

# TEEN / ADULT

## AQUATIC FITNESS

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

### AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

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

**Dawnette Lowry**

**City Gym & Pool**

Monday, Wednesday & Saturday 7:00 - 8am

\*Tuesday & Thursday 7 - 8 am

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

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

### AQUA TONE FITNESS: AQUATIC BODYBUILDING

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

**Dawnette Lowry**

**City Gym & Pool**

Monday & Wednesday 8:15 - 9:25am

Friday 6:45 - 8 am

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



### AQUATIC EXERCISE: AQUA ACTIVE

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

**Debra Thurn**

**City Gym & Pool**

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

Tuesday & Thursday 12:30 - 1:30 pm

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

### AQUA-FIT: FAT BURNING

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

**Debra Thurn & Jamie Fowler**

**City Gym & Pool**

Monday & Wednesday 1:15-2pm

Friday 11am-12pm

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

### AQUA TONE FITNESS: AQUA EVENING CARDIO

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

**Dawnette Lowry**

**City Gym & Pool**

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

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

### AQUA TONE FITNESS: H2O BOOTCAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Jan 1-8.

**Dawnette Lowry**

**City Gym & Pool**

Friday 9:30-10:15am

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

**OIL PAINTING 1 - FUNDAMENTALS**

Beginning oil painting class covers materials and techniques commonly used in traditional oil painting. The class consists of lecture, demos, and hands-on exercises. Participants will complete a still life painting as well as a landscape painting during the class. A good foundation for Oil Painting 2- Intermediate, Landscape.

**Jim Ellsberry****HB Art Center****150104-4A** 18 yrs + W 9:30am - 12pm 1/10 - 2/7 \$125/113**150104-4B** 18 yrs + W 5:30 - 7:45pm 1/10 - 2/7 \$125/113**OIL PAINTING 2 - INTERMEDIATE, LANDSCAPE**

This intermediate oil painting class is designed to strengthen and develop the student's painting abilities using the landscape as subject. Color mixing, relationships of dark and light, composition, and perspective. Emphasis is on traditional landscape painting techniques. The course also covers important historic and contemporary landscape painters, both European and American.

**Jim Ellsberry****HB Art Center****150114-4A** 18 yrs + W 9:30am - 12pm 2/21 - 3/21 \$125/119**150114-4B** 18 yrs + W 5:30 - 7:45pm 2/21 - 3/21 \$125/119**BEGINNING DIGITAL PHOTOGRAPHY**

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

**Kurt Weston****HB Art Center****150109-4A** 16 yrs + F 3:45 - 5:45pm 1/12 - 2/16 \$100/91**INTERMEDIATE DIGITAL PHOTOGRAPHY**

This intermediate class reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography class. Course emphasis is on the refinement of technical skills, technique, concept, and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

**Kurt Weston****HB Art Center****150110-4A** 16 yrs + F 2:45 - 3:45pm 1/12 - 2/16 \$56/51**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****150115-5A** 18 yrs + Tu 8 - 11:30am 1/9 - 2/6 \$30**150115-5B** 18 yrs + Tu 8 - 11:30am 2/13 - 3/20 \$30**WATERCOLOR PAINTING**

This class is for beginning 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. Bring source material. Materials list provided on receipt.

**Diane Merrill****HB Art Center****150116-4A** 18 yrs + Tu 9:30am - 12:30pm 1/9 - 2/27 \$150/136**MORNING MASTERPIECE**

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

**Senior Center Volunteer****Senior Center in Central Park****150113-5A** 18 yrs + W 10:30 - 11:30am 1/10 - 3/28 \$6**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, color, light, texture, transparency, composition, and technique.

**Jose Loza****HB Art Center****150135-4A** 15 yrs + F 3:15 - 5:45pm 1/19 - 2/16 \$115/104**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

**Upcoming Exhibitions****Centered on the Center 2018**

An open call, non-juried exhibition, *Centered on the Center*, features over 300 local and regional artists working in a variety of mediums. Artists are able to submit up to two works of art created in the last two years. All interested artists are invited to pick up a prospectus for guidelines to enter their work from the art center or from our website: [www.huntingtonbeachartcenter.org](http://www.huntingtonbeachartcenter.org). Information will be available after November 20, 2017. The art drop off weekend is January 6, 7, and 8, 2018.

- Exhibition dates: January 27 - March 3, 2018
- Opening Reception: January 27, 6 - 9 pm
- Art for Lunch: Thursday, February 15, 11:30am - 1:30pm

**12th Annual Creative Visions Exhibition**

The annual exhibition of student art presents works created by students from grades k-12 representing the Huntington Beach City School District, the Huntington Beach Union High School District and the Ocean View School District. A gala celebration of performing arts will be presented at the opening reception, featuring the hb city school district, followed by the HB Union High School District. The Ocean View School District will perform on Friday, April 13 from 5-8pm.

- Exhibition dates: March 23 - April 14, 2018
- Opening Reception: March 23, 5 - 10pm
- Art for Lunch: Thursday, April 5, 11:30am - 1:30pm

## ADVANCED DIGITAL PHOTOGRAPHY

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

**Kurt Weston** **HB Art Center**  
150136-4A 18 yrs + F 12:30 - 2:30pm 1/12 - 2/16 \$100/91

## WATERCOLORS WITH THE MASTERS

This class will focus on three watercolor masters, exploring their style, techniques, and use of medium. Students learn how to apply these lessons to their own watercolor paintings. Focus will be on painting on unique watercolor surfaces. Class is not for beginners.

**Eileen McCullough** **HB Art Center**  
150137-4A 18 yrs + Th 9:30am - 12:30pm 1/18 - 3/15 \$150/136

## MOSAIC ART

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on a framed wood substrate. \$25 material fee due at first class.

**Anne Marie Price** **HB Art Center**  
150141-4A 13 yrs + Sa 2:45 - 4:45pm 2/3 - 2/24 \$125/113  
150141-4B 13 yrs + Sa 2:45 - 4:45pm 3/3 - 3/24 \$125/113

## IMPROV 4 EVERYONE

Want a class that is fun, helps with public speaking, shyness and those moments you are at a loss for words? A fun way to train the brain and practice thinking on your feet. Give it a try, you'll be glad you did. *No Class Dates: Feb-14.*

**Brenda Glim** **Senior Center in Central Park**  
150145-5A 16 yrs + W 6 - 8pm 1/10 - 1/31 \$65  
150145-5B 16 yrs + W 6 - 8pm 2/7 - 3/7 \$65

## STUDIO ART

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

**Marilyn Dropeza** **Senior Center in Central Park**  
150149-5A 18 yrs + Tu 11:30am - 2:45pm 1/9 - 2/6 \$30  
150149-5B 18 yrs + Tu 11:30am - 2:45pm 2/13 - 3/20 \$30

## INTERMEDIATE ACRYLIC PAINTING

The course is designed to explore advanced techniques in acrylic painting with an emphasis on color theory. Students will get the opportunity to experiment and work on personal projects with one on one instruction.

**Jose Loza** **HB Art Center**  
150152-4A 15 yrs + F 3:15 - 5:45pm 2/23 - 3/16 \$106/96

## DRAWING & RENDERING

Take your drawings to the next level! In this workshop students will explore classical and non-traditional drawing methods with a focus on improving the student's ability to draw from observation. Instruction will be given using a variety of materials; all levels of experience are welcome. \$35 material fee due at first class.

**Laura Black** **HB Art Center**  
150154-4A 12 yrs + Tu 6 - 7:30pm 1/16 - 3/20 \$126/114

## INTERIOR DESIGN FOR YOUR HOME

Learn from a professional interior designer how to create your dream home! The sky is the limit when it comes to color choices, fabrics, furniture, and accessories, and how they are brought together. In this 2-day workshop you will learn step-by-step the basics of space planning, color concepts, and selection of the right elements such as furnishing, lighting, flooring, and surfaces to create and decorate the home you always wanted. Supply list and a \$5 material fee due at first class.

**Lucia Henry** **HB Art Center**  
150155-4A 16 yrs + Sa 1 - 3pm 1/13 - 1/20 \$71/64  
150155-4B 16 yrs + Sa 1 - 3pm 2/10 - 2/17 \$71/64  
150155-4C 16 yrs + Sa 1 - 3pm 3/10 - 3/17 \$71/64

## INTRO TO DOCUMENTARY FILMMAKING

This two-hour workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This workshop is a general overview of production and storytelling techniques, from start to finish including development, research, writing, production, editing, and finishing. The class is taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

**Rudy Poe Inc** **HB Art Center**  
150159-4A 13 yrs + Sa 12:30 - 2:30pm 1/13 \$36/30

## DOCUMENTARY FILMMAKING: SHOOTING INTERVIEWS

Shooting quality interviews is crucial to producing a professional 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 a professional quality video interview.

**Rudy Poe Inc** **HB Art Center**  
150160-4A 13 yrs + Sa 12:30 - 2:30pm 1/20 \$36/30

## THROUGH THE LENS: HOW TO SEE

Whether you're interested in photography or image creation of any kind, this class will help you better express yourself and tell stories with the images you create. This is not a technical workshop so whether you have a cell phone camera or a DSLR, the workshop is designed to increase your visual awareness and help you capture interesting, thought provoking images. Exercise your mind and imagination as you explore point-of-view, color, shape, depth, perspective, light, and shadow.

**Rudy Poe Inc** **HB Art Center**  
150161-4A 13 yrs + W 3 - 4:30pm 1/10 - 2/7 \$76/69

## 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**  
150162-4A 13 yrs + Th 5:30 - 7:45pm 1/11 - 2/8 \$86/78

## TRADITIONAL HAWAIIAN/APPLIQUE QUILT PILLOW

Learn the traditional Hawaiian method to applique and quilt a pillow using a needle, thread, and just our hands and fingers. We will create a beautiful Hawaiian design pillow. It's easy, portable, and fun. All you need to know to begin is how to thread a needle.

