

TEEN/ADULT

AQUATIC EXERCISE

For Specific Aquatic Fitness Start/End Dates, Call the City Gym and Pool at 714-960-8870.

AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability.

Questions: aquatonefitness@aol.com. No Class Dates: July 4 & Sept 3

Dawnette Lowry City Gym & Pool

Monday, Wednesday & Saturday 7- 8 am

*Tuesday & Thursday 7 - 8 am

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

	JULY	AUGUST	SEPTEMBER
M	350808-3A \$44	350808-3B \$36	350808-3C \$28
W	350808-3D \$28	350808-3E \$44	350808-3F \$36
F	350808-3G \$36	350808-3H \$44	350808-3I \$36
Sa	350808-3J \$36	350808-3K \$36	350808-3L \$44
M,W	350808-3M \$66	350808-3N \$74	350808-3O \$58
Tu,Th*	350808-3P \$74	350808-3Q \$74	350808-3R \$66
Tu,Th**	350808-3S \$74	350808-3T \$74	350808-3U \$66

AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions:

aquatonefitness@aol.com. No Class Dates: July 4 & Sept 3

Dawnette Lowry City Gym & Pool

Monday & Wednesday 8:15-9:25 am

Friday 6:45-8 am

	JULY	AUGUST	SEPTEMBER
M	350802-3A \$53	350802-3B \$44	350802-3C \$34
W	350802-3D \$34	350802-3E \$53	350802-3F \$44
F	350802-3G \$44	350802-3H \$53	350802-3I \$53
M,W	350802-3J \$84	350802-3K \$91	350802-3L \$91



Parks & Recreation...
Enhance Opportunities
to Play

AQUATIC EXERCISE: AQUA ACTIVE

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

No Class Dates: Jul-4, Sep-3.

Debra Thurn

City Gym & Pool

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

Tuesday & Thursday 12:30-1:30 pm

	JULY	AUGUST	SEPTEMBER
M,W,F	350806-3A \$84	350806-3B \$84	350806-3C \$84
Tu,Th	350806-3D \$58	350806-3E \$58	350806-3F \$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: Jul-4, Sep-3.

Debra Thurn & Jamie Fowler

City Gym & Pool

Monday & Wednesday 1:15-2 pm

Friday 11am-12 pm

	JULY	AUGUST	SEPTEMBER
M,W	350805-3A \$70	350805-3B \$70	350805-3C \$70
F	350805-3D \$45	350805-3E \$45	350805-3F \$45

AQUA TONE FITNESS: AQUA EVENING CARDIO

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. Questions:

aquatonefitness@aol.com. No Class Dates: July 4 & Sept 3

Dawnette Lowry

City Gym & Pool

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

	JULY	AUGUST	SEPTEMBER
M	350804-3A \$44	350804-3B \$36	350804-3C \$28
W	350804-3D \$28	350804-3E \$44	350804-3F \$36
F	350804-3G \$36	350804-3H \$44	350804-3I \$36
M,W	350804-3J \$66	350804-3K \$74	350804-3L \$58
M,W,F	350804-3M \$96	350804-3N \$111	350804-3O \$88

AQUA TONE FITNESS: H₂O BOOTCAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Questions:

aquatonefitness@aol.com. No Class Dates: Jul-4, Sep-3.

Dawnette Lowry

City Gym & Pool

Friday 9:30-10:15 am

	JULY	AUGUST	SEPTEMBER
F	350821-3A \$36	350821-3B \$44	350821-3C \$36

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**
350120-5A 18+ yrs W 10:30-11:30am 7/18-9/5 \$6



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

Events Summer 2018

Color Vision

This exhibition explores our continually evolving relationship with color and perception. Organized throughout three galleries, each will approach a different way to think about color. The exhibition will feature a group of contemporary artists that use color not only as a medium but also as an element of their message.

- Exhibition: May 5 - June 16
- Opening Reception: Saturday, May 5;
Members & Patrons 5:30pm-6:30pm;
General Public 6:30pm-9pm
- Art for Lunch: Thursday, May 17, 11:30am-1:30pm

water works

In celebration of the *Power of Pigment: A Celebration of Color*, this exhibition of watercolors is a juried show featuring the most talented watercolorists in Huntington Beach and Orange County.

- Exhibition: July 14 - August 25
- Opening Reception: Saturday, July 14;
Members & Patrons 5:30pm-6:30pm;
General Public 6:30pm-9pm;
Artist Talk Discussion 7pm-8:30pm
- Art for Lunch: Thursday, July 26, 11:30am-1:30pm

Art Center Hours

Tuesday – Thursday, 12:00 – 8:00 pm
 Friday, 12:00 – 6:00 pm
 Saturday, 12:00 – 5:00 pm

DRAWING & PAINTING ON LOCATION

This fun and exciting class is only offered in the summer each year! Come and join the fun at the Art Center studio the first night and receive a lesson and a map. The remaining classes will be held around Huntington Beach. Each class will begin with a warm up, then a lesson, and will continue with drawing and painting. Each student will bring whatever materials they would like to use, however, there is a suggested material list available on the receipt upon registering. This is a great way to learn while having fun!

Pati Kent **HB Art Center**
350134-4A 12 yrs + Tu 6-7:30pm 7/31-8/28 \$90/82

HUNTINGTON BEACH IN WATERCOLOR

Huntington Beach in Watercolor class will focus on capturing the spirit and beauty of Huntington Beach. We will be working in class from photos. Subjects range from outdoor cafés, nature centers, parks, and piers that make our town unique. Recommended for intermediate and advanced students but beginners are also welcome.

Eileen McCullough **HB Art Center**
350101-4A 18 yrs + Th 9:30am-12:30pm 8/2-9/6 \$116/105

MORNING MASTERPIECE

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

Senior Center Volunteer **Senior Center in Central Park**
350113-5A 18+ yrs W 10:30-11:30am 6/27-8/22 \$6

INTRO TO WATERCOLOR

The beginning or returning artist will build skills through experiencing a variety of watercolors (tube, sticks, and pencil), materials (absorbent grounds, watercolor medium, and varnish), techniques (color language, perspective), and 8 basic types of application methods.

Marilyn Oropeza **HB Art Center**
350125-4A 18 yrs + W 9:30am-12:30pm 8/1-9/5 \$114/103

PAINTING & 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!

Marilyn Oropeza **Senior Center in Central Park**
350115-5A 18+ yrs Tu 8-11:30am 6/19-7/17 \$35
350115-5B 18+ yrs Tu 8-11:30am 7/24-9/4 \$35

STUDIO ART

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

Marilyn Oropeza **Senior Center in Central Park**
350149-5A 18+ yrs Tu 11:30am-2:45pm 6/19-7/17 \$35
350149-5B 18+ yrs Tu 11:30am-2:45pm 7/24-9/4 \$35



Parks & Recreation...
 Spark Creativity

MIXED MEDIA

From drawing to printmaking and sculpture, this mixed media art class has it all. Students explore a variety of art making and techniques, while engaging in their creativity and imagination. Supplies included. \$30 materials fee due at first class.

Gia Moody **HB Art Center**
350104-4A 14 yrs + F 4-5:30pm 8/3-9/7 \$126/114

PAINTING FOR TEENS

This class is for teens who would like to ramp up their painting skills. We will explore a variety of wet media that will build paint handling techniques while exploring creativity, aesthetics, and personal expression. Students can explore or work on portfolio pieces for high school. \$30 materials fee due at first class.

No Class Dates: Jul-4.

Gia Moody **HB Art Center**
350102-4A 13 yrs + W 6-7:30pm 6/27-8/1 \$116/105
350102-4B 13 yrs + W 6-7:30pm 8/8-9/5 \$116/105

EXPRESSIVE ART AFTERNOON

Spend an afternoon creating a series of expressive artworks on paper. Explore abstract expressive principles and techniques. Beginners and advanced students welcome. Supply list provided on receipt.

