

TEEN / ADULT

AQUATIC EXERCISE

For Specific Aquatic Fitness Start/End Dates, Call the City Gym and 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: Nov-12, Nov-22, Nov-23.

Dawnette Lowry

City Gym & Pool

Monday, Wednesday & Saturday 7-8 am

*Tuesday & Thursday 7-8 am

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

	OCTOBER	NOVEMBER	DECEMBER
M	450808-3A \$44	450808-3B \$36	450808-3C \$29
W	450808-3D \$44	450808-3E \$36	450808-3F \$29
F	450808-3G \$36	450808-3H \$36	450808-3I \$29
Sa	450808-3J \$36	450808-3K \$36	450808-3L \$36
M,W	450808-3M \$80	450808-3N \$65	450808-3O \$50
Tu,Th*	450808-3P \$74	450808-3Q \$65	450808-3R \$50
Tu,Th**	450808-3S \$74	450808-3T \$65	450808-3U \$50

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: Nov-12, Nov-23.

Dawnette Lowry

City Gym & Pool

Monday & Wednesday 8:15 - 9:25 am

Friday 6:45 - 8 am

	OCTOBER	NOVEMBER	DECEMBER
M	450802-3A \$54	450802-3B \$44	450802-3C \$34
W	450802-3D \$54	450802-3E \$44	450802-3F \$34
F	450802-3G \$44	450802-3H \$44	450802-3I \$34
M,W	450802-3J \$100	450802-3K \$81	450802-3L \$61



Parks & Recreation...
Enhance Opportunities
to Play

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: Nov-12, Nov-22, Nov-23.

Debra Thurn

City Gym & Pool

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

Tuesday & Thursday 12:30 - 1:30 pm

	OCTOBER	NOVEMBER	DECEMBER
M,W,F	450806-3A \$84	450806-3B \$84	450806-3C \$84
Tu,Th	450806-3D \$58	450806-3E \$58	450806-3F \$58

AQUA-FIT: FAT BURNING + AQUA CORE

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: Nov-12, Nov-23.

Debra Thurn & Jamie Fowler

City Gym & Pool

Monday & Wednesday 1:15 - 2 pm

Friday 11am - 12 pm

	OCTOBER	NOVEMBER	DECEMBER
M,W	450805-3A \$70	450805-3B \$70	450805-3C \$70
F	450805-3D \$45	450805-3E \$45	450805-3F \$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. No equipment necessary. Questions: aquatonefitness@aol.com. No Class Dates: Nov-12, Nov-23.

Dawnette Lowry

City Gym & Pool

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

	OCTOBER	NOVEMBER	DECEMBER
M	450804-3A \$44	450804-3B \$36	450808-3C \$29
W	450804-3D \$44	450804-3E \$36	450808-3F \$29
F	450804-3G \$36	450804-3H \$44	450808-3I \$36
M,W	450804-3J \$80	450804-3K \$65	450808-3L \$50
M,W,F	450804-3M \$105	450804-3N \$95	450808-3O \$70

AQUA TONE FITNESS: AQUA FUNOODLE CLASS

Become one with the noodle in this very fast and challenging 45 minute shallow to deep-core water class. While this death by noodle is using a lot of movement in the water, you make it what you want. We will take you from warm up, to work, and cool down by using a bouyancy noodle the entire class. It's a fun and wet way to stay in shape! Questions: aquatonefitness@aol.com. No Class Dates: Nov-23.

Dawnette Lowry

City Gym & Pool

Friday 9:30 - 10:15 am

	OCTOBER	NOVEMBER	DECEMBER
F	450821-3A \$36	450821-3B \$36	450821-3C \$29



HUNTINGTON BEACH ART CENTER

...where art meets community

538 Main Street, Huntington Beach, CA 92648
(714) 374-1650 | artcenterstaff@surfcity-hb.org
www.huntingtonbeachartcenter.org

The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps, and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

Join Us and Make Art a Part of Your Family Life

Events Fall 2018

Shines Through

This exhibition features established and emerging artists whose works reflect a contemporary approach to a traditional art form. The exhibit explores the use of different methods of glass making to demonstrate the varied approaches to glass art.

- Exhibition: September 22 – October 27, 2018
- Opening Reception: Saturday, September 22, Members and Patrons, 5:30-6:30pm;
- General Public, 6:30-9pm
- Family Arts Day: Sunday, October 14, 12-4pm
- Art for Lunch: Thursday, October 11, 11:30am-1:30pm
- Poetry at the Center: Thursday, October 25, 6:30-8pm

Inspired

The 5th Annual Artist Council juried exhibition addresses the notion of inspiration and how it impacts the artist's vision. The exhibition features the works of over 100 artists working in a variety of mediums.

- Exhibition: November 17 – December 15
- Opening Reception: Saturday, November 17, Members and Patrons, 5:30-6:30pm;
- General Public 6:30-9pm
- Art for Lunch: Thursday, December 6, 11:30am-1:30pm

Art Center Hours

Tuesday – Thursday, 12:00 – 8:00 pm

Friday, 12:00 – 6:00 pm

Saturday, 12:00 – 5:00 pm

Phone: (714) 374-1650; Fax: (714) 374-5304

Web: www.huntingtonbeachartcenter.org

Administrative Office Hours

Monday – Friday, 8:30am-5:30pm

538 Main Street, Huntington Beach, CA 92648

Phone: (714) 374-1663

ART

BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. This course is ideal with two sections intended for learning further but not required. In the first section (five weeks), we will work with "monochromatic" colors (black and white) from observation with one simple still life set up with lighting. In the second section we will be doing the same still life set up but with color. Two complementary colors like yellow and purple will be mixed with black and white to create shades and tints. This class is intended to be an easy way to learn and see value first, in black and white painting, and then, to see the same set up in color.

Gia Moody

HB Art Center

450104-4A 12 yrs + W 6-7:45pm 9/12-10/10 \$125/113

450104-4B 12 yrs + W 6-7:45pm 10/17-11/14 \$125/113

BEGINNING DIGITAL PHOTOGRAPHY I

This is the first of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required... only a desire to learn.

Rudy Poe Inc

HB Art Center

450109-4A 16 yrs + F 4-5:30pm 9/14-9/28 \$66/60

BEGINNING DIGITAL PHOTOGRAPHY II

This is the second of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required... only a desire to learn. Beginning Digital Photography I is a prerequisite.

Rudy Poe Inc

HB Art Center

450110-4A 16 yrs + F 4-5:30pm 11/2-11/16 \$66/60

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

Senior Center Volunteer

Senior Center in Central Park

450120-5A 55 yrs + W 10:30-11:30am 9/19-12/19 \$10



Parks & Recreation...
Spark Creativity

TEEN/ADULT

DRAWING & PAINTING IN THE AFTERNOON

This fun class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. The class will include exercises and sketchbook assignments. Students will use acrylic paints in their paintings and have the opportunity to include their paintings in an art show! *No Class Dates: Oct-16.*

Pati Kent

HB Art Center

450103-4A	12 yrs +	Tu	2:30-4:15pm	9/25-10/23	\$85/77
450103-4B	12 yrs +	Tu	2:30-4:15pm	11/6-11/27	\$85/77

HB KNITWITS

The HB Knit Wits want to learn to knit! Students will learn basic knitting and practice these stitches while choosing and completing a simple fun project. If you knitted long ago and need a reminder to get started again, join us. At the last meetings we will discuss more advanced topics using different needles and stitches. You will learn to correct mistakes and make your own projects.

Senior Center Volunteer

Senior Center in Central Park

450195-5A	18 yrs +	W	12:30-2pm	9/12-10/31	\$6
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INTRO TO WATERCOLOR

The beginning or returning artist will build skills through experiencing a variety of watercolors (tube, sticks, and pencil), materials (absorbent grounds, watercolor medium, and varnish), techniques (i.e. color language, perspective), and 8 basic types of application methods. *No Class Dates: Nov-21.*

Marilyn Oropeza

HB Art Center

450125-4A	18 yrs +	W	9:30am-12:30pm	9/12-10/10	\$96/87
450125-4B	18 yrs +	W	9:30am-12:30pm	10/17-11/7	\$78/71
450125-4C	18 yrs +	W	9:30am-12:30pm	11/14-12/12	\$78/71

INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, painting process, composition, and technique. The smaller class size and extended hours are meant to prioritize one-on-one instruction.

Jose Loza

HB Art Center

450135-4A	15 yrs +	F	2:45-5:45pm	9/14-10/12	\$186/168
450135-4B	15 yrs +	Tu	6-7:45pm	10/16-11/13	\$151/136

INTERMEDIATE ACRYLIC PAINTING

This course is designed to explore advanced techniques in acrylic painting with an emphasis on content, composition, technique, and color harmony. Students will get the opportunity to experiment and work on personal projects, learn illustrative techniques, work from photographs or observation. The smaller class size and extended hours are meant to prioritize one-on-one instruction. *No Class Dates: Nov-23.*

Jose Loza

HB Art Center

450152-4A	15 yrs +	Tu	6-7:45pm	9/11-10/9	\$151/136
450152-4B	15 yrs +	F	2:45-5:45pm	10/26-11/30	\$186/168

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

Senior Center Volunteer

Senior Center in Central Park

450113-5A	18 yrs +	W	10:30-11:30am	9/12-12/12	\$10
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PAINTING AND DRAWING

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

Marilyn Oropeza

Senior Center in Central Park

450115-5A	18 yrs +	Tu	8-11:30am	9/11-10/9	\$35
450115-5B	18 yrs +	Tu	8-11:30am	10/16-11/13	\$35
450115-5C	18 yrs +	Tu	8-11:30am	11/20-12/11	\$35

STUDIO ART

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

Marilyn Oropeza

Senior Center in Central Park

450149-5A	18 yrs +	Tu	11:30am-2:30pm	9/11-10/9	\$35
450149-5B	18 yrs +	Tu	11:30am-2:30pm	10/16-11/13	\$35
450149-5C	18 yrs +	Tu	11:30am-2:30pm	11/20-12/11	\$35

TRADITIONAL HAWAIIAN APPLIQUE

Fun, popular class to learn needleturn hand applique and hand quilting. Create a quilted pillow top using an Hawaiian design and colorful fabric which can be made into a decorative pillow/wall hanging. Enjoy a relaxed atmosphere for hand stitching, community and conversation while learning a beautiful new craft. *No Class Dates: Oct-10.*

Senior Center Volunteer

Senior Center in Central Park

450165-5A	18 yrs +	W	3-4pm	9/12-12/12	\$6
450165-5B	18 yrs +	W	4-5pm	9/12-12/12	\$6

WATERCOLOR PAINTING

This class is for intermediate to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list will be provided on the first day of class. If you already have supplies, please bring them.

Diane Merrill

HB Art Center

450116-4A	18 yrs +	Tu	9:30am-12:30pm	9/11-10/16	\$104/94
450116-4B	18 yrs +	Tu	9:30am-12:30pm	10/30-12/4	\$104/94

WATERCOLOR BASICS 1

The goal of Watercolor Basics 1 is to teach the student some basic watercolor painting techniques. These shall include washes, lifting, and textures. Basic composition, values, and understanding the paint shall be covered. This class is for beginning painters but will be a good review for the more advanced painter, too.

