LONG BEACH PARKS, RECREATION AND MARINE

RECREATION CONNECTION

SEPTEMBER-NOVEMBER 2022 · REGISTRATION BEGINS AUGUST 1
LBPARKS.ORG

FALL 2022
Classes and Activities For All Ages

FOLLOW US ON FACEBOOK, INSTAGRAM AND TWITTER
Autumn is upon us in all its glory. So many of our beautiful trees across the Long Beach park landscapes showcase an array of brilliant fall colors. As we transition from the busyness of an amazing Summer of Fun, we are thankful for the community’s outpouring of support and enthusiastic participation in our programs, classes, and special events.

Within this publication of our Recreation Connection you will find countless opportunities for leisure classes, educational experiences, encounters with nature and wildlife, and great health and fitness programs. Our sports programs are also back in full gear and are involving thousands of participants of all ages and skill levels in our community centers and on our athletic fields.

In the coming months, many fun holidays will generate additional chances to develop more friendships and community camaraderie with Halloween, Veteran’s Day, Thanksgiving, and Christmas and Kwanzaa celebrations. From preschoolers to active adults, we trust that you will discover lots of ways to recreate and enrich your lives. Enjoy the beauty of Autumn! Our Parks, Recreation, Marine and Animal Care Services Team is ready to help lead the way and serve the community!

The Department’s Strategic Plan will guide the operational, staffing and budget decisions from 2022 to 2032 and serve as a tool to adapt park services as the community’s needs evolve. Visit https://bit.ly/3x2L22R to learn more.

#PARKSMAKELB
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Parks, Recreation & Marine thanks the following people for their support:

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Long Beach Parks, Recreation and Marine prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs.

CITY OF LONG BEACH
DEPARTMENT OF
PARKS, RECREATION & MARINE

2760 North Studebaker Road
Long Beach, CA 90815-1697
(562) 570-3100
e-mail LBParks@longbeach.gov
LBParks.org

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

To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
“Upang maikaran sa publication na ito sa Spanish, Khmer o Tagalog, biistahin ang www.lbparks.org”

ALL PROGRAMS AND PRICES ARE SUBJECT TO CHANGE

To opt our of receiving this Recreation Connection publication, please e-mail your name and mailing address to: lbparks@longbeach.gov. Visit lbparks.org to access the publication.
PRESCHOOL CLASSES
Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a nurturing social setting.

COOKING

PRE-SCHOOL CAKE DESIGN
If your child loves to color and paint, 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. This is fun, relaxing and hands on class. It’s an art class on cakes! Material fee: $60.

A Yummy Future  El Dorado Park West
54850 2Yrs 6Mos-6Yrs 9/10-10/1 11-11:45a.m. Sa $90
54851 2Yrs 6Mos-6Yrs 10/8-10/29 11-11:45a.m. Sa $90
54852 2Yrs 6Mos-6Yrs 11/5-11/26 11-11:45a.m. Sa $90

PRESCHOOL COOKING THYME!
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. Great introduction to the five food groups! Great for picky eaters! Students will learn kitchen safety & rules, nutrition, spreading, pouring, peeling, rolling, tearing & tossing, stirring, basic chopping (using a plastic knife & scissors), measuring, adding ingredients, creating & being creative, and dinner etiquette & manners. Material fee $48.

A Yummy Future  El Dorado Park West
54853 2Yrs 6Mos-6Yrs 9/10-10/1 10-10:45a.m. Sa $90
54854 2Yrs 6Mos-6Yrs 10/8-10/29 10-10:45a.m. Sa $90
54855 2Yrs 6Mos-6Yrs 11/5-11/26 10-10:45a.m. Sa $90

ENRICHMENT

BAMBOLEO BEBE
This joyous class is for babies 10 months to 23 months, accompanied by an adult. Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music, movement, hand play and more. Participating adults will learn traditional folk songs from all over Latin America, new songs and playful activities to take home, as well as connect with other families that are interested in immersing their children in the Spanish language.

Susana Paniagua  Heartwell Park
54951 10Mos-23 Mos 9/3-10/8 9:15-10a.m. Sa $80
54952 10Mos-23 Mos 10/15-11/19 9:15-10a.m. Sa $80

BAMBOLEO AMIGUITOS
Vamos a jugar! Let’s play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information 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.

Susana Paniagua  Heartwell Park
54953 2-4 Yrs 9/3-10/8 10:15-11:15a.m. Sa $80
54954 2-4 Yrs 10/15-11/19 10:15-11:15a.m. Sa $80

BAMBOLEO AMIGOS
A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/read ing and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation optional. For more information please visit www. Bamboleokids.com. Material fee: $30 ($15 per sibling) includes crafts, digital music/book.

Susana Paniagua  Heartwell Park
Ages: 4 Yrs 6 Mos-6 Yrs
54955 9/3-10/8 11:30a.m.-12:30p.m. Sa $80
54956 10/15-11/19 11:30a.m.-12:30p.m. Sa $80

REGISTER ONLINE AT WWW.LBPARKS.ORG
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. *No class: 11/21 & 11/23.

Readwrite Educational Solution Inc.  Bixby Knolls Park
Ages: 2-3 Yrs 10 Mos
55003 9/12-10/5  8:45-10:15a.m.  M W $145
55005 9/12-10/5  10:30a.m.-noon  M W $145
55004 10/12-11/7 8:45-10:15a.m.  M W $145
55006 10/12-11/7 10:30a.m.-noon  M W $145
55007 11/14-12/14 8:45-10:15a.m.  M W $145
55008 11/14-12/14* 10:30a.m.-noon  M W $145

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. *No class: 11/22 & 11/24.

Readwrite Educational Solution Inc.  Bixby Knolls Park
Ages: 3Yrs 6Mos-5Yrs
55018 9/13-10/6 2:45-3:30p.m.  Tu Th $89
55019 10/13-11/8 2:45-3:30p.m.  Tu Th $89
55020 11/15-12/15* 2:45-3:30p.m.  Tu Th $89

READWRITE EN ESPAÑOL PREK-KINDER
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 mathematical skills. This is a full Spanish immersion program. Parent participation required. Material fee: $20. *No class: 11/22 & 11/24.

Readwrite Educational Solution Inc.  Bixby Knolls Park
Ages: 4-6Yrs 10 Mos
55009 9/13-10/6 2:20-3:05p.m.  Tu Th $89
55010 10/13-11/8 2:20-3:05p.m.  Tu Th $89
55011 11/15-12/15* 2:20-3:05p.m.  Tu Th $89

MUSIC
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.
54920 3-5Yrs 9/10-10/15 10-10:45a.m.  Sa $85
54921 3-5Yrs 10/22-12/3 10-10:45a.m.  Sa $85
**TINYTYKES YOUTH SOCCER**
TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players ages 2-4. Coaches will take your younger player on a journey to imaginary destinations through storytelling and games!

<table>
<thead>
<tr>
<th>Challenger Sports</th>
<th>Wardlow Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>54889 2-3Yrs 9/14-11/2</td>
<td>9:15-10a.m. W $130</td>
</tr>
<tr>
<td>54890 4-5Yrs 9/14-11/2</td>
<td>9:15-10a.m. W $130</td>
</tr>
</tbody>
</table>

**PARENT & ME SOCCER**
The fun happens on the field, so don’t just watch from the sidelines! You’ll participate in fun, age-appropriate activities and help your child to develop their 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.

<table>
<thead>
<tr>
<th>Kidz Love Soccer</th>
<th>Good Neighbor Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>54924 2-3Yrs 6Mos 9/9-10/21</td>
<td>5:30-6p.m. F $160</td>
</tr>
<tr>
<td>54925 2-3Yrs 6Mos 9/10-10/22</td>
<td>8:45-9:15a.m. Sa $160</td>
</tr>
<tr>
<td>College Estates Park</td>
<td></td>
</tr>
<tr>
<td>54926 2-3Yrs 6Mos 9/10-10/22</td>
<td>5:10-5:40p.m. Sa $160</td>
</tr>
</tbody>
</table>

**TOT SOCCER**
Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

<table>
<thead>
<tr>
<th>Kidz Love Soccer</th>
<th>Good Neighbor Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>54932 3Yrs 6Mos-4Yrs 9/9-10/21</td>
<td>4:50-5:20p.m. F $160</td>
</tr>
<tr>
<td>54933 3Yrs 6Mos-4Yrs 9/10-10/22</td>
<td>10-10:30a.m. Sa $160</td>
</tr>
<tr>
<td>College Estates Park</td>
<td></td>
</tr>
<tr>
<td>54934 3Yrs 6Mos-5Yrs 9/10-10/22</td>
<td>4:25-5p.m. Sa $160</td>
</tr>
</tbody>
</table>

**PRE SOCCER**
Enjoy running and kicking just like the big kids! Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow in a nurturing age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

<table>
<thead>
<tr>
<th>Kidz Love Soccer</th>
<th>Good Neighbor Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>54927 4-3Yrs 6Mos 9/9-10/21</td>
<td>3:20-3:55p.m. F $160</td>
</tr>
<tr>
<td>54928 4-5Yrs 9/10-10/22 10:35-11:10a.m. Sa $160</td>
<td></td>
</tr>
</tbody>
</table>

**SCHOLARSHIPS NOW AVAILABLE**
LBUSD Youth ages 5-18 are eligible to receive scholarships for Parks, Recreation and Marine classes for free, up to $150 per year. Parents must certify their child(ren) is/are eligible for free or reduced-price meals at their school to qualify.


[You can help children participate in recreation classes by donating to Partners of Parks Youth Scholarship Fund at: https://bit.ly/3OMnS6X]
CITY OF LONG BEACH PARKS, RECREATION & MARINE

Free After School Program
ages 5-12

Long Beach Parks, Recreation and Marine offers drop-in activities Monday through Friday at the following park sites. Programs include homework help, games, arts and crafts, tournaments, cooking, homework help, holiday celebrations and more. To register call (562) 570-3150 or visit: LBParks.org for more information.

<table>
<thead>
<tr>
<th>Park</th>
<th>Address</th>
<th>Phone</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bixby Park</td>
<td>130 Cherry Ave.</td>
<td>(562) 570-1601</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Coolidge Park</td>
<td>352 Neece Ave.</td>
<td>(562) 570-1625</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Houghton Park</td>
<td>6201 Myrtle Ave.</td>
<td>(562) 570-1640</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>McBride Park</td>
<td>1550 M.K. King Jr. Blvd.</td>
<td>(562) 570-1605</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Ramona Park</td>
<td>3301 E. 65th St.</td>
<td>(562) 570-1665</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Silverado Park</td>
<td>1545 W. 31st St.</td>
<td>(562) 570-1675</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Veterans Park</td>
<td>101 E. 28th St.</td>
<td>(562) 570-1695</td>
<td>M-F</td>
<td>2:30-5:30 p.m.</td>
</tr>
<tr>
<td>Chavez Park</td>
<td>401 Golden Ave.</td>
<td>(562) 570-8890</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Drake Park</td>
<td>951 Maine Ave.</td>
<td>(562) 570-1625</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Mac Arthur Park</td>
<td>1321 Anaheim St.</td>
<td>(562) 570-1655</td>
<td>M-F</td>
<td>2:30-5:30 p.m.</td>
</tr>
<tr>
<td>Orizaba Park</td>
<td>2935 E. Spaulding</td>
<td>(562) 570-1427</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Scherer Park</td>
<td>4600 Long Beach Blvd.</td>
<td>(562) 570-1674</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Somerset Park</td>
<td>1500 E. Carson</td>
<td>(562) 570-1690</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Wardlow Park</td>
<td>3457 Stanbridge Ave.</td>
<td>(562) 570-1705</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>College Estates Park</td>
<td>808 Stevely Ave.</td>
<td>(562) 570-1617</td>
<td>M-F</td>
<td>2:30-5:30 p.m.</td>
</tr>
<tr>
<td>El Dorado West Park</td>
<td>2800 Studebaker Rd</td>
<td>(562) 570-3225</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>M.L. King Jr. Park</td>
<td>1950 Lemon Ave.</td>
<td>(562) 570-4405</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Pan American Park</td>
<td>5157 Centralia St.</td>
<td>(562) 570-3297</td>
<td>M,Tu,W,F: 2:30-5:30 p.m.</td>
<td>Thursday: 1:30-5:30 p.m.</td>
</tr>
<tr>
<td>Seaside Park</td>
<td>1401 Chestnut Ave.</td>
<td>(562) 572-5126</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Stearns Champions Park</td>
<td>4520 E. 23rd St.</td>
<td>(562) 440-2867</td>
<td>M-F</td>
<td>3-6 p.m.</td>
</tr>
<tr>
<td>Whaley Park</td>
<td>5620 Atherton St.</td>
<td>(562) 570-1710</td>
<td>M-F</td>
<td>2:30-5:30 p.m.</td>
</tr>
</tbody>
</table>

*Park locations and times are subject to change*
YOUTH CLASSES
As children grow, so do their interests. We offer classes that keep your youngster engaged while enhancing their abilities in music, dancing, math and reading, and a variety of fitness and sport offerings.

COOKING

ALL ABOUT DOUGH!
Students will gain hands-on experience creating a variety of goods & desserts. An intro course that will teach students “All About Dough!”. Students will learn different methods used in creating breads, pastries, cookies, etc. We will go over measuring ingredients, mixing, yeast development, kneading, flour/oil secrets, gluten & resting your dough, proofing, the straight dough method and how to divide, shape and bake. Come learn to make bread, pie, pretzels, pizza, ravioli, scones, tarts, cinnamon rolls, cookies, beignets, chicken pot pies, pastry pies and so much more! Material fee: $60.

A Yummy Future
54838 8-12Yrs 9/10-10/1 4-5:30p.m. Sa $130
54839 8-12Yrs 10/8-10/29 4-5:30p.m. Sa $130
54840 8-12Yrs 11/5-11/26 4-5:30p.m. Sa $130

BASIC COOKING FOR KIDS
Students will receive Hands-on training in a lecture and kitchen Lab environment. Students will learn culinary terms and meaning, different cooking techniques, kitchen/food safety, kitchen math, measuring, food preparation techniques, hand washing, knife safety and cutting techniques, table etiquette, basic nutrition, and substitution. We will cover sautéing, simmering, stir-fry and more your child will be able to name. Identify and properly operate kitchen tools and appliances. No experience needed, for we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Material Fee $60.