Iris Kern-Foster **HB Art Center**
350106-4A 14 yrs + Sa 12:30-4:30pm 8/4 \$56/51

TRADITIONAL HAWAIIAN APPLIQUE/QUILTING 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. *No Class Dates: Jul-4.*

Senior Center Volunteer **Senior Center in Central Park**
350165-5A 18+ yrs W 3-4pm 6/6-8/29 \$6

INTRO TO DOCUMENTARY FILMMAKING

This 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**
350159-4A 16 yrs + Sa 12-1:30pm 7/14 \$26/24

DOCUMENTARY FILMMAKING: CONCEPT, RESEARCH, & WRITING

The first step in making a documentary is figuring out what story you want to tell. This workshop focuses on the initial process of conceptualization, research, and writing 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. The class is taught by Huntington Beach resident and Emmy Award winning documentarian, Rudy Poe.

Rudy Poe Inc **HB Art Center**
350167-4A 16 yrs + Sa 1-2:30pm 7/21 \$26/24

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**
350160-4A 16 yrs + Sa 12-1:30pm 8/11 \$26/24

BEGINNING DIGITAL PHOTOGRAPHY

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

Rudy Poe Inc **HB Art Center**
350109-4A 16 yrs + W 3-4:30pm 8/1-8/29 \$106/96

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**
350168-4A 16 yrs + Sa 1-2:30pm 8/18 \$26/24

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**
350176-4A 16 yrs + Tu 6-7:30pm 7/10-8/7 \$106/96

IMAGINATION & CREATIVITY

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

Rudy Poe Inc **HB Art Center**
350178-4A 16 yrs + Tu 6-7:30pm 6/26 \$26/24
350178-4B 16 yrs + Sa 12-1:30pm 6/30 \$26/24

MASTERS OF PHOTOGRAPHY

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

Rudy Poe Inc **HB Art Center**
350179-4A 16 yrs + Sa 1:45-3:15pm 6/30 \$26/24
350179-4B 16 yrs + Sa 3:15-4:45pm 8/25 \$26/24

PHOTOGRAPHY: CRITIQUE & CONVERSATION

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

Rudy Poe Inc

HB Art Center

350180-4A	16 yrs +	Sa	3:15-4:45pm	6/30-7/14	\$66/60
350180-4B	16 yrs +	F	12-1:30pm	8/10-8/24	\$66/60

CONTROLLING THE PHOTOGRAPHIC IMAGE

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

Rudy Poe Inc

HB Art Center

350181-4A	16 yrs +	Sa	1:45-3:15pm	7/7	\$26/24
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LEARNING TO SEE

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

Rudy Poe Inc

HB Art Center

350182-4A	16 yrs +	Sa	12-1:30pm	7/7	\$26/24
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EXPLORING IMAGE COMPOSITION

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

Rudy Poe Inc

HB Art Center

350183-4A	16 yrs +	Sa	1:45-3:15pm	7/14	\$26/24
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EXPLORING COLOR

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

Rudy Poe Inc

HB Art Center

350184-4A	16 yrs +	Sa	3-4:30pm	7/21	\$26/24
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**Parks
Make
Life
Better!**

Parks & Recreation
Stimulate the Mind

STREET PHOTOGRAPHY

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

Rudy Poe Inc

HB Art Center

350185-4A	16 yrs +	F	2-3:30pm	8/10	\$26/24
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HOW TO MAKE MONEY AS A PHOTOGRAPHER

Have you ever wanted to get paid to take pictures? Maybe for a little extra money here and there or even as a full-time career? Shooting is only part of the process and this seminar will answer questions about what it takes to get paid to shoot and help you get started as a professional. Commercial photographer Rudy Poe shares with you the ins and outs, the dos and don'ts, and all that goes along with shooting for others.

Rudy Poe Inc

HB Art Center

350186-4A	16 yrs +	F	4-5:30pm	8/10	\$26/24
350186-4B	16 yrs +	Tu	6-7:30pm	8/14	\$26/24

PHOTOGRAPHIC PORTRAITURE

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

Rudy Poe Inc

HB Art Center

350187-4A	16 yrs +	Sa	1:45-3:15pm	8/11	\$26/24
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LETTERFORMS & TYPOGRAPHY

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

Rudy Poe Inc

HB Art Center

350188-4A	16 yrs +	Sa	3:15-4:45pm	8/11	\$26/24
350188-4B	16 yrs +	Sa	1:45-3:15pm	8/25	\$26/24

PHOTOJOURNALISM

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

Rudy Poe Inc

HB Art Center

350189-4A	16 yrs +	F	2-3:30pm	8/17	\$26/24
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PRODUCT PHOTOGRAPHY

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

Rudy Poe Inc

350190-4A	16 yrs +	F	4-5:30pm	8/17	\$26/24
350190-4B	16 yrs +	Tu	6-7:30pm	8/21	\$26/24

HB Art Center

HOW TO MAKE A PROMO VIDEO

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

Rudy Poe Inc

350193-4A	16 yrs +	F	4-5:30pm	8/24	\$26/24
350193-4B	16 yrs +	Tu	6-7:30pm	8/28	\$26/24

HB Art Center

LIGHT & SHADOW

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

Rudy Poe Inc

350191-4A	16 yrs +	Sa	3-4:30pm	8/18	\$26/24
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HB Art Center

LANDSCAPE & ARCHITECTURE PHOTOGRAPHY

Landscape and architecture photography is a unique form of photography. Technical skill, creativity, and patience are all required ingredients. Learn from the best as the subject is explored via photographic examples from the masters of light and landscape. Discussion includes the importance of preparation and timing as well as shooting and post production techniques. This class is for anyone with an interest in shooting landscape and architectural photography or simply appreciating the beauty of design and nature.

Rudy Poe Inc

350192-4A	16 yrs +	F	2-3:30pm	8/24	\$26/24
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HB Art Center

DOCUMENTARY FILMMAKING: PRODUCING

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

Rudy Poe Inc

350194-4A	16 yrs +	Sa	12-1:30pm	8/25	\$26/24
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HB Art Center

INTRO TO ACRYLIC PAINTING

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

Jose Loza

350135-4A	15 yrs +	Sa	1-4pm	6/30-7/28	\$186/168
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HB Art Center



Rec Report is a monthly video segment designed to highlight the programs, services and events presented by the Huntington Beach Community Services Department.

Tune in to HBTv3 during 'Surf City Highlights' or follow the City of Huntington Beach on Facebook and Twitter to see what makes the show and our recreation programs award-winning!



**Register
Online!**
www.hbsands.org

INTERMEDIATE ACRYLIC PAINTING

This course is designed to explore advanced techniques in acrylic painting with an emphasis on content, composition, technique, and color harmony. Students will get the opportunity to experiment and work on personal projects, learn illustrative techniques, and work from photographs or observation. The smaller class size and extended hours are meant to prioritize one-on-one instruction.

Jose Loza

HB Art Center

350152-4A 15 yrs + Sa 1-4pm 8/11-9/8 \$186/168

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 will be supplied on first day of class.

Diane Merrill

HB Art Center

350116-4A 18 yrs + Tu 9:30am-12:30pm 7/31-9/4 \$114/103

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

350162-4A 13 yrs + Th 5:30-7:45pm 6/28-7/26 \$86/78
350162-4B 13 yrs + Th 5:30-7:45pm 8/9-9/6 \$86/78

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

350171-4A 14 yrs + W 3:45-5:30pm 8/1-9/5 \$156/141

GUIDED STUDIO

Work on your own drawing and painting projects in a creative group environment. Get feedback in the form of facilitated group critiques and instructor guidance. Creative brainstorming and inspiration recording techniques will be introduced. Bring your own materials. *No Class Dates: Jul-3.*

Iris Kern-Foster

HB Art Center

350105-4A 12 yrs + Tu 5:30-7:30pm 6/26-7/24 \$106/96

ASIAN BRUSH PAINTING

Family-children with parents or grandparents; teens and adults, have fun together learning to paint with Chinese brushes in black, greys, and white. Learn strokes to decorate your walls or gifts. Step-by-step, paint from traditional flowers, bamboo, tiny creatures, or landscapes with spirit. Materials available.

