

Adult & Teen Classes

ACTING: ACTING INTENSIVE

This is a ten week acting intensive, offering cutting edge acting techniques allowing students to have a competitive head start in both the theater and film world. No previous experience required. No class Feb 11&18.

Deacon, Chris & Duremdes, Alex Art Center Multipurpose
4534.101 15yrs to Adult 1/14 -3/17 11:00am-2:00pm Sa \$206
 *\$186 HBAC Members

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 \$3 per class to be paid each class. No class Feb 17 and20.

Lowry, Dawnette City Gym Pool
4314.100 16yrs to Adult 1/9-3/12 8:15am-9:25am M \$96
4314.101 16yrs to Adult 1/11-3/14 8:15am-9:25am W \$106
4314.102 16yrs to Adult 1/13-3/16 6:45am-8:00am F \$96

AQUA EVENING: AQUA-TIME 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. No class Feb. 17th.

Lowry, Dawnette City Gym Pool
4311.100 16yrs to Adult 1/13-3/16 5:30pm-6:30pm F \$70

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 classes Monday Jan.16 and Feb20.

Zsach, Alicia City Gym Pool
4310.101 12yrs to Adult 1/9-3/12 5:30pm-6:30pm M \$62
4310.102 12yrs to Adult 1/11-3/14 5:30pm-6:30pm W \$76
4310.103 12yrs to Adult 1/9-3/14 5:30pm-6:30pm M W \$132

AQUATIC EXERCISE: AQUA LATIN RHYTHMS

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!

Thurn, Debra City Gym Pool
4466.100 Adult 1/13-3/16 1:15pm-2:00pm F \$76

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 Feb. 17 and20.

Lowry, Dawnette City Gym Pool
4312.101 16yrs to Adult 1/9-3/14 7:00am-8:00am M W \$140
4312.102 16yrs to Adult 1/10-3/15 7:00am-8:00am Tu Th \$150
4312.103 16yrs to Adult 1/10-3/15 8:20am-9:20am Tu Th \$150
4312.104 16yrs to Adult 1/9-3/12 7:00am-8:00am M \$70
4312.105 16yrs to Adult 1/11-3/14 7:00am-8:00am W \$77
4312.106 16yrs to Adult 1/13-3/16 8:20am-9:20am F \$70
4312.107 16yrs to Adult 1/14-3/17 7:00am-8:00am Sa \$77

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. \$9 drop-in fee with additional 1 time sign-up fee of \$6.

Thurn, Debra City Gym Pool
4313.100 Adult 1/13-3/16 11:15am-12:00pm F \$89

AQUATIC EXERCISE: H2O BOOT CAMP

This program is unique because it 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. Whether you are a recreational swimmer or not, this45 minute session will be hard work. No class on Feb 17.

Lowry, Dawnette City Gym Pool
4525.100 16yrs to Adult 1/13-3/16 9:30am-10:15am F \$70

AQUATIC THERAPY: AQUA ACTIVE

Is designed to help relieve stiffness, restore or maintain joint range of motion, improve posture, muscle strength, and increase endurance. Led by a physical therapy assistant and certified Arthritis leader who has gone through extensive training on exercise principles and safety issues, specific for people with Arthritis or injury recovery. No class Monday Jan.16 and Feb.20,

Thurn, Debra City Gym Pool
4315.100 Adult 1/9-2/10 12:15pm-1:15pm M W F \$97
4315.101 Adult 2/13-3/16 12:15pm-1:15pm M W F \$97
4315.102 Adult 1/10-2/9 12:30pm-1:30pm Tu Th \$71
4315.103 Adult 2/14-3/15 12:30pm-1:30pm Tu Th \$71

AQUATIC THERAPY: AQUA SCULPT

This fun and therapeutic class is performed in the deep-end working on core work as well as a full body work-out. We will move into the shallow end for additional core work and upper extremity strength. Requires aqua-belt or noodles available in class. Paddles available for upper body strengthening. No class Monday Jan.16 and Feb20.

Thurn, Debra City Gym Pool
4316.100 Adult 1/9-2/8 1:15pm-2:00pm M W \$74
4316.101 Adult 2/13-3/14 1:15pm-2:00pm M W \$74

ART: ADVANCED SILVER CLAY-SPINNING RING

Students will be able to create a spinning ring using silver clay. This workshop is fun and challenging and uses a unique technique from Japan. (Pre-requisite : Experience in silver clay ring making.) Material fee \$90 (includes28g Silver clay, use of tools and firing of piece.)

Jewelry Studio, Verona Tang Art Center Multipurpose
3603.101 13yrs to Adult 2/22-3/7 6:00pm-8:00pm W \$71
 *\$65 HBAC Members

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, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided.

Wong, Diana Rodgers Senior Center Hall D
4322.101 18yrs to 99yrs 1/06-1/27 1:30pm-3:30pm F \$59
4322.102 18yrs to 99yrs 2/03-2/24 1:30pm-3:30pm F \$59
4322.103 18yrs to 99yrs 1/06-2/24 1:30pm-3:30pm F \$99

Adult & Teen Classes

ART: LIFE DRAWING AND PAINTING

The course will introduce the basics of drawing and painting the human figure by way of instruction and demonstration. A live model will be used to introduce human structure and proportions, as well as establish basic concepts of lighting, value and composition. An additional fee may apply for the live model.

DeVera, Jose Art Center Multipurpose
6322.101 14yrs to Adult 1/11-2/29 2:00pm-4:00pm W \$101
 *\$92 HBAC Members

ART: PORTRAITURE

The class will focus on the fundamentals of human anatomy and facial structures. Improve your drawing skills by learning how to draw the body with our experienced instructor. Suitable for all skill levels. Materials list.

