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.  

**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: 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.  

**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
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.

A Yummy Future

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

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 hop n bopp’n routine to their favorite songs. Tennis shoes best for class.

Anne Pennypacker

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

*No class: 2/17.

Anne Pennypacker

LIL’ SPROUTS PRE-SCHOOL 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
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.
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

FUN ON THE FARM
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.
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

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

BAMBOLEO AMIGUITOS
Vamos a jugar! Let’s play! Children are immersed in the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: www.BamboleoKids.com. Material fee: $10 due to instructor.
Priscilla Monserrate-Sanders
Heartwell Park
35491 2-4 Yrs 1/11-2/15 10:15-11:15 a.m. Sa $80
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

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. 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

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 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.
L B 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

REWRITE 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 mathmatical 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 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 mathmatical 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

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. 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

SEE PAGE 55 FOR CLASS REGISTRATION FORM
**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: 2/10 & 2/17.

Readwrite Educational Solution Inc.
35388 3 Yr 6 Mos-5 Yr 7 Mos 12/2-12/20 9 a.m.-noon M W F $163
35389 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.

Karen Greeno
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.

Karen Greeno
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.

Karen Greeno
35170 1-4 Yrs 12/2-12/16 5:5-5:45 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.

**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 1/15-2/6 10-10:50 a.m. W $96
35438 2 Yr 9 Mos-4 Yrs 1/15-2/6 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
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-Balls 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

FOLLOW US ON SOCIAL MEDIA
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
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
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
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 rental, half hour of instruction and free practice on your registered class day. Practice session times: Th 3:50-4:30 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: 11/28, 11/30 & 2/15.

Ice Management LLC
35501 3-6 Yrs 11/20-12/18* 6:10-6:40 p.m. W $45
35502 3-6 Yrs 11/21-12/19* 4:40-5:10 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 4:40-5:10 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 4:40-5:10 p.m. Th $45
35509 3-6 Yrs 2/8-2/29* 10:15-10:45 a.m. Sa $45

TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3:50-4:30 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
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

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 3:50-4:30 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
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.jgparksxmartialarts.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

Ice Management LLC
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.
TriFytt 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 Biddy 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 week being games.
TriFytt 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.
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 and 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 10:10-10 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 week being games. *No class: 2/15.
TriFytt 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.
TriFytt Sports
Good Neighbor Park
35612 2-3 Yrs 1/20-2/24* 4:30-5:30 p.m. M $79
35613 3-5 Yrs 1/20-2/24* 4:30-5:15 p.m. M $79

REGISTER ONLINE AT WWW.LBPARKS.ORG
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 as 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.

A Yummy Future

Food and material fee: $40.

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.

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.

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, cookies, soups, candies and many more gift giving choices. Food and material fee: $40.

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.

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.

BALLET/TAP COMBO
An introduction to ballet and tap fundamentals, as well as dancer 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.

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.

HOLIDAY FOOD GIFTS IN A JAR • Valentine's Day Food Gifts In A Jar

DANCE
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

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<tr>
<th>Registration</th>
<th>Age</th>
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<th>Instructor</th>
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<tbody>
<tr>
<td>Beginning</td>
<td>5-11 Yrs</td>
<td>12/7-2/22*</td>
<td>9-9:45 a.m.</td>
<td>Sa</td>
<td>$70</td>
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<tr>
<td>Intermediate</td>
<td>8-14 Yrs</td>
<td>12/7-2/22*</td>
<td>9:45-10:30 a.m.</td>
<td>Sa</td>
<td>$70</td>
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<tr>
<td>Intermediate/Advanced</td>
<td>11-14 Yrs</td>
<td>12/7-2/22*</td>
<td>10:30-11:15 a.m.</td>
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<tr>
<td>Advanced*</td>
<td>13-17 Yrs</td>
<td>12/7-2/22*</td>
<td>11:15 a.m.-12:15 p.m.</td>
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<td>13-17 Yrs</td>
<td>12/4-2/12*</td>
<td>6-7 p.m.</td>
<td>W</td>
<td>$75</td>
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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

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<tr>
<th>Registration</th>
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<td>35716 5-12 Yrs</td>
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<td>35714 5-12 Yrs</td>
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<td>Tu</td>
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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.

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<tr>
<td>Intermediate</td>
<td>8-14 Yrs</td>
<td>12/7-2/22*</td>
<td>9:45-10:30 a.m.</td>
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<td>Intermediate/Advanced</td>
<td>11-14 Yrs</td>
<td>12/7-2/22*</td>
<td>10:30-11:15 a.m.</td>
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<tr>
<td>Advanced*</td>
<td>13-17 Yrs</td>
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<td>13-17 Yrs</td>
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<td>6-7 p.m.</td>
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</table>

READING DEVELOPMENT K-1
Individualized to your student’s needs. Improves comprehensive, 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.

