

# Adult-Teen Classes

## ALTERNATIVE COOKING FOR CERT, BOY SCOUTS, CAMPING

We will be learning outdoor cooking alternatives (Dutch ovens, box ovens) for use in camping, hiking and disasters. First and sixth classes will be instruction, and all others will be hands on cooking (food donations required). Instructor is HB CERT cooking leader and boy scout cooking merit badge counselor.

Murdy Community Center Patio Rev. Mother Barbara Benjamin  
**4479.100 12yrs to Adult 1/11-3/01 6:30pm-8:00pm Tu \$75**  
**4479.101 12yrs to Adult 1/15-3/05 10:00am-11:30am Sa \$75**

## AQUATIC BODYBUILDING: HYDRO-TONE

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 \$2 per class to be paid each class. No class Mondays, Jan. 17<sup>th</sup> and Feb 21<sup>st</sup>.

City Gym Pool Lowry, Dawnette  
**4314.101 16yrs to Adult 1/10-3/14 8:15am-9:25am M \$77**  
**4314.102 16yrs to Adult 1/12-3/16 8:15am-9:25am W \$95**  
**4314.103 16yrs to Adult 1/14-3/18 6:45am-8:00am F \$95**

## AQUATIC EXERCISE: AQUA-EVENING AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

City Gym Pool Lowry, Dawnette  
**4311.101 16yrs to Adult 1/14-3/18 5:30pm-6:30pm F \$75**

## AQUATIC EXERCISE: AQUA-TONE AEROBICS

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. No class Jan. 17<sup>th</sup> and Feb. 21<sup>st</sup>.

City Gym Pool Lowry, Dawnette  
**4312.101 16yrs to Adult 1/10-3/16 7:00am-8:00am M W \$131**  
**4312.102 16yrs to Adult 1/11-3/17 7:00am-8:00am Tu Th \$145**  
**4312.103 16yrs to Adult 1/11-3/17 8:20am-9:20am Tu Th \$145**  
**4312.104 16yrs to Adult 1/10-3/14 7:00am-8:00am M \$62**  
**4312.105 16yrs to Adult 1/12-3/16 7:00am-8:00am W \$75**  
**4312.106 16yrs to Adult 1/14-3/18 8:20am-9:20am F \$75**  
**4312.107 16yrs to Adult 1/15-3/19 7:00am-8:00am Sa \$75**

## AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Jan 17 and Feb 21.

City Gym Pool Zsach, Alicia  
**4310.101 12yrs to Adult 1/10-3/14 5:30pm-6:30pm M \$61**  
**4310.102 12yrs to Adult 1/12-3/16 5:30pm-6:30pm W \$75**  
**4310.103 12yrs to Adult 1/10-3/16 5:30pm-6:30pm M W \$131**

## AQUATIC EXERCISE: FAT BURNING FRIDAYS

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.

City Gym Pool Thurn, Debra  
**4313.101 Adult 1/14-3/18 11:15am-12:00pm F \$86**

## AQUATIC EXERCISE: LATIN RHYTHM

Work your body while having fun in this high energy Aquatic class. Combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away. No class Feb. 18<sup>th</sup>

City Gym Pool Thurn, Debra  
**4466.101 Adult 1/14-3/18 1:15pm-2:00pm F \$76**

## AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required. No class Jan 17, Feb 17, 18, 21.

City Gym Pool Thurn, Debra  
**4315.101 Adult 1/10-2/11 12:00pm-1:00pm M W F \$97**  
**4315.102 Adult 2/14-3/18 12:00pm-1:00pm M W F \$91**  
**4315.103 Adult 1/11-2/10 12:30pm-1:30pm Tu Th \$71**  
**4315.104 Adult 2/15-3/17 12:30pm-1:30pm Tu Th \$65**

## AQUATIC THERAPY: AQUATHERAPY

Aquatic therapy is designed for those with physical therapy needs. This class is taught by a licensed physical therapy assistant and is not to replace your regular therapy. Performed in the deep end to meet your rehab needs. Flotation belts are required and are available for purchase from the instructor. No class Jan 17, Feb 17, 18, 21.

City Gym Pool Thurn, Debra  
**4316.101 Adult 1/10-2/09 1:15pm-2:00pm M W \$74**  
**4316.102 Adult 2/14-3/16 1:15pm-2:00pm M W \$74**

## ART: BASIC HUMAN ANATOMY AND LIFE DRAWING

Interested in drawing people? The class will focus on the fundamentals of human proportions and facial structures. Every week there will be an emphasis on a different part of the human body and by the end of the course, you will be able to recreate a full self-portrait. Materials List.

Art Center Multipurpose Mao, Patrick  
**6322.101 13yrs to Adult 1/13-3/03 5:00pm-6:30pm Th \$86\***  
 \*\$76 HBAC Members

## ART: ACRYLIC PAINTING BASICS

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Studio Francesco, Anna Marie  
**4300.101 11yrs to Adult 1/15-3/05 12:30pm-2:30pm Sa \$96\***  
 \*\$86 HBAC Members

## ART: ACRYLIC PAINTING INTERMEDIATE AND ADVANCE

Continue growing and learning on your painting journey. This class will enhance and compliment your existing experience and ability while taking your painting style to new heights. Previous basic painting experience is expected. Materials list.

Art Center Multipurpose Francesco, Anna Marie  
**4301.101 13yrs to Adult 1/15-3/05 3:00pm-5:00pm Sa \$96\***  
 \*\$86 HBAC Members

No class January 17 and February 21

# Adult-Teen Classes

## ART: BEGINNING WATER-MIXABLE OIL PAINTING

Learn the fundamentals of oil painting without all the solvents. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints that clean up with water. All levels welcome. Material list. \$10 material fee due at first class.

Art Center Studio  
4468.101 13yrs to Adult 1/12-3/02 6:30pm-8:00pm W \$101\*  
\*\$91 HBAC Members Oquist, Courtney

## ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more. Use Chinese brush to express yourself with different brush strokes including dot, line, texture, shade and wash. Beginners are welcome. Art supplies not provided.

