfect introduction to “America’s Game”. Campers learn skills on both sides of the football including the core components of passing, catching, and defense— all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a T-shirt, football, and player evaluation.

Skyhawks Sports Academy Inc. Worthy Park
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
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<th>Fee</th>
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<td>9am–12pm</td>
<td>8/12–8/16</td>
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Skyhawks Soccer Camp
The #1 camp for learning the fundamentals of soccer. Using our progressional curriculum, campers will gain the technical skills and sports knowledge required for that next step into soccer. All participants receive a T-shirt, soccer ball and player evaluation.

Skyhawks Sports Academy Inc. Edison Community Center
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
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<th>Fee</th>
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<tbody>
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<td>7–12 yrs</td>
<td>M–F</td>
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<tr>
<td>321312-2B</td>
<td>7–12 yrs</td>
<td>M–F</td>
<td>9am–12pm</td>
<td>7/29–8/2</td>
<td>$179</td>
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</table>
**Volleyball: Junior Spikers Beach Camp**
Learn skills and have fun! Groups are formed based on age and ability. Beginners learn basics while returning players will be coached for further development. The program includes: training, drills, fun challenges, team competition, T-shirts, and a daily dip in the ocean. A drop off and pick up pass will be issued on the first day. A sibling who attends the same week pays $133. More info: kevin@clubhvolleyball.com.

**Skyhawks Basketball Camp**
This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progresional curriculum, staff focus on the whole player, teaching respect, teamwork, and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants receive a T-shirt, basketball, and player evaluation.

**Skyhawks Beginning Golf Camp**
Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player. SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. All participants receive a T-shirt and a merit award.

**Skyhawks Baseball Camp**
Learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants receive a T-shirt, and player evaluation.

**Skateboarding**
Whether you are just learning or ready to learn advanced tricks, this camp is right for you! Make new friends, advance your skills and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a “trick” skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and to learn more about what type of skateboard to bring. Bring a snack and plenty of water!

**Surf Camp: HB Surf School**
Do you dream of surfing the renowned waves of Surf City? Then HB Surf School is the place for you. Run by former pro and long time coach Bill Sharp, HB Surf School has taught thousands of kids to surf. Our summer camps offer a highly experienced instructional environment for all levels of surfers. We focus on the core skills: paddling, overall riding, and wave selection to get you surfing better in one week. Surfers must be eight years or older and comfortable in the ocean. HB Surf School provides boards, full wet-suits and sunscreen. Bring a towel, hat, sweatshirt, water, and snacks. No class: 7/4.

**Skyhawks: Mini-Hawk Multi-Sport Camp**
This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a T-shirt, ball and a merit award.

**Win Win Promotions LLC. City Beach**

<table>
<thead>
<tr>
<th>Code</th>
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<th>Gender</th>
<th>Time</th>
<th>Dates</th>
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<tr>
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<td>7–14 yrs</td>
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<td>321314-2D</td>
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<td>9am–12pm</td>
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<tr>
<td>321314-2H</td>
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<td>9am–12pm</td>
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**Skate & Surf**

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<th>Time</th>
<th>Dates</th>
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<td>9am–12pm</td>
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<td>$179</td>
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<tr>
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<td>9am–12pm</td>
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<td>2–5pm</td>
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<td>M–F</td>
<td>2–5pm</td>
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**Skyhawks: Mini-Hawk Multi-Sport Camp**

<table>
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<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
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<td>321307-2B</td>
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<td>M–F</td>
<td>9am–12pm</td>
<td>7/29–8/2</td>
<td>$179</td>
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**Surf Camp: HB Surf School**

<table>
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<tbody>
<tr>
<td>321409-6A</td>
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<td>8:30–11:30am</td>
<td>8/5–8/9</td>
<td>$320</td>
</tr>
<tr>
<td>321403-2F</td>
<td>8–16 yrs</td>
<td>M–F</td>
<td>8:30–11:30am</td>
<td>8/12–8/16</td>
<td>$320</td>
</tr>
</tbody>
</table>

hbsands.org 9
Dance, Drama & Music

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

Huntington Academy of Dance  Murdy Community Center
330410-1A  2.5–4 yrs  M  9:30–10:15am  7/8–8/12  $65
330410-1B  2.5–4 yrs  Tu  10–10:45am  7/9–8/13  $65

Baby’s First Dance Class
Children delight in a sense of movement. Singing and dancing is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, knowledge and coordination. $5 materials fee due at first class.

Dawna Ludwig  Murdy Community Center
330406-1A  8 mo–3.5 yrs  F  10–10:40am  6/28–7/26  $45
330406-1B  8 mo–3.5 yrs  F  10–10:40am  8/2–8/30  $45

Ballet Buddies
Learn ballet the fun way with friends, great music, and an enthusiastic instructor. Learn basic ballet positions, jumps, turns, and short dances using French vocabulary. Leotard, tights, and ballet slippers encouraged. Parents are invited to watch the last class of the session. Optional Recital June 27. Additional fees apply, please see instructor for more details.

Huntington Academy of Dance  Murdy Community Center
330407-1A  3–5 yrs  M  10:15–11:15am  7/8–8/12  $65
330407-1B  4–6 yrs  M  3:30–4:30pm  7/8–8/12  $65
Huntington Academy of Dance  Edison Community Center
330407-2A  4–6 yrs  W  3:30–4:30pm  7/10–8/14  $65
Huntington Academy of Dance  City Gym & Pool
330407-3A  3–5 yrs  Th  3–4pm  7/11–8/15  $65
330407-3B  3–5 yrs  Tu  11am–12pm  7/9–8/13  $65

Ballet & Tap
WARNING: If your child takes this class, they will perform dance routines for you at home all the time! This popular class teaches basic positions, movements, and rhythms of ballet and tap! Parents are invited to “show day” on the last class. Dance attire and tap shoes required.

Huntington Academy of Dance  Murdy Community Center
330408-1A  3–5 yrs  Th  10:15–11:15am  7/11–8/15  $65

Jazz & Hip Hop
Does your child dance around the house all day long? This is the class for your budding dancer! Bring a friend and learn the basics of Jazz Dance and get your groove on Hip Hopping. Your child will move to family friendly high energy music while learning funky fresh moves! Parents are invited to “show day” on the last class. Dance attire is encouraged.

Huntington Academy of Dance  Murdy Community Center
330416-1A  3–5 yrs  Th  11:15am–12:15pm  7/11–8/15  $65

One & Two Baby Boogie & You
Children delight in a sense of movement. Dance is a marvelous introduction for little students to acquire confidence and discipline as well as strength, knowledge, and coordination. “Baby face, you’ve got the cutest, little baby face.” Parent participation may be required. $5 materials fee due at first class.

Dawna Ludwig  Murdy Community Center
330409-1A  4 mo–2 yrs  F  10:40–11:30am  6/28–7/26  $45
330409-1B  4 mo–2 yrs  F  10:40–11:30am  8/2–8/30  $45

Parent and Me Sunshine Babies & Tots
Have fun singing, dancing, marching and playing to upbeat music using bright colored props and introduce your child to the wonderful world of song combined with dance. Parachute games, bubbles, balls, tunnels, marching parade using rhythm instruments. Parent participation is required. Three-year-olds can join our Sunshine Generation Performing Group. No class: 7/4.

Iskui Merdjanian  Edison Community Center
331003-2A  10 mo–3 yrs  Th  9:15–10am  6/27–8/1  $49
331003-1A  10 mo–3 yrs  Tu  9:15–10am  6/25–7/30  $49
331003-1B  10 mo–3 yrs  W  5:45–6:30pm  6/26–7/31  $49

Performing Arts: Sunshine Generation of HB
Make new friends while building useful lifetime skills! Gain confidence for public performing with no pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session at OC Fair, Knotts Berry Farm, Santa Ana Zoo, and Adventure City. $30 for Sunshine T-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. No class: 7/4.

Iskui Merdjanian  Murdy Community Center
331004-1A  3–6 yrs  Th  4:30–5:30pm  6/27–7/31  $79
331004-2A  3–5 yrs  Th  4:30–5:30pm  6/27–8/1  $79

Rhythm Babies
This class is an easy and fun way to introduce your child to age appropriate musical instruments. They will delight to the sounds while developing their balance and coordination skills. $2 materials fee due at first class. This is a parent participation class. No class: 7/4.

Patricia Hill  Murdy Community Center
331005-1A  6–15 mos  Th  10:30–11:15am  6/27–8/8  $60
Rhythm, Rhyme & Fun
Rhyming games, musical instruments, and a colorful costume parade are just some of the fun things that your child will take part in as they learn to socialize in a positive and cheerful environment. $3 materials fee due at first class. This is a parent participant class.

Patricia Hill
City Gym & Pool
331002-3A 15 mos–3 yrs Tu 10:30–11:30am 6/25–7/30 $72

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

Huntington Academy of Dance
Murdy Community Center
330402-1A 1.5–2.5 yrs M 9–9:30am 7/8–8/12 $45
Huntington Academy of Dance
6491 Edinger Avenue
330402-1B 1.5–2.5 yrs Th 9–9:30am 7/11–8/15 $45

Tippi Toes Parent & Me Dance
Tippi Toes Dance Company introduces music, movement, balance and the basic dance steps in a fun and positive manner! Instructors will keep fun and exciting music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. Performance opportunities available throughout the year. No class: 7/24, 7/27

Tippi Toes HB
Murdy Community Center
330404-1A 1.5–3 yrs M 5:10–5:40pm 7/15–8/19 $90
Tippi Toes HB
Edison Community Center
330404-2A 1.5–3 yrs W 9:30–10am 7/10–8/21 $90
Tippi Toes HB
City Gym & Pool
330404-3A 1.5–3 yrs Sa 9:30–10am 7/13–8/24 $90

Tippi Toes Hip Hop for Tots
Boys and girls will learn all the latest hip-hop moves designed for tiny tots! High energy dance lessons, obstacle courses, parachute play, games, and more. No class: 7/26.

Tippi Toes HB
Edison Community Center
330418-2A 3–5 yrs F 9:30–10:10am 7/12–8/23 $90

115th 4th of July Official Merchandise

★ T-shirts ★

On-Sale
May 25, 2019
Online at www hb4thofjuly.org & All HB Albertsons & Vons

July 3 & 4 2019
4th of July Festival at Pier Plaza
**Tippi Toes Princess Dance**

With songs like “Put’n on my Make-up” and “Pink High Heels”, your little dancer is sure to leave class covered in sparkles while she leaps and twirls! The instructor will use dance, imagination and Tippi Toes music to make class a magical experience! Performance opportunities available throughout the year. No class: 7/24, 7/27.

**Tippi Toes HB**
- **HB Murdy Community Center**
  - **330405-1A**
    - 3–5 yrs M 4:15–5pm 7/15–8/19 $90
  - **330405-2A**
    - 3–5 yrs W 10:10–10:55am 7/10–8/21 $90

**HB Community Preschool–Summer Combination Class**

Our preschool program will offer many engaging Summer Fun activities designed to inspire creativity, foster confidence and friendships, learn new concepts, and build an excitement for learning. Children will play and learn while actively participating in activities such as music and movement, games, art, stories, water play, and so much more! Must be three years old by July 2, 2019 and potty trained. $25 materials fee due at first class. No class: 7/4.

**Keri Smith**
- **Murdy Community Center**
  - **330603-1A**
    - 3–5 yrs Tu, Th 9am–12pm 7/2–7/25 $175
  - **330603-1B**
    - 3–5 yrs Tu, Th 9am–12pm 7/30–8/22 $175

**HB Community Preschool Pre-K Program**

Our program is intended for students who will be attending kindergarten fall of 2019. We will focus on essential academic and social skills needed to promote a smooth transition and a successful kindergarten year. While focusing on kindergarten readiness, we will not leave out the enjoyment and Fun of SummerTime! Must be 5 years old by 9/1/19. $25 materials fee due at first class. No class: 7/4.

**Keri Smith**
- **Murdy Community Center**
  - **330607-1A**
    - 4–5 yrs M, W 9am–12pm 7/1–7/24 $175
  - **330607-1B**
    - 4–5 yrs M, W 9am–12pm 7/29–8/21 $175

**Pre-School Play & Practice**

Imagine learning activities, award-winning children’s literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. $5 materials fee due at first class.

**Dawna Ludwig**
- **Murdy Community Center**
  - **330601-1A**
    - 9 mo–3.5 yrs F 9:20–10am 6/28–7/26 $45
  - **330601-1B**
    - 9 mo–3.5 yrs F 9:20–10am 8/2–8/30 $45

**Dawna Ludwig**
- **City Gym & Pool**
  - **330603-3A**
    - 8 mo–3.5 yrs M 10:30–11:10am 6/24–7/22 $45
  - **330603-3B**
    - 8 mo–3.5 yrs M 10:30–11:10am 7/29–8/26 $45
Preschool Spanish Basics
Welcome to the PORTAL Enrichment Program, which provides a unique opportunity to enjoy a Spanish class and associated cultural activity. This children's language learning program will come alive through fun and entertainment with music, puppets, big books, posters, picture cards, theater, felt board, trivia and bingo games.

Portal Languages Murdy Community Center
330617-1A 2–5 yrs F 9:15–10:15am 7/12–8/30 $150
330617-1B 2–5 yrs F 10:30–11:30am 7/12–8/30 $150

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

Portal Languages Murdy Community Center
330617-1A 2–5 yrs F 9:15–10:15am 7/12–8/30 $150
330617-1B 2–5 yrs F 10:30–11:30am 7/12–8/30 $150

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

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

Daycia Aaron Murdy Community Center
330602-1A 10 mo–2 yrs W 9:30–10:30am 7/10–8/28 $78

Daycia Aaron Murdy Community Center
330602-1A 10 mo–2 yrs W 9:30–10:30am 7/10–8/28 $78

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

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

Daycia Aaron Murdy Community Center
330609-1A 2–3 yrs W 10:45–11:45am 7/10–8/28 $78

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

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

Tumble-N-Kids Inc. Murdy Community Center
330702-1A 1.5–3 yrs Tu 10:45–11:45am 7/10–8/28 $78

Gymnastics: Tiny Tumble-N-Dance
Combining two great skills, Gymnastics and Dance, your little one will improve rhythm, balance and coordination through music, creative movement and age-appropriate tumbling. Together, we’ll sing, dance and tumble in a fun, safe environment—“Ta-Da!” $2 materials fee due at first class. Parents participate in the FUN!

Gymnastics: Tiny Tumble-N-Dance
Combining two great skills, Gymnastics and Dance, your little one will improve rhythm, balance and coordination through music, creative movement and age-appropriate tumbling. Together, we’ll sing, dance and tumble in a fun, safe environment—“Ta-Da!” $2 materials fee due at first class. Parents participate in the FUN!

Tumble-N-Kids Inc. City Gym & Pool
330703-1A 2–3 yrs F 10:45–11:45am 7/10–8/28 $78

Gymnastics: Tootsie-Rollers
This class is jam-packed with music, movement and Tumble-N-Fun. Together, we’ll tumble-roll-balance-bounce-sing-hop-jump and enjoy safe, creative fun and music. Obstacle courses, beams, trampoline, and “Big Cheese” keep it roll’n! Gymnastic skills are a great foundation for all sports! Parent participation class. $2 materials fee due at first class.

Gymnastics: Tootsie-Rollers
This class is jam-packed with music, movement and Tumble-N-Fun. Together, we’ll tumble-roll-balance-bounce-sing-hop-jump and enjoy safe, creative fun and music. Obstacle courses, beams, trampoline, and “Big Cheese” keep it roll’n! Gymnastic skills are a great foundation for all sports! Parent participation class. $2 materials fee due at first class.

Tumble-N-Kids Inc. Murdy Community Center
330705-1A 1.5–3 yrs Th 10–10:45am 7/10–8/28 $78

Gymnastics: Tiny Twisters
Enjoy Saturday mornings with your “Tiny Twister.” Learning age appropriate tumbling is great fun! Your little one improves important motor skills, strength, confidence and coordination. Together, we’ll tumble-roll-balance-bounce-sing-sit-crawl-jump and enjoy safe, creative fun and music. “Let the good times ROLL.” $2 materials fee due first class.

Gymnastics: Tiny Twisters
Enjoy Saturday mornings with your “Tiny Twister.” Learning age appropriate tumbling is great fun! Your little one improves important motor skills, strength, confidence and coordination. Together, we’ll tumble-roll-balance-bounce-sing-sit-crawl-jump and enjoy safe, creative fun and music. “Let the good times ROLL.” $2 materials fee due first class.

Tumble-N-Kids Inc. City Gym & Pool
330704-1A 9 mo–2 yrs F 9:30–10:15am 6/28–7/26 $50

Tumble-N-Kids Inc. Edison Community Center

Tumble-N-Kids Inc. Murdy Community Center
330704-1A 9 mo–2 yrs Sa 9:30–10:15am 6/29–7/27 $50

Tumble-N-Kids Inc. Edison Community Center

Gymnastics
Gymnastics: Baby Yoga-Nastics
Tumble, roll, climb, slide, jump, balance, sing, explore tunnels and enjoy safe, creative FUN together! We combine baby friendly tumbling, yoga, music, imagination and social interaction to help baby build and improve important motor skills, hand/eye coordination, flexibility and coordination. We make learning FUN for both partner and baby! Please bring receiving blanket and wear comfort-able clothing, mats provided. Parent participation required. $2 materials fee due at first class.

Gymnastics: Baby Yoga-Nastics
Tumble, roll, climb, slide, jump, balance, sing, explore tunnels and enjoy safe, creative FUN together! We combine baby friendly tumbling, yoga, music, imagination and social interaction to help baby build and improve important motor skills, hand/eye coordination, flexibility and coordination. We make learning FUN for both partner and baby! Please bring receiving blanket and wear comfort-able clothing, mats provided. Parent participation required. $2 materials fee due at first class.

