

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 material fee due at first class.

Lucia Henry **HB Art Center**
140101-4A 6-12 yrs Th 3:45 - 5pm 1/18 - 2/15 \$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 material fee for new students (\$20 for returning students) due at first class. Pre-registration is required. All materials are provided.

Pati Kent **HB Art Center**
140109-4A 7-13 yrs Tu 4:30 - 5:30pm 1/9 - 2/6 \$76/69
140109-4B 7-13 yrs Tu 4:30 - 5:30pm 2/20 - 3/20 \$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 material fee due at first class.

Lucia Henry **HB Art Center**
140110-4A 6-12 yrs Th 3:45 - 5pm 2/22 - 3/22 \$81/73

COOKING

COOKING IT UP FRESH

Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make his or her own individual recipe.

Stephanie Collett **Edison Community Center**
140301-2A 7-12 yrs F 6 - 7:15pm 1/12 - 2/9 \$90
140301-2B 7-12 yrs Sa 11am - 12:15pm 1/13 - 2/10 \$90

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. *No Class Dates: Jan-15, Feb-19.*

Huntington Academy of Dance	City Gym and Pool
140401-3A 5-7 yrs Th 4 - 5pm	1/11 - 3/15 \$105
Huntington Academy of Dance	Edison Community Center
140401-2A 5-7 yrs Sa 11:15am - 12:15pm	1/13 - 3/17 \$105
Huntington Academy of Dance	Murdy Community Center
140401-1A 6-8 yrs M 4:30 - 5:30pm	1/8 - 3/19 \$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 6-11 yrs Tu 4 - 4:45pm 1/9 - 2/6 \$66/60
140403-4B 6-11 yrs Tu 4 - 4:45pm 2/13 - 3/13 \$66/60

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! *No Class Dates: Jan-15, Feb-19.*

Huntington Academy of Dance	Edison Community Center
140404-2A 5-7 yrs W 4:35 - 5:35pm	1/10 - 3/14 \$105
Huntington Academy of Dance	Murdy Community Center
140404-1A 7-12 yrs M 5:30 - 6:30pm	1/8 - 3/19 \$95

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 Tu 3:30 - 4:30pm 1/9 - 3/13 \$105

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 1/9 - 3/13 \$105

EDUCATIONAL

NEW! ENGINEERING FOR KIDS

Engineering for Kids takes everyday items and transforms them into fun, engaging, hands-on learning projects: bottles become an awesome rocket, turbines from painter sticks, music from cardboard. We want to foster children's natural curiosity and fearlessness to see what their incredible minds can create.

South Coast Engineering for Kids		City Gym and Pool			
140617-3A	4-6 yrs Fri	4:30 - 5:30pm	2/2 - 3/23	\$140	
140617-3B	7-13 yrs Fri	5:30 - 6:30pm	2/2 - 3/23	\$140	

NEW! INSECTS: BUG ME IF YOU DARE!

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing bugs around us such as beetles, butterflies, fruit flies, micro-arthropods, ladybugs and crickets. Get up close and personal with the live bugs, using a microscope on some topics and performing cool biology experiments on the others. \$36 lab fee due at first class.

Bionerds		City Gym and Pool			
140617-3A	5-12 yrs Fri	3 - 4pm	1/12 - 2/16	\$120	

GYMNASTICS

GYMNASTICS: CHEER-NASTICS

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

Tumble-N-Kids Inc		City Gym and Pool			
140701-3A	6-12 yrs F	4 - 5pm	1/12 - 3/16	\$110	
140701-3B	6-12 yrs F	5 - 6pm	1/12 - 3/16	\$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 material fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
140702-2A	6-12 yrs W	3:45 - 4:45pm	1/10 - 3/14	\$110	
140702-2B	5-8 yrs Sa	11:20am - 12:20pm	1/13 - 3/17	\$110	
Tumble-N-Kids Inc		Murdy Community Center			
140702-1A	6-12 yrs Tu	4 - 5pm	1/9 - 3/13	\$110	
140702-1B	7-14 yrs Th	4:30 - 5:30pm	1/11 - 3/15	\$110	
140702-1C	5-8 yrs Sa	11:20am - 12:20pm	1/13 - 3/17	\$110	

GYMNASTICS: KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 material fee due at first class.