Rodgers Senior Center Hall D  
4322.101 Adult 1/14-2/04 1:30pm-4:00pm F \$59  
4322.102 Adult 2/11-3/04 1:30pm-4:00pm F \$59  
4322.103 Adult 1/14-3/04 1:30pm-4:00pm F \$99  
Wong, Diana

## ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills while students work at their own individual levels. Using the digital camera of their choice, they will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Art Center Multipurpose  
4304.101 16yrs to Adult 1/14-2/18 3:30pm-5:30pm F \$91\*  
\*\$81 HBAC Members Weston, Kurt

## ART: DIGITAL PHOTOGRAPHY ADVANCED

Advanced digital photography led by Art photographer Kurt Weston (MFA) will guide you through 6 lessons of technical and creative challenges. Students will learn advanced camera settings, post-productions editing, image correction and digital printing techniques. This advanced course will include critiques and portfolio development.

Art Center Multipurpose  
4819.101 Adult 1/14-2/18 10:30am-12:30pm F \$91\*  
\*\$81 HBAC Members Weston, Kurt

## ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose  
4305.101 16yrs to Adult 1/14-2/18 1:00pm-3:00pm F \$91\*  
\*\$81 HBAC Members Weston, Kurt

## ART: DRAWING AND PAINTING

Maximize your time. This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Art Center Studio  
4302.101 12yrs to Adult 1/11-2/08 6:00pm-7:30pm Tu \$91\*  
4302.102 12yrs to Adult 2/15-3/15 6:00pm-7:30pm Tu \$91\*  
\*\$81 HBAC Members Kent, Pati

## ART: BASIC PRINTMAKING AND IMAGE TRANSFER

Printmaking is an ancient technique used to reproduce copies of images. In this class, students will learn basic forms of printmaking using materials such as linoleum blocks and rubber stamps. Students will also learn techniques to transfer images using acetone. Designed to be fun, these techniques can be used in a variety of ways. Materials list.

Art Center Multipurpose  
6323.101 13yrs to Adult 1/13-3/03 6:30pm-8:00pm Th \$86\*  
\*\$76 HBAC Members Mao, Patrick

## ART: DRAWING FUNDAMENTALS

Students will learn the fundamentals of drawing, such as contour, shading, perspective, portraiture and composition, to make works of art that express both observation and imagination. We will use a mix of media including pencil, Indian ink, charcoal and watercolor. All levels welcome. Materials list.

Art Center Studio  
4818.101 7yrs to 12yrs 1/13-3/03 5:00pm-6:00pm Th \$91  
Oquist, Courtney

## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$10 due at first class.

Murdy Community Center Hall C&D  
4395.100 13yrs to Adult 1/20-3/24 1:00pm-2:00pm Th \$70  
Husting, Margaret

Rodgers Senior Center Hall E  
4396.101 13yrs to Adult 1/19-3/23 9:00am-10:00am W \$70  
Husting, Margaret

## ART: SCULPTURE FOR TWEENS AND TEENS

Students will be introduced to three dimensional design using recycled materials, found objects and mold casting. Materials will be gathered from around the area. Students should be mature enough to handle hot glue guns, possibly nail and or epoxy glues, and x-acto blades. Students should bring one wooden panel to the first class.

Art Center Multipurpose  
4307.101 13yrs to Adult 1/15-3/05 2:30pm-4:00pm Sa \$96\*  
\*\$86 HBAC Members Jacka, Robert

## ART: SILVER JEWELRY

Students will be able to learn several different skills while creating their own silver clay jewelry. Four to six projects will be completed depending on each individual's skill and speed. Walk away with a finished work in silver clay. Each project will have a \$25 material fee. All materials provided.

Art Center Multipurpose  
3603.101 13yrs to Adult 1/12-2/16 4:00pm-6:00pm W \$101\*  
3603.102 13yrs to Adult 1/15-2/19 2:00pm-4:00pm Sa \$101\*  
\*\$91 HBAC Members Jewelry Studio, Verona Tang

## ART: WATERCOLOR BEGINNING INTERMEDIATE

For beginning to advanced watercolorists who wish to create watercolor paintings. Class focuses on skills and techniques at all levels. Students will use professional watercolors. This class is so popular we offer it on two different days-pick the one that works for you. Suggested materials list.

Art Center Studio  
4308.101 Adult 1/18-3/08 10:00am-1:00pm Tu \$111\*  
4308.102 Adult 1/21-3/11 1:00pm-4:00pm F \$111\*  
\*\$101 HBAC Members LoSchiavo, Diana

# Adult-Teen Classes

## BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Honolulu" by Alan Brennert before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets Feb. 9, March 9, April 13 and May 11.

Rodgers Senior Center Hall D Berg, April  
**4317.101 Adult 2/09-5/11 7:00pm-9:00pm W \$30**

## BRIDGE: BEGINNING

American standard bridge will be taught. Five card major. Rules by Goren. Class consists of lecture, discussion and play. This class is for adults who are new to bridge or who wish a review. You do not need a partner. Party bridge is fun. No class Jan. 17 or Feb. 21. Class will be extended.

Rodgers Senior Center Hall E Spira, Rita  
**4318.101 Adult 1/10-3/14 2:00pm-4:00pm M \$54**

## BRIDGE: INTERMEDIATE 1

This class is for those who are more than beginners but less than experts. You will learn new conventions and review old ones. This class is the same in the afternoon and evening. There will be a lecture, discussion and play. No partner needed. Come have fun. No class Jan. 18 or Feb. 22.

Rodgers Senior Center Hall E Spira, Rita  
**4319.101 Adult 1/11-3/15 2:30pm-4:30pm Tu \$54**

## BRIDGE: INTERMEDIATE 2

In order to take this class you must have taken Intermediate 1. This is a faster paced class with pre-set hands. Improve your bidding and defensive play. No partner required. Knowledge of the basics is essential. Come join the fun. No class Jan. 18 or Feb. 22. Class will be extended.