DeVera, Jose Art Center Multipurpose
4505.101 14yrs to Adult 1/12-3/1 10:00am-12:00pm Th \$101
 *\$92 HBAC Members

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. Materials fee of \$10 due at first class.

Oquist, Courtney Art Center Studio
4468.101 13yrs to Adult 1/11-2/29 6:00pm-7:30pm W \$101
 *\$92 HBAC Members

ART: DIGITAL PHOTOGRAPHY BEGINNING

Concepts and skills will cover the basics to digital camera functions, lighting, concept/ideas and composition. Students will need to bring their own digital camera. Fully manual DSLR suggested.

Chambers, Randall Art Center Multipurpose
4304.101 16yrs to Adult 1/13-2/10 3:30pm-5:30pm F \$97
4304.102 16yrs to Adult 2/17-3/16 3:30pm-5:30pm F \$97
 *\$88 HBAC Members

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.

Kent, Pati Art Center Studio
4302.101 12yrs to Adult 1/10-2/7 6:00pm-7:30pm Tu \$82
4302.102 12yrs to Adult 2/14-3/13 6:00pm-7:30pm Tu \$82
 *\$75 HBAC Members

ART: INTRODUCTION TO ILLUSTRATION

An introduction to basic techniques of illustration using dry and wet media. The class will focus on composition, perspective and the development of drawing skills in order to form unique narratives of the student's choice. Studio Fee \$15

DeVera, Jose Art Center Multipurpose
4506.101 16yrs to Adult 1/12-3/1 12:00pm-2:00pm Th \$101
 *\$92 HBAC Members

Parks & Recreation...
"Spark Creativity"
 ...The Benefits Are Endless

No classes January 16 and February 20

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. \$10 material fee due at first class. No class Jan 18th or 19th.

Husting, Margaret Murdy Community Center Hall C&D
4395.100 13yrs to Adult 1/12-3/22 1:00pm-2:00pm Th \$70

Husting, Margaret Rodgers Senior Center Hall E
4396.101 13yrs to Adult 1/11-3/21 9:00am-10:00am W \$70

ART: VIDEO TECHNIQUES AND CONCEPTS

This class will show students how to create professional looking videos with their own equipment. This course will show students how to light, compose and how to set up audio recording, as well as some editing techniques. Students are encouraged to bring their own video cameras to class in order to learn these techniques. No class Feb 11& 18, Mar31.

Chambers, Randall Art Center Multipurpose
4531.101 16yrs to Adult 1/14-2/25 2pm-4:00pm S \$101
4531.102 16yrs to Adult 3/3-4/7 2pm-4:00pm S \$101
 *\$92 HBAC Members

ART: WATERCOLOR BEGINNING INTERMEDIATE & ADVANCED

For beginning to advanced watercolorists who wish to create paintings and improve their proficiency in the watercolor media. Class focuses on skills and techniques at all levels.

LoSchiavo, Diana Art Center Studio
4308.101 Adult 1/10-2/28 10:00am-1:00pm Tu \$111
 *\$101 HBAC Members

BEACH VOLLEYBALL: ADULT ACADEMY BEGINNERS

This class focuses on the fundamental techniques and strategies of the game and reinforces the skills required to move into our intermediate class. Sessions will be structured around progression from skill development drills to applying the skill in a game situation.

Beach Volleyball, California City Beach at Beach Blvd
4438.101 Adult 1/14-3/17 11:00am-12:20pm Sa \$150

BEACH VOLLEYBALL: INTERMEDIATE SKILLS

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation.

Beach Volleyball, California City Beach at Beach Blvd
4523.100 Adult 1/14-3/17 12:30pm-1:50pm Sa \$150

BEACH VOLLEYBALL: INTERMEDIATE STRATEGY & GAME PLAY

This class has a strong game play focus. Each session begins with a demonstration of a single game strategy before moving into graded2 a side competition. Individuals will compete in a ladder format competition culminating in a finals night at the end of the 10 weeks.

Beach Volleyball, California City Beach at Beach Blvd
4484.101 Adult 1/14-3/17 2:00pm-3:20pm Sa \$150

Adult & Teen Classes

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Ape House" by Sara Gruen 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. 8, March 14, April 11 and May 9.

Berg, April
 4317.101 18yrs to 99yrs 2/8-5/9 7:00pm-9:00pm W \$30
 Rodgers Senior Center Hall D

BRIDGE: BEGINNING

If you have always wanted to learn bridge, need a refresher, or meet great people, this class is for you! Lecture, discussion and play. Come join us! No class Jan. 16 and Feb.20; class will be extended.

Spira, Rita
 4318.101 Adult 1/9-3/12 2:00pm-4:00pm M \$54
 Rodgers Senior Center Hall E

BRIDGE: INTERMEDIATE 1

If you are more than a beginner but less than an expert, this class is for you. Class will cover Stayman, Jacoby transfer, weak2 bid, negative double, defense, much more discussion and play. Have fun while you learn! No class Jan. 17 and Feb.21; class will be extended.

Spira, Rita
 4319.101 Adult 1/10-3/13 2:30pm-4:30pm Tu \$54
 4319.102 Adult 1/10-3/13 6:30pm-8:30pm Tu \$54
 Rodgers Senior Center Hall E

BRIDGE: INTERMEDIATE2

This class is for those that have had Intermediate 1. Class includes4 pre-set hands, discussion, then play. No partner needed. No class on Jan. 18 and Feb.22; class will be extended.

Spira, Rita
 4320.101 Adult 1/11-3/14 6:30pm-8:30pm W \$54
 Rogers Senior Center Hall E

CAKE DECORATING I: DECORATING BASICS

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.

Mejia, Rebecca
 4321.100 13yrs to Adult 1/10-1/31 6:00pm-8:00pm Tu \$50
 4321.101 13yrs to Adult 1/17-2/7 10:30am-12:30pm Tu \$50
 4321.102 13yrs to Adult 2/14-3/6 6:00pm-8:00pm Tu \$50
 Murdy Community Center Hall C

CAKE DECORATING II: FLOWERS AND CAKE DESIGNS

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 just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.