Tumble-N-Kids Inc		City Gym and Pool			
140704-3A	4-6 yrs F	3 - 4pm	1/12 - 3/16	\$110	
Tumble-N-Kids Inc		Edison Community Center			
140704-2A	4-6 yrs W	2:45 - 3:45pm	1/10 - 3/14	\$110	
Tumble-N-Kids Inc		Murdy Community Center			
140704-1A	4-6 yrs Tu	3 - 4pm	1/9 - 3/13	\$110	
140704-1B	4-6 yrs Th	3:30 - 4:30pm	1/11 - 3/15	\$110	

NEW! GYMNASTICS/ YOGA-NASTICS

Yoganastics combines 2 popular skills, Gymnastics + Yoga! This unique mix promotes student's flexibility, balance, coordination, focus, strength & more, while delivering a double dose of FUN! These valuable skills are great building blocks for ALL SPORTS. Parents attend last class with certificate awarded. Yoga mats are provided or bring your own.

Tumble-N-Kids Inc		Murdy Community Center			
140705-1A	7-10 yrs Th	5:30 - 6pm	1/11 - 3/15	\$55	

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	8-14 yrs Th	5 - 5:40pm	1/11 - 3/22	\$110	
140903-2B	8-14 yrs F	5 - 5:40pm	1/12 - 3/23	\$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	8-14 yrs Th	5:45 - 6:30pm	1/11 - 2/8	\$60	
140904-2B	8-14 yrs Th	5:45 - 6:30pm	2/22 - 3/22	\$60	
140904-2C	8-14 yrs F	5:45 - 6:30pm	1/12 - 2/9	\$60	
140904-2D	8-14 yrs F	5:45 - 6:30pm	2/23 - 3/23	\$60	

Register Online! www.hbsands.org



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 Rec Prog		Murdy Community Center			
140905-1A	New Students	F	5:30 - 6:10pm	1/12 - 3/23	\$85
140905-1B	Yellow/Orange	F	6:15 - 6:55pm	1/12 - 3/23	\$85
140905-1C	Purple & Above	F	7 - 7:40pm	1/12 - 3/23	\$85

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 \$70. 3 days a week for \$90.

Wadoryu USA		Edison Community Center			
140906-2A	8-18 yrs	Th	5:45 - 7:15pm	1/11 - 2/8	\$70
140906-2B	8-18 yrs	Th	5:45 - 7:15pm	2/22 - 3/22	\$70
140906-2C	8-18 yrs	F	5:45 - 7:15pm	1/12 - 2/9	\$70
140906-2D	8-18 yrs	F	5:45 - 7:15pm	2/23 - 3/23	\$70



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	8-18 yrs	Th	5:45 - 8pm	1/11 - 2/8	\$80
140907-2B	8-18 yrs	Th	5:45 - 8pm	2/22 - 3/22	\$80
140907-2C	8-18 yrs	F	5:45 - 8:15pm	1/12 - 2/9	\$80
140907-2D	8-18 yrs	F	5:45 - 8:15pm	2/23 - 3/23	\$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-15, Feb-19.*

Kiavash Tillehkooh		City Gym and Pool			
140908-3A	5-9 yrs	M	5:45 - 6:30pm	1/8 - 3/19	\$188
140908-3B	5-9 yrs	Tu	5:45 - 6:30pm	1/9 - 3/20	\$188
140908-3C	5-9 yrs	W	5:45 - 6:30pm	1/10 - 3/21	\$188
140908-3D	5-9 yrs	Th	5:45 - 6:30pm	1/11 - 3/22	\$188

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-15, Feb-19.*

Kiavash Tillehkooh		City Gym and Pool			
140912-3A	10-17 yrs	M,W	6:30 - 7:15pm	1/8 - 3/21	\$199
140912-3B	10-17 yrs	Tu,Th	6:30 - 7:15pm	1/9 - 3/22	\$199
140912-3C	10-17 yrs	W,Th	6:30 - 7:15pm	1/10 - 3/22	\$199
140912-3D	10-17 yrs	Tu,W	6:30 - 7:15pm	1/9 - 3/21	\$199

STUDENT OPPORTUNITY!

Become one of four Ambassadors of Goodwill by participating in the Sister City Student Exchange Program with Anjo, Japan.