Rodgers Senior Center Hall E Spira, Rita  
**4320.101 Adult 1/11-3/15 6:30pm-8:30pm Tu \$54**

## CAKE DECORATING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C Mejia, Helen  
 Course 1

**4321.100 12yrs to Adult 1/11-2/01 6:00pm-8:00pm Tu \$50**  
**4321.101 12yrs to Adult 2/15-3/08 6:00pm-8:00pm Tu \$50**  
**4321.102 12yrs to Adult 1/18-2/08 10:30am-12:30pm Tu \$50**

Course 2

**4481.100 13yrs to Adult 2/02-2/23 6:00pm-8:00pm W \$50**  
**4481.101 13yrs to Adult 2/22-3/15 10:30am-12:30pm Tu \$50**

Course 3

**4482.100 13yrs to Adult 2/17-3/10 6:00pm-8:00pm Th \$50**

## CONTEMPORARY DESIGN JEWELRY

Learn how to put your creative ideas in designing and bringing life to your personal jewelry. Learn to rejuvenate your grandmother's antiques and/or to professionally display the shape, size, and color of your gemstones. Knotting and wire-wrapping techniques required. \$20 material fee due at first class.

Murdy Community Center Hall D Tran, Vinh  
**4478.100 Adult 2/22-3/08 6:00pm-8:30pm Tu \$95**

## CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different styles of single/multiple strands. \$12 material fee due at first class, plus tools may be purchased from instructor.

Murdy Community Center Hall D Tran, Vinh  
**4323.100 Adult 1/11-1/25 6:00pm-8:30pm Tu \$75**

## CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. Tools are required (cost approximately \$30 - or less if some already owned in Class 1). Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Murdy Community Center Hall D Tran, Vinh  
**4324.100 Adult 2/01-2/15 6:00pm-8:30pm Tu \$75**

## DANCE: BALLET ADULT

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you. 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 free. No class Jan. 17 and Feb. 21.

16601 Gothard St Huntington Academy of Dance  
**4327.101 13yrs to Adult 1/12-3/16 7:30pm-8:30pm W \$99**

City Gym Room A

**4326.101 13yrs to Adult 1/10-3/14 7:00pm-8:00pm M \$80**

## DANCE: BALLROOM AND SWING

Session I: Waltz and East Coast Swing (Pattern A). Learn basics of two popular ballroom dances the elegant Waltz and jazzy East Coast Swing. Session II: Rumba and East Coast Swing (Pattern B). Learn how to make any Latin dance look good with the heartfelt Rumba then jazz up the fun with swing. No partner required. No class Jan 17 and Feb 21.

Edison Community Center Hall A Fox, Kaylaa  
**4328.100 16yrs to Adult 1/10-2/07 7:00pm-8:00pm M \$50**  
**4328.101 16yrs to Adult 2/14-3/14 7:00pm-8:00pm M \$50**

## DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence. No Class Jan 17th and Feb 21st.

Murdy Community Center Hall C&D Eckart, Maruja  
**4329.100 13yrs to Adult 1/10-2/28 7:00pm-8:00pm M \$60**  
**4329.101 13yrs to Adult 1/10-2/28 8:00pm-9:00pm M \$60**

City Gym Room A

**4330.101 13yrs to Adult 1/11-2/15 7:00pm-8:00pm Tu \$60**

## DANCE: BOLLYWOOD DANCING 101

Learn to dance like the stars of Bollywood. Each session covers various forms including folk, semiclassical, modern and more.... If you are a trained dancer or simply looking to upgrade your Bollywood social dancing skills. This class will have you moving to a variety of Bollywood beats in no time.

City Gym Room A Idnani, Sunita  
**4332.101 12yrs to Adult 2/03-3/10 7:15pm-8:15pm Th \$79**

# Adult-Teen Classes

## DANCE: COUNTRY LINE DANCE

Country Line Dance is an easy and fun way to dance to country music and is great exercise, too. Learn classics and latest line dances. No partner needed.

Murdy Community Center Hall C&D	Fox, Kaylaa
4462.100 Adult 1/13-2/03 6:15pm-7:15pm Th \$50	
4462.101 Adult 2/10-3/03 6:15pm-7:15pm Th \$50	

## DANCE: LATIN LINE DANCE

Brand new, one-of-a-kind Latin Line routines. Likes its cousin Western Line, you don't need a partner to do Latin Line Dance. Simple, fun routines based on cha-cha, salsa, cumbia and samba that anyone can learn- set to sizzling Latin rhythms. No class Jan 17 and Feb 21.

Edison Community Center Hall A	Fox, Kaylaa
4434.100 16yrs to Adult 1/10-2/07 8:00pm-9:00pm M \$50	
4434.101 16yrs to Adult 2/14-3/14 8:00pm-9:00pm M \$50	

## DANCE: LINE DANCE FITNESS BEGINNING 1-2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Rodgers Senior Center Hall A	Hazard, Suzy
4460.101 Adult 1/12-3/16 2:00pm-3:30pm W \$45	

## DANCE: LINE DANCE INTRODUCTION

Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music. Certified dance instructor with over 20 years experience.

Rodgers Senior Center Hall A	Hazard, Suzy
4459.101 Adult 1/14-3/18 3:00pm-4:30pm F \$45	

## DANCE: LINE DANCE INTERMEDIATE 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.

Rodgers Senior Center Hall A	Hazard, Suzy
4461.101 Adult 1/12-3/16 12:30pm-2:00pm W \$45	

## DANCE: POLYNESIAN DANCE FOR BEGINNERS

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

Art Center Multipurpose	Seanoa, Melody
4333.101 13yrs to Adult 1/11-3/01 10:00am-11:00am Tu \$81*	
4333.102 13yrs to Adult 1/11-3/01 6:00pm-7:00pm Tu \$81*	

\*\$71 HBAC Members

## DANCE: POLYNESIAN DANCE FOR INTERMEDIATE

Aloha. By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginner's class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose	Seanoa, Melody
4334.101 13yrs to Adult 1/11-3/01 7:00pm-8:00pm Tu \$81*	

\*\$71 HBAC Members

## DANCE: SALSA & BACHATA

Salsa and Bachata are two of the hottest dances and featured on TV dance shows. You'll learn basics with easy variations plus partnering skills to give you confidence on the dance floor. No partner required.