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<th>Instructor</th>
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<tr>
<td>35571 4 Yrs 6 Mos-7 Yrs</td>
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<td>35574 4 Yrs 6 Mos-7 Yrs</td>
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<td>35575 4 Yrs 6 Mos-7 Yrs</td>
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<td>Tu Th</td>
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READING DEVELOPMENT 2-6
Individualized to your student’s needs. Improves comprehensive, 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.

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<th>Location</th>
<th>Instructor</th>
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<td>35579 6 Yrs 6 Mos-10 Yrs</td>
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<tr>
<td>35580 6 Yrs 6 Mos-10 Yrs</td>
<td>2/4-2/27</td>
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<td>Tu Th</td>
<td>$79</td>
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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.

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<th>Fee</th>
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<td>35594 5-7 Yrs</td>
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<td>35596 5-7 Yrs</td>
<td>2/4-2/27</td>
<td>3-3:45 p.m.</td>
<td>Tu Th</td>
<td>$79</td>
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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.

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<th>Registration</th>
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<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>35379 7-11 Yrs</td>
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<td>$90</td>
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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.

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<tbody>
<tr>
<td>35380 7-12 Yrs</td>
<td>1/21-2/25</td>
<td>4-4:50 p.m.</td>
<td>Tu</td>
<td>$95</td>
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</table>
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.

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.

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 if you have any questions regarding your child's eligibility before registering, as we do offer free evaluations.

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

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

For more information visit www.longbeachjgs.com or email LBJG@longbeach.gov
Registration for 2020 JG Prep Class opens Jan 2020

SEE PAGE 55 FOR CLASS REGISTRATION FORM
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 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

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.

AerobicsButterflies LLC
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 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.

AerobicButterflies LLC
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

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


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

REGISTER ONLINE AT WWW.LBPARKS.ORG
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, 11/30 & 2/15.

Ice Management LLC
The Rinks Lakewood ICE
35510 7-18 Yrs 1/20-12/18* 6:40-7:10 p.m. W $45
35511 7-18 Yrs 11/21-12/19* 4:30-5 p.m. Th $45
35512 7-18 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. *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. 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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-12 yrs</td>
<td>12/1-12/30</td>
<td>6-7 pm</td>
<td>M W F</td>
<td>$75</td>
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<tr>
<td>5-12 yrs</td>
<td>1/3-1/31</td>
<td>6-7 pm</td>
<td>M W F</td>
<td>$75</td>
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<tr>
<td>5-12 yrs</td>
<td>2/2-2/28</td>
<td>6-7 pm</td>
<td>M W F</td>
<td>$75</td>
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</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
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<tbody>
<tr>
<td>5-17 yrs</td>
<td>12/6-12/28</td>
<td>6-7 pm</td>
<td>F Sa</td>
<td>$50</td>
</tr>
<tr>
<td>5-17 yrs</td>
<td>1/3-1/31</td>
<td>6-7 pm</td>
<td>F Sa</td>
<td>$50</td>
</tr>
<tr>
<td>5-17 yrs</td>
<td>2/1-2/29</td>
<td>6-7 pm</td>
<td>F Sa</td>
<td>$50</td>
</tr>
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</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
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<tbody>
<tr>
<td>6-10 yrs</td>
<td>12/5-12/27</td>
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<td>6-10 yrs</td>
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<td>6-7 pm</td>
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<tr>
<td>6-10 yrs</td>
<td>2/6-2/28</td>
<td>6-7 pm</td>
<td>Th F</td>
<td>$50</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-17 yrs</td>
<td>12/5-12/27</td>
<td>7-8 pm</td>
<td>Th F</td>
<td>$50</td>
</tr>
<tr>
<td>6-17 yrs</td>
<td>1/2-1/31</td>
<td>7-8 pm</td>
<td>Th F</td>
<td>$50</td>
</tr>
<tr>
<td>6-17 yrs</td>
<td>2/6-2/28</td>
<td>7-8 pm</td>
<td>Th F</td>
<td>$50</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-13 yrs</td>
<td>1/4-2/22</td>
<td>9-10:30 a.m.</td>
<td>Sa</td>
<td>$200</td>
</tr>
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</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-6 yrs</td>
<td>1/3-1/20</td>
<td>3:45-4:30 p.m.</td>
<td>F</td>
<td>$141</td>
</tr>
<tr>
<td>5-6 yrs</td>
<td>2/1-2/21</td>
<td>11:05-11:50 a.m.</td>
<td>Sa</td>
<td>$141</td>
</tr>
<tr>
<td>5-6 yrs</td>
<td>2/2-2/28</td>
<td>11:15 a.m.-noon</td>
<td>Sa</td>
<td>$114</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-10 yrs</td>
<td>2/1-3/21</td>
<td>11:15 a.m.-noon</td>
<td>Tu</td>
<td>$94</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-13 yrs</td>
<td>1/5-1/26</td>
<td>3-4 p.m.</td>
<td>Su</td>
<td>$65</td>
</tr>
<tr>
<td>8-13 yrs</td>
<td>2/2-2/23</td>
<td>3-4 p.m.</td>
<td>Su</td>
<td>$65</td>
</tr>
</tbody>
</table>
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.