This is an outstanding opportunity for students and their families to develop an understanding and long-lasting friendships through a reciprocal family living experience. Our student families host a Japanese student for two weeks in July and the ambassadors travel to Japan for two weeks in late July/early August, 2018. A highlight of that visit is sharing in Anjo's Tanabata Festival and a trip to Kyoto.

ELIGIBILITY: Any freshman, sophomore or junior who lives in or attends school in the Huntington Beach Union High School District.

APPLICATIONS AVAILABLE: www.hbcfbfest.com OR online at Huntington Beach, Government, Boards & Commissions

APPLICATION DEADLINE: Monday, November 20, 2017

In celebration of the 35th anniversary of the sister city relationship with Anjo, an adult delegation from Anjo visited Huntington Beach over July 4th. In October, 34 local citizens visited Anjo and other Japanese cities.

Watch for the **Sister City Cherry Blossom Festival** in Central Park on March 18, 2018 featuring Japanese music, dance, martial arts, exhibits and food. Enjoy this free community cultural event for the entire family!



MUSIC

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! Bring your own acoustic guitar, \$20 material fee for book. Walk-ins are welcome, but please register by 1/9 for best availability, and GET READY TO ROCK!

The RockBand Experience

141007-4A	8-11 yrs	Th	3:30 - 4:30pm	1/11 - 2/1	\$85/77
141007-4B	8-11 yrs	Th	3:30 - 4:30pm	2/8 - 3/1	\$85/77
141007-4C	8-11 yrs	Th	3:30 - 4:30pm	3/8 - 3/22	\$66/60

HB Art Center

The RockBand Experience

141007-1A	8-11 yrs	Tu	3:30 - 4:30pm	1/9 - 1/30	\$85
141007-1B	8-11 yrs	Tu	3:30 - 4:30pm	2/6 - 2/27	\$85
141007-1C	8-11 yrs	Tu	3:30 - 4:30pm	3/6 - 3/20	\$60
141007-1D	12 yrs +	Tu	4:30 - 5:30pm	1/9 - 1/30	\$85
141007-1E	12 yrs +	Tu	4:30 - 5:30pm	2/6 - 2/27	\$85
141007-1F	12 yrs +	Tu	4:30 - 5:30pm	3/6 - 3/20	\$85

Murdy Community Center

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 material fee payable to instructor.

Take the Stage Productions

Edison Community Center

141010-2A 8-12 yrs M 4:20 - 5:20pm 1/8 - 3/12 \$112

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 material fee due at first class. *No Class Dates: Feb-21.*

Take the Stage Productions

Murdy Community Center

131009-1A 8-12 yrs W 4:45 - 5:30pm 1/10 - 3/14 \$113

PERFORMING ARTS

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 1/11 - 3/1 \$79

Iskui Merdjanian

Murdy Community Center

141003-1A 6-8 yrs W 7 - 7:45pm 1/10 - 2/28 \$79

STORYBOOK THEATRE

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 material fee due at first class. *No Class Dates: Feb-21*

Take the Stage Productions

Murdy Community Center

141005-1A 5-9 yrs W 4 - 4:45pm 1/10 - 3/14 \$113

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 material fee due at first class.

Workshops on Wellness

Murdy Community Center

140608-1A 10 yrs + Sa 10am - 5pm 2/24 \$60

MAD SCIENCE: SCIENCE MANIA

We'll transform the room into a crime lab to collect fingerprints and other clues. Discover how hurricanes and tornadoes form. How fast does a yo-yo spin? Why do boomerangs fly in a loop? Sit in the director's chair and learn the science of movie-making! Investigate 3-D images and create amazing special effects. Travel to the center of the earth to unlock the mysteries of the planet and learn how earthquakes shake and volcanoes form. All this and more in Mad Science Mania!! A \$10 materials fee payable to the Mad Scientist on 1st day of class.

MAD Science

Murdy Community Center

140609-1A 5-12 yrs F 3:30 - 4:30pm 2/2 - 3/23 \$99

MUSICAL THEATER

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

Huntington Academy of Dance 16601 Gothard Street, Suite A

141107-2A 8-16 yrs W 3:30-4:30pm 1/10-3/14 \$105

Register Online!
www.hbsands.org

HEALTH & FITNESS

NEW! ALL ABILITIES YOUTH YOGA

This class is specifically designed for elementary age children with / without disabilities. Children will learn how to move their bodies in space and use their breath as a tool in a fun, learning environment. Class will meet once a week for an hour.