Murdy Community Center Hall C&D	Fox, Kaylaa
4335.100 Adult 1/13-2/03 7:15pm-8:15pm Th \$50	
4335.101 Adult 2/10-3/03 7:15pm-8:15pm Th \$50	

## DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary.

Murdy Community Center Hall C&D	Fox, Kaylaa
4337.100 Adult 1/13-2/03 8:15pm-9:15pm Th \$50	
4337.101 Adult 2/10-3/03 8:15pm-9:15pm Th \$50	

## DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice and no partner necessary. No class Jan 20th.

Murdy Community Center Hall A	Fox, Kaylaa
4341.100 Adult 1/13-2/10 7:15pm-8:15pm Th \$40	
4341.101 Adult 2/17-3/17 7:15pm-8:15pm Th \$40	

## DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends. Never the same class twice. No partner necessary. See why this joint is jumping. No class Jan 20th.

Murdy Community Center Hall A	Fox, Kaylaa
4339.100 Adult 1/13-2/10 8:15pm-9:15pm Th \$40	
4339.101 Adult 2/17-3/17 8:15pm-9:15pm Th \$40	

## DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary. No class Jan 20th.

Murdy Community Center Hall A	Fox, Kaylaa
4340.100 Adult 1/13-2/10 6:15pm-7:15pm Th \$40	
4340.101 Adult 2/17-3/17 6:15pm-7:15pm Th \$40	

## DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Rodgers Senior Center Hall D	Roseth, Renee
4342.101 Adult 1/03-3/21 5:00pm-6:00pm M \$140	
4342.102 Adult 1/06-3/24 5:00pm-6:00pm Th \$140	

## DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Continue to improve on tap knowledge, skills, and technique. A fun great way to learn Broadway tap style dances.

Rodgers Senior Center Hall D	Roseth, Renee
4343.101 Adult 1/03-3/21 6:00pm-7:00pm M \$140	
4343.102 Adult 1/05-3/23 2:00pm-3:00pm W \$140	
4343.103 Adult 1/06-3/24 6:00pm-7:00pm Th \$140	

Parks & Recreation...  
*"Get Dancing"*  
 ...The Benefits Are Endless



# Adult-Teen Classes

## DANCE: TAP ADULTS AND SENIORS ADVANCED

Continue to improve advanced techniques and skills in a great environment. A Broadway tap style routine will be taught.

Rodgers Senior Center Hall D Roseth, Renee  
**4476.101 Adult 1/04-3/22 6:00pm-7:00pm Tu \$140**  
**4476.102 Adult 1/05-3/23 3:00pm-4:00pm W \$140**

## DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE TEST

Is your dog a good citizen when he's out in public? If he knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Bring dogs with current vaccination record to first meeting.

Edison Community Center Patio Dog Services Unlimited  
**4344.100 9yrs to Adult 2/15-2/22 8:30pm-9:30pm Tu \$25**

## DOG TRAINING: CALLING ALL FRISBEE DOGS

Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top Disc-dog competitor, David Procida. Please bring dog with current vaccination records, water and a lawn chair. \$5 material fee due at first class-includes a Frisbee. Pre-registration is required.

Dog Park Dog Services Unlimited  
**4347.101 15yrs to Adult 1/30 9:00am-12:00pm Su \$39**

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Murdy Community Center Patio Dog Services Unlimited  
**4352.100 9yrs to Adult 2/28-3/21 6:00pm-7:15pm M \$74**

## DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Murdy Community Center Patio Dog Services Unlimited  
**4345.100 9yrs to Adult 1/27-3/17 7:00pm-8:00pm Th \$82**

## DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Edison Community Center Picnic #1 Dog Services Unlimited  
**4346.100 9yrs to Adult 1/11-3/01 7:30pm-8:30pm Tu \$82**  
**4346.101 9yrs to Adult 1/26-3/16 6:00pm-7:00pm W \$82**

## DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards.

Central Park East Haney, Katherine  
**4421.101 15yrs to Adult 1/22-3/12 9:00am-10:00am Sa \$85**

## DOG TRAINING: PRIVATE LESSONS FOR DOGS AND PUPPIES

Personalized help addressing your dog's behavior issues, and introduction of obedience skills in the privacy of your home. A trainer from Hacienda Hills Obedience Club will be scheduled to meet with you for three one hour sessions at a time convenient to your busy schedule. Dogs can be any age, from 2 months to adult.

To be arranged Dog Services Unlimited  
**4348.101 TBA \$235**

## DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Edison Community Center Picnic #1 Dog Services Unlimited  
**4349.100 9yrs to Adult 1/11-2/15 6:30pm-7:30pm Tu \$71**

Murdy Community Center Patio Dog Services Unlimited  
**4350.100 9yrs to Adult 1/27-3/03 8:00pm-9:00pm Th \$71**

## EBAY BASICS

Learn the insider secrets of selling on E-bay from an E-Bay trained education specialist. You'll learn the basics: how to open an E-Bay sales account, how to decide what to sell first and little known tips. Handouts will be given during class, and CPU points are available. Instruction will be presented using Power Point.

Murdy Community Center Game Room Krueger, David M.  
**4353.100 13yrs to Adult 1/25-2/08 7:00pm-9:00pm Tu \$69**

## FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. \*Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdy Community Center Hall A Orange Coast Fencing  
**4354.100 14yrs to Adult 1/05-1/26 7:15pm-8:15pm W \$50**  
**4354.101 14yrs to Adult 2/02-2/23 7:15pm-8:15pm W \$50**  
**4354.102 14yrs to Adult 3/02-3/23 7:15pm-8:15pm W \$50**

## FENCING: INTERMEDIATE

Take your skills to the next level. This class introduces more attacks, defenses and improves your footwork.