A Yummy Future
54841 8-12Yrs 9/10-10/1 1:15-2:30p.m. Sa $130
54842 8-12Yrs 10/8-10/29 1:15-2:30p.m. Sa $130
54843 8-12Yrs 11/5-11/26 1:15-2:30p.m. Sa $130

CAKE DESIGN
Make a big impression with a decorated mini cake. Learn to decorate using geometric patterns, metallic stripes, & more as you create small cakes that have big styles. Students will learn to spread, fondant techniques, the basic of filling a piping bag and the different tips. Each week the students will be given a theme to recreate on their own cake. Theme examples include decorating a lady bug, minion, camp fire, aquarium, and more. No experience necessary. This is an introductory course to cake design. Cakes are 4-5 inch pre-made by a baker and available in regular & gluten free. Flavors include vanilla, chocolate & strawberry. Material Fee $60.

A Yummy Future
54847 8-18Yrs 9/10-10/1 noon-1p.m. Sa $115
54848 8-18Yrs 10/8-10/29 noon-1p.m. Sa $115
54849 8-18Yrs 11/5-11/26 noon-1p.m. Sa $115

DANCE

MEXICAN FOLKLORICO - BEGINNING
Basic step to dances of Mexico- Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and closed toe shoes for safety. Shows will count as a class. *No class: 10/8, 10/29, 11/5 & 11/12.

Irene Portillo
54958 5-9Yrs 9/10-11/19* 10-10:45a.m. Sa $89

MEXICAN FOLKLORICO - BEGINNING 12 & UP
Basic step to dances of Mexico- Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and closed toe shoes for safety. No experience needed. Shows will count as a class. *No class: 10/8, 10/29, 11/5 & 11/12.

Irene Portillo
54959 12-17Yrs 9/10-11/19*11:30a.m.-12:15p.m. Sa $89

MEXICAN FOLKLORICO - INTERMEDIATE
Must have some little type of dancing, steps to dances of Mexico and Spain - Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and dance shoes. Shows will count as a class. *No class: 10/8, 10/29, 11/5 & 11/12.

Irene Portillo
54960 8-12Yrs 9/10-11/19* 10:45-11:30a.m. Sa $89

REGISTER ONLINE AT WWW.LB PARKS.ORG
MEXICAN FOLKLORICO - ADVANCED
This class is fast pace with some dance experience- learning dance steps of Mexico and Spain- Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and dance shoes. Shows will count as a class. *No class: 10/8 and 10/29.

Irene Portillo Veterans Park
54957 13-17Yrs 9/3-11/26*  9-10a.m.  Sa  $89

ENRICHMENT

READING DEVELOPMENT K-1

Readwrite Educational Solution Inc.  Mae Boyer Park
Ages: 4Yrs 6Mos-7Yrs
54994 9/26-10/19  3:30-4:15p.m.  M W  $89
54997 10/26-11/16*  3:30-4:15p.m.  M W  $67
54998 11/28-12/14  3:30-4:15p.m.  M W  $67

MATH DEVELOPMENT 2-6
Students skills gaps are identified through comprehensive 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. Mae Boyer Park, 6701 Del Amo Blvd, Lakewood.

Readwrite Educational Solution Inc.  Mae Boyer Park
Ages: 6Yrs 6Mos-11Yrs
54996 9/26-10/19  5:10-5:55p.m.  M W  $89
55001 10/26-11/16*  5:10-5:55p.m.  M W  $67
55002 11/28-12/14  5:10-5:55p.m.  M W  $67

MEXICAN FOLKLORICO - ADVANCED
This class is fast pace with some dance experience- learning dance steps of Mexico and Spain- Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and dance shoes. Shows will count as a class. *No class: 10/8 and 10/29.

Irene Portillo Veterans Park
54957 13-17Yrs 9/3-11/26*  9-10a.m.  Sa  $89

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

Jammin’ Music Inc.  Jammin’ Music
54916 7-11Yrs  9/7-10/12  4-4:50p.m.  W  $90
54917 7-11Yrs 10/19-11/23  4-4:50p.m.  W  $90

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

Jammin’ Music Inc.  Jammin’ Music
54922 7-11Yrs  9/9-10/14  5-5:50p.m.  F  $85
54923 7-11Yrs 10/21-12/2  5-5:50p.m.  F  $85

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

Jammin’ Music Inc.  Jammin’ Music
54916 7-11Yrs  9/7-10/12  4-4:50p.m.  W  $90
54917 7-11Yrs 10/19-11/23  4-4:50p.m.  W  $90

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
54918 5-6Yrs  9/9-10/14  11-11:50a.m.  Sa  $95
54919 5-6Yrs 10/21-12/2  11-11:50a.m.  Sa  $95

READING DEVELOPMENT 2-6

Readwrite Educational Solution Inc.  Mae Boyer Park
Ages: 6Yrs 6Mos-11Yrs
54995 9/26-10/19  4:20-5:05p.m.  M W  $89
54999 10/26-11/16*  4:20-5:05p.m.  M W  $67
55000 11/28-12/14  4:20-5:05p.m.  M W  $67

CHERRY PARK
55016 9/13-10/6  3:35-4:20p.m.  Tu Th  $89
55021 10/13-11/8  3:35-4:20p.m.  Tu Th  $89
55022 11/15-12/15*  3:35-4:20p.m.  Tu Th  $89

READWRITE EN ESPAÑOL 1ST- 2ND GRADE
Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn funda- mentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and math- ematic skills. This is a full Spanish immersion program. Material fee: $20. *No class: 11/22 & 11/24.

Readwrite Educational Solution Inc.  Bixby Knolls Park
Ages: 5Yrs 6Mos-8Yrs
55012 9/13-10/6  3:10-3:55p.m.  Tu Th  $89
55013 10/13-11/8  3:10-3:55p.m.  Tu Th  $89
55014 11/15-12/15*  3:10-3:55p.m.  Tu Th  $89
**SPORTS**

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**D-UP BALLERS**
D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: $20. *No class: 11/6.

James Christian
Pan American Park
54891 7-15Yrs 9/11-10/9 noon-1p.m. Su $60
54892 7-15Yrs 10/23-11/20* noon-1p.m. Su $60

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**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: 11/21, 11/23, & 11/25.

Russell Kelley
Stearns Champions Park
54935 6-12Yrs 9/7-9/30 6-7p.m. M W F $45
54936 6-12Yrs 10/3-10/28 6-7p.m. M W F $45
54937 6-12Yrs 11/2-11/30* 6-7p.m. M W F $45

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**KARATE - SHOTOKAN**
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. *No class: 9/5 & 11/24.

Jony Martinez
Cesar Chavez Park
54945 5-12Yrs 9/2-9/30* 6-7p.m. M W F $80
54946 5-12Yrs 10/3-10/28 6-7p.m. M W F $80
54947 5-12Yrs 11/14-11/30* 6-7p.m. M W F $80

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**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).

Antonio Silva
Bixby Park
55041 5-17Yrs 9/2-9/30 6-7p.m. F Sa $50
55042 5-17Yrs 10/7-10/29 6-7p.m. F Sa $50
55043 5-17Yrs 11/4-11/26 6-7p.m. F Sa $50

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**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.

Kidz Love Soccer
Good Neighbor Park
54929 5-6Yrs 9/9-10/21 4-4:45p.m. F $160
54930 5-6Yrs 9/10-10/22 11:15a.m.-noon Sa $160
College Estates Park
55038 5-6Yrs 9/10-10/22 3:35-4:20p.m. Sa $160

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**SOCCER 2 - SKILLZ & SCRIMMAGES**
Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world’s most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer
College Estates Park
54931 7-10Yrs 9/10-10/22 2:45-3:30p.m. Sa $160

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**TRADITIONAL KARATE - BEGINNING**

David Crockett
El Dorado Park West
54898 5-16Yrs 9/3-11/26* 11-11:45a.m. Sa $140

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**TRADITIONAL KARATE - INTERMEDIATE**

David Crockett
El Dorado Park West
54899 5-18Yrs 9/3-11/26* 11:45a.m.-12:30p.m. Sa $155
SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB

LONG BEACH PARKS, RECREATION & MARINE

Sign Up Now For The Long Beach Youth Sports Program

Season begins the week of September 12 · Games start October 1
On-line registration: July 29-August 31 · Walk in registration: Closes August 30
Uniform Fee: $10 required upon registration · Scholarships available

Coed and Boys Flag Football

Admiral Kidd Park
2125 Santa Fe Ave.
562.570.1600

Bixby Park
130 Cherry Ave.
562.570.1601

Cesar E. Chavez Park
401 Golden Ave.
562.570.8890

Cherry Park
1901 E. 46th St.
562.570.3150

College Estates Park
808 Stevely Ave.
562.570.3150

Coolidge Park
352 Neece St.
562.570.1625

Drake Park
951 Maine Ave.
562.570.1625

El Dorado Park West
2800 Studebaker Rd.
562.570.3225

Houghton Park
6301 Myrtle Ave.
562.570.1640

MacArthur Park
1321 Anaheim St.
562.570.1655

Martin Luther King Jr. Park
1950 Lemon Ave.
562.570.4405

McBride Park
1550 M.L. King Jr. Blvd.
562.570.1605

Orizaba Park
2937 E. 14th St.
562.570.1427

Pan American Park
5157 Centralia St.
562.570.1662

Ramona Park
3301 E. 65th St.
562.570.1665

Seaside Park
14th St. at Chestnut Ave.
562.570.1625

Scherer Park
4600 Long Beach Blvd.
562.570.1674

Sterns Champions Park
4520 E. 23rd St.
562.570.1685

Silverado Park
1545 W. 31st St.
562.570.1675

Somerset Park
1500 E. Carson St.
562.570.1690

Veterans Park
101 E. 28th Street
562.570.1695

Warldow Park
3457 Stanbridge Ave.
562.570.1706

Whaley Park
5620 Atherton St.
562.570.1710

WRAP Sites 562.570.3530
Burbank Elementary
501 Junipero Ave

Edison Elementary
625 Marine Ave.

Garfield Elementary
2240 Baltic Ave.

Grant Elementary
1225 E. 64th St.

Herrera Elementary
1620 Temple Ave.

Hudson (Kinder-8)
2335 Webster Ave.

King Elementary
145 E. Artesia Blvd.

Lafayette Elementary
2445 Chestnut Ave.

For more information, call the Long Beach Parks, Recreation and Marine Youth Sports Office at 562.570.1707. Visit us on our official Long Beach Sports Website @ teamsideline.com/longbeach. Click under Youth Sports for more information.

The City of Long Beach Youth Sports Program is free to all participants and consists of a variety of sports opportunities throughout the year for boys and girls ages 5-14 years (born 2008-2017). Participants register individually and are placed on teams at Long Beach parks. This nine week season emphasizes fun and the four pillars of our Youth Sports Program: sportsmanship, fundamentals, health and wellness and perseverance.
Mobile Recess is made possible by Long Beach Recovery Act, a plan to fund economic and public health initiatives for Long Beach residents, workers and businesses impacted by the COVID-19 pandemic. Visit longbeach.gov/recovery for more information.
TEEN CLASSES

ENRICHMENT

ONLINE DRIVERS 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
54072 14-18 Yrs 9/1-9/30 Everyday $40
54073 14-18 Yrs 10/1-7/31 Everyday $40
54074 14-18 Yrs 11/1-11/30 Everyday $40

SPORTS

A+ 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.

Wilson High School Instructor
54015 6-17 Yrs 9/7-9/28 5:10-6 p.m. W $54
54016 6-17 Yrs 10/5-10/26 5:10-6 p.m. W $54
54017 6-17 Yrs 11/2-11/16 5:10-6 p.m. W $48
54018 6-17 Yrs 9/8-9/29 5:10-6 p.m. Th $54
54019 6-17 Yrs 10/6-10/27 5:10-6 p.m. Th $54
54020 6-17 Yrs 11/3-11/17 5:10-6 p.m. Th $48

A+ 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.

Wilson High School Instructor
54021 6-17 Yrs 9/7-9/29 6-6:50 p.m. W Th $85
54022 6-17 Yrs 10/5-10/27 6-6:50 p.m. W Th $85
54023 6-17 Yrs 11/2-11/17 6-6:50 p.m. W Th $75

A+ ADVANCED GYMNASTICS
This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, advanced training in uneven 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.

Wilson High School Instructor
54009 6-17 Yrs 9/7-9/29 6:45-8:10 p.m. W Th $125
54010 6-17 Yrs 10/5-10/27 6:45-8:10 p.m. W Th $125
54011 6-17 Yrs 11/2-11/17 6:45-8:10 p.m. W Th $118

A+ TUMBLING FOR GYMNASTICS & CHEER
This class teaches students cartwheels, handsprings, backflips, tumbling and basic strength training to improve skill progression. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach.

Wilson High School Instructor
54012 7-17 Yrs 9/7-9/28 4:20-5:05 p.m. W $50
54013 7-17 Yrs 10/5-10/26 4:20-5:05 p.m. W $50
54014 7-17 Yrs 11/2-11/16 4:20-5:05 p.m. W $42

ART AND CULTURAL

CERAMICS WORKSHOP
Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: $30. *No class: 11/2.

Anita Sinclair
54984 16Yrs+ 9/4-10/23 1:30-4:30 p.m. Su $62
54985 16Yrs+ 9/5-10/24 9 a.m.-noon M $62
54983 16Yrs+ 9/7-10/26 6-9 p.m. W $62
54993 16Yrs+ 11/2-11/30* 6-9 p.m. W $30
54991 16Yrs+ 11/6-11/27 1:30-4:30 p.m. Su $30
54992 16Yrs+ 11/7-11/28 9 a.m.-noon M $30

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
54987 16Yrs+ 9/5-10/24 12:30-3:30 p.m. M $58
54990 16Yrs+ 11/7-11/28 12:30-3:30 p.m. M $30

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
OIL PAINTING
Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair
Bixby Park
54988 16Yrs+ 9/4-10/23 10a.m.-1p.m. Su $58
54989 16Yrs+ 11/6-11/27 10a.m.-1p.m. Su $30

FAST QUILT RETREAT
An all day weekend retreat. Come Friday 6:30-9p.m. to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project.