Dorothy Yim

HB Art Center

350174-4A 8 yrs + Sa 9:30am-12:30pm 8/11-9/8 \$87/79
8 yrs + Sa 9:30am-12:30pm 8/11-9/8 Walk-In: \$20/day

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

350200-5A 18+ yrs T 9-11:30am 8/7-8/28 \$15

MS 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

350209-5A 18 yrs + W 9am-12pm 7/11-8/1 \$15
350209-5B 18 yrs + W 9am-12pm 8/8-8/29 \$15

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

350220-5A 18+ yrs Th 10 am-12pm 7/26-8/2 \$54
350220-5B 18+ yrs F 10 am-12pm 8/24-8/31 \$54

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

350205-5A 18+ yrs Th 9am-12pm 7/5-7/19 \$82
350205-5B 18+ yrs F 9am-12pm 8/3-8/17 \$82

FUN WITH CRAIGSLIST

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

Joel Lander

Senior Center in Central Park

350201-5A 18+ yrs Sa 9am-12pm 7/7 \$42
350201-5B 18+ yrs Sa 9am-12pm 8/4 \$42

EMAIL & THE GOOGLE CALENDAR

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

Joel Lander					Senior Center in Central Park
350228-5A	18+ yrs	F	9am-12pm	7/13	\$42
350228-5B	18+ yrs	Th	9am-12pm	8/30	\$42

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
350212-5A	18+ yrs	F	10am-12pm	7/20-7/27	\$54
350212-5B	18+ yrs	Sa	10am-12pm	8/18-8/25	\$54

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
350214-5A	18+ yrs	F	9am-12pm	7/6	\$42
350214-5B	18+ yrs	Sa	9am-12pm	7/28	\$42
350214-5C	18+ yrs	Th	9am-12pm	8/9	\$42
350214-5D	18+ yrs	Sa	9am-12pm	9/1	\$42

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
350210-5A	18+ yrs	Th	9am-12pm	8/16-8/23	\$72

SPECIAL 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
350229-5A	18+ yrs	Sa	9am-12pm	7/14	\$42
350229-5B	18+ yrs	Sa	9am-12pm	8/11	\$42
350229-5C	18+ yrs	Th	9am-12pm	9/6	\$42



Parks & Recreation
Teach Vital Life Skills

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
350227-5A	55+ yrs	M	2:15-3:15pm	7/2-7/23	\$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
350224-5A	55+ yrs	M	1-2pm	7/2-7/23	\$48

COOKING

SALADS AND MORE

This class will teach you how to make fresh, healthy, tasty salads. We will be making all different types, appetizer, starter, main course, and dessert. You will be introduced to different ingredients and how to use them. We will be making dressings from scratch. The ingredients will only be the freshest. Come hungry! \$15 materials fee due at first class.

April Berg					Edison Community Center
350305-2A	18 yrs +	Tu	6:15-9:15pm	7/10	\$35

COOKING WITH FISH

This class is designed to teach you fool-proof ways of cooking with fish and what to serve with the fish. We will be grilling, broiling, poaching, frying, blackening, and so much more. You will take home a lot more recipes to try on your own. Bring your appetite. \$15 materials fee due at first class.

April Berg					Edison Community Center
350306-2A	18 yrs +	Tu	6:15-9:15pm	8/21	\$35

DANCE

ALL LEVEL SWING BASICS

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

Amanda Mykitta					Senior Center in Central Park
350458-5A	16 yrs +	Th	5-6pm	6/28-7/26	\$35
350458-5B	16 yrs +	Th	5-6pm	8/2-8/30	\$35

SWING AND SALSA BASICS

Brand NEW class starting at Edison Community Center! Swing and Salsa are some of the most popular social dances out there. Come learn the basics of these dynamic dances so that you can own the dance floor. No partner needed.

Amanda Mykitta					Edison Community Center
350461-2A	16 yrs +	Tu	7-8pm	6/26-7/24	\$35
350461-2B	16 yrs +	Tu	7-8pm	8/7-9/4	\$35

BALLROOM & COUNTRY LINE DANCE BASICS

Exciting NEW class starting at Edison Community Center! Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, & even some country moves. Whether you're looking for a fun new hobby, a place to meet some new friends, or a way to stay active, dancing is a great way to go!

Amanda Mykitta				Edison Community Center	
350462-2A	16 yrs +	Tu	6-7pm	6/26-7/24	\$35
350462-2B	16 yrs +	Tu	6-7pm	8/7-9/4	\$35

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.

Amanda Mykitta				Senior Center in Central Park	
350441-5A	16 yrs +	Th	7-8:30pm	6/28-7/26	\$35
350441-5B	16 yrs +	Th	7-8:30pm	8/2-8/30	\$35

BALLROOM DANCE BASICS 2

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

Amanda Mykitta				Senior Center in Central Park	
350459-5A	16 yrs +	Th	6-7pm	6/28-7/26	\$35
350459-5B	16 yrs +	Th	6-7pm	8/2-8/30	\$35

DANCE: SWING BASICS

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

Kaylaa Fox				Murdy Community Center	
350423-1A	16 yrs +	Th	8:15-9:15pm	6/28-7/19	\$35
350423-1B	16 yrs +	Th	8:15-9:15pm	7/26-8/16	\$35

DANCE: SWING INTERMEDIATE

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

Kaylaa Fox				Murdy Community Center	
350424-1A	16 yrs +	Th	7:15-8:15pm	6/28-7/19	\$35
350424-1B	16 yrs +	Th	7:15-8:15pm	7/26-8/16	\$35

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. Hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox				Murdy Community Center	
350422-1A	16 yrs +	Th	6:15-7:15pm	6/28-7/19	\$35
350422-1B	16 yrs +	Th	6:15-7:15pm	7/26-8/16	\$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.

Huntington Academy of Dance				16601 Gothard St. Suite A	
350442-1A	13 yrs +	W	7:30-8:30pm	7/11-8/15	\$65
Huntington Academy of Dance				City Gym and Pool	
350442-3A	13 yrs +	M	7-8pm	7/9-8/13	\$65

BALLET & BALLET STRETCH FOR SENIORS

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

Huntington Academy of Dance				16601 Gothard St. Suite A	
350426-1A	18 yrs +	M	12:30-1:30pm	7/9-7/30	\$32
350426-1B	18 yrs +	M	12:30-1:30pm	8/6-8/27	\$32

LINE DANCE NEW BEGINNER

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Aug-14.*

Linda AndersonMaarleveld				Senior Center in Central Park	
350450-5A	18 yrs +	Tu	2:30-3:30pm	6/26-8/28	\$51
350450-5B	18 yrs +	Tu	4-5pm	6/26-8/28	\$51

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%. *No Class Dates: Jul-4, Aug-15, Aug-16.*

Linda AndersonMaarleveld				Senior Center in Central Park	
350453-5A	18 yrs +	W	7-8:30pm	6/27-8/29	\$62
350453-5B	18 yrs +	Th	3:30-4:30pm	6/28-8/30	\$51

LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Experience doing basic dances. *No Class Dates: Aug-16.*

Linda AndersonMaarleveld				Senior Center in Central Park	
350460-5A	18 yrs +	Th	2:15-3:15pm	6/28-8/30	\$51

LINE DANCE FITNESS: 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.

Suzy Hazard				Senior Center in Central Park	
350419-5A	18 yrs +	F	2-3pm	6/29-8/31	\$55

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
350420-5A 18 yrs + F 3:15-4:30 6/29-8/31 \$55

LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Experience doing basic dances. *No Class Dates: Jul-4.*

Suzu Hazard Senior Center in Central Park
350428-5A 18 yrs + W 2:45-4:15pm 6/27-8/29 \$50

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.