**Senior Center Volunteer** **Senior Center in Central Park**  
150165-5A 18 yrs + W 3 - 4pm 1/10 - 3/21 \$6



## 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**  
**150120-5A** 18 yrs + W 10:30 - 11:30am 1/3 - 3/21 \$6

## INTRO TO DOCUMENTARY PHOTOGRAPHY

This class is designed to help you become a better storyteller through your photography. Taught by an Emmy Award winning documentarian, you will learn how to capture the drama, emotion, and humor of everyday life through discussion, historical examples, and weekly photo assignments shooting people, places, and things. This is not a technical class so whether you are a beginner with a cell phone, experienced with a DSLR, or somewhere in between, the class will expand your visual and storytelling skills and help you capture interesting, emotional, and thought provoking images.

**Rudy Poe Inc**      **HB Art Center**  
**150166-4A** 13 yrs + W 3 - 4:30pm 2/21 - 3/21 \$76/69

## DOCUMENTARY FILMMAKING: CONCEPTUALIZING & WRITING

The first step in making a documentary is figuring out what story you want to tell. This two-hour workshop focuses on this initial process that is the foundation of your film. Whether you're interested in making a traditional documentary, an educational film, or a promotional film for your company, this workshop will help you craft your story.

**Rudy Poe Inc**      **HB Art Center**  
**150167-4A** 13 yrs + Sa 2:45 - 4:45pm 1/13 \$36/30

## DOCUMENTARY FILMMAKING: EDITING

It is said that documentaries 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 for documentary films. 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**  
**150168-4A** 13 yrs + Sa 2:45 - 4:45pm 1/20 \$36/30

## STREETSCAPES IN WATERCOLOR

This is a fun and exciting class exploring the use watercolor for beginner and intermediate painters. We will be playing with ways to interpret architectural elements, human form, and the flora and fauna of Southern California.

**Carlo Chappy Valente**      **HB Art Center**  
**150169-4A** 13 yrs + Th 5:30 - 7:45pm 2/22 - 3/22 \$86/78

## EXPERIMENTAL COLOR COLLAGE

Experimental Color Collage is designed to stimulate new ways of looking at color and collaged images. Students will create collaged works anchored in basic color theory. This class is designed for creative folk who want to shake up their art practice or relax and enjoy color and collage.

**Katie Stubblefield**      **HB Art Center**  
**150170-4A** 18 yrs + F 12:15 - 2:45pm 2/16 - 3/9 \$73/66

## CONTEMPORARY COMPOSITIONS

This course explores traditional and non-traditional principles of visual composition in abstract paintings. Focus on finding your unique style of expression, while gaining knowledge of the concepts and color relationships in abstract and non-objective art. For artists of all levels who want to challenge their creativity. Beginners and advanced students welcome. Supply list provided on receipt.

**Iris Kern-Foster**      **HB Art Center**  
**150171-4A** 14 yrs + W 3 - 5pm 1/10 - 2/7 \$127/115  
**150171-4B** 14 yrs + W 3 - 5pm 2/21 - 3/21 \$127/115

## TEEN ESSENTIAL DRAWING & PAINTING

This class is developed especially for teens who want to improve their drawing & painting skills and also those working on a portfolio. Weekly sketchbook assignments. Weekly drawing/painting exercises. Emphasis on color mixing. Students will work on a painting in acrylic. Finished work may be included in an art show. Materials list provided on receipt. Bring supplies on the first day of class.

**Pati Kent**      **HB Art Center**  
**150172-4A** 12-18 yrs Tu 3:15 - 4:15pm 1/9 - 2/6 \$76/69  
**150172-4B** 12-18 yrs Tu 3:15 - 4:15pm 2/20 - 3/20 \$76/69

## JEWELLED EGGS

Jeweled Eggs is a one day workshop designed to offer unique tips and processes in egg decorating to creative students. This class focuses on experimentation and individual student vision while creating a suite of decorative eggs. Three blown eggs will be provided to each student as a base for decoration.

**Katie Stubblefield**      **HB Art Center**  
**150173-4A** 18 yrs + Sa 1 - 4pm 3/3 \$46/42  
**150173-4B** 18 yrs + Sa 1 - 4pm 3/24 \$46/42

## ASIAN BRUSH PAINTING

Learn the magic of bamboo brush with ink or watercolor. Introduction to materials and methods with cultural background. Step-by-step group instruction with individual practice in classic and seasonal subjects. Join either session or both. Instructor helps students with selecting and buying supplies.

**Dorothy Yim**      **HB Art Center**  
**150174-4A** 13 yrs + Sa 9:30am - 12:30pm 1/13 - 2/10 \$87/79  
**150174-4B** 13 yrs + Sa 9:30am - 12:30pm 2/24 - 3/17 \$70/63

## 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**  
**150176-4A** 13 yrs + Tu 6 - 7:30pm 1/9 - 2/6 \$76/69  
**150176-4B** 13 yrs + Tu 6 - 7:30pm 2/20 - 3/20 \$76/69

# COMPUTERS

## 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.

Senior Center Volunteer		Senior Center in Central Park			
150200-5A	18 yrs + Tu	9 - 11:30am	2/6 - 2/27	\$15	

## 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			
150201-5A	18 yrs + Th	9am - 12pm	1/25	\$38	
150201-5B	18 yrs + F	9am - 12pm	3/16	\$38	

## 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.

Joel Lander		Senior Center in Central Park			
150205-5A	18 yrs + Th	9am - 12pm	1/4 - 1/18	\$72	
150205-5B	18 yrs + F	9am - 12pm	2/2 - 2/16	\$72	
150205-5C	18 yrs + Th	2 - 5pm	3/15 - 3/29	\$72	

## MICROSOFT WORD: LEVEL 1

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			
150209-5A	18 yrs + W	9am - 12pm	1/10 - 1/31	\$15	
150209-5B	18 yrs + W	9am - 12pm	3/7 - 3/28	\$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			
150210-5A	18 yrs + F	9am - 12pm	1/19 - 1/26	\$66	
150210-5B	18 yrs + Th	2 - 5pm	2/15 - 2/22	\$66	
150210-5C	18 yrs + Th	9am - 12pm	3/1 - 3/8	\$66	

## 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			
150212-5A	18 yrs + Sa	10am - 12pm	1/13 - 1/20	\$48	
150212-5B	18 yrs + Th	6:30 - 8:30pm	1/18 - 1/25	\$48	
150212-5C	18 yrs + Th	10am - 12pm	2/1 - 2/8	\$48	
150212-5D	18 yrs + Th	2pm - 4pm	3/1 - 3/8	\$48	
150212-5E	18 yrs + Sa	10am - 12pm	3/3 - 3/10	\$48	

## PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

Joel Lander		Senior Center in Central Park			
150214-5A	18 yrs + Sa	9am - 12pm	2/3	\$38	
150214-5B	18 yrs + F	9am - 12pm	3/9	\$38	

## PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

Marga Dill		Senior Center in Central Park			
150217-5A	55 yrs + Th	1 - 2pm	1/25 - 2/15	\$48	

## INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

Marga Dill		Senior Center in Central Park			
150218-5A	55 yrs + M	11:15am - 12:15pm	1/22 - 2/12	\$48	

## 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			
150220-5A	18 yrs + F	10am - 12pm	1/5 - 1/12	\$48	
150220-5B	18 yrs + Th	2 - 4pm	2/1 - 2/8	\$48	
150220-5C	18 yrs + Sa	10am - 12pm	2/10 - 2/17	\$48	
150220-5D	18 yrs + Th	10am - 12pm	3/15 - 3/22	\$48	

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

## INTERNET TIPS FOR TRAVEL

Tourism is an information-intense industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after.

**Marga Dill** Senior Center in Central Park  
150221-5A 55 yrs + M 10 - 11am 1/22 - 2/12 \$48

## 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  
150227-5A 55 yrs + M 2:30 - 3:30pm 1/22 - 2/12 \$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  
150224-5A 55 yrs + M 1:15 - 2:15pm 1/22 - 2/12 \$48

## GMAIL AND THE GOOGLE CALENDAR

An in-depth look at how to get, set up and use Google's E-Mail program and online personal calendar on your computer, phone and tablet. Learn the ease and benefits of using these popular programs and how they synchronize and work with other Google programs to keep you on top of things. Learn to customize them for maximum benefits. Class notes included.

**Joel Lander** Senior Center in Central Park  
150228-5A 18 yrs + Th 2 - 5pm 1/11 \$38  
150228-5B 18 yrs + F 9am - 12pm 2/23 \$38  
150228-5C 18 yrs + F 9am - 12pm 3/23 \$38

## 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  
150229-5A 18 yrs + Th 2 - 5pm 1/4 \$38  
150229-5B 18 yrs + Th 9am - 12pm 2/22 \$38  
150229-5C 18 yrs + F 9am - 12pm 3/2 \$38



Parks & Recreation  
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to Play

## COOKING

### BRUNCH FOR A BUNCH

In this class, you will learn how to plan, prepare, and serve the perfect brunch for your family and/or a party. With Spring on its way, this is the perfect entertaining style with the perfect menu. We will cover a wide range of dishes plus take home a lot more recipes. Come hungry! \$15 material fee payable to instructor.

**April Berg** Edison Community Center  
150305-2A 18 yrs + Tu 6:15 - 9:15pm 3/13 - 3/13 \$35

### SOUPS, STEWS, CHOWDERS, AND MORE

In this class you will learn to make soups from appetizers, first course, main meal, and even desserts. We will be making soups, stews, chowders, sure to impress. These are all new soups then previously taught. Come hungry! \$15 material fee payable to instructor.

**April Berg** Edison Community Center  
150306-2A 18 yrs + Tu 6:15 - 9:15pm 2/13 - 2/13 \$35

### CAKE DECORATING BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

**Rebecca Mejia** Murdy Community Center  
150301-1A 13 yrs + Tu 6 - 8pm 1/9 - 1/30 \$50  
150301-1B 13 yrs + Tu 6 - 8pm 2/6 - 2/27 \$50

### VEGETARIAN AND LOW FAT COOKING

We are only 9 days into that new year's resolution to eat healthy and lose weight. I can teach healthy ways to prepare foods, cut the calories and fat by half if not more and you will feel better. We will be making a lot of alternative dishes using vegetarian and vegan ingredients and you won't notice the difference. You will also take home a packet to use over and over again. \$15 materials fee payable to instructor.

