

# YOUTH

## ART

### CLAY ADVENTURES

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, and slab building. We will decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due at first class.

**Lucia Henry** **HB Art Center**  
140101-4A 6-12 yrs Th 3:30 - 4:45pm 1/19 - 2/16 \$83/75

### ESSENTIAL CARTOONING

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) is payable to instructor at first class which covers all supplies. Pre-registration is required. All materials are provided.

**Pati Kent** **HB Art Center**  
140109-4A 7-13 yrs Tu 4:30 - 5:30pm 1/10 - 2/7 \$76/69  
140109-4B 7-13 yrs Tu 4:30 - 5:30pm 2/21 - 3/21 \$76/69

### ART EXPLORATIONS

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills as young artists. The different elements of art will be introduced through a variety of media such as acrylic on canvas, pastels, charcoal, watercolor, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own masterpieces. All materials and aprons will be provided. \$20 materials fee due at first class.

**Lucia Henry** **HB Art Center**  
140110-4A 6-12 yrs Th 3:30 - 4:45pm 2/23 - 3/23 \$81/73

### BEGINNING IMPROV FOR KIDS

Beginning improv classes are for everyone! Class is designed to teach basic improvisational skills through exercises and games in a safe, fun, and laugh-filled environment. We help each child discover their special "voice."

**Brenda Glim** **HB Art Center**  
140115-4A 7-12 yrs W 3:30 - 5:30pm 1/18 - 2/8 \$71/64  
140115-4B 7-12 yrs W 3:30 - 5:30pm 2/22 - 3/15 \$71/64



Parks & Recreation Build Family Unity

## ELEMENTS OF ART

Explore the elements of art through fun step-by-step projects designed to raise awareness of line, form, space, value, texture, color, and composition. All materials are included. \$15 materials fee due at first class for all new students.

**Laura Black** **HB Art Center**  
140117-4A 4-9 yrs W 2 - 3:15pm 1/25 - 3/15 \$91/83

## JUNIOR ILLUSTRATOR

In this course students will learn the fundamentals of observational drawing and explore a variety of rendering techniques and styles. Students will produce a fun multi-media project to display their illustrations. \$20 materials fee due at first class.

**Laura Black** **HB Art Center**  
140118-4A 6-12 yrs W 3:30 - 5pm 1/25 - 3/15 \$106/96

## COOKING

### KIDS COOKING IT UP FRESH IN THE KITCHEN

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 Dates: Jan-16*

**Stephanie Collett** **Edison Community Center**  
140301-2A 7-11 yrs Sa 11am - 12:15pm 1/14 - 2/18 \$90  
140301-2B 11-14 yrs M 6 - 7:15pm 1/9 - 2/13 \$90

## DANCE

### 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** **16601 Gothard Street, Suite A**  
140408-1B 8-12 yrs Tu 5:30 - 6:30pm 1/10 - 3/14 \$105

### 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. \$1 materials fee due at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **City Gym and Pool**  
140401-3A 5-7 yrs Th 4 - 5pm 1/12 - 3/16 \$105

**Huntington Academy of Dance** **Edison Community Center**  
140401-2A 5-7 yrs Sa 11:15am - 12:15pm 1/14 - 3/18 \$105

**Huntington Academy of Dance** **Murdy Community Center**  
140401-1A 6-8 yrs M 4 - 5pm 1/9 - 3/20 \$95

## 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! \$1 materials fee due at first class. *No Class Dates: Jan-16, Feb-20*

**Huntington Academy of Dance** **Edison Community Center**  
**140404-2A** 5-7 yrs W 4:35 - 5:35pm 1/11 - 3/15 \$105

**Huntington Academy of Dance** **Murdy Community Center**  
**140404-1A** 7-12 yrs M 5:30 - 6:30pm 1/9 - 3/20 \$95

## POLYNESIAN YOUTH

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.

**Melody Seanoa** **HB Art Center**  
**140403-4A** 7-12 yrs Tu 5 - 6pm 1/17 - 2/14 \$68/62  
**140403-4B** 7-12 yrs Tu 5 - 6pm 2/21 - 3/21 \$68/62

## 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** **16601 Gothard Street, Suite A**  
**140407-1a** 7-12 yrs T 4:30-5:30p 1/10-3/14 \$105

## EDUCATIONAL

### MAD SCIENCE: SENSE-ATIONAL SCIENCE

zzZZAAPP! POWWW! KaBOOOOM! Beware junior scientists: you are headed for a scientific blast! Join us for a hair-raising good time! You'll harness heat energy and explore the properties of sound. You'll experiment with mysterious magnets, examine strange optical illusions and participate in an eye-popping demonstration of static electricity! \$10 materials fee due at first class.

