

long beach

# RECREATION

CONNECTION

December 2019–February 2020 • Class Registration Begins November 4 • LB Parks.org



Long Beach Parks, Recreation & Marine

# WINTER 2020



CITY OF  
LONG  
BEACH

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# Start 2020 With New Classes For Winter



## Preschool

Pages 4-8

### Little Picassos

Create unique works of art.

**Pee Wee Art Toddlers** learn about shapes, colors, and materials.

### Lil' Sprouts Cake Decorating

Students learn to spread frosting, mix colors and decorate a cake.

### Fun on the Farm

Learn about farm animals through song, crafts, stories and horse riding!

**Preschool & Parent Talk w/ Kathy Salazar**  
Enrich your child's social skills and learn positive parent-child interactions.

**Kids Love Music: Babies Love Christmas!**

**Kids Love Music: Toddlers Love Christmas!**

**Kids Love Christmas Music!**

Music and winter songs with holiday singing and dancing!

### B-Ballers Hoops School Fundamental Basketball

Develop teamwork, confidence, and fundamental basketball skills.

### B-Ballers Hoops School Next Level

Amp up your basketball skills.

### Horse Fun

Child safety, basic horsemanship, haltering, grooming, saddling and riding.

### Tiny Tiger Preschool Martial Arts

White Belt program teaches basic skills.

## Youth

Pages 9-14

### Cake Design

Sit and paint-using cake!

### Food Science

Introduction to scientific method, food science careers, food safety, flavors, ingredients.

### Holiday Food Gifts in a Jar

Mason jars to fill with favorite gift giving recipes.

### Valentine's Day Food Gifts in a Jar

Popcorn, cookies, soups, candies and many more food gift giving choices.

### Ballet/Tap Combo

Introduction to ballet and tap, with proper form and technique.

### B-Ballers Hoops School Fundamental Basketball

Develop teamwork, confidence, and fundamental basketball skills.

### B-Ballers Hoops School

Next level skills in basketball.

### Cowboy & Cowgirl Winter Camp

Two days of fun at the ranch learning to work with horses.

## Adult

Pages 18-25

### Fast Quilt Retreat

Tree skirts, wall hanging or quilt are some of your choices!

### Beginning Ballroom

Ballroom dance basics such as rumba, cha cha, salsa, waltz and more.

### Salsa & Merengue! Caliente!

Learn the steps of salsa and merengue.

### Power Tae Remix Fitness

Taekwondo and kickboxing done to high energy music.

### Yoga with Lacey

Class includes poses and movement focused upon strength, flexibility and balance.

### Horse Fun

Safety, horsemanship, haltering, grooming, saddling and riding!

### Chair Based Yoga Class

Use a chair to assist with various poses and movements.

### FUNctional Movement & Balance

Balance, agility, and strength using our bodies, and weights.

Register online at [LBParks.org](http://LBParks.org)



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**CITY OF LONG BEACH**

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About the cover: New playgrounds have been added to Long Beach parks in the past four years that encourage play and physical activity for young children. Creative play equipment themes spark imagination and fun including at MacArthur Park, C. David Molina Park, Los Cerritos Park, Veterans Park, Whaley Park, Drake Park, and King Park.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

**Long Beach Parks are Smoke Free**



**All Programs and Prices Are Subject To Change**

To view this publication in Spanish, Khmer or Tagalog, visit [www.lbparks.org](http://www.lbparks.org).  
Para ver esta publicación en Español, Khmer o Tagalo, visite [www.lbparks.org](http://www.lbparks.org).  
“ដើម្បីមើលផ្សារព័ត៌មានកម្រិតខ្ពស់ ទាក់ទងនឹងសេវាសាងសង់ស្រូវ រដ្ឋ, ភាសាខ្មែរ ឬ ភាសាស្រីលីតឺន, សូមទូរស័ព្ទលេខ ១៦៩៧ ។ [www.lbparks.org](http://www.lbparks.org)”  
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# PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

## ART AND CULTURAL

### ART INNOVATORS

Unleash your little one's power to create! Learning to draw independently will refine their fine motor skills and boost their confidence like never before! Students explore various subjects and fun art media each week. Material fee: \$5. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Art Innovators		Los Alamitos Community Center			
35352	3 Yrs 6 Mos-5 Yrs	1/11-2/8	10-10:45 a.m.	Sa	\$75
35353	3 Yrs 6 Mos-5 Yrs	2/22-3/14	10-10:45 a.m.	Sa	\$60

### LITTLE PICASSOS



Children will learn fundamental art concepts by creating fun and unique works of art. This class introduces historical and modern art, enhances vocabulary, fine motor and handwriting skills, understanding of basic shapes, colors, increases focus and more! Material fee: \$15. For more information

visit [www.averyboo.com](http://www.averyboo.com). Class held at Averyboo Arts, 3908 Atlantic Ave., Long Beach.

Natalie Meza		Avery Boo Arts			
35471	4 Yrs 6 Mos-6 Yrs 6 Mos	1/10-1/31	11:15 a.m.-noon	F	\$60
35472	4 Yrs 6 Mos-6 Yrs 6 Mos	2/7-2/28	11:15 a.m.-noon	F	\$60

### PEE WEE ART

An interactive art experience for toddlers and their favorite adult. Children will learn about shapes, lines and colors while exploring painting and a variety of art materials. Process and product-oriented activities will encourage bonding, exploration and discovery while exercising fine motor skills. Includes time to make new friends, creative play, and group activities. Dress for fun! Material fee: \$10. For more information visit [www.averyboo.com](http://www.averyboo.com). Class held at Averyboo Arts, 3908 Atlantic Ave., Long Beach.

Natalie Meza		Avery Boo Arts			
35473	2 Yrs 6 Mos-4 Yrs	1/10-1/31	9:30-10:30 a.m.	F	\$65
35474	2 Yrs 6 Mos-4 Yrs	2/7-2/28	9:30-10:30 a.m.	F	\$65

## COOKING

### LIL' SPROUTS PRE-SCHOOL COOKING CLASS



Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: \$32. \*No class 12/28.

A Yummy Future		El Dorado Park West			
35365	2-6 Yrs	12/7-12/21*	10-10:45 a.m.	Sa	\$80
35366	2-6 Yrs	1/4-1/25	10-10:45 a.m.	Sa	\$80
35367	2-6 Yrs	2/8-2/29	10-10:45 a.m.	Sa	\$80

### LIL' SPROUTS CAKE DECORATING

If your child loves to color and paint, then try this cake design class! Students will be given a theme and pre-made 4 inch cake to decorate and bring home to share with family and friends. Students will learn to spread frosting, mix colors and have fun using their own creativity. Fun, relaxing, and hands-on class. It's an art class on cakes! Food and material fee: \$40. \*No class 12/28.

A Yummy Future		El Dorado Park West			
35727	2-7 Yrs	12/7-12/21*	11-11:30 a.m.	Sa	\$70
35728	2-7 Yrs	1/4-1/25	11-11:30 a.m.	Sa	\$70
35729	2-7 Yrs	2/8-2/29	11-11:30 a.m.	Sa	\$70

## DANCE

### HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class.



Anne Pennypacker		Recreation Park			
35699	2 Yrs 6 Mos-5 Yrs	1/7-1/28	4-4:30 p.m.	Tu	\$58
35700	2 Yrs 6 Mos-5 Yrs	2/4-3/3	4-4:30 p.m.	Tu	\$68

### HIP HOP MINIS

A bridge between Hip Hop Tots and Hip Hop, this class introduces young dancers to the fun and funky styles of hip hop while learning a routine to perform at session's end! Class held at Marina Community Center, 151 Marina Dr., Long Beach.

Anne Pennypacker		Marina Community Center			
35697	4-6 Yrs	1/9-1/30	4:30-5 p.m.	Th	\$58
35698	4-6 Yrs	2/6-3/5	4:30-5 p.m.	Th	\$68

### PETIT BALLET

*Bon Jour* Tiny Dancers! Join in a magical adventure into the world of ballet: plies, sautes, chasses and more. Little ballerines will be fairy tale dancers as they learn the importance of pointing their toes! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos and Marina Community Center, 151 Marina Dr., Long Beach.

*No class: 2/17.		Los Alamitos Community Center			
35701	2 Yrs 6 Mos-5 Yrs	1/6-1/27	6-6:30 p.m.	M	\$58
35703	2 Yrs 6 Mos-5 Yrs	1/10-1/31	4:30-5 p.m.	F	\$58
35702	2 Yrs 6 Mos-5 Yrs	2/3-3/2*	6-6:30 p.m.	M	\$58
35704	2 Yrs 6 Mos-5 Yrs	2/7-3/6	4:30-5 p.m.	F	\$68
Anne Pennypacker		Marina Community Center			
35705	2 Yrs 6 Mos-5 Yrs	1/8-1/29	6-6:30 p.m.	W	\$58
35706	2 Yrs 6 Mos-5 Yrs	2/5-3/4	6-6:30 p.m.	W	\$68
Anne Pennypacker		Recreation Park			
35707	2 Yrs 6 Mos-5 Yrs	1/7-1/28	6-6:30 p.m.	Tu	\$58
35708	2 Yrs 6 Mos-5 Yrs	2/4-3/3	6-6:30 p.m.	Tu	\$68

**PRE-BALLET & CHARACTER CLASS**

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com).

Evelyn Grauten		Recreation Park			
35176	3-6 Yrs	12/6-12/20	11:15 a.m.-noon	F	\$36
35177	3-6 Yrs	1/10-1/31	11:15 a.m.-noon	F	\$48
35179	3-6 Yrs	2/7-2/28	11:15 a.m.-noon	F	\$48

**ENRICHMENT**

**BABY & TODDLER SIGN LANGUAGE**

Enhance language development and communication with Baby Sign Language. This class includes over 75 signs, music with signs, signed felt board stories and other developmentally appropriate activities. Parents or caregivers will also be given the opportunity to ask for instruction in signs that are personalized for their own family. Class held at Cal Heights Music, 1240 E. Wardlow Rd., Long Beach.

Layla Guerrero		Cal Heights Music			
35167	2 Mos-4 Yrs	1/9-2/6	10-10:45 a.m.	Th	\$130

**BAMBOLEO BEBE**

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$10 due to instructor.

Priscilla Monserrate-Sanders		Heartwell Park			
35492	10 Mos-2 Yrs	1/11-2/15	9:20-10 a.m.	Sa	\$80

**BAMBOLEO AMIGUITOS**

*Vamos a jugar!* Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book.



Priscilla Monserrate-Sanders		Heartwell Park			
35491	2-4 Yrs	1/11-2/15	10:15-11:15 a.m.	Sa	\$80
Susana Paniagua		Heartwell Park			
35551	2-4 Yrs	1/14-2/18	10:15-11:15 a.m.	Tu	\$80
35552	2-4 Yrs	1/16-2/20	10:15-11:15 a.m.	Th	\$80
35553	2-4 Yrs	1/17-2/21	10:15-11:15 a.m.	F	\$80

**AMIGOS**

*Vamos a jugar!* Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book.

Priscilla Monserrate-Sanders		Heartwell Park			
35490	4-6 Yrs	1/11-2/15	11:30 a.m.-12:30 p.m.	Sa	\$80

**FUN ON THE FARM**

Discover the world of farm animals through song, crafts, stories and fun! Ride a horse each week! Parent participation required. Wear riding boots, jeans and riding helmet. No unregistered siblings. No open toed-shoes for guests. Material fee: \$30. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses		El Rodeo Stables			
35165	2-6 Yrs	12/6-12/27	10-11 a.m.	F	\$85
35166	2-6 Yrs	1/10-1/31	10-11 a.m.	F	\$85

**PARENT & ME PRE-K READINESS**

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited.

Readwrite Educational Solution Inc.		Bixby Knolls Park			
35565	2-3 Yrs 6 Mos	12/3-12/19	8:45-10:15 a.m.	Tu Th	\$109
35568	2-3 Yrs 6 Mos	12/3-12/19	10:30 a.m.-noon	Tu Th	\$109
35566	2-3 Yrs 6 Mos	1/7-1/30	8:45-10:15 a.m.	Tu Th	\$145
35569	2-3 Yrs 6 Mos	1/7-1/30	10:30 a.m.-noon	Tu Th	\$145
35567	2-3 Yrs 6 Mos	2/4-2/27	8:45-10:15 a.m.	Tu Th	\$145
35570	2-3 Yrs 6 Mos	2/4-2/27	10:30 a.m.-noon	Tu Th	\$145

**PRESCHOOL & PARENT TALK WITH KATHY SALAZAR**

Enrich your child's learning and social skills in this unique class where parents and children enjoy learning together. Children engage in creative arts, music, language, motor and dramatic play activities. In group discussions with Parent Talk coach Kathy Salazar, parents learn highly effective strategies for positive parent-child interactions, discipline, healthy emotional development and other typical parent concerns. Contact Kathy for details. Visit [www.practical-parenttalk.com](http://www.practical-parenttalk.com) for more information. Material fee: \$15. Class held at Grace Brethren Church, 3601 Linden Ave., Long Beach.

Kathy Salazar		Grace Brethren Church of Long Beach			
35614	2-4 Yrs	1/20-2/12	9:45-11:45 a.m.	M W	\$150

**READING, MATH & MORE PRESCHOOL**

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Material fee: \$20. Class held at Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 2/10 & 2/17.

Readwrite Educational Solution Inc.		LB Community Resource Ctr.			
35586	3 Yrs 6 Mos-5 Yrs	12/2-12/18	2:40-3:25 p.m.	M W	\$59
35587	3 Yrs 6 Mos-5 Yrs	1/27-2/26*	2:40-3:25 p.m.	M W	\$79

**READWRITE EN ESPAÑOL**

*Vamos hablar Español!* Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Parent participation required. Material fee: \$20.

Readwrite Educational Solution Inc.		Bixby Knolls Park			
35591	4-6 Yrs	12/3-12/19	2:10-2:55 p.m.	Tu Th	\$59
35592	4-6 Yrs	1/7-1/30	2:10-2:55 p.m.	Tu Th	\$79
35593	4-6 Yrs	2/4-2/27	2:10-2:55 p.m.	Tu Th	\$79

## READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40. \*No class: 1/20, 2/10 & 2/17.

Readwrite Educational Solution Inc.	Bixby Knolls Park
35588 3 Yr 6 Mos-5 Yr 7 Mos	12/2-12/20 9 a.m.-noon M W F \$163
35589 3 Yr 6 Mos-5 Yr 7 Mos	1/6-1/31* 9 a.m.-noon M W F \$199
35590 3 Yr 6 Mos-5 Yr 7 Mos	2/3-2/28* 9 a.m.-noon M W F \$180

## MUSIC

### KIDS LOVE MUSIC: BABIES LOVE CHRISTMAS!

Mix together Christmas music and winter songs with jingle bell shakers! Play drums and baby-safe glockenspiels to Christmas music. Mmm, mmm, good! This class is for babies who are not walking. Parent participation is required. Some materials are available for purchase. Visit us online at [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net).

Karen Greeno	El Dorado Park West
35168 4 Mos-1 Yrs 2 Mos	12/2-12/16 3:30-4 p.m. M \$45

### KIDS LOVE MUSIC: TODDLERS LOVE CHRISTMAS!

Mix together Christmas music and winter songs with jingle bells, singing and dancing! Stir in drums, glockenspiels and xylophones for musical play! Mmm, mmm, good! This class is a shortened version of Kids Love Christmas Music class - we keep you active! Parent participation required. Some materials are available for purchase. Visit us online at [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net).

Karen Greeno	El Dorado Park West
35169 1-2 Yrs	12/2-12/16 4:15-4:45 p.m. M \$45

### KIDS LOVE CHRISTMAS MUSIC!

Mix together music and winter song with snowmen, jingle bells, singing and dancing! Stir in drums, glockenspiels and xylophones for musical play! Mmm, mmm, good! Parent participation required. Some materials for class are available for purchase. Visit us online at: [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net).

Karen Greeno	El Dorado Park West
35170 1-4 Yrs	12/2-12/16 5-5:45 p.m. M \$45

### LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music
35384 3-5 Yrs	1/24-2/28 10-10:45 a.m. F \$85
35385 3-5 Yrs	1/25-2/29 10-10:45 a.m. Sa \$85

### MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music
35386 1-2 Yrs 6 Mos	1/24-2/28 9-9:45 a.m. F \$75

## MUSIC & MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education.

Danuta Klimczak	College Estates Park
35437 1 Yr 8 Mos-2 Yr 9 Mos	1/15-2/26 10-10:50 a.m. W \$96
35438 2 Yr 9 Mos-4 Yrs	1/15-2/26 11:15 a.m.-12:05 p.m. W \$96

## SPORTS

### B-BALLERS HOOPS SCHOOL - FUNDAMENTAL BASKETBALL

Coach Jaron and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Please bring a basketball and water. Material fee: \$20. Class held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School	Wilson High School
35373 5-12 Yrs	12/1-12/22 3-4 p.m. Su \$70
35374 5-12 Yrs	1/5-1/26 3-4 p.m. Su \$70
35375 5-12 Yrs	2/2-2/23 3-4 p.m. Su \$70

### B-BALLERS HOOPS SCHOOL - LITTLE BALLERS

Coach Greg and staff will help your preschooler develop confidence through learning the basketball fundamentals of dribbling, passing, shooting, and footwork. Parents are sometimes asked to assist with the fun and age appropriate drills. You can bring a small basketball and water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

B-Ballers Hoops School	Newcomb Academy
35368 3-5 Yrs	1/4-1/25 11-11:45 a.m. Sa \$75
35369 3-5 Yrs	2/8-2/29 11-11:45 a.m. Sa \$75

### B-BALLERS HOOPS SCHOOL - NEXT LEVEL

The players are taken to the next level by learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of "teamwork" is introduced through basketball games with and against each other to help develop their playing skills. Please bring water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

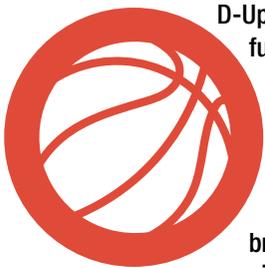
B-Ballers Hoops School	Newcomb Academy
35370 5-12 Yrs	1/4-1/25 12:30-2 p.m. Sa \$85
35371 5-12 Yrs	2/8-2/29 12:30-2 p.m. Sa \$85

### BREAKTHROUGH SPORTS - LITTLE HOOPERS

The Breakthrough Sports Little Hoopers program was developed with one objective in mind: Instill the basic fundamentals of basketball in a fun environment. With more than 20 years of experience creating youth basketball programming for professional sports teams, Breakthrough Sports is bringing their award-winning program to Long Beach. The program consists of four one-hour sessions with each session focusing on a specific basketball fundamental including: dribbling, passing, shooting and defense. Included with the registration fee each Little Hooper will receive a shooting shirt and activity workbook.

Breakthrough Sports	Silverado Park
35083 3-7 Yrs	1/12-2/2 3-4 p.m. Su \$65
35084 3-7 Yrs	2/9-3/1 3-4 p.m. Su \$65

## D-UP TINY BALLERS



D-Up Tiny Ballers is an introduction to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20.

James Christian			Pan American Park	
35128 3-6 Yrs	12/1-12/29	11-11:45 a.m.	Su	\$60
35129 3-6 Yrs	1/12-2/9	11-11:45 a.m.	Su	\$60

## TINY TUMBLERS - PARENT & ME GYMNASTICS I

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Requirements: must be able to walk. Come tumble with us! 3 week session \$45; 4 week session \$60; 5 week session \$75.

Aerial Butterflies LLC			Wardlow Park	
35051 9 Mos-2 Yrs 6 Mos	12/3-12/17	10-10:45 a.m.	Tu	\$45
35054 9 Mos-2 Yrs 6 Mos	12/7-12/21	9:30-10:15 a.m.	Sa	\$45
35055 9 Mos-2 Yrs 6 Mos	1/4-1/25	9:30-10:15 a.m.	Sa	\$60
35052 9 Mos-2 Yrs 6 Mos	1/7-1/28	10-10:45 a.m.	Tu	\$60
35056 9 Mos-2 Yrs 6 Mos	2/1-2/29	9:30-10:15 a.m.	Sa	\$75
35053 9 Mos-2 Yrs 6 Mos	2/4-2/25	10-10:45 a.m.	Tu	\$60

## TINY TUMBLERS - PARENT & ME GYMNASTICS II

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Come tumble with us! 3 week session \$45; 4 week session \$60; 5 week session \$75.

Aerial Butterflies LLC			Wardlow Park	
35057 2 Yrs 6 Mos-4 Yrs	12/3-12/17	10:50-11:35 a.m.	Tu	\$45
35060 2 Yrs 6 Mos-4 Yrs	12/7-12/21	10:20-11:05 a.m.	Sa	\$45
35061 2 Yrs 6 Mos-4 Yrs	1/4-1/25	10:20-11:05 a.m.	Sa	\$60
35058 2 Yrs 6 Mos-4 Yrs	1/7-1/28	10:50-11:35 a.m.	Tu	\$60
35062 2 Yrs 6 Mos-4 Yrs	2/1-2/29	10:20-11:05 a.m.	Sa	\$75
35059 2 Yrs 6 Mos-4 Yrs	2/4-2/25	10:50-11:35 a.m.	Tu	\$60

## HORSE FUN



Every child's dream to ride horses! We will teach your child safety, basic horsemanship, haltering, grooming, saddling and riding. Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Parent participation required. Material fee: \$30. No unregistered siblings. No open-toed shoes for guests. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses			El Rodeo Stables	
35157 3-6 Yrs	12/7-12/28	1-2 p.m.	Sa	\$85
35158 3-6 Yrs	1/11-2/1	1-2 p.m.	Sa	\$85

## PARENT & ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood ICE, 3975 Pixie Ave., Lakewood. \*No class: 11/28, 11/30 & 2/15.