Mejia, Rebecca
 4481.100 13yrs to Adult 1/25-2/15 6:00pm-8:00pm W \$50
 4481.101 13yrs to Adult 2/14-3/6 10:30am-12:30pm Tu \$50
 4481.102 13yrs to Adult 2/22-3/14 6:00pm-8:00pm W \$50
 Murdy Community Center Kitchen

CAKE DECORATING III: GUM PASTE AND FONDANT

Learn to you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating-in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca
 4482.100 13yrs to Adult 2/9-3/1 6:00pm-8:00pm Th \$50
 4482.101 13yrs to Adult 2/16-3/15 10:30am-12:30pm Th \$50
 Murdy Community Center Kitchen

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. Material fee of \$12 due at first class, plus tools may be purchased from instructor.

Tran, Vinh
 4323.100 Adult 1/31-2/14 6:00pm-8:30pm Tu \$75
 Murdy Community Center Hall D

CONTEMPORARY JEWELRY MAKING2

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 and2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Tran, Vinh
 4324.100 Adult 2/21-3/6 6:00pm-8:30pm Tu \$75
 Murdy Community Center Hall D

DANCE: ADULT BALLET BEGINNING

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 and exercise mat or towel. First class free. No class Jan 16, Feb 20.

Huntington Academy of Dance
 4326.100 13yrs to Adult 1/11-3/14 7:30pm-8:30pm W \$105
 16601 Gothard St., Suite A

Huntington Academy of Dance
 4487.100 13yrs to Adult 1/9-3/12 7:00pm-8:00pm M \$85
 City Gym Room A

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session): waltz, rumba, salsa, meringue, foxtrot, cha-cha, NC2 step. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class Jan 16, Feb20.

Fox, Kaylaa
 4328.100 Adult 1/9-2/6 7:00pm-7:45pm M \$49
 4328.101 Adult 2/13-3/12 7:00pm-7:45pm M \$49
 Edison Community Center Hall A

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.

Eckart, Maruja
 4329.100 12yrs to Adult 1/9-2/13 7:00pm-8:00pm M \$60
 4329.101 12yrs to Adult 1/13-2/17 10:30am-11:30am F \$60
 Murdy Community Center Hall C&D

Parks & Recreation...

"Reduce Stress"
 ...The Benefits Are Endless

Register Online at www.hbsands.org

Adult & Teen Classes

DANCE: BELLY DANCING BEGINNING/INTERMEDIATE

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.

Eckart, Maruja City Gym Room A
4330.100 12yrs to Adult 1/10-2/14 7:00pm-8:00pm Tu \$60

DANCE: LINE DANCE BEGINNING

Fox, Kaylaa Murdy Community Center Hall C&D
Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 materials fee due at first class.

4462.100 Adult 1/12-2/2 7:15pm-8:15pm Th \$49
4462.101 Adult 2/9-3/1 7:15pm-8:15pm Th \$49

DANCE: LINE DANCE INTERMEDIATE

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 materials fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D
4512.100 Adult 1/12-2/2 6:15pm-7:15pm Th \$49
4512.101 Adult 2/9-3/1 6:15pm-7:15pm Th \$49

DANCE: EAST COAST SWING

The jazzy East Coast Swing is one of the most versatile and fun dances since it can be danced to almost any kind of music-if you learn only one dance, this should be it! No partner needed. No classes January 16th or February 20th

Fox, Kaylaa Edison Community Center Hall A
4434.100 Adult 1/9-2/6 7:45pm-8:30pm M \$49
4434.101 Adult 2/13-3/12 7:45pm-8:30pm M \$49

DANCE: LATIN LINE "SIZZLE"

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba--set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$8.

Foreman, Jill Rodgers Senior Center Hall B
4524.100 Adult 1/10-3/13 4:00pm-5:00pm Tu \$48

Foreman, Jill City Gym Room A
4526.100 Adult 1/14-3/17 10:45am-11:45am Sa \$58

DANCE: LINE DANCE FITNESS BEGINNING 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.

Hazard, Suzy Rodgers Senior Center Hall A
4460.101 Adult 1/11-3/7 2:00pm-3:30pm W \$45

DANCE: LINE DANCE INTRODUCTION/BEGINNER 1

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.

Hazard, Suzy Rodgers Senior Center Hall A
4459.101 Adult 1/13-3/9 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.

Hazard, Suzy Rodgers Senior Center Hall A
4461.101 Adult 1/11-3/7 12:30pm-2:00pm W \$45

DANCE: POLYNESIAN BEGINNING

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.

Seanoa, Melody Art Center Multipurpose
4333.101 13yrs to Adult 1/10-2/28 6:00pm-7:00pm Tu \$101
*\$92 HBAC Members

DANCE: POLYNESIAN 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 beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Seanoa, Melody Art Center Multipurpose
4334.101 13yrs to Adult 1/10-2/28 7:00pm-8:00pm Tu \$101
*\$92 HBAC Members

DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D
4335.100 Adult 1/12-2/2 8:15pm-9:15pm Th \$49
4335.101 Adult 2/9-3/1 8:15pm-9:15pm Th \$49

DANCE: STREET DANCIN'

Looking for a short-term dance work-out? Check out this 75 minute, 2 week class! The hottest pop & hip-hop will blast through DJ sound system. Work your body while having fun! (Tennis or Jazz shoes, clothes you can stretch in).

