Spring Is In the Air

Welcome Back with classes and activities for all ages

SPRING 2022

Follow us on Facebook, Instagram and Twitter
Welcome Back to our “Recreation Connection” publication!

It has been two years, thanks to the impacts of the pandemic, that our Parks, Recreation, Marine and Animal Care Services Team has paused the printing and distribution of this valued magazine of class and program offerings. As we ease into the “new normal”, it is a great opportunity to showcase this amazing array of recreational activities once again for our community to ponder and hopefully engage in the coming months.

Throughout the eight past seasons of the COVID era, our Community Recreation Services team has been super creative and innovative in re-imagining scores of programs through Mobile Recess, virtual programming, and essential Learning Hubs. While we may have lost touch with some of our class instructors who have offered quality programs in the past, as you look through nearly 60 pages of class listings, you will find excellent options for health, fitness, arts, crafts, recreation and other leisure activities. Registration has been made easy. People may register using the online LB RecConnect catalogue, located on the LBparks.org webpage, or in-person at the PRM Administration Building, located at 2760 N. Studebaker Road. In-person registration is available by appointment only. People may schedule an in-person appointment online or by calling 1.562.570.3111.

The return of “Recreation Connection” during the season that is associated with springtime emergence of new life seems symbolically perfect. We look forward to welcoming you into fun and fulfilling classes and programs. Here’s to a great 2022!
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The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at 1 (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 makita ang publication na ito sa Spanish, Khmer o Tagalog, bisa linhangan lbparks.org*

To opt out 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.

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**ALL PROGRAMS AND PRICES ARE SUBJECT TO CHANGE**
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. Register early for classes.

COOKING

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. Class fee: $110. Material fee $48.

A Yummy Future
El Dorado Park West
52251 2 Yrs 5 Mos-6 Yrs 3/12-4/16 10-10:45 a.m. Sa
52252 2 Yrs 5 Mos-6 Yrs 4/23-5/28 10-10:45 a.m. Sa

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. For more information please visit: www.BamboleoKids.com. Class fee: $80.

Susana Paniagua
Heartwell Park
51497 10 Mos-23 Mos 3/5-4/9 9:15-10 a.m. Sa
51498 10 Mos-23 Mos 4/30-6/4 9:15-10 a.m. Sa

BAMBOLEO AMIGUITOS
Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: www.BamboleoKids.com. Material fee: $30 paid to instructor on the first day, cash or check. Includes digital files for music, song book, and story book. Class fee: $80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Susana Paniagua
Heartwell Park
52243 2-4 Yrs 3/5-4/9 10:15-11:15 a.m. Sa
51496 2-4 Yrs 4/30-6/4 10:15-11:15 a.m. Sa

BAMBOLEO AMIGOS
A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/reading 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. Class fee: $80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Susana Paniagua
Heartwell Park
52244 4 Yrs 6 Mos-6 Yrs 3/5-4/9 11:30 a.m.-12:30 p.m. Sa
51495 4 Yrs 6 Mos-6 Yrs 4/30-6/4 11:30 a.m.-12:30 p.m. Sa

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: 4/18, 4/20 & 5/30. Class fee: $145. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Readwrite Educational Solution Inc. Bixby Knolls Park**

51567 2-3 Yrs 10 Mos 3/2-3/28 8:45-10:15 a.m. M W
51576 2-3 Yrs 10 Mos 3/2-3/28 10:30 a.m.-noon M W
51574 2-3 Yrs 10 Mos 4/4-5/4* 8:45-10:15 a.m. M W
51577 2-3 Yrs 10 Mos 4/4-5/4* 10:30 a.m.-noon M W
51575 2-3 Yrs 10 Mos 5/11-6/8* 8:45-10:15 a.m. M W
51578 2-3 Yrs 10 Mos 5/11-6/8* 10:30 a.m.-noon M W

**Reading, Math & More Preschool**

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Material fee: $20. Class fee: $79. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Readwrite Educational Solution Inc. Cherry Park**

51561 3 Yrs 6 Mos-5 Yrs 3/3-3/29 2:45-3:30 p.m. Tu Th
51562 3 Yrs 6 Mos-5 Yrs 4/5-5/5* 2:45-3:30 p.m. Tu Th
51563 3 Yrs 6 Mos-5 Yrs 5/12-6/7 2:45-3:30 p.m. Tu Th

**Reading, Write Educational Solution Inc.**

52256 3-5 Yrs 3/5-4/9 10-10:45 a.m. Sa
52257 3-5 Yrs 4/30-6/4 10-10:45 a.m. Sa

**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. Class fee: $85. Jammin’ Music Inc. Jammin’ Music

52256 3-5 Yrs 3/5-4/9 10-10:45 a.m. Sa
52257 3-5 Yrs 4/30-6/4 10-10:45 a.m. Sa

**SPORTS**

**D-Up Tiny Ballers**

D-Up Tiny Ballers is an introduction to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Class fee: $60. Material fee: $20. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**James Christian Pan American Park**

51466 3-6 Yrs 3/13-4/10 11-11:45 a.m. Su
51467 3-6 Yrs 4/24-5/22 11-11:45 a.m. Su

**Kidz Love 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. Class fee: $135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Kidz Love Soccer**

51466 3-6 Yrs 3/13-4/10 11-11:45 a.m. Su
51467 3-6 Yrs 4/24-5/22 11-11:45 a.m. Su

**Readwrite En Español Pre-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 mathematic skills. This is a full Spanish immersion program. Parent participation required. Material fee: $20. Class fee $79. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Readwrite Educational Solution Inc. Bixby Knolls Park**

51571 4-6 Yrs 5/12-6/7 2:20-3:05 p.m. Tu Th
51572 4-6 Yrs 4/5-5/5* 2:20-3:05 p.m. Tu Th
51573 4-6 Yrs 3/3-3/29 2:20-3:05 p.m. Tu Th
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. Class fee: $135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer
51295 4-5 Yrs 4/15-5/27 10:40-11:15 a.m. F
51296 4-5 Yrs 4/15-5/27 4:35-5:10 p.m. F
51297 4-5 Yrs 4/16-6/4* 10:30-11:05 a.m. Sa

Good Neighbor Park
51291 3 Yrs 6 Mos-4 Yrs 4/15-5/27 10:40-11:15 a.m. F
51292 3 Yrs 6 Mos-4 Yrs 4/15-5/27 4:35-5:10 p.m. F
51293 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 10:30-11:05 a.m. Sa

College Estates Park
51294 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 3:55-4:30 p.m. Sa

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. Class fee: $135. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Kidz Love Soccer
51291 3 Yrs 6 Mos-4 Yrs 4/15-5/27 10:40-11:15 a.m. F
51292 3 Yrs 6 Mos-4 Yrs 4/15-5/27 4:35-5:10 p.m. F
51293 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 10:30-11:05 a.m. Sa

College Estates Park
51294 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 3:55-4:30 p.m. Sa