Nancy Caldwell

HB Art Center

450150-4A	16 yrs +	Th	9:30am-12:30pm	9/13-11/8	\$156/141
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INTRO TO NON-FICTION FILMMAKING

Interested in creating a non-fiction/documentary film for entertainment or promotional purposes? Or perhaps you simply want to better appreciate these types of films? This workshop introduces you to production and storytelling techniques from start to finish including development, research, writing, production, editing, and finishing. Taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

Rudy Poe Inc **HB Art Center**
450159-4A 16 yrs + Sa 1-2:30pm 9/15 \$26/24

CRAFTING A NON-FICTION FILM: SHOOTING INTERVIEWS

Shooting quality interviews is crucial to producing a professional non-fiction/documentary style film. Emmy Award winning documentarian Rudy Poe shares with you the tricks of the trade and how best to prepare, shoot, and edit professional quality video interviews for entertainment and promotional films.

Rudy Poe Inc **HB Art Center**
450160-4A 16 yrs + Sa 1-2:30pm 11/10 \$26/24

FOUR SIMPLE STEPS TO BETTER PAINTING

This class is designed to take beginner and intermediate students through a process of learning to "see like a painter." Once you learn to see you are ready to paint. There are four core principles that, once learned, will unlock the creative genius in you! All painting mediums are acceptable.

Carlo Chappy Valente **HB Art Center**
450162-4A 13 yrs + Th 5:30-7:30pm 9/13-10/11 \$86/78
450162-4B 13 yrs + Th 5:30-7:30pm 10/18-11/15 \$86/78

CRAFTING A NON-FICTION FILM: WRITING

The first step in making a non-fiction/documentary film is figuring out what story you want to tell. Whether you're interested in making a traditional documentary, an educational film, a promotional film for your company, or simply want to better appreciate these types of films, this workshop focuses on the process of conceptualization, research and writing and will show you how compelling stories are crafted. Taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

Rudy Poe Inc **HB Art Center**
450167-4A 16 yrs + Sa 3-4:30pm 9/15 \$26/24

CRAFTING A NON-FICTION FILM: EDITING

It is said that nonfiction/documentary films are made in editing. Once you've shot your footage, it's time to weave it all together into a cohesive story. Emmy Award winning documentarian Rudy Poe will walk you through the various approaches to the editing process. This workshop is not a technical class about how to edit but rather focuses on the conceptual storytelling process that can be applied to whatever editing system you use from iMovie to professional editing systems.

Rudy Poe Inc **HB Art Center**
450168-4A 16 yrs + Sa 3-4:30pm 11/10 \$26/24

CHINESE BRUSH PAINTING

This course is for students with minimum experience, allowing them to learn basic techniques including how to handle the Chinese painting brush with ink, water, and color to execute brush strokes professionally as well as to develop skills to draw different subjects. Students will get a hands-on opportunity to create an evocative brush painting. *No Class Dates: Dec-1.*

Lily Su **HB Art Center**
450174-4A 13 yrs + Sa 9:30am-12:30pm 9/15-10/6 \$86/78
450174-4B 13 yrs + Sa 9:30am-12:30pm 10/13-11/3 \$86/78
450174-4C 13 yrs + Sa 9:30am-12:30pm 11/10-12/8 \$86/78
 Walk-In \$20

IPHONE PHOTOGRAPHY

Learn to use the camera that's always with you. Whether it's for travel, business, family, or fun with friends, this class will teach you how to use your iPhone to create gorgeous iPhone photographs that are so much more than simply snapshots.

Rudy Poe Inc **HB Art Center**
450176-4A 16 yrs + Tu 1-2:30pm 9/11-10/2 \$86/78
450176-4B 16 yrs + Tu 6-7:30pm 11/6-11/27 \$86/78

IMAGINATION & CREATIVITY

Imagination and creativity are the foundation of all artistic endeavors. This class will teach you how to tap into your natural talents and enrich your creative work and life in general. Emmy Award winning documentary filmmaker Rudy Poe brings with him interviews he shot with the world's foremost experts in the subject. Together they speak about the importance of curiosity, risk, failure, flow, and how imagination and creativity are uniquely human and integral to happiness and wellbeing. This class is for everyone.

Rudy Poe Inc **HB Art Center**
450178-4A 16 yrs + Sa 1-2:30pm 9/22 \$26/24

MASTERS OF PHOTOGRAPHY

Masters of Photography is a look at the world through the eyes of the most celebrated photographers of all time. Ever since Louis Daguerre photographed the first person in Paris in 1839, photographic images have exposed the world in which we live. For 90 minutes you will enjoy decades of powerful, iconic images from a variety of genres that illustrate the magic, power, and wonder of the photographic medium. It's a perfect way to start your Saturday evening.

Rudy Poe Inc **HB Art Center**
450179-4A 16 yrs + Sa 3-4:30pm 9/22 \$26/24

PHOTOGRAPHY: CRITIQUE & CONVERSATION

This class provides the opportunity for intermediate and advanced students of photography to gather weekly and share their work and learn from each other. Commercial and fine art photographer and filmmaker Rudy Poe, MFA, moderates the critique sessions and leads conversations about a variety of technical and creative aspects of the photographic medium.

Rudy Poe Inc **HB Art Center**
450180-4A 16 yrs + F 12-1:30pm 9/14-9/28 \$66/60
450180-4B 16 yrs + F 12-1:30pm 11/2-11/16 \$66/60

Register Online! www.hbsands.org

CONTROLLING THE PHOTOGRAPHIC IMAGE

Just as a painter must master paint, brushes, and technique, photographers must master light, their equipment, and camera settings. This seminar covers the four basic components that control the photographic image: shutter, aperture, ISO, and lenses. This is a class for intermediate and advanced photographers who have a fundamental understanding of these elements so that we may effectively discuss the nuances of the relationship between these aspects of capturing light.

Rudy Poe Inc				HB Art Center	
450181-4A	16 yrs +	Sa	1-2:30pm	9/29	\$26/24
450181-4B	16 yrs +	F	2-3:30pm	11/2	\$26/24

LEARNING TO SEE

Whether you're interested in photography, painting, or image creation of any kind, this class is designed to increase your visual awareness of the world around you and help you better express yourself through the images you create. We will exercise your mind and imagination as we get back to the basics and explore shape and color, rhythm and patterns, depth and perspective, and light and shadow.

Rudy Poe Inc				HB Art Center	
450182-4A	16 yrs +	Tu	6-7:30pm	9/11-10/2	\$86/78
450182-4B	16 yrs +	Tu	1-2:30pm	11/6-11/27	\$86/78

EXPLORING IMAGE COMPOSITION

Relationships of subjects, their color, shape and size, positive and negative space, light and shadow, lines, direction and perspective; they all play a role in how your eye travels through an image and how your mind processes the contents of that image. All of these factors are integral to image composition and will be discussed in this class. While this class uses primarily photographic examples, it is for anyone with an interest in creating imagery of any kind.

Rudy Poe Inc				HB Art Center	
450183-4A	16 yrs +	F	2-3:30pm	9/14	\$26/24

EXPLORING COLOR

We live and create in a wonderful world of color. Understanding color is a necessary skill for both photographers and artists working in every medium. While this is primarily a photography class using photographic examples to illustrate the quality of color, light, and how to capture that, the concepts discussed are relevant and useful to painters and visual artists of every kind. As such, artists of every discipline are welcome and encouraged to attend.

Rudy Poe Inc				HB Art Center	
450184-4A	16 yrs +	F	2-3:30pm	9/21	\$26/24

STREET PHOTOGRAPHY

Expose your mind to a presentation of imagery from the masters of street photography and from it, apply lessons learned to your own work. Discussion includes subject and situation, lighting and composition, humor, drama and emotion, depicting time and motion, and other topics both technical and creative. For anyone with an interest in shooting street photography or simply appreciating the genre.

Rudy Poe Inc				HB Art Center	
450185-4A	16 yrs +	Sa	3-4:30pm	11/3	\$26/24

PHOTOGRAPHIC PORTRAITURE

Over the years photographic portraits have evolved considerably. Join us as we explore the evolution of a wide variety of portraits from the 1800s to present day and learn how lighting, lens and aperture selection, subject positioning, and the environment all play a role in depicting not only a person's physicality but their character, inner beauty, and emotional state.

Rudy Poe Inc				HB Art Center	
450187-4A	16 yrs +	F	2-3:30pm	11/9	\$26/24

LETTERFORMS & TYPOGRAPHY

Letterforms play an integral role in all of our lives. They not only form the words we read but through the art of typography we can bring added dimension and meaning to the letters and words themselves. In this class we will learn about the various letterforms, how they communicate visually to us and how they can be combined, arranged, and integrated into your art and designs.

Rudy Poe Inc				HB Art Center	
450188-4A	16 yrs +	Sa	1-2:30pm	11/3	\$26/24

PHOTOJOURNALISM

Many of the most compelling photographic images ever created have been captured by photojournalists. Experience history through their eyes and lenses via a presentation of compelling imagery from photojournalists and publications the world over. This class is for anyone with an interest in shooting photojournalism or simply appreciating history and the genre. Please note that this presentation includes historic, dramatic, and sometimes graphic imagery of war, political unrest, violence, and the human experience.

Rudy Poe Inc				HB Art Center	
450189-4A	16 yrs +	Sa	3-4:30pm	9/29	\$26/24

PRODUCT PHOTOGRAPHY

Product photography exists for one reason... to sell product. Product images not only have a huge impact on the success of the products themselves but also deliver information about the personality and message of the company/brand itself. Learn how lighting, composition, and art direction all contribute to the final image and how to communicate to your creative team or shoot the images yourself.

Rudy Poe Inc				HB Art Center	
450190-4A	16 yrs +	F	2-3:30pm	11/16	\$26/24

LIGHT & SHADOW

Photography is, quite simply, the capturing of light... and light cannot exist without shadow. In this class, a variety of creative lighting styles and techniques will be discussed and how to achieve them. Whether you prefer to work on location exclusively with natural light, in a studio environment with lights, or blend natural with supplemental light, the concepts discussed in this class will be applicable to your creative photographic endeavors. This class is for intermediate and advanced photographers who want to broaden their lighting awareness and skill.

Rudy Poe Inc				HB Art Center	
450191-4A	16 yrs +	F	2-3:30pm	9/28	\$26/24

HOW TO MAKE A PROMO VIDEO

In today's business world, video is a necessary tool for promoting yourself, your business, and your products or services. Emmy Award winning filmmaker Rudy Poe shares the fundamental secrets of how to craft a short yet impactful video that succinctly delivers your message in a professional manner. This class is useful for anyone who wants to make their own video or wants to effectively communicate with a creative team who makes videos for them.

Rudy Poe Inc **HB Art Center**
450193-4A 16 yrs + Sa 3-4:30pm 11/17 \$26/24

WHAT IS A FILM PRODUCER?

Many people wonder "what is a producer?" and "what do they do?" Find out exactly what it means to "produce" a documentary or any other type of film, large or small. Emmy Award winning filmmaker Rudy Poe will discuss the processes of initiating, budgeting, managing, and presenting a film from creative, practical, and business perspectives.