Sandra Szladek
Wardlow Park
54963 16Yrs+ 10/7-10/9 6:30-9p.m. F set up
10/8 & 10/9 10a.m.-10p.m. Sa Su $60

DANCE

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: 10/31 & 11/7.

Fahtiem
Wardlow Park
54904 14Yrs+ 9/12-10/10 6:15-7:15p.m. M $39
54906 14Yrs+ 9/12-10/10 7:30-8:30p.m. M $39
54908 14Yrs+ 9/12-10/10 8:45-9:45p.m. M $39
54905 14Yrs+ 10/17-11/28* 6:15-7:15p.m. M $39
54907 14Yrs+ 10/17-11/28 7:30-8:30p.m. M $39
54909 14Yrs+ 10/17-11/28* 8:45-9:45p.m. M $39

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. One time equipment fee of up to $45. Walk-in fee available. *No class: 10/17, 10/31 & 11/7.

Tami Santy
Recreation Park
54860 16Yrs+ 9/12-10/3 6-6:45p.m. M $44
54861 16Yrs+ 10/10-11/28 6-6:45p.m. M $55

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. We will use body weight, kettle bells, agility ladders, battle ropes, and other fitness toys - each workout is unique, challenging, and fun. All fitness levels welcome. Bring dumbbells and mat. Walk in fee available. *No class: 9/22 & 10/20.

Tami Santy
El Dorado Park West
54864 16Yrs+ 9/1-10/6* 6-6:45p.m. Th $55
54865 16Yrs+ 10/13-11/17* 6-6:45p.m. Th $55

DANCE WITH CARMEN
A Dance class in Spanish! Have fun while you tone up and dance the stress away. Una clase de baile en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia
Silverado Park
54971 14Yrs+ 9/1-9/29 9-10a.m. Tu Th $2
54972 14Yrs+ 10/4-10/27 9-10a.m. Tu Th $2
54973 14Yrs+ 11/1-11/29 9-10a.m. Tu Th $2
54974 14Yrs+ 10/4-10/27 9-10a.m. Tu Th $2
54975 14Yrs+ 11/1-11/29 9-10a.m. Tu Th $2

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

Lacey Marsac Wardlow Park
54874 16Yrs+ 9/7-9/28 6:15-7:15p.m. W $32
54877 16Yrs+ 9/7-9/28 7:30-8:30p.m. W $40
54875 16Yrs+ 10/5-10/26 6:15-7:15p.m. W $32
54878 16Yrs+ 10/5-10/26 7:30-8:30p.m. W $32
54876 16Yrs+ 11/16-11/30 6:15-7:15p.m. W $24
54879 16Yrs+ 11/16-11/30 7:30-8:30p.m. W $24

SPORTS

JUJITSU

Russell Kelley Stearns Champions Park
54938 13Yrs+ 9/7-9/30 7-8p.m. M W F $45
54941 13Yrs+ 9/7-9/30 8-9p.m. M W F $45

KARATE - SHOTOKAN
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: 9/5 & 11/24.

Jony Martinez Cesar Chavez Park
54948 12Yrs+ 9/2-9/30* 7:15-8:30p.m. M W F $80
54949 12Yrs+ 10/3-10/28 7:15-8:30p.m. M W F $80
54950 12Yrs+ 11/14-11/30* 7:15-8:30p.m. M W F $50

OFFERING TEENS
RECREATIONAL ACTIVITIES · VOLUNTEER OPPORTUNITIES · HOMEWORK ASSISTANCE · TOURNAMENTS · FITNESS CLASSES · DINNER PROGRAM

LONG BEACH PARKS, RECREATION AND MARINE
Teen Centers

LOCATED AT:
ADMIRAL KIDD PARK
2125 Santa Fe Ave.
CESAR CHAVEZ PARK
401 Golden Ave.
FREEMAN COMMUNITY CENTER
1205 Freeman Ave.
HOUGHTON PARK
6301 Myrtle Ave.
MCBRIDE PARK
1550 Martin Luther King Jr. Ave.
SILVERADO PARK
1545 W. 31st St.

HAVE SOME FUN!

LB Parks.org

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 15
We Energize a Healthy Long Beach

Energy Resources is much more than just the “Gas Company”. We’re committed to doing our part to make our city a healthy place to live, work, or spend a great day at one of our wonderful parks.

To do so, we’ve gone green by installing over 150,000 automated reporting gas meters and eliminating 160,000 vehicle trips a year. Our Southeast Resource Recovery Facility (SERRF) reduces the need for landfills and truck trips by turning trash into electricity while destroying tons of dangerous narcotics and paraphernalia, making our parks, beaches and public areas safer places to enjoy.

With our focus on green, it's no surprise that we recently received an award for data reliability for our (AB32-Cap and Trade) Green House Gas Emissions Reporting.

Everyone at Energy Resources is proud to do their part in bringing safe and reliable energy to the City of Long Beach.

The Energy Resources rebate program!

We have a valuable rebate program for energy-efficient gas appliances or similar products, for residential customers.

To learn more go to: www.longbeach.gov/energyresources/

Join us on Facebook for news, information and fun! @LBEnergyResources
ADULT CLASSES

ART AND CULTURAL

CERAMICS WORKSHOP
Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: $30. *No class: 11/23.

Anita Sinclair
54984 16Yrs+ 9/4-10/23 1:30-4:30p.m. Su $62
54985 16Yrs+ 9/5-10/24 9a.m.-noon M $62
54983 16Yrs+ 9/7-10/26 6-9p.m. W $62
54993 16Yrs+ 11/2-11/30* 6-9p.m. W $30
54991 16Yrs+ 11/6-11/27 1:30-4:30p.m. Su $30
54992 16Yrs+ 11/7-11/28 9a.m.-noon M $30

ADVANCED CERAMICS WORKSHOP
This is an advanced course. We fire to cone 6. We will be experimenting with materials and techniques that do not get covered in the basic ceramics workshop. Feel free to do self-directed projects with guidance during this class section. Additional supplies will be available or students who have developed technical sufficiency and have a desire to explore deeper into ceramic processes. Bring samples of work, notepad, pencil, your clay and tools and material fee to first class meeting. Material fee: $32.

Anita Sinclair
55039 16Yrs+ 9/1-10/20 6-9p.m. Th $62
55040 16Yrs+ 10/27-11/17 6-9p.m. Th $30

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
54987 16Yrs+ 9/5-10/24 12:30-3:30p.m. M $58
54990 16Yrs+ 11/7-11/28 12:30-3:30p.m. M $30

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
54988 16Yrs+ 9/4-10/23 10a.m.-1p.m. Su $58
54989 16Yrs+ 11/6-11/27 10a.m.-1p.m. Su $30

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. *No class: 11/23.

Sandra Szladek
54961 18Yrs+ 9/7-10/19 6:30-9p.m. W $33
54962 18Yrs+ 10/26-12/7* 6:30-9p.m. W $33

FAST QUILT RETREAT
An all day weekend retreat. Come Friday 6:30-9p.m. to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project.

Sandra Szladek
54963 16Yrs+ 10/7-10/9 6:30-9p.m. F set up
54964 10/8 & 10/9 10a.m.-10p.m. Sa Su $60

DANCE

2 STEP & SWING
Grab your boots and learn the latest 2 step pattern—plus learn East Coast Swing moves. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter
54856 18Yrs+ 9/28-11/16 7-8p.m. W $48

LINE DANCING
Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. Meet new people. No experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter
54858 18Yrs+ 9/28-11/16 6-7p.m. W $48

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
54871 18Yrs+ 9/2-9/30 10-11:15 a.m. F $5
54872 18Yrs+ 10/7-10/28 10-11:15 a.m. F $5
54873 18Yrs+ 11/4-11/25 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. *No class: 9/16, 10/21 & 11/18.

Mildred Caudillo Wardlow Park
54868 18Yrs+ 9/2-9/30* 7-8p.m. F $10
54869 18Yrs+ 10/7-10/28* 7-8p.m. F $10
54870 18Yrs+ 11/18-11/25* 7-8p.m. F $10

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: 10/31 & 11/7.

Fahtiem Wardlow Park
54904 14Yrs+ 9/12-10/10 6:15-7:15p.m. M $39
54906 14Yrs+ 9/12-10/10 7:30-8:30p.m. M $39
54908 14Yrs+ 9/12-10/10 8:45-9:45p.m. M $39
54905 14Yrs+ 10/17-11/28* 6:15-7:15p.m. M $39
54907 14Yrs+ 10/17-11/28 7:30-8:30p.m. M $39
54909 14Yrs+ 10/17-11/28* 8:45-9:45p.m. M $39

DOG TRAINING
DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT
Help your dog become a well-behaved family member without the use of fear or intimidation (no choke chains/prong collars). Learn a variety of real-life rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real-life, and more! Dogs four months and older with current vaccines. Contact (714) 821-6622 or CrossroadsPetResort.com for more information. Material fee: $10.

Crossroads Country Club Pet Resort Marina Vista Park
54900 10Yrs+ 9/10-10/8 9:30-10:30 a.m. Sa $155
54902 10Yrs+ 10/10-11/19 9:30-10:30 a.m. Sa $155

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT
Continue to enhance your relationship with your dog by building on the foundation behaviors taught in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714) 821-6622 or CrossroadsPetResort.com. Material fee: $10.

Crossroads Country Club Pet Resort Marina Vista Park
54901 10Yrs+ 9/10-10/8 10:30-11:30 a.m. Sa $155
54903 10Yrs+ 10/22-11/19 10:30-11:30 a.m. Sa $155

FITNESS
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.

Tracey Wiltse Recreation Park
54977 18Yrs+ 9/2-9/30 8:30-9:30 a.m. M W F $35
54978 18Yrs+ 10/7-10/28 8:30-9:30 a.m. M W F $35
54979 18Yrs+ 11/14-11/30 8:30-9:30 a.m. M W F $35

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. One time equipment fee of up to $45. Walk-in fee available. *No class: 10/17, 10/31 & 11/7.

Tami Santy Recreation Park
54860 16Yrs+ 9/12-10/3 6-6:45p.m. M $44
54861 16Yrs+ 10/10-11/28 6-6:45p.m. M $55

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. We will use body weight, kettle bells, agility ladders, battle ropes, and other fitness toys - each workout is unique, challenging, and fun. All fitness levels welcome. Bring dumbbells and mat. Walk in fee available. *No class: 9/22 & 10/20.

Tami Santy El Dorado Park West
54864 16Yrs+ 9/1-10/6* 6-6:45p.m. Th $55
54865 16Yrs+ 10/13-11/17* 6-6:45p.m. Th $55

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS
CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available.

Marilynn Bodnar El Dorado Park West
54042 18Yrs+ 9/7-9/28 5:30-6:30p.m. M W $25
54043 18Yrs+ 10/3-10/26 5:30-6:30p.m. M W $25
54044 18Yrs+ 11/2-11/30 5:30-6:30p.m. M W $25
DANCE WITH CARMEN
A dance class in Spanish! Have fun while you tone up and dance the stress away. Una clase de baile en Espanol! Diviertete y mantente saludable. Despide del estres y disfrute al maximo mientras tonicas tu cuerpo. Pre-cio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia
Silverado Park
54971 14Yrs+ 9/1-9/29 9-10a.m. Tu Th $2
54972 14Yrs+ 10/4-10/27 9-10a.m. Tu Th $2
54973 14Yrs+ 11/1-11/29 9-10a.m. Tu Th $2

MINDFULNESS TAI CHI & QIGONG
Enjoy a relaxing, centering, and energizing start to your weekend! Cultivate wellness and vitality while building your knowledge of these healing martial arts. Explore one new mindfulness technique per session. Each class illuminates a step on the path toward form mastery. Physically adaptive and emotionally safe instruction. Walk in fee available.

Richard Harvey
Bixby Park
54910 18Yrs+ 9/3-9/24 9:30-10:45 a.m. Sa $40
54911 18Yrs+ 10/8-10/29 9:30-10:45 a.m. Sa $50

YOGA WITH LACEY
This all levels, alignment-based yoga class will include various poses and movement focused upon strength, stretch and balance. Breathing and relaxation techniques are also explored to link both mind and body awareness. Please bring a yoga mat, 2 yoga blocks and yoga strap. Walk in fee available.

Lacey Marsac
Wardlaw Park
54874 16Yrs+ 9/7-9/28 6:15-7:15p.m. W $32
54877 16Yrs+ 9/7-9/28 7:30-8:30p.m. W $40
54875 16Yrs+ 10/5-10/26 6:15-7:15p.m. W $32
54878 16Yrs+ 10/5-10/26 7:30-8:30p.m. W $32
54876 16Yrs+ 11/16-11/30 6:15-7:15p.m. W $24
54879 16Yrs+ 11/16-11/30 7:30-8:30p.m. W $24

JUJITSU

Russell Kelley
Stearns Champions Park
54938 13Yrs+ 9/7-9/30 7-8p.m. M W F $45
54941 13Yrs+ 9/7-9/30 8-9p.m. M W F $45
54939 13Yrs+ 10/3-10/28 7-8p.m. M W F $45
54942 13Yrs+ 10/3-10/28 8-9p.m. M W F $45
54940 13Yrs+ 11/2-11/30* 7-8p.m. M W F $45
54943 13Yrs+ 11/2-11/30* 8-9p.m. M W F $45

KARATE - SHOTOKAN
Japanese Karate with all the traditions of this ancient art. The philosophy and rules of Karate will help develop discipline and respect. Consistent training helps students become stronger and develop confidence while learning the customs and courtesies of Japanese culture. Uniforms are available for an additional fee. More information is given during the first class. *No class: 9/5 & 11/24.