Ice Management LLC			The Rinks Lakewood ICE	
35495 3-6 Yrs	11/21-12/19*	11:15-11:45 a.m.	Th	\$45
35496 3-6 Yrs	11/23-12/21*	11:15-11:45 a.m.	Sa	\$45
35497 3-6 Yrs	1/9-1/30	11:15-11:45 a.m.	Th	\$45
35498 3-6 Yrs	1/11-2/1	11:15-11:45 a.m.	Sa	\$45
35499 3-6 Yrs	2/6-2/27	11:15-11:45 a.m.	Th	\$45
35500 3-6 Yrs	2/8-2/29*	11:15-11:45 a.m.	Sa	\$45

## TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood ICE, 3975 Pixie, Lakewood. \*No class: 11/27, 11/28, 11/30 & 2/15.

Ice Management LLC			The Rinks Lakewood ICE	
35501 3-6 Yrs	11/20-12/18*	6:10-6:40 p.m.	W	\$45
35502 3-6 Yrs	11/21-12/19*	4-4:30 p.m.	Th	\$45
35503 3-6 Yrs	11/23-12/21*	10:15-10:45 a.m.	Sa	\$45
35504 3-6 Yrs	1/8-1/29	6:10-6:40 p.m.	W	\$45
35505 3-6 Yrs	1/9-1/30	4-4:30 p.m.	Th	\$45
35506 3-6 Yrs	1/11-2/1	10:15-10:45 a.m.	Sa	\$45
35507 3-6 Yrs	2/5-2/26	6:10-6:40 p.m.	W	\$45
35508 3-6 Yrs	2/6-2/27	4-4:30 p.m.	Th	\$45
35509 3-6 Yrs	2/8-2/29*	10:15-10:45 a.m.	Sa	\$45

## TOT ICE HOCKEY

Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood ICE, 3975 Pixie, Lakewood. \*No class: 11/28, 11/30 & 2/15.

Ice Management LLC			The Rinks Lakewood ICE	
35519 3-6 Yrs	11/21-12/19*	5:30-6 p.m.	Th	\$45
35520 3-6 Yrs	11/23-12/21*	10:15-10:45 a.m.	Sa	\$45
35521 3-6 Yrs	1/9-1/30	5:30-6 p.m.	Th	\$45
35522 3-6 Yrs	1/11-2/1	10:15-10:45 a.m.	Sa	\$45
35523 3-6 Yrs	2/6-2/27	5:30-6 p.m.	Th	\$45
35524 3-6 Yrs	2/8-2/29*	10:15-10:45 a.m.	Sa	\$45

## TINY TIGER PRESCHOOL MARTIAL ARTS **NEW**

This White Belt program will teach your child the basic skills that will be an essential part of growing up. Teaching balance coordination and confidence. Visit our website for more information: [www.jg-parksmartialarts.com](http://www.jg-parksmartialarts.com). We will have an orientation day on the first day of class from 6-6:30 p.m. for paperwork and a FREE uniform fitting. Orientation must be attended for sign up month to start class. Class held at U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Master Cynthia Markopulos			U.S. Taekwondo Academy	
35903 2 Yrs 6 Mos-6 Yrs	12/2-12/23	6-6:30 p.m.	M Th	\$65
35904 2 Yrs 6 Mos-6 Yrs	1/6-1/30	6-6:30 p.m.	M Th	\$65
35905 2 Yrs 6 Mos-6 Yrs	2/3-2/27	6-6:30 p.m.	M Th	\$65

### MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Skyhawks Sports Academy		Marina Vista Park	
35657	2-3 Yrs 6 Mos	1/7-3/3	3:30-4:10 p.m. Tu \$155
35658	3 Yrs 6 Mos-4 Yrs	1/7-3/3	4:20-5 p.m. Tu \$155

### MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. \*No class: 2/15.



TriFyftt Sports		Bixby Knolls Park	
35609	2-3 Yrs	1/18-2/29*	9-9:30 a.m. Sa \$89
35610	1 Yr 6 Mos-2 Yrs	1/18-2/29*	9:30-10 a.m. Sa \$89
35611	3-5 Yrs	1/18-2/29*	10-10:45 a.m. Sa \$89

### BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer while learning the benefits of sportsmanship, sharing, and teamwork. The Bidy League introduces kids to team sports in a fun environment. Everyone will receive team shirts and a medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.

TriFyftt Sports		Bixby Knolls Park	
35605	2-3 Yrs	1/17-2/21	3:30-4 p.m. F \$89
35606	3-5 Yrs	1/17-2/21	4-4:45 p.m. F \$89

### PARENT & ME SOCCER

The fun happens on the field! You'll participate in age-appropriate activities and help your child to develop motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. Tuesday class held at Heather Park, 4509 Ironwood Ave., Seal Beach.

Kidz Love Soccer		Good Neighbor Park	
35416	2-3 Yrs 6 Mos	1/31-3/20	9:30-10 a.m. F \$114
35417	2-3 Yrs 6 Mos	1/31-3/20	5:10-5:40 p.m. F \$114
35418	2-3 Yrs 6 Mos	2/1-3/21	8:45-9:15 a.m. Sa \$114
35419	2-3 Yrs 6 Mos	2/1-3/21	9:20-9:50 a.m. Sa \$114
Kidz Love Soccer		College Estates Park	
35420	2-3 Yrs 6 Mos	2/1-3/21	9:30-10 a.m. Sa \$114
Kidz Love Soccer		Heather Park	
35421	2-3 Yrs 6 Mos	2/25-3/31	5:30-6 p.m. Tu \$94

### PRE SOCCER

Learn basic game techniques and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards required after first meeting. All participants receive a Kidz Love Soccer jersey. Tuesday class held at Heather Park, 4509 Ironwood Ave., Seal Beach.

Kidz Love Soccer		Good Neighbor Park	
35427	4-5 Yrs	1/31-3/20	10:10-10:45 a.m. F \$114
35428	4-5 Yrs	1/31-3/20	4:30-5:05 p.m. F \$114
35429	4-5 Yrs	2/1-3/21	10:30-11:05 a.m. Sa \$114
Kidz Love Soccer		College Estates Park	
35430	4-5 Yrs	2/1-3/21	10:40-11:15 a.m. Sa \$114
Kidz Love Soccer		Heather Park	
35431	4-5 Yrs	2/25-3/31	4:45-5:20 p.m. Tu \$94

### SOCCERTOTS

Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development and above all else we promote fun, fun, fun! Parent participation is required for younger ages.



Skyhawks Sports Academy		Marina Vista Park	
35659	2-3 Yrs 6 Mos	1/8-2/26	3:30-4:10 p.m. W \$139
35660	3 Yrs 6 Mos-4 Yrs	1/8-2/26	4:20-5 p.m. W \$139

### TOT SOCCER

Enjoy running and kicking just like the big kids! Encourage large motor skill development through fun soccer games and introduce small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Tuesday class held at Heather Park, 4509 Ironwood Ave., Seal Beach.

Kidz Love Soccer		Good Neighbor Park	
35422	3 Yrs 6 Mos-4 Yrs	1/31-3/20	10:10-10:45 a.m. F \$114
35423	3 Yrs 6 Mos-4 Yrs	1/31-3/20	4:30-5:05 p.m. F \$114
35424	3 Yrs 6 Mos-4 Yrs	2/1-3/21	10-10:30 a.m. Sa \$114
Kidz Love Soccer		College Estates Park	
35425	3 Yrs 6 Mos-4 Yrs	2/1-3/21	10:10-10:40 a.m. Sa \$114
Kidz Love Soccer		Heather Park	
35426	3 Yrs 6 Mos-4 Yrs	2/25-3/31	4:45-5:20 p.m. Tu \$94

### BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games. \*No class: 2/15.



TriFyftt Sports		Bixby Knolls Park	
35607	3-5 Yrs	1/18-2/29*	11-11:45 a.m. Sa \$89
35608	2-3 Yrs	1/18-2/29*	noon-12:30 p.m. Sa \$89

### TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt. \*No class: 2/17.

TriFyftt Sports		Good Neighbor Park	
35612	2-3 Yrs	1/20-2/24*	4-4:30 p.m. M \$79
35613	3-5 Yrs	1/20-2/24*	4:30-5:15 p.m. M \$79

# YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such a yoga, martial arts and gymnastics.

## ART AND CULTURAL

### ART INNOVATORS

Build your own portfolio with the masterpieces you create each week. Learn to draw and explore a variety of art media including watercolor, pastels, art stix and pencils, tempera and more! Each week is a lesson on a new style, technique and subject. Material fee: \$10. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 1/20.

Art Innovators		Los Alamitos Community Center			
35350	6-11 Yrs	1/6-2/10*	3:30-4:30 p.m.	M	\$85
35354	6-11 Yrs	1/11-2/8	11 a.m.-noon	Sa	\$85
35351	6-11 Yrs	2/17-3/16	3:30-4:30 p.m.	M	\$70
35355	6-11 Yrs	2/22-3/14	11 a.m.-noon	Sa	\$70

## COOKING

### BASIC COOKING FOR KIDS

Kids will love this fun class where they can create their own delicious baked masterpiece, discover new ingredients and learn the fundamentals of baking. Please note any food allergies. Bring an apron, set of measuring cups and spoons, and food storage container for leftovers. Food and material fee: \$48. \*No class 12/28.

A Yummy Future		El Dorado Park West			
35359	7-12 Yrs	12/7-12/21*	3-4:15 p.m.	Sa	\$100
35360	7-12 Yrs	1/4-1/25	3-4:15 p.m.	Sa	\$100
35361	7-12 Yrs	2/8-2/29	3-4:15 p.m.	Sa	\$100

### CAKE DESIGN **NEW**

Sit and paint... using cakes! Students will be given a weekly theme and a pre-made 4 inch cake to decorate and bring home to share with family and friends. Students will learn to mix colors, spread frosting, how to use fondant, piping bags and tips, and how to properly utilize their time. Food and material fee: \$48. \*No class 12/28.

A Yummy Future		El Dorado Park West			
35730	7-18 Yrs	12/7-12/21*	noon-1 p.m.	Sa	\$80
35731	7-18 Yrs	1/4-1/25	noon-1 p.m.	Sa	\$80
35732	7-18 Yrs	2/8-2/29	noon-1 p.m.	Sa	\$80

### FOOD SCIENCE **NEW**



Kids develop a love for learning and science using food products found in the kitchen. Students will love this hands-on class where kids will be introduced to the Scientific Method and actually test the experiments. Students will learn what food science is, careers in food science, about flavors and ingredients, food safety, and more! These experiments and topics will intrigue your

child's mind! Food and material fee: \$40. \*No class 12/28.

A Yummy Future		El Dorado Park West			
35733	8-13 Yrs	12/7-12/21*	2-2:45 p.m.	Sa	\$80
35734	8-13 Yrs	1/4-1/25	2-2:45 p.m.	Sa	\$80
35735	8-13 Yrs	2/8-2/29	2-2:45 p.m.	Sa	\$80

### HOLIDAY FOOD GIFTS IN A JAR **NEW**

This holiday get creative with festive food gifts in a jar! Participants will use mason jars to fill with their favorite gift giving recipes. Fun, hands-on class. Students will do four jars and wrap with a ribbon, labeled with the recipe and how to use. Trail mixes, hot chocolate, popcorn, cookies, soups, candies and many more gift giving choices. Food and material fee: \$40.

A Yummy Future		El Dorado Park West			
35807	8-19 Yrs	12/14-12/14	6:30-8:30 p.m.	Sa	\$50
35808	8-19 Yrs	12/21-12/21	6:30-8:30 p.m.	Sa	\$50

A great hand made gift or holiday idea!  
Holiday Food Gifts In a Jar • Valentine's Day Food Gifts In a Jar

### VALENTINE'S DAY FOOD GIFTS IN A JAR **NEW**

Get creative with festive food gifts in a jar for Valentine's Day! Participants will use mason jars to fill with their favorite gift giving recipes. Fun, hands-on class. Students will make four jars and wrap with a ribbon, labeled with the recipe and how to use. Popcorn, cookies, soups, candies and many more gift giving choices. Food and material fee: \$40.

A Yummy Future		El Dorado Park West			
35809	8-19 Yrs	2/8-2/8	6:30-8:30 p.m.	Sa	\$50

## DANCE

### CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at Long Beach Dance Academy, 727 South St., Long Beach.

Joaquin Feliciano		Long Beach Dance Academy			
35154	4-10 Yrs	1/4-1/25	10:30-11:30 a.m.	Sa	\$40
35152	11-17 Yrs	1/4-1/25	11:30 a.m.-12:30 p.m.	Sa	\$40
35155	4-10 Yrs	2/1-2/22	10:30-11:30 a.m.	Sa	\$40
35153	11-17 Yrs	2/1-2/22	11:30 a.m.-12:30 p.m.	Sa	\$40

### BALLET/TAP COMBO

An introduction to ballet and tap fundamentals, as well as proper form and technique. Great for the beginner to intermediate dancer achieving proper body placement, basic concept, turns and leaps while learning fun routines to perform. Tap and ballet shoes recommended. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos and Marina Community Center, 151 Marina Dr., Seal Beach. \*No class: 2/17.

Anne Pennypacker		Los Alamitos Community Center			
35709	4-7 Yrs	1/6-1/27	3-3:45 p.m.	M	\$58
35710	4-7 Yrs	2/3-3/2*	3-3:45 p.m.	M	\$58
Anne Pennypacker		Marina Community Center			
35711	5-10 Yrs	1/9-1/30	5:30-6:15 p.m.	Th	\$58
35712	5-10 Yrs	2/6-3/5	5:30-6:15 p.m.	Th	\$68

## MEXICAN FOLKLORICO

This class will have step by step footwork in various dances from Mexico and Spain. Wear shorts or dance wear for flexibility. No jeans or sandals, closed-toe shoes required and hair needs to be pulled back from face. Pre-registration is encouraged. Shows will count as a class meeting. \*Advanced class is designed for fast paced and experienced dancers. \*No class: 12/18, 12/21, 12/25, 12/28, 1/1, 1/18 & 2/15.

Irene Portillo	Veterans Park				
Beginning					
35556	5-11 Yrs	12/7-2/22*	9-9:45 a.m.	Sa	\$70
Intermediate					
35557	8-14 Yrs	12/7-2/22*	9:45-10:30 a.m.	Sa	\$70
Intermediate/Advanced					
35558	11-14 Yrs	12/7-2/22*	10:30-11:15 a.m.	Sa	\$70
Advanced*					
35554	13-17 Yrs	12/7-2/22*	11:15 a.m.-12:15 p.m.	Sa	\$75
35555	13-17 Yrs	12/4-2/12*	6-7 p.m.	W	\$75



## MUSICAL THEATRE

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker	Marina Community Center				
35715	5-12 Yrs	1/8-1/29	3:45-4:30 p.m.	W	\$58
35716	5-12 Yrs	2/5-3/4	3:45-4:30 p.m.	W	\$68
Anne Pennypacker	Recreation Park				
35713	5-12 Yrs	1/7-1/28	4:30-5:15 p.m.	Tu	\$58
35714	5-12 Yrs	2/4-3/3	4:30-5:15 p.m.	Tu	\$68

## ENRICHMENT

### MATH DEVELOPMENT 2-6

Students skills gaps are identified through testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 2/10 & 2/17.

Readwrite Educational Solution Inc.	LB Community Resource Ctr.				
35581	6 Yrs 6 Mos-10 Yrs	12/2-12/18	5:10-5:55 p.m.	M W	\$59
35582	6 Yrs 6 Mos-10 Yrs	1/27-2/26*	5:10-5:55 p.m.	M W	\$79
Readwrite Educational Solution Inc.	Heartwell Park				
35583	6 Yrs 6 Mos-10 Yrs	12/3-12/19	5:10-5:55 p.m.	Tu Th	\$59
35584	6 Yrs 6 Mos-10 Yrs	1/7-1/30	5:10-5:55 p.m.	Tu Th	\$79
35585	6 Yrs 6 Mos-10 Yrs	2/4-2/27	5:10-5:55 p.m.	Tu Th	\$79

### READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 2/10 & 2/17.

Readwrite Educational Solution Inc.	LB Community Resource Ctr.				
35571	4 Yrs 6 Mos-7 Yrs	12/2-12/18	3:30-4:15 p.m.	M W	\$59
35572	4 Yrs 6 Mos-7 Yrs	1/27-2/26*	3:30-4:15 p.m.	M W	\$79
Readwrite Educational Solution Inc.	Heartwell Park				
35573	4 Yrs 6 Mos-7 Yrs	12/3-12/19	3:30-4:15 p.m.	Tu Th	\$59
35574	4 Yrs 6 Mos-7 Yrs	1/7-1/30	3:30-4:15 p.m.	Tu Th	\$79
35575	4 Yrs 6 Mos-7 Yrs	2/4-2/27	3:30-4:15 p.m.	Tu Th	\$79

### READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: (949)263-0633. Testing and material fee: \$20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. \*No class: 2/10 & 2/17.

Readwrite Educational Solution Inc.	LB Community Resource Ctr.				
35576	6 Yrs 6 Mos-10 Yrs	12/2-12/18	4:20-5:05 p.m.	M W	\$59
35577	6 Yrs 6 Mos-10 Yrs	1/27-2/26*	4:20-5:05 p.m.	M W	\$79
Readwrite Educational Solution Inc.	Heartwell Park				
35578	6 Yrs 6 Mos-10 Yrs	12/3-12/19	4:20-5:05 p.m.	Tu Th	\$59
35579	6 Yrs 6 Mos-10 Yrs	1/7-1/30	4:20-5:05 p.m.	Tu Th	\$79
35580	6 Yrs 6 Mos-10 Yrs	2/4-2/27	4:20-5:05 p.m.	Tu Th	\$79

### READWRITE EN ESPAÑOL

*Vamos hablar Español!* Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Material fee: \$20.

Readwrite Educational Solution Inc.	Bixby Knolls Park				
35594	5-7 Yrs	12/3-12/19	3-3:45 p.m.	Tu Th	\$59
35595	5-7 Yrs	1/7-1/30	3-3:45 p.m.	Tu Th	\$79
35596	5-7 Yrs	2/4-2/27	3-3:45 p.m.	Tu Th	\$79

## MUSIC

### EXPLORING INSTRUMENTS

Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music				
35379	7-11 Yrs	1/22-2/26	4-4:50 p.m.	W	\$90

### GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.	Jammin' Music				
35380	7-12 Yrs	1/21-2/25	4-4:50 p.m.	Tu	\$95

**JAMMIN' MUSIC GLEE CLUB**

Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal techniques (breathing, warm-ups, pitch, and more), light choreography and stage blocking. Class will conclude with a performance. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music
35381	7-14 Yrs 1/9-3/12 4:30-5:30 p.m.	Th \$135

**KEYBOARD KIDS**

Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music
35382	5-6 Yrs 1/21-2/25 3-3:50 p.m.	Tu \$95
35383	5-6 Yrs 1/25-2/29 11-11:50 a.m.	Sa \$95

**ROCKIN' GUITAR**

Calling all beginning electric or acoustic guitarists...learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music
35387	8-14 Yrs 1/24-2/28 5-5:50 p.m.	F \$85

**SPORTS**

**B-BALLERS HOOPS SCHOOL - FUNDAMENTAL BASKETBALL**

Coach Jaron and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Please bring a basketball and water. Material fee: \$20. Class held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School		Wilson High School
35373	5-12 Yrs 12/1-12/22 3-4 p.m.	Su \$70
35374	5-12 Yrs 1/5-1/26 3-4 p.m.	Su \$70
35375	5-12 Yrs 2/2-2/23 3-4 p.m.	Su \$70

**B-BALLERS HOOPS SCHOOL - NEXT LEVEL**

The players are taken to the next level by learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of "teamwork" is introduced through basketball games with and against each other to help develop their playing skills. Please bring water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave, Long Beach.

B-Ballers Hoops School		Newcomb Academy
35370	5-12 Yrs 1/4-1/25 12:30-2 p.m.	Sa \$85
35371	5-12 Yrs 2/8-2/29 12:30-2 p.m.	Sa \$85



**Long Beach Fire Department  
Junior Lifeguard Tryout Preparation Class**



The purpose of this class is to give future Junior Lifeguards the tools and skills they need to pass the LBFD Junior Lifeguard Program swim test requirement. This class is not a learn-to-swim course and is not open to current Junior Lifeguards. Your child should be able to swim 4 laps in a pool in under 3:30.00 to qualify. Please contact the Junior Lifeguard Coordinator at [LBJG@longbeach.gov](mailto:LBJG@longbeach.gov) if you have any questions regarding your child's eligibility before registering, as we do offer free evaluations.

**Class Goal & Junior Lifeguard Requirement: 100-yard swim in under two minutes**



**Class Details**  
**When:** Tuesdays, Thursdays and Fridays 6-7 p.m., February 17-May 29  
**Where:** Silverado Park Pool, 1540 W. 32nd St., Long Beach  
**Ages:** 9-17 years as of July 1, 2019  
**Price:** FREE  
**Register online at:** [www.longbeachjgs.com](http://www.longbeachjgs.com)

For more information visit [www.longbeachjgs.com](http://www.longbeachjgs.com) or email [LBJG@longbeach.gov](mailto:LBJG@longbeach.gov)  
 Registration for 2020 JG Prep Class opens **Jan 2020**

**BREAKTHROUGH SPORTS - TRAINING ACADEMY**



The Breakthrough Sports Training Academy is elite training for youth basketball players of all skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams, Breakthrough Sports brings their award-winning curriculum to Long Beach. Breakthrough Sports coaches, including former pro and NBA players will help participants improve mechanics, basketball IQ and most of all confidence

in a fun environment. First time participants will be required to purchase the MVP Pack (custom shirt, shorts and socks) for \$25.