TINYTYKES YOUTH SOCCER
TinyTykes is an innovative program, created by childcare specialists that introduces children aged 2 to 5 years to the basic skills of soccer. Both our Cubs (2-3 years) and our Lions (4-5 years) modules use fundamental soccer activities, games and stories to develop their skills. Class fee: $120. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Challenger Sports
51462 2-3 Yrs 3/23-5/11 9:15-10 a.m. W
51463 4-5 Yrs 3/23-5/11 10:15-11 a.m. W

Warlow Park
51291 3 Yrs 6 Mos-4 Yrs 4/15-5/27 10:40-11:15 a.m. F
51292 3 Yrs 6 Mos-4 Yrs 4/15-5/27 4:35-5:10 p.m. F
51293 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 10:30-11:05 a.m. Sa

College Estates Park
51294 3 Yrs 6 Mos-4 Yrs 4/16-6/4* 3:55-4:30 p.m. Sa

VISIT LBPARKS.ORG IN MARCH FOR CAMPS, LOCATIONS AND FEE INFORMATION.
LBPARKS.ORG
Access a wide variety of videos from arts and crafts to fitness, dance, cooking and more on our YouTube channel. Connect, create and have fun!

FOR MORE INFORMATION
Call 1 (562)-3153 or visit LBParks.org

YOUTH LEARNING HUBS
FREE HIGH SPEED INTERNET ACCESS FOR ONLINE LEARNING

Monday - Friday, 8:00 a.m. - 3 p.m. Through April 15
with extended hours available until 6:00 p.m.

A Community Learning Hub for kids from K-8th grade enrolled in Independent Study at LBUSD.
Participants must bring their own device and lunch.
After school activites are led by recreation staff.

Visit LBParks.org to register

LOCATIONS

Houghton Park, 6301 Myrtle Ave, (562) 570-1640
McBride Park, 1550 MLK Jr. Ave. (562) 570-1605
Orizaba Park, 1435 Orizaba Ave., (562) 570-1427
Veterans Park, 101 E. 28th St., (562) 570-1695

Please call park location for more information.
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, or staying fit with a variety of fitness and sport offerings.

COOKING

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. We will start with the basics from boiling water and cracking eggs and gradually increase to more advanced culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Material Fee $60, Class fee: $150.

A Yummy Future  El Dorado Park West
52245 8-12 Yrs 3/12-4/16 12:30-1:45 p.m.  Sa
52246 8-12 Yrs 4/23-5/28 12:30-1:45 p.m.  Sa

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 vanillas, chocolate & strawberry. Material Fee $60  Class fee: $130.

A Yummy Future  El Dorado Park West
52249 8-18 Yrs 3/12-4/16 11 a.m.-noon  Sa
52250 8-18 Yrs 4/23-5/28 11 a.m.-noon  Sa

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. Class fee: $85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo  Veterans Park
52289 5Yrs & Up 3/5-5/21* 10-10:45 a.m.  Sa

MEXICAN FOLKLORICO – BEGINNING 11 YRS & UP NEW!
Basic step to dancing Mexico- no experience needed. Must wear sweats, skirts, no jeans, wear hair pulled back in a pony tail and closed toe shoes for safety. Class fee: $85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo  Veterans Park
52291 11Yrs & Up 3/5-5/21* 11:30 a.m.-12:15 p.m.  Sa

MEXICAN FOLKLORICO - INTERMEDIATE
Must have some type of 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. Class fee: $85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo  Veterans Park
52290 8Yrs & Up 3/5-5/21* 10:45-11:30 a.m.  Sa

MEXICAN FOLKLORICO - ADVANCED I
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. Class fee: $85. *No class: 4/9, 4/16 & 5/7. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Irene Portillo  Veterans Park
52288 12Yrs & Up 3/5-5/21* 9-10 a.m.  Sa
ENRICHMENT

READING DEVELOPMENT K-1
Individualized to your student’s needs. Improves comprehension, vocabulary, spelling, and fluency. Special-ly-trained teachers test, structure and implement your child’s program. For more information call: (949)263-0633. Testing and material fee: $20. Class fee: $79. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
51559  4 Yrs 6 Mos-7 Yrs  3/3-3/29  3:35-4:20 p.m. Tu Th
51560  4 Yrs 6 Mos-7 Yrs  4/5-5/5*  3:35-4:20 p.m. Tu Th
51564  4 Yrs 6 Mos-7 Yrs  5/12-6/7  3:35-4:20 p.m. Tu Th

Readwrite Educational Solution Inc. Mae Boyer Park
51579  4 Yrs 6 Mos-7 Yrs  3/7-3/30  3:30-4:15 p.m. Tu Th
51580  4 Yrs 6 Mos-7 Yrs  4/6-5/9*  3:30-4:15 p.m. M W
51581  4 Yrs 6 Mos-7 Yrs  5/16-6/6*  3:30-4:15 p.m. M W

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. Class fee: $79. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
51555  6 Yrs 6 Mos-11 Yrs  3/3-3/29  3:15-6:30 p.m. Tu Th
51556  6 Yrs 6 Mos-11 Yrs  4/5-5/5*  3:15-6:30 p.m. Tu Th
51566  6 Yrs 6 Mos-11 Yrs  5/12-6/7  3:15-6:30 p.m. Tu Th

Readwrite Educational Solution Inc. Mae Boyer Park
51585  6 Yrs 6 Mos-11 Yrs  3/7-3/30  5:10-5:55 p.m. M W
51586  6 Yrs 6 Mos-11 Yrs  4/6-5/9*  5:10-5:55 p.m. M W
51587  6 Yrs 6 Mos-11 Yrs  5/16-6/6*  5:10-5:55 p.m. M W

Reading Development 2-6
Individualized to your student’s needs. Improves comprehension, vocabulary, spelling, and fluency. Special-ly-trained teachers test, structure and implement your child’s program. For more information call: (949) 263-0633. Testing and material fee: $20. Class fee: $79. Mae Boyer Park is located at 6701 Del Amo Blvd., Lakewood. *No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Cherry Park
51557  6 Yrs 6 Mos-11 Yrs  3/3-3/29  4:25-5:10 p.m. Tu Th $79

Readwrite Educational Solution Inc. Mae Boyer Park
51584  6 Yrs 6 Mos-11 Yrs  5/16-6/6*  4:20-5:05 p.m. M W $49

MUSIC

EXPLORING INSTRUMENTS
Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class fee: $90. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammín’ Music Inc.
52253  7-11 Yrs  3/2-4/6  4-4:50 p.m. W
52262  7-11 Yrs  4/27-6/1  4-4:50 p.m. W

GROUP PIANO
Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class fee: $85. Class held at Jammín’ Music, 4228 Atlantic Ave., Long Beach.

Jammín’ Music Inc.
52254  7-12 Yrs  3/1-4/5  4-4:50 p.m. Tu
52261  7-12 Yrs  4/26-5/31  4-4:50 p.m. Tu

KEYBOARD KIDS
Children will be guided through a variety of fun, engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class fee: $95. Class held at Jammín’ Music, 4228 Atlantic Ave., Long Beach.