Jony Martinez
Cesar Chavez Park
54948 12Yrs+ 9/2-9/30* 7:15-8:30p.m. M W F $80
54949 12Yrs+ 10/3-10/28 7:15-8:30p.m. M W F $80
54950 12Yrs+ 11/14-11/30* 7:15-8:30p.m. M W F $50

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, co-ordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional $40 (regardless of the size).

Antonio Silva
Bixby Park
55044 18Yrs+ 9/2-9/30 7-8p.m. Fr Sa $50
55045 18Yrs+ 10/7-10/29 7-8p.m. Fr Sa $50
55046 18Yrs+ 11/4-11/26 7-8p.m. Fr Sa $50
ADULTS 50+ CLASSES

DANCE

ROUND DANCE - ADVANCED
Advanced class consists of clinic on figures and choreography followed by cued round dances. Fee per person, per class.
Edward Patrick Long Beach Senior Center
54057 50 Yrs+ 9/10 noon-4 p.m. Sa $5
54058 50 Yrs+ 10/8 noon-4 p.m. Sa $5
54059 50 Yrs+ 11/12 noon-4 p.m. Sa $5

ROUND DANCE - ADVANCED
Advanced class consists of clinic on figures and choreography followed by cued round dances. Fee per person, per class.
Edward Patrick Long Beach Senior Center
54060 50 Yrs+ 9/12-9/26 7-9:30 p.m. M $5
54061 50 Yrs+ 10/3-10/31 7-9:30 p.m. M $5
54062 50 Yrs+ 11/7-11/28 7-9:30 p.m. M $5

SENIOR LINE DANCING
Have fun learning new dances each week. Great exercise dancing to all types of music. No experience needed. Come with a friend and meet new people. Fee per person, per class. *No class: 9/15 & 9/22.
Janet Karter El Dorado Park West
54048 50 Yrs+ 9/1-9/29* 1-2 p.m. Th $5

FITNESS

BALANCE AND STABILITY
You’re never too old to learn to regain your balance and this class concentrates on balance and cognitive exercises to also keep your brain active and have fun while doing it! Bring water. Walk in fee available.
Adrienne Rosenfeld Recreation Park
54030 50 Yrs+ 9/6-9/27 10:30-11:10 a.m. Tu $15
54031 50 Yrs+ 10/4-10/25 10:30-11:10 a.m. Tu $15
54032 50 Yrs+ 11/15-11/29 10:30-11:10 a.m. Tu $15

CHAIR BASED YOGA
Not your typical chair yoga class! Suitable for beginners and 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, 2 yoga blocks and yoga strap. Walk in fee available. *Outside class: 11/2 & 11/9.
Lacey Marsac Wardlow Park
54051 50 Yrs+ 9/7-9/28 9-10 a.m. W $32
54052 50 Yrs+ 10/5-10/26 9-10 a.m. W $32
54053 50 Yrs+ 11/2-11/30* 9-10 a.m. W $40

For more information visit: www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/
FUNCTIONAL MOVEMENT, BALANCE & BRAINS OUTDOORS
Let's put the "fun" into our functional fitness! We will work to improve balance, stability, agility, and strength using our bodies, weights and games. Brain-training drills will help improve memory, problem solving, and mental acuity. We will boost our immunity by exercising our bodies, and improve our mental skills by exercising our brains. You will leave class feeling energized and strong. 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. Class held outside on grass on 11/1, 11/8 & every Thursday. *No class: 9/22, 10/18, 10/20 & 11/24.

Tami Santy  Wardlow Park
54063  50 Yrs+  9/1-9/29*  10:30-11:15 a.m.  Tu Th $5
54064  50 Yrs+  10/4-10/20  10:30-11:15 a.m.  Tu Th $5
54065  50 Yrs+  11/1-11/29*  10:30-11:15 a.m.  Tu Th $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. Walk in fee available. *No class: 10/10.

Silvana Behrens  Recreation Park
54024  50 Yrs+  9/12-9/26  9:45-11 a.m.  M $39
54025  50 Yrs+  10/3-10/31*  9:45-11 a.m.  M $52
54026  50 Yrs+  11/7-11/28*  9:45-11 a.m.  M $52

ZUMBA® GOLD
Come dance with me-bring water, a towel and a smile. Change your body and challenge your mind and have fun doing it! Dance your troubles away to various rhythms. Walk in fee available.

Adrianne Rosenfeld  Recreation Park
54036  50 Yrs+  9/1-9/29  6-7 p.m.  Th $15
54037  50 Yrs+  10/6-10/27  6-7 p.m.  Th $15
54040  50 Yrs+  11/3-11/17  6-7 p.m.  Th $15

ZUMBA® GOLD
Shake your groove thang in Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold- if you are moving and smiling, you are doing it right. Walk in fee available. *No class: 10/22.

Sabrina Thomas  Long Beach Senior Center
54066  50 Yrs+  9/10-9/24  11:30 a.m.-12:30 p.m.  Sa $10
54067  50 Yrs+  10/1-10/29*  11:30 a.m.-12:30 p.m.  Sa $10
54068  50 Yrs+  11/5-11/26  11:30 a.m.-12:30 p.m.  Sa $10
GENERAL INFORMATION

LBACS is open for walk in adoptions Wednesday through Sunday 11 a.m. to 3 p.m. Potential adopters should use the Adoption Center entrance. All other services (reclaiming your lost pet, bringing in a found stray, etc.) do not require appointments but they are highly appreciated. Please go to the tent outside the Admissions entrance for anything other than Adoptions.

Animal related complaints/questions (562) 570-7387.

Need to license your dog or cat? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Visit www.longbeach.gov/acs.

SPAY/NEUTER INFORMATION

Local and state laws require all dogs over six months and cats over four months to be spayed or neutered.

SPAY / NEUTER VOUCHERS
Vouchers to assist with the cost of spaying or neutering your pet may be requested online. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Visit www.longbeach.gov/acs for more information about spay/neuter assistance.

DOG TRAINING

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 goodmanners, and be your best friend.

PET LICENSING

California law requires all cats and dogs over the age of four months be licensed as a rabies control measure. Ensuring your pet has a current license attached to its collar is your best insurance of having your pet returned to you in case they become lost.

PERKS OF LICENSING

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 when it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter.

EXTENDED STAY
When found, your licensed pet will be cared for at the Animal Shelter for a longer period of time (up to 10 days rather than five 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.

CONNECT WITH US ON SOCIAL MEDIA

@LBAnimalCare
www.longbeach.gov/acs
ADULT SPORTS LEAGUES
5001 Deukmejian Drive (562) 570-1725
teamsideline.com/longbeach

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) 570-1725 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 $80/team, per game. Limited space per season.

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.

WEEKNIGHT SLOWPITCH LEAGUE MEN’S AND COED
10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed and men’s leagues-16 player max. Team fee: $450. Game day fees $15/ per team, per game. Call (562) 570-1725 or visit online for information.

WEEKEND SLOW PITCH 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) 570-1725 or visit us online for more information.

SOFTBALL - AGES 55 & UP
Saturday team registration at the Sports Office. 12 games. Team fee: $265. Game day fees $15/per team, per game. Call (562) 570-1725 or visit us online for more information.

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 ($30/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) 570-1725 or visit us online: www.teamsideline.com/longbeach.

ADULT VOLLEYBALL

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 6-12 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. $15/ 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) 570-1725 or visit www.teamsideline.com/longbeach for more information.
The Rancho Los Alamitos is on the National Register of Historic Places and has been home to diverse cultures for over 7,000 years. It includes a ranch house (ca. 1790-1933), 4 acres of lush historic gardens, an interpretive center, a gift shop stocked with books and unique items, and a restored barnyard with livestock including horses, sheep, goats, chickens, and ducks.

The Rancho Los Alamitos is open daily, Wednesday through Sunday, from 1:00 to 5:00 pm.

During your visit, wander garden trails, learn from knowledgeable docents and volunteers, meet the barnyard’s resident livestock, and explore California history. Free admission and parking. Reservations are required for groups larger than 10 and for special event photography. Events and activities are subject to change. Please visit RanchoLosAlamitos.org for the latest information about all programs, events, and group tours.

**AUTUMN ACTIVITIES**

**RANCHO TO RANCHO WALK**
Saturday, September 10, 2022
7 a.m. to 2 p.m.
Explore Long Beach history by visiting both of the city’s Ranchos in one day! Start at Rancho Los Alamitos and follow a 9-mile route to Rancho Los Cerritos, or choose from 3- or 6-mile options.

**COOL CRAFTS ROUNDUP**
Wednesday, September 21, 2022
1:30 to 4 p.m.
Connect with the Rancho in a creative way! Drop-in for a craft project and story time about water, nature, and sustainability. All ages are welcome while supplies last. Children must be accompanied by an adult.

**NANNETTE BRODIE DANCE THEATRE PERFORMS AT RLA**
Saturday, October 1, 2022
4 to 6 p.m.
Experience the Rancho through the art of dance. Nannette Brodie Dance Theatre will bring their signature drama, wit, joy, and invention to the historic site for a special evening performance. Ticket information coming soon at https://rancholosalamitos.org/events.html.

**VOLUNTEER OPPORTUNITIES**
In addition to being a fascinating place to visit, the Rancho is a wonderful place to volunteer! Our volunteer service areas include gardening, public engagement, leading school field trips, and more. Assignments, time commitments, and training varies to suit your interests, talents, and needs. Join us! https://rancholosalamitos.org/volunteer.html.

**FIELD TRIPS – VIRTUAL & IN-PERSON!**
The Rancho offers engaging school programs that complement California’s history and social science curriculum. For third-grade classes, Tovaave: A Tongva Cultural Program, shares the vibrant culture and history of the Tongva, the indigenous people of the L.A. Basin. For fourth-grade classes, Footprints on the Land explores California history through the site’s ranch house, gardens, and barnyard. Visit https://rancholosalamitos.org/school_tours.html or contact schools@RanchoLosAlamitos.org for more information.
EL DORADO EAST REGIONAL PARK
7550 Spring Street  
(562) 570-1771
Hours: Spring/Summer: 7 a.m.-8 p.m.  
March 1-October 31  
Fall/Winter: 7 a.m.-5 p.m.  
November 1-February 28

RESERVATIONS
Contact us at (562) 570-3111. Call to learn more about:
- Reservable Sites  
- Special Events  
- Company Picnics  
- Weddings  
- Annual Pass Sales

*A Permit to Gather is required by the City of Long Beach for any group of 25 people or more and must be obtained before the event.

VEHICLE ENTRY FEES
Cash or cards:
M-Th: $6 • F: $7 • Sa and Su: $8 • Holidays: $9
School Buses: $30 • Other buses: $35 daily

ANNUAL PARKING PASSES
- General $65 each  
- Seniors ages 50+/Disabled Fee: $40 each

Annual parking passes are available for purchase at the El Dorado Nature Center and the Parks and Recreation Administration Office, at 2760 Studebaker Road, M-F: 8 a.m.-4:30 p.m.

AMENITIES AND SERVICES
- Archery range with target butts. Free archery classes on Saturdays. Contact El Dorado Archers at www.eldorado-archers.com  
- Bicycle Rentals-Wheel Fun rentals, call (805) 650-7770  
- Bicycle trails-paved (over 4 miles)  
- Dog Park  
- Campground for Youth Groups  
- Model aircraft flying area (radio controlled)  
- Model sailboat area (radio controlled)  
- Park Ranger supervision  
- Playgrounds

HOMELAND CULTURAL CENTER
MacArthur Park, 1321 Anaheim Street  
(562) 570-1655
Hours: Monday and Tuesday: 3-10 p.m.  
Wednesday-Thursday: 3-9:30 p.m.  
Closed Fridays  
Saturday: 10 a.m.-6 p.m.  
Sunday: 9 a.m.-6 p.m.

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. Tentative start date July 2022.

Afrikan Drum/Dance  
Saturday: 10 a.m.-4 p.m.  
AIM Urban Poetry Workshop  
Tuesday: 7-9 p.m.  
Aztec Dance  
Wednesday: 7-9 p.m.  
Bokator (Martial Arts)  
Thursday: 7-9 p.m.  
Breakdancing for Kids  
Tuesday: 4-6 p.m.  
Cambodian Art and Music  
Alternate Saturdays: 2-4 p.m.  
Drums  
Tuesday: 4-6 p.m.

Guitar/Bass  
Thursday: 4-6 p.m.  
Hmong Arts  
Sunday: 9 a.m.-2 p.m.  
Instant Band (Music Improvisations)  
Saturday: 4-6 p.m.  
Micronesian Arts  
Sunday: 2-6 p.m.  
Movie Makers Workshop  
Sunday: 1-3 p.m.  
Off The Dome  
First Thursday of the month: 7-9 p.m.  
Popping & Break Dancing  
Monday & Tuesday: 6-10 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 relaxing getaway. Visit the interactive, hands-on exhibits 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.

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

YOUNG EXPLORERS TOUR
Is your scout, youth or homeschool group looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center’s diverse habitats. 1½ hour program. $6 per person.

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

DISCOVERY TOURS
Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You’ll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2 hour program. Grades K-4, $7 per person. Grade 5, $8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR
Sponsored by El Dorado Nature Center and the City of Long Beach’s Adopt-A-Beach program.
In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2 hour program. $8 per person.

PRE-SCHOOL PROGRAMS
Pre-registration is required at www.lbparks.org.

TAILS & TRAILS PARENT & ME WORKSHOPS
Ages: 2 - 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 stories, nature play, and outdoor exploration. Investigate the incredible, changing, natural world with your child, while discovering creatures large and small. Parent participation required.

TURTLETOTS
Our trusty turtles have been spending the long days of summer at our pond. Come explore with us to see how these rascally reptiles swim, eat, and sun here at the Nature Center.
54075    September 14
HOOT, HOOT, HOORAY
A wise old owl lived in an oak, The more he saw the less he spoke, The less he spoke the more he heard. Let’s all learn about this wise old bird!
54076 October 12 10-11:30 a.m.

OUR FALL FORESTS
The leaves are changing colors and falling to the ground, but why? Join us on the trails to explore this magical tree transformation.
54077 November 9 10-11:30 a.m.