Breakthrough Sports		Silverado Park	
35085	5-16 Yrs	12/5-12/26	7-8 p.m. Th \$55
35086	5-16 Yrs	1/9-1/30	7-8 p.m. Th \$55
35087	5-16 Yrs	2/6-2/27	7-8 p.m. Th \$55

**D-UP BALLERS**

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20.

James Christian		Pan American Park	
35126	7-14 Yrs	12/1-12/29	noon-1 p.m. Su \$60
35127	7-14 Yrs	1/12-2/9	noon-1 p.m. Su \$60

**AB BEGINNING GYMNASTICS**

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and will benefit their performance in other sports and activities. 3 week session \$50; 4 week session \$65; 5 week session \$80.



Aerial Butterflies LLC		Wardlow Park	
35042	4-12 Yrs	12/3-12/17	3:45-4:30 p.m. Tu \$50
35045	4-12 Yrs	12/7-12/21	11:15 a.m.-noon Sa \$50
35046	4-12 Yrs	1/4-1/25	11:15 a.m.-noon Sa \$65
35043	4-12 Yrs	1/7-1/28	3:45-4:30 p.m. Tu \$65
35047	4-12 Yrs	2/1-2/29	11:15 a.m.-noon Sa \$80
35044	4-12 Yrs	2/4-2/25	3:45-4:30 p.m. Tu \$65

**AB INTERMEDIATE GYMNASTICS**

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and will benefit their performance in other sports and activities. Requirements: Cartwheel, back-bend, pull up/pull over on bar, vault squat on. 3 week session \$55; 4 week session \$65; 5 week session \$80.

Aerial Butterflies LLC		Wardlow Park	
35048	6-17 Yrs	12/3-12/17	4:30-5:30 p.m. Tu \$55
35049	6-17 Yrs	1/7-1/28	4:30-5:30 p.m. Tu \$65
35050	6-17 Yrs	2/4-2/25	4:30-5:30 p.m. Tu \$65

**BEGINNING & INTERMEDIATE TUMBLING**

This class teaches students cartwheels, handsprings, back flips, tumbling and basic strength training to improve skill progression. Class held at Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom		Wilson High School	
35478	8-17 Yrs	12/4-12/11	4:30-5:15 p.m. W \$24
35479	8-17 Yrs	1/8-1/29	4:30-5:15 p.m. W \$48
35480	8-17 Yrs	2/5-2/26	4:30-5:15 p.m. W \$48

**BEGINNING GYMNASTICS**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom		Wilson High School	
35481	6-17 Yrs	12/4-12/11	5:10-6 p.m. W \$24
35484	6-17 Yrs	12/5-12/12	5:10-6 p.m. Th \$24
35482	6-17 Yrs	1/8-1/29	5:10-6 p.m. W \$48
35485	6-17 Yrs	1/9-1/30	5:10-6 p.m. Th \$48
35483	6-17 Yrs	2/5-2/26	5:10-6 p.m. W \$48
35486	6-17 Yrs	2/6-2/27	5:10-6 p.m. Th \$48

**INTERMEDIATE GYMNASTICS**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom		Wilson High School	
35487	6-17 Yrs	12/4-12/12	6-6:50 p.m. W Th \$48
35488	6-17 Yrs	1/8-1/30	6-6:50 p.m. W Th \$84
35489	6-17 Yrs	2/5-2/27	6-6:50 p.m. W Th \$84

**ADVANCED GYMNASTICS & TUMBLING**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, advanced training in uneven para bars, balance beam and vaulting table, and/or advanced tumbling skills. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom		Wilson High School	
35475	6-17 Yrs	12/4-12/12	6:45-8 p.m. W Th \$60
35476	6-17 Yrs	1/8-1/30	6:45-8 p.m. W Th \$120
35477	6-17 Yrs	2/5-2/27	6:45-8 p.m. W Th \$120

**COWBOY & COWGIRL WINTER CAMP NEW**

Two days of fun at the ranch! Learn how to work with horses on the ground. Saddle! Ride! Crafts! Nature hikes! Meet new friends! No unregistered siblings. Wear riding boots, jeans and riding helmet. No open toe shoes for guests. Material fee: \$30. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.



Fun With Horses		El Rodeo Stables	
35163	5-13 Yrs	12/26-12/27	9 a.m.-1 p.m. Th F \$85
35164	5-13 Yrs	1/2-1/3	9 a.m.-1 p.m. Th F \$85

## HORSE FUN

It's every child's dream to ride horses! We will teach your child safety, basic horsemanship, haltering, grooming, saddling and riding. Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: \$30. No unregistered siblings. No open-toe shoes for guests. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses				El Rodeo Stables	
35159	7-12 Yrs	12/7-12/28	2-3 p.m.	Sa	\$85
35160	7-12 Yrs	1/11-2/1	2-3 p.m.	Sa	\$85

## BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood ICE, 3975 Pixie Ave., Lakewood. \*No class: 11/27, 11/28, 11/30 & 2/15.

Ice Management LLC				The Rinks Lakewood ICE	
35510	7-14 Yrs	11/20-12/18*	6:40-7:10 p.m.	W	\$45
35511	7-14 Yrs	11/21-12/19*	4:30-5 p.m.	Th	\$45
35512	7-14 Yrs	11/23-12/21*	11:15-11:45 a.m.	Sa	\$45
35513	7-14 Yrs	1/8-1/29	6:40-7:10 p.m.	W	\$45
35514	7-14 Yrs	1/9-1/30	4:30-5 p.m.	Th	\$45
35515	7-14 Yrs	1/11-2/1	11:15-11:45 a.m.	Sa	\$45
35516	7-14 Yrs	2/5-2/26	6:40-7:10 p.m.	W	\$45
35517	7-14 Yrs	2/6-2/27	4:30-5 p.m.	Th	\$45
35518	7-14 Yrs	2/8-2/29*	11:15-11:45 a.m.	Sa	\$45

## ICE HOCKEY

Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey the fastest growing Southern California High School sport! No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood ICE, 3975 Pixie Ave., Lakewood. \*No class: 11/28, 11/30 & 2/15.

Ice Management LLC				The Rinks Lakewood ICE	
35525	7-18 Yrs	11/21-12/19*	5:30-6 p.m.	Th	\$45
35526	7-18 Yrs	11/23-12/21*	11:15-11:45 a.m.	Sa	\$45
35527	7-18 Yrs	1/9-1/30	5:30-6 p.m.	Th	\$45
35528	7-18 Yrs	1/11-2/1	11:15-11:45 a.m.	Sa	\$45
35529	7-18 Yrs	2/6-2/27	5:30-6 p.m.	Th	\$45
35530	7-18 Yrs	2/8-2/29*	11:15-11:45 a.m.	Sa	\$45

## JUJITSU

Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction with 40 years of self defense experience. New students start first Monday or Wednesday of each month. [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com). \*No class: 2/17.

Russell Kelley				Stearns Champions Park	
35407	6-12 Yrs	12/2-12/18	5:30-6:30 p.m.	M W F	\$45
35408	6-12 Yrs	1/6-1/31	5:30-6:30 p.m.	M W F	\$45
35409	6-12 Yrs	2/3-2/28*	5:30-6:30 p.m.	M W F	\$45

# FREE YOUTH SPORTS LEAGUES



**Coed Basketball—Born 2012-2015**  
**Boys Basketball—Born 2006-2011**  
**Girls Basketball—Born 2006-2011**

*Emphasis is placed on participation and skill development. Nine week season schedule includes practices and six weeks of games.*

*Register online starting November 1, 2019 at [teamsideline.com/longbeach](http://teamsideline.com/longbeach). Leagues start January 18, 2020 at Long Beach Parks.*

**Call your local park for practice schedule information.**  
**\$10 fee for uniform and team photo**



### KARATE

This traditional Japanese karate retains all traditions of ancient art. The philosophy and rules of karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. \*No class: 12/25, 1/20 & 2/17.

Jony Martinez		Cesar Chavez Park	
35445	5-12 Yrs	12/2-12/30*	6-7 p.m.
			M W F \$75
35446	5-12 Yrs	1/3-1/31*	6-7 p.m.
			M W F \$75
35447	5-12 Yrs	2/3-2/28*	6-7 p.m.
			M W F \$75
Jony Martinez		College Estates Park	
35451	5-12 Yrs	12/2-12/30*	4:15-5 p.m.
			M W \$55
35452	5-12 Yrs	1/6-1/29*	4:15-5 p.m.
			M W \$55
35453	5-12 Yrs	2/3-2/26*	4:15-5 p.m.
			M W \$55

### SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). \*No class: 1/17.

Antonio Silva		Bixby Park	
35633	5-17 Yrs	12/6-12/28	6-7 p.m.
			F Sa \$50
35634	5-17 Yrs	1/3-1/31*	6-7 p.m.
			F Sa \$50
35635	5-17 Yrs	2/1-2/29	6-7 p.m.
			F Sa \$50

### MIXED MARTIAL ARTS - WHITE BELT

White belts will learn basic Muay Thai Kickboxing strikes and defense, wrestling takedowns, and grappling submissions. All students will become disciplined through their martial arts training and learn to be a team player as well. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40.

Michael J. Rice		El Dorado Park West	
35878	6-10 Yrs	12/5-12/27	6-7 p.m.
			Th F \$50
35879	6-10 Yrs	1/2-1/31	6-7 p.m.
			Th F \$50
35880	6-10 Yrs	2/6-2/28	6-7 p.m.
			Th F \$50

### MIXED MARTIAL ARTS - UPPER BELT

Students will learn Muay Thai Kickboxing, wrestling, and Brazilian Jiu Jitsu for their self defense game. Every class students will train various techniques in standup, takedowns, and submissions. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40.

Michael J. Rice		El Dorado Park West	
35875	6-17 Yrs	12/5-12/27	7-8 p.m.
			Th F \$50
35876	6-17 Yrs	1/2-1/31	7-8 p.m.
			Th F \$50
35877	6-17 Yrs	2/6-2/28	7-8 p.m.
			Th F \$50

### SKATEDOGS SKATEBOARDING

This class is for all ability levels. Make new friends, play games, win prizes, advance your skills and have fun! Requirements: A signed Skatedogs waiver, a "trick" skateboard, knee and elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and learn what type of skateboard to bring.

Adam Cohen		Heartwell Park	
35130	5-13 Yrs	1/4-2/22	9-10:30 a.m.
			Sa \$200



### SOCCER 1 - TECHNIQUES & TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. Tuesday class held at Heather Park, 4509 Ironwood Ave., Seal Beach.

Kidz Love Soccer		Good Neighbor Park	
35432	5-6 Yrs	1/31-3/20	3:45-4:30 p.m.
			F \$114
35433	5-6 Yrs	2/1-3/21	11:05-11:50 a.m.
			Sa \$114
Kidz Love Soccer		College Estates Park	
35434	5-6 Yrs	2/1-3/21	11:15 a.m.-noon
			Sa \$114
Kidz Love Soccer		Heather Park	
35435	5-6 Yrs	2/25-3/31	4-4:45 p.m.
			Tu \$94

### SOCCER 2 - SKILLZ & SCRIMMAGES

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer		College Estates Park	
35436	7-10 Yrs	2/1-3/21	noon-12:45 p.m.
			Sa \$114

### TGA PREMIER VOLLEYBALL

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership.

TGA Premier Sports		Pan American Park	
35603	8-13 Yrs	1/5-1/26	3-4 p.m.
			Su \$65
35604	8-13 Yrs	2/2-2/23	3-4 p.m.
			Su \$65

Long Beach Parks, Recreation & Marine  
**Free After School Program Park Sites**  
 ages 5-12

**What is Your Child Doing After School?**

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more.

Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.

**Park Locations and Hours\***

**Admiral Kidd Park**  
 2125 Santa Fe Ave.  
 570-1600  
 M-F 3-6 p.m.

**Bixby Park**  
 130 Cherry Ave.  
 570-1601  
 M-F 3-6 p.m.

**Chavez Park**  
 401 Golden Ave.  
 570-8890  
 M-F 3-6 p.m.

**Coolidge Park**  
 352 Neece Ave.  
 570-1618  
 M-F 3-6 p.m.

**Drake Park**  
 951 Maine Ave.  
 570-1625  
 M-F 3-6 p.m.

**Houghton Park**  
 temporarily located at  
**Scherer Park**  
 4600 Long Beach Blvd.  
 M-F 3-6 p.m.  
 570-1674

**Mac Arthur Park**  
 1321 Anaheim St.  
 570-1655  
 M-F 3-6 p.m.

**McBride Park**  
 1550 M.L.King Jr. Blvd.  
 570-1605  
 M-F 3-6 p.m.

**M.L. King Jr. Park**  
 1950 Lemon Ave.  
 570-4405  
 M-F 3-6 p.m.

**Orizaba Park**  
 2935 E. Spaulding  
 570-1427  
 M-F 3-6 p.m.,  
 Sa. 12-4 p.m.

**Pan American Park**  
 Centralia St.  
 570-1660  
 M-F 2:30-5:30 p.m.

**Ramona Park**  
 3301 E. 65th St.  
 570-1665  
 M-F 3-6 p.m.

**Scherer Park**  
 4600 Long Beach Blvd.  
 M-F 3-6 p.m.  
 570-1674

**Seaside Park**  
 1401 Chestnut Ave.  
 572-5126  
 M-F 3-5:30 (M-F)  
 Sa&Su 11 a.m.-3 p.m.

**Silverado Park**  
 1545 W. 31st St.  
 570-1675  
 M-F 3-6 p.m.

**Somerset Park**  
 1500 E. Carson  
 570-1690  
 M-F 3-6 p.m.

**Stearns Champions Park**  
 4520 E. 23rd St.  
 570-1685  
 M-F 3-6 p.m.

**Veterans Park**  
 101 E. 28th St.  
 570-1695  
 M-F 2:30-5:30 p.m.

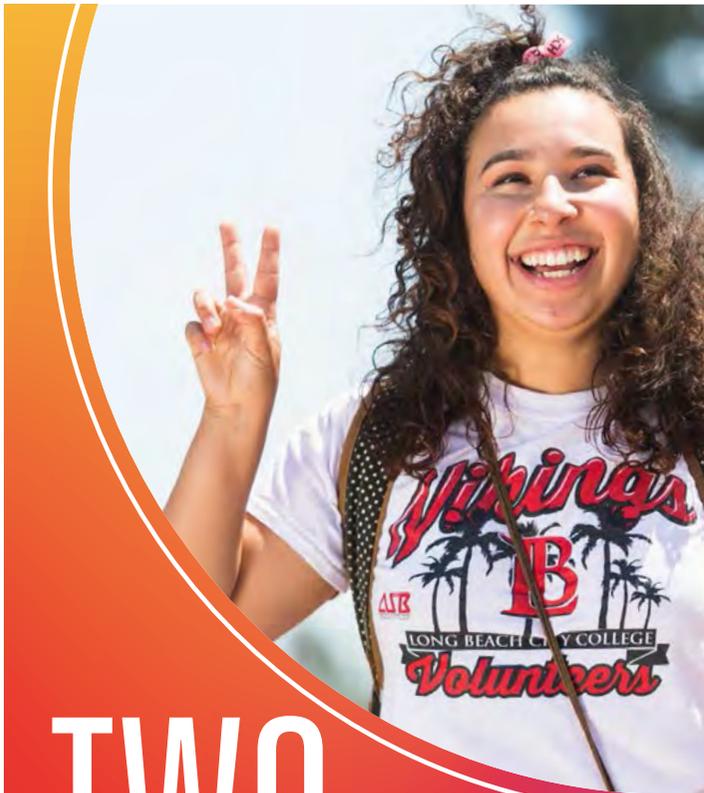
**Wardlow Park**  
 3457 Stanbridge Ave.  
 570-1706  
 M-F 3-6 p.m.

**Whaley Park**  
 5620 Atherton St.  
 570-1710  
 M-F 2:30-5:30 p.m.



**\*Park locations and times are subject to change**





# TWO YEARS FREE

LBUSD students can receive two **tuition-free** years at LBCC.



**LBCC.EDU**

## TEEN CLASSES

### COOKING



#### BASIC COOKING FOR TEENS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups and spoons and a food storage container for leftovers. Food and material fee: \$48. \*No class 12/28.

A Yummy Future				El Dorado Park West	
35362	13-18 Yrs	12/7-12/21*	4:30-5:45 p.m.	Sa	\$100
35363	13-18 Yrs	1/4-1/25	4:30-5:45 p.m.	Sa	\$100
35364	13-18 Yrs	2/8-2/29	4:30-5:45 p.m.	Sa	\$100

### ENRICHMENT

#### DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School Inc.				Online	
34973	14-18 Yrs	12/1-12/30	Every day		\$40
34974	14-18 Yrs	1/2-1/30	Every day		\$40
34975	14-18 Yrs	2/1-2/29	Every day		\$40

### SPORTS

#### B-BALLERS HOOPS SCHOOL - BASKETBALL TRAINING

Coach Jaron and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Please bring a basketball and water. Material fee: \$20. Class held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School				Wilson High School	
35376	13-17 Yrs	12/1-12/22	4-5 p.m.	Su	\$70
35377	13-17 Yrs	1/5-1/26	4-5 p.m.	Su	\$70
35378	13-17 Yrs	2/2-2/23	4-5 p.m.	Su	\$70

# TEEN CENTERS



**ADMIRAL KIDD PARK** 2125 SANTA FE AVE.  
**CESAR CHAVEZ PARK** 401 GOLDEN AVE.  
**FREEMAN COMMUNITY** 1205 FREEMAN AVE.  
**HOUGHTON PARK TEMPORARILY LOCATED AT:**  
**COOLIDGE PARK** 352 NEECE ST.  
**MCBRIDE PARK** 1550 MARTIN LUTHER KING JR. AVE.  
**SILVERADO PARK** 1545 W. 31ST

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# ADULT CLASSES

## ADAPTIVE RECREATION

### SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

Pre registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Class held at The Rinks Lakewood ICE, 3975 Pixie Ave., Lakewood. \*No class: 11/27, 11/30 & 2/15.

Ice Management LLC		The Rinks Lakewood ICE	
35537	12 Yrs+	11/20-12/18*	6:10-6:40 p.m. W \$45
35538	12 Yrs+	11/23-12/21*	9:45-10:15 a.m. Sa \$45
35539	12 Yrs+	1/8-1/29	6:10-6:40 p.m. W \$45
35540	12 Yrs+	1/11-2/1	9:45-10:15 a.m. Sa \$45
35541	12 Yrs+	2/5-2/26	6:10-6:40 p.m. W \$45
35542	12 Yrs+	2/8-2/29*	9:45-10:15 a.m. Sa \$45

## ART AND CULTURAL



### ALL MEDIA WORKSHOP

Join our vibrant community of fellow artists in instructor guided open studio sessions. We strive to foster creativity in an atmosphere of conversation and encouragement. Bring your projects, art supplies, and tools. All medias welcome. Walk in fee available.

Anita Sinclair		Bixby Park	
35639	16 Yrs+	1/9-1/30	6-9 p.m. Th \$30
35640	16 Yrs+	2/6-2/27	6-9 p.m. Th \$30

### AMAZING ART

Learn acrylic painting art techniques in a friendly class setting. Beginners to professionals welcomed. Bring a 8"x10" color photograph of what you want to paint along with a 8"x10" black and white paper copy to the first class. All materials are furnished. Material fee: \$20.

Mary Crowder		Heartwell Park	
35135	10 Yrs+	1/9-1/30	7-9 p.m. Th \$45
35136	10 Yrs+	2/6-2/27	7-9 p.m. Th \$45

### ARTIST WALK-IN

Come join the group of artists, all medias welcome. Beginners or professionals, artists need artist. Bring your own supplies. Join the group, share techniques and ideas. Fee per person, per class.

Mary Crowder		Heartwell Park	
35137	10 Yrs+	1/9-1/30	7-9 p.m. Th \$5
35138	10 Yrs+	2/6-2/27	7-9 p.m. Th \$5
Mary Crowder		College Estates Park	
35139	10 Yrs+	1/7-1/28	10 a.m.-1 p.m. Tu \$5
35140	10 Yrs+	2/4-2/25	10 a.m.-1 p.m. Tu \$5

### BEGINNING DIGITAL PHOTOGRAPHY

A great class for owners of digital cameras with adjustable aperture and shutter. You'll learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Also learn about megapixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Saturday field session: February 15, 9:30 to 11:30 a.m. Material fee: \$5. \*No class: 1/20 & 2/10.

Craig Fucile		El Dorado Park West	
35156	16 Yrs+	1/6-2/24*	7-9 p.m. M \$65

### BEGINNING SEWING - THE APRON

Make an apron and optional oven mitten while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 1/25, 2/3 & 2/8.

Sew Vac Inc		Sew Vac Limited	
35649	18 Yrs+	1/4-2/15*	2-4:30 p.m. Sa \$59
35650	18 Yrs+	1/6-2/10*	6:30-9 p.m. M \$59

### BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 2/20.

Sew Vac Inc		Sew Vac Limited	
35651	18 Yrs+	1/16-2/27*	6-9 p.m. Th \$69

### BEYOND BEGINNING SEWING

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 1/24.