**April Berg** Edison Community Center  
150307-2A 18 yrs + Tu 6:15 - 9:15pm 1/9 - 1/9 \$35



# DANCE

## PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

**SockhopFitness** Edison Community Center  
 150402-2A 16 yrs + M,Tu,W,Th,F,Sa 8am - 10pm 1/8 - 3/24 \$60



## DANCE: BALLROOM BASICS

Glide around the dance floor dancing Waltz, Swing, Tango, and Foxtrot. Twirl and dip to exciting popular music and classics for weddings, cruises, and parties. Easy instruction. No partner needed.

**Kaylaa Fox** Edison Community Center  
 150407-2A 16 yrs + W 7:30 - 8:15pm 1/17 - 2/7 \$45  
 150407-2B 16 yrs + W 7:30 - 8:15pm 2/14 - 3/7 \$45

## DANCE: COUNTRY LINE

Country friends are waiting for you at the country clubs! Kick up your boots to oldies and newbie country line dances. Easy instruction! Meet NEW friends for country good fun.

**Kaylaa Fox** Edison Community Center  
 150413-2A 16 yrs + W 8:15 - 9pm 1/17 - 2/7 \$45  
 150413-2B 16 yrs + W 8:15 - 9pm 2/14 - 3/7 \$45

**Kaylaa Fox** Murdy Community Center  
 150413-1A 16 yrs + Th 7:15 - 8pm 1/18 - 2/8 \$45  
 150413-1B 16 yrs + Th 7:15 - 8pm 2/15 - 3/8 \$45

## DANCE: COUNTRY 2 STEP & COWBOY CHA CHA

Country 2 Step and Cowboy Cha Cha let you dance at the country club. Listen to favorite country songs. No partner needed.

**Kaylaa Fox** Edison Community Center  
 150415-2A 16 yrs + M 7:45 - 8:30pm 1/22 - 2/12 \$45  
 150415-2B 16 yrs + M 7:45 - 8:30pm 2/26 - 3/19 \$45

**Kaylaa Fox** Murdy Community Center  
 150415-1A 16 yrs + Th 6:30 - 7:15pm 1/18 - 2/8 \$45  
 150415-1B 16 yrs + Th 6:30 - 7:15pm 2/15 - 3/8 \$45

## 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.

**Suzu Hazard** Senior Center in Central Park  
 150419-5A 18 yrs + F 2 - 3pm 1/12 - 3/23 \$59

## 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: New Beginner Line Dance.

**Suzu Hazard** Senior Center in Central Park  
 150420-5A 18 yrs + F 3:15 - 4:30pm 1/12 - 3/23 \$59

## LINE DANCE FITNESS 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 basic dances.

**Suzu Hazard** Senior Center in Central Park  
 150428-5A 18 yrs + W 2:45 - 4:15pm 1/10 - 3/21 \$59

## 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: Experience doing basics plus more difficult dance moves. No Class Dates: Jan-15, Feb-19.

**Suzu Hazard** Senior Center in Central Park  
 150433-5A 18 yrs + M 3:15 - 4:45pm 1/8 - 3/19 \$49

## 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: Experience doing difficult dances.

**Suzu Hazard** Senior Center in Central Park  
 150434-5A 18 yrs + W 1 - 2:30pm 1/10 - 3/21 \$59

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

## DANCE: LATIN BASICS

Romantic SALSA, CHA CHA and MERENGUE will whisper the songs of Latin Dance in your ear. Easy and Rhythmic patterns will confirm the Latin mood to you in class and out on the dance floor. No partner needed.

<b>Kaylaa Fox</b>				<b>Edison Community Center</b>	
<b>150421-2A</b>	16 yrs +	M	7 - 7:45pm	1/22 - 2/12	\$45
<b>150421-2B</b>	16 yrs +	M	7 - 7:45pm	2/26 - 3/19	\$45

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>150421-1A</b>	16 yrs +	Th	8 - 8:45pm	1/18 - 2/15	\$45
<b>150421-1B</b>	16 yrs +	Th	8 - 8:45pm	2/22 - 3/22	\$45

## 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.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>150423-1A</b>	16 yrs +	Th	8:15 - 9:15pm	1/18 - 2/8	\$40
<b>150423-1B</b>	16 yrs +	Th	8:15 - 9:15pm	2/15 - 3/8	\$40

## 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.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>150424-1A</b>	16 yrs +	Th	7:15 - 8:15pm	1/18 - 2/8	\$45
<b>150424-1B</b>	16 yrs +	Th	7:15 - 8:15pm	2/15 - 3/8	\$45

## 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.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
<b>150422-1A</b>	16 yrs +	Th	6:15 - 7:15pm	1/18 - 2/8	\$40
<b>150422-1B</b>	16 yrs +	Th	6:15 - 7:15pm	2/15 - 3/8	\$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.

<b>Huntington Academy of Dance</b>				<b>16601 Gothard Street, Suite A</b>	
<b>150426-1A</b>	50 yrs +	M	12:30 - 1:30pm	1/8 - 2/12	\$49
<b>150426-1B</b>	50 yrs +	M	12:30 - 1:30pm	2/19 - 3/26	\$49

## TUPUA'S POLYNESIAN DANCE

Aloha! Introduction to the fundamentals of Polynesian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required. *No Class Dates: Jan-15, Feb-19.*

<b>Melody Seanoa</b>				<b>Senior Center in Central Park</b>	
<b>150440-5A</b>	13 yrs +	M	1 - 2pm	1/8 - 3/12	\$85

## 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.

<b>Amanda Mykitta</b>				<b>Senior Center in Central Park</b>	
<b>150441-5A</b>	16 yrs +	Th	7 - 8:30pm	1/11 - 2/8	\$35
<b>150441-5B</b>	16 yrs +	Th	7 - 8:30pm	2/15 - 3/15	\$35

## BALLROOM DANCE BASICS LEVEL 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.

<b>Amanda Mykitta</b>				<b>Senior Center in Central Park</b>	
<b>150459-5A</b>	16 yrs +	Th	6 - 7pm	1/11 - 2/8	\$35
<b>150459-5B</b>	16 yrs +	Th	6 - 7pm	2/15 - 3/15	\$35

## 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: Jan-15, Feb-19.*

<b>Huntington Academy of Dance</b>				<b>City Gym and Pool</b>	
<b>150442-3A</b>	13 yrs +	M	7 - 8pm	1/8 - 3/19	\$95
<b>Huntington Academy of Dance</b>				<b>16601 Gothard Street, Suite A</b>	
<b>150442-1A</b>	16 yrs +	W	7:30 - 8:30pm	1/10 - 3/14	\$105



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Make  
Life  
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Reduce Stress

## 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.

<b>Linda Anderson Maarleveld</b>	<b>Senior Center in Central Park</b>
150450-5A	18 yrs + Tu 2:30 - 3:30pm 1/9 - 3/20 \$61
150450-5B	18 yrs + Tu 4 - 5pm 1/9 - 3/20 \$61

## 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%.

<b>Linda Anderson Maarleveld</b>	<b>Senior Center in Central Park</b>
150453-5A	18 yrs + W 7 - 8:30pm 1/10 - 3/21 \$76
150453-5B	18 yrs + Th 3:45 - 4:45pm 1/11 - 3/22 \$61

## HULA - BEGINNING

Aloha Mai - This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

<b>Guava Groove</b>	<b>Senior Center in Central Park</b>
150451-5A	18 yrs + W 9:30 - 10:30am 1/10 - 2/14 \$65
150451-5B	18 yrs + W 9:30 - 10:30am 2/21 - 3/21 \$55

## 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: Mar-21.*

<b>Dare To Dance</b>	<b>Murdy Community Center</b>
150455-1A	14 yrs + W 7 - 8pm 1/10 - 3/14 \$30

## BROADWAY DANCE FITNESS

Join us at this brand new dance fitness class with a Broadway flair! Dance to upbeat, fun Broadway musical tunes, as well as songs from past era's through today. Combining aerobics with simple dance choreography makes you want to move! See why dance is top-rated for your brain, your heart, and your soul! *No Class Dates: Feb-22.*

<b>CS Dance Factory</b>	<b>Senior Center in Central Park</b>
150456-5A	18 yrs + Th 1:30 - 2:15pm 1/18 - 3/22 \$96

## 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!

<b>Amanda Mykitta</b>	<b>Senior Center in Central Park</b>
150458-5A	16 yrs + Th 5 - 6pm 1/11 - 2/8 \$35
150458-5B	16 yrs + Th 5 - 6pm 2/15 - 3/15 \$35

## DOG TRAINING

### AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call 714-532-3647 if you'd like a list of the ten skills to be tested.

<b>Dog Services Unlimited</b>	<b>Edison Community Center</b>
150503-2A	10 yrs + Tu 8 - 9:15pm 2/20 - 2/20 \$28

### 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 and \$10 material fee (includes training manual).

<b>Dog Services Unlimited</b>	<b>Edison Community Center</b>
150504-2A	10 yrs + Tu 7 - 8pm 1/16 - 2/27 \$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. Dogs attend all meetings. Bring current shot records and \$5 material fee to first lesson. Pre-registration is required.

<b>Dog Services Unlimited</b>	<b>Murdy Community Center</b>
150506-1A	10 yrs + Th 7:45 - 9pm 1/25 - 2/15 \$86

### FLYBALL DOG TRAINING 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. *No Class Dates: Jan-20, Feb-17.*

<b>Surf City Flyball</b>	<b>Central Park Slater &amp; Golden West</b>
150507-1A	18 yrs + Sa 9 - 10am 1/13 - 3/17 \$95

### FLYBALL DOG TRAINING 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. *No Class Dates: Jan-20, Feb-17.*

<b>Surf City Flyball</b>	<b>Central Park Slater &amp; Golden West</b>
150508-1A	18 yrs + Sa 10:30 - 11:30am 1/13 - 3/17 \$95



# EDUCATIONAL

## 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 so far. Prior writing skills are not necessary.

**Sharon Fleming** Senior Center in Central Park  
151121-5A 18 yrs + Th 10am - 12pm 1/25 - 3/15 \$89

## NEW! 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](mailto:YourProfessorD@gmail.com)

**Dorothy Spirus** City Gym and Pool  
150144-3A 18 yrs + W 7:30 - 9pm 1/24 - 3/7 \$170

## ITALIAN: CONVERSATIONAL ITALIAN 1A

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

**Spectrum Languages** Edison Community Center  
150601-2A 18 yrs + Th 6 - 7pm 1/18 - 3/22 \$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 preference and experiences of the participants.