<table>
<thead>
<tr>
<th>Park Locations and Hours*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Admiral Kidd Park</strong></td>
</tr>
<tr>
<td>2125 Santa Fe Ave.</td>
</tr>
<tr>
<td>570-1600</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Bixby Park</strong></td>
</tr>
<tr>
<td>130 Cherry Ave.</td>
</tr>
<tr>
<td>570-1601</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Chavez Park</strong></td>
</tr>
<tr>
<td>401 Golden Ave.</td>
</tr>
<tr>
<td>570-8890</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Coolidge Park</strong></td>
</tr>
<tr>
<td>352 Neece Ave.</td>
</tr>
<tr>
<td>570-1618</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Drake Park</strong></td>
</tr>
<tr>
<td>951 Maine Ave.</td>
</tr>
<tr>
<td>570-1625</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Houghton Park</strong></td>
</tr>
<tr>
<td>temporarily located at</td>
</tr>
<tr>
<td>Scherer Park</td>
</tr>
<tr>
<td>4600 Long Beach Blvd.</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td>570-1674</td>
</tr>
<tr>
<td><strong>Mac Arthur Park</strong></td>
</tr>
<tr>
<td>1321 Anaheim St.</td>
</tr>
<tr>
<td>570-1655</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>McBride Park</strong></td>
</tr>
<tr>
<td>1550 M.L.King Jr. Blvd.</td>
</tr>
<tr>
<td>570-1605</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>M.L. King Jr. Park</strong></td>
</tr>
<tr>
<td>1950 Lemon Ave.</td>
</tr>
<tr>
<td>570-4405</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Orizaba Park</strong></td>
</tr>
<tr>
<td>2935 E. Spaulding</td>
</tr>
<tr>
<td>570-1427</td>
</tr>
<tr>
<td>M-F 3-6 p.m., Sa. 12-4 p.m.</td>
</tr>
<tr>
<td><strong>Pan American Park</strong></td>
</tr>
<tr>
<td>Centralia St.</td>
</tr>
<tr>
<td>570-1600</td>
</tr>
<tr>
<td>M-F 2:30-5:30 p.m.</td>
</tr>
<tr>
<td><strong>Ramona Park</strong></td>
</tr>
<tr>
<td>3301 E. 65th St.</td>
</tr>
<tr>
<td>570-1665</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Scherer Park</strong></td>
</tr>
<tr>
<td>4600 Long Beach Blvd.</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td>570-1674</td>
</tr>
<tr>
<td><strong>Seaside Park</strong></td>
</tr>
<tr>
<td>1401 Chestnut Ave.</td>
</tr>
<tr>
<td>572-5126</td>
</tr>
<tr>
<td>M-F 3-5:30 (M-F)</td>
</tr>
<tr>
<td>Sa&amp;Su 11 a.m.-3 p.m.</td>
</tr>
<tr>
<td><strong>Silverado Park</strong></td>
</tr>
<tr>
<td>1545 W. 31st St.</td>
</tr>
<tr>
<td>570-1675</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Somerset Park</strong></td>
</tr>
<tr>
<td>1500 E. Carson</td>
</tr>
<tr>
<td>570-1690</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Stearns Champions Park</strong></td>
</tr>
<tr>
<td>14520 E. 23rd St.</td>
</tr>
<tr>
<td>570-1685</td>
</tr>
<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Veterans Park</strong></td>
</tr>
<tr>
<td>101 E. 28th St.</td>
</tr>
<tr>
<td>570-1695</td>
</tr>
<tr>
<td>M-F 2:30-5:30 p.m.</td>
</tr>
<tr>
<td><strong>Warlow Park</strong></td>
</tr>
<tr>
<td>3457 Stanbridge Ave.</td>
</tr>
<tr>
<td>570-1706</td>
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<tr>
<td>M-F 3-6 p.m.</td>
</tr>
<tr>
<td><strong>Whaley Park</strong></td>
</tr>
<tr>
<td>5620 Atherton St.</td>
</tr>
<tr>
<td>570-1710</td>
</tr>
<tr>
<td>M-F 2:30-5:30 p.m.</td>
</tr>
</tbody>
</table>

*Park locations and times are subject to change*
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.