Rudy Poe Inc **HB Art Center**
450194-4A 16 yrs + Sa 1-2:30pm 11/17 \$26/24

INTRO TO COLOR THEORY & COLOR MIXING

Learn the fundamentals of color theory, mixing colors, and creating complementary color schemes in this three-hour workshop.

Iris Kern-Foster **HB Art Center**
450196-4A 14 yrs + Sa 1-4pm 10/13 \$46/42
450196-4B 14 yrs + Sa 1-4pm 10/20 \$46/42

ABSTRACT PAINTING

In this class you will explore the process and inspiration of abstract art. Create works in a range of mediums with a guided, explorative approach. Find your unique interpretation of themes based on shape, line, and color.

Gia Moody **HB Art Center**
450197-4A 14 yrs + W 1-2:30pm 9/12-10/10 \$106/96
450197-4B 14 yrs + W 1-2:30pm 10/17-11/14 \$106/96



COMPUTERS

ALL ABOUT GOOGLE

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

Joel Lander				Senior Center in Central Park	
450220-5A	18 yrs +	Sa	10am - 12pm	9/8-9/15	\$54
450220-5B	18 yrs +	Sa	10am - 12pm	10/13-10/20	\$54
450220-5C	18 yrs +	F	10am - 12pm	12/7-12/14	\$54

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at first class. Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A \$5.00 suggested donation is due at the first class.

Senior Center Volunteer				Senior Center in Central Park	
450200-5A	18 yrs +	Tu	10am - 12:30pm	10/9-10/30	\$15

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7. *No Class Dates: 11/23.*

Joel Lander				Senior Center in Central Park	
450205-5A	18 yrs +	Th	9am - 12pm	9/13-9/27	\$82
450205-5B	18 yrs +	W	1-4pm	10/17-10/31	\$82
450205-5C	18 yrs +	F	9am - 12pm	11/9-11/30	\$82

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander				Senior Center in Central Park	
450201-5A	18 yrs +	W	1-4pm	9/12	\$42
450201-5B	18 yrs +	F	9am - 12pm	9/28	\$42
450201-5C	18 yrs +	F	9am - 12pm	10/26	\$42
450201-5D	18 yrs +	W	1-4pm	12/12	\$42



Parks & Recreation...
 Enhance Opportunities
 to Play

EMAIL AND THE GOOGLE CALENDAR

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

Joel Lander				Senior Center in Central Park	
450228-5A	18 yrs +	Sa	9am-12pm	9/22	\$42
450228-5B	18 yrs +	Sa	9am-12pm	11/10	\$42
450228-5C	18 yrs +	Th	9am-12pm	12/13	\$42

HOW TO PROTECT YOURSELF FROM CYBERCRIME

The best time to fight fraud is before it happens. October is "Cyber Security Awareness" month. Identity thieves are after your personal information, so what exactly is personal information and where do they look for it? How can we protect ourselves using all of our devices? We will also explain how to create strong passwords and tell you about the latest scams.

Marga Dill				Senior Center in Central Park	
450217-5A	55 yrs +	M	11:30am-12:30pm	10/8-10/29	\$48

HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

Joel Lander				Senior Center in Central Park	
450212-5A	18 yrs +	F	10am-12pm	9/7-9/14	\$54
450212-5B	18 yrs +	Th	10am-12pm	10/18-10/25	\$54
450212-5C	18 yrs +	W	1-3pm	11/7-11/14	\$54

INTRODUCTION TO GENEALOGY

Learn how to research your family's history and trace your ancestors using immigration, census, and other records. And learn how to use the internet in your searches.

Marga Dill				Senior Center in Central Park	
450226-5A	55 yrs +	M	10:15-11:15am	10/8-10/29	\$48

MICROSOFT WORD ESSENTIALS

Get started familiarizing with Tabs and associated Ribbons. Learn to text size Word document/internet articles/e-mail to make them more readable. Topics include creating Word documents, save, retrieve, edit, and delete document. By class end, with hands-on exercises, you will learn the essential buttons commonly used to format your document, to paragraph align, to line space, select techniques, cut/copy/paste, spelling and grammar, use of the thesaurus, and more. Prerequisite: Basic computer skills a plus.

Senior Center Volunteer				Senior Center in Central Park	
450209-5A	18 yrs +	W	9am-12pm	10/10-10/31	\$15

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

Joel Lander				Senior Center in Central Park	
450210-5A	18 yrs +	W	1-4pm	9/19-9/26	\$72
450210-5B	18 yrs +	F	9am-12pm	10/12-10/19	\$72
450210-5C	18 yrs +	Th	9am-12pm	11/1-11/8	\$72

PHOTOS BY GOOGLE

A 3-hour introductory class about the Google Photo application. The application stores and synchronizes all your photos with your phones, tablets and computers. Learn the search, grouping and photo enhancement features. Find out about unlimited free storage of your photos. Discuss the pros & cons of this new system. If you take photos you need this! Class notes included.

Joel Lander				Senior Center in Central Park	
450214-5A	18 yrs +	F	9am-12pm	9/21	\$42
450214-5B	18 yrs +	Th	9am-12pm	10/11	\$42
450214-5C	18 yrs +	Sa	9am-12pm	10/27	\$42
450214-5D	18 yrs +	F	9am-12pm	11/2	\$42
450214-5E	18 yrs +	Th	9am-12pm	11/29	\$42
450214-5F	18 yrs +	Th	9am-12pm	12/6	\$42

SMARTPHONES: BEGINNERS

This class is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

Marga Dill				Senior Center in Central Park	
450227-5A	55 yrs +	M	2:45-3:45pm	10/8-10/29	\$48

SMARTPHONES: ADVANCED

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together.

Marga Dill				Senior Center in Central Park	
450224-5A	55 yrs +	M	1:30-2:30pm	10/8-10/29	\$48

SPECIAL COMPUTER PROGRAMS FOR SENIORS

A presentation of computer programs particularly useful for seniors (may also be used in smart phone/tablets). A survey of Facebook, YouTube, Skype, Gmail, PayPal, Kindle, Free online Library Books, Pandora, Luminosity and more. Introductory instructions on how to find, obtain and use these free applications. Ask questions, get answers. Class notes included.

Joel Lander				Senior Center in Central Park	
450229-5A	18 yrs +	W	1-4pm	10/10-10/10	\$42
450229-5B	18 yrs +	Th	1-4pm	11/15-11/15	\$42
450229-5C	18 yrs +	W	1-4pm	12/5-12/5	\$42

Register Online! www.hbsands.org



COOKING

APPETIZERS AND MORE

Learn to create the WOW factor. You will be learning to make interesting, delicious, beautiful appetizers and desserts for this upcoming Holiday season; we will also be learning presentation tips. Come hungry! You will also receive a handout with additional recipes to try on your own. \$15 material fee payable to instructor at class.

April Berg **Edison Community Center**
450307-2A 18 yrs + Tu 6:15-9:15pm 11/13 \$35

BAKING BASICS

Do we buy packaged from fear and convenience? In this class, we will be baking everything from breads, cakes, pies, muffins, cookies, candies, biscuits, and so much more and have fun while we learn. Come hungry! You will also receive a handout with additional recipes to try on your own. \$15 material fee payable to instructor at class.

April Berg **Edison Community Center**
450308-2A 18 yrs + Tu 6:15-9:15pm 12/11 \$35

COOKING FOR THE HOLIDAYS

Get ready for the Holidays. In this class you will learn new and exciting recipes for the Holidays – whether you are hosting or taking a dish. We will be making appetizers, soup, salad, sides, fried turkey, and dessert. Come hungry! You will also receive a handout with additional recipes to try on your own. \$15 material fee due to instructor at class.

April Berg **Edison Community Center**
450306-2A 16 yrs + Tu 6:15-9:15pm 10/9 \$35

ITALIAN COOKING

Please join us for this hands-on class where you will be making pastas from scratch – lasagna, ravioli, and fettucine. You will also learn to make several sauces from scratch – marinara, alfredo, vodka cream sauce, and of course dessert. Come hungry! You will also receive a handout with additional recipes to try on your own. \$15 material fee due to instructor at class meeting.

April Berg **Edison Community Center**
450305-2A 18 yrs + Tu 6:15-9:15pm 9/11 \$35



DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No Class Dates: Oct-31.*

Huntington Academy of Dance **City Gym and Pool**
450442-3A 13 yrs + M 7-8pm 9/10-11/5 \$95

Huntington Academy of Dance **16601 Gothard Street, Suite A**
450442-1A 13 yrs + W 7-8pm 9/12-11/14 \$95

ALL LEVEL SWING BASICS

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

Amanda Mykitta **Senior Center in Central Park**
450458-5A 16 yrs + Th 5-6pm 9/13-10/18 \$40
450458-5B 16 yrs + Th 5-6pm 10/25-12/6 \$40

BALLROOM DANCE BASICS

Never be a wall-flower again. From Waltz to the Salsa, we'll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed. *No Class Dates: Nov-22.*

Amanda Mykitta **Senior Center in Central Park**
450441-5A 16 yrs + Th 7-8:30pm 9/13-10/18 \$40
450441-5B 16 yrs + Th 7-8:30pm 10/25-12/6 \$40

BALLROOM DANCE BASICS 2

Never be a wall-flower again. From Waltz to Salsa, we'll teach you how to own any dance floor! Designed for those with some ballroom experience or who have completed at least one Ballroom Dance Basics session, our dynamic steps and techniques will last a lifetime and we make learning fun! No partner needed.

Amanda Mykitta **Senior Center in Central Park**
450459-5A 16 yrs + Th 6-7pm 9/13-10/18 \$40
450459-5B 16 yrs + Th 6-7pm 10/25-12/6 \$40

BALLET & BALLET STRETCH FOR SENIORS

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

Huntington Academy of Dance **16601 Gothard Street, Suite A**
450426-1A 50 yrs + M 12:30-1:30pm 9/10-10/15 \$49
450426-1B 50 yrs + M 12:30-1:30pm 10/22-11/26 \$49



Parks & Recreation
 Promote good health

BALLROOM & COUNTRY LINE DANCE BASICS

Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, & even some country moves. Whether you're looking for a fun new hobby, a place to meet some new friends, or a way to stay active, dancing is a great way to go!
No Class Dates: Nov-20.