Jammín’ Music Inc.
52255  5-6 Yrs  3/5-4/9  11-11:50 a.m. Sa
52260  5-6 Yrs  4/30-6/4  11-11:50 a.m. Sa

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 fee: $85. Class held at Jammín’ Music, 4228 Atlantic Ave., Long Beach.

Jammín’ Music Inc.
52258  7-12 Yrs  3/4-4/8  5-5:50 p.m. F
52259  7-12 Yrs  4/29-6/3  5-5:50 p.m. F

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Material fee: $20. *No class: 4/19 & 4/21. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Bixby Knolls Park
51570  5 Yrs 6 Mos-8 Yrs  3/3-3/29  3:10-3:55 p.m. Tu Th $59
51569  5 Yrs 6 Mos-8 Yrs  4/5-5/5*  3:10-3:55 p.m. Tu Th $79
51568  5 Yrs 6 Mos-8 Yrs  5/12-6/7  3:10-3:55 p.m. Tu Th $79

READWRITE EN ESPAÑOL 1ST- 2ND GRADE

- No class: 4/18, 4/19, 4/20, 4/21 & 5/18. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Readwrite Educational Solution Inc. Bixby Knolls Park
51570  5 Yrs 6 Mos-8 Yrs  3/3-3/29  3:10-3:55 p.m. Tu Th $59
51569  5 Yrs 6 Mos-8 Yrs  4/5-5/5*  3:10-3:55 p.m. Tu Th $79
51568  5 Yrs 6 Mos-8 Yrs  5/12-6/7  3:10-3:55 p.m. Tu Th $79
**SPORTS**

**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! Class fee: $60. Material fee: $20. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**James Christian Pan American Park**
51464 7-15 Yrs 3/13-4/10 noon-1 p.m. Su
51465 7-15 Yrs 4/24-5/22 noon-1 p.m. Su

**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. Class fee: $45. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Russell Kelley Stearns Champions Park**
51303 6-12 Yrs 3/2-3/30 6-7 p.m. M W F
51304 6-12 Yrs 4/1-4/29 6-7 p.m. M W F
51305 6-12 Yrs 5/2-5/27* 6-7 p.m. M W F

**KARATE**
This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. Class fee: $80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**James Christian Pan American Park**
51330 5-12 Yrs 3/2-3/30 6-7 p.m. M W F
51331 5-12 Yrs 4/1-4/29 6-7 p.m. M W F
51332 5-12 Yrs 5/2-5/27 6-7 p.m. M W F

**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. Class fee: $135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**Kidz Love Soccer**
51299 5-6 Yrs 4/15-5/27 3:45-4:30 p.m. F
51300 5-6 Yrs 4/16-6/4* 11:10-11:55 a.m. Sa
51301 5-6 Yrs 4/16-6/4* 4:35-5:20 p.m. Sa

**SPRING BREAK CAMPS**
**APRIL 18-22**
9 A.M.-4 P.M., $30; EXTENDED DAY: $50
**REGISTRATION STARTS MARCH 23**

**LOCATIONS**

<table>
<thead>
<tr>
<th>CAMPS</th>
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<tr>
<td>Admiral Kidd Park</td>
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<td>Bixby Park</td>
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<td>Cesar Chavez Park</td>
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**LONG BEACH PARKS, RECREATION & MARINE**

**SPRING BREAK CAMPS**

**ADMISSION**
9 A.M.-4 P.M., $30; EXTENDED DAY: $50
**REGISTRATION STARTS MARCH 23**

**LOCATIONS**

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<td>Whaley Park</td>
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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. Class fee: $135. *No class: 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Kidz Love Soccer
College Estates Park
51302 7-10 Yrs 4/16-6/4* 5:25-6:10 p.m. Sa

TRADITIONAL KARATE- BEGINNING
Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Class fee: $140. Material fee (new students): $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
David Crockett
El Dorado Park West
51471 5-16 Yrs 3/5-5/28 11-11:45 a.m. Sa

TRADITIONAL KARATE- INTERMEDIATE
Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Intermediate class is for yellow belt 2-stripe and up. Class fee: $155. Material fee (new students): $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
David Crockett
El Dorado Park West
51472 5-18 Yrs 3/5-5/28 11:45-12:30 p.m. Sa

Scholarships Available for Recreation Classes
Low income and foster youth ages 5 to 18 are eligible to apply for a scholarship of $150 per year until June 30. Starting July 1, they would be eligible for another $150, which can be applied to summer camps.
To Qualify: Parents must certify that their child(ren) is/are eligible for the free or reduced price meal/lunch at their Long Beach Unified School.

To Apply: Choose a class or camp and then go to partnersofparks.org. Click on the scholarship postcard on the homepage and complete the online scholarship application. You will be notified by email when your registration is complete. Applicants will be responsible for class or camp fees more than $150. Apply now as classes fill up quickly! Applications must be submitted at least 5 working days prior to class start. Apply online at http://weblink.donorperfect.com/YSPAapp.
CITY OF LONG BEACH PARKS, RECREATION & MARINE

Free Youth Indoor Soccer Leagues

Season Begins April 9, 2022
Online Registration February 1-28, 2022
UNIFORM FEE: $10, SCHOLARSHIPS AVAILABLE

INDOOR SOCCER SEASON DATES:

SATURDAYS
APRIL 9-MAY 21, 2022

PRACTICES BEGIN THE WEEK OF MARCH 21
PRACTICES HELD OUTDOORS, GAMES HELD INDOORS.

June 4th Youth Sports Invitational for teams that qualify

<table>
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<tr>
<th>COED SOCCER</th>
<th>BOYS SOCCER</th>
<th>GIRLS SOCCER</th>
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<tr>
<td>Ages 5-8</td>
<td>Ages 9-14</td>
<td>Ages 9-14</td>
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CALL YOUR LOCAL PARK TO SIGN UP

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<td>1 (562) 570-3287</td>
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<td>Chavez</td>
<td>1 (562) 570-8890</td>
<td>1 (562) 570-1665</td>
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<td>Cherry</td>
<td>1 (562) 570-1615</td>
<td>1 (562) 570-1674</td>
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<td>College Estates</td>
<td>1 (562) 570-1617</td>
<td>1 (562) 570-1625</td>
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<tr>
<td>Coolidge</td>
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<td>1 (562) 570-1675</td>
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<td>Drake</td>
<td>1 (562) 570-1625</td>
<td>1 (562) 570-8915</td>
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<tr>
<td>El Dorado West</td>
<td>1 (562) 570-3225</td>
<td>Stearns Champions 1 (562) 420-2867</td>
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<td>Houghton</td>
<td>1 (562) 570-1640</td>
<td>Veterans 1 (562) 570-1695</td>
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<td>King</td>
<td>1 (562) 570-4405</td>
<td>Wardlow 1 (562) 570-1705</td>
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<td>Mac Arthur</td>
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<td>Whaley 1 (562) 570-1710</td>
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<td>Mc Bride</td>
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<td>Whaley</td>
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WRAP SITES:
1(562)570-3530 Burbank Elementary
Edison Elementary

Garfield Elementary Grant Elementary
Hudson (K-8th grade) King Elementary
Lafayette Elementary

Visit www.teamsideline.com/longbeach for registration information and links to your park site.
CITY OF LONG BEACH
PARKS, RECREATION & MARINE

Free After School Program
ages 5-12

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, holiday celebrations and more.
To register call 1(562) 570-3150 or visit: LBParks.org for program schedules and descriptions.