Suzu Hazard Senior Center in Central Park
350433-5A 18 yrs + M 3:15-4:45pm 6/25-8/27 \$55

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. *No Class Dates: Jul-4.*

Suzu Hazard Senior Center in Central Park
350434-5A 18 yrs + W 1-2:30pm 6/27-8/29 \$50

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!

Dare to Dance Murdy Community Center
350455-1A 14 yrs + W 7-8pm 7/11-9/5 \$30

ZUMBA GOLD DANCE FITNESS

The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a good time to feel great! Sign up for a free demo on June 20th by calling 714-536-5600.

CS Dance Factory Senior Center in Central Park
350456-5A 18+ yrs W 8:15-9:15am 7/11-8/22 \$55

DOG TRAINING

AKC CANINE GOOD CITIZEN TEST

This 10 part certification test is open to both pure-bred and mixed-breed dogs who already obey basic obedience commands and who can remain calm when faced with distracting situations in public places. Dogs who pass all ten skills will earn the official certificate from A.K.C. and can also receive the "CGC Title". See www.dogclassinfo.com for a detailed list of the skills tested.

Dog Services Unlimited Edison Community Center
350503-2A 10 yrs + Tu 8-9:15pm 8/7 \$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. \$10 materials fee due at first class (includes training manual). *No Class Dates: Jul-3.*

Dog Services Unlimited Edison Community Center
350504-2A 10 yrs + Tu 7-8pm 6/26-8/14 \$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 materials fee due at first class. Pre-registration is required.

Dog Services Unlimited Murdy Community Center
350506-1A 10 yrs + Th 6:30-7:45pm 7/26-8/16 \$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: Jul-28.*

Surf City Flyball Central Park-Slater and Goldenwest
350507-1A 18 yrs + Sa 9-10am 6/30-8/25 \$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: Jul-28.*

Surf City Flyball Central Park-Slater and Goldenwest
350508-1A 18 yrs + Sa 10:30-11:30am 6/30-8/25 \$95

Register Online! www.hbsands.org

EDUCATIONAL

SPANISH FOR BEGINNERS

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

Portal Languages **Senior Center in Central Park**
350618-5A 18 yrs + M 1:30-2:30pm 6/25-8/27 \$150

BEGINNERS SPANISH 2

Beginners Spanish 2 is a continuation for students who completed the Spanish 1 series. The continuation will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. \$30 materials fee due first class.

Portal Languages **Senior Center in Central Park**
350621-5A 18 yrs + M 2:30-3:30pm 6/25-8/27 \$150

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. \$30 materials fee due first class.

Portal Languages **City Gym and Pool**
350619-3A 18 yrs + M 5-6pm 7/9-8/27 \$160

ENGLISH AS A SECOND LANGUAGE (ESL)

Bienvenido al curso de enriquecimiento de inglés como segundo idioma (ESL), diseñado para personas que no son nativas y con conocimientos básicos del idioma inglés. La formación lingüística le ayudará a sentirse cómodo con la lengua y se sentirá seguro de conversar en inglés en situaciones cotidianas y entornos de trabajo. \$20 cuota debida al instructor a la primera clase para cubrir el costo del libro.

Portal Languages **City Gym and Pool**
350620-3A 18 yrs + W 6-7pm 7/11-8/29 \$180

INTENSIVE BEGINNING CONVERSATIONAL ITALIAN

This intensive two week course is a great kick for any beginning learner of Italian. The course focuses on the day to day spoken expressions for those with little or no experience. Themes include greetings, shopping, ordering in a restaurant and key basic phrases. Material may be adapted to the preference and experience of participants.

Spectrum Languages **Edison Community Center**
350601-2A 18 yrs + Tu 6-8pm 6/26-7/3 \$68



Parks & Recreation
Reduce Stress

FRENCH FOR BEGINNERS

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 materials fee due at the first class to cover cost of book.

Portal Languages **Senior Center in Central Park**
350608-5A 18 yrs + Tu 3:30-4:30pm 6/26-8/28 \$150

FRENCH 2

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

Portal Languages **Senior Center in Central Park**
350622-5A 18 yrs + Tu 4:30-5:30pm 6/26-8/28 \$150

CUTTING THE CABLE

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

Marga Dill **Senior Center in Central Park**
350616-5A 55 yrs + M 11am-12:30pm 7/2 \$23
350616-5B 55 yrs + M 11am-12:30pm 8/6 \$23

HEALTH & FITNESS

ATX CARDIAC

ATX Cardiac is a program that promotes health and stress management. It is designed to address the special needs of heart patients or others interested in living a heart-healthy lifestyle. Class structure includes gentle warm-up, cardio & strength exercise, deep relaxation, group discussion, goal-setting, and heart-healthy meal planning. *No Class Dates: Jul-2, Aug-6.*

Senior Center Staff **Senior Center in Central Park**
351508-5A 50+ yrs M 6:15-7:45pm 6/11-8/27 Free

JAZZERCISE

What is it? A high intensity mix of dance-based cardio and strength training for a calorie-crushing total body workout. How we work-We rock it out, slim it down and tone it up fresh pulse-pounding music and body-blasting moves. This high intensity dance workout targets the 3 major muscle groups-upper body, abs and legs-so you'll feel it where you need it. What's in it for you? Incinerate up to 800 calories in this 60 minute class. With Jazzercise you'll get toned target zones, increased energy and a mood boost. You'll leave it all on the dance floor. MWF: 8:45-9:50am.

Erica Den Hartog **City Gym and Pool**
350853-3A 13 yrs + 10 Class Pack 8:45-9:50am 6/25-9/9 \$70
350853-3B 13 yrs + 20 Class Pack 8:45-9:50am 6/25-9/9 \$100

UNLIMITED HB PILATES AND 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.
No Class Dates: Jul-4, Sep-3.

HB Pilates	All Community Center Locations				
350896-1A	16 yrs +	M-Sa	TBD	6/25-8/4	\$234
350896-1B	16 yrs +	M-Sa	TBD	8/6-9/8	\$195

PRIVATE 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: May-28, Jul-4, Sep-3.

HB Pilates	Murdy Community Center				
350897-1A	16 yrs +	M-Sa	One Session	6/25-9/8	\$45
350897-1B	16 yrs +	M-Sa	5 Sessions	6/25-9/8	\$215
350897-1C	16 yrs +	M-Sa	10 Sessions	6/25-9/8	\$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 for questions. No Class Dates: Jul-4, Sep-3.

HB Pilates	All Community Center Locations				
350611-1A	16 yrs +	M-Sa	TBD	6/25-8/4	\$85
350611-1B	16 yrs +	M-Sa	TBD	8/6-9/8	\$85

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 for questions. No Class Dates: Jul-4, Sep-3.

HB Pilates	All Community Center Locations				
350612-1A	16 yrs +	M-Sa	TBD	6/25-8/4	\$160
350612-1B	16 yrs +	M-Sa	TBD	8/6-9/8	\$160

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! 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: Jul-4, Sep-3.

HB Pilates	Murdy Community Center				
350833-1A	16 yrs +	M	11-11:30am	6/25-7/30	\$48
350833-1B	16 yrs +	M	11-11:30am	8/6-8/27	\$34

EXERCISE FOR BALANCE PART 1

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

Hoag	Senior Center in Central Park				
350899-5A	18 yrs +	Tu	9-10am	7/10-7/31	Free
350899-5B	18 yrs +	Tu	9-10am	8/7-8/28	Free

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 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 for questions.