Harrington-Dewe, Cyndi City Gym Room A
4530.100 12yrs to Adult 2/8-2/15 7:00pm-8:15pm W \$23

DANCE: STREET DANCIN' PLUS WORKSHOP

Developmentally disabled teens/young adults- Enjoy this 2- workshop class! Games, Self-esteem, friendship, music, dance, singing and sign language! No-pressure class; all about fun with a creative teacher. Theme, week 1: Funky line dancing. Theme, week 2: Broadway-ish style acting and dancing. Families, please join us for the last 20 minutes of each workshop for a surprise!

Harrington-Dewe, Cyndi City Gym Room A
4529.100 12yrs to Adult 2/8-2/15 4:00pm-6:30pm W \$45

Parks & Recreation...
"Build Strong Bodies"
...The Benefits Are Endless

Adult & Teen Classes

DANCE: SWING BASICS

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

Fox, Kaylaa Murdy Community Center Hall A
4339.100 Adult 1/26-2/16 8:15pm-9:15pm Th \$40
4339.101 Adult 2/23-3/15 8:15pm-9:15pm Th \$40

DANCE: SWING INTERMEDIATE

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

Fox, Kaylaa Murdy Community Center Hall A
4340.100 Adult 1/26-2/16 6:15pm-7:15pm Th \$40
4340.101 Adult 2/23-3/15 6:15pm-7:15pm Th \$40

DANCE: SWING ADVANCED

Move way beyond the basics with Mike and Olivia. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

Fox, Kaylaa Murdy Community Center Hall A
4341.100 Adult 1/26-2/16 7:15pm-8:15pm Th \$40
4341.101 Adult 2/23-3/15 7:15pm-8:15pm 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. No class Jan. 16 or Feb. 20.

Roseth, Renee Rodgers Senior Center Hall D
4342.101 18yrs to 99yrs 1/2-3/5 5:00pm-6:00pm M \$130
4342.102 18yrs to 99yrs 1/5-3/8 5:00pm-6:00pm Th \$130

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No class Jan. 16 or Feb. 20.

Roseth, Renee Rodgers Senior Center Hall D
4343.101 18yrs to 99yrs 1/2-3/5 6:00pm-7:00pm M \$130
4343.102 18yrs to 99yrs 1/4-3/7 2:00pm-3:00pm W \$130
4343.103 18yrs to 99yrs 1/5-3/8 6:00pm-7:00pm Th \$130

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh! No class Jan. 16 or Feb. 20.

Roseth, Renee Rodgers Senior Center Hall D
4476.101 18yrs to 99yrs 1/3-3/6 6:00pm-7:00pm Tu \$130
4476.102 18yrs to 99yrs 1/4-3/7 3:00pm-4:00pm W \$130



DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

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. Please call 714-532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Dog Services, Unlimited Edison Community Center Picnic #1
4344.100 9yrs to Adult 2/28-3/6 8:30pm-9:15pm Tu \$25

DOG TRAINING: BEGINNING DOG OBEDIENCE

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.

Dog Services, Unlimited Murdy Community Center Patio
4345.100 9yrs to Adult 1/26-3/15 7:00pm-8:00pm Th \$84

Dog Services, Unlimited Edison Community Center Picnic #1
4346.100 9yrs to Adult 1/17-3/6 7:30pm-8:30pm Tu \$84
4346.101 9yrs to Adult 1/11-2/29 6:00pm-7:00pm W \$84

DOG TRAINING: CALLING ALL FRISBEE DOGS

Have you ever watched the Dog Frisbee Competitions? Spend an afternoon learning the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. \$5 material fee due at first class (includes a Frisbee).

Dog Services, Unlimited Dog Park
4347.100 15yrs to Adult 1/29 9:00am-12:00pm Su \$42

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.

Dog Services, Unlimited Murdy Community Center Patio
4352.100 9yrs to Adult 2/27-3/19 6:00pm-7:15pm M \$78

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.

Haney, Katherine Dog Park
4421.100 15yrs to Adult 1/14-3/3 9:00am-10:00am Sa \$85

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.

Dog Services, Unlimited Edison Community Center Picnic #1
4349.100 9yrs to Adult 1/17-2/21 6:30pm-7:30pm Tu \$73

Adult & Teen Classes

EBAY BASICS

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M. Murdy Community Center Game Room
4353.100 13yrs to Adult 1/10-1/24 7:00pm-9:00pm Tu \$79

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. Class is held at Harbor View Clubhouse 16600 Saybrook Ln92649.

Orange Coast, Fencing	Harbour View Clubhouse
4354.100 13yrs to Adult 1/11-2/1 7:00pm-8:20pm W \$50	
4354.101 13yrs to Adult 2/8-2/29 7:00pm-8:20pm W \$50	

FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork. Class is held at Harbor View Clubhouse 16600 Saybrook Ln92649.

Orange Coast, Fencing	Harbour View Clubhouse
4355.100 13yrs to Adult 1/11-2/1 8:30pm-10:00pm W \$50	
4355.101 13yrs to Adult 2/8-2/29 8:30pm-10:00pm W \$50	

FITNESS: BABY BOOT CAMP

Bring your baby. Get fit. Baby boot camp classes are designed for new moms with babies 6 weeks to 36 months of age. Classes combine strength training exercises, cardio, yoga, pilates, and abdominal exercises to jumpstart your weight loss, tone your tummy, improve your posture, and boost your energy levels. Equipment kit fee \$49 (one time fee for new clients only) due at first class. Class meets at Central Park in front of Library.

Baby Boot Camp Staff	Central Park
4520.100 Adult 1/10-2/9 10:00am-11:00am Tu Th \$80	
4520.101 Adult 2/14-3/15 10:00am-11:00am Tu Th \$80	

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.

Specialties, Fitness Edison Community Center Hall C&D
4357.100 13yrs to Adult 1/12-3/15 6:15pm-7:15pm Th \$74



No classes January 16 and February 20

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.