Locations and Hours*

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

GAMES · FITNESS · ENRICHMENT · CRAFTS

2:30-5:00 p.m. through February 28
Visit LB Parks.org for new session dates beginning in March ages 5-14

Mobile Recess Staff arrive on location in trucks loaded with supplies and equipment providing activities for youth with neighborhood streets blocked off for safety.

MONDAY AND WEDNESDAY
Atlantic Plaza Park
Carmelitos 1000 Via Wanda Ave.
Craftsman Village Park
851 Orange Ave.

TUESDAY AND THURSDAY
Rose Park
Corner of Orizaba Ave. and 8th St.
17th Street
Between Henderson Ave. and Chestnut Ave.

FRIDAY
23rd Street
Between Cedar Ave. and Chestnut Ave.
Burton Chace Park
65 E. Market St.

For more information call
1 (562) 570-3336

VISIT LBPARKS.ORG OR SCAN THE QR CODE BELOW
TEEN CLASSES

COOKING

BASIC COOKING FOR TEENS
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 pit pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Class fee: $150. Material fee $60.
A Yummy Future
52247 13-18 Yrs 3/12-4/16 2-3:15 p.m. Sat
52248 13-18 Yrs 4/23-5/28 2-3:15 p.m. Sat

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. Class fee: $40.
All Good Driving School Online
51721 14-18 Yrs 3/1-3/31 Everyday
51722 14-18 Yrs 4/1-4/30 Everyday
51723 14-18 Yrs 5/1-5/31 Everyday
ADVANCED CERAMICS WORKSHOP
This is an advanced level course for students who have developed technical sufficiency, and have a desire to explore deeper into ceramic processes. We will be experimenting with materials and techniques that do not get covered during the basic ceramics workshop. Feel free to do self-directed projects with guidance during this class section. We fire to cone 6. Bring samples of your work, notepad, pencil, and materials fee to first class. You are responsible for personal tools and supplies. Instructor will provide a list. Class fee: $62. Materials fee for studio provided materials: $30. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair  
Bixby Park
51706 16 Yrs+  3/10-4/28  6-9 p.m.  Th
51712 16 Yrs+  5/5-5/26  6-9 p.m.  Th

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. Class fee: $58. Material fee: $27. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair  
Bixby Park
51707 16 Yrs+  3/6-5/1  1:30-4:30 p.m.  Su
51708 16 Yrs+  3/7-4/25  9 a.m.-noon  M
51709 16 Yrs+  3/9-4/27  6-9 p.m.  W
51715 16 Yrs+  5/2-5/23  9 a.m.-noon  M
51714 16 Yrs+  5/4-5/25  6-9 p.m.  W
51713 16 Yrs+  5/8-5/29  1:30-4:30 p.m.  Su

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. Class fee: $58. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair  
Bixby Park
51710 16 Yrs+  3/7-4/25  12:30-3:30 p.m.  M
51716 16 Yrs+  5/2-5/23  12:30-3:30 p.m.  M

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. Class fee: $58. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Anita Sinclair  
Bixby Park
51711 16 Yrs+  3/6-5/1  10 a.m.-1 p.m.  Su
51717 16 Yrs+  5/8-5/29  10 a.m.-1 p.m.  Su

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. Class fee: $33. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Sandra Szladek  
Wardlow Park
51481 18 Yrs+  3/2-4/6  6:30-9 p.m.  W
51482 18 Yrs+  4/13-5/18  6:30-9 p.m.  W

FAST QUILT RETREAT
This retreat will have a Spring theme or you can do your own thing. The machine can stay in overnight lock-up until your return in the morning. This class meets the 1st weekend in May. Class fee: $60. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Sandra Szladek  
Wardlow Park
51483 16 Yrs+  5/6 and 6:30-9 p.m.  F
51485 16 Yrs+  5/7-5-8  10 a.m.-10 p.m.  Sa Su
DANCE

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 fee: $48. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Class fee: $48. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Janet Karter Weingart Senior Center
51286 18 Yrs+ 4/13-6/1 6-7 p.m. W

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. Class fee: $48. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Janet Karter Weingart Senior Center
51282 18 Yrs+ 4/13-6/1 7-8 p.m. W

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: $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Mildred Caudillo El Dorado Park West
51499 18 Yrs+ 3/4-3/25 10-11:15 a.m. F
51503 18 Yrs+ 4/1-4/29 10-11:15 a.m. F
51504 18 Yrs+ 5/6-5/27 10-11:15 a.m. F

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: $10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Mildred Caudillo Wardlow Park
51500 18 Yrs+ 3/4-3/18 7-8 p.m. F
51501 18 Yrs+ 4/1-4/22 7-8 p.m. F
51502 18 Yrs+ 5/6-5/20 7-8 p.m. F

BELLY DANCE-BEG
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. Class fee: $39. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Fahatim Fahatim Wardlow Park
51728 14 Yrs+ 3/7-4/4 7:30-8:30 p.m. M
51729 14 Yrs+ 4/25-5/23 7:30-8:30 p.m. M

BELLY DANCE-INT
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. Class fee: $39. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Fahatim Fahatim Wardlow Park
51728 14 Yrs+ 3/7-4/4 7:30-8:30 p.m. M
51729 14 Yrs+ 4/25-5/23 7:30-8:30 p.m. M

BELLY DANCE- ADV
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. Class fee: $39.
Fahatim Fahatim Wardlow Park
51728 14 Yrs+ 3/7-4/4 8:45-9:45 p.m. M
51729 14 Yrs+ 4/25-5/23 8:45-9:45 p.m. M

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. Class fee: $140 Material fee: $10. *No class: 4/16 & 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Crossroads Country Club Pet Resort Marina Vista Park
51473 10 Yrs+ 4/2-5/7* 9:30-10:30 a.m. Sa
51474 10 Yrs+ 5/21-6/25* 9:30-10:30 a.m. Sa
**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: 5/9. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**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, kettlebells, 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. Class fee: $44. *No class: 5/12. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**CSI – CARDIO SCULPT LOW-IMPACT AEROBICS**

**DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT**
Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or CrossroadsPetResort.com. Class fee: $140. Material fee: $10. *No class: 4/16 & 5/28. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**FUSION PILATES CONDITIONING**
A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: www.evelyngrauten.com. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**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 in instruction. Walk in fee available. No class 3/4 & 4/16. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**PILATES BARRE FITNESS**
This is a unique form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various pilates equipment, provided by instructor. A portable balance barre, also provided, will help to improve your stability. For more information visit: www.evelyngrauten.com. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