Tumble-N-Kids Inc. Murdy Community Center
330701-1A 10 mo–2 yrs Tu 10:15–11am 6/27–7/23 $50
Gymnastics: Tumble-Stars
Boys and girls safely learn fun and age-appropriate gymnastics/tumbling skills. Students gain strength, coordination, flexibility, balance, and self-confidence. Obstacle courses, balance beams, trampoline and handspring barrel keep the fun roll'n. Students learn to follow directions—a great class to prepare for school. Parent participation class. $2 materials fee due at first class. No class: 7/4.

Tumble-N-Kids Inc. Murdy Community Center
330707-1A 2.5–4 yrs Th 10:45–11:30am 6/27–8/1 $50
Tumble-N-Kids Inc. Edison Community Center
330707-2A 2.5–4 yrs W 11:05–11:50am 6/26–7/24 $50

Gymnastics: Yoga-Nastics
Release your child’s inner ‘tumbler” in a fun and controlled environment! Our active class combines age-appropriate tumbling, yoga, music, creative play, imagination and beyond! Kids get strong and confident learning gymnastics, balance beams, trampoline, rolling down inclines and coordination while doing animal walks. Plus improve balance, flexibility and concentration with fun and easy kid’s yoga. We make learning fun! Yoga mats provided, or bring your own mat. Parent participation required. $2 material fee due first day of class.

Tumble-N-Kids Inc. Murdy Community Center
330715-1A 2–4 yrs Tu 12:10–12:55pm 6/25–7/23 $50

Kids Froggy Yoga and Play
Kids Froggy Yoga and Play is a perfect environment for your kid to be a kid. This class gives a leg up on motor skills, balance and strength while encouraging their strong imaginations. There will be animal costumes/props combined with great music. Please bring a mat or towel. No class: 7/4.

Se7en Yoga Edison Community Center
330803-2A 3–6 yrs Th 9:30–10:15am 6/27–9/5 $80

Parent and Me Froggy Yoga and Play
Parent and Me Froggy Yoga and Play is a perfect environment for fun and bonding with your little one. This class gives a leg up on motor skills, balance, and strength while encouraging their strong imaginations. Yoga, creative movement, and dance combined with animal costumes/props and great music. Please bring mat or towel. No class: 7/4.

Se7en Yoga Edison Community Center
330804-2A 6 mo–3 yrs Th 10:30–11:15am 6/27–9/5 $80

Teeny Tumblers
This class will develop important motor skills and confidence as they tumble, roll, balance, bounce, sing, sit and crawl in this fun, active class! Together we’ll enjoy safe, creative fun and music! $2 material fee due at first class. Parent participation required.

Tumble-N-Kids Inc. Edison Community Center
330711-2A 9 mo–1.5 yrs W 9:30–10:15am 6/26–7/24 $50

For more information, please visit hbsands.org, or call 714-960-8870.
**Tumble Bugs**
Together, we’ll tumble, roll, balance, bounce, sing, hop, jump and enjoy safe, creative tumble-fun and music. Obstacle courses, balance beams, trampoline, “big cheese”, tunnels, animal walks, circle time, learning gymnastic positions, keep it roll’n. Parent participation required. $2 materials fee due at first class.

**Tumble-N-Kids Inc.**
**Murdy Community Center**
330706-1A 2-4 yrs  Sa  10:15–11:15am  6/29–7/27  $58

**Tumble-N-Kids Inc.**
**Edison Community Center**

**Tumble-N-Dance**
Boys and girls will improve rhythm, strength, body control, balance and coordination through music, creative movement and gymnastics skills. Gymnastics and dance is great foundation for all sports! Have fun and find your groove! Parent participation may be required. $2 materials fee due at first class.

**Tumble-N-Kids Inc.**
**City Gym & Pool**
330712-3A 3–5 yrs  F  11:05–11:50am  6/28–7/26  $50

**Fitness**

**Karate-Do Traditional Japanese Karate Beginner**
Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. One day a week, Thursday, or Friday, for $110. Two days a week for $130. No class: 7/4, 8/1, 8/2.

**Wadoryu USA Inc.**
**Edison Community Center**
330901-2A 5–7 yrs  Th  5:45–6:30pm  6/27–7/25  $110
330901-2B 5–7 yrs  Th  5:45–6:30pm  8/8–9/6  $110

**Karate-Do Traditional Japanese Novice**
Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Orange, yellow, and blue belts only. One day a week for $60 or two days a week for $80. Must be enrolled in both sessions to be eligible for belt test. No class: 7/4.

**Wadoryu USA Inc.**
**Edison Community Center**
330902-2A 5–7 yrs  Th  5:45–6:40pm  6/27–7/26  $60
330902-2B 5–7 yrs  Th  5:45–6:40pm  8/8–9/6  $60
330902-2C 5–7 yrs  F  5:45–6:40pm  6/28–7/26  $60
330902-2D 5–7 yrs  F  5:45–6:40pm  8/9–9/6  $60

**Karate-Do Traditional Japanese Intermediate and Advanced**
Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red, Red/St belts only. One day a week for $70 or two days a week for $90. Must be enrolled in both sessions to be eligible for belt test. No class: 7/4.

**Wadoryu USA Inc.**
**Edison Community Center**
330903-2A 5–7 yrs  Th  5:45–7:30pm  6/27–7/25  $70
330903-2B 5–7 yrs  Th  5:45–7:30pm  8/8–9/5  $70
330903-2C 5–7 yrs  F  5:45–7:30pm  6/28–7/26  $70
330903-2D 5–7 yrs  F  5:45–7:30pm  8/9–9/6  $70

**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 mommies to be! Drop-ins: $18/class. Bring: stroller, mat, dumbbells, water and snacks. Meet at the back of the Senior Center in Central Park. More info: info@hb pilates.com. No class: 7/4.

**HB Pilates & Fitness Inc.**
**Senior Center in Central Park**
350825-5A 18 yrs +  Tu  9–10am  6/25–7/30  $81
350825-5B 18 yrs +  Th  9–10am  6/27–8/1  $70
350825-5C 18 yrs +  Tu, Th  9–10am  6/25–8/1  $115
350825-5D 18 yrs +  Tu  9–10am  8/6–9/3  $71
350825-5E 18 yrs +  Th  9–10am  8/8–9/5  $71
350825-5F 18 yrs +  Tu, Th  9–10am  8/6–9/5  $99

**Sports**

**Mommy/Daddy & Me Soccer**
As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy and Me Soccer, parents are part of the action! Each child receives a soccer jersey.

**Kidz Love Soccer**
Worthy Park
331314-1A 2–3.5 yrs  Sa  5:45–6:15pm  6/29–7/24  $102

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

**Skyhawks Sports Academy Inc.**
**Edison Community Center**
331311-2A 3–4 yrs  Tu  4–4:45pm  6/25–8/13  $135
331311-2B 5–6 yrs  Tu  5–5:45pm  6/25–8/13  $135
INFANT/TODDLER

Skyhawks SoccerTots
Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all, we promote fun, fun, fun! Parent participation required for younger ages. No class: 7/5.

Skyhawks Sports Academy Inc. Edison Community Center
331316-2A 2–3.5 yrs W 4–4:40pm 6/26–8/14 $135
331316-2B 3.5–4 yrs W 4:50–5:30pm 6/26–8/14 $135
331316-2C 2–3.5 yrs F 3:30–4:10pm 6/28–8/23 $135
331316-2D 3.5–4.5 yrs F 4:20–5pm 6/28–8/23 $135
331316-2E 4.5–6 yrs F 5:15–6pm 6/28–8/23 $135

Skyhawks Sports Academy Inc. Worthy Park
331316-1A 3–4.5 yrs M 4–4:45pm 6/24–8/12 $135
331316-1B 4.5–6 yrs M 5–5:45pm 6/24–8/12 $135

Skyhawks: Mini-Hawk Multi-Sport
Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages. No class: 7/4, 7/6.

Skyhawks Sports Academy Inc. Murdy Community Center
331304-1A 2–3.5 yrs W 3:30–4:10pm 6/26–8/21 $149
331304-1B 3.5–4 yrs W 4:20–5pm 6/26–8/21 $149

Skyhawks Sports Academy Inc. Edison Community Center
331304-2A 2–3.5 yrs Th 4–4:40pm 6/27–8/22 $135
331304-2B 3.5–5 yrs Th 4:50–5:30pm 6/27–8/22 $135
331304-2C 2–2 yrs Sa 9–9:45am 6/29–8/24 $135
331304-2D 3–3 yrs Sa 10–10:45am 6/29–8/24 $135
331304-2E 4–5 yrs Sa 11–11:45am 6/29–8/24 $135

Tot/Pre-Soccer
Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer Worthy Park
331315-1A 3.5–5 yrs Sa 5–5:35pm 7/6–8/24 $102

Skate & Surf

Parent & Me Ice Skating
What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent & one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (Tuesday 3:10–4:10 p.m., Saturday 12–2 p.m.) and three additional skating passes to be used during the four-week session. Please arrive 15 minutes early to the first class and dress warm. No class: 7/2, 7/6.

The Rinks Westminster ICE 13071 Springdale Street, Westminster
331313-1A 3-5 yrs Tu 4:10–4:40pm 6/18–7/16 $38
331313-1B 3-5 yrs Tu 4:10–4:40pm 7/23–8/13 $38
331313-1C 3-5 yrs Sa 11:15–11:45am 6/22–7/20 $38
331313-1D 3-5 yrs Sa 11:15–11:45am 7/27–8/17 $38

Tot Ice Skating
Beginning ice skating made fun and easy. Your skater will have a smile on their face when he/she learns how to march, glide, hop and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on day of class (Saturday class), and three additional skating passes to be used during the four-week session. Please arrive 15 minutes early to the first class and dress warm. No class: 7/3, 7/6.

The Rinks Westminster ICE 13071 Springdale Street, Westminster
331312-1A 3-5 yrs W 5:10–5:40pm 6/19–7/17 $38
331312-1B 3-5 yrs W 5:10–5:40pm 7/24–8/14 $38
331312-1C 3-5 yrs Sa 10:15–10:45am 6/22–7/20 $38
331312-1D 3-5 yrs Sa 10:15–10:45am 7/27–8/17 $38

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Concerts in the Park 2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Artist</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>JULY 4</td>
<td>HUNTINGTON BEACH CONCERT BAND</td>
<td>5 p.m.</td>
<td>Thomas Ridley Huntington Central Park Concert Bandstand</td>
</tr>
<tr>
<td>JULY 7</td>
<td>NIGHT BLOOMING JAZMEN</td>
<td>6 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>JULY 14</td>
<td>KICKS BIG BAND</td>
<td>7 p.m.</td>
<td>Skyhawks Sports Academy Inc. Worthy Park</td>
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<tr>
<td>JULY 21</td>
<td>JAMIE WOOD &amp; THE GOOD ROCKIN' DADDYS</td>
<td>8 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>JULY 28</td>
<td>HUNTINGTON BEACH CONCERT BAND</td>
<td>9 p.m.</td>
<td>Thomas Ridley Huntington Central Park Concert Bandstand</td>
</tr>
<tr>
<td>AUGUST 4</td>
<td>KELLY RAE BAND</td>
<td>8 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>AUGUST 11</td>
<td>GOLDEN WEST POPS</td>
<td>7 p.m.</td>
<td>Skyhawks Sports Academy Inc. Worthy Park</td>
</tr>
<tr>
<td>AUGUST 18</td>
<td>GINGER &amp; THE HOOSIER DADDYS</td>
<td>8 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>AUGUST 21</td>
<td>THE WISEGUYS BIG BAND MACHINE</td>
<td>9 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>AUGUST 25</td>
<td>THE WISEGUYS BIG BAND MACHINE</td>
<td>9 p.m.</td>
<td>The Rinks Westminster ICE 13071 Springdale Street, Westminster</td>
</tr>
<tr>
<td>SEPTEMBER 1</td>
<td>HUNTINGTON BEACH CONCERT BAND</td>
<td>7 p.m.</td>
<td>Thomas Ridley Huntington Central Park Concert Bandstand</td>
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</tbody>
</table>

Wear your dancing shoes! Free dance lessons preceding concerts. Bring your family, friends, chairs, blankets and picnic dinner! "A Huntington Beach tradition for years and years." ♫ Popular music for a variety of musical tastes
♫ Traditional Dixieland Band
♫ Fun, authentic and vintage music of the 1920's, 1930's and 1940's
♫ Blend of swing and jazz, Rat Pack style
♫ Performance by the Huntington Beach Concert Band Side-by-Side concert with talented local high school students featuring an eclectic range of musical styles
♫ Performed by popular and chart-topping artists to chart-topping country tunes and classic favorites
♫ From the past to the present
♫ Mainly performed in a traditional setting
♫ Months of August and July
♫ Held at Thomas Ridley Huntington Central Park Concert Bandstand
♫ Sundays at 5 p.m.
Huntington Beach Concert Band

46TH YEAR ANNIVERSARY!

Summer Concerts Series 2019

Sundays at 5 p.m. • Free • Thomas Ridley Huntington Central Park Concert Bandstand

JUNE 23  HUNTINGTON BEACH CONCERT BAND ♫ America Proud

JUNE 30  NIGHT BLOOMING JAZZMEN ♫ Traditional Dixieland Band

JULY 7  NAVY BAND SOUTHWEST WIND ENSEMBLE ♫ Exceptional unit that performs extensively throughout the Southwest United States; selections that range from patriotic favorite to the sounds of the big band era to hits by current pop and country artists

JULY 14  KICKS BIG BAND ♫ Performs a cool mix of big band swing music and jazz favorites

JULY 21  JAMIE WOOD & THE GOOD ROCKIN’ DADDYS ♫ Local artists performing blues, vintage jazz, jump, swing and boogie-woogie*

JULY 28  HUNTINGTON BEACH CONCERT BAND ♫ Side-by-Side concert with talented local high school students featuring an eclectic range of musical styles

AUGUST 4  KELLY RAE BAND ♫ Plays a wide range of country music from the most current artists to chart-topping country tunes and classic favorites*

AUGUST 11  GOLDEN WEST POPS ♫ Popular music for a variety of musical tastes

AUGUST 18  GINGER & THE HOOSIER DADDYS ♫ Fun, authentic and vintage music of the 1920’s, 1930’s and 1940’s*

AUGUST 25  THE WISEGUYS BIG BAND MACHINE ♫ Blend of swing and jazz, Rat Pack style*

SEPTEMBER 1  HUNTINGTON BEACH CONCERT BAND ♫ HBCB goes “POPS”; popular music from the past to the present

“A Huntington Beach tradition for years and years.”

Bring your family, friends, chairs, blankets and picnic dinner!

* Free dance lessons preceding concerts. Wear your dancing shoes!

For additional info: hbconcertband.org • Facebook: Huntington Beach Concert Band

hbsands.org 17
ART

Cartooning for Fun!
This fun and exciting class will teach character drawing and basic cartooning skills, including Japanese manga, anime, and current popular cartoons. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. $25 materials fee for new students ($20 for returning students) due at first class. All materials are provided.

Pati Kent HB Art Center
340109-4A 7–13 yrs Tu 4:30–5:30pm 8/6–8/27 $68/$62

Junior Drawing:
If You Give a Mouse a Cookie
This 5-week workshop class for young artists features artwork and projects inspired by the classic children's book series by Laura Numeroff and Felicia Bond. Each day in class, we will read one of the books in this series and then work together on drawings inspired by that day's story.

Young Rembrandts Lake Park Clubhouse
340127-4A 4–7 yrs Tu 10–11:30am 8/6–9/3 $85/$77

Culinary

Cooking it Up Fresh
Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make his or her own individual recipe. No class: 7/4.

Stephanie Collett Edison Community Center
340301-2A 7–12 yrs Sa 11am–12:15pm 7/13–8/3 $85

Dance, Drama & Music

Basic Ballet
Challenge your child to develop rhythm, strength and coordination the fun way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required.

Huntington Academy of Dance 6491 Edinger Avenue
340408-1A 8–12 yrs Tu 5:30–6:30pm 7/9–8/13 $65

Group Guitar
Have you ever wanted to be a rockstar? Well now’s the time! Learn to play acoustic guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don’t delay and learn to play today. Bring your own acoustic guitar, $20 materials fee for book. No class: 7/2.

The RockBand Experience Murdy Community Center
341011-1A 8–12 yrs Tu 3:30–4:15pm 6/25–7/30 $109
The RockBand Experience Murdy Community Center
341011-1B 8–12 yrs Tu 3:30–4:15pm 8/6–9/3 $109

The RockBand Experience HB Art Center
341007-4A 8–12 yrs Th 3:30–4:15pm 8/1–9/5 $129/$117

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. $20 materials fee due at first class. Students must provide their own ukulele. Please call Greg if you have questions about acquiring an ukulele. No class: 7/3.

The RockBand Experience Murdy Community Center
351011-1A 8–12 yrs W 3:30–4:15pm 6/26–7/31 $109
The RockBand Experience HB Art Center
341013-4A 8–12 yrs W 3:30–4:15pm 8/7–9/4 $109/$99
Hip Hop

Hip Hop Hooray! Ho! Boys and girls will get their groove on hip hoppin’ to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free!

Huntington Academy of Dance  Murdy Community Center
340404-1A  7–12 yrs  M  5:30–6:30pm  7/8–8/12  $65
Huntington Academy of Dance  Edison Community Center
340404-2A  5–7 yrs  W  4:35–5:35pm  7/10–8/14  $65

Musical Theater

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

Huntington Academy of Dance  6491 Edinger Avenue
341107-1A  7–12 yrs  W  4:30–5:30pm  7/10–8/14  $65

Performing Arts: Sunshine Generation of HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with no pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session at OC Fair, Santa Ana Zoo, Knotts Berry Farm, and Adventure City. $30 for Sunshine T-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals. No class: 7/4.