SPECIAL EVENTS

2022 CALIFORNIA COASTAL CLEANUP DAY
You can take an active role in keeping our coastline clean and healthy. Cleanups will take place at beaches throughout the city. For more information and group registration, call (562) 570-4876.
Saturday, September 17, 9 a.m. - noon.

HOWL-O-WEEN FESTIVAL RETURNS!
Join us at the boo-tiful El Dorado Nature Center for a hare-raising good time as you trick-or-treat your way along the trails. Visit our animal education village or bounce yourself silly in the Ooh-possum Patch. There will be storytelling and face painting, food trucks and crafts. Parking is free, and a suggested donation of $5 per person to support Partners of Parks/ Friends of El Dorado Nature Center at the gate. Dress as your favorite creature and come mingle with ours. See you there!
Saturday, October 22, 2-6 p.m., Last Trail Entry- 5 p.m.

3RD SATURDAY WETLAND WARRIOR CLEANUP AT COLORADO LAGOON
Only 5% of California’s once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team as we explore and help protect the critical habitat at Colorado Lagoon Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels. Meet near the bike racks along Appian Way. Parking fee is waived. September 17 is Coastal Cleanup Day. 
Saturdays, October 15, November 19, 10 a.m. - noon

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Saturdays, October 15, November 19, 10 a.m. - noon

4TH SATURDAY 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 on the left just past El Dorado Frontier in Area III. Saturdays, September 24, October 22, November 26, 9 -10 a.m.

ADOPT-A-BEACH
Get directly involved in protecting our coastline! Any individual, family, civic or non-profit organization, business, etc. is eligible to join the Adopt–A–Beach program. We provide everything you need!
Call El Dorado Nature Center at (562) 570-1745 to make arrangements or for more information.
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**

<table>
<thead>
<tr>
<th>Number</th>
<th>Park Name</th>
<th>Address</th>
<th>Size in Acres</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Admiral Kidd</td>
<td>2125 Santa Fe Ave., 570-1600 · 12.29 acres</td>
<td>1L, 2L, 5, 6, 7, 14</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Baker Street</td>
<td>625 Baker St., 570-3100 · 1.5 acres</td>
<td>6, 7, 11</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Bayshore</td>
<td>5415 E. Ocean Blvd. · 1.24 acres</td>
<td>2, 4, 5, 6, 7</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Bixby</td>
<td>130 Cherry Ave., 570-1601 · 17.79 acres</td>
<td>4, 5, 6, 7, 12</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Bixby Knolls</td>
<td>1000 San Antonio Dr., 570-1604 · 3.93 acres</td>
<td>4, 5, 6, 7</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Cesar E. Chavez</td>
<td>401 Golden Ave., 570-8890 · 33.22 acres</td>
<td>21, 5, 6, 7</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Cherry</td>
<td>1901 E. 45th St., 570-1615 · 10.19 acres</td>
<td>1L, 2L, 3L, 5, 6, 7, 11, C, 14</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>College Estates</td>
<td>808 Stevely Ave., 570-1617 · 2.30 acres</td>
<td>2, 3, 4, 5, 6, 7, 14</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Colorado Lagoon</td>
<td>5119 E. Colorado St. · 28.34 acres</td>
<td>6, 7</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Coolidge</td>
<td>352 E. Neece St., 570-1618 · 26.10 acres</td>
<td>1L, 2L, 4, 5, 6, 7, 12, 14</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Craftsman Village Park</td>
<td>850 Orange Ave., 570-3100 · 34 acres</td>
<td>6, 7</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Davenport, (Ed &quot;Pops&quot;)</td>
<td>2910 E. 55th Way · 11.55 acres</td>
<td>2, 6, 7</td>
<td></td>
</tr>
</tbody>
</table>
### PARK FACILITIES (continued)

#### AQUATIC AND BOATING FACILITIES/BEACHES

- **Parks, Recreation & Marine Administration, 2706 Studabaker Rd., 570-3100:** 12.17 acres
- **Goodwill Dog Park, 1518 E. 7th St. at MacArthur, 570-3111:** .87 acres
- **Long Beach Community Resource Center, 5365 E. 2nd St.:** .75 acres
- **Los Corrchos, 3750 Del Mar Ave.:** 3.68 acres
- **MacArthur (General Douglas), 1321 Anheims St. at MacArthur Park, 570-1655:** 3.86 acres
- **Marina Vista, Colorado St. and Santiago: 17.68 acres**
- **Marine (Mother's Beach), 5839 Appian Way:** 3.68 acres
- **Pan American, 5157 Centralia St., 570-1660:** 12.52 acres
- **Parks, Recreation & Marine Administration, 2706 Studabaker Rd., 570-3100:** 12.17 acres
- **Amoama, 3301 E. 35th St., 570-1665:** .77 acres
- **Sanborn, 4600 Virginia Rd., 206-2040:** 4.82 acres
- **Recreation, 4900 E. 7th St., 570-1670:** 63.92 acres
- **Rose, 8th St. and Orizaba Ave.:** .75 acres
- **Rosie the Riveter, Clark Ave. and Compton St.:** .32 acres
- **Scherer, 4600 Long Beach Blvd., 570-1674:** 25.21 acres
- **Seaside, 14th St. at Chestnut:** 2.43 acres
- **Silverado, 1545 W. 31st St., 570-1675:** 12.24 acres
- **Somerset, 1500 E. Carson St., 570-1690:** 4.0 acres
- **Stearns Champions, 4520 E. 23rd St., 570-1685:** 26.53 acres
- **Veterans, 101 E. 28th St., 570-1695:** 14.63 acres
- **Wayland, 3457 Stansbridge Ave., 570-1706:** 15.18 acres
- **Whaley, 5620 Atherton St., 570-1710:** 13.87 acres

#### DOG FACILITIES

- **Bixby Park, 130 Cherry Ave.:** .43 acres
- **Coolidge Dog Park, 352 E. Neece St.:** .25 acres
- **El Dorado Dog Park, 7500 E. Spring St.:** .15 acres
- **Gayle Carter Dog Park, 4600 Long Beach Blvd.:** .7 acres
- **Jackson Street Dog Park, 1 Jackson St.:** .14 acres
- **K-9 Corner Dog Park, 9th and Pacific Ave.:** .8 acres
- **Long Beach Dog Park, 101 Pacific Ave.:** .14 acres
- **Farragut Park, 195 W. Seaside Way, (west of Pine Avenue):** .18 acres
- **Recreation Dog Park, 4900 E. 7th St.:** 2.0 acres
- **Rosie's Dog Beach, 1 S. Granada:** 4.0 acres
- **Seaside Dog Zone Park, Seaside Way at Linden Ave.:** .45 acres
- **Wrigley Heights Dog Park, 3401 Golden Ave.:** 2.03 acres

### AQUATIC AND BOATING FACILITIES/BEACHES

- **Colorado Lagoon Wetland and Marine Sci. Ed. Center:** .75 acres
- **Dunster Reserve, Freeway Lane and Los Cerritos Channel:** 3.22 acres
- **Goodwin Park, Long Beach Ave.:** 3.22 acres
- **Launch Ramp – Claremont Launch Ramp, 5300 E. Ocean Blvd.:** .75 acres
- **Launch Ramp – Davies Launch Ramp, 6201 E. Second St.:** .63 acres
- **Launch Ramp – Granada Launch Ramp, 1 S. Granada Ave.:** .75 acres
- **Launch Ramp – Marine Stadium Launch Ramp, 5255 Polli Way:** .75 acres
- **Launch Ramp – South Shore Launch Ramp, 590 Queensway Dr.:** .69 acres
- **Long Beach City Marina:** .75 acres
- **Marina, Alamitos Bay Marina, 205 Marina Dr., 570-3215:** 39.39 acres
- **Marina, Long Beach Shoreline Marina, 450 E. Shoreline Dr.: 570-4950**
- **Marina – Rainbow Marina, 200 S. Aurora Way:** 3.68 acres
- **Marina, 720-1725**
- **Pike Park, 195 W. Seaside Way:** .18 acres
- **Pike Park, 195 W. Seaside Way:** .18 acres
- **Rosie's Dog Beach, 1 S. Granada:** .40 acres
- **Seaside Dog Zone Park, Seaside Way at Linden Ave.:** .45 acres
- **Wrigley Heights Dog Park, 3401 Golden Ave.:** 2.03 acres

#### SPORTS FACILITIES

- **Archery – El Dorado Archery Range, 7550 E. Spring St., 570-1771**
- **Golf – El Dorado Golf Course:** 2400 Studabaker Rd., 430-5411, 18-hole, par 72
- **Golf – Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1722:** 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. Anaheim St., 494-5000, 18-hole, par 72**
- **Golf – Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72**
- **Hockey Rink, 5415 E. Ocean Blvd., 570-1725**
- **Lawn Bowls-Racquetball, 6750 E. Spring St., 570-1725**
- **Sports Field – Chittick Field, 1900 Walnut Ave., 570-1717:** 19.14 acres
- **Sports Field – Joe Rodgers Softball Stadium, 10th St. and Park Ave.: 570-1725**
- **Tennis – Billie Jean King Tennis Center, 10th and Park Ave.: 438-8509**
- **Tennis – El Dorado Tennis Center, 2800 Studabaker Rd., 425-0553**
- **Tennis – Los Cerritos Tennis Courts, 375 Del Mar Ave.:** .75 acres
- **Tennis – Naples Tennis Courts, Tivoli Drive between St. Irmo Way and 2nd St.:** .75 acres

#### TEEN CENTERS

- **Admiral Kidd Park Teen Center, 2125 Santa Fe Ave., 570-1600**
- **Cesar E. Chavez Park Teen Center, 401 Edgemar Ave., 570-8890**
- **Freeman Teen Center, 1205 Freeman Ave., 570-8848**
- **Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640**
- **McBride Park Teen Center, 1550 M.L. King, Jr. Blvd., 570-1605**
- **Silverado Park Teen Center, 1545 West 31st St., 570-1675**

#### SENIOR CENTERS

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

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

**revised 11/21**
NEW OUTDOOR WATERING RULES

1. Water only on Tuesdays and Saturdays
2. Only water before 9 a.m. or after 4 p.m.
3. Limit watering to 10 minutes per station, or 20 minutes total for rotating nozzles

Thank you, Long Beach, for doing your part to conserve water!

Para más información en español, visite: lbwater.org/waterrules
Para sa higit pang impormasyon sa Tagalog, bumasita sa: lbwater.org/waterrules

LONG BEACH MUNICIPAL BAND

THANKS TO OUR 2022 SPONSORS
DEPARTMENTS OF PARKS, RECREATION & MARINE, ENVIRONMENTAL SERVICES, AND ENERGY RESOURCES, PORT OF LONG BEACH, PARTNERS OF PARKS, AND FRIENDS OF THE LONG BEACH MUNICIPAL BAND
Parks, Recreation & Marine

Community Park Directory

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

HOURS AND AMENITIES FOR LONG BEACH PARKS

Follow us on social media:
Facebook.com/LongBeachParks
Instagram.com/longbeachparks/
Twitter.com/LongBeachParks
Youtube.com/user/ParksLongBeach

1. ADMIRAL KIDD PARK
2125 Santa Fe Ave.  (562) 570-1600
HOURS: Free Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m. Teen Programs, M-F, Noon –5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Soccer field, basketball court, community center, fitness stations, picnic areas, playground

2. BAKER PARK
625 Baker St.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground, walking path

3. BAYSHORE PARK
5415 E. Ocean Blvd.  (562) 570-3100
day camps – (562) 570-1888.
HOURS: Summer Day Camp Program, M-F, 9 a.m. - 4 p.m.
AMENITIES: Basketball court, volleyball court, playground, roller hockey rink

4. BELMONT PLAZA POOL
4320 E. Olympic Plaza  (562) 570-1806
See page 44 and 45.

5. BIRDCAGE PARK
6501 Parkcrest St.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

6. BIXBY PARK
130 Cherry Ave.  (562) 570-1601
HOURS: After School Program, (Sept. – June), M-F: 3-6 p.m., Free Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m.; Senior Fitness Classes (time vary); Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball court, community center, fitness stations, playground, soccer fields, weight/fitness room

7. BIXBY KNOLLS PARK
1101 San Antonio Drive  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

8. OFFICER DARLYE W. BLACK MEMORIAL PARK
2023 Pasadena Ave.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

9. BURTON W. CHACE PARK
65 E. Market St.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

10. CESAR E. CHAVEZ PARK
401 Golden Ave.  (562) 570-8890
HOURS: After School Program (Sept.-June), M-F, 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m.-5 p.m.; Teen Program, M-F, 11 a.m.-5 p.m.; Senior program, M-F, 9 a.m.-2 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Community center, fitness stations, playground, skate park

11. CHERRY PARK
1901 E. 45th St.  (562) 570-1615
HOURS: Dusk to Dawn; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball fields, basketball court, community center, softball fields, tennis courts, playground

12. COLLEGE ESTATES PARK
808 Stevely Ave.  (562) 570-1710
HOURS: After School Program, (Sept.-June), M-F: 2:30-5:30 p.m.; Free Summer Fun Days, M-F: 11 a.m.-5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball and tennis courts, community center, playground

REGISTER ONLINE AT WWW.LBPARKS.ORG
13. COOLIDGE PARK
352 E. Neece St.  (562) 570-1618
HOURS: After School Program, (Sept.-June) M-F: 3-6 p.m., Free Summer Fun Days, M-F: 11 a.m.-5 p.m.; Summer Food Program, and Youth Sports – visit LB-Parks.org.
AMENITIES: Basketball and tennis courts, community center, playground

14. CRAFTSMAN VILLAGE PARK
851 Orange Ave.  (562) 570-3100
HOURS: Dusk to Dawn
AMENITIES: Playground

15. ED “POPS” DAVENPORT PARK
2910 East 55th Way  (562) 570-1665
HOURS: Dusk to Dawn
AMENITIES: Basketball court, playground