**Mad Science** **Murdy Community Center**  
**140609-1A** 5-12 yrs F 3:30-4:30pm 1/27-3/17 \$99

### SERIOUSLY AWESOME SITTERS

The ultimate babysitter preparation class! You become certified in Basic First Aid and CPR/AEAD 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**  
**140608-1A** 10 yrs+ Sa 10am - 5pm 2/25 \$60

## 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** **City Gym and Pool**  
**140701-3A** 6-12 yrs F 4 - 5pm 1/13 - 3/17 \$110  
**140701-3B** 6-12 yrs F 5 - 6pm 1/13 - 3/17 \$110

### JAMMIN' GYMNASTICS

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.

**Tumble-N-Kids Inc** **Edison Community Center**  
**140702-2A** 6-12 yrs W 3:45 - 4:45pm 1/11 - 3/15 \$110  
**140702-2B** 5-8 yrs Sa 11:20am - 12:20pm 1/14 - 3/18 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**140702-1A** 6-12 yrs Tu 4 - 5pm 1/10 - 3/14 \$110  
**140702-1B** 7-14 yrs Th 4 - 5pm 1/12 - 3/16 \$110  
**140702-1C** 5-8 yrs Sa 11:20am - 12:20pm 1/14 - 3/18 \$110

### 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.

**Tumble-N-Kids Inc** **City Gym and Pool**  
**140704-3A** 4-6 yrs F 3 - 4pm 1/13 - 3/17 \$110

**Tumble-N-Kids Inc** **Edison Community Center**  
**140704-2A** 4-6 yrs W 2:45 - 3:45pm 1/11 - 3/15 \$110

**Tumble-N-Kids Inc** **Murdy Community Center**  
**140704-1A** 4-6 yrs Tu 3 - 4pm 1/10 - 3/14 \$110  
**140704-1B** 4-6 yrs Th 3 - 4pm 1/12 - 3/16 \$110



Parks & Recreation  
 Stimulate the Mind

## HEALTH & FITNESS

### ZUMBA FOR ALL

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  
150813-5A 6 yrs + Tu 6 - 6:45pm 1/10 - 3/21 \$71

## MARTIAL ARTS

### KARATE - DO TRADITIONAL JAPANESE BEGINNER

This traditional Japanese 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. Uniforms are available for purchase from instructor. One day a week, Thursday or Friday, for \$110. Two days a week for \$130.

**Wadoryu USA** Edison Community Center  
140903-2A 8-12 yrs Th 5 - 5:40pm 1/12 - 3/23 \$110  
140903-2B 8-12 yrs F 5 - 5:40pm 1/13 - 3/24 \$110

### KARATE-DO TRADITIONAL JAPANESE NOVICE

This traditional Japanese 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. Uniforms are available for purchase from instructor. One day a week, Thursday or Friday, for \$60. Two days a week for \$80.

**Wadoryu USA** Edison Community Center  
140904-2A 8-17 yrs Th 5:45 - 6:30pm 1/12 - 2/9 \$60  
140904-2B 8-17 yrs Th 5:45 - 6:30pm 2/16 - 3/23 \$60  
140904-2C 8-17 yrs F 5:45 - 6:30pm 1/13 - 2/10 \$60  
140904-2D 8-17 yrs F 5:45 - 6:30pm 2/17 - 3/24 \$60

### 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. 1 day a week, Thursday or Friday, for \$75. 2 days a week for \$95.

**Wadoryu USA** Edison Community Center  
140906-2A 8-17 yrs Th 5:45 - 7:30pm 1/12 - 2/9 \$75  
140906-2B 8-17 yrs Th 5:45 - 7:30pm 2/16 - 3/23 \$75  
140906-2C 8-17 yrs F 5:45 - 7:30pm 1/13 - 2/10 \$75  
140906-2D 8-17 yrs F 5:45 - 7:30pm 2/17 - 3/24 \$75

### KARATE-DO TRADITIONAL JAPANESE ADVANCED

The 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. Two days a week for \$100.