**Spectrum Languages** Edison Community Center  
150603-2A 18 yrs + Th 7 - 8pm 1/18 - 3/22 \$169

## FRENCH

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. \$20 material fee due to instructor at first class meeting to cover cost of book.

**Portal Languages** Senior Center in Central Park  
150608-5A 18 yrs + Tu 3:30 - 4:30pm 1/9 - 3/13 \$150



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## 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. \$20 material fee due to instructor at first class meeting to cover cost of book. *No Class Dates: Jan-15, Feb-19.*

**Portal Languages** Senior Center in Central Park  
150618-5A 18 yrs + M 1:30 - 2:30pm 1/8 - 3/26 \$150

## NEW! 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: Feb-19.*

**Portal Languages** City Gym and Pool  
150619-3A 18 yrs + M 5 - 6pm 1/22 - 3/19 \$160

## 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, 10a.m. - 12p.m.

**OC Learning Black History** Senior Center in Central Park  
150610-5A 15 yrs + Sa 10am - 12pm 1/13 - 3/24 \$10

# HEALTH & FITNESS

## HB PILATES: UNLIMITED FITNESS CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Stroller Workout and Power Yoga and Restorative Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. E-mail: [info@hbpilates.com](mailto:info@hbpilates.com). *No Class Dates: Jan-15, Feb-19.*

**HB Pilates** All CC Locations  
150896-1A 16 yrs + TBD 1/8 - 2/17 \$234  
150896-1B 16 yrs + TBD 2/26 - 3/24 \$195

## PRIVATE YOGA, PILATES & PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: Jan-15, Feb-19.*

**HB Pilates** All CC Locations  
150897-1A 16 yrs + 1 Session TBD 1/8 - 3/24 \$45  
150897-1B 16 yrs + 5 Sessions TBD 1/8 - 3/24 \$215  
150897-1C 16 yrs + 10 Sessions TBD 1/8 - 3/24 \$400

## 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Power Yoga Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Jan-15, Feb-19.*

### HB Pilates

**150611-1A** 16 yrs + Attend any HB Pilates class 1/8 - 2/17 \$85  
**150611-1B** 16 yrs + Attend any HB Pilates class 2/26 - 3/24 \$85

### All CC Locations

## 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Power Yoga, Restorative Yoga, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Jan-15, Feb-19.*

### HB Pilates

**150612-1A** 16 yrs + Attend any HB Pilates class 1/8 - 2/17 \$160  
**150612-1B** 16 yrs + Attend any HB Pilates class 2/26 - 3/24 \$160

### All CC Locations

## AB CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles 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 and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: Jan-15, Feb-19*

### HB Pilates

**150833-1A** 16+ M 11-11:30am 1/8-2/12 \$41  
**150833-1B** 16+ M 11-11:30am 2/26-3/19 \$34

### Murdy Community Center

## PILATES CHAIR: SITTING ONLY

Pilates-Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, and enhanced mind-body connection. Bring water and grip socks. *No Class Dates: Jan-15, Feb-19.*

### HB Pilates

**150895-5A** 18 yrs + M 11:45am - 12:30pm 1/8 - 2/12 \$51  
**150895-5B** 18 yrs + F 11:45am - 12:30pm 1/12 - 2/16 \$60  
**150895-5C** 18 yrs + M,F 11:45am - 12:30pm 1/8 - 2/16 \$99  
**150895-5D** 18 yrs + M 11:45am - 12:30pm 2/26 - 3/19 \$42  
**150895-5E** 18 yrs + F 11:45am - 12:30pm 2/23 - 3/23 \$51  
**150895-5F** 18 yrs + M,F 11:45am - 12:30pm 2/26 - 3/23 \$82

### Senior Center in Central Park



## PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. *No Class Dates: Jan-15, Feb-19.*

### HB Pilates

**150811-3A** 16 yrs + W 9 - 10am 1/10 - 2/14 \$78  
**150811-3B** 16 yrs + Th 6 - 7pm 1/11 - 2/15 \$78  
**150811-3C** 16 yrs + W 9 - 10am 2/21 - 3/21 \$66  
**150811-3D** 16 yrs + Th 6 - 7pm 2/22 - 3/22 \$66

### City Gym and Pool

### HB Pilates

**150811-2A** 16 yrs + M 6:30 - 7:30pm 1/8 - 2/12 \$66  
**150811-2B** 16 yrs + M 6:30 - 7:30pm 2/26 - 3/19 \$55  
**150811-2C** 16 yrs + F 10 - 11am 1/12 - 2/16 \$78  
**150811-2D** 16 yrs + F 10 - 11am 2/23 - 3/23 \$66

### Edison Community Center

### HB Pilates

**150811-1A** 16 yrs + M 10 - 11am 1/8 - 2/12 \$66  
**150811-1B** 16 yrs + M 10 - 11am 2/26 - 3/19 \$55  
**150811-1C** 16 yrs + Tu 6 - 7pm 1/9 - 2/13 \$78  
**150811-1D** 16 yrs + Tu 6 - 7pm 2/20 - 3/20 \$66  
**150811-1E** 16 yrs + Th 5 - 6pm 1/11 - 2/15 \$78  
**150811-1F** 16 yrs + Th 5 - 6pm 2/22 - 3/22 \$66

### Murdy Community Center

### HB Pilates

**150811-5A** 16 yrs + Tu 9 - 10am 1/9 - 2/13 \$78  
**150811-5B** 16 yrs + Th 8 - 9am 1/11 - 2/15 \$78  
**150811-5C** 16 yrs + Sa 9 - 10am 1/13 - 2/17 \$78  
**150811-5D** 16 yrs + Tu 9 - 10am 2/20 - 3/20 \$66  
**150811-5E** 16 yrs + Th 8 - 9am 2/22 - 3/22 \$66  
**150811-5F** 16 yrs + Sa 9 - 10am 2/24 - 3/24 \$66

### Senior Center in Central Park

## STROLLER WORKOUT

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one-hour workout at the beach that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Kids 0-4 welcome. 2 kids max. Bring a stroller, mat, water, and snacks. Meet us at the back of the Senior Center in Central Park! Email: [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

### HB Pilates

**150825-5A** 18 yrs + Tu 9 - 10am 1/9 - 2/13 \$78  
**150825-5B** 18 yrs + W 6 - 7pm 1/10 - 2/14 \$78  
**150825-5C** 18 yrs + Th 9 - 10am 1/11 - 2/15 \$78  
**150825-5D** 18 yrs + Tu,Th 9 - 10am 1/9 - 2/15 \$120  
**150825-5E** 18 yrs + Tu 9 - 10am 2/20 - 3/20 \$66  
**150825-5F** 18 yrs + W 6 - 7pm 2/21 - 3/21 \$66  
**150825-5G** 18 yrs + Th 9 - 10am 2/22 - 3/22 \$66  
**150825-5H** 18 yrs + Tu,Th 9 - 10am 2/20 - 3/22 \$100

### Senior Center in Central Park

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

## 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. All other equipment provided. *No Class Dates: Jan-15, Feb-19.*

HB Pilates		Edison Community Center			
150839-2A	16 yrs + M	9 - 10am	1/8 - 2/12	\$66	
150839-2B	16 yrs + M	9 - 10am	2/26 - 3/19	\$55	
150839-2C	16 yrs + F	9 - 10am	1/12 - 2/16	\$78	
150839-2D	16 yrs + F	9 - 10am	2/23 - 3/23	\$66	

HB Pilates		Senior Center in Central Park			
150839-5A	16 yrs + Tu	10:15 - 11:15am	1/9 - 2/13	\$78	
150839-5B	16 yrs + W	7 - 8pm	1/10 - 2/14	\$78	
150839-5C	16 yrs + Th	10:15 - 11:15am	1/11 - 2/15	\$78	
150839-5D	16 yrs + Sa	8 - 9am	1/13 - 2/17	\$78	
150839-5E	16 yrs + Tu	10:15 - 11:15am	2/20 - 3/20	\$66	
150839-5F	16 yrs + W	7 - 8pm	2/21 - 3/21	\$66	
150839-5G	16 yrs + Th	10:15 - 11:15am	2/22 - 3/22	\$66	
150839-5H	16 yrs + Sa	8 - 9am	2/24 - 3/24	\$66	

## PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Jan-15, Feb-19.*

HB Pilates		City Gym and Pool			
150855-3A	16 yrs + W	10 - 11am	1/10 - 2/14	\$78	
150855-3B	16 yrs + Th	7 - 8pm	1/11 - 2/15	\$78	
150855-3C	16 yrs + W	10 - 11am	2/21 - 3/21	\$66	
150855-3D	16 yrs + Th	7 - 8pm	2/22 - 3/22	\$66	

HB Pilates		Edison Community Center			
150855-2A	16 yrs + M	7:30 - 8:30pm	1/8 - 2/12	\$66	
150855-2B	16 yrs + M	7:30 - 8:30pm	2/26 - 3/19	\$55	

HB Pilates		Murdy Community Center			
150855-1A	16 yrs + Tu	7 - 8pm	1/9 - 2/13	\$78	
150855-1B	16 yrs + Tu	7 - 8pm	2/20 - 3/20	\$66	

HB Pilates		Senior Center in Central Park			
150855-5A	16 yrs + Sa	8 - 9am	1/13 - 2/17	\$78	
150855-5B	16 yrs + Sa	8 - 9am	2/24 - 3/24	\$66	

## PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum. (women at minimum 6-8 weeks postpartum, with doctor's approval) Drop-Ins: \$18. Please bring: mat, towel, grip socks, and water.