**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! Diviértete 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. Class fee: $2. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
TAI CHI & QIGONG
A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also enhances balance and memory. *Returning students only on Tuesdays. Class fee: $50. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Howard Richner Recreation Park
51477 18 Yrs+ 3/1-4/5 7-8:30 p.m. Tu
51478 18 Yrs+ 4/12-5/17 7-8:30 p.m. Tu

Howard Richner Bixby Park
51479 18 Yrs+ 3/3-3/7 7:30-9 p.m. Th
51480 18 Yrs+ 4/14-5/19 7:30-9 p.m. Th

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. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Lacey Marsac Wardlaw Park
51318 16 Yrs+ 3/2-3/30 6:15-7:15 p.m. W $40
51324 16 Yrs+ 3/2-3/30 7:30-8:30 p.m. W $40
51319 16 Yrs+ 4/6-4/27 6:15-7:15 p.m. W $32
51325 16 Yrs+ 4/6-4/27 7:30-8:30 p.m. W $32
51320 16 Yrs+ 5/4-5/25 6:15-7:15 p.m. W $32
51326 16 Yrs+ 5/4-5/25 7:30-8:30 p.m. W $32

MUSIC

UKE PLAYERS ANONYMOUS (BEGINNING)
This class covers all fundamentals you need to start playing ukulele! Students will learn how to tune, use basic strum techniques, read chords, and play songs! Required materials: ukulele, music stand, pencil and mask. Class fee: $70. Material fee: $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Hoku Bray El Dorado Park West
51274 18 Yrs+ 3/6-4/10 8:30-9:30 a.m. Su
51275 18 Yrs+ 4/24-5/29 8:30-9:30 a.m. Su

SPORTS

JUJITSU
Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instructor with 40 years of self defense experience. For beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. Class fee: $45. *No class: 5/25. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Russell Kelley Stearns Champions Park
51306 13 Yrs+ 3/2-3/30 7-8 p.m. M W F
51307 13 Yrs+ 4/1-4/29 7-8 p.m. M W F
51308 13 Yrs+ 5/2-5/27* 7-8 p.m. M W F

ed2go Online Classes
Hundreds of classes available online at www.lbparks.org

Classes Start Monthly

ed2go topics include:

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

$95 per class

Enroll online at lbparks.org • 562-570-3148
KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instructor with 40 years of self-defense. For beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. Class fee: $45. *No class: 5/25. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Russell Kelley
51309 13 Yrs+ 3/2-3/30 8-9 p.m. M W F
51310 13 Yrs+ 4/1-4/29 8-9 p.m. M W F
51311 13 Yrs+ 5/2-5/27* 8-9 p.m. M W F

Stearns Champions Park

KARATE

Japanese Karate retains 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. Students learn the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. Class fee: $80. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.

Jony Martinez
51336 12 Yrs+ 3/2-3/30 7:15-8:30 p.m. M W F
51337 12 Yrs+ 4/1-4/29 7:15-8:30 p.m. M W F
51338 12 Yrs+ 5/2-5/27 7:15-8:30 p.m. M W F

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

For more information visit: www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/

FUN FOR ADULTS 50+

SENIOR PROGRAMS

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

Senior Centers

California Recreation Center at McBride Park
1550 Martin Luther King, Jr. Ave
1 (562) 570-1605
M-F: 9 a.m.-2 p.m.

Cesar E. Chavez Park
401 Golden Ave.
1 (562) 570-8890
M-F: 9 a.m.-2 p.m.

El Dorado Park West
2800 Studebaker Rd.
1 (562) 570-3227
M-F: 9 a.m.-2 p.m.

Expo Center
4321 Atlantic Ave.
1 (562) 570-1655
T-Th: 9 a.m.-2 p.m.

Houghton Park
6301 Myrtle Ave.
1 (562) 570-1640
M-F: 9 a.m.-2 p.m.

Long Beach Senior Center
1150 E. 4th St.
1 (562) 570-3500
M-F: 8 a.m.-4:30 p.m.
Sa: 10 a.m.-2 p.m.

Silverado Park
1545 W. 31st St.
1 (562) 570-1675
M-F: 9 a.m.-2 p.m.
ADULTS 50+ CLASSES

DANCE

ADVANCED ROUND DANCE
Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class. Class fee: $10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Daniel Finch
51703 50 Yrs+ 3/2-3/30 7-9:30p.m. W
51704 50 Yrs+ 4/6-4/27 7-9:30p.m. W
51705 50 Yrs+ 5/4-5/25 7-9:30p.m. W

ROUND DANCE - ADVANCED
Advanced class consists of clinic on figures and choreography followed by cued round dances. Class held on 2nd Saturday. Fee per person, per class. Class fee: $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Edward Patrick
51342 50 Yrs+ 3/7-3/28 7-9:30 p.m. M
51339 50 Yrs+ 3/12-3/12 noon-3:30 p.m. Sa
51343 50 Yrs+ 4/4-4/25 7-9:30 p.m. M
51340 50 Yrs+ 4/9-4/9 noon-3:30 p.m. Sa
51344 50 Yrs+ 5/2-5/23 7-9:30 p.m. M
51341 50 Yrs+ 5/14-5/14 noon-3:30 p.m. Sa

FITNESS

CHAIR BASED YOGA
Not your typical chair yoga class! Suitable for beginners as well as experienced yoga students, this class incorporates the use of a chair for various poses and movements. Meditation, breathing and relaxation techniques are also included. Please bring a yoga mat, 2 yoga blocks and yoga strap. Walk in fee available. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Lacey Marsac
51312 50 Yrs+ 3/2-3/30 9-10 a.m. W $40
51313 50 Yrs+ 4/6-4/27 9-10 a.m. W $32
51314 50 Yrs+ 5/4-5/25 9-10 a.m. W $32

FUNCTIONAL MOVEMENT, BALANCE & BRAINS
Let’s put “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. 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 fee: $5. *No class 5/10. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Tami Santy
51534 50 Yrs+ 3/1-3/22 10:30-11:15 a.m. Tu
51535 50 Yrs+ 4/5-4/26 10:30-11:15 a.m. Tu
51536 50 Yrs+ 5/3-5/31 10:30-11:15 a.m. Tu

GENTLE YOGA - ALL LEVELS
Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Fee per person, per class. Class fee: $52. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Silvana Behrens
51283 50 Yrs+ 3/3-3/31 1-2 p.m. Th
51284 50 Yrs+ 4/7-4/28 1-2 p.m. Th
51285 50 Yrs+ 5/5-5/26 1-2 p.m. Th

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. Class fee: $5. Participants will enjoy recreational activities while practicing social distancing and other guidelines set forth by the CDC.
Janet Karter
51283 50 Yrs+ 3/3-3/31 1-2 p.m. Th
51284 50 Yrs+ 4/7-4/28 1-2 p.m. Th
51285 50 Yrs+ 5/5-5/26 1-2 p.m. Th

REGISTER ONLINE AT WWW.LBPARKS.ORG
HOME LAND
CULTURAL CENTER
1321 Anaheim Street, MacArthur Park
1(562) 570-1655
Hours: Monday-Tuesday 3-10 p.m.
       Wednesday-Thursday 3-9:30 p.m.
       Closed Fridays
       Saturday 10 a.m.- 6 p.m.
       Sunday 9 a.m.-6 p.m.