**Wadoryu USA** Edison Community Center  
140907-2A 8-99 yrs Th 5:45 - 8:15pm 1/12 - 2/9 \$80  
140907-2B 8-99 yrs Th 5:45 - 8:15pm 2/16 - 3/23 \$80  
140907-2C 8-99 yrs F 5:45 - 8:15pm 1/13 - 2/10 \$80  
140907-2D 8-99 yrs F 5:45 - 8:15pm 2/17 - 3/24 \$80

### JUNIOR TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-16, Feb-20*

**Kiavash Tillehkoob** City Gym and Pool  
140908-3A 5-9 yrs M 5:45 - 6:30pm 1/9 - 3/20 \$177  
140908-3B 5-9 yrs Tu 5:45 - 6:30pm 1/10 - 3/21 \$177  
140908-3C 5-9 yrs W 5:45 - 6:30pm 1/11 - 3/22 \$177  
140908-3D 5-9 yrs Th 5:45 - 6:30pm 1/12 - 3/23 \$177

### TEEN TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-16, Feb-20*

**Kiavash Tillehkoob** City Gym and Pool  
140912-3A 10-17 yrs M,W 6:30 - 7:15pm 1/9 - 3/22 \$188  
140912-3B 10-17 yrs Tu,Th 6:30 - 7:15pm 1/10 - 3/23 \$188  
140912-3C 10-17 yrs W,Th 6:30 - 7:15pm 1/11 - 3/23 \$188  
140912-3D 10-17 yrs Tu,W 6:30 - 7:15pm 1/10 - 3/22 \$188

### 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 4-15.

**Young Champions Recreation Program** Murdy Community Center  
140905-1A New Student 4-15 yrs F 5:30 - 6:10pm 1/20 - 3/31 \$85  
140905-1B Yellow/Orange Belt 4-15 yrs F 6:15 - 6:55pm 1/20 - 3/31 \$85  
140905-1C Purple Belt & Above 4-15 yrs F 7 - 7:40pm 1/20 - 3/31 \$85

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



## MUSIC

### GLEE CLUB

This high-energy class provides male and female students with an opportunity to sing, dance, perform, and unlock their inner superstar! Students will learn Pop and Broadway music and choreography in a fun atmosphere, while building voice and mic technique, musical expression, and providing self-confidence in all areas. \$10 materials fee due at first class.

**Take the Stage Productions** Edison Community Center  
**141010-2A** 8-12 yrs M 4:20 - 5:20pm 1/23 - 3/20 \$105

### GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr Greg, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels and all ages are welcome, so don't delay and learn to play today! Full course runs from January 12 - March 23 and is payable in three installments (tuition due before each class section begins on 1/12, 2/9, and 3/9). Bring your own acoustic guitar, \$20 material fee for book to instructor. Walk-ins are welcome, but please register by 1/5 for best availability, and GET READY TO ROCK!

**The RockBand Experience** HB Art Center  
**141007-4A** 9-12 yrs Th 3:30 - 4:30pm 1/12 - 2/2 \$85/77  
**141007-4B** 9-12 yrs Th 3:30 - 4:30pm 2/9 - 3/2 \$85/77  
**141007-4C** 9-12 yrs Th 3:30 - 4:30pm 3/9 - 3/23 \$65/59

### 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. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals.

**Iskui Merdjanian** Edison Community Center  
**141003-2A** 6-14 yrs Th 5:45 - 6:45pm 1/12 - 3/2 \$77



## SPECIAL INTEREST

### CLOWNING AROUND COMEDY

This spirited, fun class is designed for anyone who wants to learn the essentials of improvisational comedy, improve storytelling skills, and learn techniques to think quickly on their feet and to be more creative. Exercises include vocal warm-ups creative performance games and basic short-form scene-work as well as how to listen in a fun, creative atmosphere. *No Class Dates: Feb-22*

**Take the Stage Productions** Murdy Community Center  
**141105-1A** 5-10 yrs W 4 - 4:45pm 1/25 - 3/22 \$90

### HOLLYWOOD FILM ACTING

This introductory course is designed for all students wishing to learn the acting techniques of their favorite film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. \$5 materials fee due at first class. *No Class Dates: Feb-22*