Amanda Mykitta				Edison Community Center		
450462-2A	16 yrs +	Tu	6-7pm	9/11-10/16	\$40	
450462-2B	16 yrs +	Tu	6-7pm	10/23-12/4	\$40	

DANCE: SWING BASICS

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

Kaylaa Fox				Murdy Community Center		
450423-1A	18 yrs +	Th	8:15-9:15pm	9/13-10/4	\$35	
450423-1B	18 yrs +	Th	8:15-9:15pm	10/18-11/8	\$35	

DANCE: SWING INTERMEDIATE

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

Kaylaa Fox				Murdy Community Center		
450424-1A	18 yrs +	Th	7:15-8:15pm	9/13-10/4	\$35	
450424-1B	18 yrs +	Th	7:15-8:15pm	10/18-11/8	\$35	

DANCE: SWING ADVANCED

Move way beyond the basics. 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. Hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox				Murdy Community Center		
450422-1A	18 yrs +	Th	6:15-7:15pm	9/13-10/4	\$35	
450422-1B	18 yrs +	Th	6:15-7:15pm	10/18-11/8	\$35	

LINE DANCE NEW BEGINNER

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-6, Nov-20, Nov-23.*

Suzy Hazard				Senior Center in Central Park		
450419-5A	18 yrs +	F	2-3pm	9/21-12/14	\$62	

LINE DANCE NEW BEGINNER

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-6, Nov-20.*

Linda AndersonMaarleveld				Senior Center in Central Park		
450450-5A	18 yrs +	Tu	2:30-3:30pm	9/11-12/11	\$66	
450450-5B	18 yrs +	Tu	4-5pm	9/11-12/11	\$66	

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%. *No Class Dates: Nov-7, Nov-8, Nov-21, Nov-22, Nov-23.*

Linda AndersonMaarleveld				Senior Center in Central Park		
450453-5A	18 yrs +	W	7-8:30pm	9/12-12/12	\$90	
450453-5B	18 yrs +	Th	3:30-4:30pm	9/13-12/13	\$66	

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: Know basic cues & steps from New Beginner Class. *No Class Dates: Nov-7, Nov-8, Nov-21, Nov-22, Nov-23.*

Suzy Hazard				Senior Center in Central Park		
450420-5A	18 yrs +	F	3:15-4:30pm	9/21-12/14	\$65	

LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Experience doing Level 1 dances. *No Class Dates: Nov-8, Nov-22.*

Suzy Hazard				Senior Center in Central Park		
450428-5A	18 yrs +	W	2:45-4:15pm	9/19-12/12	\$65	

LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Experience doing Level 1 dances. *No Class Dates: Nov-8, Nov-22.*

Linda AndersonMaarleveld				Senior Center in Central Park		
450460-5A	18 yrs +	Th	2-3pm	9/13-12/13	\$66	

LINE DANCE LEVEL 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. Prerequisite: Have experience doing basics plus more difficult dances. *No Class Date: Nov-19.*

Suzy Hazard				Senior Center in Central Park		
450433-5A	18 yrs +	M	3:15-4:45pm	9/11-12/11	\$65	



Parks & Recreation
Stimulate the Mind

LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. Prerequisite: Have experience in more difficult dances. *No Class Date: Nov-21.*

Suzy Hazard Senior Center in Central Park
450434-5A 18 yrs + W 1-2:30pm 9/19-12/12 \$67

SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we'll teach you all the moves you need to own any dance floor! *No Class Dates: Nov-21.*

Dare to Dance Murdy Community Center
450455-1A 14 yrs + W 7-8pm 9/26-12/5 \$30

SWING AND SALSA BASICS

Swing and Salsa are some of the most popular social dances out there. Come learn the basics of these dynamic dances so that you can own the dance floor. Dance classes are a great place to meet new friends, get a workout in, and have some fun – come join us! No partner needed. *No Class Dates: Nov-20.*

Amanda Mykitta Edison Community Center
450461-2A 16 yrs + Tu 7-8pm 9/11-10/16 \$40
450461-2B 16 yrs + Tu 7-8pm 10/23-12/4 \$40

ZUMBA GOLD DANCE FITNESS

The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact, fun dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a good time to feel great! *No Class Dates: Nov-21.*

CS Dance Factory Senior Center in Central Park
450456-5A 18 yrs + W 8:15-9:15am 9/12-12/12 \$97

DOG TRAINING

BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring shot records. \$10 material fee (includes training manual).

Dog Services Unlimited Edison Community Center
450504-2A 10 yrs + Tu 7-8pm 9/11-10/23 \$97

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Discussions of various bad habits will be included! Dogs attend all meetings. Bring shot records and \$5 material fee to first lesson. Pre-registration is required.

Dog Services Unlimited Murdy Community Center
450506-1A 10 yrs + Th 6:30-7:45pm 10/18-11/8 \$86

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 This class is held at Central Park – Slater/Goldenwest Street. *No Class Dates: Oct-13.*

Surf City Flyball Goldenwest/Slater
450507-1A 18 yrs + Sa 9-10am 9/15-11/10 \$95

FLYBALL INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. This class is held at Central Park – Slater/Goldenwest Street. *No Class Dates: Oct-13.*

Surf City Flyball Goldenwest/Slater
450508-1A 18 yrs + Sa 10:30-11:30am 9/15-11/10 \$95

EDUCATIONAL

CUTTING THE CABLE

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

Marga Dill Senior Center in Central Park
450616-5A 55 yrs + Th 1:30-2:30pm 10/11-10/11 \$23
450616-5B 55 yrs + Th 1:30-2:30pm 10/25-10/25 \$23

CONVERSATIONAL SPANISH

Learn how to engage your Spanish conversations. The focus is on speaking about daily actions, travels, experiences. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. A \$30 material fee is payable to the instructor. *No Class Dates: Nov-12.*

Portal Languages City Gym and Pool
450619-3A 18 yrs + M 5-6pm 9/24-11/19 \$160

SPANISH

Beginners learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak Spanish from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$30 material fee due to instructor at first class meeting to cover cost of book. *No Class Dates: Nov-12.*

Portal Languages Senior Center in Central Park
450618-5A 18 yrs + M 1:30-2:30pm 9/10-11/19 \$150

Register Online! www.hbsands.org

SPANISH 2

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

Portal Languages **Senior Center in Central Park**
450621-5A 18 yrs + M 2:30-3:30pm 9/10-11/19 \$150

FRENCH 1

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

Portal Languages **Senior Center in Central Park**
450608-5A 18-99 Tu 3:30-4:30pm 9/18-11/20 \$150

FRENCH 2

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

Portal Languages **Senior Center in Central Park**
450622-5A 18 yrs + Tu 4:30-5:30pm 9/18-11/20 \$150

ITALIAN: CONVERSATIONAL ITALIAN 1A

This class focuses on day-to-day spoken Italian for those with little or no experience. Themes includes greetings, shopping, ordering in a restaurant, etc. Material may be adapted to the preference and experience of participants.

Spectrum Languages **Edison Community Center**
450601-2A 18 yrs + Th 6-7pm 9/13-11/15 \$169

ITALIAN: CONVERSATIONAL ITALIAN 1B

This is a continuation of Conversational Italian 1A. Focus is on spoken Italian and adding knowledge of more complex sentence structures and vocabulary to be able to help any student become more conversant. Material may be adapted to the learning preferences and experience of the participants.

Spectrum Languages **Edison Community Center**
450603-2A 18 yrs + Th 7-8pm 9/13-11/15 \$169

LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m. - 12:00p.m.

OC Learning Black History **Senior Center in Central Park**
450610-5A 8 yrs + Sa 10am-12pm 9/8-11/24 \$10

Register Online! www.hbsands.org

FITNESS

5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full schedule? This is the pass for you! Good for any HB Pilates & Fitness classes: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Power Yoga, Restorative Yoga, Pilates Chair, and Stroller Workout! Some restrictions apply. info@hbpilates.com. No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.

HB Pilates	All CC Locations
450611-1A 16 yrs + Attend Any HB Pilates Class	9/10-10/20 \$85
450611-1B 16 yrs + Attend Any HB Pilates Class	10/22-11/24 \$85
450611-1C 16 yrs + Attend Any HB Pilates Class	11/26-12/21 \$85

10 CLASS PACK

Looking to add a variety to your workout routine? Then this is the pass for you! Mix and match your classes with any HB Pilates & Fitness classes including: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Power Yoga, Restorative Yoga, and Stroller Workout! Some restrictions apply. info@hbpilates.com. No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.

HB Pilates	All CC Locations
450612-1A 16 yrs + Attend Any HB Pilates Class	9/10-10/20 \$160
450612-1B 16 yrs + Attend Any HB Pilates Class	10/22-11/24 \$160
450612-1C 16 yrs + Attend Any HB Pilates Class	11/26-12/21 \$160

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Proper engagement can help you obtain a flatter looking abdomen region, better posture, and more! Core strength can also help you reduce the risk for certain back problems while helping to alleviate most chronic back pain. info@hbpilates.com. No Class Dates: Nov-12.

HB Pilates	Murdy Community Center
450833-1A 16 yrs + M 11-11:30am	9/10-10/15 \$55
450833-1B 16 yrs + M 11-11:30am	10/22-11/19 \$40
450833-1C 16 yrs + M 11-11:30am	11/26-12/17 \$40

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No Class Dates: Nov-12, Nov-19, Nov-21, Nov-23.

Susan Hardy **Edison Community Center**
450851-2A 13 yrs + M,W,F 5:15-6:15pm 9/10-12/17 \$144

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 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. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$166. No Class Dates: Nov-12, Nov-19, Nov-20, Nov-21, Nov-22, Nov-23.

Susan Hardy **Murdy Community Center**
450835-1A 13 yrs + M,W,F 9:15-10am 9/10-12/17 \$137

CHAIR DANCE

Chair Dance exercise has simple, easy movements to strengthen your heart, lungs and muscles. Enjoy listening to fun music from past eras through today and have a joyful time moving with our uplifting instructor. Dance is top-rated for your brain! All exercises are performed seated. *No Class Dates: Oct-24, Nov-21.*

CS Dance Factory Senior Center in Central Park

450880-5A	18 yrs +	W	11:45am-12:15pm	9/12-10/17	\$60
450880-5B	18 yrs +	W	11:45am-12:15pm	10/31-12/12	\$60

CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. *No Class Dates: Oct-8, Oct-15, Nov-12, Nov-19.*

Diane Pavesic Senior Center in Central Park BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT

450866-5A	18 yrs +	M	10-11am	9/17-12/3	\$66
450866-5B	18 yrs +	M	11:15am-12:15pm	9/17-12/3	\$66

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. *No Class Dates: Nov-12, Nov-23.*

Marianne Grossman Senior Center in Central Park

450816-5A	50 yrs +	F	10:15-11:15am	9/28-12/14	\$66
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EXERCISE FOR BALANCE – PART 1

Have you noticed a recent change in your balance? Do you avoid getting on/off the floor? Join Hoag Physical Therapists in a 4-week series that includes discussion, activity participation, and balance training to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

Hoag Senior Center in Central Park

450899-5A	18 yrs +	Tu	9-10am	9/11-10/2	Free
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EXERCISE FOR BALANCE – PART 2

Did you enjoy the challenge of Series 1 Exercise for Balance Class? If so, join Hoag Physical Therapists in a 4-week series of advanced balance exercises to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation. *No Class Dates: Nov-20.*

Hoag Senior Center in Central Park

450893-5A	50 yrs +	Tu	9-10am	11/13-12/18	Free
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FABULOUSLY FIT AS YOU AGE

Program includes components necessary to achieve and improve quality of life, regardless of age or ability. Increase stamina, agility, balance. Fun exercises that help your bones. Improve and increase strength, endurance, range of motion, posture. Mat work, prevents injury. Stay independent and healthy. Bring mat, weights to class. It's Never Too Late to Get in the Best Shape of Your Life. *No Class Dates: Nov-12.*

Hoag Senior Center in Central Park

451510-5A	50 yrs +	M,W	10:30-11:30am	9/10-10/22	\$84
451510-5B	50 yrs +	M,W	10:30-11:30am	10/29-12/10	\$78

FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). \$4 material fee for Dynaband payable in class. *No Class Dates: Nov-20, Nov-22.*

Marianne Grossman Senior Center in Central Park

450817-5A	50 yrs +	Tu	10:15-11am	9/25-12/11	\$49
450817-5B	50 yrs +	Th	10:45-11:30am	9/27-12/13	\$49

GENTLE PILATES MAT

Gentle Pilates Mat is a great introductory class that focuses on the fundamental concepts of Pilates. With an emphasis on core strength and posture, to be more inviting for 50+, we will work on flexibility, overall strength, balance, mobility and coordination to enhance your quality of life. All ages/abilities welcome. Drop-ins: \$18/class. Bring: mat, some towel, grip socks and water. Info@hbpilates.com. *No Class Dates: Nov-12, Nov-22.*

HB Pilates Senior Center in Central Park

450883-5A	16 yrs +	M	4:30-5:30pm	9/10-10/15	\$79
450883-5B	16 yrs +	Th	11:15am-12:15pm	9/13-10/18	\$79
450883-5C	16 yrs +	M	4:30-5:30pm	10/22-11/19	\$56
450883-5D	16 yrs +	Th	11:15am-12:15pm	10/25-11/15	\$56
450883-5E	16 yrs +	M	4:30-5:30pm	11/26-12/17	\$56
450883-5F	16 yrs +	Th	11:15am-12:15pm	11/29-12/20	\$56

PILATES CHAIR

Great for people over 50 who want to stay active, improve core strength, flexibility, mobility, balance, strength and mind-body connection to help reduce the risk of falls. Pilates exercises will be performed seated and standing with resistance bands and exercise balls. Not suitable for those dependent on walkers and/or canes. Classes offered M, Tu, W, F. Bring: grip socks, small towel and water. Drop-ins: \$18/class. Email hbpilates.com for info. *No Class Dates: Nov-12, Nov-22, Nov-23.*

HB Pilates Senior Center in Central Park

450879-5A	18 yrs +	1x/week	12:30-1:30pm	9/10-10/19	\$73
450879-5B	18 yrs +	2x/week	12:30-1:30pm	9/10-10/19	\$121
450879-5C	18 yrs +	3x/week	12:30-1:30pm	9/10-10/19	\$149
450879-5D	18 yrs +	1x/week	12:30-1:30pm	10/22-11/16	\$63
450879-5E	18 yrs +	2x/week	12:30-1:30pm	10/22-11/16	\$99
450879-5F	18 yrs +	3x/week	12:30-1:30pm	10/22-11/16	\$129
450879-5G	18 yrs +	1x/week	12:30-1:30pm	11/26-12/21	\$53
450879-5H	18 yrs +	2x/week	12:30-1:30pm	11/26-12/21	\$84
450879-5I	18 yrs +	3x/week	12:30-1:30pm	11/26-12/21	\$99

POWER YOGA

This dynamic yoga class will focus on increasing strength and flexibility through various Yoga sequences and flows. Building heat and stamina in the mind and body, this Power Yoga class will have you feeling stronger, more agile, and confident in no time! Drop-ins: \$18/class. Bring yoga mat, two yoga blocks, yoga strap and water. Info@hbpilates.com. *No Class Dates: Sep-29, Dec-22.*

HB Pilates Senior Center in Central Park

450878-5A	16 yrs +	W	6-7pm	9/12-10/17	\$79
450878-5B	16 yrs +	Sa	9-10am	9/15-10/20	\$68
450878-5C	16 yrs +	W	6-7pm	10/24-11/21	\$68
450878-5D	16 yrs +	Sa	9-10am	9/15-11/24	\$68
450878-5E	16 yrs +	W	6-7pm	11/28-12/19	\$56
450878-5F	16 yrs +	Sa	9-10am	12/1-12/15	\$44

UNLIMITED HB PILATES AND FITNESS CLASSES

Unlimited Classes allows you access to all HB Pilates & Fitness classes: Ab-Core Blast, Lean & Fit, Restorative Yoga, Power Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Gentle Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Some restrictions apply. info@hbpilates.com. No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.

HB Pilates	All CC Locations
450896-1A 16 yrs + Attend Any HB Pilates Class	9/10-10/20 \$234
450896-1B 16 yrs + Attend Any HB Pilates Class	10/22-11/24 \$195
450896-1C 16 yrs + Attend Any HB Pilates Class	11/26-12/21 \$156

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$166. No Class Dates: Nov-12, Nov-19, Nov-20, Nov-21, Nov-22, Nov-23.

Susan Hardy	Murdy Community Center
450841-1A 13 yrs + M,W,F 8:30-9:15am	9/10-12/17 \$137

JAZZERCISE

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our cardio, strength training, stretching moves will leave you breathless, toned and coming back for more. Start working it with Jazzercise. Classes will be Monday, Wednesday, & Fridays from 8:45-9:50am and Tuesdays from 5:30-6:40pm.

Erica Den Hartog	City Gym and Pool
450853-3A 13 yrs + 10 Class Pack 8:45-9:45am	9/10-12/21 \$89
450853-3B 13 yrs + 20 Class Pack 8:45-9:50am	9/10-12/21 \$139

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, Barre, Yoga, and Dance with cardio intervals and functional fitness exercises. Using resistance bands, workout balls, and your own body weight we will help you achieve the lean and toned body you have been waiting for! info@hbpilates.com. Fitness level: Intermediate. Drops-ins: \$18 per class. Bring: mat, small towel, grip socks and water. No Class Dates: Sep-29, Nov-12, Nov-22, Dec-22.

HB Pilates	City Gym and Pool
450855-3A 16 yrs + W 10-11am	9/12-10/17 \$79
450855-3B 16 yrs + Th 7-8pm	9/13-10/18 \$79
450855-3C 16 yrs + W 10-11am	10/24-11/21 \$68
450855-3D 16 yrs + Th 7-8pm	10/25-11/15 \$56
450855-3E 16 yrs + W 10-11am	11/28-12/19 \$56
450855-3F 16 yrs + Th 7-8pm	11/29-12/20 \$56

HB Pilates	Edison Community Center
450855-2A 16 yrs + M 7:30-8:30pm	9/10-10/15 \$79
450855-2B 16 yrs + M 7:30-8:30pm	10/22-11/19 \$68
450855-2C 16 yrs + M 7:30-8:30pm	11/26-12/10 \$44

HB Pilates	Murdy Community Center
450855-1A 16 yrs + Tu 7-8pm	9/11-10/16 \$79
450855-1B 16 yrs + Tu 7-8pm	10/23-11/20 \$68
450855-1C 16 yrs + Tu 7-8pm	11/27-12/18 \$56

HB Pilates	Senior Center in Central Park
450855-5A 16 yrs + Sa 8-9am	9/15-10/20 \$68
450855-5B 16 yrs + Sa 8-9am	10/27-11/24 \$68
450855-5C 16 yrs + Sa 8-9am	12/1-12/15 \$44

PILATES CHAIR-SITTING ONLY

Pilates Chair-Sitting Only is a gentler approach to Pilates Chair and a great introduction to the class because all exercises are done while seated in a chair. Intergrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, mobility, and an enhanced mind-body connection. Classes offered: Monday and Friday. All ages/abilities welcome. Bring: grip socks and water. info@hbpilates.com. No Class Dates: Nov-12, Nov-23.

HB Pilates	Senior Center in Central Park
450895-5A 18 yrs + 1x/week 11:45am-12:30pm	9/10-10/19 \$61
450895-5B 18 yrs + 2x/week 11:45am-12:30pm	9/10-10/19 \$109
450895-5C 18 yrs + 1x/week 11:45am-12:30pm	10/22-11/16 \$53
450895-5D 18 yrs + 2x/week 11:45am-12:30pm	10/22-11/16 \$76
450895-5E 18 yrs + 1x/week 11:45am-12:30pm	11/26-2/21 \$44
450895-5F 18 yrs + 2x/week 11:45am-12:30pm	11/26-12/21 \$76

PILATES CHAIR: PLUS

Pilates Chair PLUS more advanced exercises! Utilizing a variety of equipment in the fitness facility, this class will focus on improving strength, flexibility, posture, mobility, cardiovascular health and functional fitness while enhancing the mind-body connection. Prerequisites: one session of Pilates Chair and instructor approval. Not suitable for those using a walker and/or cane. info@hbpilates.com. Bring: grip socks, water and small towel. No Class Dates: Nov-23.

HB Pilates	Senior Center in Central Park
450826-5A 18 yrs + Tu 11:30am-12:30pm	9/11-10/16 \$73
450826-5B 18 yrs + W 11:30am-12:30pm	9/12-10/17 \$73
450826-5C 18 yrs + F 11:30am-12:30pm	9/14-10/19 \$73
450826-5D 18 yrs + W,F 11:30am-12:30pm	9/12-10/19 \$133
450826-5E 18 yrs + Tu 11:30am-12:30pm	10/23-11/20 \$61
450826-5F 18 yrs + W 11:30am-12:30pm	10/24-11/21 \$61
450826-5G 18 yrs + F 11:30am-12:30pm	10/26-11/16 \$50
450826-5H 18 yrs + W,F 11:30am-12:30pm	10/24-11/16 \$102
450826-5I 18 yrs + Tu 11:30am-12:30pm	11/27-12/18 \$50
450826-5J 18 yrs + W 11:30am-12:30pm	11/28-12/19 \$50
450826-5K 18 yrs + F 11:30am-12:30pm	11/30-12/21 \$50
450826-5L 18 yrs + W,F 11:30am-12:30pm	11/28-12/21 \$92



PILATES LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. Drop-ins: \$18 per class. *No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.*

HB Pilates		Edison Community Center			
450839-2A	16 yrs + M	9-10am	9/10-10/15	\$79	
450839-2B	16 yrs + M	9-10am	10/22-11/19	\$56	
450839-2C	16 yrs + M	9-10am	11/26-12/10	\$44	
450839-2D	16 yrs + F	9-10am	9/14-10/19	\$79	
450839-2E	16 yrs + F	9-10am	10/26-11/16	\$56	
450839-2F	16 yrs + F	9-10am	11/30-12/14	\$44	

HB Pilates		Senior Center in Central Park			
450839-5A	16 yrs + Tu	10:15-11:15am	9/11-10/16	\$79	
450839-5B	16 yrs + W	7-8pm	9/12-10/17	\$79	
450839-5C	16 yrs + Th	10:15-11:15am	9/13-10/18	\$79	
450839-5D	16 yrs + Sa	8-9am	9/15-10/20	\$68	
450839-5E	16 yrs + Tu	10:15-11:15am	10/23-11/20	\$68	
450839-5F	16 yrs + W	7-8pm	10/24-11/21	\$68	
450839-5G	16 yrs + Th	10:15-11:15am	10/25-11/15	\$56	
450839-5H	16 yrs + Sa	8-9am	10/27-11/24	\$68	
450839-5I	16 yrs + Tu	10:15-11:15am	11/27-12/18	\$56	
450839-5J	16 yrs + W	7-8pm	11/28-12/19	\$56	
450839-5K	16 yrs + Th	10:15-11:15am	11/29-12/20	\$56	
450839-5L	16 yrs + Sa	8-9am	12/1-12/15	\$44	