Sew Vac Inc		Sew Vac Limited	
35652	18 Yrs+	1/17-2/7*	2-5 p.m. F \$45

## CERAMICS WORKSHOP

Learn basic ceramics techniques in this workshop: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$27.

Anita Sinclair				Bixby Park	
35646	16 Yrs+	1/5-2/23	1:30-4:30 p.m.	Su	\$55
35645	16 Yrs+	1/6-2/24	9 a.m.-noon	M	\$55
35643	16 Yrs+	1/8-2/26	6-9 p.m.	W	\$55
Anita Sinclair				Deforest Park	
35644	16 Yrs+	1/7-2/25	6-9 p.m.	Tu	\$55

## DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair				Bixby Park	
35647	16 Yrs+	1/6-2/24	12:30-3:30 p.m.	M	\$55

## FAST QUILT

Come join the fun! Fast Quilt consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced. Material list at first class. You will need a sewing machine in good working condition.

Sandra Szladek				Wardlow Park	
35736	16 Yrs+	1/8-2/12	6:30-9 p.m.	W	\$33
35738	16 Yrs+	2/19-3/25	6:30-9 p.m.	W	\$33

## FAST QUILT RETREAT

This retreat is the start of the Christmas season making gifts and decorations or finishing unfinished objects. Patterns for a tree skirt, wall hanging or quilt are some of your choices! \*Friday class is from 6:30-9 p.m.; Saturday and Sunday class is from 10 a.m.-10 p.m.

Sandra Szladek				Wardlow Park	
35737	16 Yrs+	12/6-12/8	6:30-9 p.m.*	F Sa Su	\$60

## KNITTING & CROCHET - BEGINNING & BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach.

Sandra Carter				Los Alamitos Bay Yarn Company	
35088	18 Yrs+	1/7-1/28	6-7:30 p.m.	Tu	\$65
35089	18 Yrs+	2/4-2/25	6-7:30 p.m.	Tu	\$65

## NUTS & BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. \*No class: 1/22 & 2/19.

Sew Vac Inc				Sew Vac Limited	
35653	18 Yrs+	1/8-2/26*	6-9 p.m.	W	\$69

## OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair				Bixby Park	
35648	16 Yrs+	1/5-2/23	10 a.m.-1 p.m.	Su	\$55

## PALETTE UP!

Indulge your inner muse in a single watercolor session. Curious newcomers and seasoned creators alike will face suitable challenges and finish a masterpiece of their own! Each class features a unique project, painting fundamentals, and options for customizing with advanced techniques. Paired with refreshments for ideal relaxing and creative atmosphere! Material fee: \$3.

Art Innovators				Los Alamitos Community Center	
35356	13 Yrs+	1/18-1/18	2-3:30 p.m.	Sa	\$25
35357	13 Yrs+	2/15-2/15	2-3:30 p.m.	Sa	\$25
35358	13 Yrs+	3/14-3/14	2-3:30 p.m.	Sa	\$25

## PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor, Ying Liu. Bring medium of choice: pencil (with drawing board), charcoal, pastel, oil, watercolor or acrylic. Simple easels and drawing horses are available for use. Demos and instruction are provided upon request. \$5 model fee payable to instructor each class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 2/22.

Ying Liu				Los Alamitos Community Center	
35857	16 Yrs+	1/18-3/14*	9 a.m.-noon	Sa	\$89

## SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: [www.sewvac ltd.com](http://www.sewvac ltd.com) to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc				Sew Vac Limited	
35654	18 Yrs+	12/7-12/7	1:30-4:30 p.m.	Sa	\$30
35655	18 Yrs+	1/14-1/14	6-9 p.m.	Tu	\$30
35656	18 Yrs+	2/29-2/29	1:30-4:30 p.m.	Sa	\$30

## TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a painting from your photos? Students will observe and participate in the process of painting from photos. The instructor will demonstrate how a painting is developed in oil, watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu				Los Alamitos Community Center	
35858	16 Yrs+	1/15-2/12	6:30-9:30 p.m.	W	\$94

## WATERCOLOR! PURE & SIMPLE

Explore innovative watercolor techniques to create rich colors and dynamic paintings. Progressive projects include flat wash, gradients, wet-into-wet, dry brush, salt wash, masking, textures and transfers. For all levels; beginners welcome! Optional \$25 material fee for complete supply kit and book, payable in cash at first meeting.

Moira Hahn				El Dorado Park West	
35341	18 Yrs+	1/5-1/26	10 a.m.-noon	Su	\$75
35342	18 Yrs+	2/2-2/23	10 a.m.-noon	Su	\$75

## ENRICHMENT

### VOICE OVERS - NOW IS YOUR TIME!

You've heard Bridget Renshaw's voice in Samsung, Audible, and Mazda commercials, as well as Spanish Telenovela English translations. Now hear Bridget LIVE as she illustrates how you can begin using your speaking voice for commercials, films, and videos! This is a full or part-time business that you can handle on your own terms, own turf, and own time with practically no overhead! This exciting and fun class could be the game changer you've been looking for!

Such A Voice El Dorado Park West  
35661 18 Yrs+ 2/20-2/20 6:30-8:30 p.m. Th \$45

## DANCE

### 2 STEP & SWING

Grab your boots and learn the latest dance patterns. You'll also do the East Coast swing in this class. No partner or experience needed. Class held at the Weingart Senior Center - 5220 Oliva Ave., Lakewood.

Janet Karter Weingart Senior Center  
34931 18 Yrs+ 1/8-2/12 7-8 p.m. W \$36  
34932 18 Yrs+ 2/19-3/25 7-8 p.m. W \$36



### 80'S DANCE WORKOUT!

Can you feel it? Bust out the legwarmers, sweatbands, and neon and let's get physical! A jazzy way to go old school while burning the calories to your favorite 80's hits! Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center  
35717 18 Yrs+ 1/8-1/29 6:30-7:15 p.m. W \$58  
35718 18 Yrs+ 2/5-3/4 6:30-7:15 p.m. W \$68

### ADULT TAP

An amazing workout and fun at the same time! This class is for those who have wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center  
35719 18 Yrs+ 1/9-1/30 7:15-8 p.m. Th \$58  
35720 18 Yrs+ 2/6-3/5 7:15-8 p.m. Th \$68

### ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo El Dorado Park West  
35120 18 Yrs+ 12/6-12/27 10-11:15 a.m. F \$5  
35121 18 Yrs+ 1/3-1/31 10-11:15 a.m. F \$5  
35122 18 Yrs+ 2/7-2/28 10-11:15 a.m. F \$5

### ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class.

Mildred Caudillo Wardlow Park  
35123 18 Yrs+ 12/6-12/27 6:45-8:30 p.m. F \$10  
35124 18 Yrs+ 1/3-1/31 6:45-8:30 p.m. F \$10  
35125 18 Yrs+ 2/7-2/28 6:45-8:30 p.m. F \$10

### BEGINNING BALLROOM NEW

Learn the basics of ballroom dance such as rumba, cha cha, salsa, waltz and more! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 2/17.

Anne Pennypacker Los Alamitos Community Center  
35723 18 Yrs+ 1/6-1/27 7-7:45 p.m. M \$58  
35724 18 Yrs+ 2/3-3/2\* 7-7:45 p.m. M \$58

### BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. \*No class: 12/23 & 12/30.

Fahtiem Wardlow Park  
35146 14 Yrs+ 12/9-1/20\* 6:15-7:15 p.m. M \$39  
35148 14 Yrs+ 12/9-1/20\* 7:30-8:30 p.m. M \$39  
35150 14 Yrs+ 12/9-1/20\* 8:45-9:45 p.m. M \$39  
35147 14 Yrs+ 1/27-2/24 6:15-7:15 p.m. M \$39  
35149 14 Yrs+ 1/27-2/24 7:30-8:30 p.m. M \$39  
35151 14 Yrs+ 1/27-2/24 8:45-9:45 p.m. M \$39

### LINE DANCING

Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. A fun workout. Come with a friend. No experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter Weingart Senior Center  
34933 18 Yrs+ 1/8-2/12 6-7 p.m. W \$36  
34934 18 Yrs+ 2/19-3/25 6-7 p.m. W \$36

### SALSA & MERENGUE! NEW

Caliente! Learn the basics of salsa and merengue... spice up your moves, tighten up your turns, define your techniques and sizzle on the dance floor! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. \*No class: 2/17.

Anne Pennypacker Los Alamitos Community Center  
35725 18 Yrs+ 1/6-1/27 7:45-8:15 p.m. M \$58  
35726 18 Yrs+ 2/3-3/2\* 7:45-8:15 p.m. M \$58

### WEST COAST SWING, NIGHTCLUB & MORE!



This class will get you and your partner dancing swinging styles of rhythm dances from the West Coast to the East Coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center  
35721 18 Yrs+ 1/8-1/29 7:15-8 p.m. W \$58  
35722 18 Yrs+ 2/5-3/4 7:15-8 p.m. W \$68

## DOG TRAINING

### BEGINNING DOG OBEDIENCE



Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, five months and older (large breeds four months), may enroll. AKC Novice obedience exercises as well

as discussion on correcting behavior problems such as destructive chewing, jumping up, digging, etc. Trophies and certificates awarded at graduation. First meeting WITHOUT dogs. Bring shot records, lawn chair, \$10 material fee (includes training manual). Visit [www.DogClassInfo.com](http://www.DogClassInfo.com) or call (714)532-3647 if you have any questions. Tuesday class held at San Martin Park, 5231 Ocana Ave., Lakewood. Thursday class held at El Dorado Park Hockey Court.

Dog Services Unlimited		El Dorado Park Hockey Court			
35141	10 Yrs+	1/9-2/20	7:45-8:45 p.m.	Th	\$98
Dog Services Unlimited				San Martin Park	
35142	10 Yrs+	2/4-3/17	7-8 p.m.	Tu	\$98

### DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real-life, and more! Dogs four months and older with current vaccines. Contact (714)821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com) for more information. Material fee: \$10.

Crossroads Country Club Pet Resort		Marina Vista Park			
35131	10 Yrs+	1/11-2/8	9:30-10:30 a.m.	Sa	\$95
35132	10 Yrs+	2/22-3/21	9:30-10:30 a.m.	Sa	\$95

### DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com). Material fee: \$10.

Crossroads Country Club Pet Resort		Marina Vista Park			
35133	10 Yrs+	1/11-2/8	10:30-11:30 a.m.	Sa	\$95
35134	10 Yrs+	2/22-3/21	10:30-11:30 a.m.	Sa	\$95

### DOG MANNERS - "CRASH COURSE"

Accomplish your training goals and correct behavior problems in just four lessons! Please pre-register so instructor can brief you before the first meeting. Obedience commands include: heel on leash, sit and down on command, stay with distractions, and come when called. Bring \$5 insurance fee and shot records. Questions? Call Dog Services: (714)532-3647 or visit [www.DogClassInfo.com](http://www.DogClassInfo.com). Thursday class held at Laurel Park Tennis Court, 4041 Katella Ave., Los Alamitos. Saturday class held at El Dorado Park Hockey Court. Material fee: \$5.

Dog Services Unlimited		El Dorado Park Hockey Court			
35143	10 Yrs+	1/25-2/15	1:15-2:30 p.m.	Sa	\$86
Dog Services Unlimited				Laurel Park	
35144	10 Yrs+	2/13-3/5	6-7:15 p.m.	Th	\$86

### PUPPY KINDERGARTEN

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting WITHOUT puppies. Bring lawn chair and current shot records. For more information please visit: [www.DogClassInfo.com](http://www.DogClassInfo.com) or call (714)532-3647. Material fee: \$10. Class held at El Dorado Park Hockey Court.

Dog Services Unlimited		El Dorado Park Hockey Court			
35145	10 Yrs+	1/25-2/29	noon-1 p.m.	Sa	\$88

## ENRICHMENT

Want to look your best for that holiday party?  
Learn how by signing up for  
Fashion Makeup-Classic to Glamour!

### FASHION MAKEUP - CLASSIC TO GLAMOUR

Part One: "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. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; smokey eyes, highlighting, contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: [rbnimis@yahoo.com](mailto:rbnimis@yahoo.com).

Rodolfo Nimis				Heartwell Park	
35545	16 Yrs+	12/8-12/8	noon-4 p.m.	Su	\$75
35546	16 Yrs+	1/5-1/5	noon-4 p.m.	Su	\$75
35547	16 Yrs+	2/2-2/2	noon-4 p.m.	Su	\$75

## FITNESS

### 40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available.

Tami Santy				Recreation Park	
35615	16 Yrs+	12/2-12/16	6-6:45 p.m.	M	\$33
35616	16 Yrs+	1/6-1/27	6-6:45 p.m.	M	\$44
35617	16 Yrs+	2/3-2/24	6-6:45 p.m.	M	\$44

### AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available. \*No class: 12/25.

Tracey Wiltse				Recreation Park	
35597	18 Yrs+	12/2-12/30*	8:30-9:30 a.m.	M W F	\$35
35598	18 Yrs+	1/3-1/31	8:30-9:30 a.m.	M W F	\$35
35599	18 Yrs+	2/3-2/28	8:30-9:30 a.m.	M W F	\$35

## AFFIRMATIONS & HATHA YOGA

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit. \*No class: 12/23, 12/25, 12/30 & 1/1.

Irene Holsters		El Dorado Park West			
35343	18 Yrs+	12/2-1/20*	6:45-8 p.m.	M	\$60
35345	18 Yrs+	12/4-1/22*	6:45-8 p.m.	W	\$60
35344	18 Yrs+	1/27-3/2	6:45-8 p.m.	M	\$60
35346	18 Yrs+	1/29-3/4	6:45-8 p.m.	W	\$60

**Resolving to get in shape in 2020?**

**B.L.A.S.T. your way to fitness with strength, cardio, agility and bodyweight exercises all in one class.**

## B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Bodyweight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available.

Tami Santy		El Dorado Park West			
35621	16 Yrs+	12/3-12/17	6-7 p.m.	Tu	\$33
35622	16 Yrs+	1/7-1/28	6-7 p.m.	Tu	\$44
35623	16 Yrs+	2/4-2/25	6-7 p.m.	Tu	\$44

## CAPOEIRA

Frequently called the Art of Deception, Capoeira is a dynamic hybrid that combines martial arts, music, dance and acrobatics. Participants increase flexibility, balance and stamina during this total body workout. Please wear loose fitting clothing (no shorts) and prepare to train with bare feet. Class held at The Centre, 5000 Clark Ave., Lakewood.

Courtney Claverie		The Centre			
35338	12 Yrs+	12/3-12/19	8-9:15 p.m.	Tu Th	\$65
35339	12 Yrs+	1/7-1/30	8-9:15 p.m.	Tu Th	\$80
35340	12 Yrs+	2/4-2/27	8-9:15 p.m.	Tu Th	\$80

## DYNAMIC HATHA YOGA FOR HEALTH & WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.

David Allen Arnette		Whaley Park			
35662	16 Yrs+	12/3-12/19	6-7:30 p.m.	Tu Th	\$57
35665	16 Yrs+	12/3-12/17	6-7:30 p.m.	Tu	\$33
35668	16 Yrs+	12/5-12/19	6-7:30 p.m.	Th	\$33
35663	16 Yrs+	1/7-1/30	6-7:30 p.m.	Tu Th	\$76
35666	16 Yrs+	1/7-1/28	6-7:30 p.m.	Tu	\$44
35669	16 Yrs+	1/9-1/30	6-7:30 p.m.	Th	\$44
35664	16 Yrs+	2/4-2/27	6-7:30 p.m.	Tu Th	\$76
35667	16 Yrs+	2/4-2/25	6-7:30 p.m.	Tu	\$44
35670	16 Yrs+	2/6-2/27	6-7:30 p.m.	Th	\$44

## HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in the practice of yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to the modern practice of yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available.

David Allen Arnette		Recreation Park			
35677	16 Yrs+	12/3-12/19	11 a.m.-12:30 p.m.	Tu Th	\$57
35680	16 Yrs+	12/3-12/17	11 a.m.-12:30 p.m.	Tu	\$33
35683	16 Yrs+	12/5-12/19	11 a.m.-12:30 p.m.	Th	\$33
35678	16 Yrs+	1/7-1/30	11 a.m.-12:30 p.m.	Tu Th	\$76
35681	16 Yrs+	1/7-1/28	11 a.m.-12:30 p.m.	Tu	\$44
35684	16 Yrs+	1/9-1/30	11 a.m.-12:30 p.m.	Th	\$44
35679	16 Yrs+	2/4-2/27	11 a.m.-12:30 p.m.	Tu Th	\$76
35682	16 Yrs+	2/4-2/25	11 a.m.-12:30 p.m.	Tu	\$44
35685	16 Yrs+	2/6-2/27	11 a.m.-12:30 p.m.	Th	\$44

## CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available. \*No class: 12/25, 1/20 & 2/17.

Marilynn Bodnar		El Dorado Park West			
35075	12 Yrs+	12/2-12/30*	5:30-6:30 p.m.	M W	\$25
35076	12 Yrs+	1/6-1/29*	5:30-6:30 p.m.	M W	\$25
35077	12 Yrs+	2/3-2/26*	5:30-6:30 p.m.	M W	\$25

## FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). Walk in fee available.

Evelyn Grauten		Recreation Park			
35181	16 Yrs+	12/4-12/20	9:45-10:45 a.m.	W F	\$51
35182	16 Yrs+	1/8-1/31	9:45-10:45 a.m.	W F	\$68
35183	16 Yrs+	2/5-2/28	9:45-10:45 a.m.	W F	\$68

**I will remain calm,  
strong and centered with a yoga class.**

## KUNDALINI YOGA & MEDITATION

Kundalini yoga and meditation is a process of self discovery. You will learn skills to gain a strong nervous system, immune system, vital glands and good circulation. The meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice you will gain the tremendous benefits of vitality of body and clarity of mind. Walk in fee available.

Seventh Chakra Yoga		El Dorado Nature Center			
35627	18 Yrs+	12/1-12/22	11 a.m.-12:30 p.m.	Su	\$60
35628	18 Yrs+	1/5-1/26	11 a.m.-12:30 p.m.	Su	\$60
35629	18 Yrs+	2/2-2/23	11 a.m.-12:30 p.m.	Su	\$60

**PILATES BARRE FITNESS**

This is a unique form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various pilates equipment, provided by instructor. A portable balance barre, also provided, will help to improve your stability. For more information visit: [www.evelyngraute.com](http://www.evelyngraute.com). Walk in fee available.

Evelyn Grauten				Recreation Park	
35187	16 Yrs+	12/4-12/18	11 a.m.-noon	W	\$28
35188	16 Yrs+	1/8-1/29	11 a.m.-noon	W	\$38
35189	16 Yrs+	2/5-2/26	11 a.m.-noon	W	\$38

**POWER BARRE**

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit [www.jgparks martialarts.com](http://www.jgparks martialarts.com). Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Master Cynthia Markopulos				U.S. Taekwondo Academy	
35439	13 Yrs+	12/2-12/23	7:10-8 p.m.	M Th	\$65
35440	13 Yrs+	1/2-1/30	7:10-8 p.m.	M Th	\$65
35441	13 Yrs+	2/3-2/27	7:10-8 p.m.	M Th	\$65

**POWER TAE FITNESS**

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to

high energy up beat music. If you like Tae Bo you'll love this class. Please visit [www.jgparks martialarts.com](http://www.jgparks martialarts.com). Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood. \*Class held on Wednesday is from 7:10-8 p.m. and Saturday from 8:30-9:20 a.m.

Master Cynthia Markopulos				U.S. Taekwondo Academy	
35442	13 Yrs+	12/4-12/28	7:10 -8 p.m.	W Sa	\$65
35443	13 Yrs+	1/4-1/29	8:30-9:20 a.m.	W Sa	\$65
35444	13 Yrs+	2/1-2/29	8:30-9:20 a.m.	W Sa	\$65

**POWER TAE REMIX FITNESS NEW**

This class combines Taekwondo and kickboxing done to high energy up beat music. Our kickboxing workouts incorporate kicking and punching for a dynamic, challenging experience. You'll keep your body guessing as our trainers motivate and inspire you to empower your power with every style of kick and punch throughout rounds. This class takes the spirit and movement of professional kickboxing and turns it into a fun fitness challenge focused on cardiovascular health. For more information visit: [www.jgparks martialarts.com](http://www.jgparks martialarts.com).

Master Cynthia Markopulos				U.S. Taekwondo Academy	
35908	13 Yrs+	12/5-12/19	7:10-8 p.m.	Th	\$45
35909	13 Yrs+	1/2-1/30	7:10-8 p.m.	Th	\$45
35910	13 Yrs+	2/6-2/27	7:10-8 p.m.	Th	\$45

**TAI CHI & QIGONG**

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. Tai Chi and Qigong helps enhance balance and memory. \*Returning students only on Tuesdays.

Howard Richner				Recreation Park	
35559	18 Yrs+	12/3-12/17	7-8:30 p.m.	Tu	\$25
35560	18 Yrs+	1/14-2/18	7-8:30 p.m.	Tu	\$50
Howard Richner				Bixby Park	
35561	18 Yrs+	12/5-12/12	7:30-9 p.m.	Th	\$16
35563	18 Yrs+	12/7-12/14	9:30 a.m.-11 a.m.	Sa	\$16
35562	18 Yrs+	1/16-2/20	7:30-9 p.m.	Th	\$50
35564	18 Yrs+	1/18-2/22	9:30-11 a.m.	Sa	\$50

**YOGA WITH LACEY NEW**

This all levels, alignment-based yoga class will include various poses and movement focused upon strength, stretch and balance. Breathing and relaxation techniques are also explored to link both mind and body awareness. Please bring a yoga mat, blocks and strap. Walk in fee available.