Murdy Community Center Hall A Orange Coast Fencing  
**4355.100 14yrs to Adult 1/05-1/26 8:15pm-9:15pm W \$50**  
**4355.101 14yrs to Adult 2/02-2/23 8:15pm-9:15pm W \$50**  
**4355.102 14yrs to Adult 3/02-3/23 8:15pm-9:15pm W \$50**

## FITNESS: BALLET BOOTCAMP

Love the lean look of ballet dancers? You will strengthen and stretch muscles channeling your inner ballet body. Join other ballet beginners in this fun way to burn calories, strengthen and tone muscles and improve posture and alignment. Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Edison Community Center Hall B Huntington Academy of Dance  
**4453.100 13yrs to Adult 1/12-3/16 7:00pm-8:00pm W \$99**

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

# Adult-Teen Classes

## FITNESS: BODYWORKS + ABS

BodyWorks + Abs uses dumbbells, bands and other methods of resistance training to help promote lean muscle, balance, strength and endurance. You will work the entire body and finish with an abdominal workout and stretch. Bring hand weights, mat & water. [www.ocbodybusiness.com](http://www.ocbodybusiness.com)

Edison Community Center Hall B Body Business  
**4448.100** 18yrs to 75yrs 1/11-2/08 7:30pm-8:30pm Tu \$59  
**4448.101** 18yrs to 75yrs 2/22-3/22 7:30pm-8:30pm Tu \$59

## FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall C&D Fitness Specialties  
**4357.100** 13yrs to Adult 1/13-3/17 6:15pm-7:15pm Th \$69

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall A Fitness Specialties  
**4358.100** 13yrs to Adult 1/11-3/15 5:45pm-6:45pm Tu \$69

## FITNESS: CARDIO BOOT CAMP™

Cardio Boot Camp™ is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp™ is designed for all level exercisers. Bring good running shoes, a mat, light hand weights, and water. [www.ocbodybusiness.com](http://www.ocbodybusiness.com) for more information

Murdy Community Center Picnic #1 Body Business  
**4416.100** 18yrs to 60yrs 1/10-2/11 5:30am-6:30am M W F \$149  
**4416.101** 18yrs to 60yrs 2/14-3/18 5:30am-6:30am M W F \$149

Edison Community Center Picnic #1 Business, Body  
**4419.100** 18yrs to 75yrs 1/10-2/11 5:30am-6:30am M W F \$149  
**4419.101** 18yrs to 75yrs 2/14-3/18 5:30am-6:30am M W F \$149

## FITNESS: CARDIO HIP HOP

Get in shape the fun way-dance away those unwanted pounds with cardio hip hop. With high energy and heart-pumping music, you will raise your heartbeat as well as the roof. Join other hip hop beginners in this fast and fun workout. Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Edison Community Center Hall B Huntington Academy of Dance  
**4452.100** 13yrs to Adult 1/12-3/16 6:00pm-7:00pm W \$99

## FITNESS: DOGGIE AND ME BOOTCAMP

Get a great workout for you and your dog and teach your dog obedience at the same time. A Certified Personal Trainer leads both you and your pet through a well designed workout that will provide your dog with much needed physical and mental stimulation. Class takes place at the Sports Complex.

SC Auxiliary Fields Walton Heath  
**4480.101** Adult 1/10-2/04 5:00pm-6:00pm M W F \$168  
**4480.102** Adult 2/14-3/11 5:00pm-6:00pm M W F \$168

## FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$70 up to 3 family members, \$4 per extra person for one day a week. \$95 fee up to 3 family members, \$5 per extra person for Tuesday and Thursday class.

Rodgers Senior Center Hall B Cardinal, Frances  
**4386.101** 3yrs to Adult 1/04-3/22 5:00pm-6:00pm Tu \$70  
**4386.102** 3yrs to Adult 1/06-3/24 5:00pm-6:00pm Th \$70  
**4386.103** 3yrs to Adult 1/04-3/24 5:00pm-6:00pm Tu Th \$95

## FITNESS: FAT BURNING BLAST

With the combination of cardiovascular exercise, core strength, overall strength training and yoga poses, the overall result will be a more fit, toned and flexible body. Notice a flatter belly as well as decrease in body fat, a leaner body, stronger core and a reduction in stress levels which can help one to lose weight.

Edison Community Center Game Room Trifiletti, Carol Ann  
**4472.100** Adult 1/11-3/15 6:00pm-7:30pm Tu \$80

## FITNESS: FIRING FOR HIPS AND THIGHS

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. \*Take Firing Hips and Step together and save. No class Jan 17 and Feb 21.

Murdy Community Center Hall A Hardy, Susan  
**4363.100** 13yrs to Adult 1/10-3/09 8:30am-9:15am M W F \$84  
**\*4424.100** 13yrs to Adult 1/10-3/09 8:30am-10:00am M W F \$102

## FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Walk-ins welcome, \$10. Registration is accepted in person at any time. No class Jan 17 and Feb 21

City Gym Gymnasium Wilker, Mary  
**4364.101** 13yrs to Adult Monthly Pass \$40  
**4364.102** 13yrs to Adult 10 Classes \$55  
**4364.103** 13yrs to Adult 4 Classes \$25

## FITNESS: KICKBOXING AEROBICS

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

Murdy Community Center Hall A Fitness Specialties  
**4360.100** 13yrs to Adult 1/11-3/15 7:00pm-8:00pm Tu \$69

## FITNESS: KICKBOXING BEGINNING

For the Beginner. This introductory class, taught by a black belt instructor, concentrates on correct form, proper movement and safety issues to help prevent injuries. It is perfect for someone interested in a new form of exercise. Punching bags and hand mitts provided.

Edison Community Center Hall A Fitness Specialties  
**4362.100** 13yrs to Adult 1/11-3/15 7:00pm-7:45pm Tu \$69

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

# Adult-Teen Classes

## FITNESS: KICKBOXING BODY CONDITIONING BOOT CAMP

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Edison Community Center Hall C&D Fitness Specialties  
4359.100 13yrs to Adult 1/13-3/17 7:15pm-8:00pm Th \$69

## FITNESS: PILATES MAT CLASS

Designed to tone and strengthen your abs, back, thighs and arms. Pilates will improve flexibility, posture, coordination and body awareness. Class incorporates exercise balls, thera-bands and magic circles. Make the commitment to living and moving well with Pilates. All levels welcome. Bring an exercise mat. No class Jan 17 & Feb 21.