**Take the Stage Productions** Murdy Community Center  
**131102-1A** 8-12 yrs W 4:45 - 5:30pm 1/25 - 3/22 \$110

### STORYBOOK THEATER

Students explore fairytales and fables as the basics to create new stories, inspire imagination and build performance skills. Through the use of their voices, bodies, costumes and props - students will create memorable skits and characters while building skills in acting, public speaking, creative thinking, reading comprehension, and confidence! \$10 materials fee due at first class. *No Class Dates: Feb-22*

**Take the Stage Productions** Murdy Community Center  
**131007-1B** 5-9 yrs Tu 4:15 - 5pm 1/24 - 3/21 \$90

## SPORTS

### SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for the beginning to intermediate player. 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. *No Class Dates: Feb-20*

**Skyhawks Sports Academy Inc** Murdy Community Center  
**141302-1A** 7-10 yrs M 6 - 7pm 1/23 - 3/13 \$135

### SKYHAWKS INSTRUCTIONAL BASKETBALL LEAGUE

This innovative program encourages children to play, have fun, and enjoy the game, without the added pressure of coaches, referees, and parents. No set teams or assigned coaches mean more focus on skill development and fun! After a short practice, small-sided teams will be selected and supervised game play will ensue.

**Skyhawks Sports Academy Inc** Edison Community Center  
**141303-2A** 4-5 yrs Th 4 - 5pm 1/19 - 3/9 \$135  
**141303-2B** 6-7 yrs Th 5:15 - 6:15pm 1/19 - 3/9 \$135

## JUNIOR BASKETBALL

Boys and girls 6 to 8 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			City Gym and Pool		
141312-3A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55
Youth Sports Staff			Edison Community Center		
141312-2A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55
Youth Sports Staff			Murdy Community Center		
141312-1A	6-8 yrs	Sa	10:30 - 11:20am	1/28 - 3/4	\$55

## INDOOR COED BASKETBALL LEAGUE

The City of Huntington Beach Coed Youth Basketball program provides a fun and competitive league in an instructional environment where the youth of the community can enjoy sports. All players in the 3rd thru 8th grades who are interested in playing basketball may sign up at City Gym, Murdy or Edison Community Centers. Sign-ups will begin on November 15, 2016, and will continue on a daily basis until evaluation day, January 14, 2017. Every participant will receive a team shirt. All games will be played on Saturday. Times of the games will vary depending on how many teams are in the league. Evaluations will be held at City Gym and Pool. If you have any questions, please contact the recreation coordinator at (714) 960-8884.

Youth Sports Staff			City Gym and Pool		
141315-3A	12-14 yrs	Sa	12:30 - 1:30pm	1/14 - 3/25	\$55
141315-3B	10-11 yrs	Sa	11am - 12pm	1/14 - 3/25	\$55
141315-3C	8-9 yrs	Sa	9:30 - 10:30am	1/14 - 3/25	\$55

## YOUTH ICE HOCKEY SKATING CLASS

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

The Rinks Westminster ICE			13071 Springdale Street, Westminster		
141323-1A	6-16 yrs	W	6:10 - 6:40pm	1/18 - 2/8	\$37
141323-1B	6-16 yrs	W	6:10 - 6:40pm	2/22 - 3/15	\$37
141323-1C	6-16 yrs	Sa	10:45 - 11:15am	1/21 - 2/11	\$37
141323-1D	6-16 yrs	Sa	10:45 - 11:15am	2/25 - 3/18	\$37

## YOUTH BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport. Figure Skating. 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 (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday), 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.

The Rinks Westminster ICE			13071 Springdale Street, Westminster		
141324-1A	6-16 yrs	Th	4:10 - 4:40pm	1/19 - 2/9	\$37
141324-1B	6-16 yrs	Th	4:10 - 4:40pm	2/23 - 3/16	\$37
141324-1C	6-16 yrs	Sa	10:45 - 11:15am	1/21 - 2/11	\$37
141324-1D	6-16 yrs	Sa	10:45 - 11:15am	2/25 - 3/18	\$37

## 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 child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer			Murdy Community Center		
141335-1A	5-6 yrs	Sa	3 - 3:45pm	1/28 - 3/18	\$99

## 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 child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer			Murdy Community Center		
141336-1A	7-10 yrs	Sa	2:15 - 3pm	1/28 - 3/18	\$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 Dates: Jan-16, Feb-20*