HB Pilates	Senior Center in Central Park				
350825-5A	18 yrs +	Tu	9-10am	6/26-7/31	\$78
350825-5B	18 yrs +	Th	9-10am	6/28-8/2	\$78
350825-5C	18 yrs +	Tu,Th	9-10am	6/26-8/2	\$120
350825-5D	18 yrs +	Tu	9-10am	8/7-9/4	\$66
350825-5E	18 yrs +	Th	9-10am	8/9-9/6	\$66
350825-5F	18 yrs +	Tu,Th	9-10am	8/7-9/6	\$100



presents the 26th Annual

ON COURSE! Golf Tournament

The Huntington Beach Council on Aging invites you to join them in supporting their 26th Annual ON COURSE Golf Tournament on Friday, June 22 at Meadowlark Golf Club. Proceeds will help the HBCOA continue to provide a wide variety of services, classes, activities, and clubs designed to support seniors, including low-income seniors, stay healthy and active.

For additional information log on to HBCOA.org or contact the HBCOA at 714-374-1524.



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: Jul-4.*

HB Pilates		Edison Community Center			
350839-2A	16 yrs + M	9-10am	6/25-7/30	\$78	
350839-2B	16 yrs + M	9-10am	8/6-8/27	\$54	
350839-2C	16 yrs + F	9-10am	6/29-8/3	\$78	
350839-2D	16 yrs + F	9-10am	8/10-9/7	\$66	

HB Pilates		Senior Center in Central Park			
350839-5A	16 yrs + Tu	10:15-11:15am	6/26-7/31	\$78	
350839-5B	16 yrs + W	7-8pm	6/27-8/1	\$66	
350839-5C	16 yrs + Th	10:15-11:15am	6/28-8/2	\$78	
350839-5D	16 yrs + Sa	8-9am	6/30-8/4	\$78	
350839-5E	16 yrs + Tu	10:15-11:15am	8/7-9/4	\$66	
350839-5F	16 yrs + W	7-8pm	8/8-9/5	\$66	
350839-5G	16 yrs + Th	10:15-11:15am	8/9-9/6	\$66	
350839-5H	16 yrs + Sa	8-9am	8/11-9/8	\$66	

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.

HB Pilates		Senior Center in Central Park			
350895-5A	18 yrs + M	11:45am-12:30pm	6/25-7/30	\$60	
350895-5B	18 yrs + F	11:45am-12:30pm	6/29-8/3	\$60	
350895-5C	18 yrs + M,F	11:45am-12:30pm	6/25-8/3	\$109	
350895-5D	18 yrs + M	11:45am-12:30pm	8/6-8/27	\$42	
350895-5E	18 yrs + F	11:45am-12:30pm	8/10-9/7	\$51	
350895-5F	18 yrs + M,F	11:45am-12:30pm	8/6-9/7	\$82	

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. Bring water. Email info: hbpilates.com for questions. *No Class Dates: Jul-4, Sep-3.*

HB Pilates		Senior Center in Central Park			
350879-5A	18 yrs + M	12:30-1:30pm	6/25-7/30	\$72	
350879-5B	18 yrs + Tu	12:30-1:30pm	6/26-7/31	\$72	
350879-5C	18 yrs + W	12:30-1:30pm	6/27-8/1	\$61	
350879-5D	18 yrs + F	12:30-1:30pm	6/29-8/3	\$72	
350879-5E	18 yrs + 2x per week	12:30-1:30pm	6/25-8/3	\$120	
350879-5F	18 yrs + 3x per week	12:30-1:30pm	6/25-8/3	\$162	
350879-5G	18 yrs + M	12:30-1:30pm	8/6-8/27	\$46	
350879-5H	18 yrs + Tu	12:30-1:30pm	8/7-9/4	\$61	
350879-5I	18 yrs + W	12:30-1:30pm	8/8-9/5	\$61	
350879-5J	18 yrs + F	12:30-1:30pm	8/10-9/7	\$61	
350879-5K	18 yrs + 2x per week	12:30-1:30pm	8/6-9/7	\$100	
350879-5L	18 yrs + 3x per week	12:30-1:30pm	8/6-9/7	\$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. *No Class Dates: Jul-4.*

HB Pilates		Senior Center in Central Park			
350826-5A	18 yrs + Tu	11:30am-12:30pm	6/26-7/31	\$72	
350826-5B	18 yrs + W	11:30am-12:30pm	6/27-8/1	\$61	
350826-5C	18 yrs + F	11:30am-12:30pm	6/29-8/3	\$72	
350826-5D	18 yrs + W,F	11:30am-12:30pm	6/27-8/3	\$121	
350826-5E	18 yrs + Tu	11:30am-12:30pm	8/7-9/4	\$61	
350826-5F	18 yrs + W	11:30am-12:30pm	8/8-9/5	\$61	
350826-5G	18 yrs + F	11:30am-12:30pm	8/10-9/7	\$61	
350826-5H	18 yrs + W,F	11:30am-12:30pm	8/8-9/7	\$110	

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.

HB Pilates		Senior Center in Central Park			
350883-5A	16 yrs + Th	11:15am-12:15pm	6/28-8/2	\$78	
350883-5B	16 yrs + Th	11:15am-12:15pm	8/9-9/6	\$66	

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: Jul-4, Sep-3.*

HB Pilates		City Gym and Pool			
350811-3A	16 yrs + W	9-10am	6/27-8/1	\$66	
350811-3B	16 yrs + Th	6-7pm	6/28-8/2	\$78	
350811-3C	16 yrs + W	9-10am	8/8-9/5	\$66	
350811-3D	16 yrs + Th	6-7pm	8/9-9/6	\$66	

HB Pilates		Edison Community Center			
350811-2A	16 yrs + M	6:30-7:30pm	6/25-7/30	\$78	
350811-2B	16 yrs + M	6:30-7:30pm	8/6-8/27	\$54	
350811-2C	16 yrs + F	10-11am	6/29-8/3	\$78	
350811-2D	16 yrs + F	10-11am	8/10-9/7	\$66	

HB Pilates		Murdy Community Center			
350811-1A	16 yrs + M	10-11am	6/25-7/30	\$78	
350811-1B	16 yrs + M	10-11am	8/6-8/27	\$54	
350811-1C	16 yrs + Tu	6-7pm	6/26-7/31	\$78	
350811-1D	16 yrs + Tu	6-7pm	8/7-9/4	\$66	
350811-1E	16 yrs + Th	5-6pm	6/28-8/2	\$78	
350811-1F	16 yrs + Th	5-6pm	8/9-9/6	\$66	

HB Pilates		Senior Center in Central Park			
350811-5A	16 yrs + Tu	9-10am	6/26-7/31	\$78	
350811-5B	16 yrs + Sa	9-10am	6/30-8/4	\$78	
350811-5C	16 yrs + Tu	9-10am	8/7-9/4	\$66	
350811-5D	16 yrs + Sa	9-10am	8/11-9/8	\$66	

Register Online! www.hbsands.org



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: Jul-4, Sep-3.*

HB Pilates		City Gym and Pool			
350855-3A	16 yrs +	W	10-11am	6/27-8/1	\$66
350855-3B	16 yrs +	Th	7-8pm	6/28-8/2	\$78
350855-3C	16 yrs +	W	10-11am	8/8-9/5	\$66
350855-3D	16 yrs +	Th	7-8pm	8/9-9/6	\$66

HB Pilates		Edison Community Center			
350855-2A	16 yrs +	M	7:30-8:30pm	6/25-7/30	\$78
350855-2B	16 yrs +	M	7:30-8:30pm	8/6-8/27	\$54

HB Pilates		Murdy Community Center			
350855-1A	16 yrs +	Tu	7-8pm	6/26-7/31	\$78
350855-1B	16 yrs +	Tu	7-8pm	8/7-9/4	\$66

HB Pilates		Senior Center in Central Park			
350855-5A	16 yrs +	Sa	8-9am	6/30-8/4	\$78
350855-5B	16 yrs +	Sa	8-9am	8/11-9/8	\$66

POWER YOGA

Join us for an hour of power! This dynamic yoga class with focus on increasing strength and flexibility while utilizing rhythmic breathing, and building heat and stamina in the body and mind. Yoga experience recommended. Bring mat, towel, water, two yoga blocks, and yoga strap. *No Class Dates: Jul-4.*