Edison Community Center Hall B HB Pilates  
4365.100 Adult 1/10-3/14 6:30pm-7:30pm M \$88  
4365.101 Adult 1/10-3/14 7:30pm-8:30pm M \$88  
4365.102 Adult 1/18-3/08 9:00am-10:00am Tu \$88

City Gym Room A HB Pilates, Bronwen Finta  
4366.101 Adult 1/19-3/09 9:00am-10:00am W \$88  
4366.102 Adult 1/20-3/10 6:00pm-7:00pm Th \$88

Murdy Community Center Hall B HB Pilates, Bronwen Finta  
4465.100 Adult 1/22-3/12 9:00am-10:00am Sa \$88  
4465.101 Adult 1/18-3/08 7:15pm-8:15pm Tu \$88

## FITNESS: SLIM & TRIM BY GEORGIA

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

Edison Community Center Hall A Spidle, Georgia  
4367.100 13yrs to Adult 1/10-3/18 9:00am-10:00am M W F \$75

Murdy Community Center Hall A Spidle, Georgia  
4368.100 13yrs to Adult 1/11-3/17 9:00am-10:00am Tu Th \$70

## FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Edison Community Center Hall A Fitness Specialties  
4369.100 13yrs to Adult 1/11-3/17 8:45am-9:45am Tu Th \$85

## FITNESS: STEP TRAINING, STEPS, WEIGHTS, FLOOR & MORE

Research proves 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 weight and abdominal work finishes up the class. No class Jan 17 & Feb 21.

Edison Community Center Hall A Hardy, Susan  
4371.100 13yrs to Adult 1/10-3/09 5:15pm-6:15pm M W F \$89  
4371.101 13yrs to Adult 1/15-3/05 8:30am-9:30am Sa \$41

## FITNESS: STEPPING FOR THE HEART

This class raises your heart rate by stepping up and down on 4, 6, or 8-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Take STEP and FIRING HIPs AND THIGHS together and save. No class Jan 17th and Feb 21st.

Murdy Community Center Hall A Hardy, Susan  
4370.100 13yrs to Adult 1/10-3/09 9:15am-10:00am M W F \$84  
\*4424.100 13 yrs to Adult 1/10-3/09 8:30am-10:00am M W F \$102

## FITNESS: 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 Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew.

Rodgers Senior Center Hall A & B Paul, Sue  
4372.101 Adult 1/10-3/14 5:30pm-6:30pm M \$52

## FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Enjoy getting together, working out and getting healthier, with family and friends. Students will be introduced to the basics of the traditional art of Tang Soo Do. Each group must have at least one adult. \$55 fee up to 3 participants, \$5 for each additional person. No classes Feb. 5 and March 5.

Rodgers Senior Center Hall A Cardinal, Frances  
4447.101 3yrs to Adult 1/15-3/26 10:00am-12:00pm Sa \$55

## FITNESS: ZUMBA

It's different. Fun. 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-burning, body-energizing fun. Ditch the workout-- Join the Party.

City Gym Gymnasium Foreman, Jill  
4433.101 16yrs to 60yrs 1/11-3/15 7:15pm-8:15pm Tu \$60

Edison Community Center Hall A Foreman, Jill  
4446.100 16yrs to Adult 1/12-3/16 6:45pm-7:45pm W \$60

## FITNESS: ZUMBA AT MURDY COMMUNITY CENTER

Zumba is a fusion of Latin and international music with dance themes that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements and easy to follow dance steps. For more information, visit [www.ocbodybusiness.com](http://www.ocbodybusiness.com)

Murdy Community Center Hall A Business, Body  
4464.100 Adult 1/15-2/12 9:00am-10:00am Sa \$49  
4464.101 Adult 2/19-3/19 9:00am-10:00am Sa \$49

## FITNESS: ZUMBA GOLD

It's different, fun and effective. Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party. One day drop-in fee for any class-\$10.

Rodgers Senior Center Hall A & B Foreman, Jill  
4373.101 16yrs to Adult 1/15-2/12 9:00am-10:00am Sa \$35  
4373.102 16yrs to Adult 2/19-3/19 9:00am-10:00am Sa \$35  
4373.103 16yrs to Adult 1/15-3/19 9:00am-10:00am Sa \$60  
4373.104 16yrs to Adult 1/15-3/19 9:00am-10:00am Sa \$10

## Parks & Recreation...

"Reduce Stress"

...The Benefits Are Endless

No class January 17 and February 21

# Adult-Teen Classes

## FREE YOUR MIND

Happier. Healthier. Wiser. Very Practical. New lifestyle of peace and harmony-quickly releases fear, anger, depression, etc. Reducing stress and clearing out minds allows us to live now. Please be prompt, bring notebook and pen.

		Rogers Senior Center Hall C		Caldwell, Sunny	
4375.101	Adult	1/06-1/27	6:30pm-8:00pm	Th	\$36
4375.102	Adult	3/03-3/24	6:30pm-8:00pm	Th	\$36

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 12 students. Class Taught by Darren Ernst.

		Meadowlark Golf Course		Evergreen Alliance Golf	
4377.101	17yrs to Adult	1/20-2/10	6:00pm-7:30pm	Th	\$125
4377.102	17yrs to Adult	2/24-3/17	6:00pm-7:30pm	Th	\$125
4377.103	17yrs to Adult	1/22-2/12	10:00am-11:30am	Sa	\$125
4377.104	17yrs to Adult	2/26-3/19	10:00am-11:30am	Sa	\$125
4377.105	17yrs to Adult	2/16-3/09	11:00am-12:30pm	W	\$125

## KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Jan. 17th and Feb. 21st.

		City Gym Room B		Tillehkooh, Kiavash	
4381.101	13yrs to Adult	1/10-3/14	7:15pm-8:00pm	M	\$83
4381.102	13yrs to Adult	1/11-3/15	7:15pm-8:00pm	Tu	\$99
4381.103	13yrs to Adult	1/12-3/16	7:15pm-8:00pm	W	\$99
4381.104	13yrs to Adult	1/13-3/17	7:15pm-8:00pm	Th	\$99

## KARATE: TRADITIONAL JAPANESE KARATE-DO

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.