FREE CLASSES AND WORKSHOPS!
Winner of Excellence California Park & Recreation Society.
Explore and share traditional and contemporary cultural traditions!
Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

Afrikan Drum/Dance
10 a.m.-4 p.m. Sa
AIM Urban Poetry Workshop
7-9 p.m. Tu
Aztec Dance
7-9 p.m. W
Bokator (Martial Arts)
7-9 p.m. Th
Breakdancing for Kids
4-6 p.m. Tu
Cambodian Art and Music
2-4 p.m. Alternate Sa
Drums
4-6 p.m. Tu
Guitar/Bass
4-6 p.m. Th
Happy Senior Line Dance
3-5 p.m. Tu, W
Hmong Arts
9 a.m.-2 p.m. Su
Instant Band
(Music Improvisations)
4-6 p.m. Sa
Micronesian Arts
2-6 p.m. Su
Movie Makers Workshop
1-3 p.m. Su
OFF THE DOME
7-9 p.m. First Th
Popping & Break Dancing
6-10 p.m. M, Tu
Screen Printing for Teens
6-8 p.m. Th
Happy Senior Line Dance
3-5 p.m. Tu, W
Unity Choir
7-9 p.m. W

SEVERAL PARK AREAS WERE RENAMED IN 2021 TO HONOR RESIDENTS WHO WORKED TO IMPROVE THE QUALITY OF LIFE IN THEIR NEIGHBORHOODS.

The Houghton Park Community Center was dedicated as the Doris Topsy-Elvord Community Center in recognition of community leader and former Vice Mayor Doris Topsy-Elvord.

The South Street Parkway was renamed Pressburg Parkway to recognize Mr. Dan Pressburg’s work to beautify open space in the Uptown and DeForest Neighborhood communities.

Bixby Park Dog Park was renamed Dr. Myrna “Mickey” Donahoe Dog Park to honor the founder of Friends of Bixby Dog Park.

The Dee Andrews Sports Complex at Chittick Field was dedicated to the former Vice Mayor and Sixth District Councilman.

Conductor Larry Curtis Concert Park was dedicated at Marine Stadium in tribute to the late Larry Curtis, Municipal Band Conductor for more than 27 years.

LONG BEACH PARKS, RECREATION & MARINE
Honoring Long Beach’s Best

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
GENERAL INFORMATION

LBACS is open by appointment only. To make an appointment to adopt or foster a pet, please email PetAdopt@longbeach.gov or call 1.562.570.4925.

Appointments may be made during these hours:
10 a.m. to 5 p.m. Wednesdays through Fridays
10 a.m. to 3:30 p.m. Saturdays and Sundays

Animal related complaints/questions 1.562.570.7387.


SPAY/NEUTER INFORMATION

Please visit SNPLA.org for spay and neuter information.

All dogs over six months and cats over four months are required by law to be spayed or neutered - LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current.

SPAY / NEUTER VOUCHERS

Vouchers to assist with the cost of spaying or neutering your pet may be requested online at www.SNPLA.org. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Visit www.LongBeachAnimalCare.com 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 good manners, and be a friend for life. See pages 17 and 18 for details.

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.

LOW-COST PET CLINICS

SNPLA provides low-cost pet care at various Long Beach parks and other Los Angeles County locations. For dates, times, locations, and fees please visit www.SNPLA.org.

Follow us on Social Media

Facebook: LongBeachAnimalCare
Instagram and Twitter: @LBAAnimalCare
www.longbeach.gov/acs
If you’re guided by adventure, then get delivered by bus.

Long Beach Transit connects you to your favorite activities safely and conveniently. Travel with a group of friends or just get out of the house for a spontaneous trip.

Get real-time bus schedule and route updates from LBT. Scan the code to download Moovit app to start planning your next adventure.

For bus schedules, fares, and route information visit ridelbt.com.
ADULT SPORTS LEAGUES
5001 Deukmejian Drive 1(562)-1725
Visit: 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 1(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 $75/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.

WEEKEND SLOWPITCH LEAGUES - COED ONLY
Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: $350. Call 1(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 ($28/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 1(562) 570-1725 or visit us online: www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL
Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men’s, Women’s and Coed Divisions available. 5-12 players allowed on a team. Team fee: $340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. $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 1(562) 570-1725 or visit www.teamsideline.com/longbeach for more information.

ADULT KICKBALL
Register by team only at the Sports Office or at www.teamsideline.com/longbeach. 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: $325. Call 1(562) 570-1725 or go online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFTBALL - AGES 55 & UP
Saturday team registration at the Sports Office. 12 games. Team fee: $265. Call 1(562) 570-1725 or visit us online for more information.
We Energize a Healthy Long Beach

Energy Resources is much more than just the “gas and oil 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 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. Learn more at longbeach.gov/energyresources/

Join us on Facebook for news, information and fun! @LBEnergyResources
### 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>#</th>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
<th>Areas</th>
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<tbody>
<tr>
<td>1</td>
<td>Admiral Kidd</td>
<td>2125 Santa Fe Ave., 570-1600</td>
<td>12.29</td>
<td>1L, 2L, 5, 6, 7, 14</td>
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<td>Baker Street</td>
<td>625 Baker St., 570-3100</td>
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<td>6</td>
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<td>Bayshore</td>
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<td>Bixby</td>
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<td>1000 San Antonio Dr., 570-1604</td>
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<td>Cesar E. Chavez</td>
<td>401 Golden Ave., 570-8890</td>
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<td>Cherry</td>
<td>1901 E. 45th St., 570-1615</td>
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<td>College Estates</td>
<td>808 Stevely Ave., 570-1617</td>
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<td>Colorado Lagoon</td>
<td>5119 E. Colorado St.</td>
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<td>Coolidge</td>
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<td>Craftsman Village Park</td>
<td>850 Orange Ave., 570-3100</td>
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<td>12</td>
<td>Davenport, (Ed &quot;Pops&quot;)</td>
<td>2910 E. 55th Way</td>
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### PARK FACILITIES (continued)

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<th>Park Name</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houghton Park Teen Center</td>
<td>5301 Myrtle Ave., 570-1640</td>
<td>6.73</td>
</tr>
<tr>
<td>Long Beach Senior Center</td>
<td>1150 E. 4th St., 570-3500</td>
<td>SR</td>
</tr>
<tr>
<td>Silverado Park Teen Center</td>
<td>1545 W. 31st St., 570-1675</td>
<td>7.92</td>
</tr>
<tr>
<td>Cesar E. Chavez</td>
<td>401 Golden Ave., 570-8890</td>
<td>21.5, 6.7</td>
</tr>
</tbody>
</table>