PILATES MAT

Join us for a low-impact class that will deliver high results and help you improve: posture, strength, flexibility, balance, coordination, mobility, and total mind-body awareness. Focusing on core strength and proper alignment, we will condition your entire body in every class! Info@hbpilates.com. All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, small towel, grip socks, and water. *No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.*

HB Pilates		City Gym and Pool			
450811-3A	16 yrs + W	9-10am	9/12-10/17	\$79	
450811-3B	16 yrs + Th	6-7pm	9/13-10/18	\$79	
450811-3C	16 yrs + W	9-10am	10/24-11/21	\$68	
450811-3D	16 yrs + Th	6-7pm	10/25-11/15	\$56	
450811-3E	16 yrs + W	9-10am	11/28-12/19	\$56	
450811-3F	16 yrs + Th	6-7pm	11/29-12/20	\$56	

HB Pilates		Edison Community Center			
450811-2A	16 yrs + M	6:30-7:30pm	9/10-10/15	\$79	
450811-2B	16 yrs + M	6:30-7:30pm	10/22-11/19	\$56	
450811-2C	16 yrs + M	6:30-7:30pm	11/26-12/10	\$44	
450811-2D	16 yrs + F	10-11am	9/14-10/19	\$79	
450811-2E	16 yrs + F	10-11am	10/26-11/16	\$56	
450811-2F	16 yrs + F	10-11am	11/30-12/14	\$44	

HB Pilates		Murdy Community Center			
450811-1A	16 yrs + M	10-11am	9/10-10/15	\$79	
450811-1B	16 yrs + M	10-11am	10/22-11/19	\$56	
450811-1C	16 yrs + M	10-11am	11/26-12/17	\$56	
450811-1D	16 yrs + Tu	6-7pm	9/11-10/16	\$79	
450811-1E	16 yrs + Tu	6-7pm	10/23-11/20	\$68	
450811-1F	16 yrs + Tu	6-7pm	11/27-12/18	\$56	
450811-1G	16 yrs + Th	5-6pm	9/13-10/18	\$79	
450811-1H	16 yrs + Th	5-6pm	10/25-11/15	\$56	
450811-1I	16 yrs + Th	5-6pm	11/29-12/20	\$56	

HB Pilates		Senior Center in Central Park			
450811-5A	16 yrs + Tu	9-10am	9/11-10/16	\$79	
450811-5B	16 yrs + Th	8-9am	9/13-10/18	\$79	
450811-5C	16 yrs + Sa	9-10am	9/15-10/20	\$68	
450811-5D	16 yrs + Tu	9-10am	10/23-11/20	\$68	
450811-5E	16 yrs + Th	8-9am	10/25-11/15	\$56	
450811-5F	16 yrs + Sa	9-10am	10/27-11/24	\$68	
450811-5G	16 yrs + Tu	9-10am	11/27-12/18	\$56	
450811-5H	16 yrs + Th	8-9am	11/29-12/20	\$56	
450811-5I	16 yrs + Sa	9-10am	12/1-12/15	\$44	

PRENATAL/POSTNATAL PILATES

Pilates is a safe way for women to exercise before, during (1st, 2nd, & 3rd trimester), and after their pregnancy (with doctor's approval). Work with a Prenatal/Postnatal Certified instructor on gentle strength and flexibility exercises specifically designed to support the changes of the body during pregnancy and help rebuild strength and muscle control after delivery. info@hbpilates.com. *No Class Dates: Nov-22.*

HB Pilates		Murdy Community Center			
450856-1A	18 yrs + Th	6-7pm	9/13-10/18	\$89	
450856-1B	18 yrs + Th	6-7pm	10/25-11/15	\$64	
450856-1C	18 yrs + Th	6-7pm	11/29-12/20	\$64	
450856-1D	18 yrs + Th	6-7pm	9/13-12/20	\$46	

PRIVATE PILATES, YOGA & PERSONAL TRAINING

Whether you are looking to lose weight, start a new fitness routine, tone up and get stronger, or simply stay healthy and energized, working one-on-one will allow you to maximize the results of your personal health and fitness goals. Each exercise program is custom designed, specifically for you! 45-minute and 60-minute sessions available upon request. Times and dates TBD. info@hbpilates.com. *No Class Dates: Sep-29, Nov-12, Nov-22, Nov-23, Dec-22.*

HB Pilates		All CC Locations			
450897-1A	16 yrs + 1 session	30 minutes	9/10-12/21	\$46	
450897-1B	16 yrs + 5 sessions	30 minutes	9/10-12/21	\$220	
450897-1C	16 yrs + 10 sessions	30 minutes	9/10-12/21	\$430	

QIGONG

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. 1st class is free.

Donald Walker		Murdy Community Center			
450864-1A	18 yrs + W	6-7:15pm	9/12-10/24	\$49	

RESTORATIVE YOGA

Combining Gentle, Flow, and Restorative Yoga practices, this class will focus on healing the aches and pains of daily life through gentle movements and stillness while aligning the body and mind. Whether you are seated at a desk all day, working in a fast-paced environment, or a fitness addict, everyone needs a little Restorative Yoga in their life to create balance. All ages/abilities welcome. Drop ins: \$18/class. Bring: yoga mat, two yoga blocks, yoga strap, water and yoga blankets (recommended). info@hbpilates.com. *No Class Dates: Sep-29, Nov-12, Dec-22.*

HB Pilates		Senior Center in Central Park			
450828-5A	16 yrs + M	5:30-6:30pm	9/10-10/15	\$79	
450828-5B	16 yrs + W	5:30-6:30pm	9/12-10/17	\$79	
450828-5C	16 yrs + Sa	10-11am	9/15-10/20	\$68	
450828-5D	16 yrs + M	5:30-6:30pm	10/22-11/19	\$56	
450828-5E	16 yrs + W	5:30-6:30pm	10/24-11/21	\$68	
450828-5F	16 yrs + Sa	10-11am	10/27-11/24	\$68	
450828-5G	16 yrs + M	5:30-6:30pm	11/26-12/17	\$56	
450828-5H	16 yrs + W	5:30-6:30pm	11/28-12/19	\$56	
450828-5I	16 yrs + Sa	10-11am	12/1-12/15	\$44	

Register Online! www.hbsands.org

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

No Class Dates: Nov-24.

Susan Hardy

Edison Community Center

450846-2A 13 yrs + Sa 9:15-10:15am 9/15-12/15 \$61

SENIOR CARDIOFIT

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

Oct-12, Nov-20, Nov-23.

Marianne Grossman

Senior Center in Central Park

450837-5A 50 yrs + Tu,F 9-9:45am 9/25-12/14 \$74

SILVER GLOVE FITNESS

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. Please bring a yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions about this. No Class Dates: Oct-22, Nov-12.

Andrew Deming

Senior Center in Central Park

450820-5A 55 yrs + M 8:30-9:30am 9/10-10/15 \$90

450820-5B 55 yrs + M 8:30-9:30am 10/29-12/10 \$90

SLIM & TRIM

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.

Georgia Spidle

Lake Park Clubhouse

450847-2A 13 yrs + M,W,F 9-10am 9/10-11/16 \$60

STROLLER WORKOUT

Calling all parents and grandparents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for workout that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Modifications available for new moms & mummies to be! Drop-ins: \$18/class. Bring: stroller, mat, dumbbells, water and snacks. Meet at the back of the Senior Center in Central Park. Info@hbpilates.com. No Class Dates: Nov-22.

HB Pilates

Senior Center in Central Park

450825-5A 18 yrs + Tu 9-10am 9/11-10/16 \$79

450825-5B 18 yrs + Th 9-10am 9/13-10/18 \$79

450825-5C 18 yrs + Tu,Th 9-10am 9/11-10/18 \$121

450825-5D 18 yrs + Tu 9-10am 10/23-11/20 \$68

450825-5E 18 yrs + Th 9-10am 10/25-11/15 \$56

450825-5F 18 yrs + Tu,Th 9-10am 10/23-11/15 \$93

450825-5G 18 yrs + Tu 9-10am 11/27-12/18 \$56

450825-5H 18 yrs + Th 9-10am 11/29-12/20 \$56

450825-5I 18 yrs + Tu,Th 9-10am 11/27-12/20 \$84

TAI CHI CHUAN – ALL LEVELS

The Simplified Yang Style integrated exercise-art for mental and physical well being. Tai Chi Chuan produces a balanced unification of body, mind, and spirit while stretching and toning the body. Wear comfortable clothing and sun protection as portions of class will be outdoors. No Class Dates: Nov-20.

Shona Howe

HB Art Center

450884-4A 18 yrs + Tu 9:30-10:45am 9/11-12/11 \$110/96

TAI CHI BASICS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

Donald Walker

Edison Community Center

450887-2A 18 yrs + M 1-2:15pm 9/10-10/22 \$49

TAI CHI CHUAN FOR BEGINNERS

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

Elizabeth Pham

Senior Center in Central Park

450881-5A 18 yrs + M 6:45-8:15pm 9/10-12/10 \$91

450881-5B 18 yrs + Th 9-10:25am 9/13-12/13 \$91

TAI CHI CHUAN FOR INTERMEDIATE

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

Shona Howe

Senior Center in Central Park

450882-5A 18 yrs + M 6:45-8:15pm 9/10-12/10 \$91

450882-5B 18 yrs + Th 8:30-10:25am 9/13-12/13 \$91

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No Class Dates: Nov-12, Nov-20.

Marianne Grossman

Edison Community Center

450857-2A 18 yrs + Tu 5:30-6:30pm 9/25-12/11 \$71

Marianne Grossman

Senior Center in Central Park

450857-5A 18 yrs + M 5:30-6:30pm 9/24-12/10 \$65

TOTAL BODY WORKOUT/CARDIO STEP

This class raises the heart rate by stepping up and down on 4 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.

*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$166. No Class Dates: Nov-12, Nov-19, Nov-20, Nov-21, Nov-22, Nov-23.

Susan Hardy

Murdy Community Center

450886-1A 13 yrs + M,W,F 8:30-10am 9/10-12/17 \$166

GENTLE YOGA

Gentle yoga is a restorative and therapeutic yoga style class suitable for all ages and levels. This class will focus on reconnecting the mind and body through the art of movement using awareness exercises, restorative poses, and breathing techniques that calm the nervous system. Please bring your own yoga mat, two yoga blocks, and one yoga strap with you to each class. *No Class Dates: Oct-31, Nov-21.*

Stephanie Gray

HB Art Center

450865-4A	18 yrs +	W	6-7pm	9/12-10/17	\$106/96
450865-4B	18 yrs +	W	6-7pm	10/24-12/12	\$106/96

YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket. *No Class Dates: Nov-13, Nov-16, Nov-20, Nov-23.*

Susan Holden

Senior Center in Central Park

450892-5A	18 yrs +	Tu	10:30-11:30am	9/18-12/11	\$90
450892-5B	18 yrs +	F	10-11am	9/21-12/7	\$82

YOGA: A VINYASA FLOW

Ignite and unleash your creativity through a fun and energetic yoga flow at the HB Art Center. In this class, students will enjoy a multi-sensory experience through movement and art. Each week students will explore a new yoga sequence and receive the benefits of breathing and flowing while surrounded by the sights and sensations of the exhibits displayed at the Art Center. All levels are welcome to join and modifications will be offered to increase or decrease the intensity of the flow. Come start your day with a burst of energy and art!