16. DEFOREST PARK
6255 DeForest Ave.  (562) 570-1620
HOURS: Camp Fire Day Camp call (562) 421-2725; Summer Food Program and Youth Sports – visit LB-Parks.org. cont’d
AMENITIES: Baseball, soccer and softball fields; basketball, futsol and racquetball courts, community center, nature trail, playground

17. DRAKE PARK
951 Maine Ave.  (562) 570-1625
HOURS: After School Program, (Sept.-June), M-F 3-6 p.m.; Free Summer Fun Days Program, M-F: 11 a.m.-5 p.m., and Be SAFE Program, M-F: 5-8 p.m.; Summer Food Program and Youth Sports – visit LB-Parks.org.
AMENITIES: Soccer and softball fields, basketball court, community center, playground, handball courts, skate park

18. EL DORADO PARK WEST
2800 Studebaker Road  (562) 570-3225
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m., Free Summer Fun Days, M-F: 11 a.m.-5 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m.; Senior Programs M-F, 9 a.m.-5 p.m.
AMENITIES: Baseball, soccer and softball fields; basketball courts, community center, disc golf course, golf course, playground, skate park

19. EL DORADO REGIONAL PARK AND NATURE CENTER
See page 26 and 27.

20. FELLOWSHIP PARK
434 E. Willow St.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

21. FREEMAN CENTER
1205 Freeman Ave.  (562) 570-8688
HOURS: Teen Programs, M-F: 3-7 p.m.
22. GRACE PARK
Elm Ave. & Plymouth St. (562) 570-3150
HOURS: Dusk to Dawn; Summer Food Program – visit LBParks.org.
AMENITIES: Playground, Community Garden

23. ROBERT GUMBINER PARK
880 E. 7th St. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Performance area, picnic area, playground, public art, skate plaza

24. HEARTWELL PARK
5801 E. Parkcrest St. (562) 570-1635
HOURS: Dusk to Dawn
AMENITIES: Baseball, soccer and softball fields, basketball court, community center, golf course, playground

25. HOUGHTON PARK
6301 Myrtle Ave. (562) 570-1640
HOURS: After School Program (Sept.-June), M-F, 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Day Camp Program, M-F, 9 a.m.-4 p.m., Learning Hub (Sept.-June), M-F, 7:30 a.m.-5 p.m.; Teen Program, M-F Noon-5 p.m.; Senior Program, 9 a.m.-2 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball fields, basketball courts, community center, fitness stations, playground, skate park, soccer fields, softball fields, tennis courts, weight room

26. HUDSON PARK
2335 Webster Ave. (562) 570-3100
HOURS: Dawn to dusk
AMENITIES: Ballfields, sports court, picnic area, playground

27. JACKSON PARK
1432 Jackson St. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Dog Park – 1800 Jackson, Playground

28. KING, MARTIN LUTHER JR. PARK
1950 Lemon Ave. (562) 570-4405
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Be SAFE Program, Summer Camp Program, M-F: 9 a.m. to 4 p.m. and M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org
AMENITIES: Baseball, soccer and softball fields; basketball court, community center, playground

29. LEEWAY SAILING CENTER
5437 E. Ocean Blvd.

30. LILLY PARK
32 Lilly Ave. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

31. LINCOLN PARK
101 Pacific Ave. (562) 570-1710
HOURS: Open Space, Dawn to Dusk, Programs: Summer Food Program – visit LBParks.org.
AMENITIES: Basketball court, dog park, fitness equipment, skate park, sports field

32. LIVINGSTON DRIVE PLAYGROUND
4700 Livingston Drive (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

34 REGISTER ONLINE AT WWW.LBPARKS.ORG
33. LOCUST TOT LOT
2331 Locust Ave. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

34. LOMA VISTA PARK
1173 Loma Vista Drive (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

35. LONG BEACH SENIOR CENTER
1150 E. 4th St. (562) 570-3500
HOURS: M-F: 8 a.m. to 4:30 p.m., Sat.: 10 a.m.-4 p.m. Visit https://bit.ly/3qn9RmJ for program hours
AMENITIES: Fitness gym, Friendly Cup Café, library, thrift shop

36. LOS ALTOS PARK
4851 Stearns St. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

37. LOS ALTOS PLAZA PARK
5230 Anaheim Road (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

38. LOS CERRITOS PARK
3750 Del Mar Ave. (562) 570-3150
HOURS: Dawn to Dusk
AMENITIES: Playground, Tennis Courts

39. MACARTHUR PARK
1321 Anaheim St. (562) 570-1655
HOURS: After School Program, (Sept.-June), M-F: 2:30-5:30 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Homeland: M-Th: 3 to 10 p.m.; Sat.: 10 a.m. to 6 p.m. Sun. 9 a.m. to 6 p.m.; Summer Food Program and Youth Sports – visit LB Parks.org.
AMENITIES: Basketball court, community center, Homeland Cultural Center, see page 30; playground

40. MARINA VISTA PARK
5355 Eliot St. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Soccer and softball fields, basketball and tennis courts, playground

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 35
41. MARINE (MOTHER’S BEACH) PARK  
5839 Appian Way  (562) 570-3100  
HOURS: Dawn to Dusk  
AMENITIES: volleyball courts, playground, picnic areas, swim areas  

42. ERNEST MCBRIDE PARK  
1550 Martin Luther King, Jr. Ave.,  
(562) 570-1605  
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Learning Hub (Sept. – June), M-F, 7:30 a.m. to 5 p.m.; Teen Center M-F, 11 a.m. to 5 p.m.; Senior Program, 9 a.m. to 2 p.m.; Summer Food Program and Youth Sports – visit LBPParks.org. 
AMENITIES: Basketball court, community center, playground, skate park, weight/fitness room  

43. MIRACLE PARK  
1518 E. 4th St.  (562) 570-1787  
HOURS: Dusk to Dawn  
AMENITIES: Playground  
PROGRAMS: Youth Sports  

44. MOLINA, C DAVID PARK  
4951 Oregon Ave.  (562) 570-3100  
HOURS: Dawn to Dusk  
AMENITIES: Soccer field, fitness stations, playground  

45. NAACP FREEDOM PARK  
2300 Martin Luther King Jr. Ave.  
(562) 570-3100  
HOURS: Dawn to Dusk  
AMENITIES: Bike Path  

46. ORIZABA PARK  
1435 Orizaba Ave.  (562) 570-1427  
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m.; Learning Hub (Sept. – June), M-F, 7:30 a.m. to 5 p.m.; Summer Food Program and Youth Sports – visit LBPParks.org. 
AMENITIES: Community center, fitness stations, playground, skate park  

47. PAN AMERICAN PARK  
5157 Centralia St.  (562) 570-1660  
HOURS: After School Program (Sept.-June), M-F:2:30-5:30 p.m., Free Summer Fun Days M-F: 11 a.m. to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.; Summer Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food and Youth Sports – visit LBPParks.org. 
AMENITIES: Baseball and softball fields, basketball court, gym, playground  

48. PEACE PARK  
1411 Atlantic Ave.  (562) 570-3100  
HOURS: Dusk to Dawn  
AMENITIES: Playground  

REGISTER ONLINE AT WWW.LBPARKS.ORG
49. PIKE PARK
195 Seaside Way (562) 570-3100
HOURS: Dawn to dusk
AMENITIES: Benches, bike racks, dog park, fitness stations, playground slide

50. PROMENADE SQUARE
215 E. First St. (562) 570-3150
HOURS: Dawn to Dusk
AMENITIES: Playground

51. RAMONA PARK
3301 East 65th St. (562) 570-1665
HOURS: After School Program (Sept. – June), M-F: 3-6 p.m.; Free Summer Fun Days M-F: 11 a.m. to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball, soccer and softball fields; basketball and tennis courts, community center, playground

52. RECREATION PARK
4900 E. 7th St. (562) 570-1670
HOURS: Dawn to Dusk
AMENITIES: Baseball stadium, band shell, dog park, tennis center, community center, fly casting pond, lawn bowling courts, volleyball court, picnic areas, playground

53. JENNI RIVERA MEMORIAL PARK
2001 Walnut Ave. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

54. ROSIE THE RIVETER PARK
Clark and Conant Ave. S (562) 570-3100
AMENITIES: Benches, walking path with World War II local WASP, Rosie the Riveter history, Memorial Wall of local service members who have passed since 2001.

55. SCHERER PARK
4600 Long Beach Blvd. (562) 570-1674
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 3 to 6 p.m. Summer Food Program; Youth Sports – visit LB Parks.org.
AMENITIES: Basketball court, community center, dog park, playground, tennis courts

56. SEASIDE PARK
1401 Chestnut Ave. (562) 572.5126
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LB Parks.org.
AMENITIES: Soccer fields, playground

57. SILVERADO PARK
1545 West 31st St. (562) 570-1675
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m., and Be SAFE Program M-F: 5 to 8 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Teen Program, M-F: 11 a.m. to 5 p.m.; Senior Program, 9 a.m. to 2 p.m.; Summer Food Program and Youth Sports – visit LB Parks.org. AMENITIES: Baseball and softball fields, basketball and tennis courts, community center, playground, pool, skate park

58. SOMERSET PARK
1500 East Carson (562) 570-1690
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Food Program and Youth Sports – visit LB Parks.org.
AMENITIES: Basketball court, community center, playground, tennis courts
59. STEARNS CHAMPIONS PARK
4520 East 23rd St. (562) 570-1685
HOURS: After School Program Sept.-June, M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program, Youth Sports – visit LBParks.org.
AMENITIES: Baseball and softball fields, community center, playground

60. VETERANS PARK
101 East 28th St. (562) 570-1695
HOURS: After School Program Sept.-June, M-F: 3-6 p.m.; Free Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball, soccer and softball fields; basketball and tennis courts, community center, playground

61. WARDLOW PARK
3457 Stanbridge Ave. (562) 570-1705
HOURS: After School Program Sept.-June, M-F: 3-6 p.m.; Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball and softball fields, community center, playground

62. WHALEY PARK
5620 Atherton St. (562) 570-1710
HOURS: After School Program Sept.-June, M-F: 2:30-5:30 p.m.; Summer Fun Days, M-F: 11 a.m. to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball and softball fields, basketball court, community center, playground

REGISTER ONLINE AT WWW.LBPARKS.ORG
CITY OF LONG BEACH PARKS, RECREATION & MARINE

MOVIES IN THE PARK 2022

Thanks to our Sponsors

Get Out and Spoil Them At:
- Bixby Dog Park
- Coolidge Dog Park
- El Dorado Dog Park
- Gayle Carter Dog Park
- Jackson Dog Park
- Kg Corner Dog Park
- Lincoln Park
- Pike Park Dog Park
- Recreation Dog Park
- Rosie’s Dog Beach
- Seaside Dog Park
- Wrigley Heights Dog Park

Visit: LBParks.org for more information
RANCHO LOS CERRITOS HISTORIC SITE
4600 North Virginia Road
www.RanchoLosCerritos.org • (562) 206-2040
Public Hours: Wednesday-Sunday, 1-5 p.m.
Saturday, 10 a.m.-5 p.m.
The site is closed, Monday, Tuesday and major holidays
Free admission, tours, and parking

Rancho Los Cerritos (RLC) is a 5-acre National, State, and Local Historic Landmark in the Bixby Knolls neighborhood that is operated by the Rancho Los Cerritos Foundation (non-profit organization) in a public/private partnership with the City of Long Beach. RLC includes an adobe home, historic gardens, rotating exhibitions, a research library, and archival collections. Visitors can learn about the site’s history and the lives of people who have called this land home over time. In addition to guided and self-guided tours during public hours, RLC offers curated exhibitions, bird walks, lectures, children’s activities, field trips, holiday events, programming for all ages and volunteer opportunities. The site can also be rented for private events. For more information, call (562) 206-2040 or visit www.rancholoscerritos.org.

ROOTS IN CALIFORNIA: CONCEPTS OF HOME
RAÍCES DE CALIFORNIA: CONCEPTOS DE HOGAR
During Public Hours, through March 12, 2023
The site’s current exhibition, “Roots in California: Concepts of Home,” features oral histories that offer a unique glimpse into the lived experiences of Mexican and Mexican American families who lived at Rancho Los Cerritos during its tenant era (1890-1930). By merging of past and present narratives, the exhibition explores how home can be found not only in physical locations, but also through people, memories, and even within oneself. Woven throughout the historic and modern stories is a sense of resilience in people who have faced challenges in their lives by drawing strength from the “home” they have known of and have learned to cultivate. Learn more at www.rancholoscerritos.org/roots-exhibit/.

BIRDING OPPORTUNITY
September 8, October 13, November 10, December 8 at 8-9:30am
RLC opens early on the second Thursday of the month for birders to enjoy the site. Participants are free to stroll the grounds and observe resident and migrant birds; staff will be available to answer bird-related questions. Bring a hat and binoculars, if you have them. Water and close-toed shoes are recommended. This free program is open to all. Rain cancels. The following safety measures are in place: Advanced registration is required. All participants must follow the site's current pandemic protocols. Please RSVP using the following link: www.rancholoscerritos.org/upcoming-events/

TUESDAY STORYTIME
September 6, 13, 20, 27; October 4, 11, 18, 25; November 1, 8, 15, 22, 29; December 6, 13, 20, 27 at 10-10:30 a.m.
Our staff and volunteers have collected the best children’s books from diverse authors to read to you and your young children. We sing songs too! This free program is open to all young children and their families. Participants are encouraged to bring strollers, blankets, and snacks. The following safety measures are in place: Advance registration is requested, or participants can provide contact info upon arrival. All participants must follow the site’s current pandemic protocols. Please RSVP using the following link: www.rancholoscerritos.org/upcoming-events/

STORYTELLING DAYS AT THE RANCHO
Saturdays, October 15 & December 17 at 10am to noon
Join us for a family-friendly morning of crafts, activities, and bilingual stories! In conjunction with the current exhibition, “Roots in California,” Storytelling Days provide an opportunity for children to create images of “home,” plant “story seeds,” and hear stories in English and Spanish from new and seasoned storytellers. This free program is open to the public. The following safety measures are in place: Advance registration is requested, or participants can provide contact info upon arrival. All participants must follow the site’s current pandemic protocols. Please RSVP using the following link: www.rancholoscerritos.org/upcoming-events/
¡LEAMOS! LET'S READ! - BILINGUAL STORYTIME
October 15, November 19, December 17 at 10-10:30 a.m. Free.
Únase a nosotros para escuchar historias y canciones en español e inglés el tercer sábado por la mañana del mes de 10-10:30 am. Nuestro personal y voluntarios han recopilado los mejores libros para niños pequeños de diversos autores para leerles a usted y a sus hijos de primaria. Este programa gratuito está abierto a todos los niños y sus familias. Se anima a los participantes a traer mantas y bocadillos. Se aplican las siguientes medidas de seguridad:
Se solicita inscripción previa, o los participantes pueden proporcionar información de contacto a su llegada.
Todos los participantes deben seguir los protocolos pandémicos actuales del sitio.
Join us for stories and songs in Spanish and English on the third Saturday morning of the month at 10-10:30am. Our staff and volunteers have collected the best young children's books from diverse authors to read to you and your elementary-aged children. This free program is open to all children and their families. Participants are encouraged to bring blankets and snacks. The following safety measures are in place:
Advance registration is requested, or participants can provide contact info upon arrival.
All participants must follow the site’s current pandemic protocols.