HB Pilates		Senior Center in Central Park			
350878-5A	16 yrs +	W	6-7pm	6/27-8/1	\$66
350878-5B	16 yrs +	Sa	9-10am	6/30-8/4	\$78
350878-5C	16 yrs +	W	6-7pm	8/8-9/5	\$66
350878-5D	16 yrs +	Sa	9-10am	8/11-9/8	\$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. *No Class Dates: Jul-4, Sep-3.*

HB Pilates		Murdy Community Center			
350856-1A	18 yrs +	Th	6-7pm	6/28-8/2	\$90
350856-1B	18 yrs +	Th	6-7pm	8/9-9/6	\$76
350856-1C	18 yrs +	Private Lesson	30 min	6/28-9/6	\$46
350856-1D	18 yrs +	Private Lesson	1 hr	6/28-9/6	\$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. *No Class Dates: Jul-4.*

HB Pilates		Senior Center in Central Park			
350828-5A	16 yrs +	M	5:30-6:30pm	6/25-7/30	\$78
350828-5B	16 yrs +	W	5:30-6:30pm	6/27-8/1	\$66
350828-5C	16 yrs +	Sa	10-11am	6/30-8/4	\$78
350828-5D	16 yrs +	M	5:30-6:30pm	8/6-8/27	\$54
350828-5E	16 yrs +	W	5:30-6:30pm	8/8-9/5	\$66
350828-5F	16 yrs +	Sa	10-11am	8/11-9/8	\$66



ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12. *No Class Dates: Jul-4.*

SockhopFitness		Edison Community Center			
350858-2A	18 yrs +	W	6:30-7:15pm	6/27-9/5	\$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			
350827-2A	16 yrs +	M	6-6:45pm	6/25-9/5	\$99
		W	6:30-7:15pm		

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.

SockhopFitness		Edison Community Center			
350888-2A	18 yrs +	M	6-6:45pm	6/25-8/27	\$58

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Ditch the workout! Join the Party!

SockhopFitness		Senior Center in Central Park			
350813-5A	6 yrs +	Tu	6-6:45pm	6/26-8/28	\$64

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			
350860-1A	55 yrs +	Tu	8:05-8:55am	6/26-8/28	\$58

SockhopFitness		Senior Center in Central Park			
350860-5A	18 yrs +	F	9-9:45am	6/29-8/31	\$64

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. *No Class Dates: Jul-27, Aug-3.*

Marianne Grossman Senior Center in Central Park
350816-5A 50 yrs + F 10:15-11:15am 6/29-8/31 \$54

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! *No Class Jul-27, Jul-31, Aug-3.*

Marianne Grossman Senior Center in Central Park
350837-5A 50 yrs + Tu,F 9-9:45am 6/26-8/31 \$59

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. *No Class Dates: Jul-26, Jul-31, Aug-2.*

Marianne Grossman Senior Center in Central Park
350817-5A 50 yrs + Tu 10:15-11am 6/26-8/28 \$41
350817-5B 50 yrs + Th 10:45-11:30am 6/28-8/30 \$41

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: Jul-30.*

Marianne Grossman Edison Community Center
350857-2A 18 yrs + Tu 5:30-6:30pm 6/26-8/28 \$58

Marianne Grossman Senior Center in Central Park
350857-5A 18 yrs + M 5:30-6:30pm 6/25-8/27 \$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. *No Class Dates: Jul-26, Aug-2.*

Marianne Grossman Senior Center in Central Park
350848-5A 18 yrs + Th 9-10am 6/28-8/30 \$48



Parks & Recreation
 Promote Good Health

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 through 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.

Erika Holden City Gym and Pool
351503-3A 16 yrs + Tu 8-9pm 6/26-7/24 \$64
351503-3B 16 yrs + Tu 8-9pm 7/31-8/28 \$64

SILVER GLOVE FITNESS

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. Please bring a yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions about this. *No Class Dates: Aug-20.*

Andrew Deming Senior Center in Central Park
350820-5A 18 yrs + M 8:30-9:30am 6/11-7/16 \$90
350820-5B 18 yrs + M 8:30-9:30am 7/23-8/27 \$75

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: Jul-4.*

Susan Hardy Murdy Community Center
350835-1A 13 yrs + M,W,F 9:15-10am 6/25-8/29 \$107

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: Jul-4*

Susan Hardy Edison Community Center
350851-2A 13 yrs + M,W,F 5:15-6:15pm 6/25-8/29 \$112

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: Jul-4.*

Susan Hardy Murdy Community Center
350841-1A 13 yrs + M,W,F 8:30-9:15am 6/25-8/29 \$107

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
350846-2A 13 yrs + Sa 9:15-10:15am 6/30-8/25 \$44

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: Jul-4.*

Susan Hardy **Murdy Community Center**
350886-1A 13 yrs + M,W,F 8:30-10am 6/25-8/29 \$129

CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. *No Class Dates: Jul-2.*

Diane Pavesic **Senior Center in Central Park**
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT
350866-5A 18 yrs + M 10-11am 6/25-8/20 \$66
350866-5B 18 yrs + M 11:15am-12:15pm 6/25-8/20 \$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. *No Class Dates: Aug-7, Aug-10.*

Susan Holden **Senior Center in Central Park**
350892-5A 16 yrs + F 10-11am 7/6-8/31 \$66
350892-5B 16 yrs + Tu 10:30-11:30am 7/10-8/28 \$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.

Yvonne Carmichael **City Gym and Pool**
350867-3A 16 yrs + M 10:30am-12pm 6/25-8/27 \$105

YOGA: EDISON

Yoga unites mind & body improving general health, balance, and wellbeing. Therapeutically oriented practice combines postures, meditation and philosophy in a breath centered practice suitable for all levels. Bring mat and blanket. *No Class Dates: Jul-4.*

Diane Pavesic **Edison Community Center**
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT
350868-2A 18 yrs + W 4:30-5:30pm 6/27-8/22 \$66
350868-2B 18 yrs + W 6-7pm 6/27-8/22 \$66



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: Jul-5.*

Diane Pavesic **Senior Center in Central Park**
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT
350872-5A 18 yrs + Th 10-11am 6/28-8/23 \$66
350872-5B 18 yrs + Th 11am-12pm 6/28-8/23 \$66

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 for Susan Holden: Aug-6, Aug-7, Aug-10.*

Jacki King, E-RYT, CYT, YACEP **Murdy Community Center**
351124-1A 16 yrs + M 4:35-5:35pm 7/9-8/20 \$60
351124-1B 16 yrs + W 4:15-5:15pm 7/11-8/22 \$60

Susan Holden **Murdy Community Center**
350876-1A 16 yrs + M 6:30-7:30pm 7/9-8/27 \$60
350876-1B 16 yrs + Tu 5:30-6:45pm 7/10-8/28 \$60
350876-1C 16 yrs + F 4-5pm 7/6-8/31 \$66

Yvonne Carmichael **Murdy Community Center**
351125-1A 16 yrs + W 10:30am-12pm 7/25-8/22 \$56

FIT CAMP

An outdoor class that targets all of the fundamentals of fitness utilizing all components and styles of exercise. Enjoy the benefits of fat loss, increased energy, relief of stress, aches and pains, improve sleep, balance and flexibility all well building strength in a fun and motivating environment. This individually tailored Fit Camp will have you leaving feeling energized, ready to take on the week and coming back for more. Activ8 Fitness Fit Camp is a great way for individuals, friends, and families to stay fit, stay healthy, stay Activ8ed!

Activ8 Fitness **Murdy Community Center**
351509-1A 7 yrs + W,Sa 9 - 10am 6/27 - 7/21 \$166
351509-1B 7 yrs + W,Sa 9 - 10am 7/25 - 8/18 \$166
351509-1C 7 yrs + W,Sa 9 - 10am 8/22 - 9/15 \$166

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**
350847-2A 18 yrs + M,W,F 9-10am 6/25-8/31 \$60

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.