HB Pilates		Murdy Community Center			
150856-1A	18 yrs + Th	6 - 7pm	1/11 - 2/15	\$90	
150856-1B	18 yrs + Th	6 - 7pm	2/22 - 3/22	\$76	
150856-1C	18 yrs + Private Session	30 minutes	1/11 - 3/22	\$46	
150856-1D	18 yrs + Private Session	1 hour	1/11 - 3/22	\$76	

## RESTORATIVE YOGA

Restorative Yoga is a gentle yoga class that focuses on healing the aches and pains of daily life through gentle movements and stillness by 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 bit of Restorative Yoga in their life to create balance. All levels welcome. Bring yoga mat, two yoga blocks and a yoga strap.

HB Pilates		Senior Center in Central Park			
150828-5A	16 yrs + W	5:30 - 6:30pm	1/10 - 2/14	\$78	
150828-5B	16 yrs + Sa	10 - 11am	1/13 - 2/17	\$78	
150828-5C	16 yrs + W	5:30 - 6:30pm	2/21 - 3/21	\$66	
150828-5D	16 yrs + Sa	10 - 11am	2/24 - 3/24	\$66	

## POWER YOGA

Join us for an hour of power! This dynamic yoga class with focus on increasing strength and flexibility while utilizing rhythmic breathe, and building heat and stamina in the body and mind. Yoga experience recommended. Bring mat, towel, water, two yoga blocks, and yoga strap.

HB Pilates		Senior Center in Central Park			
150878-5A	16 yrs + W	6:30 - 7:30pm	1/10 - 2/14	\$78	
150878-5B	16 yrs + Sa	9 - 10am	1/13 - 2/17	\$78	
150878-5C	16 yrs + W	6:30 - 7:30pm	2/21 - 3/21	\$66	
150878-5D	16 yrs + Sa	9 - 10am	2/24 - 3/24	\$66	

## GENTLE PILATES MAT

This class will include all of the classic Pilates Mat exercises but will move at a slower pace, to be more inviting for 50+. With an emphasis on core strength and posture, we will work on overall strength, flexibility and coordination to help improve balance and your overall quality of life. All ages/abilities welcome. Drop-ins welcome: \$18. Bring: Mat, towel, water, and grip socks. *No Class Dates: Jan-15, Feb-19.*

HB Pilates		Senior Center in Central Park			
150883-5A	16 yrs + M	5 - 6pm	1/8 - 2/12	\$66	
150883-5B	16 yrs + Th	11:15am - 12:15pm	1/11 - 2/15	\$78	
150883-5C	16 yrs + M	5 - 6pm	2/26 - 3/19	\$55	
150883-5D	16 yrs + Th	11:15am - 12:15pm	2/22 - 3/22	\$66	

## PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. *No Class Dates: Jan-15, Feb-19.*

HB Pilates		Senior Center in Central Park			
150879-5A	18 yrs + M	12:30 - 1:30pm	1/8 - 2/12	\$61	
150879-5B	18 yrs + Tu	12:30 - 1:30pm	1/9 - 2/13	\$72	
150879-5C	18 yrs + W	12:30 - 1:30pm	1/10 - 2/14	\$72	
150879-5D	18 yrs + F	12:30 - 1:30pm	1/12 - 2/16	\$72	
150879-5E	18 yrs + 2x/Week	12:30 - 1:30pm	1/8 - 2/16	\$132	
150879-5F	18 yrs + 3x/Week	12:30 - 1:30pm	1/8 - 2/16	\$162	
150879-5G	18 yrs + M	12:30 - 1:30pm	2/26 - 3/19	\$50	
150879-5H	18 yrs + Tu	12:30 - 1:30pm	2/20 - 3/20	\$61	
150879-5I	18 yrs + W	12:30 - 1:30pm	2/21 - 3/21	\$61	
150879-5J	18 yrs + F	12:30 - 1:30pm	2/23 - 3/23	\$61	
150879-5K	18 yrs + 2x/Week	12:30 - 1:30pm	2/26 - 3/23	\$110	
150879-5L	18 yrs + 3x/Week	12:30 - 1:30pm	2/26 - 3/23	\$135	

## PILATES CHAIR-PLUS

Pilates Chair-Plus is the most advanced version of our chair classes. This class will integrate the use of a variety of equipment in the fitness facility, and will move at a quicker pace. We will focus on improving: strength, flexibility, posture, functional fitness, and an enhanced mind-body connection. Pre-requisites: one session of Pilates Chair, and instructor approval. Not suitable for those relying on a walker and/or cane. Bring water and grip socks.

HB Pilates			Senior Center in Central Park		
150826-5A	18 yrs +	W	11:30am - 12:30pm	1/10 - 2/14	\$72
150826-5B	18 yrs +	F	11:30am - 12:30pm	1/12 - 2/16	\$72
150826-5C	18 yrs +	Any 2 Days	11:30am - 12:30pm	1/10 - 2/16	\$132
150826-5D	18 yrs +	W	11:30am - 12:30pm	2/21 - 3/21	\$61
150826-5E	18 yrs +	F	11:30am - 12:30pm	2/23 - 3/23	\$61
150826-5F	18 yrs +	W,F	11:30am - 12:30pm	2/21 - 3/23	\$111

## KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. *No Class Dates: Feb-19.*

David Phears			Senior Center in Central Park		
150815-5A	18+ yrs	M	6 - 6:45pm	1/22 - 4/02	\$125

## 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.

Marianne Grossman			Senior Center in Central Park		
150816-5A	50 yrs +	F	10:15 - 11:15am	1/12 - 3/23	\$66

## BARRE STRENGTH & STRETCH

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. *No Class Dates: Feb-22.*

CS Dance Factory			Senior Center in Central Park		
151501-5A	18 yrs +	Th	2:30 - 3:15pm	1/18 - 3/22	\$96

## CHAIR DANCE

Chair Dance exercise has simple, easy movements to increase strength and flexibility in your arms, legs, and core 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: Feb-22.*

CS Dance Factory			Senior Center in Central Park		
150880-5A	18 yrs +	Th	8 - 8:45am	1/18 - 3/22	\$87

## STRETCH & FLEX

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.

Marianne Grossman			Senior Center in Central Park		
150817-5A	50 yrs +	Tu	10:15 - 11am	1/9 - 3/20	\$49
150817-5B	50 yrs +	Th	10:45 - 11:30am	1/11 - 3/22	\$49

## 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 overall 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](mailto:ademing@silverglovefitness.com) if you have any questions about this. *No Class Dates: Jan-15.*

Andrew Deming			Senior Center in Central Park		
150820-5A	18 yrs +	M	8:15 - 9:15am	1/8 - 2/12	\$60
150820-5B	18 yrs +	M	8:15 - 9:15am	2/26 - 3/26	\$75
150820-5C	18 yrs +	W	8:15 - 9:15am	1/10 - 2/14	\$75
150820-5D	18 yrs +	W	8:15 - 9:15am	2/28 - 3/28	\$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. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness			Senior Center in Central Park		
150813-5A	6 yrs +	Tu	6 - 6:45pm	1/9 - 3/20	\$69

## 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.

SockhopFitness			Edison Community Center		
150858-2A	16 yrs +	W	6:30 - 7:15pm	1/10 - 3/21	\$69

## 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 Dates: Jan-15, Feb-19.*

SockhopFitness			Edison Community Center		
150888-2A	16 yrs +	M	6 - 6:45pm	1/8 - 3/19	\$58



## 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.

**SockhopFitness** **Edison Community Center**  
**150827-2A** 16 yrs + M 6 - 6:45pm 1/8 - 3/21 \$114  
 W 6:30 - 7:15pm

## ZUMBA GOLD

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!

**SockhopFitness** **Murdy Community Center**  
**150860-1A** 18 yrs + Tu 8:05 - 8:55am 1/9 - 3/20 \$69

**SockhopFitness** **Senior Center in Central Park**  
**150860-5A** 55 yrs + F 9 - 9:50am 1/12 - 3/23 \$69

## 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 \$129. *No Class Dates: Jan-15, Feb-19.*

**Susan Hardy** **Murdy Community Center**  
**150835-1A** 18 yrs + M,W,F 9:15 - 10am 1/8 - 3/16 \$107

## 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 \$129. *No Class Dates: Jan-15, Feb-19.*

**Susan Hardy** **Murdy Community Center**  
**150841-1A** 18 yrs + M,W,F 8:30 - 9:15am 1/8 - 3/16 \$107

## 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!

**Marianne Grossman** **Senior Center in Central Park**  
**150837-5A** 50 yrs + Tu,F 9 - 9:45am 1/9 - 3/23 \$77

## FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

**Phil Hart** **Senior Center in Central Park**  
**150838-5A** 18 yrs + W 5:45 - 6:45pm 1/10 - 3/7 \$95

## KICKBOXING AEROBICS

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

**Julia Weber** **Murdy Community Center**  
**150842-1A** 13-82 yrs Tu 7 - 8pm 1/9 - 3/20 \$85

## 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!

**Susan Hardy** **Edison Community Center**  
**150846-2A** 13 yrs + Sa 9:15 - 10:15am 1/13 - 3/17 \$48

## 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**  
**150847-2A** 18 yrs + M,W,F 9 - 10am 1/8 - 3/16 \$60

## CARDIO & STRENGTH TRAINING

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

**Joanne Pridomirski** **Edison Community Center**  
**150850-2A** 13 yrs + Tu,Th 8:45 - 9:45am 1/9 - 3/22 \$79

## 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: Jan-15, Feb-19.*

**Susan Hardy** **Edison Community Center**  
**150851-2A** 13 yrs + M,W,F 5:15 - 6:15pm 1/8 - 3/16 \$112

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

## 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**

**150853-3A** 13 yrs + 10 Class Pack 8:45 - 9:45am 1/8 - 3/23 \$70  
**150853-3B** 13 yrs + 20 Class Pack 8:45 - 9:45am 1/8 - 3/23 \$100