Rainbow Connection Yoga		Murdy Community Center			
140806-1A	5-12 yrs Th	4:30 - 5:30pm	1/11 - 3/15	\$106	
140806-1B	5-12 yrs Sa	9:30 - 10:30am	1/13 - 3/17	\$106	

NEW! SPECIAL NEEDS YOGA

This class is specifically designed for elementary age children with disabilities. Children will learn how to use their bodies to move in space and use their breath as a tool in a fun, learning environment using games to facilitate language while promoting social skills. Class will meet weekly for an hour.

Rainbow Connection Yoga		City Gym and Pool			
140807-3A	5-12 yrs Tu	6 - 7pm	1/9 - 3/13	\$106	

SPORTS

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	1/27 - 3/3	\$60	

Youth Sports Staff		Edison Community Center			
141312-2A	6-8 yrs Sa	10:30 - 11:20am	1/27 - 3/3	\$60	

Youth Sports Staff		Murdy Community Center			
141312-1A	6-8 yrs Sa	10:30 - 11:20am	1/27 - 3/3	\$60	

PRE SEASON BASKETBALL PREP

This City of Huntington Beach basketball program is a clinic-based program with an emphasis on learning the game and having fun. This is a pre season instructional camp to prepare players for the upcoming 2018 Coed Basketball League. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying basketball is the key to learning. All players will receive an HB recreation jersey!

Youth Sports Staff		City Gym and Pool			
151306-3A	8-14 yrs Tu, W, F	3:45 - 5:15pm	1/9-1/19	\$60	



Parks & Recreation...
Promote good health

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 15th, 2016 and will continue on a daily basis until evaluation day, January 14th, 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.

Youth Sports Staff		City Gym and Pool			
141315-3A	7th-8th Grade Sa	12:30 - 1:30pm	1/13 - 3/24	\$60	
141315-3B	5th-6th Grade Sa	11am - 12pm	1/13 - 3/24	\$60	
141315-3C	3rd-4th Grade Sa	9:30 - 10:30am	1/13 - 3/24	\$60	

MFD FOOTBALL

The class is designed to engage kids in the fundamental offensive and defensive movements and skills of football. In this semi-competitive class, beginning and intermediate athletes will actively move through a series of stations promoting the tools and skills needed to prepare them for upcoming seasons. Athletes will be exposed to the following concepts: 1.) Passing and Catching 2.) Running Pass Routes 3.) Man to man coverage techniques 4.) Zone concepts. Classes will conclude with mock games where learned techniques and skills can be practiced in a safe and controlled environment. *No Class Dates: Jan-15, Feb-19.*

Frank McManus		Murdy Community Center			
141356-1A	5-6 yrs M	4 - 5pm	1/8 - 2/5	\$56	
141356-1B	5-6 yrs M	4 - 5pm	2/12 - 3/19	\$66	
141356-1C	7-9 yrs Tu	4 - 5pm	1/9 - 2/6	\$66	
141356-1D	7-9 yrs Tu	4 - 5pm	2/13 - 3/13	\$66	
141356-1E	7-9 yrs Tu	4 - 5pm	1/9 - 2/13	\$116	
141356-1F	10-13 yrs Th	4 - 5pm	1/11 - 2/8	\$66	
141356-1G	10-13 yrs Th	4 - 5pm	2/15 - 3/15	\$66	
141356-1H	10-13 yrs Th	4 - 5pm	1/11 - 3/15	\$116	



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-19.*

Skyhawks Sports Academy Inc **Murdy Community Center**
141302-1A 7-10 yrs M 5 - 6pm 1/22 - 3/19 \$145

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-15, Feb-19.*

Matt Taylor Volleyball **City Gym and Pool**
141309-3A 5th-6th grade M 3:30 - 4:45pm 1/8 - 3/19 \$145
141309-3B 5th-6th grade Th 3:30 - 4:45pm 1/11 - 3/15 \$160
141309-3C 7th-8th grade M 4:45 - 6pm 1/8 - 3/19 \$145

VOLLEYBALL: HB ACES ELITE

This program is limited to experienced and motivated players who are looking for a high intensity clinic with competitive game play. Consider this a bridge between introduction classes and club volleyball. Beginner and lower level players should look to the Monday class to build their skills.