Iskui Merdjanian  Murdy Community Center
341003-1A  6–10 yrs  W  6:45–7:45pm  6/26–7/31  $79
Iskui Merdjanian  Edison Community Center
341003-2A  6–14 yrs  Th  5:45–6:45pm  6/27–8/1  $79

Private Dance Lesson

Get ready for that special event with a one-hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ball-room 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 +  M–Sa  8am–10pm  6/26–9/1  $60

Tap

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making noise with their feet! Dance attire, please.

Huntington Academy of Dance  6491 Edinger Avenue
340407-1A  7–12 yrs  Tu  3:30–4:30pm  7/9–8/13  $65

Tupua’s Polynesian Youth Dance

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem, and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly.

Melody Seanoa  HB Art Center
340103-4A  5–10 yrs  Tu  4–4:45pm  7/30–8/27  $60/$55

Youth Ballet

Challenge your child to develop rhythm, strength and coordination the FUN way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. Details will be given at first class.

Huntington Academy of Dance  Murdy Community Center
340401-1A  6–8 yrs  M  4:30–5:30pm  7/8–8/12  $65
Huntington Academy of Dance  Edison Community Center
340401-2A  5–7 yrs  Sa  10:15–11:15am  7/13–8/17  $65
Huntington Academy of Dance  City Gym & Pool
340401-3A  5–7 yrs  Th  4–5pm  7/11–8/15  $65

Education

American Sign Language

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

Portal Languages  Edison Community Center
340636-2A  10–17 yrs  M  4–5pm  7/8–7/29  $80
340636-2B  10–17 yrs  M  4–5pm  8/5–8/26  $80

Seriously Awesome Sitters

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

Workshops on Wellness  Murdy Community Center
340608-1A  10 yrs +  Sa  10am–5pm  7/13  $60
340608-1B  10 yrs +  Sa  10am–5pm  8/3  $60
Spanish
Spanish is currently the third most spoken language in the world. Studying with us will help you explore other cultures, communicate with Spanish speakers and increase your career possibilities. Through role-playing, crafts, games, speaking, reading, and writing we will study a theme that will broaden your skills and comprehension and help you to succeed during the new school year. $10 materials fee due at first class.

Portal Languages Edison Community Center
340622-2A 8–12 yrs Th 4–5pm 7/11–8/29 $150

Fitness

Junior 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 to advanced practitioners welcome! No class: 7/4.

Kiavash Tillehkooh City Gym & Pool
340908-3A 5–9 yrs M 5:45–6:30pm 6/24–8/26 $188
340908-3B 5–9 yrs Tu 5:45–6:30pm 6/25–8/27 $188
340908-3C 5–9 yrs W 5:45–6:30pm 6/26–8/28 $188
340908-3D 5–9 yrs Th 5:45–6:30pm 6/27–8/29 $188

Karate-Do Traditional Japanese Intermediate
Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Blue/St, Green, Green/St, Red, Red/St, Purple belts only. One day a week for $70 or two days a week for $90. Must be enrolled in both sessions to be eligible for belt test. No class: 7/4.

Wadoryu USA Inc. Edison Community Center
340906-2A 8–17 yrs Th 5:45–7:30pm 6/27–7/25 $70
340906-2B 8–17 yrs Th 5:45–7:30pm 8/8–9/5 $70
340906-2C 8–17 yrs F 5:45–7:30pm 6/28–7/26 $70
340906-2D 8–17 yrs F 5:45–7:30pm 8/9–9/6 $70

Karate-Do Traditional Japanese Advanced
This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Red stripe, brown or black belts only. Uniforms and equipment are available for purchase from instructor. One day a week for $80 or two days a week for $100. Must be enrolled in both sessions to be eligible for belt test. No class: 7/4, 8/1, 8/2.

Wadoryu USA Inc. Edison Community Center
340907-2A 8–18 yrs Th 5:45–8pm 6/27–7/25 $80
340907-2B 8–18 yrs Th 5:45–8pm 8/8–9/5 $80
340907-2C 8–18 yrs F 5:45–8:15pm 6/28–7/26 $80
340907-2D 8–18 yrs F 5:45–8:15pm 8/9–9/6 $80

Youth Self-Defense & Safety Awareness
This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts. All Classes available for ages 4 through 15. No class: 7/5.

Young Champions Rec Program Murdy Community Center
340905-1A New Student F 5:30–6:10pm 6/28–9/6 $88
340905-1B Yellow/Orange F 6:15–6:55pm 6/28–9/6 $88
340905-1C Purple and Above F 7–7:40pm 6/28–9/6 $88

Zumba Ages 6 to 86
Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the party!

SockhopFitness Senior Center in Central Park
350813-5A 6 yrs + Tu 6–6:45pm 7/2–9/3 $56
Gymnastics

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

Tumble-N-Kids Inc.                      Murdy Community Center
340701-1A  6–12 yrs  Tu  4:10–5:10pm  6/25–7/23  $58
Tumble-N-Kids Inc.                      City Gym & Pool
340701-3A  6–12 yrs  F  3–4pm  6/28–7/26  $58

Gymnastics: Jammin’ Gymnasts
Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! $2 materials fee due at first class. *No class: 7/4.

Tumble-N-Kids Inc.                      Murdy Community Center
340702-1A  6–12 yrs  Tu  3–4pm  6/25–7/23  $58
340702-1B  7–14 yrs  Th  3–4pm  6/27–8/1  $58
340702-1C  5–8 yrs  Sa  11:20am–12:20pm  6/29–7/27  $58
Tumble-N-Kids Inc.                      Edison Community Center
340702-2A  6–12 yrs  W  2:45–3:45pm  6/26–7/24  $58
Tumble-N-Kids Inc.                      City Gym & Pool
340702-3B  7–14 yrs  F  4:10–5:10pm  6/28–7/26  $58

Gymnastics: Kartwheel-N-Kids
Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. $2 materials fee due at first class. *No class: 7/4.

Tumble-N-Kids Inc.                      Murdy Community Center
340704-1A  4–6 yrs  Tu  2–3pm  6/25–7/23  $58
340704-1B  4–6 yrs  Th  2–3pm  6/27–8/1  $58
Tumble-N-Kids Inc.                      Edison Community Center
340704-2A  4–6 yrs  W  1:45–2:45pm  6/26–7/24  $58
Tumble-N-Kids Inc.                      City Gym & Pool
340704-3A  4–6 yrs  F  2–3pm  6/28–7/26  $58

Gymnastics: Yoga-Nastics
Yoganastics combines two popular skills, gymnastics and yoga! This unique mix promotes student’s flexibility, balance, coordination, focus, strength and more, while delivering a double dose of fun! These valuable skills are great building blocks for all sports. Parents attend last class with certificate awarded. Yoga mats are provided or bring your own. *No class: 7/4.

Tumble-N-Kids Inc.                      Murdy Community Center
340705-1A  7–10 yrs  Th  4:15–4:45pm  6/27–8/1  $29

Tween Tumbling
Aspiring gymnasts benefit from our progressive skill teaching method, promoting confidence and self-esteem! Gymnasts build routines and skills on floor, fine-tune cartwheels, round-offs, backbends, walkovers, handsprings, splits, and more! Emphasis on conditioning to build strength and flexibility.

Tumble-N-Kids Inc.                      Edison Community Center
340706-2A  9–16 yrs  W  3:45–4:45pm  6/26–7/24  $58

Sports

Beginner Youth Wrestling
Super-fun OCG youth program is a first of its kind in HB. Basic wrestling skills are taught in a dynamic environment utilizing technique-oriented wrestling games, positive reinforcement, instructional drills and physical conditioning games. The focus is on athletic skill development and fun! Youths are partnered with same age/size partners. More info: facebook.com/orangecountygrappling or oc-grappling.org. *No class: 7/4, 8/6, 8/8.

OC Youth Sports Academy                      Rodgers Center
341349-1A  5–10 yrs  Tu, Th  5:30–6:45pm  6/25–7/25  $125
341349-1B  5–10 yrs  Tu, Th  5:30–6:45pm  7/30–9/5  $125
341349-1C  5–10 yrs  Tu, Th  5:30–6:45pm  6/25–9/5  $250
341349-1D  11–15 yrs  Tu, Th  5:30–6:45pm  6/25–7/25  $125
341349-1E  11–15 yrs  Tu, Th  5:30–6:45pm  7/30–9/5  $125
341349-1F  11–15 yrs  Tu, Th  5:30–6:45pm  6/25–9/5  $250

Instructional Basketball Camp
The Summer Basketball program is a clinic based program with an emphasis on learning the game and having fun. All skill levels are welcome and the fundamentals of basketball will be taught through game based drills and instruction. Players will participate in a recreational program where enjoying basketball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! *No class: 7/4.

Recreation Staff
341318-1A  8–12 yrs  Tu, Th  6/25–7/23  2–2:50pm  $60
341318-1B  8–12 yrs  Tu, Th  6/25–7/23  3–3:50pm  $60
Junior Sports

Junior Baseball/Softball
Junior baseball/softball is a semi-competitive introduction to baseball/softball for youth between the ages of six-to-eight years old. Participants will learn fundamental baseball/softball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No class: 7/4.

Youth Sports Staff Murdy Community Center
341411-1A 6–8 yrs Tu, Th 11–11:50am 6/25–7/23 $60
Youth Sports Staff Edison Community Center
341411-2A 6–8 yrs M, W 11–11:50am 6/24–7/17 $60

Junior Basketball
Boys and girls six-to-eight years old will be introduced to the basics of basketball in the semi-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the fundamentals of basketball. Every player will receive a HB recreation jersey!

Youth Sports Staff Murdy Community Center
341312-1A 6–8 yrs Sa 11–11:50am 7/13–8/17 $60
Youth Sports Staff City Gym & Pool
341312-3A 6–8 yrs Sa 11–11:50am 7/13–8/17 $60

For more information, please visit hbsands.org, or call 714-960-8870.

Novice Youth Wrestling
This program is an excellent prep for competitive high school wrestling. Mindset training, foundational and advanced wrestling skills are combined in a dynamic, exciting environment utilizing positive reinforcement, instructional drills, and live wrestling. The focus is on skill and competitive knowledge development! Wrestlers will work with same age/experience/size partners. More info: facebook.com/orangecountygrappling or oc-grappling.org. No class: 7/4, 8/6, 8/8.

OC Youth Sports Academy Rodgers Center
341350-1A 11–15 yrs Tu, Th 6:45–8pm 6/25–7/25 $125
341350-1B 11–15 yrs Tu, Th 6:45–8pm 7/30–9/5 $125
341350-1C 11–15 yrs Tu, Th 6:45–8pm 6/25–9/5 $250

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

Skyhawks Sports Academy Inc. Murdy Community Center
341302-1A 7–10 yrs M 6:15–7:15pm 6/24–8/12 $135
Skyhawks Sports Academy Inc. Edison Community Center
341302-2A 7–10 yrs Tu 6–7pm 6/25–8/13 $135

Soccer 1: Techniques & Teamwork
Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer Worthy Park
341335-1A 5–6 yrs Sa 4:15–5pm 7/6–8/24 $102

Soccer 2: Skillz & Scrimmages
Kidz 7–10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular game! Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer Worthy Park
341336-1A 7–10 yrs Sa 3:30–4:15pm 7/6–8/24 $102

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

Skyhawks Sports Academy Inc. Edison Community Center
341337-2A 5–6 yrs M 4–4:45pm 7/8–8/12 $99
341337-2B 7–8 yrs M 5–6pm 7/8–8/12 $99
**Volleyball: HB Aces Indoor**

Formally known as Jr. Spikers, HB Aces continues on as the after-school alternative to the high costs and demands of club volleyball. Students can expect to learn the basics of the game in a fun yet challenging environment. Classes will include instruction on technique, drills to reinforce, and plenty of team play. All players will receive an HB Aces T-Shirt on the first day of class! **No class: 7/4.**

<table>
<thead>
<tr>
<th>Matt Taylor Volleyball</th>
<th>City Gym &amp; Pool</th>
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<tbody>
<tr>
<td>341309-3A 5th–6th Grade Th 3:30–4:45pm</td>
<td>6/27–8/29 $162</td>
</tr>
<tr>
<td>341309-3B 7th–8th Grade Th 4:45–6pm</td>
<td>6/27–8/29 $162</td>
</tr>
</tbody>
</table>

**Volleyball: HB Aces Elite**

This program is limited to experienced and motivated players who are looking for a high intensity clinic with competitive game play. Consider this a bridge between introdution classes and club volleyball. Beginner and lower level players should look to the Monday class to build their skills. **No class: 7/3.**

<table>
<thead>
<tr>
<th>Matt Taylor Volleyball</th>
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<tbody>
<tr>
<td>351322-3A 6th–8th Grade W 5–6:15pm</td>
<td>6/26–8/28 $162</td>
</tr>
</tbody>
</table>

**Skate & Surf**

**Beginning Ice Skating**

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (Thursday 3:10-4:10pm, Saturday 12–2 p.m.), and three additional practice passes to be used during the four-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warm (gloves recommended). **No class: 7/4, 7/6.**

**Ice Hockey Skating Skills**

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (Wednesday 3–5 p.m., Saturday 12–2 p.m.), and three additional skating passes to be used during the four-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. **No class: 7/3, 7/6.**

**Skateboarding Birthday Parties**

Celebrate your kids’ birthday with Skatedogs! Gather their friends to hit the ramps and get skateboarding instruction from a experienced coaches in the Skatedogs private skatepark.

All parties include instruction, free skate, and fun games!

**CENTRAL PARK SPORTS COMPLEX**

**MORE INFO: SKATEDOGS 714-313-8787**

The Rinks Westminster ICE 13071 Springdale Street, Westminster

| 341324-1A 6-16 yrs Th 4:10–4:40pm | 6/20–7/18 $38 |
| 341324-1B 6-16 yrs Th 4:10–4:40pm | 7/25–8/15 $38 |
| 341324-1C 6-16 yrs Sa 10:45–11:15am | 6/22–7/20 $38 |
| 341324-1D 6-16 yrs Sa 10:45–11:15am | 7/27–8/17 $38 |

The Rinks Westminster ICE 13071 Springdale Street, Westminster

| 341323-1A 6-16 yrs W 6:10–6:40pm | 6/19–7/17 $38 |
| 341323-1B 6-16 yrs W 6:10–6:40pm | 7/24–8/14 $38 |
| 341323-1C 6-16 yrs Sa 11:15–11:45am | 6/22–7/20 $38 |
| 341323-1D 6-16 yrs Sa 11:15–11:45am | 7/27–8/17 $38 |
**Art & Dance**

**Cartooning for Teens**
This class is designed for students who want to have fun with cartooning. We will draw caricatures, classic, and new cartoons. We will also study manga and anime. Come and join the fun!

Pati Kent  
Rodgers Center  
350108-7A  
12–18 yrs  
Tu 2–3pm  
7/2–7/23  
$68/$62

**Ceramics: Creative Clay for Teens**
Learn basic hand-building skills and glazing techniques while working independently in a supportive atmosphere with other teens. Students will be encouraged to explore their own ideas while learning about the possibilities of clay. Examples of past student projects include imaginative sculpture, functional objects, and ceramic jewelry. No class: 7/2.

Michelle Dziadkowicz  
Rodgers Center  
351615-7A  
12–18 yrs  
Tu 3:30–5pm  
6/25–7/23  
$131/$118

**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 materials fee due to instructor at first class. More info: SculptureByNohad.com.

Nohad Sabbagh  
Rodgers Center  
351611-7A  
13–19 yrs  
W 3:30–5pm  
6/26–7/24  
$141/$127  
351611-7B  
18 yrs +  
W 6–8pm  
6/26–7/24  
$141/$127

**Tupua’s Polynesian Dance**
Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem, and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly.

Melody Seanoa  
HB Art Center  
350465-4A  
11–17 yrs  
Tu 4:45–5:30pm  
7/30–8/27  
$60/$55

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

Dorothy Spirus  
HB Art Center  
351137-4A  
16 yrs +  
Tu 6:30–8pm  
8/6–8/20  
$150/$136

**Fitness**

**Teen 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: 7/4.

Kiavash Tillekhooh  
City Gym & Pool  
340912-3A  
10–17 yrs  
M, W 6:30–7:15pm  
6/24–8/28  
$199

340912-3B  
10–17 yrs  
Tu, Th 6:30–7:15pm  
6/25–8/29  
$199

340912-3C  
10–17 yrs  
W, Th 6:30–7:15pm  
6/26–8/29  
$199

340912-3D  
10–17 yrs  
Tu, W 6:30–7:15pm  
6/25–8/28  
$199

**Teen Yoga**
This one-hour class is designed to introduce yoga to teens. The class focuses on body awareness, yoga poses, confidence, and compasssion. Yoga is a great way for teens to practice self-care. They will learn techniques for a healthy and positive lifestyle in a fun and easy going atmosphere. Bring a yoga mat and water. No class: 8/7.

Meghan Rambo  
Rodgers Center  
351511-7A  
13–19 yrs  
W 4–5pm  
6/26–7/24  
$86/$78

351511-7B  
13–19 yrs  
W 4–5pm  
7/31–9/4  
$86/$78

**Sports**

**Beach Volleyball: Boys Summer Training Block**
Boys looking to master pairs beach volleyball are invited to register for our summer training block. Sign up for one day per week for $200, two days for $350, or three days for $400. More info: goldencoastvolleyball.com.

Beach Volleyball CA Inc  
15th Street at PCH  
341330-2A  
12–17 yrs  
M 4–6pm  
7/16–8/27  
$200

341330-2B  
12–17 yrs  
Tu 4–6pm  
7/17–8/28  
$200

341330-2C  
12–17 yrs  
W 4–6pm  
7/18–8/29  
$200

**Beach Volleyball: Girls Summer Training Block**
Girls looking to master pairs beach volleyball are invited to register for our summer training block. Sign up for one day per week for $200, two days for $350, or three days for $400. More info: goldencoastvolleyball.com.