### DOG FACILITIES

<table>
<thead>
<tr>
<th>Dog Park</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bixby Dog Park</td>
<td>130 Cherry Ave.,</td>
<td>.43</td>
</tr>
<tr>
<td>Coolidge Dog Park</td>
<td>352 E. Neeve St.,</td>
<td>.25</td>
</tr>
<tr>
<td>El Dorado Park Dog Park</td>
<td>7500 E. Spring St.,</td>
<td>.15</td>
</tr>
<tr>
<td>Gayle Carter Dog Park</td>
<td>4600 Long Beach Blvd.,</td>
<td>.7</td>
</tr>
<tr>
<td>Jackson Street Dog Park</td>
<td>1 Jackson St.,</td>
<td>.14</td>
</tr>
<tr>
<td>K-9 Corner Dog Park</td>
<td>9th and Pacific Ave.,</td>
<td>.8</td>
</tr>
<tr>
<td>Lincoln Dog Park</td>
<td>101 Pacific Ave.,</td>
<td>.14</td>
</tr>
<tr>
<td>Pike Park</td>
<td>195 W. Seaside Way,</td>
<td>.18</td>
</tr>
<tr>
<td>Recreation Dog Park</td>
<td>4900 E. 7th St.,</td>
<td>.2</td>
</tr>
<tr>
<td>Rosie’s Dog Beach</td>
<td>1 S. Granada Ave.,</td>
<td>.4</td>
</tr>
<tr>
<td>Seaside Dog Zone Park</td>
<td>Seaside Way at Linden Ave.,</td>
<td>.45</td>
</tr>
<tr>
<td>Wrigley Heights Dog Park</td>
<td>3401 Golden Ave.,</td>
<td>2.03</td>
</tr>
</tbody>
</table>

### AQUATIC AND BOATING FACILITIES/BEACHES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colorado Lagoon</td>
<td>5301 E. Ocean Blvd.,</td>
<td>570-1719</td>
</tr>
<tr>
<td>Dunster Reserve, Beachouse Lane and Los Cerritos Channel</td>
<td>3.22</td>
<td></td>
</tr>
<tr>
<td>Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.</td>
<td>.923</td>
<td></td>
</tr>
<tr>
<td>Launch Ramp – Claremont Launch Ramp, 5300 E. Ocean Blvd.</td>
<td>570-1721</td>
<td></td>
</tr>
<tr>
<td>Launch Ramp – Davies Launch Ramp, 6201 E. Second St.,</td>
<td>6.73</td>
<td></td>
</tr>
<tr>
<td>Launch Ramp – Granada Launch Ramp, 1 S. Granada Ave.</td>
<td>570-1721</td>
<td></td>
</tr>
<tr>
<td>Launch Ramp – Marina Stadium Launch Ramp, 5255 Polli Way</td>
<td>570-1721</td>
<td></td>
</tr>
<tr>
<td>Launch Ramp – South Shore Launch Ramp, 590 Queen Mary Dr.,</td>
<td>6.49</td>
<td></td>
</tr>
<tr>
<td>Leeway Sailing and Aquatics Center, 5437 E. Ocean Blvd.,</td>
<td>570-1719</td>
<td></td>
</tr>
<tr>
<td>Marina – Alamitos Bay Marina, 205 Marina Dr.,</td>
<td>359.39</td>
<td></td>
</tr>
<tr>
<td>Marina – Long Beach Shoreline Marina, 450 E. Shoreline Dr.,</td>
<td>570-4950</td>
<td></td>
</tr>
<tr>
<td>Marina – Rainbow Marina, 200-B Aquarium Way,</td>
<td>570-8436</td>
<td></td>
</tr>
<tr>
<td>Marine Stadium, Appian Way (Bown 2nd St. and Colorado St.)</td>
<td>570-3215</td>
<td></td>
</tr>
<tr>
<td>Pool – Belmont Plaza Pool, 4000 Olympic Plaza,</td>
<td>570-1806</td>
<td></td>
</tr>
<tr>
<td>Pool – Martin Luther King Jr. Park Pool, 1910 Lemon Ave.,</td>
<td>570-1718</td>
<td></td>
</tr>
<tr>
<td>Pool – Silverado Park Pool, 1540 W. 32nd St.,</td>
<td>570-1721</td>
<td></td>
</tr>
<tr>
<td>Model Boat Shop, 5119 E., Colorado St.,</td>
<td>460-1720 (Summer Only)</td>
<td></td>
</tr>
<tr>
<td>Mothers Beach (Park Marina)</td>
<td>5839 Appian Way</td>
<td>5.7</td>
</tr>
</tbody>
</table>

### SPORTS FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archer – El Dorado Archery Range</td>
<td>7550 E. Spring St.,</td>
<td>570-1771</td>
</tr>
<tr>
<td>Golf – El Dorado Golf Course, 2400 Studebaker Rd.,</td>
<td>430-5411, 18-hole,</td>
<td>570-1771</td>
</tr>
<tr>
<td>Golf – Heartwell Junior Golf Academy, 6730 E. Carson St.,</td>
<td>570-1272</td>
<td>570-1771</td>
</tr>
<tr>
<td>Golf – Heartwell Park Golf Course, 6700 E. Carson St.,</td>
<td>421-8855, 18-hole,</td>
<td>570-1771</td>
</tr>
<tr>
<td>Golf – Recreation Park Golf Course, 5000 E. Anaheim St.,</td>
<td>494-5000, 18-hole,</td>
<td>570-1771</td>
</tr>
<tr>
<td>Golf – Recreation Park Golf Course, 5000 E. 7th St.,</td>
<td>438-4012, 9-hole,</td>
<td>570-1721</td>
</tr>
<tr>
<td>Golf – Skylinks at LB Golf Course, 4800 E. Wardlaw Rd.,</td>
<td>421-3888, 18-hole,</td>
<td>570-1721</td>
</tr>
<tr>
<td>Hockey Rink, 5415 E. Ocean Blvd.,</td>
<td>570-1725</td>
<td></td>
</tr>
<tr>
<td>Lawn Bowling – Recreation Park, E. 7th St. &amp; Federation Dr.,</td>
<td>579-9768, 714-969-5862</td>
<td></td>
</tr>
<tr>
<td>Sports Field – Chittick Field, 1990 Walnut Ave.,</td>
<td>570-1717,</td>
<td>19.14</td>
</tr>
<tr>
<td>Sports Field – Joe Rodgers Softball Stadium, 10th St. and Park Ave.,</td>
<td>570-1725</td>
<td></td>
</tr>
<tr>
<td>Tennis – Billie Jean King Tennis Center, 10th and Park Ave.,</td>
<td>438-8509,</td>
<td>570-1725</td>
</tr>
<tr>
<td>Tennis – El Dorado Tennis Center, 2800 Studebaker Rd.,</td>
<td>425-0553</td>
<td>570-1725</td>
</tr>
<tr>
<td>Tennis – Los Cerritos Park Tennis Courts, 375 Del Mar Ave.,</td>
<td>401 Golden Ave.,</td>
<td>570-8890</td>
</tr>
<tr>
<td>Tennis – Naples Tennis Courts, Tivoli Drive between St. Irmo Way and 2nd St.</td>
<td>570-1725</td>
<td></td>
</tr>
</tbody>
</table>