Lacey Marsac				Wardlow Park	
35389	16 Yrs+	12/4-12/18	6-7 p.m.	W	\$24
35395	16 Yrs+	12/4-12/18	7:15-8:15 p.m.	W	\$24
35391	16 Yrs+	1/8-1/29	6-7 p.m.	W	\$32
35397	16 Yrs+	1/8-1/29	7:15-8:15 p.m.	W	\$32
35393	16 Yrs+	2/5-2/26	6-7 p.m.	W	\$32
35399	16 Yrs+	2/5-2/26	7:15-8:15 p.m.	W	\$32

**ZUMBA® EN ESPAÑOL**

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. *Una clase de Zumba en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.* \*No class: 12/24 & 12/26.

Carmen Valdivia				Silverado Park	
35347	15 Yrs+	12/3-12/31	9-10 a.m.	Tu Th	\$2
35348	15 Yrs+	1/7-1/30	9-10 a.m.	Tu Th	\$2
35349	15 Yrs+	2/4-2/27	9-10 a.m.	Tu Th	\$2

Hundreds of classes available online

**ed2go Online Classes**

at [www.lbparks.org](http://www.lbparks.org)

**Classes Start Monthly**

Dec

- 35859

Jan

- 35860

Feb

- 35861



ed2go topics include:

- Computer skills for the workplace
- Creating Webpages
- Guiding Kids on the Internet
- Microsoft Word, Excel, QuickBooks
- Teaching with a Smart board
- Speed Spanish Online

\$95 per class

Enroll online at [lbparks.org](http://lbparks.org) • 562-570-3148

## MUSIC

### GUAVA GROOVE UKULELE - BEGINNING

This class will present all the information you need to get strumming! You will learn to understand chord charts, basic strumming and rhythm. Bring a ukulele and a pencil and I'll see you there! Material fee: \$2.

Hoku Bray Stearns Champions Park  
35081 15 Yrs+ 1/9-2/13 6-7 p.m. Th \$67

### GUAVA GROOVE UKULELE PLAYERS

Guava Groove Ukulele Players goes beyond basic chords and ukulele fundamentals. In this class, we take a look at tablature, music notation, and more complex arrangements. It is recommended that students first complete Guava Groove Ukulele - Beginning. Material fee: \$2.

Hoku Bray Stearns Champions Park  
35082 15 Yrs+ 1/9-2/13 7-8 p.m. Th \$67



## SPORTS

### FENCING

An ancient art of noble defense to a modern Olympic sport, fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Material fee: \$10 in cash due on first day of class. \*No class: 11/26.

Orange Coast Fencing Academy Whaley Park  
35548 8 Yrs+ 11/19-12/17\* 7:35-9:25 p.m. Tu \$50  
35549 8 Yrs+ 1/14-2/4 7:35-9:25 p.m. Tu \$50  
35550 8 Yrs+ 2/11-3/3 7:35-9:25 p.m. Tu \$50



### HORSE FUN

Get your boots on! We will teach you safety, basic horsemanship, haltering, grooming, saddling and riding! Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: \$30. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses El Rodeo Stables  
35161 13 Yrs+ 12/7-12/28 3-4 p.m. Sa \$85  
35162 13 Yrs+ 1/11-2/1 3-4 p.m. Sa \$85

### JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instruction with 40 years of self defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com). \*No class: 2/17.

Russell Kelley Stearns Champions Park  
35410 13 Yrs+ 12/2-12/18 6:30-7:30 p.m. M W F \$45  
35411 13 Yrs+ 1/6-1/31 6:30-7:30 p.m. M W F \$45  
35412 13 Yrs+ 2/3-2/28\* 6:30-7:30 p.m. M W F \$45

Bowing in marital arts is a sign of respect.  
It is a show of humility and manners can be  
traced back to warrior etiquette.

### KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instruction with 40 years of self-defense. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. Visit: [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com) for more information.

\*No class: 2/17.  
Russell Kelley Stearns Champions Park  
35413 13 Yrs+ 12/2-12/18 7:30-8:30 p.m. M W F \$45  
35414 13 Yrs+ 1/6-1/31 7:30-8:30 p.m. M W F \$45  
35415 13 Yrs+ 2/3-2/28\* 7:30-8:30 p.m. M W F \$45



FOLLOW US  
ON SOCIAL MEDIA

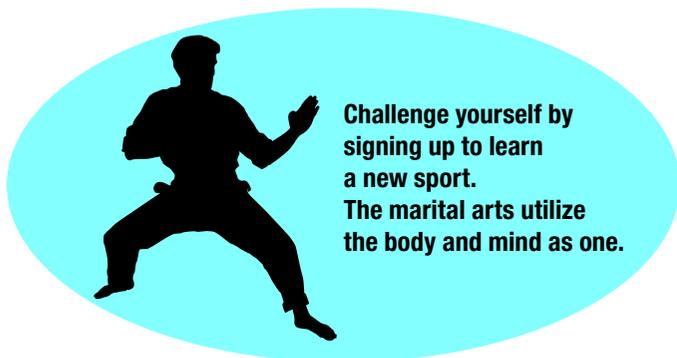


LONG BEACH PARKS, RECREATION & MARINE

## KARATE

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. \*No class: 12/25, 1/20 & 2/17.

Jony Martinez			Cesar Chavez Park		
35448	12 Yrs+	12/2-12/30*	7:15-8:30 p.m.	M W F	\$75
35449	12 Yrs+	1/3-1/31*	7:15-8:30 p.m.	M W F	\$75
35450	12 Yrs+	2/3-2/28	7:15-8:30 p.m.	M W F	\$75



**Challenge yourself by signing up to learn a new sport. The marital arts utilize the body and mind as one.**

## SHOTOKAN KARATE

Shotokan, is a Japanese karate developed from various martial arts of "empty hand" fighting. The Shotokan style begins with humility. Shotokan is discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). \*No class: 1/17.

Antonio Silva			Bixby Park		
35636	18 Yrs+	12/6-12/28	7-8 p.m.	F Sa	\$50
35637	18 Yrs+	1/3-1/31*	7-8 p.m.	F Sa	\$50
35638	18 Yrs+	2/1-2/29	7-8 p.m.	F Sa	\$50

## MIXED MARTIAL ARTS

Students will learn Muay Thai Kickboxing, wrestling, and Brazilian Jiu Jitsu for their self defense game. Every class students will train various techniques in standup, takedowns, and submissions. Uniforms are available for \$35, shin guards and gloves available for \$20 each. Testing fee is \$40.

Michael J. Rice			El Dorado Park West		
35872	16 Yrs+	12/5-12/27	8-9 p.m.	Th F	\$50
35873	16 Yrs+	1/2-1/31	8-9 p.m.	Th F	\$50
35874	16 Yrs+	2/6-2/28	8-9 p.m.	Th F	\$50

## NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood ICE, 3975 Pixie Ave., Lakewood. \*No class: 11/27, 11/30 & 2/17.

Ice Management LLC			The Rinks Lakewood ICE		
35531	15 Yrs+	11/20-12/18*	6:40-7:10 p.m.	W	\$45
35532	15 Yrs+	11/23-12/21*	10:15-10:45 a.m.	Sa	\$45
35533	15 Yrs+	1/8-1/29	6:40-7:10 p.m.	W	\$45
35534	15 Yrs+	1/11-2/1	10:15-10:45 a.m.	Sa	\$45
35535	15 Yrs+	2/5-2/26	6:40-7:10 p.m.	W	\$45
35536	15 Yrs+	2/8-2/29*	10:15-10:45 a.m.	Sa	\$45



## Long Beach Water LAWN-TO-GARDEN GROW LOCAL LOVE

The Lawn-to-Garden (L2G) program supports and incentivizes landscape conversions from thirsty and non-functional grass to beautiful, water-wise gardens.



### Apply Now

The L2G incentive is at an all-time high!

#### Front yard conversions

**\$3** per square foot

#### Backyard and side yard conversions

**\$2** per square foot

### Why Participate?

- Reduce water and maintenance
- Create habitat development
- Improve curb appeal and quality of life

To learn more visit  
[lblawntogarden.com](http://lblawntogarden.com)

# ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725

## ADULT BASEBALL

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game. Limited space per season.

## ADULT BASKETBALL

Register by team at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game (\$25/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online: [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach).

## ADULT KICKBALL

Register by team only at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1725 or go online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player.

## ADULT SOFT BALL

One official assigned, game day fee \$15/team, per game. Visit us online at: [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for information and registration.

### WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed and men's leagues-16 player max. Team fee: \$450. Call (562) 570-1734 or visit us online for information.

### WEEKEND SLOWPITCH LEAGUES - COED ONLY

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online for more information.

### SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call (562) 570-1736 or visit us online for more information.

## ADULT VOLLEYBALL

Register by team at the Sports Office or at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). Men's, Women's and Coed Divisions available. 5-12 players allowed on a team.

Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

Slips are now  
available in  
Long Beach Marinas

Make Long Beach  
Your Home Port!

Call for more information or to schedule a visit.

**562-570-4950**



PRIME LOCATIONS • AFFORDABLE • CLOSE TO FREEWAYS • QUICK TO CATALINA  
ALAMITOS BAY MARINA • SHORELINE MARINA • RAINBOW HARBOR/MARINA

Availability subject to vessel size and slip location. Wait lists are required in some situations.

# ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter  
7700 East Spring Street • (562) 570-PETS  
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.  
Saturday and Sunday 10 a.m.-4 p.m.  
24 Hour Emergency Service (562) 570-7387

## GENERAL INFORMATION

Animal Related Complaints/Questions: (562) 570-PETS (7387)  
Interested in volunteering? Need to license your cat or dog?  
Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Please visit us at: [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com).

## SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit [www.fixlongbeachpets.com](http://www.fixlongbeachpets.com) for information.

## SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for more information about spay/neuter assistance.

## SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over six months and cats over four months are required to be spayed or neutered LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com).

## DOG TRAINING CLASSES



Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See page 21 for details.

## LOW COST PET CLINICS

Visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for dates, times, locations, and fees for Low Cost Pet Vaccination and Micro-chipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Times, dates and locations are subject to change. Please visit [www.SNPLA.org](http://www.SNPLA.org) for spay/neuter information.

## PET LICENSING BENEFITS

Licensing In Long Beach Is More Than Just a Tag  
**FAST TRACK** Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.



**FREE RIDE HOME** Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.

**EXTENDED STAY** When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption.



**VACATION PET ALERT** When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.

# ADOPT

From Long Beach  
Animal Care Services



**FOLLOW US ON SOCIAL MEDIA**  
Facebook: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)  
Instagram & Twitter: [@LBAnimalCare](https://www.instagram.com/LBAnimalCare)  
[www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com)



CITY OF  
LONG BEACH



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

**AMENITIES:** 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; 14 - SPORTS COURT; L - LIGHTED; **LK** - LAKE; **R** - RESERVABLE COMMUNITY CENTER

PARK FACILITIES			
1	E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7, 14	5
76	C2 Baker Street, 625 Baker St., 570-3100 - 1.5 acres	6, 7	F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres
2	G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	6
3	F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres
4	B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	7
			F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres
			8
			F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres
			9
			A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres

**PARK FACILITIES (continued)**

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100-.34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 14
18	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK, 14
7	E2	Fourteenth Street Park, 570-1608 2.01 acres	2, 6, 9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK, 14
22	E3	Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 14
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1, 6, 7, 14
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7, 14
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7, 14
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 10, 12, 14, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7, 14
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7, 14
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7, 14
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11, 14

**TEEN CENTERS**

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890	
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688	
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640	
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605	

**SENIOR CENTERS**

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605	
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227	

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

**DOG FACILITIES**

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS	
9	A2	Coolidge Dog Park, 352 E. Neece St	
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway	
14	D7	El Dorado Dog Park, 7500 E. Spring St	
31	B3	Jackson Street Dog Park, 1 Jackson St.	
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.	
38	F5	Recreation Dog Park, 4900 E. 7th St.	
53	G5	Rosie's Dog Beach, 1 S. Granada	
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave	
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.	
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.	

**AQUATIC AND BOATING FACILITIES / BEACHES**

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)	
92	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel	
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.	
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.	
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.	
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.	
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way	
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.	
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719	
63	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215	
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950	
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636	
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215	
67	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806	
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718	
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721	
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)	
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way	5, 7

**SPORTS FACILITIES**

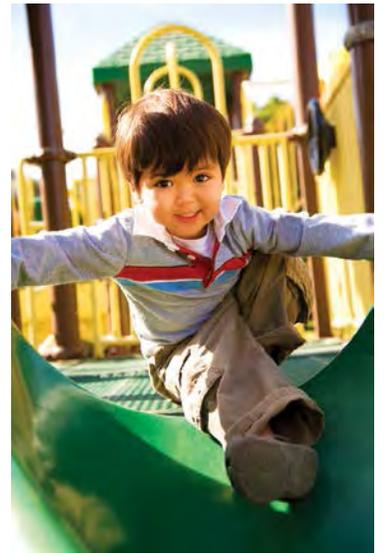
14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
75	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
73	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	



Futsal Courts  
 After School Programs  
 Basketball Courts  
 Senior Programs  
 Golf Courses  
 Skate Parks  
 Community Centers  
 Playgrounds  
 Aquatics and Pools  
 Nature Center  
 Dog Parks

# Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks



# COMMUNITY PARK DIRECTORY

Hours, recreation amenities and programs for parks throughout the City.

**Programs:** After School Program, Youth Sports, Senior Program, Teen Program, and Fitness Stations. For more information about Parks, Recreation and Marine facilities and programs, visit [www.lbparcs.org](http://www.lbparcs.org).

**Follow us on**

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[www.instagram.com/longbeachparks\\_rec](http://www.instagram.com/longbeachparks_rec)

Free programs including skate parks, playgrounds, dog parks, afterschool programs, teen and senior centers.



## Admiral Kidd Park

2125 Santa Fe Ave.

562.570.1600

**Hours:** Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed

Teen Center: M-F, 2-6 p.m.

Winter, Spring & Summer Fun Days Programs: M-F: 11 a.m. to 5 p.m.

**Amenities:**

Basketball Court

Community Center

Fitness Stations

Playground

Soccer Fields

Weight/Fitness Room

**Programs:**

After School Program

Summer Food Program

Fun Day Programs

Teen Programs

Youth Sports



## Baker Park

625 Baker Street

562.570.3100

**Hours:** Dawn to Dusk

**Amenities:**

Playground

Walking Path



## Bixby Park

130 Cherry Ave.

562.570.1601

**Hours:** Afterschool Program: M-F, 3-6 p.m.,

Sa & Su, Closed

Winter, Spring & Summer Fun Days Programs:

M-F, 11 a.m.-5 p.m.

**Amenities:**

Band Shell

Basketball Court

Community Center

Dog Park

Fitness Stations

Playground

Skate Park

**Programs:**

After School Program

Fun Day Programs

Senior Fitness Classes

Summer Food Program

Youth Sports



## Belmont Plaza Pool

4320 E. Olympic Plaza

562.570.1806

See page 46



## Birdcage Park

6501 Parkcrest Street

562.570.3100

**Hours:** Dawn to Dusk

**Amenities:**

Playground



## Bixby Knolls Park

1101 San Antonio Drive

562.570.3100

**Hours:** Dawn to Dusk

**Amenities:**

Playground



**Officer Daryle W. Black Memorial Park**

2023 Pasadena Avenue  
562.570.3100

Hours: Dawn to Dusk

**Amenities:**  
Playground

**Burton W. Chace Park**

65 E. Market Street  
562.570.3100

Hours: Dawn to Dusk

**Amenities:**  
Playground



**Cesar E. Chavez Park**

401 Golden Ave.  
562.570.8890

Hours: Afterschool Program: M-F, 3-6 p.m.,  
Senior Program: 9 a.m.-2 p.m.  
Teen Center: M-F 3-7 p.m., Sa & Su:  
Closed Winter, Spring & Summer Fun Days  
Programs: M-F, 11 a.m.-5 p.m.

**Amenities:**  
Basketball Court  
Community Center  
Community Garden  
Fitness Stations  
Gymnasium  
Playground  
Weight Room

**Programs:**  
After School Program  
Summer Program  
Summer Food Program  
Fun Day Programs  
Teen Program  
Youth Sports



**Cherry Park**

1901 E. 45th St.  
562.570.1615

Hours: Dawn to Dusk

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Soccer Field  
Softball Fields  
Tennis Courts  
Playground

**Programs:**  
Youth Sports



**College Estates Park**

808 Stevely Ave.  
562.570.1710

Hours: Dawn to Dusk

**Amenities:**  
Basketball Court  
Community Center  
Pickleball Courts  
Playground  
Tennis Courts

**Programs:**  
Youth Sports



**Coolidge Park**

352 E. Neece St.  
562.570.1618

Hours: After School Program: M-F, 3-6 p.m.

**Amenities:**  
Community Center  
Basketball Court  
Dog Park  
Fitness Stations  
Playground  
Softball Field

**Programs:**  
After School Program  
Summer Food Program  
Fun Day Programs  
Youth Sports

**Craftsman Village Park**

851 Orange Avenue  
562.570.3100

Hours: Dawn to Dusk

**Amenities:**  
Playground



**Ed "Pops" Davenport Park**

2910 East 55th Way  
562.570.1665

Hours: Dusk to Dawn

**Amenities:**  
Basketball Court  
Playground

**Programs:**  
Summer Food Program  
Youth Sports



**DeForest Park**

6255 DeForest Ave.

562.570.1620

Hours: Dawn to Dusk

**Amenities:**

- Baseball Field
- Basketball Court
- Community Center
- Futsal Courts
- Nature Trail
- Playground
- Soccer Field
- Softball Fields
- Tennis Court

**Programs:**

- Camp Fire Day Camp
- Camp Fire After School Program
- Summer Food Program
- Youth Sports



**Drake Park**

951 Maine Ave., 562.570.1625

Hours: After School Program: M-F, 3-6 p.m.,  
Sa & Su: Closed

Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Basketball Court
- Community Center
- Playground
- Raquetball Courts
- Skate Park
- Soccer Field
- Softball Field
- Tennis Court

**Programs:**

- After School Program
- Fall Fun Days
- Summer Food Program
- Youth Sports



**El Dorado Regional Park & Nature Center** See page 42.



**El Dorado Park West**

2800 Studebaker Rd.

562.570.3225

Hours: Senior Programs: M-F, 9 a.m.-5 p.m.

Summer Fun Days: M-F, 11 a.m.-5 p.m.

Summer Only Sa & Su: Closed

**Amenities:**

- Baseball Fields
- Basketball Courts
- Community Center
- Disc Golf Course
- Golf Course
- Playground
- Skate Park
- Soccer Fields
- Softball Fields
- Tennis Center

**Programs:**

- Senior Program
- Summer Day Camp Program
- Fun Day Programs
- Youth Sports

**Fellowship Park**

434 E. Willow St

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground

**Freeman Center**

1205 Freeman Ave

562.570.8688

Hours: M-F: 3-7 p.m.

**Amenities:**

- Community Center

**Programs:**

- Teen Programs

**Grace Park**

Elm Ave. & Plymouth St.

562.570.3150

Hours: Dawn to Dusk

**Amenities:**

- Community Garden
- Playground



**Robert Gumbiner Park**

880 E. 7th St.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Performance Area
- Picnic Area
- Playground
- Public Art
- Skate Plaza

**Heartwell Park**

5801 E. Parkcrest St.

562.570.1635

Hours: Dawn to Dusk

**Amenities:**

- Baseball Fields
- Basketball Court
- Community Center
- Playground
- Soccer Fields
- Softball Fields



**Houghton Park**

6301 Myrtle Ave.

562.570.1640

Hours: Senior Program: 9 a.m.-2 p.m.

Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su: Closed

Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Basketball Courts
- Community Center
- Fitness Stations
- Playground
- Skate Park
- Soccer Fields
- Softball Fields
- Tennis Courts
- Weight Room (continued)

(continued) **Houghton Park**

**Programs:**

- After School Program
- Fun Day Programs
- Senior Program
- Summer Day Camp Program
- Summer Food Program
- Teen Program, Youth Sports

**Jackson Park**

1432 Jackson Street

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Dog Park (1800 Jackson)
- Playground



**Lilly Park**

32 Lilly Ave.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground



**Los Altos Park**

4851 Stearns St.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Baseball Field
- Playground
- Softball field



**King, Martin Luther Jr. Park**

1950 Lemon Ave.

562.570.4405

Hours: Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Community Center
- Playground
- Soccer Fields
- Softball Fields
- Swimming Pool

**Programs:**

- After School Program
- Fun Day Programs
- Summer Food Program
- Youth Sports



**Livingston Drive Playground**

4700 Livingston Dr.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground



**Los Altos Plaza Park**

5230 Anaheim Rd.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground



**Locust Tot Lot**

2331 Locust Ave.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground

**Loma Vista Park**

1173 Loma Vista Dr.

562.570.3100

Hours: Dawn to Dusk

**Amenities:**

- Playground



**Long Beach Senior Center**

1150 E. 4th St.

562.570.3500

Hours: M-F: 8 a.m.-4:30 p.m.  
Sa: 10 a.m.-4 p.m.