Beach Volleyball CA Inc  
15th Street at PCH  
341331-2A  
12–17 yrs  
M 4–6pm  
7/16–8/27  
$200

341331-2B  
12–17 yrs  
Tu 4–6pm  
7/17–8/28  
$200

341331-2C  
12–17 yrs  
W 4–6pm  
7/18–8/29  
$200
GCBV Club:
**Boys Advanced Squad Summer Trainings**
This squad is for boys that are committed to competing in youth volleyball tournaments over summer. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2019 youth tournament schedule. Three days a week for $400. More info: goldencoastvolleyball.com.

**Beach Volleyball CA Inc**
15th Street at PCH
341327-2A 12–17 yrs TBD $400

GCBV Club:
**Girls Advanced Summer Trainings**
This squad is for girls that are committed to competing in youth tournaments over summer. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on 2019 youth tournament schedule. Three days a week for $400. More info: goldencoastvolleyball.com.

**Beach Volleyball CA Inc**
15th Street at PCH
341328-2A 12–17 yrs TBD $400

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**Skate & Surf**

**Beginning Ice Skating**
Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (Thursday 3:10–4:10pm, Saturday 12–2 p.m.), and three additional practice passes to be used during the four-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No class: 7/4, 7/6.

**The Rinks Westminster ICE**
13071 Springdale Street, Westminster
341324-1A 6–16 yrs Th 4:10–4:40pm 6/20–7/18 $38
341324-1B 6–16 yrs Th 4:10–4:40pm 7/25–8/15 $38
341324-1C 6–16 yrs Sa 10:45–11:15am 6/22–7/20 $38
341324-1D 6–16 yrs Sa 10:45–11:15am 7/27–8/17 $38

**Ice Hockey Skating Skills**
Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (Wednesday 3–5 p.m., Saturday 12–2 p.m.), and three additional skating passes to be used during the four-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly.

No class: 7/3, 7/6.

**The Rinks Westminster ICE**
13071 Springdale Street, Westminster
341323-1A 6–16 yrs W 6:10–6:40pm 6/19–7/17 $38
341323-1B 6–16 yrs W 6:10–6:40pm 7/24–8/14 $38
341323-1C 6–16 yrs Sa 11:15–11:45am 6/22–7/20 $38
341323-1D 6–16 yrs Sa 11:15–11:45am 7/27–8/17 $38

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**WANT TO LEARN TO SURF?**
See page 50 for surf camps, and private and semi-private lessons!
Summer Movie Series

This year we are doing things a little different: they will be OUTSIDE at the parks. As always, bring chairs, blankets, snacks/drinks, and your Friends and Family. This is a FREE event!

Movies begin at 8:00pm

<table>
<thead>
<tr>
<th>June</th>
<th>July</th>
<th>August</th>
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</thead>
<tbody>
<tr>
<td>Wreck it Ralph 2</td>
<td>6/29</td>
<td>Incredibles 2</td>
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<tr>
<td>Outdoors @ Murdy Park</td>
<td>Outdoors @ Lake Park</td>
<td>Outdoors @ Edison Park</td>
</tr>
<tr>
<td>7000 Norma dr.</td>
<td>1035 11th st.</td>
<td>21377 Magnolia St.</td>
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</tbody>
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June July August

Brought to you by:

SackinStone

Don’t miss out on the 2019 Movie Series!

The City of Huntington Beach
Presents:

THE HUCK FINN
FISHING DERBY

Date: Saturday August 10, 2019
Location: Huntington Beach Pier
Registration: Starts at 8:00am
Fishing Begins: 9:15am - 12pm

*Limited Amount of Loaner Rods and Bait Available*

Thank you to our sponsors:

hbsands.org 27
26 hbsands.org
Aquatic Exercise

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

Aquatic Exercise: Aqua Active
This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor’s release is recommended if you have recently had surgery. No class: 7/4, 9/3.

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

July  August  September
M, W  350806-3A $84  350806-3B $84  350806-3C $84
T, Th  350806-3D $58  350806-3E $58  350806-3F $58

Aqua-Fit: Fat Burning
This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. Monthly 2x/week. No class: 7/4, 9/3.

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

July  August  September
M, W  350805-3A $70  350805-3B $70  350805-3C $70
F  350805-3D $45  350805-3E $45  350805-3F $45

Aqua Tone Fitness: Aquatic Cardio Exercise
This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. More info: aquatonefitness@aol.com. No class: 7/4, 9/3.

Dawnnette Lowry  City Gym & Pool
- M–Sa: 7–8am
- T, Th, F: 8:20–9:20am

350808-3A  16-class pack  $135

Aqua Tone Fitness: Aqua Evening Cardio
This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone’s Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. More info: aquatonefitness@aol.com. No class: 7/4, 9/3.

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

350808-3A  16-class pack  $135

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 buoyancy noodle the entire class. It’s a fun and wet way to stay in shape. More info: aquatonefitness@aol.com. No class: 7/4, 9/3.

Dawnnette Lowry  City Gym & Pool
- F: 9:30–10:15pm

350808-3A  16-class pack  $135

Aqua Tone Fitness: Aquatic Bodybuilding
Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental $3 per class to be paid each class. More info: aquatonefitness@aol.com. No class: 7/4, 9/3.

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

350802-3A  16-class pack  $166
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

350198-4A 16 yrs + Sa 2–5pm 6/29 $75/$66

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

350144-4A 18 yrs + Tu 6:30–8pm 6/25–7/30 $175/$158

Drawing

This is a basic drawing class that focuses on using line, value, shading, perspective, and portrait and figure. Black and white will be the focus of the first part of the class and then color will be covered later on.

Katie McGuire
HB Art Center

351613-4A 10 yrs + Sa 1–4pm 6/29–7/27 $106/$96

351613-4B 10 yrs + Sa 1–4pm 8/10–9/7 $106/$96

Drawing & Painting On Location

This fun and exciting class is only offered in the summer each year! Come and join the fun at the Art Center studio the first night and receive a lesson and a map. The remaining classes will be held around Huntington Beach. Each class will begin with a warm up, then a lesson and will continue with drawing and painting. Each student will bring whatever materials they would like to use, however there is a suggested material list available on the receipt upon registering. This is a great way to learn while having fun!

Pati Kent
HB Art Center

350134-4A 13 yrs + Tu 6–7:30pm 7/2–7/23 $86/$78

350135-4B 15 yrs + F 2:45–5:45pm 8/9–9/6 $186/$168

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

350135-4A 15 yrs + Tu 6–7:45pm 6/25–7/23 $151/$136

350135-4B 15 yrs + F 2:45–5:45pm 8/9–9/6 $186/$168
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
350152-4A 15 yrs + Tu 6–7:45pm 8/6–9/3 $151/$136

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
350125-4A 18 yrs + W 9:30am–12:30pm 7/31–9/4 $114/$103

Mixed Media Collage
This class is an exciting art-making adventure where students will be guided through several collage processes. We will be painting and then cutting paper to form collage elements. Students will be encouraged to bring any copied personal elements such as old photos or letters for integrating into their collage story. We will also learn about using fibers and glass in the work and embedding it all in resin to finish our masterpieces. All levels welcome. No class: 7/4.

Cindy Beatteay
HB Art Center
351612-4A 13 yrs + Th 5:30–8pm 6/27–8/1 $166/$150

Oil Painting–Landscape & Still Life
Oil painting for new and continuing students. For subject matter we will use both landscape and still life projects to explore concepts of: color mixing, relationships of dark and light, and composition and perspective. More info: jimellsberry.com.

Jim Ellsberry
HB Art Center
350114-4A 18 yrs + M 1–3pm 7/29–8/26 $135/$122
350114-4B 18 yrs + W 5:30–7:30pm 7/31–8/28 $135/$122

Plein Air Sketching & Watercolor
Create your own unique sketchbook filled with drawings of Huntington Beach. Class will meet at the Art Center and on location. Emphasis will be placed on improving your drawing and technical skills plus discovering your own creative style.

Eileen McCullough
HB Art Center
350147-4A 18 yrs + Th 9:30am–12pm 8/1–9/5 $126/$114

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

NCSFest: The Wonderful World of Comics
On View: May 11–June 1, 2019
HBAC is hosting an international festival of comic art organized by the National Cartoonists Society. The art presented includes comic selections from the United States, the United Kingdom, and France.
Public Opening Reception: Sat, May 11 | 6–9pm
Art for Lunch: Thurs, May 23 | 11:30am–1:30pm

Frau Fiber’s Mission in America
On View: June 15–July 6, 2019
HBAC presents Frau Fiber’s Mission in America, a solo exhibition featuring Carole Frances Lung and her alter ego, Frau Fiber. Frau Fiber explores fashion and textile production and consumption through garment production, installations, and performances.
Members & Patrons Preview: Sat, June 15 | 5:30–6:30pm
Public Opening Reception: Sat, June 15 | 6:30–9pm
Tailor Made Pop-Up Shop: June 18–20, 25–27, & July 2 | 3–8pm
Art for Lunch: Thurs, June 20 | 11:30am–1:30pm
Dressed to Inspire Fundraiser: Sat, June 22 | 7–10pm
Film Screening - Iris: Thurs, June 27 | 6:30–8:30pm

Rietveld & Roberts: New Masters of Surf Art
On View: July 27–August 24, 2019
HBAC presents Rietveld & Roberts: New Masters of Surf Art, a retrospective of surf art masters Rick Rietveld and Phil Roberts.
Members & Patrons Preview: Sat, July 27 | 5:30–6:30pm
Public Opening Reception: Sat, July 27 | 6:30–9pm
Art for Lunch: Thurs, Aug 8 | 11:30am–1:30pm
Film Screening - The Endless Summer: Thurs, Aug 15 | 6:30–8:30pm
**Dance, Drama & Music**

**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 & Pool
  - 350442-3A
  - 13 yrs + M 7–8pm 7/8–8/12 $65
- Huntington Academy of Dance 6491 Edinger Avenue
  - 350442-1A
  - 13 yrs + W 7:30–8:30pm 7/10–8/14 $65

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

- Huntington Academy of Dance 6491 Edinger Avenue
  - 350426-1A
  - 50 yrs + M 12:30–1:30pm 7/1–7/29 $40
  - 350426-1B
  - 50 yrs + M 12:30–1:30pm 8/5–8/26 $32

**NEW! Ballroom & Country Line Dance Basics**
Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, 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!

- April Berg Edison Community Center
  - 350306-2A
    - 16 yrs + Tu 6:15–9:15pm 8/13 $35
  - 350305-2A
    - 16 yrs + Tu 6:15–9:15pm 7/9 $35

**Country Line Dance**
Learn easy line dances from the 80’s and more recent ones, popular in today’s country nightclubs. Work out and have a good time! No class: 7/4.

- Efren Barrera Murdy Community Center
  - 350413-1A
    - 14 yrs + Th 4–5pm 6/27–8/1 $40
  - 350413-1B
    - 14 yrs + Th 4–5pm 8/8–9/5 $40
  - 350413-1C
    - 14 yrs + Th 7–8pm 6/27–8/1 $40
  - 350413-1D
    - 14 yrs + Th 7–8pm 8/8–9/5 $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! No class: 7/4.

- Efren Barrera Murdy Community Center
  - 350415-1A
    - 14 yrs + Th 6–7pm 6/27–8/1 $40
  - 350415-1B
    - 14 yrs + Th 6–7pm 8/8–9/5 $40
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. No class: 7/4.

Efren Barrera Murdy Community Center
350421-1A 14 yrs + Th 8–9pm 6/27–8/1 $40
350421-1B 14 yrs + Th 8–9pm 8/8–9/5 $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 & Olivia Lai. No class: 7/4.

Kaylaa Fox Murdy Community Center
350423-1A 16 yrs + Th 8:15–9:15pm 6/27–8/1 $35
350423-1B 16 yrs + Th 8:15–9:15pm 8/8–9/5 $35

Dance: Swing Intermediate
Move on to Swing Intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. Hosted by Michael & Olivia Lai. No class: 7/4.

Kaylaa Fox Murdy Community Center
350424-1A 16 yrs + Th 7:15–8:15pm 6/27–7/25 $35
350424-1B 16 yrs + Th 7:15–8:15pm 8/8–8/29 $35

Dance: Swing Advanced
Move way beyond the basics. Advanced Swing moves to four-, six- and eight- swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. Hosted by Michael & Olivia Lai. No class: 7/4.

Kaylaa Fox Murdy Community Center
350422-1A 16 yrs + Th 6:15–7:15pm 6/27–7/25 $35
350422-1B 16 yrs + Th 6:15–7:15pm 8/8–8/29 $35

Group Guitar
Have you ever wanted to be a rockstar? Well now’s the time! Learn to play acoustic guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don’t delay and learn to play today. Bring your own acoustic guitar, $20 materials fee for book. No class: 7/2.

The RockBand Experience Murdy Community Center
341011-1C 13 yrs + Tu 4:15–5pm 6/25–7/30 $109
341011-1D 13 yrs + Tu 4:15–5pm 8/6–9/3 $109

The RockBand Experience HB Art Center
351008-4A 13 yrs + Th 4:15–5pm 8/1–9/5 $129/$117

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. $20 materials fee for book due at first class. Students must provide their own Ukulele. Please call Greg if you have questions acquiring a ukulele. No class: 7/3.

The RockBand Experience Murdy Community Center
351011-1B 13 yrs + W 4:15–5pm 6/26–7/31 $109
The RockBand Experience HB Art Center
351012-4A 13 yrs + W 4:15–5pm 8/7–9/4 $109/$99

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!

Definitely Dance Murdy Community Center
350455-1A 14 yrs + W 7–8pm 6/26–8/28 $30

NEW! Swing and Salsa Basics
Swing and Salsa are some of the most popular social dances out there. Come learn the basics of these dynamic dances so that you can own the dance floor. No partner needed.

Amanda Mykitta Edison Community Center
350461-2A 16 yrs + Tu 7–8pm 6/25–7/23 $35
350461-2B 16 yrs + Tu 7–8pm 8/6–9/3 $35
ADULTS

Dog Training

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

Dog Services Unlimited   Edison Community Center
350504-2A 10 yrs + Tu 7–8pm 6/25–8/6 $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. $5 materials fee due at first class.

Dog Services Unlimited   Edison Community Center
350506-1A 10 yrs + Th 6:30–7:45pm 8/8–8/29 $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. This class is held at Central Park–Slater/Golden West Street. No class: 7/27.

Surf City Flyball   18200 Edwards Street
350507-1A 18 yrs + Sa 9–10am 6/29–8/24 $95

CPR & AED Training–Adult, Child and Infant
Don’t miss a beat and increase the number of people “Stayin’ Alive.” Please pay the instructor, Healthy U, the additional $24 fee for the accompanying American Heart Association workbook and course completion card valid for two years. Not a class for medical providers. Advance registration required.

Healthy U   Murdy Community Center
351104-1A 11 yrs + Tu 5:30–9pm 7/30 $59
351104-1B 11 yrs + Tu 5:30–9pm 8/20 $59

Intensive Beginning
Conversational Italian
Focuses on speaking and learning day to day conversational Italian. Topics will be adapted to interest of class. Taught by Native-speaking Italian. Perfect for those traveling to Italy.

Spectrum Languages   Edison Community Center
350601-2A 18 yrs + Tu 5–7pm 6/25–7/2 $68

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. $30 materials fee due at first class.

Portal Languages   City Gym & Pool
350619-3A 18 yrs + M 5–6pm 7/8–8/26 $160

Spanish for Fun & Forever-Intermediate
Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. $5 activity fee due at first class.

Murnez Blades   Rodgers Center
350605-5A 18 yrs + Th 4:15–5:15pm 7/9–8/20 $94

Education

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

Portal Languages   Edison Community Center
350628-2A 18 yrs + M 5:30–6:30pm 7/8–7/29 $80
350628-2B 18 yrs + M 5:30–6:30pm 8/5–8/26 $80

Fitness

5-Class Pack
Interested in adding a few extra classes to your busy schedule but can’t commit to a full schedule? This is the pass for you! Good for any HB Pilates 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@hbipilates.com. No class: 7/4, 9/2.

HB Pilates & Fitness Inc.   Any Huntington Beach Community Center
350611-1A 16 yrs + Any HB Pilates Class 6/24–8/3 $90
350611-1B 16 yrs + Any HB Pilates Class 8/5–9/7 $90

Fitness

5-Class Pack
### 10-Class Pack
Looking to add a variety to your workout routine? Then this is the pass for you! Mix and match your classes with any HB Pilates & Fitness classes including: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, and Stroller Workout! Some restrictions apply. More info: info@hbpilates.com. No class: 7/4, 9/2.

### 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.

### Adult 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 and equipment are available for purchase from instructor. Beginners-Advanced welcome! No class: 7/4.

### 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 finish-es up the class. Bring hand weights and a mat. No class: 7/5.

### Cardio Step for the Heart
This class raises the heart rate by stepping up and down on four- or eight-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. Sign-up for Cardio Step for the Heart plus Head to Toe Workout together for only $129. No class: 7/5.

### 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.

### 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 plus Head to Toe Workout together for only $129. No class: 7/5.

### Hatha Yoga
Unwind after work with a well-rounded class including breath work, stretch, strength, and focus on alignment. Achieve connection between mind, body, and soul in this one-hour Hatha yoga experience with Meg Rambo. All skill levels welcome. No class: 8/7.

### Jazzercise
What is it? A high intensity mix of dance-based cardio and strength training for a calorie-crushing total body workout. How we work–We rock it out, slim it down and tone it up fresh pulse-pounding music and body-blasting moves. This high intensity dance workout targets the three major muscle groups–upper body, abs and legs–so you’ll feel it where you need it. What’s in it for you? Incinerate up to 800 calories in this 60-minute class. With Jazzercise you’ll get toned target zones, increased energy and a mood boost. You’ll leave it all on the dance floor.