El Dorado Park West

<table>
<thead>
<tr>
<th>Registration #</th>
<th>Age Range</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>35362</td>
<td>13-18 Yrs</td>
<td>12/7-12/21*</td>
<td>4:30-5:45 p.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
<tr>
<td>35363</td>
<td>13-18 Yrs</td>
<td>1/4-1/25</td>
<td>4:30-5:45 p.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
<tr>
<td>35364</td>
<td>13-18 Yrs</td>
<td>2/8-2/29</td>
<td>4:30-5:45 p.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Registration #</th>
<th>Age Range</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>34973</td>
<td>14-18 Yrs</td>
<td>12/1-12/30</td>
<td>Every day</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>34974</td>
<td>14-18 Yrs</td>
<td>1/2-1/30</td>
<td>Every day</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>34975</td>
<td>14-18 Yrs</td>
<td>2/1-2/29</td>
<td>Every day</td>
<td></td>
<td>$40</td>
</tr>
</tbody>
</table>

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.

Wilson High School

<table>
<thead>
<tr>
<th>Registration #</th>
<th>Age Range</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Fee</th>
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<tbody>
<tr>
<td>35376</td>
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<td>Su</td>
<td>$70</td>
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<tr>
<td>35377</td>
<td>13-17 Yrs</td>
<td>1/5-1/26</td>
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<td>Su</td>
<td>$70</td>
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<tr>
<td>35378</td>
<td>13-17 Yrs</td>
<td>2/2-2/23</td>
<td>4-5 p.m.</td>
<td>Su</td>
<td>$70</td>
</tr>
</tbody>
</table>

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

MAKE NEW FRIENDS | SPORTS | TOURNAMENTS | FIELD TRIPS | DINNER PROGRAM | FUN

RECREATIONAL ACTIVITIES • FITNESS CLASSES • TOURNAMENTS
HOMEWORK ASSISTANCE • VOLUNTEER OPPORTUNITIES

VISIT WWW.LBPARKS.ORG

SEE PAGE 55 FOR CLASS REGISTRATION FORM
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.

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
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.sewvac ltd.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.sewvac ltd.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+ 1/6-2/7* 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.sewvac ltd.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

FOLLOW US ON SOCIAL MEDIA
CERAMICS WORKSHOP
Learn basic ceramics techniques in this workshop: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. 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
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
35644 16 Yrs+ 1/7-2/5 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
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
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
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.
Moira Hahn
35856 16 Yrs+ 1/14-1/14 9 a.m.-noon Sa $25
35855 16 Yrs+ 2/15-2/15 9 a.m.-noon Sa $25
35858 16 Yrs+ 3/14-3/14 9 a.m.-noon Sa $25

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
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
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
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
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 to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.
Sew Vac Inc
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
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
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

CLICK ON A CLASS TITLE FOR EASY ACCESS TO REGISTRATION SYSTEM
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+  2/6-3/20  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 want to have 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

REGISTER ONLINE AT WWW.LBPARKS.ORG
**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 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.

**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 or call (714)532-3647. Material fee: $10. Class held at El Dorado Park Hockey Court. 

**ENRICHMENT**

**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; smoky eyes, highlighting, contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com.

**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.

**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.

SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB
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

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

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 16 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. 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

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

I will remain calm, strong and centered with a yoga class.
Taekwondo, aerobics, boxing and cardio-weight movements done to workout to lose weight fast and tone your muscles. This class combines POWER TAE FITNESS

Master Cynthia Markopulos
visit www.jgparksmartialarts.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.

POW

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.jgparksmartialarts.com. Walk in fee available.

Evelyn Grauten

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.jgparksmartialarts.com.

Master Cynthia Markopulos

POW

YOGA WITH LACEY NEW

This all levels, alignment-based yoga class will include various poses and movement focused upon stretch, 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

ZUMBA® EN ESPAÑOL


Carmen Valdivia

SEE PAGE 55 FOR CLASS REGISTRATION FORM
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+  2/2-3/3  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. *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

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 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

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 for more information. *No class: 2/17.

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Dates/Time</th>
<th>Days</th>
<th>Fee</th>
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<tbody>
<tr>
<td>35448</td>
<td>12 Yrs+</td>
<td>12/2-12/30* 7:15-8:30 p.m.</td>
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<td>2/3-2/28 7:15-8:30 p.m.</td>
<td>M W F</td>
<td>$75</td>
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</tbody>
</table>

Challenge yourself by signing up to learn a new sport. The martial 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

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates/Time</th>
<th>Days</th>
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<tr>
<td>35636</td>
<td>18 Yrs+</td>
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<td>F Sa</td>
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<td>2/1-2/29 7-8 p.m.</td>
<td>F Sa</td>
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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

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Dates/Time</th>
<th>Days</th>
<th>Fee</th>
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<tr>
<td>35872</td>
<td>16 Yrs+</td>
<td>12/5-12/27 8-9 p.m.</td>
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<td>35874</td>
<td>16 Yrs+</td>
<td>2/6-2/28 8-9 p.m.</td>
<td>Th F</td>
<td>$50</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Dates/Time</th>
<th>Day</th>
<th>Fee</th>
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<td>11/20-12/18 6:40-7:10 p.m.</td>
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<td>1/8-1/29 6:40-7:10 p.m.</td>
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<td>35534</td>
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<td>2/8-2/29 10:15-10:45 a.m.</td>
<td>Sa</td>
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</table>
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 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. 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.