Specialties, Fitness Edison Community Center Hall A
4358.100 13yrs to Adult 1/10-3/13 5:45pm-6:45pm Tu \$74

FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, 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. For more info visit www.ocbodybusiness.com

Business, Body	Edison Community Center Picnic #1
4419.100 18yrs to 75yrs 1/9-2/10 5:30am-6:30am M W F \$149	
4419.101 18yrs to 75yrs 2/13-3/16 5:30am-6:30am M W F \$149	

Business, Body	Murdy Community Center Picnic #1
4521.100 18yrs to 75yrs 1/9-2/10 5:30am-6:30am M W F \$149	
4521.101 18yrs to 75yrs 2/13-3/16 5:30am-6:30am M W F \$149	

FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving!

Grossman, Marianne Rodgers Senior Center Hall B
4816.101 50yrs + 1/10-3/16 9:00am-9:45am Tu F \$46

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. \$80 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$120 fee up to 3 family members, \$5 extra person.

Cardinal, Frances	Rodgers Senior Center Hall B
4386.101 3yrs to Adult 1/10-3/27 5:00pm-6:00pm Tu \$80	
4386.102 3yrs to Adult 1/12-3/29 5:00pm-6:00pm Th \$80	
4386.103 3yrs to Adult 1/10-3/29 5:00pm-6:00pm Tu Th \$120	

FITNESS: FAT BURNING BLAST-CARDIO, CORE AND YOGA

Students will work on core strength and stability exercises, strength training and learn yoga poses and breathing to help build strength, lose weight, and reduce stress. The overall result will be a more fit, flexible body. The class is 90 minutes. All levels of fitness welcome. Bring a stability ball and yoga mat.

Trifiletti, Carol Ann Edison Community Center Game Room
4472.100 Adult 1/10-3/13 6:00pm-7:30pm Tu \$80

FITNESS: HEAD TO TOE WORKOUT

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 Head to Toe and Step together and save. No class Jan 16, Feb 20 and March 9.

Hardy, Susan	Murdy Community Center Hall A
4363.100 13yrs to Adult 1/9-3/12 8:30am-9:15am M W F \$94	
*4424.100 13yrs to Adult 1/9-3/12 8:30am-10:00am M W F \$114	

Adult & Teen Classes

FITNESS: HEAD TO TOE WORKOUT/ STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$\$. Please see description for each class. No class Jan 16, Feb20, and March 9.

Hardy, Susan Murdy Community Center Hall A
4424.100 13yrs to Adult 1/9-3/12 8:30am-10:00am M W F \$114

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. Class times are M,W,F 9:00-10:05am; TTH6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time.

Wilker, Mary City Gym Gymnasium
4364.100 13yrs to Adult \$40 – Monthly Pass
4364.101 13yrs to Adult \$55 – 10 classes
4364.102 13yrs to Adult \$25 – 4 classes

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.

Specialties, Fitness Murdy Community Center Hall A
4360.100 13yrs to Adult 1/10-2/7 7:15pm-8:15pm Tu \$49

FITNESS: KICKBOXING BODY CONDITIONING WORKOUT

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.

Specialties, Fitness Edison Community Center Hall C&D
4359.100 13yrs to Adult 1/12-3/15 7:15pm-8:00pm Th \$74

FITNESS: PILATES CARDIO BARRE

This high-energy class will incorporate the basic principles of Pilates, Yoga and Dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls this workout will have you feeling fit and fabulous while burning mega calories along the way. Fitness level: Intermediate. Bring water, towel, and exercise mat.

HB Pilates, Bronwen Finta Murdy Community Center Hall B
4511.100 Adult 1/10-3/13 7:15pm-8:15pm Tu \$110

HB Pilates, Bronwen Finta Edison Community Center Hall B
4513.100 Adult 1/9-3/12 7:30pm-8:30pm M \$100

HB Pilates, Bronwen Finta City Gym Room A
4514.100 Adult 1/12-3/8 7:15pm-8:15pm Th \$110
4514.101 Adult 1/13-3/16 9:00am-10:00am F \$110

FITNESS: PILATES MAT CLASS

This class is designed for all ages and abilities. The exercises are low impact with high results. Work on toning arms, thighs and stomach while increasing flexibility and strength. Pilates will enhance posture and body awareness and provide an excellent mind and body connection. Bring a towel and exercise mat. No class Jan 16, Feb20.

HB Pilates, Bronwen Finta Edison Community Center Hall B
4365.100 Adult 1/9-3/12 6:30pm-7:30pm M \$100
4365.102 Adult 1/10-3/6 9:00am-10:00am Tu \$100

HB Pilates, Bronwen Finta City Gym Room A
4366.100 Adult 1/11-3/7 9:00am-10:00am W \$100
4366.101 Adult 1/12-3/8 6:00pm-7:00pm Th \$100

HB Pilates, Bronwen Finta Murdy Community Center Hall B
4465.100 Adult 1/10-3/13 6:00pm-7:00pm Tu \$100
4465.101 Adult 1/14-3/10 900am-10:00am Sa \$100

FITNESS: S.T.A.R.S STRETCH

A new way to a more flexible, youthful, stronger and stress free body. This class utilizes innovative techniques not known or used in any other regular stretch class. Learn easy self-help sequences used by massage therapists and personal trainers. Exercise clothes, mat and beach towel needed.

Davonne Aarons Murdy Community Center Hall A
4527.100 14yrs to Adult 1/12-2/2 5:00pm-6:00pm Th \$45
4527.101 14yrs to Adult 2/9-3/1 5:00pm-6:00pm Th \$45

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.

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

Spidle, Georgia Murdy Community Center Hall A
4368.100 13yrs to Adult 1/10-3/8 9:00am-10:00am Tu Th \$70

FITNESS: STEP FOR THE HEART

This class raises the 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 Head To Toe Workout together and save. No class Jan 16, Feb20 and March 9.