CS Dance Factory **Senior Center in Central Park**
350880-5A 18 yrs + W 11:45am-12:15pm 7/11-8/22 \$69

ZUMBA GOLD DANCE FITNESS

The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a good time to feel great!

CS Dance Factory Senior Center in Central Park
350456-5A 18 yrs + W 8:15-9:15am 7/11-8/22 \$55

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. First class is free.

Donald Walker Murdy Community Center
350864-1A 18 yrs + W 6-7:45pm 7/11-8/22 \$49

TAI CHI BASICS

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, revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class is free!

Donald Walker Edison Community Center
350887-2A 18 yrs + M 1:30-2:45pm 6/25-8/6 \$49

TAI CHI CHUAN FOR BEGINNERS

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

Elizabeth Pham Senior Center in Central Park
350881-5A 18 yrs + M 6:45-8:15pm 6/25-8/13 \$56
350881-5B 18 yrs + Th 9-10:25am 6/28-8/16 \$56

TAI CHI CHUAN FOR INTERMEDIATE

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

Shona Howe Senior Center in Central Park
350882-5A 18 yrs + M 6:45-8:15pm 6/25-8/13 \$56
350882-5B 18 yrs + Th 8:30-10:25am 6/28-8/16 \$56

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 in 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 materials fee due at first class. DVD included. Check payable to Makena Solutions LLC or Bing Luh.

Makena Solutions LLC 521 Main St/Art Center
350884-4A 16 yrs + Tu 10:30-11:45am 7/10 Free
350884-4B 16 yrs + Tu 10:30-11:45am 7/17-9/4 \$125/119
350884-4C 16 yrs + W 6:30-7:45pm 7/11 Free
350884-4D 16 yrs + W 6:30-7:45pm 7/18-9/5 \$125/119

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.

Frances Cardinal Senior Center in Central Park
350901-5A 18 yrs + Tu 6:15-7:45pm 6/26-9/4 \$80
350901-5B 18 yrs + Th 6:15-7:45pm 6/28-9/6 \$80
350901-5C 18 yrs + Sa 11am-12pm 6/30-9/8 \$80
350901-5D 18 yrs + Any 2 Days TBD 6/26-9/8 \$120
350901-5E 18 yrs + Any 3 Days TBD 6/26-9/8 \$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
350904-5A 3 yrs + Tu 5-6pm 6/26-9/4 \$80
350904-5B 3 yrs + Th 5-6pm 6/28-9/6 \$80
350904-5C 3 yrs + Sa 10-11am 6/30-9/8 \$80
350904-5D 3 yrs + Any 2 Days TBD 6/26-9/8 \$120
350904-5E 3 yrs + Any 3 Days TBD 6/26-9/8 \$160

KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks *No Class Dates: Aug-2.*

Wadoryu USA Edison Community Center
350907-2A 16 yrs + Th 7:15-8pm 6/28-9/6 \$95

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: Jul-4, Sep-3.*

Kiavash Tillehkooh City Gym and Pool
350909-3A 15 yrs + M 7:15-8pm 6/25-9/3 \$188
350909-3B 15 yrs + Tu 7:15-8pm 6/26-9/4 \$188
350909-3C 15 yrs + W 7:15-8pm 6/27-9/5 \$188
350909-3D 15 yrs + Th 7:15-8pm 6/28-9/6 \$188

Register Online! www.hbsands.org

MUSIC

BEGINNING UKULELE

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

Guava Groove		Senior Center in Central Park			
351003-5A	18 yrs + T	9:30-10:30am	6/26-7/31	\$65	
351003-5B	18 yrs + T	9:30-10:30am	8/7-9/4	\$55	

GUAVA GROOVE UKULELE

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

Guava Groove		Senior Center in Central Park			
351004-5A	18 yrs + T	10:45-11:45am	6/26-7/31	\$65	
351004-5B	18 yrs + T	10:45-11:45am	8/7-9/4	\$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 welcome, so don't delay and learn to play today. Bring your own guitar, \$20 materials fee for book due at first class.

The RockBand Experience		HB Art Center			
351008-4A	13 yrs + Th	4:30-5:30pm	8/2-9/6	\$129/117	

SPECIAL INTEREST

BEGINNING BRIDGE

When is the best time to learn the game of bridge? The time is now! This great game is waiting for you. Not the easiest game. No other social game like it. Contract/Party Bridge. Come join the fun. No partner needed. You're welcome to bring one or more friends.

Rita Spira		Senior Center in Central Park			
351102-5A	18 yrs + M	2-4pm	7/9-8/27	\$68	
351102-5B	18 yrs + W	6:30-8:30pm	7/11-8/29	\$68	

INTERMEDIATE BRIDGE

You know the basics. Now challenge yourself to the next level. Describe your hand to your partner using various conventions. Understand the most popular conventions to enrich your game experience. Learn methods to make the best use of cards you are dealt. No partner needed but are welcome.

Rita Spira		Senior Center in Central Park			
351103-5A	18 yrs + Tu	3-5pm	7/10-8/28	\$68	

WARD'S DUPLICATE BRIDGE GROUP

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

Recreation Staff		Senior Center in Central Park			
351107-5A	18 yrs + Tu	12:30-2:30pm	6/26-9/4	\$20	

PRACTICE BRIDGE

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

Recreation Staff		Senior Center in Central Park			
351108-5A	18 yrs + F	1-4pm	6/15-9/7	\$20	

STORYTELLERS WITH CHRIS EPTING – A JOURNAL WRITING CLASS

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

Chris Epting		Senior Center in Central Park			
351129-5A	18 yrs + M	6-8pm	6/25-7/30	\$100	

FASHION MAKEUP: FROM EVERYDAY TO GLAMOUR

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

Rodolfo Nimis		City Gym and Pool			
351134-3A	16 yrs + F	6:30-8:30pm	6/8-6/15	\$68	
351134-3B	16 yrs + F	6:30-8:30pm	7/27-8/3	\$68	

Rodolfo Nimis		Murdy Community Center			
351134-1A	16 yrs + Tu	6:30-8:30pm	7/10-7/17	\$68	
351134-1B	16 yrs + Tu	6:30-8:30pm	8/14-8/21	\$68	

AGING AS A WINNER

"You're not getting older, you're getting better" was part of a very successful ad a number of years ago. Today we have the ability to make this come true because of all of the recent research on aging and longevity. This workshop will focus on the latest information in the areas of aging successfully.

Sharon Fleming		Senior Center in Central Park			
351127-5A	18+ yrs M	10am-1pm	7/23-7/30	\$69	

BRAIN FITNESS

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

Sharon Fleming		Senior Center in Central Park			
351122-5A	18+ yrs T, F	1-3pm	6/26-8/10	\$139	
351122-5B	18+ yrs T, F	3:15-5:15pm	6/26-8/10	\$139	

JOURNAL WRITING

Journal writing is a powerful tool for taking charge of one's life and working through problems, healing relationships, interpreting dreams, recovering from grief, and healing hurts and unfinished business that keeps us from true happiness. Spend two days in a supportive atmosphere learning the basics of journal writing and gain a trusted new ally in your life-you! Journal writing is a practical and soulful way to learn to be your own best friend. Previous writing skills are not necessary.

Sharon Fleming Senior Center in Central Park
351131-5A 18+ yrs M 10am-1pm 7/9-7/16 \$69

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
351121-5A 18+ yrs Th 10am-12pm 6/28-8/16 \$89

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 information: YourProfessorD@gmail.com

Dorothy Spirus City Gym and Pool
350144-3A 18 yrs + W 7:30-9pm 7/11-8/15 \$170

WRITING JUMPSTART

You want to write, but don't know where to start. Begin with a morning of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry and non-fiction. We'll discuss structure, technique, characters and conflict. This one-day intensive class, taught by a published writer and former magazine editor, will encourage both the novice and experienced writer. Bring writing supplies. More information: YourProfessorD@gmail.com.