ADULT KICKBALL
Register by team only at the Sports Office or online at 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 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 for information and registration.

WEEKEND SLOWPITCH LEAGUES - 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. 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 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

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

SPAY/NEUTER CLINICS
Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach
residents. Please visit 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 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

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 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 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
Instagram & Twitter: @LBAntimalCare
www.LongBeachAnimalCare.com
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. **Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres**
   - 1L, 2L, 5, 6, 7, 14

2. **Baker Street, 625 Baker St., 570-3100 - 1.5 acres**
   - 6, 7

3. **Bayshore, 5415 E. Ocean Blvd. - 1.21 acres**
   - 2, 4, 6, 7, 11

4. **Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres**
   - 4, 5R, 6, 7, 9

5. **Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres**
   - 4, 5, 6, 7

6. **Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres**
   - 2L, 5, 6, 7

7. **Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres**
   - 1L, 2L, 3L, 5, 6, 7, 11C, 14

8. **College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres**
   - 2, 3, 4, 5R, 6, 7, 14

9. **Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres**
   - 6, 7

10. **Cooledge, 352, E. Neece St., 570-1618 - 6.09 acres**
    - 1L, 2L, 4, 5, 6, 7, 14

**REGISTER ONLINE AT WWW.LBPARKS.ORG**
PARK FACILITIES (continued)

- Craftsman Village Park, 850 Orange Ave., 570-3100 - .34 acre
- Davenport (Ed "Pops"), 2910 E. 55th Way - .76 acre
- Deforest, 6255 DeForest Ave., 570-1620 - .16.01 acre
- Drake, 951 Maine Ave., 570-1625 - .61 acre
- East Village Arts, 150 Elm Ave. - .09 acre
- El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres
- El Dorado Nature Center, 7550 E. Spring St., 570-1745 - .97 acres
- El Dorado West, 2800 Studebaker Rd., 570-3225 - 2L, 3L, 4, 5, 6, 7, 9, 11, UK
- Fourteenth Street Park, 570-1608 - 2.01 acres
- Freeman Community Center, 1205 Freeman Ave., 570-8688
- Good Neighbor, 2800 Studebaker Road, .90 acre
- Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres
- Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres
- Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres
- Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres
- Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655
- Houghton, 6301 Myrtle Ave., 570-1650 - 26.35 acres
- Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres
- Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres
- Long Beach Community Resource Center, 5365 E. 2nd St.
- Los Cerritos, 3750 Del Mar Ave. - 8.47 acres
- MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres
- Marina Vista, Colorado St. & Santiago Ave. - .18.20 acres
- Marine (Mothers Beach), 5839 Arroway Way - 9.31 acres
- Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres
- McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres
- Miracle on 4th Street, 1518 E. 4th St. - .14 acres
- Oizibaz, Oizibaz Ave. & Spaulding St. - 3.99 acres
- Pan American, 5157 Centralia St., 570-1660 - 12.5 acres
- PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100
- Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres
- Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres
- Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 - 4.77 acres
- Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres
- Rose, 8th St. & Oizibaz Ave. - .74 acres
- Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres
- Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres
- Seaside, 14th St. at Chestnut, 2.34 acres
- Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres
- Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres
- Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres
- Veterans, 101 E. 26th St., 570-1695 - 14.32 acres
- Wardlaw, 3457 Stoneridge Ave., 570-1706 - 15.81 acres
- Whaley, 5620 Artherton St., 570-1710 - 13.47 acres

TEEN CENTERS

- Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890
- Freeman Teen Center, 1205 Freeman Ave., 570-8688
- Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640
- McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605

SENIOR CENTERS

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

DOG FACILITIES

- Animal Care Services, 7700 East Spring Street, 570-PETS
- Coolidge Dog Park, 352 E. Nance St
- Downtown Dog Park, at Lincoln Center, Pacific at Broadway
- El Dorado Dog Park, 7500 E. Spring St
- Jackson Street Dog Park, 1Jackson St.
- K-9 Corner Dog Park, 9th & Pacific Ave.
- Recreation Dog Park, 4900 E. 7th St.
- Rosie’s Dog Beach, 1 S. Granada
- Seaside Dog Zone Park, Seaside Way at Linden Ave
- Uptown Dog Park, 4600 Long Beach Blvd.