### 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: 7/4, 8/1, 8/2.
Lean & Fit
Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. Drop-ins: $18 per class. No class: 7/4, 9/2.

HB Pilates & Fitness Inc. Edison Community Center
350839-2A 16 yrs + M 9–10am 6/24–7/29 $82
350839-2B 16 yrs + M 9–10am 8/5–8/26 $58
350839-2C 16 yrs + F 9–10am 6/28–8/2 $82
350839-2D 16 yrs + F 9–10am 8/9–9/6 $71

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. Bring a mat, small towel, grip socks, and water. Drop-ins: $18 per class. More info: info@hbpilates.com. No class: 7/4.

HB Pilates & Fitness Inc. Edison Community Center
350811-1A 16 yrs + M 10–11am 6/24–7/29 $82
350811-1B 16 yrs + M 10–11am 8/5–8/26 $58
350811-1C 16 yrs + Tu 6–7pm 6/25–7/30 $82
350811-1D 16 yrs + Tu 6–7pm 8/6–9/3 $71
350811-1E 16 yrs + Th 5–6pm 6/27–8/1 $71
350811-1F 16 yrs + Th 5–6pm 8/8–9/5 $71

Pilates Barre with Cardio
Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, Barre, Yoga, and Dance with cardio intervals and functional fitness exercises. Using resistance bands, workout balls, and your own body weight we will help you achieve the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring a mat, small towel, grip socks and water. Drop-ins: $18 per class. More info: info@hbpilates.com. No class: 7/4.

HB Pilates & Fitness Inc. Murdy Community Center
350855-1A 16 yrs + Tu 7–8pm 6/25–7/30 $82
350855-1B 16 yrs + Tu 7–8pm 8/6–9/3 $71

HB Pilates & Fitness Inc. Edison Community Center
350855-2A 16 yrs + M 7:30–8:30pm 6/24–7/29 $82
350855-2B 16 yrs + M 7:30–8:30pm 8/5–8/26 $58

HB Pilates & Fitness Inc. City Gym & Pool
350855-3A 16 yrs + W 10–11am 6/26–7/31 $82
350855-3B 16 yrs + Th 7–8pm 6/27–8/1 $71
350855-3C 16 yrs + W 10–11am 8/7–9/4 $71
350855-3D 16 yrs + Th 7–8pm 8/8–9/5 $71

Private Pilates/Personal Training
Whether you are looking to lose weight, start a new fitness routine, tone up and get stronger, or simply stay healthy and energized, working one-on-one will allow you to maximize the results of your personal health and fitness goals. Each exercise program is custom designed, specifically for you! 45-minute and 60-minute sessions available upon request. Times and dates TBD. More info: info@hbpilates.com. No class: 7/4, 9/2.

HB Pilates & Fitness Inc. Any Huntington Beach Community Center
350897-1A 16 yrs + 1 Private Lesson 30 minutes 6/24–9/7 $46
350897-1B 16 yrs + 5 Private Lessons 30 minutes 6/24–9/7 $220
350897-1C 16 yrs + 10 Private Lessons 30 minutes 6/24–9/7 $425

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! Walk-ins welcome: $16 per day.

Noelle Acampora Rodgers Center
351513-4A 14 yrs + Tu 1:30–2:30pm 6/25–7/23 $71/564
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 sup-port the changes of the body during pregnancy and help rebuild strength and muscle control after delivery. More info: info@hbpilates.com. No class: 7/4.

Saturday AM Cardio Step & Body Sculpt
Make this class your wake-up workout. Using a 4”-8” step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You’ll be energized for the weekend!

Self Defense for Women & Teens
Designed specifically for the novice, this class material is simple and concise, utilizing movements that anyone can learn. Strategies on avoidance and prevention, awareness, escape methods, pre-incident indicators, and using intuition to recognize attacks BEFORE they happen. Loose clothing or workout attire recommended. $10 materials fee payable to instructor.

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: 7/30.

Reformer Pilates Lessons
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: 7/4, 9/2.

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: 7/5.

VITALS hbsands.org 35
Yoga: Edison
Yoga unites mind and body improving general health, balance, and wellbeing. Therapeutically oriented practice combines postures, meditation and philosophy in a breath centered practice suitable for all levels. Bring mat and blanket.

Diane Pavesic, Edison Community Center
BSN, CCM, YTRx-500 C, ERYT-500.

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<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<td>18 yrs +</td>
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<td>4:30–5:30pm</td>
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<td>18 yrs +</td>
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<td>6–7pm</td>
<td>6/26–8/21</td>
<td>$70</td>
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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.

Jacki King, E-RYT, CYT, YACEP
Murdy Community Center

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<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
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<td>16 yrs +</td>
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No class: 8/5, 8/7.

Susan Holden
Murdy Community Center

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<td>350876-1B</td>
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<td>350876-1C</td>
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No class: 7/5, 8/5, 8/6, 8/9.

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 & Pool

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
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<th>Time</th>
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<td>16 yrs +</td>
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<td>10:30am–12pm</td>
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Zumba
It’s different! Effective! Zumba’s body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We’ll pro-rate for the number of weeks you attend. Walk-ins welcome $12 per day.

SockhopFitness, Edison Community Center

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<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
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<td>18 yrs +</td>
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<td>6:30–7:15pm</td>
<td>7/3–9/4</td>
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Zumba + Zumba Toning
The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Monday class meets 6-6:45pm and Wednesday meets 6:30-7:15pm.

SockhopFitness, Edison Community Center

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<tr>
<th>Class Code</th>
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<th>Start Date</th>
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<td>7/3–9/4</td>
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Zumba Gold & Zumba Toning
Zumba Gold is perfect for active adults looking for the great moves of Zumba at a lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

SockhopFitness, Murdy Community Center

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<tr>
<th>Class Code</th>
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<td>Tu</td>
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<td>7/2–9/3</td>
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Zumba Ages 6 to 86
Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness, Murdy Community Center

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<tr>
<th>Class Code</th>
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<th>End Date</th>
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<td>350813-1A</td>
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<td>7/2–9/3</td>
<td>$58</td>
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Zumba Toning
The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We’ll prorate for the number of weeks you attend.

SockhopFitness, Edison Community Center

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See page 46–47 for more yoga classes at Senior Center in Central Park.
Special Interest

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

Ricardo Nimis
351134-1A 16 yrs + Sa 12–4pm 7/6 $75
351134-1B 16 yrs + Sa 12–4pm 8/10 $75

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
351313-2A 18 yrs + Tu 6:10–7:30pm 7/16–8/27 $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. More info: goldencoastvolleyball.com.

Beach Volleyball CA Inc. 15th Street at PCH
351311-2A 18 yrs + Th 6:10–7:30pm 7/18–8/29 $120

King & Queen of the Court Volleyball Tournament
How do you stack up against the rest? This 6-on-6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team’s performance. Total individual points on the last night establish winners! Prizes awarded. $20 materials fee due at first class. No class: 7/4.

Matt Taylor Volleyball City Gym & Pool
351323-3A 16 yrs + Th 7:45–9:45pm 6/27–8/1 $55
ADULTS

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: 7/4.

Matt Taylor Volleyball
City Gym & Pool
351309-3A Beginner 16 yrs + Th 6:15–7:45pm 6/27–8/29 $139
351309-3B Intermediate 16 yrs + Th 7:45–9:15pm 8/8–8/29 $62

Volleyball: Women’s Volleyball
Tuesday’s–Intermediate class from 9:30 a.m.–12:30 p.m.
Wednesday’s–Advanced only fours from 110 a.m.–12 p.m.
Thursday’s–Advanced only from 9:30 a.m.–12:30 p.m.
No class: 7/2, 7/3, 7/4. If you are new you must try out to be assessed at a satisfactory level. You must be present on the first day to try out.

Joann DiGiovanni
City Gym & Pool
351302-3A 18 yrs + Tu 9:30am–12:30pm 6/18–7/23 $36
351302-3B 18 yrs + Tu 9:30am–12:30pm 7/30–8/27 $36
351302-3C 18 yrs + W 10am–12pm 6/19–7/24 $36
351302-3D 18 yrs + W 10am–12pm 7/31–8/28 $36
351302-3E 18 yrs + Th 9:30am–12:30pm 6/20–7/25 $36
351302-3F 18 yrs + Th 9:30am–12:30pm 8/1–8/29 $36

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: 7/3, 7/6.

The Rinks Westminster ICE 13071 Springdale Street Westminster
351312-1A 17 yrs + W 6:40–7:10pm 6/19–7/17 $38
351312-1B 17 yrs + W 6:40–7:10pm 7/24–8/14 $38
351312-1C 17 yrs + Sa 10:15–10:45am 6/22–7/20 $38
351312-1D 17 yrs + Sa 10:15–10:45am 7/27–8/17 $38

Learn to Surf
This is four one and a half hour surf lessons that stresses beach safety and fun while you learn the basics 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
351403-2A 18 yrs + Sa 8–9:30am 7/6–7/27 $245
351403-2B 18 yrs + Sa 8–9:30am 8/10–8/31 $245
ARTS

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

Senior Center Volunteer Senior Center in Central Park
350120-SA 18 yrs + W 10:30–11:30am 6/19–9/4 $10

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

Senior Center Volunteer Senior Center in Central Park
350199-SA 18 yrs + W 1–2pm 6/26–8/28 $6

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

Senior Center Volunteer Senior Center in Central Park
350113-SA 18 yrs + W 10:30–11:30am 6/26–8/28 $10

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

Marilyn Oropeza Senior Center in Central Park
350115-SA 18 yrs + Tu 8–11:30am 6/25–7/30 $40
350115-SB 18 yrs + Tu 8–11:30am 8/6–9/3 $40

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

Marilyn Oropeza Senior Center in Central Park
350149-SA 18 yrs + Tu 11:30am–2:30pm 6/25–7/30 $40
350149-SB 18 yrs + Tu 11:30am–2:30pm 8/6–9/3 $40

Traditional Hawaiian Appliqué
Popular class to learn needle-turn hand appliqué and hand quilting. Create a quilted pillow top using a traditional Hawaiian design and colorful fabric. Enjoy a relaxed atmosphere for hand stitching, community and conversation while learning a beautiful new craft. Ask for the supply list at registration. No class: 9/4.

Senior Center Volunteer Senior Center in Central Park
350165-SA 18 yrs + W 3–4pm 6/26–9/11 $6

Dance

All Level Swing Basics
Learn how to own the dance floor with this dynamic class! Swing is one of the most popular social dances, and you will learn some exciting new moves to last a lifetime! And to top it all, we make learning fun. No partner needed. Come join us! No class: 7/4.

Definitely Dance Senior Center in Central Park
350458-SA 16 yrs + Th 5–6pm 6/27–8/1 $35
350458-SB 16 yrs + Th 5–6pm 8/8–9/5 $35

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. No class: 7/4.

Definitely Dance Senior Center in Central Park
350441-SA 16 yrs + Th 7–8:30pm 6/27–8/1 $35
350441-SB 16 yrs + Th 7–8:30pm 8/8–9/5 $35

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. No class: 7/4.

Definitely Dance Senior Center in Central Park
350459-SA 16 yrs + Th 6–7pm 6/27–8/1 $35
350459-SB 16 yrs + Th 6–7pm 8/8–9/5 $35

Line Dance Fitness: 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.

Linda Anderson-Maarleved Senior Center in Central Park
350450-SA 18 yrs + Tu 2:30–3:30pm 6/18–8/27 $56
350450-SB 18 yrs + Tu 4–5pm 6/18–8/27 $56
No class: 7/2.

Suzy Hazard Senior Center in Central Park
350419-SA 18 yrs + F 2–3pm 6/28–8/30 $50
No class: 7/5.
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%.

线舞初阶

现在你已经知道了一些基本的步伐和模式，是时候来享受学习更难一点的舞蹈的乐趣了。爱因斯坦医学院的一项研究表明，经常跳线舞可以将你患痴呆症的风险降低76%。

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<tr>
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<td>6/19–8/28</td>
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<tr>
<td>350453-SB</td>
<td>18 yrs +</td>
<td>Thu 3:30–4:30pm</td>
<td>6/20–8/29</td>
<td>$56</td>
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<td>No class: 7/3, 7/4</td>
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Suzy Hazard Senior Center in Central Park

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<tbody>
<tr>
<td>350450-5A</td>
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<td>Fri 3:15–4:30pm</td>
<td>6/28–8/30</td>
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No class: 7/5.

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 more challenging dances and all-time favorites. Prerequisite: Experience doing Level 1 dances.

线舞基础

跳舞是减轻压力的好方法，同时还能保持身心健康。对基础步伐和舞蹈有了解和经验的舞者现在可以学习更具挑战性的舞蹈和最受欢迎的舞蹈。先决条件：有基础课程的经验。

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<td>No class: 7/4</td>
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Suzy Hazard Senior Center in Central Park

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<td>W 2:45–4:15pm</td>
<td>6/26–8/28</td>
<td>$55</td>
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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.

线舞进阶

每周跳舞一次以上对于培养更熟练和自信的舞者至关重要。这门新课程是专门为每周想跳更多次舞的Level 2舞者设计的，旨在提高他们的技能，并为Level 3-4班做准备。先决条件：有基础课程的经验，并能跳更难的舞蹈。

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<td>350433-SA 5A</td>
<td>18 yrs +</td>
<td>Mon 3:15–4:45pm</td>
<td>6/24–8/26</td>
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Suzy Hazard Senior Center in Central Park

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<td>350434-SA 5A</td>
<td>18 yrs +</td>
<td>Fri 1–2:30pm</td>
<td>6/26–8/28</td>
<td>$55</td>
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Line Dance Fitness: 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.

线舞高阶

有基础舞蹈知识和经验的舞者现在可以更开心地学习更具挑战性的舞蹈，以及最新的最受欢迎的舞蹈。良好的身心锻炼。该课程的老师已认证为舞蹈教师，并有超过20年的教学经验。先决条件：有跳更难舞蹈的经验。

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<tr>
<td>350626-SA 5A</td>
<td>18 yrs +</td>
<td>Th 1–2pm</td>
<td>7/11–8/8</td>
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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. No class: 7/2.

新舞者

想要学习跳舞但不知道如何开始吗？享受学习基本步伐并将其应用于非常简单的线舞的乐趣。邀请一位朋友一起体验舞蹈带来的身心益处以及随着音乐移动的乐趣。7月2日没有课程。

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<tr>
<td>350450-S 5A</td>
<td>18 yrs +</td>
<td>Tu 2:30–3:30pm</td>
<td>6/18–8/27</td>
<td>$56</td>
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<tr>
<td>350450-SB</td>
<td>18 yrs +</td>
<td>Tu 4–5pm</td>
<td>6/18–8/27</td>
<td>$56</td>
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Education

Brain Fitness
Brain Fitness is a computer program designed to strengthen and sharpen one’s brain. It helps a participant listen more effectively, improve memory and concentration, increase social skills, and most importantly, self-confidence. Students work at their own level and do not need prior computer experience. No class: 7/4.

脑力健身

Brain Fitness是一个用于加强和磨练大脑的计算机程序。它帮助参与者更有效地倾听，提高记忆力和注意力集中力，增加社交技能，最重要的是，增强自信心。学生按照自己的水平工作，无需以前的计算机经验。7月4日没有课程。

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<th>Course Code</th>
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<tr>
<td>351122-SA 5A</td>
<td>18 yrs +</td>
<td>Tu, Th 1–3pm</td>
<td>6/25–7/25</td>
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<tr>
<td>351122-SB</td>
<td>18 yrs +</td>
<td>Tu, Th 3–5pm</td>
<td>6/25–7/25</td>
<td>$139</td>
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Coping With Vision Loss
Living with limited vision can be challenging, but it doesn’t need to be a barrier to living well. Find out how you can regain your independence through our Low Vision Wellness programs.

视力障碍

生活有限视力可能具有挑战性，但这不必成为生活的障碍。了解如何通过我们的低视力健康计划重新获得独立。

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<tr>
<td>350626-SA 5A</td>
<td>18 yrs +</td>
<td>Th 1–2pm</td>
<td>7/11–8/8</td>
<td>FREE</td>
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SENIOR CENTER IN CENTRAL PARK

hbsands.org 41
French for Beginners 1
Beginners learn French with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak French from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. $20 materials fee due at first class.

Portal Languages  
Senior Center in Central Park  
350608-SA  18 yrs + Tu  3:30–4:30pm  7/9–8/27  $160

French for Beginners 2
This class is a continuation for students who completed the French 1 series. The continuation will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. $20 materials fee due at first class meeting.

Portal Languages  
Senior Center in Central Park  
350622-SA  18 yrs + Tu  4:30–5:30pm  7/9–8/27  $160

Advanced Conversational French
Learn how to engage your French conversational skills. The focus is on speaking about daily actions, travels, experiences. Vocabulary development through role play exercises and interaction. Emphasis is given to listening and interpretation.

Portal Languages  
Senior Center in Central Park  
350625-SA  18 yrs + Tu  5:30–6:30pm  7/9–8/27  $160

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

OC Learning Black History  
Senior Center in Central Park  
350610-SA  8 yrs + Sa  10am–12pm  7/13–8/24  $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 materials fee due at first class.

Portal Languages  
Senior Center in Central Park  
350618-SA  18 yrs + M  1:30–2:30pm  7/8–8/26  $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 materials fee due at first class.

Portal Languages  
Senior Center in Central Park  
350623-SA  18 yrs + M  2:30–3:30pm  7/8–8/26  $160

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

Portal Languages  
Senior Center in Central Park  
350621-SA  18 yrs + M  3:30–4:30pm  7/8–8/26  $160

Writing Your Life Story
Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift—the story of your life so far. Prior writing skills are not necessary. No class: 7/4.