Matt Taylor Volleyball			City Gym and Pool		
141309-3A	10-12 yrs	M	3:30 - 4:45pm	1/9 - 3/20	\$153
141309-3B	13-14 yrs	M	4:45 - 6pm	1/9 - 3/20	\$153
141309-3C	10-12 yrs	Th	3:30 - 4:45pm	1/12 - 3/16	\$153
141309-3D	13-14 yrs	Th	4:45 - 6pm	1/12 - 3/16	\$153

## BEACH VOLLEYBALL: BOYS ADVANCED TRAINING

The Golden Coast Beach Volleyball Club runs our advanced squad for athletes committed to serious training. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2017 youth tournament schedule. Three trainings a week over the eight weeks for \$350. [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

Beach Volleyball CA Inc			City Beach, 15th Street and Pacific Coast Hwy		
141327-2A	12-17 yrs	TBA	TBA	1/16 - 3/12	\$350

## BEACH VOLLEYBALL: GIRLS ADVANCED TRAINING

The Golden Coast Beach Volleyball Club runs our advanced squad for athletes committed to serious training. Athletes must obtain permission from the club director to be eligible for this squad. Training days and times dependent on the 2017 youth tournament schedule. Three trainings a week over the eight weeks for \$350. [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com)

Beach Volleyball CA Inc			City Beach, 15th Street and Pacific Coast Hwy		
141328-2A	12-17 yrs	TBA	TBA	1/16 - 3/12	\$350



Parks & Recreation  
Reduce Stress

## BEACH VOLLEYBALL: BOYS WINTER TRAINING

The Golden Coast Beach Volleyball Club runs skill development and game focused trainings for athletes wanting to keep their game sharp during the offseason. Go to [www.goldencoastcolleyball.com](http://www.goldencoastcolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach,  
15th Street and Pacific Coast Hwy

141330-2A	12-17 yrs	Tu	3:30 - 5pm	1/17 - 3/7	\$120
141330-2B	12-17 yrs	Th	3:30 - 5pm	1/19 - 3/9	\$120
141330-2C	12-17 yrs	Sa	9 - 10:30am	1/21 - 3/11	\$120

## BEACH VOLLEYBALL: GIRLS WINTER TRAINING

The Golden Coast Beach Volleyball Club runs skill development and game focused training for athletes wanting to keep their game sharp during the offseason. Go to [www.goldencoastcolleyball.com](http://www.goldencoastcolleyball.com) for more details.

### Beach Volleyball CA Inc

City Beach, 15th Street  
and Pacific Coast Hwy

141331-2A	12-17 yrs	Tu	3:30 - 5pm	1/17 - 3/7	\$120
141331-2B	12-17 yrs	Th	3:30 - 5pm	1/19 - 3/9	\$120
141331-2C	12-17 yrs	Sa	9 - 10:30am	1/21 - 3/11	\$120

## 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

141337-2A	5-8 yrs	M	4 - 5pm	1/23 - 2/27	\$95
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## BEGINNER YOUTH WRESTLING – LEVEL 1

This ground-breaking & super-fun program is a first of its kind in HB. Basic wrestling skills are taught in a dynamic environment utilizing positive reinforcement, instructional drills, and technique-oriented games. The focus is on skill-development & fun! Youths are partnered with same age/size partners. MONDAY, TUESDAY, AND WEDNESDAY NIGHT CLASSES ARE HELD OUTSIDE ON MATS! For more info: [www.facebook.com/orangecountygrappling/](http://www.facebook.com/orangecountygrappling/) or [ocgrappling.org](http://ocgrappling.org). No Class Dates: Jan-16, Feb- 20

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141349-1A	5-15 yrs	M,W	5:30 - 6:30pm	1/9 - 3/22	\$206
141349-1B	5-15 yrs	M,W	5:30 - 6:30pm	1/9 - 2/1	\$100
141349-1C	5-15 yrs	M,W	5:30 - 6:30pm	2/6 - 3/1	\$100
141349-1D	5-15 yrs	M,W	5:30 - 6:30pm	2/27 - 3/22	\$100

### OC Youth Sports Academy

Murdy Community Center

141349-1E	5-15 yrs	T, Th	5:30 - 6:30pm	1/10 - 3/23	\$206
141349-1F	5-15 yrs	T, Th	5:30 - 6:30pm	1/10 - 2/2	\$100
141349-1G	5-15 yrs	T, Th	5:30 - 6:30pm	2/7 - 3/2	\$100
141349-1H	5-15 yrs	T, Th	5:30 - 6:30pm	2/28 - 3/23	\$100