AQUATIC AND BOATING FACILITIES / BEACHES

- Dunster Reserve, Bouthouse Lane and Los Cerritos Channel
- Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.
- Launch Ramp – Claremont Launch Ramp, 5300 E. Ocean Blvd.
- Launch Ramp – Davies Launch Ramp, 6201 E. Second St.
- Launch Ramp – Marina Stadium Launch Ramp, 5255 Pool Way
- Launch Ramp – South Shore Launch Ramp, 590 Queenway Dr.
- Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719
- Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215
- Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950
- Marina - Rainbow Marina, 200 E Aquarium Way, 570-8636
- Marine Stadium, Appian Way (3rd St. & Colorado St.), 570-3215
- Pool – Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806
- Pool – Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718
- Pool – Silverado Park Pool, 1540 W. 32nd St., 570-1721
- Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)
- Mothers Beach, (Marina Park) 5839 Appian Way

SPORTS FACILITIES

- Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771
- Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72
- Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres
- Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54
- Golf - Recreation Park Golf Course, 5000 E. Anahim Ave, 494-5000, 18-hole, par 72
- Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31
- Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlaw Rd., 421-3388, 18-hole, par 72
- Hockey Rink, 5415 E. Ocean Blvd., 570-1725
- Lawn Bowling – Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862
- Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres
- Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725
- Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509
- Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553
- Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.
- Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.

SEE PAGE 55 FOR CLASS REGISTRATION FORM

revised 11/13
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.lbpaarks.org.

Follow us on
Facebook: www.facebook.com/LongBeachParks
Twitter: www.twitter.com/LongBeachParks
YouTube: www.youtube.com/user/ParksLongBeach
Instagram: www.instagram.com/longbeachparks_rec

Free programs including skate parks, playgrounds, dog parks, after school 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.-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

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 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

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
Fitness Stations
Gymnasium
Playground
Weight Room

College Estates Park
808 Stevely Ave.
562.570.1710
Hours: Dawn to Dusk
Amenities:
Basketball Court
Community Center
Pickleball Courts
Playground
Tennis Courts

Ed “Pops” Davenport Park
2910 East 55th Way
562.570.1665
Hours: Dusk to Dawn
Amenities:
Basketball Court
Playground

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

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

Programs:
Youth Sports
DeForest Park
6255 DeForest Ave.
562.570.1620
Hours: Dawn to Dusk
Amenities:
Baseball Field
Basketball Court
Community Center
Futsol 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

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
Soccer Fields
Softball Fields
Tennis Center
Programs:
Senior Program
Summer Day Camp Program
Fun Day Programs
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
Soccer 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
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:
Community Garden
Playground
Programs:
After School Program
Fall Fun Days
Summer Food Program
Youth Sports

Grace Park
Elm Ave. & Plymouth St.
562.570.3150
Hours: Dawn to Dusk
Amenities:
Community Garden
Playground

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

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

Lilly Park
32 Lilly Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Livingston Drive Playground
4700 Livingston Dr.
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

Los Altos Park
4851 Stearns St.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Baseball Field
Playground
Softball field

Los Altos Plaza Park
5230 Anaheim Rd.
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

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

C David Molina Park
4951 Oregon Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
- Fitness Stations
- Playground
- Soccer Field
- Walking Path

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

NAACP Freedom Park
2300 Martin Luther King Jr. Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
- Bike Path

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

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
**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

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

Warldow 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
Programs:
After School Program
Summer Day Camp Program
Fun Day Programs
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

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
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  
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

BALLEY DISANCE
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  
34905 50 Yrs+ 12-3/1 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  
34908 50 Yrs+ 12-4/18 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  
34911 50 Yrs+ 12-14/14 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  
34914 50 Yrs+ 12-3/17 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  
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  
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  
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  
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  
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  
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 dance. 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  
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 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  
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

FOLLOW US ON SOCIAL MEDIA

38
LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.

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

SENIOR CENTERS

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.

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

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

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.
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.


Long Beach Parks Make Life Fun
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 to get your Senior TAP Card.
EL DORADO NATURE CENTER
7550 East Spring Street
(562) 570-1745
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.

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.

LEARN ABOUT NATURE

Pre-registration is required at 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

We ♥ Bugs!
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

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
35823 February 26

NEW! WINTER FUNDAY MONDAYS! PARENT & ME WORKSHOPS

Pre-registration is required at 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.

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

FOLLOW US ON SOCIAL MEDIA
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 featherly 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, and 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.
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 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.

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

PART 1: THE POWER OF PLANTS: GROWING A SUSTAINABLE FUTURE
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.

PART 2: RIGHT PLANT, RIGHT PLACE

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.

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.

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.

SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB
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

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 lbparks.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://lbparks.org to register online.