Hardy, Susan Murdy Community Center Hall A
4370.100 13yrs to Adult 1/9-3/12 9:15am-10:00am M W F \$94
*4424.100 13yrs to Adult 1/9-3/12 8:30am-10:00am M W F \$114

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.

Specialties, Fitness Edison Community Center Hall A
4369.100 13yrs to Adult 1/10-3/15 8:45am-9:45am Tu Th \$89

FITNESS: STEP TRAINING AND MORE

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. No class Jan 16, Feb20, March 9.

Hardy, Susan Edison Community Center Hall A
4371.100 13yrs to Adult 1/9-3/12 5:15pm-6:15pm M W F \$99
4371.101 13yrs to Adult 1/14-3/3 8:30am-9:30am Sa \$39

Parks & Recreation...

"Elevate Personal Growth"

...The Benefits Are Endless

Adult & Teen Classes

FITNESS: SWEAT BOOTCAMP

This outdoor group circuit training class focuses on functional training and fast paced cardio. Each minute you will be shifting from cardio exercise to resistance exercise. The resistance portion includes bands, lattle bells, medicine balls, etc. The cardio section involves footwork, balance, and multi-directional movements. Workouts are fun, challenging, and will get you results!

Park, Randy Murdy Community Center Picnic #1
4533.100 16yrs to Adult 1/11-3/16 9:00am-10:00am W F \$160

FITNESS: THE TANG SOO DO TRIPLES

The Ancient Art of Tang Soo Do is a traditional art with a 2000 year legacy. Basic blocks, kicks, punches, forms and self defense will be featured. Korean language, history, introduction. Please note: Saturday class is 10:00 am-12:00 pm. No class on Saturday, Feb.4 or March3.

Cardinal, Frances Rodgers Senior Center Hall B
4490.101 10yrs to Adult 1/10-3/31 6:00pm-7:30pm Tu Th Sa \$150

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. No class Jan. 16 or Feb.20.

Grossman, Marianne Rodgers Senior Center Hall A & B
4372.101 Adult 1/9-3/26 5:30pm-6:30pm M \$64

FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Students will be introduced to the basics of Tang Soo Do. Basic blocks, kicks, punches, forms and self defense will be featured. Opportunities for advancement. No class Feb.4, March 3.

Cardinal, Frances Rodgers Senior Center Hall A
4447.101 10yrs to Adult 1/14-3/31 10:00am-12:00pm Sa \$80

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!

Foreman, Jill City Gym Gymnasium
4433.100 Adult 1/10-3/13 7:15pm-8:15pm Tu \$72

Foreman, Jill Edison Community Center Hall A
4446.100 Adult 1/11-3/14 6:35pm-7:35pm W \$72

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music that 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.

Business, Body Murdy Community Center Hall A
4464.100 Adult 1/14-2/11 8:00am-9:00am Sa \$49
4464.101 Adult 2/18-3/17 8:00am-9:00am Sa \$49
4464.102 Adult 1/11-2/8 7:30pm-8:30pm W \$49
4464.103 Adult 2/15-3/14 7:30pm-8:30pm W \$49

Parks & Recreation...

"Feel Great"

...The Benefits Are Endless

No classes January 16 and February 20

FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$10.

Foreman, Jill Rodgers Senior Center Hall A & B
4373.100 Adult 1/9-3/12 9:00am-10:00am M \$52
4373.101 Adult 1/14-2/11 9:00am-10:00am Sa \$38
4373.102 Adult 2/18-3/17 9:00am-10:00am Sa \$38
4373.103 Adult 1/14-3/17 9:00am-10:00am Sa \$64

FITNESS: ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high-energy cardio with Latin-infused Zumba moves for a calorie-torching, strength training dance fitness-party. Lightweight, maraca-like Sticks can be purchased or contact instructor for directions on how to make your own. Suggested: toning sticks, yoga mat. No class Jan 16, Feb20.

Foreman, Jill Edison Community Center Hall C&D
4489.100 Adult 1/9-3/12 5:45pm-6:30pm M \$45
4489.101 Adult 1/11-3/14 7:40pm-8:25pm W \$56

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.

Caldwell, Sunny Rodgers Senior Center Hall C
4375.100 Adult 1/10-1/31 6:30pm-8:00pm Tu \$35

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St by Dan Yenny, PGA and his staff.

Evergreen, Alliance Golf Meadowlark Golf Course
4377.100 17yrs to Adult 1/23-2/13 6:30pm-7:30pm M \$99
4377.101 17yrs to Adult 2/15-3/7 11:00am-12:00pm W \$99
4377.102 17yrs to Adult 1/12-2/2 6:00pm-7:00pm Th \$99
4377.103 17yrs to Adult 2/23-3/15 6:00pm-7:00pm Th \$99
4377.104 17yrs to Adult 1/14-2/4 10:00am-11:00am Sa \$99
4377.105 17yrs to Adult 2/25-3/17 10:00am-11:00am Sa \$99

KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing-the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. You will sweat and have a good time.-Belt Advancement is Available.

Betance, Justin Murdy Community Center Hall B
4441.100 16yrs to Adult 1/11-3/15 7:30pm-8:30pm W Th \$150

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 Monday Jan 16 and Feb.20.

Tillehkooh, Kiavash City Gym Room B
4381.100 13yrs to Adult 1/9-3/12 7:15pm-8:00pm M \$110
4381.101 13yrs to Adult 1/10-3/13 7:15pm-8:00pm Tu \$128
4381.102 13yrs to Adult 1/11-3/14 7:15pm-8:00pm W \$128
4381.103 13yrs to Adult 1/12-3/15 7:15pm-8:00pm Th \$128

Adult & Teen Classes

KARATE: TRADITIONAL JAPANESE KARATE-DO ADULT

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.