Sharon Fleming  
Senior Center in Central Park  
351121-SA  18 yrs + Th  10am–12pm  6/27–8/22  $99

SENIOR CENTER IN CENTRAL PARK

GOLF TOURNAMENT
The Huntington Beach Council on Aging invites you to join them in supporting their 27th Annual ON COURSE! Golf Tournament on Friday, June 21 at Meadowlark Golf Club.

More info: HBCOA.org or 714-374-1524.
Health & Wellness

Hoag Lectures
To register call 714-536-5600

Hoag Lecture: Are Grandparents Being Replaced by Electronics
These days, kids always have some sort of iPad or electronic device in hand. While this may be the norm, this does not mean you should be left behind. Join Rachel Zabaneh, M.D. for an educational presentation on how to communicate with your grandchildren, no matter the age, via devices, emojis, social media and so much more. Additionally, she will cover some common pitfalls and things to look out for. Electronics are a great, interactive way to engage with your grandchildren and this presentation will empower you with the knowledge you need to enjoy your relationship even more.

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<td>353371-5A</td>
<td>18 yrs + W 1:30–2:30pm 8/14 FREE</td>
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Leading a Successful Life with Diabetes
An informative presentation on how you can live a successful and healthy life with diabetes. During this talk, the physician will share lifestyle modification tips, information about managing your diabetes, and ideas to prevent complications. Attendees will leave this presentation feeling informed and empowered.

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<td>353398-5A</td>
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Hoag: Mindfulness as Medicine
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, Amit Hiteshi, M.D. 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.

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<td>353304-5A</td>
<td>18 yrs + M 10–11am 7/1 FREE</td>
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Hoag: Vitamin D-Hype or Reality and How to Optimize Kidney Health
An educational discussion on Vitamin D and how it pertains to your overall health, who needs it, and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore they will discuss how to keep your kidneys healthy. Presented by Nancy Love, M.D.

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<tr>
<td>353305-5A</td>
<td>18 yrs + W 1–2pm 8/7 FREE</td>
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Complimentary Health Screenings

Blood Pressure Screening
18 yrs + T 9:30–11:30am July 2, Aug 6, Sept 3

Hearing Screening
18 yrs + W 9:30–11:30am July 10, Aug 14

To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call 714-536-5600.
Caring For A Spouse Or Partner
This complimentary class, presented by a licensed clinical social worker with MemorialCare Orange Coast Medical Center will focus on practical tips and coping strategies when caring for a spouse or partner. Space is limited. Reservations are required. Please call 1-800-MEMORIAL (636-6742).

Lumbar Stenosis Treatment Options
Pain, limited mobility and diminished quality of life are significant impacts of lumbar stenosis. Devin K. Binder, M.D., Ph.D., a board-certified neurosurgeon with B.E.S.T. Center will discuss current treatment options including minimally invasive procedures. Space is limited. Reservations are required. Please call 1-800-MEMORIAL (636-6742).

Cholesterol – The Good, The Bad And The Ugly
Michelle Taylor, RN, MSN, ACNP-BC, cardiovascular nurse practitioner with MemorialCare Heart and Vascular Institute at Orange Coast Medical Center and board member of the Pacific Lipid Association will explain what cholesterol is, where it comes from and how it impacts heart health. Space is limited. Reservations are required. Please call 1-800-MEMORIAL (636-6742).

Balance Improvement And Fall Prevention
As we age, we can lose our balance over the slightest things. Mitch Tsurudome, PT and Casey Jackson, PT, 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. Reservations are required. Please call 1-800-MEMORIAL (636-6742).

Fitness

ATX Cardiac Lifestyle Program
ATX Cardiac is a program that promotes health and stress management. It is designed to address the special needs of heart patients or others interested in living a heart-healthy lifestyle. Class structure includes gentle warm-up, cardio and strength exercise, deep relaxation, group discussion, goal-setting, and heart-healthy meal planning.

Barre Strength & Stretch
Live longer, get stronger! Standing at the barre for the whole class, you will be stepped through easy-to-follow, head-to-toe exercises with music that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. One time drop-in fee $15. No class: 7/3.

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.

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. No class: 7/26, 8/2.
Exercises 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 4-week series that includes discussion, activity participation, and balance training to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

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<tr>
<th>Hoag</th>
<th>Senior Center in Central Park</th>
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<tbody>
<tr>
<td>350899-5A</td>
<td>55 yrs + Tu 9–10am 6/4–6/25 FREE</td>
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<tr>
<td>350899-5B</td>
<td>55 yrs + Tu 9–10am 6/6–6/27 FREE</td>
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</table>

Exercises for Balance Part 2
Did you enjoy the challenge of Series 1 Exercise for Balance Class? If so, join Hoag Physical Therapists in a 4-week series of advanced balance exercises to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

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<th>Hoag</th>
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<tr>
<td>350893-5A</td>
<td>55 yrs + Tu 9–10am 7/2–7/23 FREE</td>
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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, weights to class. It’s never too late to get in the best shape of your life.

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<tr>
<th>Rene Burton</th>
<th>Senior Center in Central Park</th>
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<tr>
<td>351510-5A</td>
<td>55 yrs + M, W 10:30–11:30am 6/24–7/31 $90</td>
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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 2,000 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. No class: 7/4, 9/2.

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<tr>
<th>Frances Cardinal</th>
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<tr>
<td>350904-5A</td>
<td>4 yrs + Tu 5–6pm 6/25–9/3 $80</td>
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<tr>
<td>350904-5B</td>
<td>4 yrs + Th 5–6pm 6/27–9/5 $80</td>
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<td>350904-5C</td>
<td>4 yrs + Sa 10–11am 6/29–9/7 $80</td>
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<tr>
<td>350904-5D</td>
<td>4 yrs + Any two days TBD 6/25–9/7 $120</td>
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<tr>
<td>350904-5E</td>
<td>4 yrs + Any three days TBD 6/25–9/7 $160</td>
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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 materials fee for Dynaband payable in class. No class: 7/4, 7/25, 7/30, 8/1.

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<tr>
<th>Marianne Grossman</th>
<th>Senior Center in Central Park</th>
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<tr>
<td>350817-5A</td>
<td>50 yrs + Tu 10:15–11am 6/25–8/27 $41</td>
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<tr>
<td>350817-5B</td>
<td>50 yrs + Th 10:45–11:30am 6/27–8/29 $32</td>
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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. Bring: mat, some towel, grip socks and water. More info: info@hbpilates.com. Drop-ins: $18/class. No class: 7/4, 9/2.

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<tr>
<th>HB Pilates &amp; Fitness Inc.</th>
<th>Senior Center in Central Park</th>
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<tr>
<td>350883-5A</td>
<td>16 yrs + M 4:30–5:30pm 6/24–7/29 $82</td>
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<tr>
<td>350883-5B</td>
<td>16 yrs + Th 11:15am–12:15pm 6/27–8/1 $71</td>
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<tr>
<td>350883-5C</td>
<td>16 yrs + M 4:30–5:30pm 8/5–9/2 $58</td>
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<tr>
<td>350883-5D</td>
<td>16 yrs + Th 11:15am–12:15pm 8/8–9/5 $71</td>
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Introduction to Mindfulness
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. No class: 7/4.

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<th>Fredric Afshari</th>
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<tr>
<td>351519-5A</td>
<td>18 yrs + Th 4–5:15pm 6/27–8/1 $80</td>
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<tr>
<td>351519-5B</td>
<td>18 yrs + Th 4–5:15pm 8/8–9/5 $80</td>
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Lean & Fit
Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. Drop-ins: $18 per class. No class: 7/4.

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<tr>
<td>350839-5A</td>
<td>16 yrs + Tu 10:15–11:15am 6/25–7/30 $82</td>
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<td>350839-5C</td>
<td>16 yrs + Th 10:15–11:15am 6/27–8/1 $71</td>
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<td>350839-5D</td>
<td>16 yrs + Sa 8–9am 6/29–8/3 $82</td>
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<td>350839-5E</td>
<td>16 yrs + Tu 10:15–11:15am 8/6–9/3 $71</td>
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<td>350839-5F</td>
<td>16 yrs + W 7–8pm 8/7–9/4 $71</td>
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<td>350839-5G</td>
<td>16 yrs + Th 10:15–11:15am 8/8–9/5 $71</td>
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<tr>
<td>350839-5H</td>
<td>16 yrs + Sa 8–9am 8/10–9/7 $71</td>
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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 times a week $160. No class: 7/4, 9/7.

Frances Cardinal Senior Center in Central Park
350901-SA 14 yrs + Tu 6:15–7:45pm 6/25–9/3 $80
350901-SB 14 yrs + Th 6:15–7:45pm 6/27–9/5 $80
350901-SC 14 yrs + Sa 11am–12pm 6/29–9/7 $80
350901-SD 14 yrs + Any two days TBD 6/25–9/7 $120
350901-SE 14 yrs + Any three days TBD 6/25–9/7 $160

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

HB Pilates & Fitness Inc. Senior Center in Central Park
350855-SA 16 yrs + Tu 8–9am 6/29–8/3 $82
350855-SB 16 yrs + Sa 8–9am 8/10–9/6 $71

Pilates Chair
Great for people over 50 who want to stay active, improve core strength, flexibility, mobility, balance, strength and mind-body connection to help reduce the risk of falls. Pilates exercises will be performed seated and standing with resistance bands and exercise balls. Not suitable for those dependent on walkers and/or canes. Classes offered M, Tu, W, F. Bring: grip socks, small towel and water. Prerequisites: one session of Pilates Chair and instructor approval. Not suitable for those using a walker and/or cane. Bring grip socks, water and small towel. More info: info@hbpilates.com. Drop-ins: $18 per class. More info: info@hbpilates.com. No class: 7/4, 9/7.

HB Pilates & Fitness Inc. Senior Center in Central Park
350879-SA 18 yrs + Tu 12:30–1:30pm 6/24–7/29 $76
350879-SB 18 yrs + Tu 12:30–1:30pm 6/25–7/30 $76
350879-SC 18 yrs + W 12:30–1:30pm 6/26–7/31 $76
350879-SD 18 yrs + F 12:30–1:30pm 6/28–8/2 $76
350879-SE 18 yrs + Two days per week 12:30–1:30pm 6/24–8/2 $132
350879-SF 18 yrs + M 12:30–1:30pm 8/5–8/6 $54
350879-SG 18 yrs + Tu 12:30–1:30pm 8/6–9/3 $65
350879-SH 18 yrs + W 12:30–1:30pm 8/7–9/4 $65
350879-SI 18 yrs + F 12:30–1:30pm 8/9–9/6 $65
350879-SJ 18 yrs + Two days per week 12:30–1:30pm 8/5–9/6 $120

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. Bring grip socks, water and small towel. More info: info@hbpilates.com.

HB Pilates & Fitness Inc. Senior Center in Central Park
350826-SA 18 yrs + Tu 11:30am–12:30pm 6/25–7/30 $78
350826-SB 18 yrs + W 11:30am–12:30pm 6/26–7/31 $78
350826-SC 18 yrs + F 11:30am–12:30pm 6/28–8/2 $78
350826-SD 18 yrs + Two days per week 11:30am–12:30pm 6/25–8/2 $132
350826-SE 18 yrs + Tu 11:30am–12:30pm 8/6–9/3 $68
350826-SF 18 yrs + W 11:30am–12:30pm 8/7–9/4 $68
350826-SG 18 yrs + F 11:30am–12:30pm 8/9–9/6 $68
350826-SH 18 yrs + Two days per week 11:30am–12:30pm 8/6–9/6 $120

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. Classes offered Monday and Friday. All ages and abilities welcome. Bring grip socks and water. More info: info@hbpilates.com. No class: 9/2.

HB Pilates & Fitness Inc. Senior Center in Central Park
350895-SA 18 yrs + M 11:45am–12:30pm 6/24–7/29 $65
350895-SB 18 yrs + F 11:45am–12:30pm 6/28–8/2 $65
350895-SC 18 yrs + M, F 11:45am–12:30pm 6/24–8/2 $121
350895-SD 18 yrs + M 11:45am–12:30pm 8/5–8/6 $55
350895-SE 18 yrs + F 11:45am–12:30pm 8/9–9/6 $99
350895-SF 18 yrs + M, F 11:45am–12:30pm 8/5–9/6 $95

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. Bring: mat, small towel, grip socks, and water. More info: info@hbpilates.com. Drop-ins: $18 per class. No class: 7/4.

HB Pilates & Fitness Inc. Senior Center in Central Park
350811-SA 16 yrs + Tu 8–9am 6/25–7/30 $82
350811-SB 16 yrs + Tu 9–10am 8/5–8/26 $82
350811-SC 16 yrs + Th 8–9am 6/27–8/1 $71
350811-SD 16 yrs + Sa 9–10am 6/29–8/3 $82
350811-SE 16 yrs + Tu 8–9am 8/6–9/3 $71
350811-SF 16 yrs + Tu 9–10am 8/6–9/3 $71
350811-SG 16 yrs + Th 8–9am 8/8–9/5 $71
350811-SH 16 yrs + Sa 9–10am 8/10–9/7 $71
Restorative 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, blocks (x2), yoga strap and mat. More info: info@hb pilates.com. Drop ins: $18/class. No class: 9/2.

HB Pilates & Fitness Inc. Senior Center in Central Park
350828-5A 16 yrs + M 5:30–6:30pm 6/24–7/29 $82
350828-5B 16 yrs + W 5–6pm 6/26–7/31 $82
350828-5C 16 yrs + Sa 10–11am 6/29–8/3 $82
350828-5D 16 yrs + M 5:30–6:30pm 8/5–8/26 $58
350828-5E 16 yrs + W 5–6pm 8/7–9/4 $71
350828-5F 16 yrs + Sa 10–11am 8/10–9/7 $71

Senior Cardiofit
As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! No class: 7/26, 8/2, 8/9.

Marianne Grossman Senior Center in Central Park
350837-5A 50 yrs + Tu,F 9–9:45am 6/25–8/30 $65

Silver Glove Fitness
Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. Please bring a yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions about this. No class: 7/1.

Andrew Deming Senior Center in Central Park
350820-5A 50 yrs + M 8:30–9:30am 6/24–7/22 $65
350820-5B 50 yrs + M 8:30–9:30am 7/29–8/26 $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: 8/9.

Jennifer Rennie Senior Center in Central Park
351518-5A 50 yrs + F 10:15–11am 6/28–9/6 $45
351518-5B 50 yrs + M 1–1:45pm 6/24–8/26 $45

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 mommies to be! Bring a stroller, mat, dumbbells, water and snacks. Meet at the back of the Senior Center in Central Park. Drop-ins: $18/class. More info: info@hb pilates.com. No class: 7/4.

HB Pilates & Fitness Inc. Senior Center in Central Park
350825-5A 18 yrs + Tu 9–10am 6/25–7/30 $81
350825-5B 18 yrs + Th 9–10am 6/27–8/1 $70
350825-5C 18 yrs + Tu, Th 9–10am 6/25–8/1 $115
350825-5D 18 yrs + Tu 9–10am 8/6–9/3 $71
350825-5E 18 yrs + Th 9–10am 8/8–9/5 $71
350825-5F 18 yrs + Tu 9–10am 8/6–9/5 $99

Tai Chi Chuan for Beginners
A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing.

Elizabeth Pham Senior Center in Central Park
350881-5A 18 yrs + M 6:45–8:15pm 7/8–8/12 $48
350881-5B 18 yrs + Th 8:30–10:25am 7/11–8/15 $48

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.

Shona Howe Senior Center in Central Park
350882-5A 18 yrs + M 6:45–8:15pm 7/8–8/12 $48
350882-5B 18 yrs + Th 8:30–10:25am 7/11–8/15 $48

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: 7/29.

Marianne Grossman Senior Center in Central Park
350857-5A 18 yrs + M 5:30–6:30pm 6/24–8/26 $59

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: 7/5, 8/6, 8/9.

Susan Holden Senior Center in Central Park
350892-5A 16 yrs + Tu 10:30–11:30am 7/9–8/27 $62
350892-5B 16 yrs + F 10–11am 6/28–8/23 $62
Yoga: Chair
Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. No class: 7/1.

Diane Pavesic  
Senior Center in Central Park  
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT  
350866-5A  18 yrs +  M  10–11am  6/24–8/19  $70  
350866-5B  18 yrs +  M  11:15am–12:15pm  6/24–8/19  $70

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: 7/4.

Diane Pavesic  
Senior Center in Central Park  
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT  
350872-5A  18 yrs +  Th  10–11am  6/27–8/22  $70  
350872-5B  18 yrs +  Th  11:10am–12:10pm  6/27–8/22  $70

Zumba Ages 6 to 86
Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness  
Senior Center in Central Park  
350813-5A  6 yrs +  Tu  6–6:45pm  7/2–9/3  $56

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

SockhopFitness  
Senior Center in Central Park  
350860-5A  50 yrs +  F  9–9:50am  6/25–7/30  $65

Zumba Gold Dance Fitness
The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a good time to feel great! No class: 7/3.

CS Dance Factory  
Senior Center in Central Park  

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. No class: 7/4, 7/25, 8/1.

Marianne Grossman  
Senior Center in Central Park  
350848-5A  18 yrs +  Th  9–10am  6/27–8/29  $46

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 materials fee due at first class.

Guava Groove  
Senior Center in Central Park  
351003-5A  18 yrs +  Tu  9:30–10:30am  6/25–7/30  $65  
351003-5B  18 yrs +  Tu  9:30–10:30am  8/6–9/3  $55

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

Guava Groove  
Senior Center in Central Park  
351004-5A  18 yrs +  Tu  10:45–11:45am  6/25–7/30  $65  
351004-5B  18 yrs +  Tu  10:45–11:45am  8/6–9/3  $55

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

Theo Siegel  
Senior Center in Central Park  
350627-5A  16 yrs +  M  5:30–8:30pm  7/8  $16  
350627-5B  16 yrs +  M  5:30–8:30pm  8/12  $16
Bridge Beginning
Take the plunge, now is the time to learn a fascinating game! Learn the bridge vocabulary to describe your hand properly. Be patient with yourself. A partnership game but you don’t need one to take the class. All are welcome, bring your friends!