Matt Taylor Volleyball **City Gym and Pool**
151322-3A 6th-8th Grade Th 4:45 - 6pm 1/11 - 3/15 \$160

ADVANCED BOYS BEACH VOLLEYBALL TRAININGS

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 2018 youth tournament schedule. Three trainings a week over the eight weeks for \$350, www.goldencoastvolleyball.com.

Beach Volleyball CA Inc **15th St at PCH**
141327-2A 12-17 yrs Su,M,Tu,W,Th,F,Sa 7am - 7pm 1/15 - 3/11 \$350

ADVANCED GIRLS BEACH VOLLEYBALL TRAININGS

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 2018 youth tournament schedule. Three trainings a week over the eight weeks for \$350, www.goldencoastvolleyball.com.

Beach Volleyball CA Inc **15th St at PCH**
141328-2A 12-17 yrs Su,M,Tu,W,Th,F,Sa 7am - 7pm 1/15 - 3/11 \$350

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. Trainings held at the beach courts where PCH meets 15th Street.

Beach Volleyball CA Inc **15th St at PCH**
141330-2A 12-17 yrs Tu 4 - 5:30pm 1/16 - 3/6 \$120
141330-2B 12-17 yrs Th 4 - 5:30pm 1/18 - 3/8 \$120
141330-2C 12-17 yrs Sa 9 - 10:30am 1/20 - 3/10 \$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. Trainings held at the courts where PCH meet 15th street.

Beach Volleyball CA Inc **15th St at PCH**
141331-2A 12-17 yrs Tu 4 - 5:30pm 1/16 - 3/6 \$120
141331-2B 12-17 yrs Th 4 - 5:30pm 1/18 - 3/8 \$120
141331-2C 12-17 yrs Sa 9 - 10:30am 1/20 - 3/10 \$120

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 1/27 - 3/17 \$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 CC Front Field**
141336-1A 7-10 yrs Sa 2:15 - 3pm 1/27 - 3/17 \$99

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. *No Class Dates: Feb-19.*

Skyhawks Sports Academy Inc **Edison Community Center**
141337-2A 5-8 yrs M 4 - 5pm 1/22 - 3/5 \$105

BEGINNER YOUTH WRESTLING

Super-fun program OCG youth 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. For more info: www.facebook.com/orangecountygrappling/ or oc-grappling.org.

OC Youth Sports Academy **Rodgers Center 1706 Orange Ave**
141349-1A 5-10 yrs Tu,Th 5:30 - 6:30pm 1/9 - 3/29 \$250
141349-1B 11-15 yrs Tu,Th 5:30 - 6:30pm 1/9 - 3/29 \$250
141349-1C 5-15 yrs Tu,Th 5:30 - 6:30pm 2/6 - 3/29 \$200

NOVICE YOUTH WRESTLING

This youth wrestling class is a great one for youths with a wrestling background or who have completed our Beginner Youth program twice. More advanced wrestling skills are taught in a dynamic environment reinforced by technique & LIVE wrestling. Positive reinforcement, instructional drills, and situational-oriented live wrestling. The focus is on skill-development & fun! Youths are partnered with same age/size partners. For more information: please call 714-785-9116 / oc-grappling.org.

OC Youth Sports Academy **Rodgers Center, 1706 Orange Ave**
141350-1A 5-10 yrs Tu,Th 6:30 - 8pm 1/9 - 3/29 \$250
141350-1B 11-15 yrs Tu,Th 6:30 - 8pm 1/9 - 3/29 \$250
141350-1C 5-15 yrs Tu,Th 6:30 - 8pm 2/6 - 3/29 \$200

SURF & SKATE

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	5-13 yrs W	4 - 5:30pm	1/10 - 2/7	\$125	
191401-6B	5-13 yrs W	4 - 5:30pm	2/21 - 3/21	\$125	

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	1/13 - 2/10	\$55	

YOUTH ICE HOCKEY SKATING SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

The Rinks Westminster ICE		Westminster Ice, 13071 Springdale Street			
141323-1A	6-16 yrs W	6:10 - 6:40pm	1/10 - 1/31	\$38	
141323-1B	6-16 yrs W	6:10 - 6:40pm	2/21 - 3/14	\$38	
141323-1C	6-16 yrs Sa	10:45 - 11:15am	1/13 - 2/3	\$38	
141323-1D	6-16 yrs Sa	10:45 - 11:15am	2/24 - 3/17	\$38	