**Amenities:**

- Fitness Gym
- Friendly Cup Café
- Library
- Thrift Shop Programs
- Bingo
- Craft Classes
- Dance Classes
- Fitness Classes
- Lapidary
- Sewing
- Sing-Along
- Social Dance



**Leeway Sailing Center**

5437 E. Ocean Blvd.

See page 47



**Los Cerritos Park**

3750 Del Mar Ave.  
562.570.3150  
**Hours:** Dawn to Dusk  
**Amenities:**  
Playground  
Tennis Courts



**Ernest McBride Park and California Recreation Center**

1550 Martin Luther King, Jr. Ave.  
562.570.1605  
**Hours:** Senior Program: 9 a.m.-2 p.m.  
Teen Center: M-F, 4-7 p.m.  
Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.- 5 p.m.  
**Amenities:**  
Basketball Court  
Community Center  
Playground  
Skate Park  
Weight/Fitness Room  
**Programs:**  
After School Program  
Fun Day Programs  
Senior Program  
Teen Program  
Youth Sports

**NAACP Freedom Park**

2300 Martin Luther King Jr. Ave.  
562.570.3100  
**Hours:** Dawn to Dusk  
**Amenities:**  
Bike Path



**MacArthur Park**

1321 Anaheim St.  
562.570.1655  
**Hours:** After School Program: M-F: 3-6 p.m.  
M-Th: 3-10 p.m. Sa, 10 a.m.-6 p.m., Su, 9 a.m.-  
6 p.m., Closed Fridays  
**Amenities:**  
Basketball Court  
Community Center  
Homeland Cultural Center, see page 40  
Playground  
**Programs:**  
After School Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



**Miracle Park**

1518 E. 4th St.  
562.570.1787  
**Hours:** Dawn to Dusk  
**Amenities:**  
Playground  
**Programs:**  
Youth Sports

**Orizaba Park**

1435 Orizaba Ave.  
562.570.1427  
**Hours:** Afterschool Program: M-F: 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F: 11 a.m.-5 p.m.  
Be SAFE Summer Program, M-F: 5-8 p.m.  
**Amenities:**  
Basketball Court  
Community Center  
Fitness Stations  
Playground  
Skate Park  
**Programs:**  
After School Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



**Marina Vista Park**

5355 Eliot St.  
562.570.3100  
**Hours:** Dawn to Dusk  
**Amenities:**  
Basketball Court  
Playground  
Pickleball  
Softball Field  
Soccer Field  
Tennis Courts



**Pan American Park**

5157 Centralia St.  
562.570.1660  
**Hours:** Afterschool Program: M-F: 3 to 6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.  
Be SAFE Summer Program: M-F, 5-8 p.m.  
**Amenities:**  
Baseball Fields  
Basketball Court  
Gym  
Playground  
Softball Fields  
**Programs:**  
After School Program  
Summer Day Camp Program  
Fun Day Programs  
Youth Sports



**C David Molina Park**

4951 Oregon Ave.  
562.570.3100  
**Hours:** Dawn to Dusk  
**Amenities:**  
Fitness Stations  
Playground  
Soccer Field  
Walking Path



**Peace Park**

1411 Atlantic Ave.  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:**  
Playground

**Promenade Square**

215 E. First St.  
562.570.3150  
Hours: Dawn to Dusk

**Amenities:**  
Playground



**Ramona Park**

3301 East 65th St.  
562.570.1665  
Hours: After School Program: M-F: 3-6 p.m.  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F: 11 a.m.- 5 p.m.  
Be SAFE Summer Program: M-F: 5-8 p.m.

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Playground  
Soccer Fields  
Tennis Courts

**Programs:**  
After School Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



**Recreation Park**

4900 E. 7th St.  
562.570.1670  
Hours: Dawn to dusk

**Amenities:**  
Band Shell  
Baseball Field  
Casting Pond  
Community Center  
Dog Park  
Golf Courses (9-hole and 18-hole)  
Lawn Bowling Green  
Playground  
Tennis Center  
Softball Stadium  
Volleyball Court

**Rivera, Jennie Memorial Park**

2001 Walnut Ave.  
562.570.3100  
Hours: Dawn to Dusk

**Amenities:** Playground

**Rosie the Riveter Park**

Clark and Conant Ave.  
562.570.3100  
Hours: Dawn to dusk

**Amenities:**  
Benches  
Walking Path  
Memorial Wall



**Scherer Park**

4600 Long Beach Blvd.  
562.570.1674  
Hours: Afterschool Program M-F, 3-6 p.m.  
Summer Fun Days: M-F, 11 a.m.-5 p.m.  
Summer Only

**Amenities:**  
Basketball Court  
Community Center  
Dog Park  
Playground  
Tennis Courts

**Programs:**  
Fun Day Programs  
Youth Sports



**Seaside Park**

1401 Chestnut Ave.  
562.572.5126  
Hours: Afterschool Program: M-F, 3-5:30 p.m., Sa & Su 11 a.m.-3 p.m.  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**  
Basketball Court  
Playground  
Soccer Fields

**Programs:**  
After School Program  
Fun Day Programs  
Youth Sports



**Silverado Park**

1545 W. 31st St.  
562.570.1675  
Hours: Senior Program: 9 a.m.-2 p.m.  
Afterschool Program: M-F, 3-6 p.m.  
Teen Program: M-F, 3-7 p.m.  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**  
Baseball Fields  
Basketball Court  
Community Center  
Playground  
Pool  
Softball Fields  
Skate Park  
Tennis Courts

**Programs:**  
After School Program  
Fun Day Programs  
Senior Programs  
Summer Day Camp Program  
Summer Food Program  
Teen Programs  
Youth Sports



**Somerset Park**

1500 E. Carson St.  
562.570.1690

**Hours:** After School Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Basketball Court
- Community Center
- Playground
- Tennis Courts
- Volleyball Court

**Programs:**

- After School Program
- Fun Day Programs
- Summer Food Program
- Youth Sports



**Veterans Park**

101 E. 28th St.  
562.570.1695

**Hours:** Afterschool Program: M-F, 2:30-  
5:30 p.m.  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Basketball Court
- Community Center
- Playground
- Soccer Fields
- Tennis Courts

**Programs:**

- After School Program
- Fun Day Programs
- Summer Day Camp Program
- Summer Food Program
- Youth Sports

(continued) **Programs:**  
After School Program  
Summer Day Camp Program  
Fun Day Programs  
Summer Food Program  
Youth Sports



**Whaley Park**

5620 Atherton St.  
562.570.1710

**Hours:** Afterschool Program: M-F, 2:30-5:30  
p.m., Sa & Su: Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Basketball Court
- Community Center
- Playground
- Soccer Field
- Softball Fields

**Programs:**

- After School Program
- Summer Day Camp Program
- Fun Day Programs
- Youth Sports



**Stearns Champions Park**

4520 E. 23rd St.  
562.570.1685

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F, 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Basketball Court
- Community Center
- Playground
- Softball Fields

**Programs:**

- Adaptive Recreation Classes
- After School Program
- Fun Day Programs
- Summer Day Camp Program
- Summer Food Program
- Youth Sports



**Wardlow Park**

3457 Stanbridge Ave.  
562.570.1705

**Hours:** Afterschool Program: M-F, 3-6 p.m.,  
Sa & Su, Closed  
Winter, Spring & Summer Fun Days Programs:  
M-F: 11 a.m.-5 p.m.

**Amenities:**

- Baseball Fields
- Basketball Court
- Community Center
- Playground
- Soccer Fields
- Softball Fields

**We are:**

- 170 parks
- 26 community centers
- 2 historic sites
- 2 major tennis centers
- 5 golf courses
- Long Beach Animal Care Services Bureau
- the largest municipally operated marina system in the nation
- 6 miles of beaches



# ADULT 50+ CLASSES

## DANCE

### ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.

Daniel Finch		Long Beach Senior Center			
35329	50 Yrs+	12/4-12/18	7-9:30 p.m.	W	\$6
35330	50 Yrs+	1/8-1/29	7-9:30 p.m.	W	\$7
35331	50 Yrs+	2/5-2/26	7-9:30 p.m.	W	\$7

### BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Bring a smile and your dance shoes. Fee per person, per class.

Candis Davis		Long Beach Senior Center			
34905	50 Yrs+	12/3-1/31	1-2 p.m.	Tu	\$5
34906	50 Yrs+	1/7-1/28	1-2 p.m.	Tu	\$5
34907	50 Yrs+	2/4-2/25	1-2 p.m.	Tu	\$5
Candis Davis		El Dorado Park West			
34908	50 Yrs+	12/4-12/18	10:30-11:30 a.m.	W	\$5
34909	50 Yrs+	1/8-1/29	10:30-11:30 a.m.	W	\$5
34910	50 Yrs+	2/5-2/26	10:30-11:30 a.m.	W	\$5

### ROUND DANCE - ADVANCED

Advanced class consists of clinic on figures and choreography followed by cued round dances. Fee per person, per class. \*No class: 12/23, 12/30, 1/20 & 2/17.

Edward Patrick		Long Beach Senior Center			
34911	50 Yrs+	12/14-12/14	11 a.m.-4 p.m.	Sa	\$5
34912	50 Yrs+	1/11-1/11	11 a.m.-4 p.m.	Sa	\$5
34913	50 Yrs+	2/8-2/8	11 a.m.-4 p.m.	Sa	\$5
34917	50 Yrs+	12/2-12/16*	7-10 p.m.	M	\$5
34918	50 Yrs+	1/6-1/27*	7-10 p.m.	M	\$5
34919	50 Yrs+	2/3-2/24*	7-10 p.m.	M	\$5

### ROUND DANCE - INTERMEDIATE-ADVANCED

Transition to advanced class consists of clinic on figures and choreography followed by cued round dances. Fee per person, per class.

Edward Patrick		Long Beach Senior Center			
34914	50 Yrs+	12/3-12/17	7-10 p.m.	Tu	\$5
34915	50 Yrs+	1/7-1/28	7-10 p.m.	Tu	\$5
34916	50 Yrs+	2/4-2/25	7-10 p.m.	Tu	\$5

### SENIOR LINE DANCING

Have fun learning new dances. Great exercise dancing to all types of music. No experience needed. Come with a friend and meet new people. Fee per person, per class.

Janet Karter		El Dorado Park West			
34935	50 Yrs+	1/9-1/30	1-2 p.m.	Th	\$3
34936	50 Yrs+	2/6-2/27	1-2 p.m.	Th	\$3

## FITNESS

### CHAIR BASED YOGA NEW

Not your typical chair yoga class! Suitable for beginners as well as experienced yoga students, this class incorporates the use of a chair for various poses and movements. Meditation, breathing and relaxation techniques are also included. Please bring a yoga mat, blocks and strap. Walk in fee available.

Lacey Marsac		Wardlow Park			
35401	50 Yrs+	12/4-12/18	9-10 a.m.	W	\$24
35403	50 Yrs+	1/8-1/29	9-10 a.m.	W	\$32
35405	50 Yrs+	2/5-2/26	9-10 a.m.	W	\$32

### FUNCTIONAL MOVEMENT & BALANCE NEW

We will work on balance, mobility, agility, and strength using games, our bodies, and weights. You will leave class feeling energized, strong and ready to face the rest of your day. All fitness levels welcome. Instructor Tami Santy is certified by the Functional Aging Institute and ACE Fitness. Bring a mat and light dumbbells to class. Fee per person, per class.

Tami Santy		Wardlow Park			
35332	50 Yrs+	12/2-12/16	8:30-9:30 a.m.	M	\$5
35335	50 Yrs+	1/6-1/27	8:30-9:30 a.m.	M	\$5
35337	50 Yrs+	2/3-2/24	8:30-9:30 a.m.	M	\$5

### GENTLE YOGA - ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Fee per person, per class.

Silvana Behrens		Recreation Park			
34979	50 Yrs+	12/2-1/13	9:45-10:45 a.m.	M	\$13
34980	50 Yrs+	1/20-2/24	9:45-10:45 a.m.	M	\$13

### GENTLE YOGA - LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Fee per person, per class. \*No class: 12/26 & 1/2.

Silvana Behrens		Recreation Park			
34981	50 Yrs+	12/5-1/16*	9:45-10:45 a.m.	Th	\$13
34982	50 Yrs+	1/23-2/27	9:45-10:45 a.m.	Th	\$13

### SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
34920	50 Yrs+	12/3-12/31	10-11 a.m.	Tu Th	\$4
34921	50 Yrs+	1/2-1/30	10-11 a.m.	Tu Th	\$4
34922	50 Yrs+	2/4-2/27	10-11 a.m.	Tu Th	\$4

### ZUMBA® GOLD

A fun Latin inspired fitness program that includes a variety of dances. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
34923	50 Yrs+	12/6-12/27	8:45-9:45 a.m.	F	\$4
34924	50 Yrs+	1/3-1/31	8:45-9:45 a.m.	F	\$4
34925	50 Yrs+	2/7-2/28	8:45-9:45 a.m.	F	\$4

### ZUMBA® GOLD

A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. This amazing full body workout will leave you feeling invigorated! There is no wrong way - if you are moving and smiling, you are doing it right. Walk in fee available. \*No class: 2/15.

Sabrina Thomas		Long Beach Senior Center			
34963	50 Yrs+	12/7-12/21	11:30 a.m.-12:30 p.m.	Sa	\$10
34964	50 Yrs+	1/4-1/25	11:30 a.m.-12:30 p.m.	Sa	\$10
34965	50 Yrs+	2/1-2/29*	11:30 a.m.-12:30 p.m.	Sa	\$10

### ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
34926	50 Yrs+	12/4-12/18	9-10 a.m.	W	\$4
34927	50 Yrs+	1/8-1/29	9-10 a.m.	W	\$4
34928	50 Yrs+	2/5-2/26	9-10 a.m.	W	\$4

# Senior Programs 50+



## FUN FOR ADULTS 50+



LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.

# SENIOR CENTERS



### SENIOR SOFTBALL LEAGUE

Call 562.570.1736 or visit [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach)

- Arts
- Cultural experiences
- Dance
- Fitness
- Life-long learning opportunities
- Enrichment
- Health and social services
- Nutrition
- Excursions
- Drop-in events
- Special events
- Volunteerism
- Special interest groups

### California Recreation Center at McBride Park

1550 Martin Luther King Jr. Ave.  
562.570.1605  
M - F, 9 a.m. - 2 p.m.

### Cesar E. Chavez Park

401 Golden Ave.  
562.570.8890  
M - F, 9 a.m. - 2 p.m.

### El Dorado Park West

2800 Studebaker Rd.  
562.570.3227  
M - F, 9 a.m. - 5 p.m.

### Expo Center

4321 Atlantic Ave.  
562.595.1665  
T - Th, 9 a.m. - 2 p.m.

### Houghton Park

temporarily located at:  
**Ramona Park**  
3301 E. 65th St.  
570-1665  
M - F, 9 a.m. - 2 p.m.



### Long Beach Senior Center

1150 E. 4th Street  
562.570.3500  
M - F, 8 a.m. - 4:30 p.m.  
Sa, 10 a.m. - 4 p.m.

### Silverado Park

1545 W. 31st Street  
562.570.1675  
M - F, 9 a.m. - 2 p.m.

For more information visit:

<http://bit.ly/2m0tN06>



# HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park (562) 570-1655

Hours: Monday-Tuesday 3-10 p.m., Wednesday-Thursday 3-9:30 p.m.

Closed Fridays, Saturday 10 a.m.- 6 p.m., Sunday 9 a.m.-6 p.m.



## FREE CLASSES AND WORKSHOPS!

Winner of Excellence California Park & Recreation Society.



Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.



### Afrikan Drum/Dance

10 a.m.-4 p.m. .... Sa

### AIM Urban Poetry Workshop

7-9 p.m. .... Tu

### Aztec Dance

7-9 p.m. .... W

### Ballet Folklorico

5-7 p.m. .... Tu

### Bokator (Martial Arts)

7-9 p.m. .... Th

### Breakdancing for Kids

4-6 p.m. .... Tu

### Popping and Break Dancing

6-10 p.m. .... M, Tu

### Cambodian Art and Music

2-4 p.m. Bi-weekly .... Sa

### Drums

4-6 p.m. .... Tu

### Hmong Arts

9 a.m.-2 p.m. .... Su

### Instant Band

(Music Improvisations)

4-6 p.m. .... Sa

### Krump Dance

7-9 p.m. .... Th



### Micronesian Arts

2-6 p.m. .... Su

### Movie Makers Workshop

11 a.m.-1 p.m. .... Su

### Printmaking

6-9 p.m. .... Th

### Happy Senior Line Dance

3-5 p.m. .... Tu, W



## PRM Strategic Plan Update

Long Beach Parks, Recreation, and Marine Department (PRM) is well underway with an effort to create a new strategic plan that will cover a 10-year period, from 2020-2030, and will guide operational, staffing and budgeting decisions for the Department.

A community survey available in multiple languages was widely promoted at all community centers and at summer events and completed in August. PRM staff also participated by identifying what they felt were “strengths, weaknesses, opportunities and threats” in the PRM operation. The information from the community and staff surveys is being analyzed.

In early 2020, PRM will invite community members to share their ideas at community conversations and PRM Director listening sessions in all City Council Districts.

The new Strategic Plan is scheduled for completion in summer 2020. Visit [www.longbeach.gov/park/business-operations/about/prm-strategic-plan/](http://www.longbeach.gov/park/business-operations/about/prm-strategic-plan/) for the news about upcoming strategic plan events.



Long Beach Parks Make Life Fun



# We make it **easy** to keep **moving** forward.



**CONNECTED**  
SENIORS CLUB



Stay in control of your journey with Long Beach Transit. There's no better time to experience your city than the cool and relaxing winter season, and there's no limit to what you can do when you explore it by bus. Join the Connected Seniors Club and ride with confidence - and your friends - to your favorite destinations. Visit [ridelbt.com/seniors](https://ridelbt.com/seniors) to get your Senior TAP Card.



# EL DORADO NATURE CENTER

7550 East Spring Street  
(562) 570-1745  
[www.longbeach.gov/naturecenter](http://www.longbeach.gov/naturecenter)

## NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.-5 p.m.  
Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a rewarding getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

## FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

## DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, January 11 & February 8, 10 a.m.-3 p.m. Adults only. \$80 per person for unit of two classes. Supports Friends of El Dorado Nature Center. Pre-registration is required. Call (562) 570-1745.

## DISCOVERY TOURS

Pre-registration is required. Call (562) 570-1745.

### YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ hour program. \$6 per person.

### BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Ages 3-5. 1½ hour program. \$5 per person.

### GUIDED SCHOOL TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. Two hour program. Grades K-4, \$6 per person. Grade 5, \$8 per person.

### EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program.

In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. Two -hour program. \$8 per person.

## PRE-SCHOOL AGE PROGRAMS

Pre-registration is required at [www.lbparks.org](http://www.lbparks.org).

### PARENT & ME WORKSHOPS

Ages: 18 months - 5 years. 10-11:30 a.m. \$20 per class.

Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

#### Winter Kaleidoscope

Winter is almost here! Let's go for a walk and find all the colors of the rainbow everywhere around us. Filled with inspiration, we'll work together and create a special handmade gift to take home, using natural and recycled items.

35811 December 11

#### Pinecone Quest

Join us as we search for all the different shapes, sizes and textures we can find! We'll get squirrely as we discover just how important these sappy seed carriers really are to the animals that love them.

35812 January 8

#### We ♥ Bugs!

Join us for a walk on the trails investigating incredible insects! We'll also make our very own nature inspired valentines for the love bugs in our lives.

35810 February 12



### TAILS & TRAILS

Ages: 18 months-5 years. 10-11:30 a.m. \$20 per class.

Investigate the wonders of the Nature Center with your child while exploring the trails. Enjoy stories, songs and hands-on activities designed to build a love of the outdoors and a budding sense of stewardship. Parent participation required.

35822 January 22

**Go wild for Ducks!**

35823 February 26

**Skunk-O-Rama!**

## NEW! WINTER FUNDAY MONDAYS! PARENT & ME WORKSHOPS

Pre-registration is required at [www.lbparks.org](http://www.lbparks.org).

Ages: 18 months - 5 years. 10-11:30 a.m. \$20 per class.

Join us for wintry fun exploring the trails! Parent participation required.

#### A Cozy Winter Home

It's the coldest time of the year at the Nature Center. Some animals find a snug spot to tuck away and keep warm, while others come to visit just for a while. We'll travel the trails looking for signs of familiar friends and new faces. Bundle up, it's time to explore!

35824 December 23

#### Winter Showers Bring Spring Flowers

Join us, habitat helpers! Before the rains come, we will support our pollinator pals by sprinkling wildflower seeds throughout the Nature Center. We will also make a special flowery gift to take home!

35825 December 30

## WINTER BREAK WORKSHOPS

Pre-registration is required at [www.lbparks.org](http://www.lbparks.org).

Join us for vacation fun at the Nature Center! Ages 5-8. Children must have Kindergarten experience. 9:00 a.m.-noon. \$20 per class.

#### Creativity Abounds!

Get inspired! We will celebrate the bounty of nature as we explore the trails. Along the way, we'll gather treasures to use in making our own unique nature masterpiece.

35815 December 24

### The Radical Relationship Between Rain and Roots

Rain is a welcome friend during the winter and the plants in the Nature Center enjoy a good soak. Join us for some hands-on fun as we get down-and-dirty caring for native plants and investigating how they provide food and shelter for animals during winter.

35817 December 27

### We've Got You Covered!

Is it camouflage or a warning? You can tell a lot about an animal from the color and texture of their body covering. Discover how fur, feathers, and scales can help Nature Center creatures survive out on the trails.

35816 December 31

### Slip Slidin' Away

Slow moving, slimy and such an important part of the Nature Center's habitat, snails and slugs play their part in the web of life with gusto. And they're cute. Really. Come see for yourself.

35821 January 2

### Whooo's That?

They come out at night; secretive, silent, and stealthy. We'll get wise to the special abilities that help owls thrive after the sun goes down.