Rita Spira Senior Center in Central Park
351102-5A 18 yrs + M 2–4pm 6/24–8/12 $68
351102-5B 18 yrs + W 6:30–8:30pm 6/26–8/14 $68

Bridge Intermediate
Knowledge of the basics is required before taking this class. We will cover many well known conventions and how to use them. Stayman, Jacoby Transfer, Double, Negative Double, Michael’s Cue bid, Sweet 16, When to pre-empt and when to pass, Rule of 20.

Rita Spira Senior Center in Central Park
351103-5A 18 yrs + Tu 3–5pm 6/25–8/13 $68

Practice Bridge
Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at the Senior Center on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

Senior Center Volunteer Senior Center in Central Park
351108-5A 18 yrs + F 1–4pm 6/28–9/6 $20

Dinner Book Club
Have dinner and stimulating conversation with others who love good books. Please read “Wolves at the Door” by Judith Pearson before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. $5 materials fee due at each meeting. Class meets 6/12, 7/10, 8/14 and 9/11.

April Berg Senior Center in Central Park
351101-5A 18 yrs + W 7–9pm 6/12–9/11 $35

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
351107-5A 18 yrs + Tu 12:30–2:30pm 6/25–9/3 $20

Technology

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

Marga Dill Senior Center in Central Park
350624-5A 55 yrs + M 11am–12:30pm 7/15 $26
350624-5B 55 yrs + M 11am–12:30pm 7/29 $26

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

Joel Lander Senior Center in Central Park
350220-5A 18 yrs + Sa 10am–12pm 7/20–7/27 $54
350220-5B 18 yrs + Th 10am–12pm 8/22–8/29 $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
350200-5A 18 yrs + Tu 10am–12:30pm 7/12–8/27 $15

How to Cut 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
350616-5A 55 yrs + M 11am–12:30pm 7/8 $26
350616-5B 55 yrs + M 11am–12:30pm 7/22 $26

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
350205-5A 18 yrs + Th 9am–12pm 7/11–7/25 $82
350205-5B 18 yrs + W 9am–12pm 8/28–9/11 $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: To learn to use one of the most popular shopping websites.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>350201-SA</td>
<td>$42</td>
</tr>
<tr>
<td>350201-SB</td>
<td>$42</td>
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</table>

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

<table>
<thead>
<tr>
<th>Class Code</th>
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<tbody>
<tr>
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**How to Use Windows 10**
Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

<table>
<thead>
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<td>$54</td>
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</table>

**MS Word: Level 1**
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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
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<td>$15</td>
</tr>
</tbody>
</table>

**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!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Price</th>
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<tbody>
<tr>
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</tbody>
</table>

**Photos By Google**
A three-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.

<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>$42</td>
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<tr>
<td>350214-SB</td>
<td>$42</td>
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</table>

**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.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
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</tbody>
</table>

**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.

<table>
<thead>
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<tbody>
<tr>
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</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>350229-SA</td>
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<td>350229-SB</td>
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<tr>
<td>350229-SC</td>
<td>$42</td>
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</table>

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Joel Lander Senior Center in Central Park

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Marga Dill Senior Center in Central Park

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Senior Center Volunteer Senior Center in Central Park

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Senior Center Volunteer Senior Center in Central Park

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Senior Center Volunteer Senior Center in Central Park

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Senior Center Volunteer Senior Center in Central Park

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Senior Center Volunteer Senior Center in Central Park

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hbsands.org 49
SURF LESSONS

WAVEHUGGERS
Day camps and half-day camps.
Between Towers 8 and 12 | More info: helina@wavehuggers.com

LITTLE SURF CO.
Private and semi-private lessons.
Between Towers 14 and 22 | More info: littlesurfco@littlesurfco.com

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

HB SURF SCHOOL
Half-day camps, private and semi-private lessons.
Between Towers 3 and 5 | More info: hbsurfschool.com

CLINT CARROLL SURF SCHOOL
Private and semi-private lessons.
Between Towers 11 and 15 | More info: clintcarrollsurf@gmail.com
The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

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

**City Gym and Pool**

All registration for summer swim lessons began on March 6. Register now to secure your spot!

<table>
<thead>
<tr>
<th>Level</th>
<th>Age Range</th>
<th>Mon/Wed</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Ages</td>
<td></td>
<td>6:30-8 pm</td>
</tr>
<tr>
<td>Adult Swim</td>
<td></td>
<td>8-9:30 pm</td>
</tr>
<tr>
<td>Senior Swim</td>
<td></td>
<td>Fri 1:30-3 pm</td>
</tr>
</tbody>
</table>

**Swim Levels**

**Parent and Child (PC) 6 mos to about 3 years:**
Parents and children learn together through two fun-filled levels to increase children’s comfort in the water and build a foundation of basic aquatic and water safety skills.
- **PC Level 1 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

**Preschool Aquatics (PA) About 4 to 5 years:**
Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children’s comfort level in and around the water.
- **PA Level 1 (PA1):** Orient children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Learn-to-Swim (LS) About 6 years through adult:**
Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.
- **Level 1 (LS1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- **Level 2 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- **Level 4 (LS4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.
- **Level 5 (LS 5):** Stroke Refinement: Must hold level 4 certificate or be able to perform at the equivalent skill level. Students refine their performance of all the strokes and increase their distance. Students will be introduced to sidestroke.
- **Level 6 (LS 6):** Skill Proficiency: Must hold level 5 certificate or be able to perform at the equivalent skill level. Students will improve performance in all strokes and will learn competitive techniques.

**Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.
### Summer 2019–City Gym Swim Schedule

Fees: $60 per 10-class session

All swim lessons are one half hour. All classes held at the City Gym and Pool—1600 Palm Ave. No Classes: July 4.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30am</td>
<td>PA L1- 372203-00 PA L2- 372204-00</td>
<td>PA L2- 372204-03 PA L3- 372205-01</td>
<td>PA L1- 372203-06 PA L2- 372204-09</td>
<td>PA L1- 372203-11 PA L2- 372204-16</td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>PA L2- 372204-01 PA L3- 372205-00</td>
<td>PA L1- 372203-02 PA L2- 372204-04</td>
<td>PA L2- 372204-10 PA L3- 372205-03</td>
<td>PA L1- 372203-08 PA L2- 372204-12</td>
<td>PC L1- 372201-06</td>
</tr>
<tr>
<td>10:30am</td>
<td>PC L1- 372201-00</td>
<td>PC L1- 372201-01</td>
<td>PC L1- 372201-03</td>
<td>PC L1- 372201-04</td>
<td>PC L2- 372202-06</td>
</tr>
<tr>
<td>11:00am</td>
<td>PC L2- 372202-00</td>
<td>PC L2- 372202-01</td>
<td>PC L2- 372202-03</td>
<td>PC L2- 372202-04</td>
<td>PA L1- 372203-12 PA L2- 372204-18</td>
</tr>
<tr>
<td>11:30am</td>
<td>PA L1- 372203-03 PA L2- 372204-05</td>
<td>PA L1- 372203-09 PA L2- 372204-13</td>
<td>PA L2- 372203-09 PA L3- 372205-10</td>
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<tr>
<td>12:00pm</td>
<td>PA L2- 372204-06 PA L3- 372205-02</td>
<td>PA L2- 372204-14 PA L3- 372205-06</td>
<td>LS 1- 372206-08 LS 2- 372207-08</td>
<td></td>
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<tr>
<td>12:30pm</td>
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<td></td>
<td></td>
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<td>LS 3- 372208-04 LS 4- 372209-06</td>
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<tr>
<td>2:00pm</td>
<td>PA L1- 372203-01 PA L2- 372205-02</td>
<td>PA L1- 372203-04 PA L2- 372205-07</td>
<td>PA L1- 372203-07 PA L3- 372205-04</td>
<td>PA L1- 372203-10 PA L3- 372205-07</td>
<td></td>
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<tr>
<td>3:00pm</td>
<td>LS 2- 372207-00</td>
<td>LS 2- 372207-02</td>
<td>LS 2- 372207-04</td>
<td>LS 2- 372207-06</td>
<td></td>
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<tr>
<td>4:00pm</td>
<td>LS 2- 372207-01</td>
<td>LS 2- 372207-03</td>
<td>LS 2- 372207-05</td>
<td>LS 2- 372207-07</td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>LS 4- 372209-00</td>
<td>LS 4- 372209-01</td>
<td>LS 4- 372209-01</td>
<td>LS 4- 372209-04</td>
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<tr>
<td>6:00pm</td>
<td>PC L1- 372201-02</td>
<td>PC L1- 372201-05</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>PC L2- 372202-02</td>
<td></td>
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<tr>
<td>7:30pm</td>
<td>372213-00 Exceptional Swim $18</td>
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<td></td>
<td></td>
<td>372213-01 Exceptional Swim $18</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Adult Swim $2 8-8:30pm</td>
<td>372212-00 Adult Lessons</td>
<td>Adult Swim $2 8-8:30pm</td>
<td>372212-01 Adult Lessons</td>
<td></td>
</tr>
</tbody>
</table>
Summer 2019 – Private Swim Lessons

For students and parents who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

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

OR

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

All Private Lessons Held at City Gym and Pool

### Private Swim Schedule – Session 1

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Time</th>
<th>Age</th>
<th>Day</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
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<td>3:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-01</td>
<td>3:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
</tr>
<tr>
<td>372214-02</td>
<td>3:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
</tr>
<tr>
<td>372214-03</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
</tr>
<tr>
<td>372214-04</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-05</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-06</td>
<td>3:45pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-07</td>
<td>3:45pm</td>
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<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-08</td>
<td>3:45pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-09</td>
<td>4:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-10</td>
<td>4:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-11</td>
<td>4:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-12</td>
<td>4:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-13</td>
<td>4:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-14</td>
<td>4:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<td>372214-15</td>
<td>4:30pm</td>
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<td>6/28 – 7/26</td>
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<td>372214-16</td>
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<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-18</td>
<td>4:45pm</td>
<td>3yrs to Adult</td>
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<td>372214-19</td>
<td>4:45pm</td>
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<td>372214-20</td>
<td>4:45pm</td>
<td>3yrs to Adult</td>
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<td>6/28 – 7/26</td>
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<td>372214-21</td>
<td>5:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-22</td>
<td>5:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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<tr>
<td>372214-23</td>
<td>5:00pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>6/28 – 7/26</td>
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### Private Swim Schedule – Session 2

<table>
<thead>
<tr>
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<th>Time</th>
<th>Age</th>
<th>Day</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>372214-24</td>
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<td>8/2 – 8/30</td>
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<tr>
<td>372214-25</td>
<td>3:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
</tr>
<tr>
<td>372214-26</td>
<td>3:15pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
</tr>
<tr>
<td>372214-27</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
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<tr>
<td>372214-28</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
</tr>
<tr>
<td>372214-29</td>
<td>3:30pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
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<tr>
<td>372214-30</td>
<td>3:45pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
</tr>
<tr>
<td>372214-31</td>
<td>3:45pm</td>
<td>3yrs to Adult</td>
<td>F</td>
<td>8/2 – 8/30</td>
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## AQUATICS

### Summer 2019–Edison High School Group Lesson Schedule

Fees: $60 (Ten Class Sessions unless noted). No class July 4. Register at HBsands.org.

Session 1: 9 classes $54. Semi Private $80. Private Swim Lessons: $80 (five 15 min. classes).

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**12:30pm–1:30pm** Recreation Swim $2

**12:30pm**

|       | SPLS3: 372314-00 | SPLS3: 372314-01 | SPLS3: 372314-02 | SPLS3: 372314-03 |
|       | LS5: 372310-02 | LS5: 372310-05 | LS5: 372310-08 | LS5: 372310-11 |

**1:00pm**


**1:30pm**

|       | PA2: 372304-04 | PA2: 372304-09 | PA2: 372304-14 | PA2: 372304-19 |
|       | PA3: 372305-04 | PA3: 372305-09 | PA3: 372305-14 | PA3: 372305-19 |

---

PC = Parent & Child  
PA = Preschool Aquatics  
LS = Learn To Swim  
SP = Semi-Private
## Summer 2019–Edison High School Private Lesson Schedule

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| 12:30pm–1:30pm | Recreation Swim | $2 |

Private 1 lessons will be held the FIRST Monday through Friday of the sessions.
Private 2 lessons will be held the SECOND Monday through Friday of the sessions.

PRI = Private Lesson
Pri 1 (Mon–Fri Week 1 of Session)
Pri 2 (Mon–Fri Week 2 of Session)

MHS = Marina High School Pool
EHS = Edison High School Pool
CG = City Gym And Pool

Please see page 51 page for class descriptions.
## AQUATICS

### Summer 2019 – Marina High School Group Lesson Schedule

Feas: $60 (Ten Class Sessions unless noted). Session 1: 7 classes $54. Private Swim Lessons: $80 (five 15 min. classes).

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Register at HBsands.org
# Summer 2019–Marina High School Private Lesson Schedule

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**SATURDAYS: $64**

- 6/29–7/20
- 7/27–8/17

**9:00am**
- Private 1: Lessons will be held the FIRST Monday-Friday of session
- Private 2: Lessons will be held the SECOND Monday-Friday of session

**NO CLASS JULY 4**

**PRI** = Private Lesson

P1 (Mon–Fri Week 1 of Session)

P2 (Mon–Fri Week 2 of Session)

MHS = Marina High School Pool

EHS = Edison High School Pool

CG = City Gym And Pool

Please see page 51 for class descriptions.
Junior Tennis Academy–Beginning to Intermediate

The focus of the Junior Tennis Academy–Beginning to Intermediate, is on learning the four major strokes of the game in a fun filled, fitness friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. Students will absolutely love playing drills like: King of the Tennis Hill, Tennis Baseball, and Tennis Line Tag. Beginners over the age of 13 should start in the Junior Tennis Academy–Intermediate/Advanced. 

Students may register for multiple days per week at a discount: two days for $133, or three days for $165. Bring one unopened can of tennis balls to first class. 

Bill Bush

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Days</th>
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Tennis Anyone Inc. Murdy Community Center

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Tennis Anyone Inc. Edison Community Center

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Adult Semi-Private: Beginning

These groups are for two-to-four students interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring one unopened can of tennis balls to first class. Take two days for $191. No class: 7/4.

Bill Bush

<table>
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<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Days</th>
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<th>End Time</th>
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</table>

Adult Academy: Intermediate to Advanced

The focus of this academy is on gaining higher level skills like topspin, slice, overheads, and drop shots in a fun filled, fitness challenging atmosphere. These clinics are a terrific training ground for skills used in match play. Be ready to sweat! Bring one unopened can of tennis balls to first class. Students may register for multiple days at a discount: two days for $125. No class: 7/4.

Tennis Anyone Inc. Murdy Community Center

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Tennis Anyone Inc. Edison Community Center

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Junior Tennis Academy–Intermediate to Advanced

The Junior Tennis Academy–Intermediate to Advanced is for students that have either attained all 3 mastery levels in the Beginning Academy or are coming in with proper form on the major tennis strokes. The focus in this group is on building stroke dependability so that students are able to rally with proper form. This is a high energy, dynamic, fitness challenging, tennis program designed to bring students to a level where they have the tools to start playing matches. Beginning students older than 13 should start in this group. Students may register for multiple days per week at a discount: two days for $149, and three days for $179. Bring one unopened can of tennis balls to first class.

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Junior Tennis Tournament Academy

The Junior Tennis Tournament Academy is for students that have either attained six mastery levels in our Beginning and Intermediate to Advanced academies or are already successfully playing matches. This is our highest level group designed to give students a competitive edge in junior tournaments or high school tennis team matches. This is our highest level group designed to give students a competitive edge in junior tournaments or high school tennis team matches. By the end of camp everyone knows how to play a set, don’t miss out on the fun, fitness, and friendships you’ll make this summer. All student leave with a mastery badge and certificate. Space is limited! More info: tennisanyone.info No class: 7/4.

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All Ages Match Play Clinic

Students of all ages will play competitive singles and doubles matches with feedback from a coach on positioning, shot selection, and the finer points of set play. This is a great way to gain needed match experience in a friendly setting.

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Jr. Round Robin Tennis Tournament

This tournament is for junior players, ages 7-17, and has two divisions; novice players are new to competition and will be given lots of feedback. Advanced competitors have played a number of tournaments and are more seasoned. Students compete for trophies and bragging rights in this Junior Round Robin Tournament. Students will be given feedback designed to help move them to a higher competitive level.

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<td>Advanced 7–17 yrs Sa 3:30–5:30pm 7/13 $35</td>
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<tr>
<td>382709-1E</td>
<td>Novice 7–13 yrs Sa 1:30–3:30pm 8/10 $35</td>
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<tr>
<td>382709-1F</td>
<td>Advanced 7–17 yrs Sa 3:30–5:30pm 8/10 $35</td>
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<tr>
<td>382709-1G</td>
<td>Novice 7–13 yrs Sa 1:30–3:30pm 9/14 $35</td>
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<tr>
<td>382709-1H</td>
<td>Advanced 7–17 yrs Sa 3:30–5:30pm 9/14 $35</td>
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</tbody>
</table>

Famous Summer Junior Tennis Camp

Come join us for our annual Junior Summer Tennis Camps. Kids ages 6–17 of all ability levels will absolutely love this one of a kind tennis camp. From our amazing on court games and drills, to our hit for hits, training to music, prize raffle, and one-point tournament for prizes, we have it all. Students are grouped with players of their own ability and are taught level appropriate skills to take their game to a new level from beginning to high school prep. By the end of camp everyone knows how to play a set, don’t miss out on the fun, fitness, and friendships you’ll make this summer. All student leave with a mastery badge and certificate. Space is limited! More info: tennisanyone.info No class: 7/4.