Nishimura Shoji, Wadoryu USA Edison Community Center Hall A
4383.100 14yrs to Adult 1/12-3/15 7:30pm-8:45pm Th \$100

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!

Specialties, Fitness Murdy Community Center Hall A
4382.100 13yrs to Adult 1/11-3/14 6:00pm-7:00pm W \$74

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, \$80; two classes per week, \$125.

Cardinal, Frances Rodgers Senior Center Hall B
4385.101 10yrs to Adult 1/10-3/27 6:00pm-7:30pm Tu \$80
4385.102 14yrs to Adult 1/12-3/29 6:00pm-7:30pm Th \$80
4385.103 10yrs to Adult 1/10-3/29 6:00pm-7:30pm Tu Th \$125

MUSIC: BEGINNING VOICE CLASSES

Students are taught basic theatre skills as well as vocal techniques and put them into practice in a small scale-musical play. A performance for family and friends will be held at the end of the session. \$25 material fee due at first class.

Kids Music N', Motion Harbour View Clubhouse
4528.100 14yrs to Adult 1/9-3/5 7:30pm-8:15pm M \$125

MUSIC: GUITAR RIGHT NOW

This one time crash course will show you chords, strumming, tablature--all the tools needed with workbook & DVD to continue your journey & enjoy favorite songs as you practice at home. We'll be strumming simple songs by class end! Bring acoustic guitar, or electric guitar w/small amp. \$23 material fee for book and DVD.

Eliot, Keith Rodgers Senior Center Game Room
3625.101 18yrs to Adult 2/1 6:30pm-9:00pm W \$40

MUSIC: ROCKSTAR GUITAR ADULT

It's time to start learning how to play the music you grew up listening to. This beginners class will teach you rhythm and lead guitar. Learn chords, scales, and theory and how to recognize patterns when listening to music. *Please bring your own guitar and see receipt for materials list. \$10 material fee due at first class.

Rockstars, Music Studios Rockstars Studios 18582 Beach Bl. #214
4387.101 14yrs to Adult 1/7-1/28 9:00am-9:30am Sa \$65
4387.102 14yrs to Adult 2/4-2/25 9:00am-9:30am Sa \$65

MUSIC: ROCKSTAR PRIVATE LESSONS

This is a four week private music session. Learn guitar, piano, or drums at your own pace on your own time. Rockstars Private Lessons are scheduled one on one that meet based on student and teacher schedules. This4 session class is a great way to get your music career moving.

Rockstars, Music Studios Rockstars Studios 18582 Beach Bl. #214
4388.101 14yrs to Adult 1/9-2/26 8:00am-9:00am Su-Th \$140

MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class Feb. 7 or March 6.

Price, Don Rodgers Senior Center Hall E
4390.101 18yrs to 99yrs 1/31-3/27 9:30am-10:30am Tu \$49

MUSIC: UKULELE 102 THE NEXT STEP

Price, Don Rodgers Senior Center Hall E
4391.101 18yrs to 99yrs 1/31-3/27 10:45am-11:45am Tu \$49

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.

Walker, Don Murdy Community Center Hall C&D
4394.100 Adult 1/11-2/22 6:00pm-7:15pm W \$49

Walker, Don Edison Community Center Hall B
4449.100 Adult 1/10-2/21 1:00pm-2:15pm Tu \$49

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 (6:40-7:10pm), and three additional skating passes to be used during the4-week session.

Westminster ICE 13071 Springdale, Westminster
4436.100 17yrs to Adult 1/18-2/8 6:10pm-6:40pm W \$37
4436.101 17yrs to Adult 2/29-3/21 6:10pm-6:40pm W \$37

SKATING: LUNCH SKATING

Looking for a lunchtime get away? Squeeze in a little outdoor stroll while the baby is napping. Or roll out a few power laps before the big meeting. This outdoor Roller Skating class is for everyone. Beginner to advanced. You will enjoy the outdoors and learn many roller skating techniques.

Parra, Elena Edison Community Center Patio
4522.100 15yrs to Adult 1/9-2/6 12:00pm-1:00pm M \$50

SPANISH FOR FUN AND FOREVER 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 color visuals for mastery of the current vocabulary.

Blades, Murnez Rodgers Senior Center Hall E
4399.101 18yrs to 99yrs 1/12-3/1 3:00pm-4:00pm Th \$92
4399.102 18yrs to 99yrs 1/10-2/28 6:00pm-7:00pm Tu \$92

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.

Blades, Murnez Rodgers Senior Center Hall E
4400.101 18yrs to 99yrs 1/12-3/1 4:15pm-5:15pm Th \$92

Adult & Teen Classes

SURFING LESSONS ABC

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

Sharp, Bill		Beach Service Center-south side of pier			
4402.101	10yrs to Adult	1/14	10:00am-11:30am	Sa	\$75
4402.102	10yrs to Adult	1/28	10:00am-11:30am	Sa	\$75
4402.103	10yrs to Adult	2/11	10:00am-11:30am	Sa	\$75
4402.104	10yrs to Adult	2/25	10:00am-11:30am	Sa	\$75
4402.105	10yrs to Adult	3/17	10:00am-11:30am	Sa	\$75
4402.106	10yrs to Adult	3/31	10:00am-11:30am	Sa	\$75

SURFING: LEARN TO SURF

This is a four 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. www.hbsurfschool.com.

Sharp, Bill		Beach Service Center-south side of pier			
4403.101	10yrs to Adult	1/7-1/22	10:00am-11:30am	Su Sa	\$180
4403.102	10yrs to Adult	2/4-2/19	10:00am-11:30am	Su Sa	\$180
4403.103	10yrs to Adult	3/10-3/25	10:00am-11:30am	Su Sa	\$180

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes.

Pham, Elizabeth		Rodgers Senior Center Hall B			
4407.101	Adult	1/12-3/15	9:00am-10:30am	Th	\$50

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes.