Neelam Molnar

HB Art Center

450885-4A	18 yrs +	Th	9:30-10:30am	9/13-10/11	\$81/73
450885-4B	18 yrs +	Th	9:30-10:30am	10/18-11/15	\$81/73

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 Dates: Nov-12.*

Yvonne Carmichael

City Gym and Pool

450867-3A	16 yrs +	M	10:30am-12pm	9/10-11/19	\$105
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YOGA: EDISON

Yoga unites mind & body improving general health, balance, and well-being. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. *No Class Dates: Oct-10, Oct-17, Nov-21.*

Diane Pavesic

Edison Community Center

Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT

450868-2A	18 yrs +	W	4:30-5:30pm	9/19-12/5	\$74
450868-2B	18 yrs +	W	6-7pm	9/19-12/5	\$74

YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. *No Class Dates: Oct-11, Oct-18, Nov-22.*

Diane Pavesic

Senior Center in Central Park

Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500

450872-5A	18 yrs +	Th	10-11am	9/20-12/6	\$74
450872-5B	18 yrs +	Th	11am-12pm	9/20-12/6	\$74

YOGA: MURDY

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. If there are existing medical conditions, please check with your doctor before proceeding. *Susan Holden No Class Dates: Nov-12, Nov-13, Nov-16, Nov-19, Nov-20, Nov-23. Jacki King No Class Dates: 11/12, 11/14, 11/19, 11/21.*

Susan Holden

Murdy Community Center

450876-1A	16 yrs +	M	6:15-7:15pm	9/17-12/10	\$90
450876-1B	16 yrs +	Tu	5:30-6:45pm	9/18-12/11	\$90
450876-1C	16 yrs +	Fri	4-5pm	9/21-12/7	\$82

Jacki King, E-RYT, CYT, YACEP

Murdy Community Center

451124-1A	16 yrs +	M	4:35-5:35pm	9/17-12/10	\$90
451124-1B	16 yrs +	W	4-5pm	9/19-12/12	\$90

Yvonne Carmichael

Lake View Clubhouse

451125-1A	16 yrs +	W	10:30am-12pm	9/12-11/14	\$97
451125-1B	16 yrs +	F	10:30am-12pm	9/14-11/16	\$97

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12. *No Class Dates: Oct-31, Nov-21.*

SockhopFitness

Edison Community Center

450858-2A	16 yrs +	W	6:30-7:15pm	9/12-12/5	\$65
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ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm. *No Class Dates: Oct-31, Nov-12, Nov-21.*

SockhopFitness

Edison Community Center

450827-2A	16 yrs +	M	6-6:45pm	9/10-12/10	\$115
		W	6:30-7:15pm		

ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances. *No Class Dates: Nov-22.*

Marianne Grossman

Senior Center in Central Park

450848-5A	18 yrs +	Th	9-10am	9/27-12/13	\$66
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ZUMBA GOLD PLUS ZUMBA GOLD TONING

Zumba Gold is perfect for active adults looking for the great moves of Zumba at a lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party! *No Class Dates: Nov-20, Nov-23.*

SockhopFitness

Murdy Community Center

450860-1A	55 yrs +	Tu	8:05-8:55am	9/11-12/11	\$72
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SockhopFitness

Senior Center in Central Park

450860-5A	55 yrs +	F	9-9:50am	9/14-12/14	\$78
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ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend. *No Class Date: Nov-12.*

SockhopFitness **Edison Community Center**
450888-2A 16 yrs + M 6-6:45pm 9/10-12/10 \$75

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Ditch the workout! Join the Party! *No Class Dates: Nov-20.*

SockhopFitness **Senior Center in Central Park**
450813-5A 6 yrs + Tu 6-6:45pm 9/11-12/11 \$70

MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes 4 family members one time per week, a \$6 fee per extra student. Take 2 days per week for \$120 up to 4 people – if more than 4 students, add \$6 per student. Take 3 days per week for \$160 up to 4 people – if more, add \$6 per student.

Frances Cardinal **Senior Center in Central Park**
450904-5A 3 yrs + Tu 5-6pm 9/11-12/11 \$80
450904-5B 3 yrs + Th 5-6pm 9/13-12/13 \$80
450904-5C 3 yrs + Sa 10-11am 9/15-12/15 \$80
450904-5D 3 yrs + Any 2 Days TBD 9/11-12/15 \$120
450904-5E 3 yrs + Any 3 Days TBD 8/11-12/15 \$160

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$120, 3x week \$160. *No Class Dates: Nov-22.*

Frances Cardinal **Senior Center in Central Park**
450901-5A 14 yrs + Tu 6:15-7:45pm 9/11-12/11 \$80
450901-5B 14 yrs + Th 6:15-7:45pm 9/13-12/13 \$80
450901-5C 14 yrs + Sa 11am-12pm 9/15-12/15 \$80
450901-5D 14 yrs + Any 2 Days TBD 9/11-12/15 \$120
450901-5E 14 yrs + Any 3 Days TBD 9/11-12/15 \$160

KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks. *No Class Dates: Oct-25, Nov-22*

Wadoryu USA **Edison Community Center**
450907-2A 18 yrs + Th 7:15-8pm 9/13-12/13 \$110

ADULT 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: Nov-12*

Kiavash Tillehkooh **City Gym and Pool**
450909-3A 15 yrs + M 7:15-8pm 9/10-12/10 \$188
450909-3B 15 yrs + Tu 7:15-8pm 9/11-12/11 \$188
450909-3C 15 yrs + W 7:15-8pm 9/12-12/12 \$188
450909-3D 15 yrs + Th 7:15-8pm 9/13-12/13 \$188

TAI CHI BASICS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free! **PREREQUISITE:** Completion of Set 1.

Donald Walker **Edison Community Center**
450911-2A 18 yrs + M 2:30-3:45pm 9/10-10/22 \$49

MUSIC

UKULELE BEGINNING

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove Ukulele Players will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due first class.

Guava Groove **Senior Center in Central Park**
451003-5A 18 yrs + Tu 9:30-10:30am 9/11-10/16 \$65
451003-5B 18 yrs + Tu 9:30-10:30am 10/23-11/27 \$65

GUAVA GROOVE UKULELE

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

Guava Groove **Senior Center in Central Park**
451004-5A 18 yrs + Tu 10:45-11:45am 9/11-10/16 \$65
451004-5B 18 yrs + Tu 10:45-11:45am 10/23-11/27 \$65

GROUP UKULELE

Have you ever wanted to play ukulele? Well now's the time! Learn to play from Mr. Greg, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! All levels and all ages are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. \$20 material fee for book due first class (payable to the instructor). Students must provide their own ukulele. Please call Greg if you have questions about acquiring an ukulele. *No Class Dates: Nov-21.*

The RockBand Experience **HB Art Center**
451012-4A 13 yrs + W 4:15-5pm 9/12-10/3 \$80/73
451012-4B 13 yrs + W 4:15-5pm 10/17-11/7 \$80/73
451012-4C 13 yrs + W 4:15-5pm 11/14-12/12 \$80/73

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 welcome, so don't delay and learn to play today. Bring your own guitar, \$20 material fee for book. *No Class Dates: Nov-22.*

The RockBand Experience		HB Art Center	
451008-4A	13 yrs + Th	4:30-5:30pm	9/13-10/4 \$90/76
451008-4B	13 yrs + Th	4:30-5:30pm	10/18-11/8 \$90/76
451008-4C	13 yrs + Th	4:30-5:30pm	11/15-12/13 \$90/76

TheRockBand Experience		Murdy Community Center	
441011-1D	13 yrs + Tu	4:30-5:30pm	9/11-10/2 \$90
441011-1E	13 yrs + Tu	4:30-5:30pm	10/16-11/6 \$90
441011-1F	13 yrs + Tu	4:30-5:30pm	11/13-12/11 \$90

SPECIAL INTEREST

BEGINNING BRIDGE

No experience is necessary for this class. Learn the basics of the game in a setting with others that are learning too. We want to make this a fun time while playing a challenging game. Communicate with partner by your bid. No partner required. Being patient with yourself is a must.

Rita Spira		Senior Center in Central Park	
451102-5A	18 yrs + M	2-4pm	9/10-11/5 \$68
451102-5B	18 yrs + W	6:30-8:30pm	9/12-11/7 \$68

BRIDGE INTERMEDIATE

Knowledge of the basics is required. If you want to improve your skill and learn various conventions to make your experience with bridge a lot of fun, this class is for you. Stayman, Doubles, Jacoby Transfer, Michael's Cue Bid, Play of the Hand samples included.

Rita Spira		Senior Center in Central Park	
451103-5A	18 yrs + Tu	3-5pm	9/11-11/6 \$68

BRAIN FITNESS

Brain Fitness is a computer program designed to strengthen and sharpen one's brain. It helps a participant listen more effectively, improve memory and concentration, increase social skills, and most importantly, self-confidence. Students work at their own level and do not need prior computer experience.

Sharon Fleming		Senior Center in Central Park	
451122-5A	18 yrs + Tu,F	1:15-2:45pm	9/18-11/20 \$139
451122-5B	18 yrs + Tu,F	3-4:30pm	9/18-11/20 \$139

CHRIS EPTING'S STORYTELLERS

Ready to tell your story? Ready to document your life? This six-week course with best-selling memoirist Chris Epting will help you make sense of this exciting step in your life. It's fun, no writing experience is needed, and perfect for whether you picture yourself as a best-selling author or someone documenting your or someone else's story just to share with family and friends.

Chris Epting		Senior Center in Central Park	
451129-5A	18 yrs + M	6-8pm	9/17-10/22 \$100

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

Don't miss a beat and increase the number of people "Stayin' Alive." An additional \$24 fee for the American Heart Association workbook and 2-year course completion card is payable to the instructor, Healthy U. Not a class for medical providers. Advance registration is required.

Healthy U		Murdy Community Center	
451104-1A	11 yrs + Th	6-9:30pm	9/27 \$65
451104-1B	11 yrs + Tu	6-9:30pm	10/30 \$65
451104-1C	11 yrs + Tu	6-9:30pm	12/4 \$65

CREATIVE WRITING

Do you have a half-finished novel, great family stories or an idea for children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a former magazine editor. New to creative writing? This class will help you begin. Open to all levels of experience. More info: YourProfessorD@gmail.com.