		Edison Community Center Hall A		Wadoryu USA Inc, Shoji Nishimura	
4383.100	15yrs to Adult	1/13-3/17	7:30pm-8:45pm	Th	\$95

## KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun.

		Murdy Community Center Hall B		Fitness Specialties	
4382.100	13yrs to Adult	1/11-3/15	6:00pm-7:00pm	Tu	\$69
4382.101	13yrs to Adult	1/12-3/16	6:00pm-7:00pm	W	\$69

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. One class per week, \$75; two classes per week, \$110.

		Rogers Senior Center Hall B		Cardinal, Frances	
4385.101	Adult	1/04-3/22	6:00pm-7:30pm	Tu	\$75
4385.102	Adult	1/06-3/24	6:00pm-7:30pm	Th	\$75
4385.103	Adult	1/04-3/24	6:00pm-7:30pm	Tu Th	\$110

## MUSIC: GROUP VOICE CLASSES

Become the next Huntington Beach's American Idol. Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. \$25 material fee due at first class

		Harbour View Clubhouse, 16600 Saybrook		Kids Music N' Motion	
4389.101	13yrs to 18yrs	1/10-2/28	5:45pm-6:30pm	M	\$100
4389.102	Adult	1/10-2/28	6:30pm-7:15pm	M	\$100

## MUSIC: ROCKSTAR GUITAR ADULT I

It's time to start learning how to play the music you grew up listening to. This beginners only class will teach you rhythm and lead guitar. Learn chords, scales, and theory; also, learn how to recognize patterns when listening to music. Please bring your own guitar and see receipt for materials list.

		18582 Beach Bl, #214		Rockstars Music Studios	
4387.101	13yrs to Adult	1/08-1/29	9:30am-10:00am	Sa	\$55
4387.102	13yrs to Adult	2/05-2/26	9:30am-10:00am	Sa	\$55

## MUSIC: ROCKSTAR PRIVATE LESSONS

Learn guitar, piano, or drums at your own pace on your own time. Rockstars Private Lessons are scheduled one on one with lessons that meet based on student and teacher schedules. This is a great way to get your music career moving.

		18582 Beach Bl. #212		Rockstars Music Studios	
4388.101	Adult	TBA	12:00am-12:00am	M	\$130

## QIGONG (CHINESE YOGA)

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

		Murdy Community Center Hall C&D		Walker, Don	
4394.100	16yrs to Adult	1/12-2/23	6:00pm-7:15pm	W	\$49

		Edison Community Center Hall B		Walker, Don	
4449.100	Adult	1/11-2/22	1:00pm-2:15pm	Tu	\$49

## RUNNING: COMPLETING A 5K

All Star Running will lead beginner runners using the run/walk method to get all participants to the finish line safely. Each runner will receive a training schedule along with instructional clinics on proper training, nutrition, injury prevention, shoe fitting and motivation. The group will be training to the 5k distance.

		Edison Community Center Picnic #1		Jaramillo, Carla	
4474.100	14yrs to Adult	1/10-3/09	6:00pm-6:45pm	M W	\$110

## RUNNING: COMPLETING A 10K

All Star Running will help increase your endurance, become a more efficient runner, and be prepared to run or run/walk up to the 10k distance. This program will introduce you to strength, speed and interval training with minimal risk of injury. Runner should have three months of running experience.

		Edison Community Center Picnic #1		Jaramillo, Carla	
4475.100	14yrs to Adult	1/10-3/09	7:00pm-7:45pm	M W	\$110

## Parks & Recreation...

"Offer Places For Social Interaction"

...The Benefits Are Endless

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

# Adult-Teen Classes

## SKATING: ICE 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, and three additional skating passes to be used during the 4-week session.

Westminster ICE

13071 Springdale, Westminster	Ice Mgmt LLC, Westminster
<b>4436.101</b> 17yrs to Adult 1/12-2/02	6:45pm-7:15pm W \$35
<b>4436.102</b> 17yrs to Adult 2/09-3/09	6:45pm-7:15pm W \$35

## SPANISH FOR FUN AND FOR LIFE BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives a CD, song book and color visuals for mastery of the current vocabulary.

Rodgers Senior Center Hall E

Blades, Murnez

<b>4399.101</b> Adult 1/20-3/10	3:00pm-4:00pm Th \$92
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## SPANISH FOR FUN AND 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.

Rodgers Senior Center Hall E

Blades, Murnez

<b>4400.101</b> Adult 1/20-3/10	4:15pm-5:15pm Th \$92
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## SURFING: LEARN TO SURF

Learn basic techniques of surfing and begin to enjoy one of the city's best resources. This 4-session beginning class stresses beach safety and fun while you learn the basics of paddling, catching and riding waves. Students must be able to swim and be at least 10 years of age. For information [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com).

Beach Service Center, South side of Pier

Sharp, Bill

<b>4403.101</b> 10yrs to Adult 1/08-1/23	10:00am-11:30am Su Sa \$180
<b>4403.102</b> 10yrs to Adult 2/05-2/20	10:00am-11:30am Su Sa \$180
<b>4403.103</b> 10yrs to Adult 3/05-3/20	10:00am-11:30am Su Sa \$180

## SURFING: LESSONS ABC

If you've never surfed before here is the class for you.. Our Basic ABC lesson provides you with the knowledge and skills you need to be up and riding by the end of the 11/2 hour lesson. Lessons run by professional instructors. Equipment provided. For information please contact [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com).