UPCOMING EVENTS
RANCHOS WALK
Saturday, September 10
Experience Long Beach and Signal Hill in a whole new way! Follow the crest trail that links Rancho Los Alamitos and Rancho Los Cerritos. This 9.4-mile scenic route starts near the CSULB campus and passes by Reservoir Hill, Hilltop Park in Signal Hill, and Longview Point at Willow Springs Park. The walk ends at Rancho Los Cerritos, where participants can enjoy food, music, and more. There will be 3.5-mile and 6-mile options available too. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information, or sign up at https://www.longbeach.gov/sustainability/about-us/events/ranchos-walk/.

ANNUAL CRAFT BEER LB FEST
Saturday, September 17
VIP admission: noon-5p.m. General admission: 1-5pm.
Sample selections from 15 different local breweries while enjoying food and music in the garden. For more details and to purchase tickets, please visit http://craftbeerlbfest.com/.

RANCHO LOS CERRITOS 2022 GALA
Saturday, September 24
We cordially invite you to Rancho Los Cerritos 2022 Gala: Sharing Stories of Home. Honoring: Gloria Cordero, the Arts Council of Long Beach, and The Metropolitan Water District of Southern California for their deep commitment to the Rancho, leadership, and spirited generosity. Experience delicious food, live music, conversations with friends and stories of home at Long Beach’s original home, Rancho Los Cerritos. For more information, email Rancho@RanchoLosCerritos.org.

VOLUNTEER OPPORTUNITIES
NEW VOLUNTEER OPEN HOUSE
Saturday, October 1 @ 11am
Become a Volunteer! Adults and teens who want to support their community are encouraged to attend our in-person Volunteer Open House on October 1. At RLC, volunteers can serve as greeters during public hours, can train as house or garden docents to give public tours, and can work behind the scenes in the gardens, with the collections, and in other departments. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information, or RSVP using the following link: www.rancholoscerritos.org/upcoming-events/

DOCENT TRAINING
Explore the history of the land and the people of the Rancho, and learn how to guide visitors through the historic adobe home and gardens. House Docent and Garden Docent training courses are offered in a hybrid mode, including virtual and in-person components. Fall training dates will be announced soon. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information.

FIELD TRIPS FOR YOUTH GROUPS
RANCHO ADVENTURE TOURS
Rancho Adventure tours encourage children to learn about daily life on a 19th century California ranch by exploring the 1844 adobe house, doing historic chores, and playing old-fashioned games. These fast-paced, highly interactive tours last approximately 90 minutes and can be scheduled during public hours for homeschoolers, scouts, and other groups of 6-30 elementary-aged children. The fee is $5 per person. Please call (562) 206-2040 to schedule.

SITE RENTAL
Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site. For pricing, dates, and other information, please contact the Special Events Coordinator at (562) 206-2055 or email events@rancholoscerritos.org.
MAKE LONG BEACH MARINA YOUR HOME PORT

SLIPS ARE NOW AVAILABLE IN LONG BEACH MARINAS

ALAMITOS BAY MARINA    SHORELINE MARINA
RAINBOW HARBOR/MARINA

Long Beach Marinas offer prime locations and affordability.
Ideally located close to freeways and quick to Catalina island.

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.

DEPARTMENT OF PARKS, RECREATION & MARINE

TEAMSIDELINE.COM/LONGBEACH

WWW.TEAMSIDELINE.COM/LONGBEACH

OMEGA SOFTBALL LEAGUE
AGES 55 AND UP
Born on / Before 1967

JOE RODGERS FIELD & PAN AMERICAN PARK

WSW 55+
EST. BEFORE 1967

SENIOR SOFTBALL LEAGUES

Team fee: $ 265
$15 per team/per game, officiating fee.
Games played on Saturdays 9 a.m., 10:30 a.m. or noon at Joe Rodgers Field or Pan American Park.
12 scheduled games plus the possibility of playoffs.
Call (562) 570-1725 for more information.

Call for more information or to schedule a visit.
562-570-4950
PARKS, RECREATION & MARINE has opened new playgrounds providing youth safe places to play. The playgrounds have replaced equipment that outlived its usefulness and needed upgrades made to provide access to all members of the community. Play areas all offer separate, age appropriate play structures for ages two-five and five to twelve with creative themes.

The projects were funded by the voter approved Measure A and two with public-private partnerships. Bring the kids and visit soon!

Cherry Park, 1901 E. 45th St.
Colorado Lagoon, 5059 E. Colorado St
Drake Park, 951 Maine St.
El Dorado Golden Grove Park, 7550 E. Spring St.
Jackson Park, 1432 Jackson St.
M.L. King Jr Park, 19650 Lemon Ave.
Los Cerritos Park, 3750 Del Mar Ave.
Recreation Park, 4900 E. 7th St.
Jenni Rivera Memorial Park, 2001 Walnut Ave.
Veterans Park, 101 E. 28th St.
Whaley Park, 5620 Atherton St.
Please give a child in our community the chance to enjoy a recreational class, camp, or program and perhaps change their life forever. The need is great; you can help youths in Long Beach, today.

Will you please help us reach more hard-working families, our fellow neighbors, who are in need?

On average $150 pays for one lucky child, but every dollar helps. Make your gift now.

Your contribution may be tax deductible. Donations are tax-deductible to the extent allowable by law. Click on the button below to make an online donation. We appreciate your support!

To donate visit https://bit.ly/3OMnS6X

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**CITY OF LONG BEACH**

**GENERAL MUNICIPAL ELECTION**

**Election Day is November 8, 2022**

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**Check Your Current Council District**

- The Long Beach Council District boundaries have changed, to check your district visit: www.longbeach.gov/redistricting

**How to vote**

- All registered LA County voters will receive a Vote By Mail ballot
- Complete and return your ballot at any Drop Box or Vote Center in LA County, or mail it in, no postage is required
- Cast your vote in-person at any Vote Center in LA County

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Please visit www.longbeach.gov/elections for more information.

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**ELECCIÓN MUNICIPAL GENERAL DE LA CIUDAD DE LONG BEACH**

**El Dia de las Elecciones es el 8 de noviembre del 2022**

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**Consulte su Distrito de Consejo actual**

- Los limites del Distrito del Consejo de Long Beach han cambiado, para verificar su distrito visite: www.longbeach.gov/redistricting

**Como Enviar su Boleta Electoral:**

- Por correo, recuerde que no se requiere timbre/estampilla
  - Emite su voto en persona en cualquier centro de votación en el condado de Los Ángeles
- En cualquier Buzón de Entrega de Voto por Correo
  - Complete y devuelva su boleta en cualquier buzón o centro de votación en el condado de Los Ángeles

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Para más información visite www.longbeach.gov/elections
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. POOL CLOSED MONDAY, SEPTEMBER 5 (LABOR DAY). THURSDAY & FRIDAY, NOVEMBER 24-25 (THANKSGIVING). DECEMBER 25 (CHRISTMAS). JANUARY 1, 2023 (NEW YEARS 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-$20, 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 8 a.m.-noon

ALL AGES RECREATION SWIM
Sa: noon-2 p.m.
M/W: 7-9 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 or $42 for a fitness pass valid for 10 classes.

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

SWIM LESSONS:

Class options: Saturdays. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line (lbparks.org) or at Belmont Plaza Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a pre-printed 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. 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.

REGISTRATION DATES:

<table>
<thead>
<tr>
<th>Lessons Starting Date</th>
<th>Registration opens</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/27-10/15 Saturday</td>
<td>8/6/2022 8 a.m.</td>
</tr>
<tr>
<td>10/22-12/10 Saturday</td>
<td>9/24/2022 8 a.m.</td>
</tr>
</tbody>
</table>

AQUATICS – PARENT & CHILD
Skills taught in Parent & Child include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

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.

46 REGISTER ONLINE AT WWW.LBPARKS.ORG
LEEWAY SAILING CENTER
5437 E. Ocean Blvd. (562) 570-1719

GENERAL INFORMATION
Leeway Sailing Center offers lessons in sailing. 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, SEPTEMBER 3 – MONDAY, SEPTEMBER 5 (LABOR DAY Holiday).

BEGINNING SABOT SAILING (8’ BOATS)
8yrs & up • $120
A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>54238</td>
<td>9/10-10/1</td>
<td>9 a.m.-noon</td>
<td>Sa</td>
<td></td>
</tr>
<tr>
<td>54239</td>
<td>10/8-10/29</td>
<td>9 a.m.-noon</td>
<td>Sa</td>
<td></td>
</tr>
<tr>
<td>54240</td>
<td>11/5-12/3</td>
<td>9 a.m.-noon</td>
<td>Sa</td>
<td></td>
</tr>
</tbody>
</table>

AQUATICS – PRE SCHOOL AQUATICS 3
Skills taught in this class include: front crawl with side breathing, and backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>54176</td>
<td>3-5 Yrs</td>
<td>8/27-10/15</td>
<td>9:30-9:55 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54177</td>
<td>3-5 Yrs</td>
<td>10/22-12/10</td>
<td>9:30-9:55 a.m.</td>
<td>Sa</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>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>54150</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>10-10:25 a.m.</td>
<td>Sa</td>
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<tr>
<td>54151</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>11-11:25 a.m.</td>
<td>Sa</td>
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<tr>
<td>54152</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>10-10:25 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54153</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>11-11:25 a.m.</td>
<td>Sa</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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
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<tbody>
<tr>
<td>54154</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>10-10:25 a.m.</td>
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<tr>
<td>54155</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>11-11:55 a.m.</td>
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<tr>
<td>54156</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>10-10:25 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54157</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>11-11:25 a.m.</td>
<td>Sa</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>54158</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>10:30-10:55 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54159</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>10:30-10:55 a.m.</td>
<td>Sa</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>54160</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>8:30-8:55 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54161</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>8:30-8:55 a.m.</td>
<td>Sa</td>
</tr>
</tbody>
</table>

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 sidestroke2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>54162</td>
<td>6-12 Yrs</td>
<td>8/27-10/15</td>
<td>8-8:25 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54163</td>
<td>6-12 Yrs</td>
<td>10/22-12/10</td>
<td>8-8:25 a.m.</td>
<td>Sa</td>
</tr>
</tbody>
</table>

AQUATICS - ADULTS
Skills taught in Adult class include: learning and building skill in front crawl, back crawl, breaststroke, and sidestroke.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>54148</td>
<td>13 Yrs &amp; up</td>
<td>8/27-10/15</td>
<td>8-8:50 a.m.</td>
<td>Sa</td>
</tr>
<tr>
<td>54149</td>
<td>13 Yrs &amp; up</td>
<td>10/22-12/10</td>
<td>8-8:50 a.m.</td>
<td>Sa</td>
</tr>
</tbody>
</table>
GENERAL INFORMATION

Martin Luther King, Jr. Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 48 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 and activity. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED 12/18-12/31 FOR MAINTENANCE. POOL CLOSED MONDAY, SEPTEMBER 5th (LABOR DAY); THURSDAY AND FRIDAY, NOVEMBER 24th and 25th (THANKSGIVING).

OPEN SWIM FEES
Youth, ages 17 years and under: $1.00
Seniors, ages 50 years and up: $2.00
Adults, ages 18-49 years: $3.00

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: Seniors-$40, Adults-$65. Membership pass 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
Tu/Th/F 2:30-4 p.m.
Tu/Th 6:30-8 p.m.
Sa/Su 1-3:30 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 Tu/Th/F 6:30-7:20 a.m.
Shallow Water Tu/Th/F 8-8:50 a.m.
Shallow Water 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 or at Martin Luther King, Jr. 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. 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.

REGISTRATION DATES

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Start Date</th>
<th>Registration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/27-10/15</td>
<td>Sa</td>
<td>August 6 at 8 a.m.</td>
</tr>
<tr>
<td>8/30-9/22</td>
<td>Tu/Th</td>
<td>August 9 at 8 a.m.</td>
</tr>
<tr>
<td>9/27-10/20</td>
<td>Tu/Th</td>
<td>September 13 at 8 a.m.</td>
</tr>
<tr>
<td>10/22-12/10</td>
<td>Sa</td>
<td>September 24 at 8 a.m.</td>
</tr>
<tr>
<td>10/25-11/17</td>
<td>Tu/Th</td>
<td>October 11 at 8 a.m.</td>
</tr>
</tbody>
</table>

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.

53948 9 Mths-3 Yrs 8/27-10/15 9:30-9:55 a.m. Sa $32
53949 9 Mths-3 Yrs 10/22-12/10 9:30-9:55 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.

53950 3-5 Yrs 8/27-10/15 10:30-10:55 a.m. Sa $32
53951 3-5 Yrs 10/22-12/10 10:30-10:55 a.m. Sa $32
53988 3-5 Yrs 8/30-9/22 4-4:25 p.m. Tu/Th $32
53997 3-5 Yrs 9/27-10/20 4-4:25 p.m. Tu/Th $32
54006 3-5 Yrs 10/25-11/17 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.