REGISTRATION DATES
Lessons Starting Date: Registration Begins:
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

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

**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)**
An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics. Participants must have intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.
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**
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 2/2-2/22 10 a.m.-2 p.m. Su $120

**PRIVATE LESSONS**
Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeeway 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 Leeeway Sailing Center or must pass a skills check conducted by Leeeway 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

SEE PAGE 55 FOR CLASS REGISTRATION FORM
**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 lbparks.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.lbparks.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**

<table>
<thead>
<tr>
<th>Lessons Starting Date</th>
<th>Registration Begins:</th>
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<tbody>
<tr>
<td>1/4-2/22 (Saturdays)</td>
<td>11/16/19 at 8 a.m.</td>
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<tr>
<td>1/7-1/30 (Tuesday/Thursday)</td>
<td>11/26/19 at 8 a.m.</td>
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<tr>
<td>2/4-2/27 (Tuesday/Thursday)</td>
<td>1/21/20 at 8 a.m.</td>
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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

**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 5:5-5:25 p.m. Tu/Th $32
35801 6-12 Yrs 2/4-2/27 5:5-5:25 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 or call/text (562) 248-6538.

WATER POLO 101
Get an introduction to the game of waterpolo. 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.
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 to register online.

REGISTRATION DATES

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

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. 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.

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.

<table>
<thead>
<tr>
<th>35761</th>
<th>9 Mos-3 Yrs</th>
<th>1/11-2/29</th>
<th>9:30-9:55 a.m.</th>
<th>Sa</th>
<th>$32</th>
</tr>
</thead>
<tbody>
<tr>
<td>35762</td>
<td>9 Mos-3 Yrs</td>
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<td>6-6:25 p.m.</td>
<td>MW</td>
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</tr>
<tr>
<td>35763</td>
<td>9 Mos-3 Yrs</td>
<td>2/3-2/26</td>
<td>6-6:25 p.m.</td>
<td>MW</td>
<td>$28</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>35768</th>
<th>3-5 Yrs</th>
<th>1/11-2/29</th>
<th>9:30-9:55 a.m.</th>
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</thead>
<tbody>
<tr>
<td>35769</td>
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<td>35770</td>
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<td>4-4:25 p.m.</td>
<td>MW</td>
<td>$28</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>35771</th>
<th>3-5 Yrs</th>
<th>1/11-2/29</th>
<th>10:30-10:55 a.m.</th>
<th>Sa</th>
<th>$32</th>
</tr>
</thead>
<tbody>
<tr>
<td>35772</td>
<td>3-5 Yrs</td>
<td>1/6-1/29</td>
<td>5-5:25 p.m.</td>
<td>MW</td>
<td>$28</td>
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<tr>
<td>35773</td>
<td>3-5 Yrs</td>
<td>2/3-2/26</td>
<td>5-5:25 p.m.</td>
<td>MW</td>
<td>$28</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>35742</th>
<th>6-12 Yrs</th>
<th>1/11-2/29</th>
<th>10-10:25 a.m.</th>
<th>Sa</th>
<th>$32</th>
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</thead>
<tbody>
<tr>
<td>35743</td>
<td>6-12 Yrs</td>
<td>1/6-1/29</td>
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<td>35744</td>
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<td>1/6-1/29</td>
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</tr>
<tr>
<td>35745</td>
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<td>4:30-4:55 p.m.</td>
<td>MW</td>
<td>$28</td>
</tr>
</tbody>
</table>
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 sidestroke.
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

Apply today!
Questions? Call 562-570-3209.
Register online at lbparks.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.

<table>
<thead>
<tr>
<th>TOTS</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>El Dorado West</td>
<td>Pros</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35202 Beg</td>
<td>4-5 Yrs</td>
<td>1/13-3/2</td>
<td>3-3:30 p.m.</td>
</tr>
<tr>
<td>35205 Beg</td>
<td>4-5 Yrs</td>
<td>1/17-3/6</td>
<td>3-3:30 p.m.</td>
</tr>
<tr>
<td>35206 Beg</td>
<td>4-5 Yrs</td>
<td>1/11-2/29</td>
<td>8:30-9 a.m.</td>
</tr>
<tr>
<td>Los Cerritos</td>
<td>Pastorini</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35203 Beg</td>
<td>4-5 Yrs</td>
<td>1/13-3/2</td>
<td>4:30-5 p.m.</td>
</tr>
<tr>
<td>Naples</td>
<td>Inouye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35207 Beg</td>
<td>4-5 Yrs</td>
<td>1/11-2/9</td>
<td>9:30-10 a.m.</td>
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<tr>
<td>35208 Beg</td>
<td>4-5 Yrs</td>
<td>1/12-3/1</td>
<td>9:30-10 a.m.</td>
</tr>
<tr>
<td>Somerset</td>
<td>Inouye</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35204 Beg</td>
<td>4-5 Yrs</td>
<td>1/14-3/3</td>
<td>7-7:30 p.m.</td>
</tr>
</tbody>
</table>

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.

| El Dorado West | Pros |  |  |
| 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 | 3:30-4 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 |
| Los Cerritos | Pastorini |  |  |  |  |
| 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 |
| Somerset | Inouye |  |  |  |  |
| 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.

| El Dorado West | Pros |  |  |
| 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 |

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.