<table>
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<td>6–17 yrs M–F 8:30am–12:30pm 7/1–7/5 $119</td>
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<table>
<thead>
<tr>
<th>Tennis Anyone Inc.</th>
<th>Edison Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>321326-1F</td>
<td>6–17 yrs M–F 8:30am–12:30pm 7/29–8/2 $149</td>
</tr>
<tr>
<td>321326-2B</td>
<td>6–17 yrs M–F 8:30am–12:30pm 8/5–8/9 $149</td>
</tr>
<tr>
<td>321326-2C</td>
<td>6–17 yrs M–F 8:30am–12:30pm 8/12–8/16 $149</td>
</tr>
<tr>
<td>321326-2D</td>
<td>6–17 yrs M–F 8:30am–12:30pm 8/19–8/23 $149</td>
</tr>
</tbody>
</table>
Pee Wee Tennis Academy

This clinic is the perfect tennis intro for your young child eager to pick up a racket. Students will learn the basics of: forehand, backhand, volley, and serve in a coordination building, fitness friendly, fun, atmosphere. Your child will love joining in fun tennis games like: popcorn machine, walk the tennis dog, and alley rally. Multi-class discount: two days a week for $119; three days a week for $155. Please bring one unopened can of tennis balls to first class.

Tennis Anyone Inc. Murdy Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382501-1A</td>
<td>3–6 yrs</td>
<td>Tu</td>
<td>4:15–5pm</td>
<td>6/25–7/16</td>
<td>$65</td>
</tr>
<tr>
<td>382501-1B</td>
<td>3–6 yrs</td>
<td>W</td>
<td>4:15–5pm</td>
<td>6/26–7/17</td>
<td>$65</td>
</tr>
<tr>
<td>382501-1C</td>
<td>3–6 yrs</td>
<td>Tu</td>
<td>4:15–5pm</td>
<td>8/20–9/10</td>
<td>$65</td>
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Tennis Anyone Inc. Edison Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382501-2A</td>
<td>3–6 yrs</td>
<td>M</td>
<td>4:15–5pm</td>
<td>6/24–7/15</td>
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<tr>
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<td>3–6 yrs</td>
<td>W</td>
<td>4:15–5pm</td>
<td>6/26–7/17</td>
<td>$65</td>
</tr>
<tr>
<td>382501-2C</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>6/29–7/20</td>
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<td>M</td>
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<td>382501-2E</td>
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<td>W</td>
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</tr>
<tr>
<td>382501-2F</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>7/27–8/17</td>
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<tr>
<td>382501-2G</td>
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<tr>
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<td>4:15–5pm</td>
<td>8/21–9/11</td>
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<tr>
<td>382501-2I</td>
<td>3–6 yrs</td>
<td>Sa</td>
<td>8:15–9am</td>
<td>8/24–9/14</td>
<td>$65</td>
</tr>
</tbody>
</table>

Private Lessons with Head Pro

Private lesson students enjoy a one on one tennis experience where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. Students can talk directly to a Tennis Anyone coach to set up a time or call Tennis Anyone staff at 909-625-2060. No class: 7/4.

Bill Bush Murdy Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382902-1A</td>
<td>3 yrs +</td>
<td>Two lessons</td>
<td>TBD</td>
<td>6/24–7/21</td>
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<tr>
<td>382902-1B</td>
<td>3 yrs +</td>
<td>Two lessons</td>
<td>TBD</td>
<td>7/22–8/18</td>
<td>$120</td>
</tr>
<tr>
<td>382902-1C</td>
<td>3 yrs +</td>
<td>Two lessons</td>
<td>TBD</td>
<td>8/19–9/15</td>
<td>$120</td>
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<tr>
<td>382902-1D</td>
<td>3 yrs +</td>
<td>Four lessons</td>
<td>TBD</td>
<td>6/24–7/21</td>
<td>$240</td>
</tr>
<tr>
<td>382902-1E</td>
<td>3 yrs +</td>
<td>Four lessons</td>
<td>TBD</td>
<td>7/22–8/18</td>
<td>$240</td>
</tr>
<tr>
<td>382902-1F</td>
<td>3 yrs +</td>
<td>Four lessons</td>
<td>TBD</td>
<td>8/19–9/15</td>
<td>$240</td>
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</table>

Semi-Private Lessons: Youth Beginning to Intermediate

These groups are for two-to-four students, between the ages of 7 and 17, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Students may register for multiple days per week at a discount: two days for $191. Students must call in at least 48 hours in advance to schedule a makeup lesson. To schedule a makeup lesson please call 909-625-2060. No class: 7/4.

Bill Bush Murdy Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382609-1A</td>
<td>7–17 yrs</td>
<td>Th</td>
<td>4:30–5:30pm</td>
<td>6/27–7/18</td>
<td>$109</td>
</tr>
<tr>
<td>382609-1B</td>
<td>7–17 yrs</td>
<td>Th</td>
<td>4:30–5:30pm</td>
<td>7/25–8/15</td>
<td>$109</td>
</tr>
</tbody>
</table>

Semi-Private Lessons: Youth Intermediate to Advanced

These groups are for two-to-four students, between the ages of 7 and 17, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Students may register for multiple days per week at a discount: two days for $191. Students must call in at least 48 hours in advance to schedule a makeup lesson. To schedule a makeup lesson please call 909-625-2060. No class: 7/4.

Bill Bush Murdy Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382602-1A</td>
<td>7–17 yrs</td>
<td>W</td>
<td>4–5pm</td>
<td>6/26–7/17</td>
<td>$109</td>
</tr>
<tr>
<td>382602-1B</td>
<td>7–17 yrs</td>
<td>W</td>
<td>4–5pm</td>
<td>7/24–8/14</td>
<td>$109</td>
</tr>
<tr>
<td>382602-1C</td>
<td>7–17 yrs</td>
<td>W</td>
<td>4–5pm</td>
<td>8/21–9/12</td>
<td>$109</td>
</tr>
</tbody>
</table>

Bill Bush Edison Community Center

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382602-2B</td>
<td>7–17 yrs</td>
<td>Sa</td>
<td>10–11am</td>
<td>7/27–8/17</td>
<td>$109</td>
</tr>
<tr>
<td>382602-2C</td>
<td>7–17 yrs</td>
<td>Sa</td>
<td>10–11am</td>
<td>8/24–9/14</td>
<td>$109</td>
</tr>
</tbody>
</table>

Tennis Rain Hot Line

909-625-2060
**Pickleball**

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

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>351310-5A</td>
<td>14 yrs +</td>
<td>Tu</td>
<td>6–8pm</td>
<td>6/25–7/23</td>
<td>$129</td>
<td></td>
</tr>
</tbody>
</table>

**Pickleball: Adult Intermediate**
Instruction for those who have taken Adult Beginning Pickleball Class. If you already play, this drill-based class is the next step to improve your game. Instruction provides an opportunity to hone in on rules and strategies. Designed to improve skills, and successful execution of court movement, court positioning, consistency of ball placement, serves, forehands, and backhands. Instruction for those who have taken adult beginning pickleball or is an experienced player. If you already play, this class expands on optimizing your game plan, court strategies, and the next steps to improve your game. Designed to improve your existing skill strategies, with successful execution of court movement, court positioning, consistency of ball placement, serves, forehands, backhands, volley, overheads, poaching and how to improve your mental game. Be prepared to elevate your game!  
No class: 7/4.

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>350809-5A</td>
<td>14 yrs +</td>
<td>Th</td>
<td>6–8pm</td>
<td>6/27–7/25</td>
<td>$129</td>
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</tr>
<tr>
<td>350809-5B</td>
<td>14 yrs +</td>
<td>Th</td>
<td>6–8pm</td>
<td>8/8–9/5</td>
<td>$129</td>
<td></td>
</tr>
</tbody>
</table>

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

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>351324-3A</td>
<td>14 yrs +</td>
<td>M</td>
<td>3–4pm</td>
<td>6/24</td>
<td>$23</td>
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<tr>
<td>351324-3B</td>
<td>14 yrs +</td>
<td>M</td>
<td>4:15–5:15pm</td>
<td>7/8</td>
<td>$23</td>
<td></td>
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<tr>
<td>351324-3C</td>
<td>14 yrs +</td>
<td>Tu</td>
<td>3–4pm</td>
<td>6/25</td>
<td>$23</td>
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<tr>
<td>351324-3D</td>
<td>14 yrs +</td>
<td>Tu</td>
<td>4:30–5:30pm</td>
<td>7/9</td>
<td>$23</td>
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<tr>
<td>351324-3E</td>
<td>14 yrs +</td>
<td>F</td>
<td>5–6pm</td>
<td>6/28</td>
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<tr>
<td>351324-3F</td>
<td>14 yrs +</td>
<td>F</td>
<td>6:15–7:15pm</td>
<td>6/28</td>
<td>$23</td>
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<tr>
<td>351324-3G</td>
<td>14 yrs +</td>
<td>F</td>
<td>7:30–8:30pm</td>
<td>6/28</td>
<td>$23</td>
<td></td>
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</table>

**Pickleball: Private Instruction**
This tailored instruction works around your schedule and focuses on your specific pickleball goals. Designed to develop and enhance your skills and abilities at your own pace. Coaching goals will be a balanced approach by fine tuning mechanics, and formulating game plans. For any level player inspired to learn or improve specific skills. The nets, paddles and balls are provided. Register through the city prior to the start of instruction. To arrange dates and time call or text Diana Abruscato, CPTP , at 714-315-0922 or email dtabruscato@gmail.com. No class: 7/4, 9/2.

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<tbody>
<tr>
<td>351325-5A</td>
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<td>TBD</td>
<td>6/24–9/5</td>
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**Pickleball: Semi-Private Intermediate**
This class is for beginners seeking to learn in a small group setting. The small group is designed to focus on foundational progressive development in an individual group setting. With emphasis on the fundamentals in an individual coaching in a small group setting. Specific match play court strategies will focus on your ball control, mechanics, placement, consistency, and accuracy. Semi-private lessons are the perfect blend of personal attention and affordability. The nets, paddles and balls are provided. Flat outdoor pickleball court specific footwear recommended.

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<td>M</td>
<td>6–7:30pm</td>
<td>6/24–7/15</td>
<td>$157</td>
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**Pickleball: Semi-Private Beginning**
Instruction for those who have taken adult beginning pickleball or is an experienced player. Emphasis is on individual coaching and enhancing your game in a small group setting. If you already play, this class is designed to improve your existing skills, strategies, execution of court movement, court positioning, consistency, ball placement, serves, forehands, backhands, volleys, overhead, poaching and how to improve your mental game. Semi-private lessons are the perfect blend of personal attention and affordability. Be prepared to sweat! The nets, paddles and balls are provided. Flat outdoor pickleball court specific footwear is recommended.

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>351326-5A</td>
<td>14 yrs +</td>
<td>Th</td>
<td>4–5:30pm</td>
<td>8/8–8/29</td>
<td>$157</td>
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**Pickleball: Youth Beginning**
Youth classes have finally arrived! This class is for youth interested in learning pickleball. The class is designed to focus on the introduction and fundamentals of the sport. With emphasis on the safety, rules, etiquette, ball control and placement. We will be practicing the serve, forehand, backhand, and volleys. Emphasizing “fun” in the fundamentals! Paddles and balls are provided. Flat outdoor pickleball court specific footwear are recommended.

Diana Abruscato, IPTPA  
Worthy Park

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
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<td>8/6–8/27</td>
<td>$109</td>
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<tr>
<td>341361-5C</td>
<td>17–20 yrs</td>
<td>Tu</td>
<td>7:45–9pm</td>
<td>8/6–8/27</td>
<td>$109</td>
<td></td>
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</tbody>
</table>
Recreation & Community Services

Community Services Department
2000 Main Street, Fifth Floor ......................... 714-536-5486
Director of Community Services: Marie Knight
Community Services Manager: Chris Slama

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

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

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

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

Arts & Cultural Services

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

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

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

Central Park Sports Complex

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

Sports Complex Contacts
Adventure Playground (June 18–August 17) .. 714-842-7442
Adventure Playground (Off season) .......... 714-536-5486
Batting Cages ........................................... 714-375-3960
Concessions (Outdoor BBQ & Snacks) ....... 714-842-6255
Concessions (Stadium Club) ..................... 714-847-4555
Field Hotline ........................................... 714-375-5164
Field Rentals ............................................. 714-536-5230
Rain Hotline ............................................. 714-375-5164 (ext 6)

Beach Camping & Parking

Lifeguard Headquarters
103 Pacific Coast Highway ............................ 714-536-5281
Supervisor: Dottie Sheldon

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

Senior Services

Senior Center in Central Park R
18041 Goldenwest Street ........................... 714-536-5600
Senior Supervisor: Randy Pesqueira
Supervisor: Kristin Martinez

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

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

Social Services Provided:
• Care management
• Home-delivered meals
• Transportation (Surf City Seniors on the Go!)

Huntington Beach Central Park

Sports Complex at Huntington Beach Central Park
18002 Goldenwest Street

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

Rental Facilities

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

hbsands.org
Community Groups

**Huntington Beach Art League**
The Huntington Beach Art League meets on the first Wednesday of each month at the Senior Center.

- Contact: e-mail president@hbartleague.com
- More information: hbartleague.org

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

- Contact: HBCGcommunityGarden@gmail.com
- More information: huntingtonbeachcommunitygarden.com

**Huntington Beach Concert Band**
The Huntington Beach Concert Band is a volunteer organization of approximately 70 musicians providing music to the HB community.

- More information: hbconcertband.org

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

- More information: hbcoa.org

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

- More information: hbnews.us/nwhouse.html

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

- More information: surfingmuseum.org

**Shipley Nature Center**
The Shipley Nature Center is an 18-acre nature center with trails and Interpretive Center, and is open Monday through Saturday, from 9 a.m. to 1 p.m. Come learn all about composting and vermitcomposting and how to turn kitchen scraps and backyard cuttings into “black gold.” Classes will be held in April, May, June and September.

**Parent and Me Time:** Come enjoy stories and crafts on Wednesdays at 11a.m; cost is $3 per parent.

- Address: 17851 Goldenwest Street
- More information: shipleynature.org

City Services

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

Local Resources

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

hbsands.org 63
Registration

Summer classes registration begin May 7 at 9 a.m.

Two ways to register

1. **Online at hbsands.org**
   - Go online to view and register for your favorite City classes and events with ease at hbsands.org, 24 hours a day, 7 days a week.

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

General Information

- All courses are subject to change or cancellation.
- Registration and payment is required for all courses unless noted otherwise. Registration and payment must be received before attending any course.
- If a course is full at the time of registration, you may register for the waitlist. Please wait to be contacted by City staff or instructor prior to attending the course.
- Mail-in registration accepted. Checks or credit card only. Priority given to online and in-person registration. If you would like a receipt mailed to you, include a self-addressed envelope with stamp. Send registrations to Community Services Department, PO Box 190, Huntington Beach, CA 92649-2702.
- $30 will be charged for returned checks. Improperly submitted registrations will not be processed.

### ADULT/ GUARDIAN

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### PARTICIPANT’S NAME

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### GRAND TOTAL

### PAYMENT INFORMATION

Name as it appears on card:

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Expiration: /

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

Mandatory Signature:

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Receipt Number:

Waiver & Release of Liability

The above named participant has my permission to participate in the activity indicated above. I realize every precaution is taken to eliminate any injuries or hazards and a competent supervisor is present; however, in the event of an injury, I hereby waive, release and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the Supervisor, Community Services Department personnel and the City of Huntington Beach.

Photo Release

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

Americans with Disabilities Act

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

Withdrawal And Refund Policy

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

Open June 17 through August 16, 2019
Monday through Saturday 10 a.m.–4 p.m.
*Closed Sundays and July 4

For early reservations, please call the Community Services Department at 714-536-5486.
Starting June 17, please call Adventure Playground for reservations and information at 714-842-7442.

FUN FOR KIDS OF ALL AGES:
• Raft around the pond
• Build things with hammers and saws
• Balance across the rope bridge
• Splash down the mud slide

$4 per child

Located in Central Park, east of the library.

• Suggested age is 5–12. We don’t turn anyone away due to age. Children under 10 are required to have parent or guardian supervision in the building area.
• Families or groups of less than 10 children do not need to make reservations.
• Groups of 10 or more and birthday parties must make reservations. To ensure there will be room, make reservations early in the season. Due to space limitations, tables can only be reserved for Saturday birthday parties and only one table per party.
• Everybody must be wearing closed-toed tennis shoes (sneakers) or strong covering the entire foot. Children wearing water shoes, jelly shoes, sandals or any shoes we do not feel are safe for the environment will not be permitted to play. NO EXCEPTIONS.
• We appreciate wood donations: 2x4, 4x4, plywood, or any wood that the kids can use to build tree-house structures. We can also use a few more hammers and saws. Donations are tax deductible.
• Bring your own lunch. Candy, chips, and soda are also for sale.
• The kids will get dirty. There is a shower and a changing area available, so bring extra clothes, a bag, and a towel.
• Beach chairs or blankets are recommended for adults who want to watch, but we encourage their participation.
• $4 per child. Adults 16 and older are free when accompanying a child.
Join Us for a Maternity Meet & Greet

Thursday, May 9th | 5 – 6:30 p.m.
This event is intended for expectant parents.

- Meet our pediatricians
- Tour the office

- Learn about our practice
- Enjoy refreshments and a gift from HMG

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

Meet our Pediatricians:

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

Hoag Medical Group Pediatrics offers:

- Care for children of all ages
- Same day sick appointments
- Access to CHOC Children’s
- Weekend sick appointments available at Tustin Legacy location
- Including access to 11 Hoag Urgent Care locations

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