53952 3-5 Yrs 8/27-10/15 11-11:25 a.m. Sa $32
53953 3-5 Yrs 10/22-12/10 11-11:25 a.m. Sa $32
53989 3-5 Yrs 8/30-9/22 4:30-4:55 p.m. Tu/Th $32
53998 3-5 Yrs 9/27-10/20 4:30-4:55 p.m. Tu/Th $32
54007 3-5 Yrs 10/25-11/17 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.

53954 3-5 Yrs 8/27-10/15 9-9:25 a.m. Sa $32
53955 3-5 Yrs 10/22-12/10 9-9:25 a.m. Sa $32
53990 3-5 Yrs 8/30-9/22 4:30-4:55 p.m. Tu/Th $32
53999 3-5 Yrs 9/27-10/20 4:30-4:55 p.m. Tu/Th $32
54008 3-5 Yrs 10/25-11/17 4:30-4:55 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.

53930 6-12 Yrs 8/27-10/15 10-10:25 a.m. Sa $32
53932 6-12 Yrs 8/27-10/15 11-11:25 a.m. Sa $32
53928 6-12 Yrs 8/27-10/15 11:30-11:55 a.m. Sa $32
53931 6-12 Yrs 10/22-12/10 10-10:25 a.m. Sa $32
53933 6-12 Yrs 10/22-12/10 11-11:25 a.m. Sa $32
53929 6-12 Yrs 10/22-12/10 11:30-11:55 a.m. Sa $32
53983 6-12 Yrs 8/30-9/22 4-4:25 p.m. Tu/Th $32
53992 6-12 Yrs 9/27-10/20 4-4:25 p.m. Tu/Th $32
54001 6-12 Yrs 10/25-11/17 4-4:25 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.

53934 6-12 Yrs 8/27-10/15 10:30-10:55 a.m. Sa $32
53936 6-12 Yrs 8/27-10/15 11-11:25 a.m. Sa $32
53935 6-12 Yrs 8/27-10/15 11:30-11:55 a.m. Sa $32
53937 6-12 Yrs 10/22-12/10 10-10:25 a.m. Sa $32
53933 6-12 Yrs 10/22-12/10 11-11:25 a.m. Sa $32
53929 6-12 Yrs 10/22-12/10 11:30-11:55 a.m. Sa $32
53983 6-12 Yrs 8/30-9/22 4:45-4:25 p.m. Tu/Th $32
53992 6-12 Yrs 9/27-10/20 4:45-4:25 p.m. Tu/Th $32
54001 6-12 Yrs 10/25-11/17 4:45-4:25 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.

53938 6-12 Yrs 8/27-10/15 11-11:25 a.m. Sa $32
53939 6-12 Yrs 10/22-12/10 11-11:25 a.m. Sa $32
53985 6-12 Yrs 8/30-9/22 5:30-5:55 p.m. Tu/Th $32
53994 6-12 Yrs 9/27-10/20 5:30-5:55 p.m. Tu/Th $32
54003 6-12 Yrs 10/25-11/17 5:30-5:55 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.

53940 6-12 Yrs 8/27-10/15 10:30-10:55 a.m. Sa $32
53942 6-12 Yrs 8/27-10/15 11:30-11:55 a.m. Sa $32
53941 6-12 Yrs 10/22-12/10 10:30-10:55 a.m. Sa $32
53943 6-12 Yrs 10/22-12/10 11:30-11:55 a.m. Sa $32
53986 6-12 Yrs 8/30-9/22 6:30-6:55 p.m. Tu/Th $32
53995 6-12 Yrs 9/27-10/20 6:30-6:55 p.m. Tu/Th $32
54004 6-12 Yrs 10/25-11/17 6:30-6:55 p.m. Tu/Th $32

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. Tuesday/Thursday classes are combined with Level 6.

53944 6-12 Yrs 8/27-10/15 10-10:25 a.m. Sa $32
53945 6-12 Yrs 10/22-12/10 10-10:25 a.m. Sa $32
53987 6-12 Yrs 8/30-9/22 5:5-5:25 p.m. Tu/Th $32
53996 6-12 Yrs 9/27-10/20 5-5:25 p.m. Tu/Th $32
54005 6-12 Yrs 10/25-11/17 5-5:25 p.m. Tu/Th $32

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

53924 13 Yrs+ 8/27-10/15 9-9:50 a.m. Sa $40
53925 13 Yrs+ 10/22-12/10 9-9:50 a.m. Sa $40
53982 13 Yrs+ 8/30-9/22 5:30-6:20 p.m. Tu/Th $40
53991 13 Yrs+ 9/27-10/20 5:30-6:20 p.m. Tu/Th $40
54000 13 Yrs+ 10/25-11/17 5:30-6:20 p.m. Tu/Th $40

JUNIOR LIFEGUARD PROGRAM
Get started for a future job as a lifeguard. Learn swimming and lifeguarding skills. Must have Level 5 swim skills and be between the ages of 11-16. Please call the pool for more information.
Saturdays, August 27 – October 15, 9-10 a.m.

POOL RENTALS
Please call the pool 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 82 - 84 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, SEPTEMBER 5 (LABOR DAY); THURSDAY & FRIDAY, NOVEMBER 24-25 (THANKSGIVING) DECEMBER 5-18 25; (NEW YEAR DAY ) JAN 1,2023

OPEN SWIM FEES
Youth, ages 17 years and under: $1
Seniors, ages 50 years and over: $2
Adults, ages 18-49 years: $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 valid for 25 visits. Fees may be subject to change.

LAP SWIM
M/W/F 6:30 a.m.–10 a.m.
M/W/F noon- 3p.m.
Sa noon-1 p.m.
Su 8-10 a.m.

ALL AGES RECREATION SWIM
Saturdays 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.

SWIMMING LESSONS:
Class options: Monday and Wednesday or Saturday. Classes are 25 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. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test.

REGISTRATION DATES
Lessons: Starting Date: Registration Begins:
8/20-10/08 Saturdays: 8/06 at 8 a.m.
9/7-9/28 Monday/Wednesday: 8/15 at 8 a.m.
10/3-10/26 9/19 at 8 a.m.
10/15-12/3 Saturdays: 9/24 at 8 a.m.
10/31-11/23 Monday/Wednesday: 10/10 at 8 a.m.

Classes may be canceled 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.

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.

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.

REGISTER ONLINE AT WWW.LBPARKS.ORG
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 the pool, introduction to butterfly, and water safety rules.

54197  6-12 yrs  8/20-10/08  10:30-10:55 a.m.  Sa  $32
54198  6-12 yrs  9/7-9/28  5-5:25 p.m.  MW  $28
54199  6-12 yrs  10/3-10/26  5-5:25 p.m.  MW  $32
54200  6-12 yrs  10/15-12/3  10:30-10:55 a.m.  Sa  $32
54201  6-12 yrs  10/31-11/23  5-5:25 p.m.  MW  $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.

54202  6-12 yrs  8/20-10/08  10:30-10:55 a.m.  Sa  $32
54203  6-12 yrs  9/7-9/28  5-5:25 p.m.  MW  $28
54204  6-12 yrs  10/3-10/26  5-5:25 p.m.  MW  $32
54205  6-12 yrs  10/15-12/3  10:30-10:55 a.m.  Sa  $32
54206  6-12 yrs  10/31-11/23  5-5:25 p.m.  MW  $32

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.

54207  6-12 yrs  8/20-10/08  11:11:25 a.m.  Sa  $32
54208  6-12 yrs  9/7-9/28  5:30-5:55 p.m.  MW  $28
54209  6-12 yrs  10/3-10/26  5:30-5:55 p.m.  MW  $32
54210  6-12 yrs  10/15-12/3  11:11:25 a.m.  Sa  $32
54211  6-12 yrs  10/31-11/23  5:30-5:55 p.m.  MW  $32

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

54212  6-12 yrs  8/20-10/08  11:11:25 a.m.  Sa  $32
54213  6-12 yrs  9/7-9/28  5:30-5:55 p.m.  MW  $28
54214  6-12 yrs  10/3-10/26  5:30-5:55 p.m.  MW  $32
54215  6-12 yrs  10/15-12/3  11:11:25 a.m.  Sa  $32
54216  6-12 yrs  10/31-11/23  5:30-5:55 p.m.  MW  $32

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.

54217  9Mths-3 yrs  8/20-10/08  9-9:25 a.m.  Sa  $32
54218  9Mths-3 yrs  9/7-9/28  6-6:25 p.m.  MW  $28
54219  9Mths-3 yrs  10/3-10/26  6-6:25 p.m.  MW  $32
54220  9Mths-3 yrs  10/15-12/3  9-9:25 a.m.  Sa  $32
54221  9Mths-3 yrs  10/31-11/23  6-6:25 p.m.  MW  $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.

54222  3-5 yrs  8/20-10/08  9:30-9:55 a.m.  Sa  $32
54223  3-5 yrs  9/7-9/28  11-11:25 a.m.  Sa  $32
54224  3-5 yrs  9/7-9/28  4-4:25 p.m.  MW  $28
54225  3-5 yrs  10/3-10/26  4-4:25 p.m.  MW  $32
54226  3-5 yrs  10/15-12/3  9:30-9:55 a.m.  Sa  $32
54227  3-5 yrs  10/15-12/3  11-11:25 a.m.  Sa  $32
54228  3-5 yrs  10/31-11/23  4-4:25 p.m.  MW  $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.

54229  3-5 yrs  8/20-10/08  9:30-9:55 a.m.  Sa  $32
54230  3-5 yrs  9/7-9/28  4-4:25 p.m.  MW  $28
54231  3-5 yrs  10/3-10/26  4-4:25 p.m.  MW  $32
54232  3-5 yrs  10/15-12/3  9:30-9:55 a.m.  Sa  $32
54233  3-5 yrs  10/31-11/23  4-4:25 p.m.  MW  $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.

54234  3-5 yrs  8/20-10/08  10:30-10:55 a.m.  Sa  $32
54235  3-5 yrs  9/7-9/28  5-5:25 p.m.  MW  $28
54236  3-5 yrs  10/3-10/26  5-5:25 p.m.  MW  $32
54237  3-5 yrs  10/15-12/3  10:30-10:55 a.m.  Sa  $32
We encourage everyone to REGISTER ONLINE at www.LBParks.org, click on the LB RecConnect link, then follow the directions. You can also use the standard Registration Form on the next page of this book, fill out the form with waiver signature and drop-off the correct payment and completed form at Billie Jean King or El Dorado Park Tennis Centers. Please make checks payable to "BRIDGE THE GAP TENNIS MGMT". Students should wear court-appropriate tennis shoes. PLEASE, NO BLACK-SOLED SHOES ALLOWED!

Each participant is required to bring two (2) 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 cancelled.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St., Scherer Park, 4600 Long Beach Blvd., Somerset Tennis Courts, 1500 E. Carson St.

**TOTS**

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Min 4/Max 12; 10 WEEKS. *NO CLASS 11/24

**FIRST STROKES**

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 12; 10 WEEKS. *NO CLASS 11/24

**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. 16yrs & up; Min 6/Max 12; 10 WEEKS. *NO CLASS 11/24.
BEGINNERS WELCOME
El Dorado Park Tennis Center
2800 N. Studebaker Rd.
Long Beach 90815
For more information contact
Lauren Bridge
(562) 386-8600
lauren@sctennisacademy.com
www.sctennisacademy.com

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB

BILLIE JEAN KING TENNIS CENTER
1040 PARK AVE. LONG BEACH, CA 90804
FIND US ON FACEBOOK AND INSTAGRAM
FOR MORE INFORMATION CONTACT
VALTER PAIVA AT:
(562) 266-8882
INFO@VALTERTENNIS.COM
WWW.VALTERTENNIS.COM

WORKOUTS FOR ALL LEVELS
Fun drills, games, instruction and non-stop movement.
16yrs & up; Min 4/Max 12; 10 WEEKS. *NO CLASS 11/24.
Sena  El Dorado West
54144 ALL LEVELS  9/22-12/8*  9-10 am  Th  $130

CARDIO TENNIS
Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering an 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! 16yrs & up; Min 6/Max 12; 10 WEEKS. *NO CLASS 11/24.
Pros  El Dorado West
54145 All Levels  9/20-11/29  11 am-noon Tu  $130
54146 All Levels  9/21-11/30  6-7 pm  W  $130

SENIOR CLASS
Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. Players of ANY AGE can take up tennis as part of an overall exercise prescription. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a class designed for our senior population ages 60+ years of age. All levels welcome. Min 6/Max 12; 10 WEEKS. *NO CLASS 11/24.
Stone  EL Dorado West
54147 Beg/AdvBeg  9/22-12/8*  11 am-noon  Th  $110
For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin covenant not to sue, release, waive & discharge the City of Long Beach and BTG Tennis, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney’s fees against City arising from my or my child(ren)’s participation in class & transportation connected with class; I assume all risks of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)’s participation in class & transportation connected with class except if injury/death is caused by City/BTG Tennis’s gross negligence. I understand that city and BTG Tennis 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 ________________

CLASS NAME ___________________ FEE __________
CLASS NAME ___________________ FEE __________
CREDIT CARD # ____________ EXP DATE ____________ CCV CODE

METHOD OF PAYMENT: (check one)
- Cash
- Check
- Visa
- Mastercard

Total amount enclosed: $ __________

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.
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 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.
For more information call (562) 570-3111

Main Contact

☐ Check this box if address or phone number has changed.

Name: ___________________________________________________ Address: _____________________________________________

City ______________________ Zip ____________ Main Phone (________) __________ Work Phone (________) __________

Birth Date: ___________________________ E-mail Address __________________________________________________________

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Signature __________________________________________ Date __________________________

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</th>
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<td>4</td>
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</tbody>
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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 4-6 weeks for refunds.

METHOD OF PAYMENT

☐ Check (payable to City of Long Beach include class #, complete address & phone #). ☐ Money Order

$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.
Committed to Our Community

The Port of Long Beach offers environmental grants, sponsorships, internships, scholarships and education programs. We’re committed to a prosperous, sustainable future for our Port and our community.