Beach Service Center, South side of Pier

Sharp, Bill

<b>4402.101</b> 10yrs to Adult 1/15	10:00am-11:30am Sa \$75
<b>4402.102</b> 10yrs to Adult 1/29	10:00am-11:30am Sa \$75
<b>4402.103</b> 10yrs to Adult 2/12	10:00am-11:30am Sa \$75
<b>4402.104</b> 10yrs to Adult 2/26	10:00am-11:30am Sa \$75
<b>4402.105</b> 10yrs to Adult 3/12	10:00am-11:30am Sa \$75
<b>4402.106</b> 10yrs to Adult 3/26	10:00am-11:30am Sa \$75

## TAI CHI CHUAN FOR BEGINNERS AND 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 and flat-soled shoes.

Rodgers Senior Center Hall B

Howe, Shona

<b>4407.101</b> Adult 1/13-3/17	9:00am-10:30am Th \$60
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## TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential. No class Feb. 21.

Edison Community Center Hall B

Walker, Don

<b>4404.100</b> Adult 1/24-3/14	1:00pm-2:15pm M \$49
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Murdy Community Center Hall B

Walker, Don

<b>4405.100</b> Adult 1/24-3/14	6:00pm-7:15pm M \$49
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## TAI CHI FOR HEALTH LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. More skillful movements will be explored. You'll be taught to connect the movements and develop a beautiful moving meditation. No class Feb. 21.

Murdy Community Center Hall B

Walker, Don

<b>4406.100</b> 16yrs to Adult 1/24-3/14	7:30pm-8:45pm M \$49
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## TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Lake Park Clubhouse, 1035 11th Street

Walker, Don

<b>4435.101</b> Adult 2/10-3/10	1:00pm-2:15pm Th \$45
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## WOMEN'S VOLLEYBALL

Tuesday is Intermediate/Advanced competitive league play. Thursday is for the beginning to intermediate player. Learn to bump, set, spike and serve or just to refresh your skills in a real game atmosphere.

City Gym Gymnasium

DiGiovanni, Joann Nalani

Intermediate/Advanced

<b>4409.101</b> Adult 1/11-3/15	9:30am-12:30pm Tu \$50
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Beginning/Intermediate

<b>4409.102</b> Adult 1/13-3/17	9:30am-12:30pm Th \$50
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## YOGA: BEGINNERS

Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility in a specially designed yoga class to strengthen the core/ back muscles to support the body as a whole with a more acute sense of body awareness. Bring a mat and blanket. Suitable for any level yoga students.

City Gym Room B

RoxAnn Madera, HelpYourHealth

<b>4458.101</b> Adult 1/15-3/19	10:00am-11:00am Sa \$130
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## YOGA: INTERMEDIATE

This class is for the yoga student who has already completed a beginner's course and wants to further develop their skills in body alignment and movement. Please bring a mat and the blocks, straps and handouts will be supplied.

City Gym Room B

RoxAnn Madera, HelpYourHealth

<b>4477.101</b> Adult 1/15-3/19	11:00am-12:00pm Sa \$130
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## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class Mondays, Jan. 17th and Feb. 21st.

City Gym Room B

Carmichael, Yvonne

<b>4410.101</b> Adult 1/10-3/21	10:30am-12:00pm M \$87
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# Adult-Teen Classes

## YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating two hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Edison Community Center Hall C&D		Pavesic, Diane	
4411.100	Adult	1/12-3/16	4:30pm-5:30pm W \$75
4411.101	Adult	1/12-3/16	5:45pm-6:45pm W \$75
4411.102	Adult	1/12-3/16	7:00pm-8:00pm W \$75

## YOGA: HEALTHY HAPPY BACK

Eighty percent of Americans will experience back problems. Will you be one of the statistics? Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility in a specially designed yoga class to strengthen core/back muscles to support the body for long-term relief. Suitable for beginners. Bring a mat and blanket.

City Gym Room B		RoxAnn Madera, HelpYourHealth	
4220.101	Adult	1/12-3/16	7:45am-8:45am W \$110
4220.102	Adult	1/12-3/16	7:45pm-8:45pm W \$110
4220.103	Adult	1/14-3/18	7:45am-8:45am F \$110

## YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome. Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel.

Murdy Community Center Hall A		King, Jacki, RYT, CYT	
4417.100	18yrs to 99yrs	2/07-3/14	4:45pm-5:45pm M \$45
4417.101	16yrs to 99yrs	1/24-3/14	6:00pm-7:00pm M \$52
4417.102	16yrs to 99yrs	1/24-3/14	7:15pm-8:15pm M \$52
4417.103	16yrs to 99yrs	1/19-3/16	4:00pm-5:00pm W \$66

Murdy Community Center Game Room		Carmichael, Yvonne	
4418.100	16yrs to Adult	1/12-3/16	10:30am-12:00pm W \$87
4418.101	16yrs to Adult	1/14-3/18	10:30am-12:00pm F \$87

Murdy Community Center Hall A		Holden, Susan	
4450.100	16yrs to Adult	1/18-3/15	5:30pm-6:45pm Tu \$66
4450.101	16yrs to Adult	1/21-2/25	4:00pm-5:00pm F \$48



## YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects Please bring a yoga mat or towel.

Beach at 1st Street, next to Lifeguard Headquarter		Stevenson, Sarah	
4414.101	Adult	1/15-3/19	10:00am-11:00am Sa \$110

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating two hours prior to class. Wear comfortable clothing and bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Rodgers Senior Center Hall E		Pavesic, Diane	
4413.101	Adult	1/13-3/17	10:00am-11:00am Th \$75
4413.102	Adult	1/13-3/17	11:00am-12:00pm Th \$75

## YOGA: TEENS

A class designed for your specific age. Explore the movement of the body while experiencing how good posture and proper breathing are a part of your everyday activities. Enhance concentration in studies, flexibility, balance and strength in after school activities while having fun. Bring a mat. No class Jan. 17, Feb 21.

City Gym Room A		HelpYourHealth, RoxAnn Madera	
5256.101	12yrs to 15yrs	1/10-3/14	3:15pm-4:00pm M \$67



## Parks & Recreation...

*Elevate  
Personal  
Growth*

...The Benefits Are Endless