Dorothy Spirus City Gym and Pool
351136-3A 16 yrs + Sa 10am-1pm 6/30 \$75

DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "The Kitchen House" by Kathleen Grissom by the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee due at each meeting. Class meets 6/13, 7/11, 8/8, 9/12.

April Berg Senior Center in Central Park
351101-5A 18 yrs + W 7-9pm 6/13-9/12 \$30



Parks and Recreation promote sensitivity to cultural diversity

CPR & AED TRAINING-ADULTS, CHILDREN AND INFANT

Don't miss a beat and increase the number of people "Stayin' Alive." Please pay the instructor the additional \$24 fee for the training supplies, accompanying American Heart Association workbook and course completion card valid for 2 years. Not a class for medical providers. Advance registration required.

Healthy U Murdy Community Center
351104-1A 11 yrs + Tu 6-9:30pm 6/26 \$65
351104-1B 11 yrs + Sa 8:30am-12pm 8/11 \$65

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 materials fee due at first class.

Susan Salinas City Gym and Pool
351135-3A 14 yrs + F 7-8pm 6/29-7/20 \$76
351135-3B 14 yrs + F 7-8pm 7/27-8/17 \$76

SPORTS

KING AND QUEEN OF THE COURT VOLLEYBALL TOURNAMENT

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participant are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. \$20 materials fee due at first class. *No Class Dates: Jul-5.*

Matt Taylor Volleyball City Gym and Pool
351323-3A 16 yrs + Th 7:45-9:45pm 6/28-8/2 \$55

VOLLEYBALL: ADULT INDOOR CLINIC

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. *No Class Dates: Jul-5.*

Matt Taylor Volleyball City Gym and Pool
351309-3A (Beginner) 16 yrs + Th 6:15-7:45pm 6/28-8/30 \$129
351309-3B (Intermediate) 16 yrs + Th 7:45-9:15pm 8/9-8/30 \$56

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. More info at www.goldencoastvolleyball.com.

Beach Volleyball CA Inc 15th St at PCH
351313-2A 18 yrs + Tu 6:10-7:30pm 7/17-8/28 \$120

BEACH VOLLEYBALL: ADULT INTERMEDIATE

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

Beach Volleyball CA Inc 15th St at PCH
351311-2A 18 yrs + Th 6:10-7:30pm 7/19-8/30 \$120

VOLLEYBALL: WOMEN'S VOLLEYBALL

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. No Class Dates: Jul-3 - Jul-5.

Joann DiGiovanni

City Gym and Pool

351302-3A (Intermediate)	18 yrs +	Tu	9:30am-12:30pm	6/19-7/24	\$35
351302-3B (Intermediate)	18 yrs +	Tu	9:30am-12:30pm	7/31-8/28	\$35
351302-3C (Advanced)	18 yrs +	W	10am-12pm	6/20-7/25	\$35
351302-3D (Advanced)	18 yrs +	W	10am-12pm	8/1-8/29	\$35
351302-3E (Advanced)	18 yrs +	Th	9:30am-12:30pm	6/21-7/26	\$35
351302-3F (Advanced)	18 yrs +	Th	9:30am-12:30pm	8/2-8/30	\$35

ADULT LEAGUES

ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM-Winter, Spring, Summer & Fall Sessions-This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) 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.

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 June 18, 2018. Please note: The actual start of the league might later depending on the Spring schedule. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be May 14, 2018. The deadline to turn in team registration to City Hall is June 11, 2018. A manager's meeting will be held prior to the start of the league on Wednesday, June 13, 2018 at 6:30pm at the Sports Complex.

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

ADULT SLO-PITCH SOFTBALL LEAGUES

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

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

Deadline for registration is Friday, August 3, 2018.

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

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

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. No Class Dates: Aug-30, Sep-1.

The Rinks Westminster ICE 13071 Springdale Street, Westminster

351312-1A	17 yrs +	W	6:40-7:10pm	7/11-8/1	\$38
351312-1B	17 yrs +	W	6:40-7:10pm	8/8-9/5	\$38
351312-1C	17 yrs +	Sa	10:15-10:45am	7/14-8/4	\$38
351312-1D	17 yrs +	Sa	10:15-10:45am	8/11-9/8	\$38

LEARN TO SURF

This 4 lesson surf program 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

HB Surf School

City Beach

351403-2A	18 yrs +	Sa	8-9:30am	7/7-7/28	\$225
351403-2B	18 yrs +	Sa	8-9:30am	8/4-8/25	\$225
351403-2C	18 yrs +	Sa	8-9:30am	9/1-9/22	\$225

Register Online! www.hbsands.org

PRIVATE AND SEMI-PRIVATE SURF LESSONS

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

HEALTH & WELLNESS

To register call 714-536-5600.

HOAG LECTURES

NUTRITION TIPS FOR A HEALTHY BRAIN & HEART

Join our Hoag Dietician for an informative presentation that will focus how to achieve optimal health through the right diet. During her presentation she will discuss the 6 major nutrients, updated Dietary Guidelines for Americans, brain foods to help boost memory, and a thorough explanation of the relationship between blood lipids and carbohydrate intake as it pertains to brain and heart health. She will also share her recommendation for the 2 best dietary plans and the importance of regular exercise in the prevention of diseases of the brain and heart.

Hoag Senior Center in Central Park
353358-5A 18 yrs + M 10-11am 7/2 Free

HOW TO BE A SMART PATIENT & 10 GUIDING PRINCIPLES TO LONGEVITY

Join Cardiologist Subbarao Myla, M.D. as he provides an informative discussion around how to be a smart patient, including how to empower individuals to be proactive with their health, alongside their physician. He will also discuss ways in which technology has evolved to help individuals live longer, and how lifestyle changes can also aid in a longer, healthier life.

Hoag Senior Center in Central Park
353356-5A 18 yrs + W 1:30-2:30pm 7/11 Free

CARING FOR THE CAREGIVER

The role of caring for our sick loved ones can take a heavy toll on us. Join us for an informative presentation on how caring for a loved one can have an impact on your health and longevity. We will discuss often untreated physical and psychological stress and other symptoms as well as inform you about the steps you can take to prevent or reverse the effects of caring for a loved one.

Hoag Senior Center in Central Park
353357-5A 18 yrs + Th 1-2pm 7/12 Free

WHAT TO EXPECT AT ANNUAL PHYSICAL EXAM

Doctors often recommend to have an annual exam, but why? Join our physicians for a presentation on what you can do to promote health and prevent the occurrence of disease using guidelines for screening which targets age, gender, and lifestyle. This talk will cover issues such as diabetes, heart disease, cancer and lifestyle modifications.

Hoag Senior Center in Central Park
353370-5A 18 yrs + M 10-11am 8/6 Free

WHAT YOU NEED TO KNOW ABOUT BLOOD CLOTS

Join vascular medicine physician Ehab Mady, D.O. as he reviews the risks, prevention and treatment for arterial and venous thrombosis (blood clot) and when to consult with a physician.

Hoag Senior Center in Central Park
353369-5A 18 yrs + W 1:30-2:30pm 8/8 Free

SINUS SOLUTIONS

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

Hoag Senior Center in Central Park
353372-5A 18 yrs + Th 10-11am 8/9 Free

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

FALL PREVENTION & BALANCE IMPROVEMENT

As we age, we can lose our balance over the slightest things. But there is hope! Mitchell Tsurudome, DPT and Casey Jackson, MTP, physical therapists with MemorialCare Orange Coast Medical Center, will join us to discuss practical ways to improve balance and help prevent falls. RSVP at memorialcare.org or 1-800-636-6742.

Orange Coast Memorial Senior Center in Central Park
50+ Th 3:00-4:30pm 8/2 Free



A member of the
St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Checks

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

Hearing Screening

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



Parks & Recreation...
Promote good health