Howe, Shona		Rodgers Senior Center Hall B			
4499.101	Adult	1/12-3/15	9:00am-10:30am	Th	\$50

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 Feb20.

Walker, Don		Edison Community Center Hall B			
4404.100	Adult	1/23-3/12	1:00pm-2:15pm	M	\$49

Walker, Don		Murdy Community Center Hall B			
4405.100	Adult	1/23-3/12	6:00pm-7:15pm	M	\$49

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.

Walker, Don		Murdy Community Center Hall B			
4406.100	Adult	1/23-3/12	7:30pm-8:45pm	M	\$49

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced only: Women's competitive league play! Wednesday is for the beginning to intermediate player to refresh your skills: bumping, setting, spiking and serving.

DiGiovanni, Joann Nalani		City Gymnasium			
4409.100	18yrs to 80yrs	1/10-3/13	9:30am-12:30pm	Tu	\$60
4409.101	18yrs to 80yrs	1/12-3/15	9:30am-12:30pm	Th	\$60
4409.102	18yrs to 80yrs	1/11-3/14	10:30am-12:00pm	W	\$30

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 Monday Jan 16 and Feb20.

Carmichael, Yvonne		City Gym Room B			
4410.100	16yrs to Adult	1/9-3/19	10:30am-12:00pm	M	\$87

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 2 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. No class Feb 15,22.

Pavesic, Diane		Edison Community Center Hall C&D			
4411.100	Adult	1/11-3/14	4:30pm-5:30pm	W	\$60
4411.101	Adult	1/11-3/14	5:45pm-6:45pm	W	\$60
4411.102	Adult	1/11-3/14	7:00pm-8:00pm	W	\$60

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. No class January 16 and February20.

King, Jacki - RYT, CYT		Murdy Community Center Hall A			
4417.100	Adult	1/23-3/12	6:00pm-7:00pm	M	\$55
4417.101	Adult	1/23-3/12	7:15pm-8:15pm	M	\$55
4417.102	Adult	1/25-3/14	4:00pm-5:00pm	W	\$60

Carmichael, Yvonne		Murdy Community Center Game Room			
4418.100	16yrs to Adult	1/11-3/14	10:30am-12:00pm	W	\$87
4418.101	16yrs to Adult	1/13-3/16	10:30am-12:00pm	F	\$87

Holden, Susan		Murdy Community Center Hall A			
4450.100	16yrs to Adult	1/17-3/13	5:30pm-6:45pm	Tu	\$68
4450.101	16yrs to Adult	1/20-2/24	4:00pm-5:00pm	F	\$48

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 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class Feb. 16 and Feb.23. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane		Rodgers Senior Center Hall E			
4413.101	18yrs to 99yrs	1/12-3/15	10:00am-11:00am	Th	\$60
4413.102	18yrs to 99yrs	1/12-3/15	11:00am-12:00pm	Th	\$60

Parks & Recreation...

"Meet New Friends"

...The Benefits Are Endless

Adult & Teen Classes



YOGA: CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. No class Jan. 16 and Feb. 20. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane
 Rodgers Senior Center Hall D
4817.101 55+ 1/9-03/12 10:00am-11:00am M \$60.00

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class. limited to 12 students for individual attention, working from fingertips to toes while supporting the body as a whole acquiring a more acute sense of body awareness. Bring a mat and a blanket. No class Jan 16, Feb 4, Feb 20, and March 3.

HelpYourHealth, RoxAnn Madera
 Lake View Clubhouse
 17451 Zeider Ln
4509.100 15yrs to Adult 1/14-3/17 10:00am-11:00am Sa \$94
4509.101 15yrs to Adult 1/11-3/14 9:00am-10:00am W \$116

HelpYourHealth, RoxAnn Madera
 S.A. Martial Art Center
 18595 Brookhurst St.
4509.101 15yrs to Adult 1/11-3/14 9:00am-10:15am W \$146
4509.102 15yrs to Adult 1/9-3/12 7:15pm-8:30pm M \$118
4509.103 15yrs to Adult 1/11-3/14 7:30pm-8:45pm W \$146

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. Class will be held at 10th Street and PCH. Please bring a yoga mat or towel.

Stevenson, Sarah
 10th Street & PCH
4414.101 Adult 1/14-3/17 9:00am-10:00am Sa \$89

YOGA: YOGA AS A SENIOR SOLUTION

Sitting in the chair, stretching with emphasis on breathing/posture, then using the chair as prop for balance, strength, flexibility. Continuing down to the mat working to strengthen the body from fingers to toes. Working together for independence and freedom of movement for your individual body. No class Jan. 16 and 20, Feb. 4 and March 3. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera
 Lake View Clubhouse
 17451 Zeider Ln.
4510.100 55yrs to Adult 1/9-3/12 1:00pm-2:00pm M \$111
4510.101 55yrs to Adult 1/14-3/17 11:00am-12:00pm Sa \$90

The Social Benefits of Recreation...

Leisure provides leadership opportunities that **BUILD STRONG COMMUNITIES** through teamwork and play!

Community recreation reduces **ALIENATION, LONELINESS, AND ANTI-SOCIAL BEHAVIORS** by offering opportunities to connect with others.

Community recreation **PROMOTES ETHNIC AND CULTURAL HARMONY** by encouraging lifelong experiential learning.

Recreating together **BUILDS STRONG FAMILIES AND A STRONG SENCE OF COMMUNITY**, the foundation of a stronger society.

Leisure provides opportunities for **COMMUNITY INVOLVEMENT, AND SHARED MANAGEMENT AND OWNERSHIP OF RESOURCES**.

Leisure opportunities, facilities and the quality of the local environment are the **FOUNDATIONS OF COMMUNITY PRIDE**.

The Benefits are endless...