## 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: Jan-15, Feb-19.*

**Marianne Grossman**

**Edison Community Center**

**150857-2A** 18 yrs + Tu 5:30 - 6:30pm 1/9 - 3/20 \$72

**Marianne Grossman**

**Senior Center in Central Park**

**150857-5A** 18 yrs + M 5:30 - 6:30pm 1/8 - 3/19 \$58

## 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.

**Marianne Grossman**

**Senior Center in Central Park**

**150848-5A** 18 yrs + Th 9 - 10am 1/11 - 3/22 \$66

## QIGONG FOR WELLNESS

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**

**150864-1A** 18 yrs + W 6 - 7:15pm 1/10 - 2/21 \$49

## 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. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Jan 15, Feb 12, Feb 19.*

**Diane Pavesic**

**Senior Center in Central Park**

**150866-5A** 18 yrs + M 10 - 11am 1/8 - 3/12 \$60  
**150866-5B** 18 yrs + M 11:15am - 12:15pm 1/8 - 3/12 \$60

## 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: Jan-15, Feb-19.*

**Yvonne Carmichael**

**City Gym and Pool**

**150867-3A** 16 yrs + M 10:30am - 12pm 1/8 - 3/26 \$105

## YOGA AT EDISON

Yoga unites mind & body improving general health, balance, & well being. Therapeutically oriented class combines postures, meditation and yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. *No Class Dates: Feb-14, Feb-21.*

**Diane Pavesic,**

**Edison Community Center**

**BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT.**

**150868-2A** 18 yrs + W 4:30 - 5:30pm 1/10 - 3/7 \$60  
**150868-2B** 18 yrs + W 5:45 - 6:45pm 1/10 - 3/7 \$60  
**150868-2C** 18 yrs + W 7 - 8pm 1/10 - 3/7 \$60

## 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: Feb-15, Feb-22.*

**Diane Pavesic,**

**Senior Center in Central Park**

**BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT.**

**150872-5A** 18 yrs + Th 10 - 11am 1/11 - 3/15 \$66  
**150872-5B** 18 yrs + Th 11am - 12pm 1/11 - 3/15 \$66

## 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.

**Susan Holden**

**Senior Center in Central Park**

**150892-5A** 18 yrs + F 10 - 11am 1/12 - 3/16 \$82  
**150892-5B** 18 yrs + Tu 10:30 - 11:30am 1/16 - 3/13 \$74



**Parks  
Make  
Life  
Better!**

Parks & Recreation  
Promote good health

## 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. *No Class Dates: Jan 15 & Feb-19.*

<b>Susan Holden</b>		<b>Murdy Community Center</b>			
<b>150876-1A</b>	16 yrs +	M	6 - 7pm	1/22 - 3/12	\$60
<b>150876-1B</b>	16 yrs +	M	7:15 - 8:15pm	1/22 - 3/12	\$60
<b>150876-1C</b>	16 yrs +	Tu	5:30 - 6:45pm	1/16 - 3/13	\$74
<b>150876-1D</b>	16 yrs +	F	4 - 5pm	1/12 - 3/16	\$82

<b>Jacki King, E-RYT, CYT, YACEP</b>		<b>Murdy Community Center</b>			
<b>151124-1A</b>	16 yrs +	M	4:35 - 5:30pm	1/22 - 3/19	\$66
<b>151124-1B</b>	16 yrs +	W	4 - 5pm	1/17 - 3/21	\$74

<b>Yvonne Carmichael</b>		<b>Lake View Clubhouse</b>			
<b>151125-1A</b>	16 yrs +	W	10:30am - 12pm	1/10 - 3/21	\$105
<b>151125-1B</b>	16 yrs +	F	10:30am - 12pm	1/12 - 3/23	\$105

## 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!

<b>Donald Walker</b>		<b>Edison Community Center</b>			
<b>150887-2A</b>	18 yrs +	Tu	1:30 - 2:45pm	1/9 - 2/20	\$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. *No Class Dates: Jan-15, Feb-19.*

<b>Elizabeth Pham</b>		<b>Senior Center in Central Park</b>			
<b>150881-5A</b>	18 yrs +	M	6:45 - 8:15pm	1/8 - 3/26	\$70
<b>150881-5B</b>	18 yrs +	Th	9 - 10:30am	1/11 - 3/22	\$77

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

<b>Shona Howe</b>		<b>Senior Center in Central Park</b>			
<b>150882-5A</b>	18 yrs +	M	6:45 - 8:15pm	1/8 - 3/26	\$70
<b>150882-5B</b>	18 yrs +	Th	8:25 - 10:25am	1/11 - 3/22	\$77

## NEW! MINDFULNESS MEDITATION

Learn to cultivate mindfulness through this guided meditation class. All levels welcome. We will study breathing techniques, light stretches to relax the body, and learn different ways to deepen our meditation. These techniques will serve as tools to help us navigate the everyday emotions and stressors. Crystals, aromatherapy, and sound healing will be incorporated. Wear comfortable clothing and bring a mat and towel or blanket.

<b>Erika Holden</b>		<b>City Gym and Pool</b>			
<b>151503-3A</b>	16 yrs +	Tu	8 - 9pm	1/9 - 2/6	\$64
<b>151503-3B</b>	16 yrs +	Tu	8 - 9pm	2/13-3/13	\$64



## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy, and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength, and relax mentally and physically at deep levels. Wear comfortable clothing. \$20 material fee due at first class. DVD included. Check payable to Makena Solutions LLC or Bing Luh.

<b>Makena Solutions, LLC</b>		<b>HB Art Center</b>			
<b>150884-4A</b>	16 yrs +	Tu	10:30 - 11:45am	1/9	<b>Free</b>
<b>150884-4B</b>	16 yrs +	Tu	10:30 - 11:45am	1/16 - 3/6	\$125/113
<b>150884-4C</b>	16 yrs +	W	6:30 - 7:45pm	1/10	<b>Free</b>
<b>150884-4D</b>	16 yrs +	W	6:30 - 7:45pm	1/17 - 3/7	\$125/113

## TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: Jan-15, Feb-19.*

<b>Susan Hardy</b>		<b>Murdy Community Center</b>			
<b>150886-1A</b>	18 yrs +	M,W,F	8:30 - 10am	1/8 - 3/16	\$129

## EXERCISE FOR BALANCE

Have you noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a four-week session that will include discussion and exercise to help improve your balance. These classes are designed for participants of all activity levels. Please select one of the 4-week sessions. Instructor: Hoag Licensed Therapist.

<b>Hoag</b>		<b>Senior Center in Central Park</b>			
<b>150899-5A</b>	18 yrs +	Tu	9 - 10am	1/9 - 2/13	<b>Free</b>
<b>150899-5B</b>	18 yrs +	Tu	9 - 10am	2/20 - 3/27	<b>Free</b>

## Register Online!

# www.hbsands.org

## MARTIAL ARTS

### 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: Jan-6, Feb-3, Mar-3*

Frances Cardinal		Senior Center in Central Park			
150901-5A	14 yrs + Tu	6:15 - 7:45pm	1/2 - 3/20	\$80	
150901-5B	14 yrs + Th	6:15 - 7:45pm	1/4 - 3/22	\$80	
150901-5C	14 yrs + Sa	10am - 12pm	1/6 - 3/24	\$80	
150901-5D	14 yrs + Any 2 Days		1/2 - 3/24	\$120	
150901-5E	14 yrs + Any 3 Days		1/2 - 3/24	\$160	

### 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			
150904-5A	3 yrs + Tu	5 - 6pm	1/2 - 3/20	\$80	
150904-5B	3 yrs + Th	5 - 6pm	1/4 - 3/22	\$80	
150904-5C	3 yrs + Sa	10 - 11am	1/6 - 3/24	\$80	
150904-5D	3 yrs + Any 2 Days		1/2 - 3/24	\$120	
150904-5E	3 yrs + Any 3 Days		1/2 - 3/24	\$160	

### 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: Jan-15, Feb-19.*

Kiavash Tillehkooh		City Gym and Pool			
150906-3A	15 yrs + M	7:15 - 8pm	1/8 - 3/19	\$188	
150906-3B	15 yrs + Tu	7:15 - 8pm	1/9 - 3/20	\$188	
150906-3C	15 yrs + W	7:15 - 8pm	1/10 - 3/21	\$188	
150906-3D	15 yrs + Th	7:15 - 8pm	1/11 - 3/22	\$188	

## MUSIC

### GUAVA GROOVE 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 material fee due at first class.

Guava Groove		Senior Center in Central Park			
151003-5A	18 yrs + Tu	9:30 - 10:30am	1/9 - 2/13	\$65	
151003-5B	18 yrs + Tu	9:30 - 10:30am	2/20 - 3/20	\$55	

### GUAVA GROOVE UKULELE - INTERMEDIATE

Guava Groove Ukulele players 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 approve to enroll.

Guava Groove		Senior Center in Central Park			
151004-5A	18 yrs + Tu	10:45 - 11:45am	1/9 - 2/13	\$65	
151004-5B	18 yrs + Tu	10:45 - 11:45am	2/20 - 3/20	\$55	

### GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels and all ages are welcome, so don't delay and learn to play today! Full course runs from January 11 - March 22 and is payable in three installments (tuition due before each class section begins on 1/11, 2/8, and 3/8). Bring your own acoustic guitar, \$20 material fee for book. Walk-ins are welcome, but please register by 1/10 for best availability, and GET READY TO ROCK!

The RockBand Experience		HB Art Center			
151008-4A	12 yrs + Th	4:30 - 5:30pm	1/11 - 2/1	\$85/77	
151008-4B	12 yrs + Th	4:30 - 5:30pm	2/8 - 3/1	\$85/77	
151008-4C	12 yrs + Th	4:30 - 5:30pm	3/8 - 3/22	\$66/60	

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



## SPECIAL INTEREST

### 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.

<b>Marga Dill</b>		<b>Senior Center in Central Park</b>			
<b>150616-5A</b>	55 yrs + Th	2:15 - 3:45pm	1/25	\$23	
<b>150616-5B</b>	55 yrs + Th	2:15 - 3:45pm	2/8	\$23	

### DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "A Piece of the World" by Christina Baker Kline before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee is due at each meeting. Class meets 2/14, 3/14, 4/11, 5/9.