35820 January 3



## CELEBRATE BIRDS!

### THE GREAT BACKYARD BIRD COUNT

Become a scientist for the day! Help count our local feathery friends and discover why they are so important. The data collected helps scientists understand more about bird populations and migration. No experience necessary. All ages.

Saturday, February 15, 9 a.m. – noon. Free Program.

### EL DORADO AUDUBON SOCIETY MEETING

Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursday Evenings, December 19, January 16, & February 20, 7:30 p.m. Free Program.

### EL DORADO AUDUBON SECOND SUNDAY BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for this morning walk through the Nature Center.

Sundays, December 8, January 12, & February 9, 8 a.m. Free Program.

## VOLUNTEER OPPORTUNITIES/SERVICE LEARNING

Pre-registration is required. Call (562) 570-1745.

### 1ST SATURDAY STEWARDS

Enjoy the great out-of-doors and support this important habitat. We may plant, rake, water, or weed, depending on the season and what Mother Nature needs to stay healthy. Wear sturdy shoes and bring water and sunscreen. Saturdays, Dec. 7, Jan. 4, Feb. 1, 10 a.m.-noon.

### WETLAND WARRIORS CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

3rd Saturday, December 21, January 18, & February 15, 10 a.m. - noon. Meet next to 101 Golden Shore Ave.

### EL DORADO REGIONAL PARK CLEANUP

Join fellow park-lovers to clean up fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Meet at the parking lot next to the pedal boat dock in Area III. 4th Saturday, December 28, January 25, February 22, 9-10 a.m.

# EL DORADO EAST REGIONAL PARK

7500 Spring Street  
(562) 570-1771

**HOURS:** Fall/Winter: 7 a.m.-5 p.m.  
November 1-February 28  
Spring/Summer: 7 a.m.-8 p.m.  
March 1-October 31

## VEHICLE ENTRY FEES

### CASH OR CARDS:

M-Th: \$5 • F: \$6 • Sa and Su: \$7 • Holidays: \$8  
School Buses: \$30 • Other buses: \$35 daily

## ANNUAL PARKING PASSES

- General \$60 Each
  - Seniors ages 50+/Disabled Fee: \$35 Each
- Parking passes are available for purchase at:

**Long Beach Parks, Recreation & Marine  
Administration Office**  
2760 Studebaker Road  
Administration Office hours: M-F, 8 a.m.-5 p.m.

**El Dorado Nature Center**  
7550 E. Spring Street.  
Center hours: Tu-Su, 8:30 a.m.-4 p.m.

## AMENITIES AND SERVICES



- Archery range with target butts
- Barbecue grills-first come, first served
- Bicycle trails-paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked fishing lakes (license required for 16+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center-Closed Mondays
- Park Ranger supervision
- Physical Fitness Course-12 stations-Area II
- Picnic areas-first come, first served, and reserved areas
- Picnic shelters-reservable
- Playgrounds
- The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 11 a.m.-5 p.m., Saturdays and Sundays, rain permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)249-8330. Our new website address is: [www.theeldoradofrontier.com](http://www.theeldoradofrontier.com).
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals-Wheel Fun Rentals, call (805) 650-7770.

## RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541

[www.RanchoLosAlamitos.org](http://www.RanchoLosAlamitos.org)

**PUBLIC HOURS:** Wednesday- Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at  
Anaheim and Palo Verde.

Free admission.



Rancho Los Alamitos is a National Register site home to diverse cultures for more than 1,500 years. It includes a ranch house c.1790-1933 with a core of adobe, four acres of historic gardens, an interpretive center, and a restored barnyard area which houses horses, sheep, goats, chickens, ducks and rabbits. Guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Garden tours are self-guided. Free admission and parking.

### MUSEUM SHOP OPEN HOUSE AND ARTIST EVENT

Saturday, November 9, 1-5 p.m. Free Admission

This year we are excited to include local Artisans and Craftsmen presenting unique jewelry, glass products, specialty foods, candles, home & garden décor and more! Get an early start on your holiday shopping in a beautiful and relaxed setting while enjoying complimentary light refreshments. Shop local and support the Rancho!

### HOLIDAY WORKSHOP - FUN & USEFUL IDEAS FOR THE HOLIDAYS

Saturday, November 23, 9:30 a.m.-12:30 p.m. \$89 per person (\$69 per RLA member) Before the start of the hectic holiday season, spend a Saturday morning at tranquil Rancho Los Alamitos with Chef Andrew Anderson, creating festive holiday decorations and sampling delectable seasonal foods for your holiday table. Advance Reservations Required.

### BREAKFAST WITH SANTA

Saturday, December 7, 9 a.m.-noon. Adult Admission \$26 (RLA Member Adult \$22) Child/Grandchild \$20 (RLA Member Child/Grandchild \$16) Family and friends gather once again at Rancho Los Alamitos to create another year of holiday memories. Please join us and be part of the fun at the Rancho's signature event. Advance reservations required.

### A DECEMBER TO REMEMBER - HOLIDAY OPEN HOUSE

December 11-13, 4-7:00 p.m. Free Admission

Light up your holiday plans and enjoy an evening visit to Rancho Los Alamitos. Tour the beautifully decorated ranch house, and listen to festive seasonal music while you enjoy refreshments served under the brightly trimmed eaves of the barn. The Rancho Gift Shop will be open for your shopping pleasure. Reservations required for parking.

## RANCHO LOS CERRITOS HISTORIC LANDMARK

4600 North Virginia Road

(562) 206-2040 • [www.RanchoLosCerritos.org](http://www.RanchoLosCerritos.org)

**Rancho Hours:** Wednesday-Sunday, 1- 5 p.m.

**Closed:** Veteran's Day, November 11th

Thanksgiving, November 28th and 29th



Rancho Los Cerritos is a National, State and Long Beach Historic Landmark. Free guided tours of the 1844 historic adobe home are offered during museum hours. Docent-led tours of the gardens are available on Saturday and Sunday afternoons or by request. Spanish language tours are available on the fourth Sunday of the month and by request. Special tours for youth groups and home-schoolers are available by request. Register for events at [www.RanchoLosCerritos.org/events](http://www.RanchoLosCerritos.org/events).



### WINTER HOLIDAY CLOSURES

December 24-25, December 31, January 1, January 20, February 17

### STORY TIME

Tuesday Mornings 9:30 a.m.

Every Tuesday morning in the RLC library from 9:30 to 10 a.m. Sing songs, hear stories, and make new friends. No RSVP is necessary. Rain or shine. FREE.



### BIRD WALK

Second Thursdays 8-9:30 a.m.

Stroll through the grounds of the historic Rancho and watch both resident birds and seasonal migrants. Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable closed toed shoes and bring a hat and binoculars, if you have them. We also have a limited number of binoculars to lend, thanks to the generosity of Vortex Optics. No RSVP is necessary. Rain cancels. FREE.

## CREATION STATION

First Saturdays January and February 1-4 p.m.

Get creative with history! Use and experiment with a wide variety of colorful and natural materials, children can create seasonal arts and crafts. Rain or shine. FREE.

## HOLIDAY EVENTS



### COCOA WITH SANTA

Savor delicious cocoa and treats, make holiday crafts, enjoy stories, and a meet and greet with Santa and Mrs. Claus.

Thursday December 5, 4-5:30 p.m.; Friday December 6, 4-5:30 p.m.; Saturday December 7, 11:00 a.m.-12:30 p.m. Tickets \$20. Available online while supplies last, limited seating. Sales start Friday, November 1 at 10 a.m.

### HOME FOR THE HOLIDAYS AT RLC

Sunday, December 8, 1-4 p.m.

Discover the history and traditions of 19th century celebrations, meet Santa, make old-fashioned crafts, sip warm cider, and see the Rancho beautifully decorated for the holidays. Tickets \$5 available online and at the door.

### CANDLELIGHT TOUR

Saturday, December 14, 5:30-8:30 p.m.

Experience a century of holiday traditions, as you stroll the Rancho by candlelight and encounter costumed characters from RLC's past. The program lasts approximately one hour, concluding with festive holiday music and treats in the backyard. Tickets \$20 general admission, \$15 for members; available online while supplies last.

## GARDEN CLASSES

Register for classes at [www.TheodorePayne.org](http://www.TheodorePayne.org)

### PART 1: THE POWER OF PLANTS: GROWING A SUSTAINABLE FUTURE PART 2: RIGHT PLANT, RIGHT PLACE

January 22 1-4 p.m. Instructor: Erin Johnson

This lecture illustrates the beauty and ecological benefits of California's native wild flowers and plants. Discover the diversity of native flora and how its use reduces pesticides, conserves water, and transforms sterile spaces into thriving habitats that support birds, butterflies, pollinators, and the well-being of all our communities.

Knowing native habitats can help you choose the right plants for your place. This course discusses local plant communities and their conditions, as well as how to assess the conditions of your garden site, including climate, soil, sunlight and space. A valuable class for beginners and the prerequisite for Theodore Payne Foundation's Three-Part Native Garden Design Course.

## NATIVE PLANT GARDEN MAINTENANCE

February 5, 1-4 p.m. Instructor: Erin Johnson

Subjects covered include watering, fertilizing (or not), grooming, mulching, pest management and other aspects of garden maintenance. You'll also discover how native plants respond to pruning cuts (good and bad), what we trigger with our gardening activities, and how to develop good maintenance goals. {A tour of the Rancho native gardens will follow}; bring your hat and water bottle!

## VOLUNTEER OPPORTUNITIES

To RSVP for volunteer events: go online, call 562-206-2045, or e-mail [LauraW@RanchoLosCerritos.org](mailto:LauraW@RanchoLosCerritos.org).

### VOLUNTEER OPEN HOUSE

Friday January 24 10-11:30 a.m.

Learn about our upcoming volunteer opportunities!

### HOUSE DOCENT TRAINING

Starts Saturday February 22, 9:30 a.m.-12:30 p.m. Explore the history of the land and people of the Rancho. Learn to guide visitors through the historic adobe home. Training meets for 7 consecutive weeks.

### GARDEN DOCENT TRAINING

Starts Friday January 31, 9 a.m.-1 p.m. Discover the Rancho's many garden 'rooms' and how Rancho families used them. Learn about the site's historic plants, and share these stories with the public. Training meets for 5 weeks.



### SCHOOL TOURS

Adobe Days Revisited field trips allow fourth-graders to visit Jotham Bixby's bustling sheep ranch, circa 1878. Costumed interpreters invite students to see the house, learn about the garden, do chores in the workshop, and touch historical objects in the library. Adobe Days Revisited program is offered on Monday, Wednesday, and Thursday mornings, October-June. The fee is \$100 per class, and the site can accommodate up to 72 children per day. Register at [www.RanchoLosCerritos.org](http://www.RanchoLosCerritos.org).

Rancho Adventure tours for homeschoolers, scouts, or other youth groups (6-30 elementary-aged children) encourage children to learn about daily life on a 19th century ranch by exploring the adobe house, doing historic chores, and playing old-fashioned games. These fast-paced tours last approximately 90 minutes and can be scheduled during public hours. The fee is \$5 per person. Please call (562) 206-2045 to schedule.

## SITE RENTALS

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site. Contact Mallory Rydell, Special Events Coordinator. Direct line: 562-206-2055 or by email at: [MalloryR@RanchoLosCerritos.org](mailto:MalloryR@RanchoLosCerritos.org).

# BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

## GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80-82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. THURSDAY, NOVEMBER 28 (THANKSGIVING); WEDNESDAY, DECEMBER 25 (CHRISTMAS DAY); WEDNESDAY, JANUARY 1 (NEW YEAR'S DAY); MONDAY, JANUARY 20 (MLK Day); MONDAY, FEBRUARY 17 (PRESIDENTS' DAY).



### OPEN SWIM FEES

Youth, ages 17 Yrs & under: \$1  
 Seniors, ages 50 Yrs & over: \$3  
 Adults, ages 18-49 Yrs: \$4

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$58, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

### LAP SWIM

M-F 5:30-9:30 a.m.  
 M/W/F 10 a.m.-2 p.m.  
 Tu/Th 11 a.m.-2 p.m.  
 Tu/Th 7-9 p.m.  
 Sa & Su 8 a.m.-noon

### ALL AGES RECREATION SWIM

M/W 7-9 p.m.  
 Sa & Su noon-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: [http://www.longbeach.gov/park/recreation/aquatics/pools/belmont\\_plaza\\_pool.asp](http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp)

### WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.  
 Tu/Th 7:10 p.m.-8 p.m.  
 Deep Water Exercise: M/W/F/Su 10-10:50 a.m.

## SWIM LESSONS

Class options: Saturday mornings January-February. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line at [lbparcs.org](http://lbparcs.org) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbparcs.org> to register online.

### REGISTRATION DATES

<b>Lessons Starting Date:</b>	<b>Registration Begins:</b>
1/4 – 2/22 (Saturdays)	11/ 23 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.



### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

35454	13 Yrs +	1/4-2/22	8-8:50 a.m.	Sa	\$52
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### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

35457	6-12 Yrs	1/4-2/22	10-10:25 a.m.	Sa	\$44
35458	6-12 Yrs	1/4-2/22	11-11:25 a.m.	Sa	\$44

### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

35459	6-12 Yrs	1/4-2/22	10-10:25 a.m.	Sa	\$44
35460	6-12 Yrs	1/4-2/22	11:30-11:55 a.m.	Sa	\$44

### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

35461 6-12 Yrs 1/4-2/22 10:30-10:55 a.m. Sa \$44

### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

35462 6-12 Yrs 1/4-2/22 8:30-8:55 a.m. Sa \$44

### AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

35463 6-12 Yrs 1/4-2/22 8-8:25 a.m. Sa \$44

### AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

35464 9 Mths-2 Yrs 1/4-2/22 9-9:25 a.m. Sa \$44

35465 9 Mths-2 Yrs 1/4-2/22 11:30-11:55 a.m. Sa \$44

### AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

35466 3-5 Yrs 1/4-2/22 9-9:25 a.m. Sa \$44

35467 3-5 Yrs 1/4-2/22 10:30-10:55 a.m. Sa \$44

### AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

35468 3-5 Yrs 1/4-2/22 9:30-9:55 a.m. Sa \$44

35469 3-5 Yrs 1/4-2/22 11-11:25 a.m. Sa \$44

### AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

35470 3-5 Yrs 1/4-2/22 9:30-9:55 a.m. Sa \$44

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Enroll to the wait list online at no cost. Pool staff will fill all available slots from the wait list. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings January-February. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

### AQUATICS - BELMONT PRIVATE SWIM LESSONS

35455 9 Mos & Up 1/4-2/22 8 a.m.-noon Sa \$160

### AQUATICS - BELMONT SEMI PRIVATE SWIM LESSONS

35456 9 Mos & Up 1/4-2/22 8 a.m.-noon Sa \$103

## LEEWAY SAILING CENTER

5437 East Ocean Boulevard • (562) 570-1719

### GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing (All Seasons) and kayaking (Spring/Summer). All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. LEEWAY CLOSED SATURDAY, NOVEMBER 30-WEDNESDAY, JANUARY 1.

### BEGINNING CAPRI SAILING (14' BOATS) 13 Yrs & up

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

35845 1/4-1/25 9 a.m.-noon Sa \$120

35846 2/1-2/22 9 a.m.-noon Sa \$120

35847 1/5-1/26 9 a.m.-noon Su \$120

35848 2/2-2/23 9 a.m.-noon Su \$120

### BEGINNING SABOT SAILING (8' BOATS) 8 Yrs & up

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

35849 1/4-1/25 9 a.m.-noon Sa \$120

35850 2/1-2/22 9 a.m.-noon Sa \$120

### INTERMEDIATE CAPRI SAILING (14' BOATS) 13 Yrs & up

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

35851 1/5-1/26 12:30-3:30 p.m. Su \$120

35852 2/2-2/23 12:30-3:30 p.m. Su \$120

### INTERMEDIATE SABOT SAILING (8' BOATS) 8 Yrs & up

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

35853 1/4-1/25 12:30-3:30 p.m. Sa \$120

35854 2/1-2/22 12:30-3:30 p.m. Sa \$120

### KEELBOAT CLASS 13 Yrs & up

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

35855 1/5-1/26 10 a.m.-2 p.m. Su \$120

35856 2/2-2/25 10 a.m.-2 p.m. Su \$120

### PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

### SAIL CLUB

A rental program offered on Saturdays from noon-5 p.m. year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$95 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour

# KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

## GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED: MONDAY, DECEMBER 9 – SUNDAY, DECEMBER 22 (Pool Maintenance). WEDNESDAY, DECEMBER 25 (CHRISTMAS DAY); WEDNESDAY, JANUARY 1 (NEW YEARS DAY); MONDAY, JANUARY 20 (MLK DAY); MONDAY, FEBRUARY 17 (PRESIDENTS' DAY).**



### OPEN SWIM FEES

Youth, 17 yrs & under:	\$1
Senior Citizens, 50 yrs & up:	\$2
Adults, 18-49 yrs:	\$3

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass is valid for 25 visits. Fees may be subject to change.

### LAP SWIM

Tu/Th/F	6-8 a.m.
Tu/Th/F	noon-2 p.m.
Tu/Th	9-11 a.m.
Sa/Su	noon-1 p.m.

### ALL AGES RECREATION SWIM

Sa/Su	1-3:30 p.m.
Tu/Th/F	2:30-4 p.m.
Tu/Th	6:30-8 p.m.

### WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water Exercise:	Tu/Th/F	6:30-7:20 a.m.
Shallow Water Exercise:	Tu/Th/F	8-8:50 a.m.
	M/W	6-6:50 p.m.

## SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online at [lbparcs.org](http://lbparcs.org) or at King Park Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit [www.lbparcs.org](http://www.lbparcs.org) to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

### REGISTRATION DATES

Lessons Starting Date:	Registration Begins:
1/4-2/22 (Saturdays)	11/16/19 at 8 a.m.
1/7-1/30 (Tuesday/ Thursday)	11/26/19 at 8 a.m.
2/4-2/27 (Tuesday/ Thursday)	1/21/20 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class no later than one week prior to the beginning of the session.



### AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

35784	9 Mos-3 Yrs	1/4-2/22	11-11:25 a.m.	Sa	\$32
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### AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

35780	3-5 Yrs	1/4-2/22	10-10:25 a.m.	Sa	\$32
35788	3-5 Yrs	1/7-1/30	4-4:25 p.m.	Tu/Th	\$32
35798	3-5 Yrs	2/4-2/27	4-4:25 p.m.	Tu/Th	\$32

### AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

35782	3-5 Yrs	1/4-2/22	10:30-10:55 a.m.	Sa	\$32
35790	3-5 Yrs	1/7-1/30	4:30-4:55 p.m.	Tu/Th	\$32
35800	3-5 Yrs	2/4-2/27	4:30-4:55 p.m.	Tu/Th	\$32

### AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

35792	3-5 Yrs	1/7-1/30	5-5:25 p.m.	Tu/Th	\$32
35802	3-5 Yrs	2/4-2/27	5-5:25 p.m.	Tu/Th	\$32



### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

35783	6-12 Yrs	1/4-2/22	11-11:25 a.m.	Sa	\$32
35787	6-12 Yrs	1/7-1/30	4-4:25 p.m.	Tu/Th	\$32
35789	6-12 Yrs	1/7-1/30	4:30-4:55 p.m.	Tu/Th	\$32
35797	6-12 Yrs	2/4-2/27	4-4:25 p.m.	Tu/Th	\$32
35799	6-12 Yrs	2/4-2/27	4:30-4:55 p.m.	Tu/Th	\$32

### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

35781	6-12 Yrs	1/4-2/22	10:30-10:55 a.m.	Sa	\$32
35794	6-12 Yrs	1/7-1/30	5:30-5:55 p.m.	Tu/Th	\$32
35804	6-12 Yrs	2/4-2/27	5:30-5:55 p.m.	Tu/Th	\$32

### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

35785	6-12 Yrs	1/4-2/22	11:30-11:55 a.m.	Sa	\$32
35795	6-12 Yrs	1/7-1/30	6-6:25 p.m.	Tu/Th	\$32
35805	6-12 Yrs	2/4-2/27	6-6:25 p.m.	Tu/Th	\$32

### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

35786	6-12 Yrs	1/4-2/22	11:30-11:55 a.m.	Sa	\$32
35796	6-12 Yrs	1/7-1/30	6-6:25 p.m.	Tu/Th	\$32
35806	6-12 Yrs	2/4-2/27	6-6:25 p.m.	Tu/Th	\$32

### AQUATICS - LEVEL 5/6

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

35778	6-12 Yrs	1/4-2/22	9-9:25 a.m.	Sa	\$32
35791	6-12 Yrs	1/7-1/30	5-5:25 p.m.	Tu/Th	\$32
35801	6-12 Yrs	2/4-2/27	5-5:25 p.m.	Tu/Th	\$32

### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

35777	13 Yrs+	1/4-2/22	9-9:50 a.m.	Sa	\$40
35793	13 Yrs+	1/7-1/30	5:30-6:20 p.m.	Tu/Th	\$40
35803	13 Yrs+	2/4-2/27	5:30-6:20 p.m.	Tu/Th	\$40

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

Instructor Sang Chuk has over 15 years of experience teaching. It doesn't matter if you have never stepped into a pool, you can already swim, or you just need some stroke refinement, all levels are welcome. The fee for five private lessons (20 minutes each) is \$150. Four semi-private lessons (20 minutes each) are \$150. Lessons are by appointment only. For more information or an appointment, please email [sang.chuk@aqua-time.net](mailto:sang.chuk@aqua-time.net) or call/text (562) 248-6538.