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.
### 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Class</th>
<th>Start Date</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marina Vista</td>
<td>Beg</td>
<td>1/11-2/29</td>
<td>9-10 a.m.</td>
<td>Sa</td>
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<tr>
<td></td>
<td>Adv Beg</td>
<td>1/11-2/29</td>
<td>10-11 a.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Beg/Adv Beg</td>
<td>1/11-2/29</td>
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<td>$100</td>
</tr>
<tr>
<td>Naples</td>
<td>Int</td>
<td>1/11-2/29</td>
<td>10-11 a.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Adv</td>
<td>1/11-2/29</td>
<td>11-noon</td>
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<td>$100</td>
</tr>
<tr>
<td></td>
<td>Beg</td>
<td>1/11-2/29</td>
<td>noon-1 p.m.</td>
<td>Sa</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Adv Beg</td>
<td>1/11-2/29</td>
<td>1-2 p.m.</td>
<td>Sa</td>
<td>$100</td>
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<tr>
<td>Somerset</td>
<td>Beg</td>
<td>1/14-3/3</td>
<td>8-9 p.m.</td>
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<tr>
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<td>Adv</td>
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<td>$100</td>
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<tr>
<td></td>
<td>Int</td>
<td>1/16-3/5</td>
<td>8-9 p.m.</td>
<td>Th</td>
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<td></td>
<td>Beg</td>
<td>1/17-3/6</td>
<td>8-9 p.m.</td>
<td>F</td>
<td>$100</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Class</th>
<th>Start Date</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Dorado West</td>
<td>Beg/Adv Beg</td>
<td>1/14-3/3</td>
<td>8-9 a.m.</td>
<td>Tu</td>
<td>$80</td>
</tr>
<tr>
<td></td>
<td>Beg/Adv Beg</td>
<td>1/16-3/5</td>
<td>8-9 a.m.</td>
<td>Th</td>
<td>$80</td>
</tr>
</tbody>
</table>

### 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 covenent 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; 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 ____________

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.

SEE PAGE 55 FOR CLASS REGISTRATION FORM
SKATE PARKS
Long Beach Parks, Recreation and Marine
For info and Park rules visit: www.lbarks.org

Bixby Park
DRAKE PARK
ORIZABA PARK
SILVERADO PARK

EL DORADO WEST
MCBRIDE PARK
HOUGHTON

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

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.

Coolidge Dog Park
352 E. Neece St.

El Dorado Dog Park
7500 E. Spring St.

Gayle Carter Dog Park
4600 Long Beach Blvd.

Jackson Street Dog Park
1 Jackson St.

K-9 Corner Dog Park
9th and Pacific Ave.

Recreation Dog Park
4900 E. 7th St.

Rosie’s Dog Beach
1 S. Granada Ave.

Seaside Dog Zone Park
Seaside Way @ Linden 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.lbarks.org.

FOLLOW US ON SOCIAL MEDIA
REGISTRATION FORM  Please print and fill out completely

It’s easy to register:

On Line: Register anytime. Visit http://activenet.active.com/lbparks or follow the link at www.lbparks.org. See “how to” videos and answers to “FAQs”

Click on the “request an account” button.

Fill in your information, then click submit (or click submit and add family member to register more people at the same address)

By FAX to (562) 570-3113

Confirmation will not be sent. Retain publication for reference

By Mail: Send completed form and payment (include address, phone number and class #(#s) on the check) to City of Long Beach, 2760 Studebaker Road, Long Beach, Ca 90815

In person: Bring completed form and payment to the office, Monday-Friday 8 a.m.-5 p.m. Office closed Nov. 28, 29, Dec 25, Jan 1, 20, and Feb 17. For more information call (562) 570-3111

Main Contact

☐ Check this box if address or phone number has changed

Print

Name: ___________________________________________________   Address: _____________________________________________

City _______________________________ Zip _________ Phone (________) ____________  Phone (________) ___________________

Birth Date: ___________________________  E-mail Address_____________________________________________________________

Please list separately additional family members living with the Main Contact.

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Birthdate</th>
<th>Male / Female (circle one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>M / F</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td>M / F</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>M / F</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>M / F</td>
</tr>
</tbody>
</table>

Class #    Student Name Class Name  Day(s)     Start Date      Time        Fee

Refunds must be requested one working day prior to the first class. 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. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.

Total $

METHOD OF PAYMENT

☐ Cash  ☐ Master Card  ☐ Visa  ☐ AmEx  ☐ Discover  ☐ Money Order  ☐ Check (payable to City of Long Beach include class #, complete address & phone #.)

Credit Card #: ___________ Exp. Date ___________

$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE  •  2760 Studebaker Road  •  (562) 570-3111  •  Open Monday-Friday, 8am-5:00pm
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.