<b>April Berg</b>		<b>Senior Center in Central Park</b>			
<b>151101-5A</b>	16 yrs + W	7 - 9pm	2/14 - 5/9	\$30	

### BRIDGE BEGINNING

Start the year off right by learning a great game. If you have been thinking about learning to play bridge NOW IS YOUR TIME! No partner required but you can bring your friends. Lessons displayed on Power Point, hand outs, fun quizzes, and actual play time. This is party bridge... let the party begin. *No Class Dates: Jan-15, Jan-17, Feb-19, Feb-21.*

<b>Rita Spira</b>		<b>Senior Center in Central Park</b>			
<b>151102-5A</b>	18 yrs + M	2 - 4pm	1/8 - 3/12	\$66	
<b>151102-5B</b>	18 yrs + W	6:30 - 8:30pm	1/10 - 3/14	\$66	

### BRIDGE INTERMEDIATE

You know the basics but now need to hone in on your bidding and defending skills. We cover Stayman, Jacoby Transfer, Weak 2 bids, Blackwood, Negative doubles, Defense, Michael's Cue Bid. Sample hands to discuss. No partner required but your friends are welcome. You just need a desire and commitment to improve your game. *No Class Dates: Jan-16, Feb-20.*

<b>Rita Spira</b>		<b>Senior Center in Central Park</b>			
<b>151103-5A</b>	18 yrs + Tu	3 - 5pm	1/9 - 3/13	\$66	

### PRACTICE & PLAY 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!

<b>Senior Center Volunteer</b>		<b>Senior Center in Central Park</b>			
<b>151108-5A</b>	18 yrs + F	1 - 4pm	1/5 - 3/16	\$20	



Parks & Recreation  
Stimulate the Mind

## NEW! FASHION MAKEUP: EVERYDAY TO GLAMOUR

**Fashion Makeup, Part 1 of 2** – "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.

**Fashion Makeup, Part 2 of 2** – "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 Instructor Rodolfo (562) 221-3944 or email: [rbnimis@yahoo.com](mailto:rbnimis@yahoo.com)

<b>Rodolfo Nimis</b>		<b>City Gym and Pool</b>			
<b>151134-3A</b>	16+ Fri	6:30-8:30pm	1/19-1/26	\$68	

<b>Rodolfo Nimis</b>		<b>Murdy Community Center</b>			
<b>151134-1A</b>	16+ Tu	6:30-8:30pm	3/13-3/20	\$68	

## NEW! 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.

<b>Susan Salinas</b>		<b>City Gym and Pool</b>			
<b>151135-3A</b>	15 + F	7-8pm	1/12-2/2	\$76	

## CPR/AED/FIRST AID: INFANTS, CHILDREN & ADULTS

An interactive class where students will learn about the basics of CPR/FIRST AID/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. (Healthcare providers are welcome to attend). Please bring self-addressed stamped envelope. \$15 material fee due at first class. Includes Heartsaver CPR book.

<b>OC-CPR NET</b>		<b>Murdy Community Center</b>			
<b>151104-1A</b>	16 yrs + Sa	9am - 1pm	1/13	\$50	

## HB KNITWITS

The Knitwits want to learn to knit! Students will learn basic knitting stitches and practice these stitches while choosing and completing a simple fun project. At the last meetings we will discuss more advanced topics using different needles and stitches. You will learn to correct mistakes and dazzle your friends.

<b>Sr Center Volunteer</b>		<b>Senior Center in Central Park</b>			
<b>151128-5A</b>	18 yrs + W	12:30 - 2pm	1/10 - 2/28	\$6	

## PERSONAL WRITING: MEMORIES & REFLECTIONS

Using writing prompts, pre-writing exercises, and the writing process, students will create examples of personal memory pieces and reflective writing for the author's use in further exploration and, with permission, for sharing. Mindfulness exercises will be incorporated for enhancement of the writing process and daily writing encouraged.

<b>Dan Meylor</b>		<b>HB Art Center</b>			
<b>151133-4A</b>	18 yrs + W	9:30am - 12pm	1/10 - 2/7	\$81/73	
<b>151133-4B</b>	18 yrs + W	9:30am - 12pm	2/21 - 3/21	\$81/73	

## 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 Winter season will begin the week of January 16, 2018 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday. Coed teams play Sunday afternoon, evening or Wednesday. 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 Men's Leagues are offered on Sunday mornings/early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. 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. Team registration fee for the Senior Leagues is \$200 per team, plus \$15.00 per game official's fee.

Deadline for registration is Friday, January 5, 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 beginning November 27, 2017. 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 Summer 2018 season will be available in March for the season starting in Mid-May, 2018.

### 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 January 16, 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](http://surfcity-hb.org)) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be November 27, 2017. The deadline to turn in team registration to City Hall is January 8, 2018. A manager's meeting will be held prior to the start of the league on Wednesday, January 10, 2018.

<b>6 v 6 Men's Open League</b>	Monday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Rec League-28 &amp; Over</b>	Tuesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Open League</b>	Wednesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Coed Men's Open League</b>	Thursday Nights	7pm, 8pm, 9pm
<b>6 v 6 Coed Open League</b>	Friday Nights	7pm, 8pm, 9pm

Registration information for the Spring 2018 season will be available in February, 2018 for the season starting in late March, 2018.

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM. Winter, Spring, Summer & Fall Sessions. The 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) are 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.

## SPORTS

### WOMEN'S VOLLEYBALL LEAGUE

Tuesday's - Intermediate class from 9:30-12:30, Wednesday's - Advanced only 4's from 10-12:00pm, Thursday's - Advanced only from 9:30-12:30pm. If you are a new player you must tryout the first week. You will be assessed at a satisfactory skill level. Please arrive 20 minutes early for tryouts.



**Joann DiGiovanni**

**City Gym and Pool**

#### INTERMEDIATE

<b>151302-3A</b>	18 yrs +	Tu	9:30am - 12:30pm	1/9 - 2/6	\$40
<b>151302-3B</b>	18 yrs +	Tu	9:30am - 12:30pm	2/13 - 3/13	\$40

#### ADVANCED

<b>151302-3C</b>	18 yrs +	W	10am - 12pm	1/10 - 2/7	\$35
<b>151302-3D</b>	18 yrs +	W	10am - 12pm	2/14 - 3/14	\$35
<b>151302-3E</b>	18 yrs +	Th	9:30am - 12:30pm	1/11 - 2/8	\$40
<b>151302-3F</b>	18 yrs +	Th	9:30am - 12:30pm	2/15 - 3/15	\$40

### 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.

**Matt Taylor Volleyball**

**City Gym and Pool**

#### BEGINNER

<b>151309-3A</b>	16 yrs +	Th	6:15 - 7:45pm	1/11 - 3/15	\$139
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#### INTERMEDIATE

<b>151309-3B</b>	16 yrs +	Th	7:45 - 9:15pm	2/15 - 3/15	\$70
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### BEACH VOLLEYBALL: ADULT BEGINNERS/INTERMEDIATE

The Golden Coast Beach Volleyball Club invites all adults interested in beach volleyball to attend our weekend trainings where we focus on a combination of skill development, game based drills and regular game play. Go to [www.goldencoastvolleyball.com](http://www.goldencoastvolleyball.com) for more details. Trainings held at the beach courts where 15th Street meets PCH.

**Beach Volleyball CA Inc**

**15th St at PCH**

<b>151313-2A</b>	18 yrs +	Sa	10:30am - 12pm	1/20 - 3/10	\$120
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### KING AND QUEEN OF THE COURT VOLLEYBALL

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**

<b>151323-3A</b>	16 yrs +	Th	7:45 - 9:45pm	1/11 - 2/8	\$55
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**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**

**PICKLEBALL: ADULT DROP-IN DRILLS - BEGINNING, INTERMEDIATE, ADVANCED**

Calling all players! This time is set aside for players who want to enhance their skills and increase game consistency by executing repetitive drills. We repeat the same drill over and over to create a habitual memory to increase consistency. Instruction is focused on repetition on low percentage shots, and to help you improve a variety of areas of the game. Prepare to exercise and extend your range of play. Flat non marking court specific footwear is recommended. The nets, paddles & balls are provided. Let's have some fun! Must pay for each individual 1 hour session separately. Must register prior to beginning of class.

**Diana Abruscato**

**Worthy Park**

<b>151324-5A</b>	14 yrs +	Tu	6 - 7pm	1/9 - 1/9	\$22
<b>151324-5B</b>	14 yrs +	Tu	6 - 7pm	1/16 - 1/16	\$22
<b>151324-5C</b>	14 yrs +	Tu	6 - 7pm	1/23 - 1/23	\$22
<b>151324-5D</b>	14 yrs +	Tu	6 - 7pm	1/30 - 1/30	\$22

**PICKLEBALL: PRIVATE INSTRUCTION**

This tailored instruction works around your schedule and focuses on your specific pickleball goals. One-on-one instruction is designed to develop and enhance your skills and abilities at your own pace. Coaching goals will be a balanced approach by fine tuning mechanics and formulating game plans. For any level player inspired to learn or improve specific skills. After registering for a private session, call/text instructor Diana Abruscato at (714) 315-0922 or dtabruscato@gmail.com to schedule your preferred date and time. Maximum of 2 participants per sign up.