## NOVICE YOUTH WRESTLING

This class is a great one for student-athletes who already have some wrestling background or have completed our Beginner Level 1 program twice. Foundational wrestling skills are taught in a dynamic environment reinforced by technique & LIVE wrestling. Positive reinforcement, instructional drills, and situational-oriented wrestling. The focus is on skill-development & fun! Youths are partnered with same age/size partners. MONDAY, TUESDAY, AND WEDNESDAY NIGHT CLASSES ARE HELD OUTSIDE ON MATS! For more info: [www.facebook.com/orangecountygrappling/](http://www.facebook.com/orangecountygrappling/) or [ocgrappling.org](http://ocgrappling.org). No Class Dates: Feb-2

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141350-1A	5-15 yrs	M,W	6:30 - 7:30pm	1/9 - 3/22	\$206
141350-1B	5-15 yrs	M,W	6:30 - 7:30pm	1/9 - 2/1	\$100
141350-1C	5-15 yrs	M,W	6:30 - 7:30pm	2/6 - 3/1	\$100
141350-1D	5-15 yrs	M,W	6:30 - 7:30pm	2/27 - 3/22	\$100

### OC Youth Sports Academy

Murdy Community Center

141350-1E	5-15 yrs	T,Th	6:30 - 7:30pm	1/10 - 3/23	\$206
141350-1F	5-15 yrs	T,Th	6:30 - 7:30pm	1/10 - 2/2	\$100
141350-1G	5-15 yrs	T,Th	6:30 - 7:30pm	2/7 - 3/2	\$100
141350-1H	5-15 yrs	T,Th	6:30 - 7:30pm	2/28 - 3/23	\$100

## YOUTH BEGINNER SPEED, QUICKNESS AND AGILITY WITH OCYSA

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will enhance foot speed, form, body mechanics, increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. Coached by high school varsity track coaches with multi-sport backgrounds. For more information: [oc-ysa.org/speed-agility](http://oc-ysa.org/speed-agility). No Class Dates: Jan-16, Feb-20, Mar-3

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141339-1A	5-11 yrs	M,W,F	4:15 - 5:15pm	1/9 - 3/24	\$190
141339-1B	11-15 yrs	M,W,F	4:15 - 5:15pm	1/9 - 3/24	\$190
141339-1C	11-15yrs	M,W,F	4:15 - 5:15pm	1/9 - 2/3	\$100
141339-1D	11-15yrs	M,W,F	4:15 - 5:15pm	2/6 - 3/3	\$100
141339-1E	11-15 yrs	M,W,F	4:15 - 5:15pm	3/6 - 3/24	\$80

## YOUTH INTERMEDIATE SPEED, QUICKNESS & AGILITY WITH OCYSA

This is a more advanced Speed, quickness & agility program. It is designed for athletes who want to excel in elite club and or high school varsity sports. Exposure to more advanced drills, mechanics and breathing techniques. Increased plyometric programming along with increased understanding of pregame active stretching and post-game static stretching process. Difficulty increase on footwork, as well as agility ladder combinations and acceleration, maintenance and deceleration mechanics. Coached by high school varsity track coaches with multi-sport backgrounds. For more info visit: [oc-ysa.org/speed-agility](http://oc-ysa.org/speed-agility). No Class Dates: Mar-3

### OC Youth Sports Academy

Lake Park Clubhouse,  
1035 11th Street

141348-1A	11-15 yrs	T,Th	4:15 - 5:15pm	1/10 - 3/23	\$190
141348-1B	11-15 yrs	T,Th	4:15 - 5:15pm	1/10 - 2/3	\$100
141348-1C	11-15yrs	T,Th	4:15 - 5:15pm	2/7-3/2	\$100
141348-1D	11-15yrs	T,Th	4:15 - 5:15pm	3/7 - 3/23	\$100

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

## BEGINNER TRACK SPRINTS & RELAY RACES WITH OCYSA

Track and field is the highest U.S. participatory sport in high school and junior high. In this class experienced HS varsity track sprint coaches will teach youths to run the 100, 200, 400, 800m races & relay races. Standing starts and basics of starts using blocks. An awesome FUN fitness opportunity that will enhance form, speed, quickness, as well as enrich lives. Speed games will keep them wanting to come back! *No Class Dates: Mar-3*