Dorothy Spirus		City Gym and Pool	
450144-3A	18 yrs + W	7:30-9pm	9/12-10/17 \$170

CUTTING THE CABLE

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

Marga Dill		Senior Center in Central Park	
450616-5A	55 yrs + Th	1:30-2:30pm	10/11-10/11 \$23
450616-5B	55 yrs + Th	1:30-2:30pm	10/25-10/25 \$23

FASHION MAKEUP: FROM EVERYDAY

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

Rodolfo Nimis		City Gym and Pool	
451134-3A	16 yrs + F	6:30-8:30pm	9/14-9/21 \$68
451134-3B	16 yrs + F	6:30-8:30pm	11/2-11/9 \$68

Rodolfo Nimis		Murdy Community Center	
451134-1A	16 yrs + Tu	6:30-8:30pm	10/9-10/16 \$68
451134-1B	16 yrs + Tu	6:30-8:30pm	12/4-12/11 \$68

PRACTICE BRIDGE

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

Recreation Staff		Senior Center in Central Park	
451108-5A	18 yrs + F	1-4pm	9/14-12/14 \$20



Parks & Recreation
Teach Vital Life Skills

SELF DEFENSE FOR WOMEN & TEENS

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

Susan Salinas

City Gym and Pool

451135-3A	14 yrs +	F	7-8pm	9/14-10/5	\$76
451135-3B	14 yrs +	F	7-8pm	10/12-11/2	\$76

WARD'S DUPLICATE BRIDGE

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

Senior Center Volunteer

Senior Center in Central Park

451107-5A	18 yrs +	Tu	12:30-2:30pm	9/11-12/11	\$20
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WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift – the story of your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift – the story of your life so far. Prior writing skills are not necessary.

Sharon Fleming

Senior Center in Central Park

451121-5A	18 yrs +	Th	10am-12pm	9/20-11/8	\$89
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ADULT LEAGUES

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 20, 2018 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons or evenings and Wednesday nights. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings at Murdy Park. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. There is also a senior women's league Monday nights at Greer Park which is more competitive and uses 11" softballs. If you are interested in joining either the Monday senior women's league or the Thursday Legends league, please call 714-536-5230 for additional information and contacts. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, August 3, 2018. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2019 season will be available in November for the season starting in Mid-January, 2019.

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 10, 2018. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-2530. The first day of registration will be August 1, 2018. The deadline to turn in team registration to City Hall is September 4, 2018.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League - 28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Legends League- 40 & Over	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Winter 2019 season will be available in November for the season starting in Mid-January, 2019.

ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call Rics Volleyball (714) 375-5063. *No Class Dates: Nov-12.*

Win Win Production Inc

City Gym and Pool

462107-3B	18 yrs +	M,W	6-10pm	9/12-12/19	\$235
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SPORTS

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Trainings held at 15th St and PCH. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc

15th St at PCH

451313-2A	18 yrs +	Tu	5:20-6:20pm	9/11-10/23	\$100
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BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Trainings held at 15th St and PCH.

Beach Volleyball CA Inc

15th St at PCH

451311-2A	18 yrs +	Th	5:20-6:20pm	9/13-10/25	\$100
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Private & Semi-Private Surf Lessons

For more information on surf classes, please visit huntingtonbeachca.gov

KING AND QUEEN OF THE COURT VOLLEYBALL TOURNAMENT

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. A \$20 material fee is payable to instructor.

Matt Taylor Volleyball **City Gym and Pool**
451323-3A 16 yrs + Th 7:45-9:45pm 9/20-10/18 \$55

WOMEN'S INTERMEDIATE VOLLEYBALL LEAGUE

Tuesday's - Intermediate classes from 9:30-12:30, Wednesday's - Advanced only 4's from 10-12:00pm, Thursday's - Advanced only from 9:30-12:30pm, Friday's - Advanced only 4's from 10-12:00pm. If you are a new player you must try out the first week. You will be assessed at a satisfactory skill level. Please arrive 20 minutes early for try-outs. *No Class Dates: Nov-22.*

Joann DiGiovanni **City Gym and Pool**
451302-3A 18-79 yrs Tu 9:30am-12:30pm 9/25-10/23 \$35
451302-3B 18-79 yrs Tu 9:30am-12:30pm 10/30-11/27 \$35
451302-3C 18 yrs + W 9:30am-12:30pm 9/26-10/24 \$35
451302-3D 18-75 yrs W 10am-12pm 10/31-11/28 \$35
451302-3E 18-75 yrs Th 9:30am-12:30pm 9/27-10/25 \$35
451302-3F 18-64 yrs Th 9:30am-12:30pm 11/1-11/29 \$30

VOLLEYBALL: ADULT INDOOR CLINIC

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. *No Class Dates: Nov-22.*

Matt Taylor Volleyball **City Gym and Pool**
451309-3A 16 yrs + Th 6:15-7:45pm 9/20-11/29 \$139
451309-3B 16 yrs + Th 7:45-9:15pm 10/25-11/29 \$70

SURF & SKATE

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. Class is taught at Westminster ICE, 13071 Springdale Street, Westminster. *No Class Dates: Nov-21, Nov-24.*

The Rinks Westminster ICE **Westminster Ice**
451312-1A 17 yrs + W 6:40-7:10pm 9/12-10/3 \$38
451312-1B 17 yrs + W 6:40-7:10pm 10/10-10/31 \$38
451312-1C 17 yrs + W 6:40-7:10pm 11/7-12/5 \$38
451312-1D 17 yrs + Sa 10:15-10:45am 9/15-10/6 \$38
451312-1E 17 yrs + Sa 10:15-10:45am 10/13-11/3 \$38
451312-1F 17 yrs + Sa 10:15-10:45am 11/10-12/8 \$38

LEARN TO SURF

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. www.hbsurfschool.com.

HB Surf School **City Beach**
451403-2A 18 yrs + Sa 10-11:30am 9/8-9/29 \$225
451403-2B 18 yrs + Sa 10-11:30am 10/6-10/27 \$225
451403-2C 18 yrs + Sa 10-11:30am 11/3-11/24 \$225

HEALTH & WELLNESS

To register call 714-536-5600.

HOAG LECTURES

MINDFULNESS AS MEDICINE

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join our Hoag Medical Group internist as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life. Presented by Amit Hiteshi, M.D.

Hoag **Senior Center in Central Park**
453304-5A 18 yrs + M 10-11am 10/1 Free

MEMORY: RISK SIGNS & TIPS FOR STAYING SHARP

Join our Hoag Medical Group internist, Nancy Love, M.D. for an education presentation on memory. Her presentation will discuss risk factors, warning signs, treatment, and tips for keeping your memory sharp.

Hoag **Senior Center in Central Park**
453308-5A 18 yrs + W 12:30-1:30pm 10/24 Free

OH MY ACHING BACK!

Approximately 8 out of 10 Americans will have back pain at some point. This chronic pain can affect your sleep, activity level and overall wellbeing. Join Dr. Kimberly Safman as she discusses different techniques to manage your chronic back pain and how your physician can help.

Hoag **Senior Center in Central Park**
453321-5A 55 yrs + Th 1-2pm 10/11 Free

COMMON ARTHRITIS – OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Join our Hoag Medical Group Rheumatologist for an informative discussion on arthritis. During her presentation, she will discuss the two most common types of arthritis – osteoarthritis and rheumatoid arthritis. She will share common symptoms, treatment and much more. Presented by Sheetal Gavankar, M.D.

Hoag **Senior Center in Central Park**
453329-5A 18 yrs + W 1:30-2:30pm 10/10 Free

TIPS ON KEEPING YOUR KIDNEYS HEALTHY

Join us for a discussion on the importance of good kidney health. Learn the basic functions of the kidney, how kidney disease is diagnosed, and the common causes of kidney injury. You will receive tips on keeping your kidneys healthy.

Hoag **Senior Center in Central Park**
453330-5A 18 yrs + Th 10-11am 10/11 Free

TEEN/ADULT

TIPS FOR TREATING SENIOR SKIN CONDITIONS

Like it or not, our skin changes as we age. For seniors, this can have a significant impact as new skin conditions are discovered. Join our Hoag Medical Group family medicine physician, Chrystene Nguyen, MD, as she shares common skin conditions, treatment recommendations, and preventative measures so you can take control of your skin.

Hoag **Senior Center in Central Park**
453337-5A 18 yrs + W 1:30-2:30pm 11/14 Free

BREAST CANCER SCREENING CONTROVERSY: WHAT YOU NEED TO KNOW

Screening mammograms save lives. There is no controversy there. But how often to screen and at what age? This is where the varying opinions lie. Join Dr. January Lopez as she discusses the changes in mammography recommendations and how to determine what guidelines to follow. She will also address advanced imaging options and the benefits of having a dedicated breast radiologist read your scans.

Hoag **Senior Center in Central Park**
453378-5A 18 yrs + W 12:30-1:30pm 10/3 Free

GRANDPARENTING ISN'T ALL ABOUT THE GRANDCHILDREN

Grandparents get busy with the grandkids, but don't forget about taking care of you. In order for you to be in optimal shape to care for the young ones, you need to take care of your health and stay informed. Our Hoag Medical Group physician will provide an informative presentation on tips on how you can keep health a priority, ways to exercise together with the grandkids, how to stay informed with the latest information, and so much more. And all of this so you are able to truly enjoy your grandchildren.

Hoag **Senior Center in Central Park**
453379-5A 18 yrs + W 1:30-2:30pm 12/12 Free



A member of the
St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Checks

July 3, August 7, September 4
9:30-11:30am

Hearing Screening

July 11, August 8, September 12
9:30-11:30am

TIPS AND ADVICE FOR HEALTHY LIVING

Join our Hoag Medical Group physician as they provide tips and advice for healthy living. Topics will include vitamins, stress management, exercise and more.

Hoag **Senior Center in Central Park**
453380-5A 18 yrs + M 10-11am 11/5 Free

HOW TO MAINTAIN HEALTHY EATING DURING THE HOLIDAY SEASON

The holiday season is often a tough time to keep your health and weight goals in mind. Eating healthy is still attainable during these joyous months. Learn how the proper eating habits and mindset can help keep you on track even during the most tempting of times.

Hoag **Senior Center in Central Park**
453381-5A 18 yrs + W 1-2pm 12/5 Free

A GUIDE TO STRENGTH AND FLEXIBILITY FOR THOSE OVER 55

Can you reach the top shelf? Do you know your limits? Learn how to use your body to gain strength and mobility in everyday life. You will learn easy ways to "cheat" your pain and limitations to make daily tasks more comfortable. Presented by Jill Ayres, MS, ATC.

Hoag **Senior Center in Central Park**
453382-5A 18 yrs + Th 1-2pm 12/13 Free

ORANGE COAST MEMORIAL LECTURES SIGN up through Orange Coast Memorial 1-800-MEMORIAL (1-800-636-6742)

LATEST ADVANCES IN JOINT REPLACEMENT

Wear and tear of the joints can cause significant pain and when left untreated, can lead to diminished quality of life. Timothy W. Gibson, M.D., an orthopaedic specialist will join us to discuss advances in diagnosis and treatment options for chronic joint pain sufferers. Bring a friend! RSVP 1-800-636-6742.

Orange Coast Memorial **Senior Center in Central Park**
18+ Th 6-7pm 9/20 Free

WHAT'S YOUR PLAN?

You have the right to make decisions regarding the kinds of medical care you prefer if you unable to speak for yourself by completing an advance directive. Join Beth Hambelton, with MemorialCare Orange Coast and Victoria Maruca with Greater Newport Physicians to learn about this important topic. RSVP 1-800-636-6742.

Orange Coast Memorial **Senior Center in Central Park**
18+ Th 3-4:30pm 10/4 Free



Parks & Recreation
Reduce Stress