**Diana Abruscato**

**Worthy Park**

<b>151325-5A</b>	14 yrs +	1 hour	TBD	1/2 - 1/31	\$48
<b>151325-5B</b>	14 yrs +	1 hour	TBD	2/1 - 2/28	\$48
<b>151325-5C</b>	14 yrs +	2 hour	TBD	1/2 - 1/31	\$96
<b>151325-5D</b>	14 yrs +	2 hour	TBD	2/1 - 2/28	\$96
<b>151325-5E</b>	14 yrs +	3 hour	TBD	1/2 - 1/31	\$140
<b>151325-5F</b>	14 yrs +	3 hour	TBD	2/1 - 2/28	\$140
<b>151325-5G</b>	14 yrs +	4 hour	TBD	1/2 - 1/31	\$185
<b>151325-5H</b>	14 yrs +	4 hour	TBD	2/1 - 2/28	\$185



**City Gym & Pool (1600 Palm Ave)**

FREE Full Court Basketball: Tuesdays 7-9pm

FREE Open Volleyball: Fridays 5-7:45pm

*Times are subject to change without notice*

## 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.

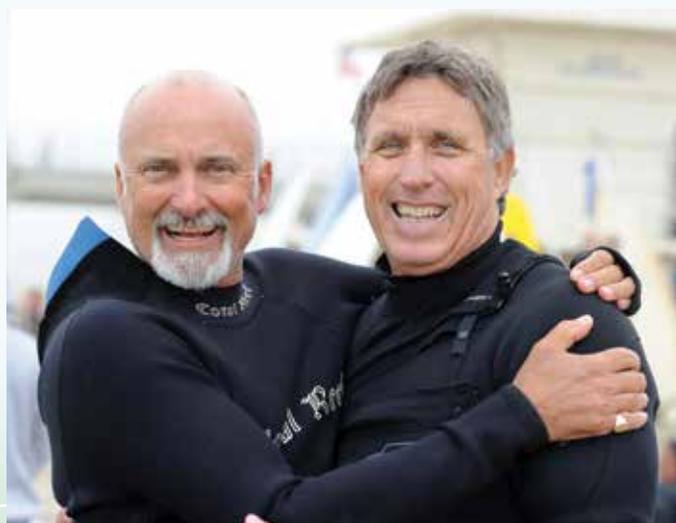
The Rinks Westminster ICE		Westminster Ice	
151312-1A	17 yrs + W	6:40 - 7:10pm	1/10 - 1/31 \$38
151312-1B	17 yrs + W	6:40 - 7:10pm	2/21 - 3/14 \$38
151312-1C	17 yrs + Sa	10:15 - 10:45am	1/13 - 2/3 \$38
151312-1D	17 yrs + Sa	10:15 - 10:45am	2/24 - 3/17 \$38

### LEARN TO SURF

This is four one and a half hour surf lessons, that stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students should 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](http://www.hbsurfschool.com)

HB Surf School		City Beach	
151403-2A	18 yrs + Sa	10 - 11:30am	2/3 - 2/24 \$225
151403-2B	18 yrs + Sa	10 - 11:30am	3/3 - 3/24 \$225

**Parks  
Make  
Life  
Better!**



## HEALTH & WELLNESS

### HOAG LECTURES

#### HOAG LECTURE: SINUS SOLUTIONS

Are chronic sinus symptoms affecting your quality of life? Join us for an informative discussion about the innovative treatment options available, and discover if sinus surgery might be right for you.

Hoag	Senior Center in Central Park		
153374-5A	18 yrs + W	4 - 5pm	1/3 Free

#### HOAG LECTURE: RELAX YOUR STRESS

Unmanaged stress can lead to many complications that affect both physical and mental health. This talk will focus on understanding what our body and mind go through during the stress response and how that affects our overall well-being. We will learn about the impact of stress on diabetes, stress management tips, relaxation techniques and a guided imagery activity that you can begin to apply to your everyday life. Presented by: Ana Pimentel, MSW.

Hoag	Senior Center in Central Park		
153324-5A	18 yrs + W	1:30 - 2:30pm	1/10 Free

#### HOAG LECTURE: WHOLE PERSON CARE

Optimal health is achieved by seeking balance between our mental, physical and spiritual needs. Discover resources and new techniques to help you design your personal health and wellness care plan. This will be an inter-active presentation. Presented by Tom Coss, RN, Julia Teal, BSN, RN, Susan Johnson, RN-BC, MPH

Hoag	Senior Center in Central Park		
153375-5A	18 yrs + Th	2 - 3 pm	1/18 Free

#### HOAG LECTURE: HEALTHY BRAIN AGING

Join us for an informative discussion on how to prevent memory loss and other types of cognitive impairment due to dementing disorders, such as diabetes, heart disease, high blood pressure, high cholesterol, sleep apnea, and Alzheimer's disease. Learn about the risk factor management and how you can reduce your risk for these dementing disorders. Also, discover ways to enrich your brain's function through pleasurable activities and understand how to recognize signs of memory loss, and the many things we can do to forestall its progression.

Hoag	Senior Center in Central Park		
153322-5A	18 yrs + Th	5:30 - 6:30pm	2/1 Free

#### HOAG LECTURE: CATARACTS SYMPTOMS AND LATEST TREATMENT OPTIONS

Learn what causes cataracts, how they are diagnosed and latest technologies to treat, including new cataract Laser surgery.

Hoag	Senior Center in Central Park		
153363-5A	18 yrs + M	10 - 11am	2/5 Free

#### HOAG LECTURE: FALL PREVENTION & EXERCISE

Each year, more than one out of four people over the age of 65 has a fall. Learn how to decrease your fall risk and how to get back up.

Hoag	Senior Center in Central Park		
153309-5A	18 yrs + Th	10 - 11am	2/8 Free

## HOAG LECTURE: VITAMIN D, A HYPE OR A REALITY? ALSO, HOW TO OPTIMIZE YOUR KIDNEY HEALTH

An educational discussion on Vitamin D and how it pertains to your overall health, who needs it, and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore, they will discuss how to keep your kidneys healthy.

**Hoag** Senior Center in Central Park  
153361-5A 18 yrs + W 1:30 - 2:30pm 2/14 Free

## HOAG LECTURE: MINDFULNESS AS MEDICINE

Did you know that mindfulness, in particular meditation and yoga, can help reduce your stress and improve your quality of life. Join Dr. Amit Hiteshi of Hoag Medical Group as he discusses current studies and shares the science behind this idea that can transform your life. During the presentation, Dr. Hiteshi will share several meditation techniques and build on prior discussions on this topic.

**Hoag** Senior Center in Central Park  
153304-5A 18 yrs + M 10 - 11am 3/5 Free

## HOAG LECTURE: VIBRANT COLORS, VIBRANT HEALTH

Join Dr. Nadeau for an "out-of-the-blue" presentation highlighting the benefits of adding brightly colored fruits and vegetables to your diet. Adding these foods can have positive effects on your health including diabetes and cancer prevention and brain and joint protection. This presentation will empower you to use color to make informed nutrition decisions for a brighter future.

**Hoag** Senior Center in Central Park  
153376-5A 18 yrs + W 1 - 2pm 3/7 Free

## HOAG LECTURE: SUN EXPOSED SKIN CARE

Southern California offers year-round sunshine but it can have detrimental effects on your skin. This informative presentation will share knowledge and tips to best protect and care for your skin.

**Hoag** Senior Center in Central Park  
153377-5A 18 yrs + Th 1 - 2pm 3/8 Free



A member of the  
St. Joseph Hoag Health alliance

### Complimentary Health Screenings

**Blood Pressure Checks**  
January 2, February 6, March 6  
9:30 a.m. – 11:30 a.m.

**Hearing Screening**  
January 10, February 14, March 14  
9:30 a.m. – 11:30 a.m.

To register for a presentation or screening at  
Huntington Beach Senior Center in Central  
Park, please call 714-536-5600.

## HOAG LECTURE: THE "GRAND" IN GRANDPARENT

Becoming a grandparent is an exciting time but can also present some challenges as you adapt to this new role. Join our Hoag Medical Group pediatrician for an engaging and informative series on how to prepare yourself to be the grandparent you want to be. During this first presentation, she will share tips for avoiding common pitfalls, identifying your role, and reaping the rewards.

**Hoag** Senior Center in Central Park  
153373-5A 18 yrs + W 1:30 - 2:30pm 3/14 Free

## ORANGE COAST MEMORIAL LECTURES

Sign up through Orange Coast Memorial  
1-800-MEMORIAL (1-800-636-6742)

### ORANGE COAST MEMORIAL: SENSIBLE FOOD CHOICES FOR A HEALTHIER YOU!

Planning healthy meals can be a challenge, but with good information and a smart shopping list, meals can be simple, tasty and nutritious. A clinical dietitian from Orange Coast Memorial will join us to share easy ways to help make your meal planning a delicious success. Handouts will be provided. RSVP at 1-800-636-6742.

**Orange Coast Memorial** Senior Center in Central Park  
153369-5A 25 yrs + Th 6 - 7:30pm 1/18 Free

### ORANGE COAST MEMORIAL: BACK AND NECK PAIN CARE

Don't let back or neck pain slow you down! Taking care to keep your back and neck healthy is an important component of active aging. Join Jason Koh, D.O., medical director for the Center for Spine Health at Orange Coast Memorial, and Theresa Stern, M.P.T., for updates on back and neck pain care. RSVP at 1-800-636-6742.

**Orange Coast Memorial** Senior Center in Central Park  
153370-5A 25 yrs + Th 6 - 7:30pm 2/15 Free

### ORANGE COAST MEMORIAL: TREASURE YOUR HEART!

Understanding what makes our hearts work well is key to taking charge of our heart health. Join the clinical team from the MemorialCare Heart and Vascular Institute at Orange Coast Memorial for an interactive discussion about heart-healthy habits, online screenings and current treatment options for heart conditions. RSVP at 1-800-636-6742.

**Orange Coast Memorial** Senior Center in Central Park  
153371-5A 25 yrs + Th 3 - 4:30pm 2/1 Free

### ORANGE COAST MEMORIAL: CANCER & CLINICAL TRIALS: WHO'S BENEFITTING?

Clinical trials are essential ongoing cancer treatment development, but seniors are often left out. Join Amol Rao, M.D., a cancer specialist with MemorialCare Cancer Institute at Orange Coast Memorial, for a discussion about the significance of having older adults participate in clinical trials, and why it's important now and for future cancer treatment. RSVP at 1-800-636-6742.

**Orange Coast Memorial** Senior Center in Central Park  
153372-5A 25 yrs + Th 6 - 7:30pm 3/15 Free