OC Youth Sports Academy		Murdy Community Center	
141351-1A	11-15 yrs T,Th 4:15 - 5:15pm	1/10 - 3/223	\$190
141351-1B	11-15 yrs T,Th 4:15 - 5:15pm	1/10 - 2/3	\$90
141351-1C	11-15yrs T,Th 4:15 - 5:15pm	2/7 - 3/2	\$90
141351-1D	11-15yrs T,Th 4:15 - 5:15pm	3/7 - 3/23	\$150

## HB ATHLETIC EDGE –PERFECT SPEED, QUICKNESS, AGILITY, CORE-STRENGTH & PLYOMETRICS

This program will take youth athletes to the next level. Speed, Footwork, Core, Power, Balance, Strength, Coordination and Rhythm will all be trained and enhanced. These are the elements of true athleticism. Scientifically proven training methods will be implemented to overcome plateaus and increase fast-twitch muscle fiber activation. For more information please visit: <http://www.oc-ysa.org/core-strength/> & <http://www.oc-ysa.org/speed-agility>. Class coached by college athletes and high school varsity coaches. *No Class Dates: Feb-2*

OC Youth Sports Academy		Lake Park Clubhouse, 1035 11th Street	
141345-1A	10-18 yrs M-F 4:15 - 5:15pm	1/9 - 3/24	\$300
141345-1B	10-18 yrs M-F 4:15 - 5:15pm	1/9 - 2/3	\$150
141345-1C	10-18 yrs M-F 4:15 - 5:15pm	2/6 - 2/3	\$150
141345-1D	10-18 yrs M-F 4:15 - 5:15pm	3/6 - 3/24	\$125

## SURF & SKATE

### OC ROLLER KIDS

Has your child expressed interest in playing hockey or roller derby? This class is designed for the aspiring skater. Drills range from beginner to advanced, based on the individual skater needs. Skaters need to wear roller skates or inlines, protective gear - helmet, knee/elbow pads, and wrist guards.

Elena Parra		Edison Community Center	
141406-2A	6-13 yrs Sa 10 - 11am	1/14 - 2/11	\$55

### BEGINNER SURF CLASS

This is a 4-lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. Ages 8 to 16 years.

HB Surf School		City Beach, South Side of HB Pier	
141407-2A	8-16 yrs Sa 10 - 11am	1/7 - 1/28	\$180
141407-2B	8-16 yrs Sa 10 - 11am	2/4 - 2/25	\$180
141407-2C	8-16 yrs Sa 10 - 11am	3/4 - 3/25	\$180



See page 2 for a list of Private or Semi-Private Surf Schools

## SURFING: INTERMEDIATE SURF CLASS

Are you ready to take your skills to the next level? This class is designed for intermediate surfers who are paddling out the back and catching open face waves. This class meets for one hour each week, and is designed to help you improve your skills with basic maneuvers, wave selection, and understanding the ocean.

HB Surf School		City Beach, South Side of HB Pier	
141410-2A	8-16 yrs Tu 3:30 - 4:30pm	1/10 - 1/31	\$180
141410-2B	8-16 yrs Tu 3:30 - 4:30pm	2/7 - 2/28	\$180
141410-2C	8-16 yrs Tu 3:30 - 4:30pm	3/7 - 3/28	\$180
141410-2D	8-16 yrs W 3:30 - 4:30pm	1/4 - 1/25	\$180
141410-2E	8-16 yrs W 3:30 - 4:30pm	2/1 - 2/22	\$180
141410-2F	8-16 yrs W 3:30 - 4:30pm	3/1 - 3/22	\$180

## SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class 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 skateboard, knee pads, elbow pads and a helmet.

Skatedogs		Sports Complex	
191401-6A	5-16 yrs W 4 - 5:30pm	1/11 - 2/8	\$125
191401-6B	5-16 yrs W 4 - 5:30pm	2/22 - 3/22	\$125

# Skateboarding BIRTHDAY PARTY



## Sports Complex Parking Lot

Celebrate your birthday with your friends by riding ramps and getting skateboarding instruction from an experienced coach in the Skatedogs private skatepark. All parties include instruction, free skate, and fun games! For more information contact Skatedogs at 714-313-8787.