### WATER POLO 101



Get an introduction to the game of water polo. Will include conditioning, drills and fundamentals of the game. Must have Level 5 swim skills and be between the ages of 11-15 (tryouts may be required). Please call the pool for more information. Saturdays, 8 a.m. starting January 4.

### JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16. Please call the pool for more information. Saturdays, 9 a.m. starting January 4.

### POOL RENTALS

Please call the supervisor at 562-570-1718 for information, fees and scheduling availability.

# SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

## GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED: MONDAY, DECEMBER 23RD-SUNDAY, JANUARY 5TH (Pool Maintenance); MONDAY, JANUARY 20 (MLK DAY); MONDAY, FEBRUARY 17 (PRESIDENTS' DAY).**

### OPEN SWIM FEES

Youth, 17 Yrs & Under:	\$1
Seniors, 50 Yrs & Over:	\$2
Adults, 18-49 Yrs:	\$3

**SWIM PASSES:** Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.



### LAP SWIM

M/W/F	6:30-11 a.m. noon-2 p.m.
M/W	6-7 p.m., 2 LANES ONLY
Sa	noon-1 p.m.
Su	8-11 a.m.

### ALL AGES RECREATION SWIM

M/W	2-3:30 p.m.
Sa	1-3:30 p.m.

### WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Deep Water Exercise:	M/W/F/Su	10-10:50 a.m.
Shallow Water Exercise:	M/W/F/Su	11-11:50 a.m.

### WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

## SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Youth classes are 25 minutes and Adult classes 50 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit [www.lbparks.org](http://www.lbparks.org) to register online.

## REGISTRATION DATES

<b>Lessons Starting Date:</b>	<b>Registration Begins:</b>
1/11-2/29 (Saturdays)	11/23/19 at 8 a.m.
1/6-1/29 (Monday/Wednesday)	12/9/19 at 8 a.m.
2/3-2/26 (Monday/Wednesday)	1/20/20 at 8 a.m.



If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment.

### AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

35761	9 Mos-3 Yrs	1/11-2/29	9-9:25 a.m.	Sa	\$32
35762	9 Mos-3 Yrs	1/6-1/29	6-6:25 p.m.	MW	\$28
35763	9 Mos-3 Yrs	2/3-2/26	6-6:25 p.m.	MW	\$28

### AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

35764	3-5 Yrs	1/11-2/29	9:30-9:55 a.m.	Sa	\$32
35767	3-5 Yrs	1/11-2/29	10-10:25 a.m.	Sa	\$32
35765	3-5 Yrs	1/6-1/29	4-4:25 p.m.	MW	\$28
35766	3-5 Yrs	2/3-2/26	4-4:25 p.m.	MW	\$28

### AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

35768	3-5 Yrs	1/11-2/29	9:30-9:55 a.m.	Sa	\$32
35769	3-5 Yrs	1/6-1/29	4-4:25 p.m.	MW	\$28
35770	3-5 Yrs	2/3-2/26	4-4:25 p.m.	MW	\$28

### AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

35771	3-5 Yrs	1/11-2/29	10:30-10:55 a.m.	Sa	\$32
35772	3-5 Yrs	1/6-1/29	5-5:25 p.m.	MW	\$28
35773	3-5 Yrs	2/3-2/26	5-5:25 p.m.	MW	\$28

### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

35742	6-12 Yrs	1/11-2/29	10-10:25 a.m.	Sa	\$32
35745	6-12 Yrs	1/11-2/29	11-11:25 a.m.	Sa	\$32
35743	6-12 Yrs	1/6-1/29	4:30-4:55 p.m.	MW	\$28
35744	6-12 Yrs	2/3-2/26	4:30-4:55 p.m.	MW	\$28

**AQUATICS - LEVEL 2**

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

35746	6-12 Yrs	1/11-2/29	10-10:25 a.m.	Sa	\$32
35747	6-12 Yrs	1/6-1/29	4:30-4:55 p.m.	MW	\$28
35748	6-12 Yrs	2/3-2/26	4:30-4:55 p.m.	MW	\$28



**AQUATICS - LEVEL 3**

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

35749	6-12 Yrs	1/11-2/29	10:30-10:55 a.m.	Sa	\$32
35750	6-12 Yrs	1/6-1/29	5-5:25 p.m.	MW	\$28
35751	6-12 Yrs	2/3-2/26	5-5:25 p.m.	MW	\$28

**AQUATICS - LEVEL 4**

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

35752	6-12 Yrs	1/11-2/29	10:30-10:55 a.m.	Sa	\$32
35753	6-12 Yrs	1/6-1/29	5-5:25 p.m.	MW	\$28
35754	6-12 Yrs	2/3-2/26	5-5:25 p.m.	MW	\$28

**AQUATICS - LEVEL 5**

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2.

35757	6-12 Yrs	1/11-2/29	11-11:25 a.m.	Sa	\$32
35755	6-12 Yrs	1/6-1/29	5:30-5:55 p.m.	MW	\$28
35756	6-12 Yrs	2/3-2/26	5:30-5:55 p.m.	MW	\$28

**AQUATICS - LEVEL 6**

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

35758	6-12 Yrs	1/11-2/29	11-11:25 a.m.	Sa	\$32
35759	6-12 Yrs	1/6-1/29	5:30-5:55 p.m.	MW	\$28
35760	6-12 Yrs	2/3-2/26	5:30-5:55 p.m.	MW	\$28

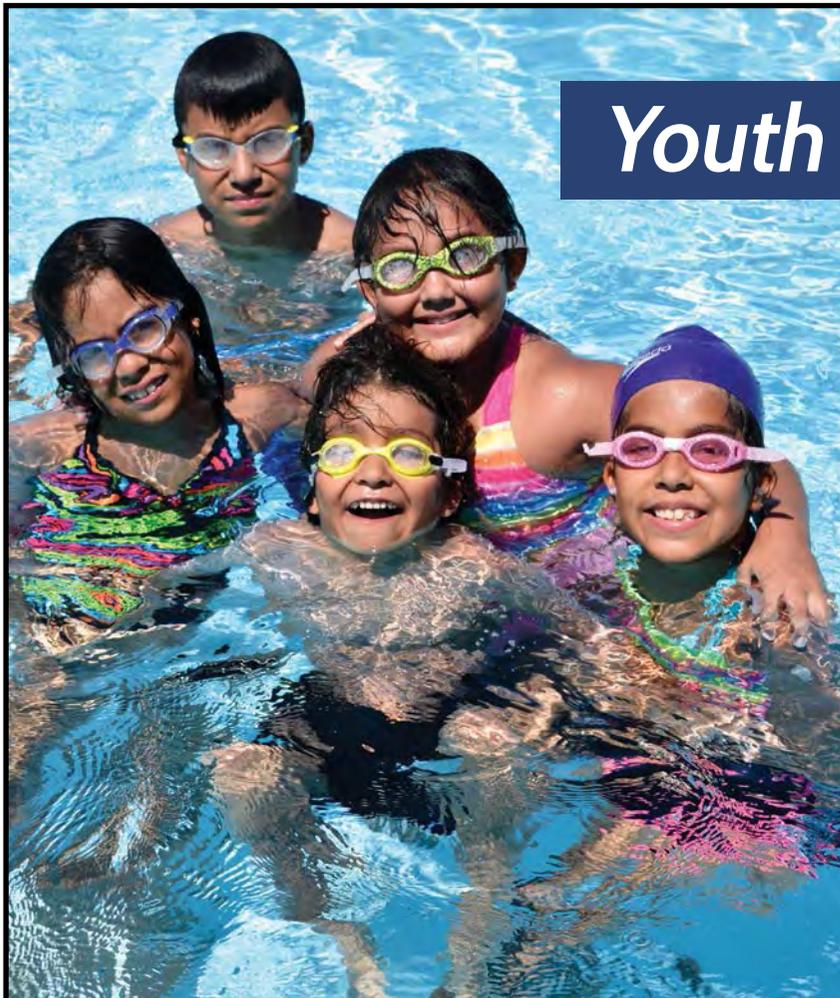
**AQUATICS - ADULTS**

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

35739	13 Yrs +	1/11-2/29	8-8:55 a.m.	Sa	\$40
35740	13 Yrs +	1/6-1/29	6-6:50 p.m.	MW	\$35
35741	13 Yrs +	2/3-2/26	6-6:50 p.m.	MW	\$35

**PRIVATE SWIM LESSONS**

Instructor Robert Bruce Hirschhorn has 38 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for four 20-minute private lessons is \$160. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.



# Youth Swim Lessons

Swim lessons save lives.

Partners of Parks offers swim scholarships at Long Beach Parks, Recreation & Marine's Belmont Plaza Park, King Park and Silverado Park Pools.

Low income youth ages 5-18 who live in Long Beach may be eligible for a swim scholarship. Applications are available at: [partnersofparks.org/youth.html](http://partnersofparks.org/youth.html)

Apply today!

Questions? Call 562-570-3209.



# TENNIS

Billie Jean King, El Dorado and Los Cerritos Tennis Centers,  
Marina Vista, Naples and Somerset Tennis Courts

Register online at [lbparcs.org](http://lbparcs.org) or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear tennis court-appropriate tennis shoes, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or canceled.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St., Scherer Park, 4600 Long Beach Blvd., Somerset Tennis Courts, 1500 E. Carson St.

## TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 8 weeks.

				Pros	
El Dorado West					
35202	Beg	4-5 Yrs	1/13-3/2	3-3:30 p.m.	M \$80
35205	Beg	4-5 Yrs	1/17-3/6	3-3:30 p.m.	F \$80
35206	Beg	4-5 Yrs	1/11-2/29	8:30-9 a.m.	Sa \$80
				Pastorini	
Los Cerritos					
35203	Beg	4-5 Yrs	1/13-3/2	4:30-5 p.m.	M \$80
Naples					
Inouye					
35207	Beg	4-5 Yrs	1/11-2/29	9:30-10 a.m.	Sa \$80
35208	Beg	4-5 Yrs	1/12-3/1	9:30-10 a.m.	Su \$80
				Inouye	
Somerset					
35204	Beg	4-5 Yrs	1/14-3/3	7-7:30 p.m.	Tu \$80

## FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke and movement drills will be learned in a fun-filled way. Group lessons: Min 4/Max 11. 8 weeks.

				Pros	
El Dorado West					
35209	Beg	5-6 Yrs	1/13-3/2	3:30-4 p.m.	M \$80
35212	Beg	5-6 Yrs	1/15-3/4	3-3:30 p.m.	W \$80
35213	Beg	5-6 Yrs	1/15-3/4	3:30-4 p.m.	W \$80
35214	Beg	5-6 Yrs	1/17-3/6	3:30-4 p.m.	F \$80
				Pastorini	
Los Cerritos					
35210	Beg	5-6 Yrs	1/13-3/2	4:30-5 p.m.	M \$80
Naples					
Inouye					
35215	Adv	5-6 Yrs	1/11-2/29	9-9:30 a.m.	Sa \$80
35216	Beg/AdvBeg	5-6 Yrs	1/12-3/1	9-9:30 a.m.	Su \$80
				Inouye	
Somerset					
35211	Beg	5-6 Yrs	1/14-3/3	7:30-8 p.m.	Tu \$80

## YOUTH

Beginning (Beg) students require no experience. Advanced Beginning (AdvBeg) must possess knowledge of ground strokes, grips and ready position. Intermediate (Int) students must understand the rules of the game, have consistent ground strokes and serves. Group lessons: Min 6/Max 11. 8 weeks.

				Pros	
El Dorado West					
35217	Beg	7-15 Yrs	1/13-3/2	4-5 p.m.	M \$100
35219	Beg	7-15 Yrs	1/14-3/3	4:30-5:30 p.m.	Tu \$100
35220	AdvBeg	7-15 Yrs	1/14-3/3	5:30-6:30 p.m.	Tu \$100
35221	Beg	7-15 Yrs	1/15-3/4	4-5 p.m.	W \$100
35222	AdvBeg	7-15 Yrs	1/15-3/4	5-6 p.m.	W \$100

35224	Beg	7-15 Yrs	1/16-3/5	4:30-5:30 p.m.	Th \$100
35225	AdvBeg	7-15 Yrs	1/16-3/5	5:30-6:30 p.m.	Th \$100
35227	Beg/AdvBeg	7-15 Yrs	1/17-3/6	4-5 p.m.	F \$100
35228	AdvBeg	7-15 Yrs	1/17-3/6	5-6 p.m.	F \$100
35230	Beg	7-10Yrs	1/11-2/29	9-10 a.m.	Sa \$100
35231	AdvBeg	11-15 Yrs	1/11-2/29	10-11 a.m.	Sa \$100
				Pastorini + Sleight	
Los Cerritos					
35218	Beg/AdvBeg	11-15 Yrs	1/13-3/2	5-6 p.m.	M \$100
35232	Beg	7-10Yrs	1/12-3/1	1-2 p.m.	Su \$100
35233	AdvBeg	11-15 Yrs	1/12-3/1	2-3 p.m.	Su \$100
Naples					
Inouye					
35268	Beg	7-15 Yrs	12/1-3/1	10-11 a.m.	Su \$100
35269	AdvBeg	7-15 Yrs	12/1-3/1	11 a.m.-noon	Su \$100
35270	Int	7-15 Yrs	12/1-3/1	noon - 1 p.m.	Su \$100
35271	Adv	7-15 Yrs	12/1-3/1	1-2 p.m.	Su \$100
				Inouye	
Somerset					
35223	Adv	7-15 Yrs	1/15-3/4	7-8 p.m.	W \$100
35226	Int	7-15 Yrs	1/16-3/5	7-8 p.m.	Th \$100
35229	Beg	7-15 Yrs	1/17-3/6	7-8 p.m.	F \$100

## ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 years and up. Min 6/Max 12. 8 weeks.

				Pastorini	
Billie Jean King					
35234	Int		1/14-3/3	7-8:30 p.m.	Tu \$125
El Dorado West					
Unger					
35235	LowInt/Int		1/13-3/2	6-7:30 p.m.	M \$125
35236	LowInt/Int		1/15-3/4	6-7 p.m.	W \$100
35237	HighInt/Adv		1/15-3/4	7-8:30 p.m.	W \$125
				Unger	
Scherer					
35238	Int/HilInt		1/11-2/29	10-11:30 a.m.	Sa \$125
El Dorado West					
Pros					
35239	Int		1/13-3/2	10-11 a.m.	M \$100
35240	Beg		1/13-3/2	7-8 p.m.	M \$100
35241	AdvBeg		1/13-3/2	8-9 p.m.	M \$100
35242	AdvBeg		1/14-3/3	9-10 a.m.	Tu \$100
35243	Int		1/14-3/3	10-11 a.m.	Tu \$100
35244	AdvBeg		1/14-3/3	6:30-7:30 p.m.	Tu \$100
35245	Int		1/14-3/3	7:30-8:30 p.m.	Tu \$100
35246	Beg		1/15-3/4	9-10 a.m.	W \$100
35247	Beg/AdvBeg		1/15-3/4	10-11 a.m.	W \$100
35248	Int		1/15-3/4	11-noon	W \$100
35249	AdvBeg		1/15-3/4	7-8 p.m.	W \$100
35250	Int		1/16-3/5	9-10 a.m.	Th \$100
35251	AdvBeg		1/16-3/5	10-11 a.m.	Th \$100
35252	AdvBeg		1/16-3/5	6:30-7:30 p.m.	Th \$100
35253	Int		1/16-3/5	7:30-8:30 p.m.	Th \$100
35254	Beg		1/17-3/6	9:30-10:30 a.m.	F \$100
35255	AdvBeg		1/17-3/6	10:30-11:30 a.m.	F \$100
35256	Beg		1/12-3/1	8-9 a.m.	Su \$100
35257	AdvBeg		1/12-3/1	9-10 a.m.	Su \$100
35258	Int		1/12-3/1	10-11 a.m.	Su \$100
				Pastorini	
Marina Vista					
35259	AdvBeg		1/16-3/5	9-10 a.m.	Th \$100
35260	Int		1/16-3/5	10-11 a.m.	Th \$100

<b>Marina Vista</b>				<b>Cedillo</b>
35261	Beg	1/11-2/29	9-10 a.m.	Sa \$100
35262	AdvBeg	1/11-2/29	10-11 a.m.	Sa \$100
35263	Beg/AdvBeg	1/11-2/29	11-noon	Sa \$100
<b>Naples</b>				<b>Inouye</b>
35264	Int	1/11-2/29	10-11 a.m.	Sa \$100
35265	Adv	1/11-2/29	11-noon	Sa \$100
35266	Beg	1/11-2/29	noon-1 p.m.	Sa \$100
35267	AdvBeg	1/11-2/29	1-2 p.m.	Sa \$100
<b>Somerset</b>				<b>Inouye</b>
35272	AdvBeg	1/14-3/3	8-9 p.m.	Tu \$100
35273	Adv	1/15-3/4	8-9 p.m.	W \$100
35274	Int	1/16-3/5	8-9 p.m.	Th \$100
35275	Beg	1/17-3/6	8-9 p.m.	F \$100

**SENIOR CLASS**

Special Rate for Senior Citizens! Players of ANY AGE can take up tennis as part of an overall exercise prescription. Get involved in a sport where you can play at any age or skill level. Tennis is a great way to improve motor skills, balance, coordination, build strength and endurance. This class is designed for our senior population, 60+ years of age. Tennis is also a tremendously effective fitness activity for all seniors. All levels welcome. Min 6/Max 12, 8 weeks.

<b>El Dorado West</b>				<b>Stone</b>
35276	Beg/AdvBeg	1/14-3/3	8-9 a.m.	Tu \$80
35277	Beg/AdvBeg	1/16-3/5	8-9 a.m.	Th \$80

**CARDIO TENNIS**

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 yrs & up Min 6/Max 12, 8 weeks.

<b>El Dorado West</b>				<b>Pros</b>
35278	All Levels	1/14-3/3	11 a.m.-noon	Tu \$100
35279	All Levels	1/15-3/4	6-7 p.m.	W \$100



**TRAIN HARDER  
PLAY SMARTER**

**SOUTHERN CALIFORNIA TENNIS ACADEMY**

**BEGINNERS WELCOME**

El Dorado Park Tennis Center  
2800 N. Studebaker Rd. LB 90815

For more information contact Mitch Bridge at  
(562) 704-2241  
info@sctennisacademy.com  
www.sctennisacademy.com

**Valter Paiva**  
**TENNIS ACADEMY**

**BILLIE JEAN KING TENNIS CENTER**

1040 Park Ave. Long Beach, Ca 90804  
Find us on Facebook and Instagram



For more information  
contact Valter Paiva at  
(562) 266-8882  
info@valtertennis.com  
www.valtertennis.com

**SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG**

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

**Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804** or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

**RESPONSIBLE PARTY** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY/ZIP** \_\_\_\_\_

**WORK PHONE** \_\_\_\_\_ **HOME PHONE** \_\_\_\_\_

**STUDENT NAME** \_\_\_\_\_ **BIRTHDATE** \_\_\_\_\_

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

<b>CLASS#</b>						<b>FEE</b>
<b>CLASS NAME</b>						
<b>CLASS#</b>						<b>FEE</b>
<b>CLASS NAME</b>						

**METHOD OF PAYMENT** (check one)  
 Cash     Check     Money Order  
 Visa     Mastercard

**TOTAL AMOUNT ENCLOSED: \$** \_\_\_\_\_

**CREDIT CARD #** \_\_\_\_\_ **EXP DATE** \_\_\_\_\_ **CCV CODE** \_\_\_\_\_

**REMINDER** - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.

# SKATE PARKS

Long Beach Parks, Recreation and Marine

For info and Park rules visit: [www.lbparcs.org](http://www.lbparcs.org)



**MICHAEL GREEN  
SKATE PARK AT  
14TH ST.**

**EL DORADO  
WEST**

**MCBRIDE PARK**

**HOUGHTON**



**DRAKE PARK**

**BIXBY PARK**

**ORIZABA PARK**



**SILVERADO PARK**

## Long Beach Dog Parks and Dog Zones



Dogs must be older than 4 months, vaccinated and licensed

For a full list of rules visit: [longbeach.gov/park](http://longbeach.gov/park)

Dogs must be on leashes outside the dog park/zone

Owners must pick up after their dog

One dog per adult



**Bixby Dog Park**  
130 Cherry Ave.

**El Dorado Dog Park**  
7500 E. Spring St.

**Jackson Street Dog Park**  
1 Jackson St.

**Recreation Dog Park**  
4900 E. 7th St.

**Seaside Dog Zone Park**  
Seaside Way @ Linden Ave.

**Coolidge Dog Park**  
352 E. Neece St.

**Gayle Carter Dog Park**  
4600 Long Beach Blvd.

**K-9 Corner Dog Park**  
9th and Pacific Ave.

**Rosie's Dog Beach**  
1 S. Granada Ave.

**Wrigley Heights Dog Park**  
3401 Golden Ave.

Your dog is welcome at 10 park facilities throughout the city. Hours vary by park, please visit our website for rules, regulations and more information at: [www.lbparcs.org](http://www.lbparcs.org).



Long Beach Parks, Recreation & Marine  
2760 N. Studebaker Road  
Long Beach, CA 90815

PRST. STD  
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PERMIT NO.  
3493



# Working for Long Beach

Trade at the Port of Long Beach supports 1 in 5 jobs in the city – that's 51,000 jobs from port pilots to warehouse drivers to construction workers and more. Our operational excellence and sustainable development will continue to drive our economy.



Port of  
**LONG BEACH**  
*The Green Port*