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		Westminster Ice, 13071 Springdale Street			
141324-1A	6-16 yrs Th	4:10 - 4:40pm	1/11 - 2/1	\$38	
141324-1B	6-16 yrs Th	4:10 - 4:40pm	2/22 - 3/15	\$38	
141324-1C	6-16 yrs Sa	10:45 - 11:15am	1/13 - 2/3	\$38	
141324-1D	6-16 yrs Sa	10:45 - 11:15am	2/24 - 3/17	\$38	

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			
141407-2A	8-16 yrs Sa	10 - 11am	2/3 - 2/24	\$180	
141407-2B	8-16 yrs Sa	10 - 11am	3/3 - 3/24	\$180	

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.

YOUTH

TEEN / ADULT

AQUATIC FITNESS

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

AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No Class Dates: Jan 1-8, Jan 15, Feb 19

Dawnette Lowry

City Gym & Pool

Monday, Wednesday & Saturday 7:00 - 8am

*Tuesday & Thursday 7 - 8 am

**Tuesday, Thursday & Friday 8:20 - 9:20 am

	JANUARY	FEBRUARY	MARCH
M	150808-3A \$29	150808-3B \$29	150808-3C \$36
W	150808-3D \$36	150808-3E \$36	150808-3F \$36
F	150808-3G \$29	150808-3H \$36	150808-3I \$44
Sa	150808-3J \$29	150808-3K \$36	150808-3L \$44
M,W	150808-3M \$59	150808-3N \$59	150808-3O \$66
Tu,Th*	150808-3P \$59	150808-3Q \$66	150808-3R \$66
Tu,Th**	150808-3S \$59	150808-3T \$66	150808-3U \$66

AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No Class Dates: Jan 1-8, Jan 15, Feb 19

Dawnette Lowry

City Gym & Pool

Monday & Wednesday 8:15 - 9:25am

Friday 6:45 - 8 am

	JANUARY	FEBRUARY	MARCH
M	150802-3A \$35	150802-3B \$35	150802-3C \$44
W	150802-3D \$44	150802-3E \$44	150802-3F \$44
F	150802-3G \$35	150802-3H \$44	150802-3I \$54
M,W	150802-3J \$72	150802-3K \$72	150802-3L \$81



AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No Class Dates: Jan 1-8, Jan 15, Feb 19.

Debra Thurn

City Gym & Pool

Monday, Wednesday & Friday 12:15 - 1:15 pm

Tuesday & Thursday 12:30 - 1:30 pm

	JANUARY	FEBRUARY	MARCH
M,W,F	150806-3A \$84	150806-3B \$84	150806-3C \$84
Tu,Th	150806-3D \$58	150806-3E \$58	150806-3F \$58

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. Monthly 2x/wk. No Class Dates: Jan 1-8, Jan 15, Feb 19.

Debra Thurn & Jamie Fowler

City Gym & Pool

Monday & Wednesday 1:15-2pm

Friday 11am-12pm

	JANUARY	FEBRUARY	MARCH
M,W	150805-3A \$70	150805-3B \$70	150805-3C \$70
F	150805-3D \$45	150805-3E \$45	150805-3F \$45

AQUA TONE FITNESS: AQUA EVENING CARDIO

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. Questions: aquatonefitness@aol.com. No Class Dates: Jan 1-8, Jan 15, Feb 19.

Dawnette Lowry

City Gym & Pool

Monday, Wednesday & Friday 5:25-6:25pm

	JANUARY	FEBRUARY	MARCH
M	150804-3A \$29	150804-3B \$29	150804-3C \$36
W	150804-3D \$36	150804-3E \$36	150804-3F \$36
F	150804-3G \$29	150804-3H \$36	150804-3I \$44
M,W	150804-3J \$59	150804-3K \$59	150804-3L \$66
M,W,F	150804-3M \$81	150804-3N \$85	150804-3O \$106

AQUA TONE FITNESS: H2O BOOTCAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Questions: aquatonefitness@aol.com. No Class Dates: Jan 1-8.

Dawnette Lowry

City Gym & Pool

Friday 9:30-10:15am

	JANUARY	FEBRUARY	MARCH
F	150821-3A \$29	150821-3B \$36	150821-3C \$44