### TEEN CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Kidd Park Teen Center</td>
<td>2125 Santa Fe Ave.,</td>
<td>570-1600</td>
</tr>
<tr>
<td>Cesar E. Chavez Teen Center</td>
<td>401 Godden Ave.,</td>
<td>570-8890</td>
</tr>
<tr>
<td>Freeman Teen Center</td>
<td>1205 Freeman Ave.,</td>
<td>570-8688</td>
</tr>
<tr>
<td>Houghton Park Teen Center</td>
<td>6301 Myrtle Ave.,</td>
<td>570-1640</td>
</tr>
<tr>
<td>McBride Park Teen Center</td>
<td>1550 M.L.King, Jr. Blvd.,</td>
<td>570-1605</td>
</tr>
<tr>
<td>Silverado Park Teen Center</td>
<td>1545 W. 31st St.,</td>
<td>570-1675</td>
</tr>
</tbody>
</table>

### SENIOR CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Acres</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Recreation Center (at McBride Park)</td>
<td>1550 M.L.King, Jr. Blvd.,</td>
<td>570-1605</td>
</tr>
<tr>
<td>El Dorado Park West Community Center</td>
<td>2800 Studebaker Rd.,</td>
<td>570-3227</td>
</tr>
</tbody>
</table>

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**SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB** 29
Make Someone’s Day, Visit a Long Beach Dog Park

Grab Your Leash and Get Outside

Dog Park Locations:
- Bixby Dog Park
- Coolidge Dog Park
- El Dorado Dog Park
- Gayle Carter Dog Park
- Jackson Dog Park
- K9 Corner Dog Park
- Pike Park Dog Park
- Recreation Dog Park
- Rosie’s Dog Beach
- Seaside Dog Park
- Wrigley Heights Dog Park

LBParks.org

SKATE PARKS

Long Beach Parks, Recreation and Marine

For info and Park rules visit: www.lbparks.org

MICHAEL GREEN SKATE PARK AT 14TH ST.

EL DORADO WEST

MCBRIDE PARK

HOUGHTON

BIXBY PARK

DRAKE PARK

ORIZABA PARK

SILVERADO PARK
Parks, Recreation & Marine

Community Park Directory

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

Futsol Courts
Free Mobile Recess
Basketball Courts
Senior Programs
Golf Courses
Skate Parks
Community Centers
Playgrounds
Aquatics and Pools
Nature Center
Dog Parks

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
Hours, amenities and programs for Long Beach parks. Visit www.lbparks.org and 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., 1(562) 570-1600
HOURS: Summer Fun Days, M-F: 11 a.m. to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.
AMENITIES: Basketball court, community center, fitness stations, playground, soccer field, weight/fitness room
PROGRAMS: Free Be SAFE Summer Program, Summer Food Program, Youth Sports

2. BAKER PARK
625 Baker St. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground, walking path

3. BAYSHORE PARK
5415 E. Ocean Blvd. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Basketball court, volleyball court, playground, rollerhockey rink

4. BELMONT PLAZA POOL
4320 E. Olympic Plaza 1(562) 570-1806
See page 44 and 45

5. BIRDCAGE PARK
6501 Parkcrest St. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

6. BIXBY PARK
130 Cherry Ave. 1(562) 50-1601
HOURS: After School Program, 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.
AMENITIES: Basketball court, community center, fitness stations, playground, soccer fields, weight/fitness room
PROGRAMS: After School Program, Free Be SAFE Summer Program, Senior Fitness Classes, Summer Food Program, Youth Sports

7. BIXBY KNOLLS PARK
1101 San Antonio Drive 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

REGISTER ONLINE AT WWW.LBPARKS.ORG
8. OFFICER DARYLE W. BLACK MEMORIAL PARK
2023 Pasadena Ave.  1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

9. BURTON W. CHACE PARK
65 E. Market St.  1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

10. CESAR E. CHAVEZ PARK
401 Golden Ave.  1(562) 570-8890
HOURS: Senior Program, 9 a.m. to 2 p.m.  Teen Center M-F, 11 a.m. to 5 p.m.  After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Community center, fitness stations, playground, skate park
PROGRAMS: After School Program, Senior Program, Senior Meals, Summer Food Program, Teen Program, Youth Sports

11. CHERRY PARK
1901 E. 45th St.  1(562) 570-1615
HOURS: Dusk to Dawn
AMENITIES: Baseball fields, basketball court, community center, softball fields, tennis courts, playground
PROGRAMS: Summer Food Program, Youth Sports

12. COLLEGE ESTATES PARK
808 Stevely Ave.  1(562) 570-1710
HOURS: After School Program, M-F: 2:30-5:30 p.m.
AMENITIES: Basketball court, community center, playground, tennis courts
PROGRAMS: Youth Sports

13. COOLIDGE PARK
352 E. Neece St.  1(562) 570-1618
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Community center, basketball court, dog park, fitness stations, playground
PROGRAMS: After School Program, Summer Food Program, Summer Fun Days, Youth Sports

14. CRAFTSMAN VILLAGE PARK
851 Orange Ave.  1(562) 570-3100
HOURS: Dusk to Dawn
AMENITIES: Playground

15. ED “POPS” DAVENPORT PARK
2910 East 55th Way  1(562) 570-1665
HOURS: Dusk to Dawn
AMENITIES: Basketball court, playground
PROGRAMS: Summer Food Program, Youth Sports

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
16. DEFOREST PARK
6255 DeForest Ave.  1(562) 570-1620
HOURS: Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball field, basketball court, community center, futsol court, nature trail, playground, racquetball court, soccer field, softball fields
PROGRAMS: Camp Fire Day Camp, Summer Food Program, Youth Sports

17. DRAKE PARK
951 Maine Ave.  1(562) 570-1625
HOURS: Summer Fun Days Program, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 5 to 8 p.m., After School Program, M-F:3-6 p.m.
AMENITIES: Baseball fields, basketball courts, community center, disc golf course, golf course, playground, skate park, soccer fields, softball fields, tennis center
PROGRAMS: After School Program, Senior Program, Senior Meals Summer Day Camp Program, Summer Fun Days, Youth Sports

18. EL DORADO PARK WEST
2800 Studebaker Road  1(562) 570-3225
HOURS: Senior Programs M-F, 9 a.m. to 5 p.m., After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball courts, community center, disc golf course, golf course, playground, skate park, soccer fields, softball fields, tennis center
PROGRAMS: After School Program, Senior Program, Senior Meals Summer Day Camp Program, Summer Fun Days, Youth Sports

19. EL DORADO REGIONAL PARK & NATURE CENTER
See page 40.

20. FELLOWSHIP PARK
434 E. Willow St.  1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

21. FREEMAN CENTER
1205 Freeman Ave.  1(562) 570-8688
HOURS: M-F: 3-7 p.m.
PROGRAMS: Teen Programs

22. GRACE PARK
Elm Ave. & Plymouth St. 1(562) 570-3150
HOURS: Dusk to Dawn
AMENITIES: Playground, Community Garden

23. ROBERT GUMBINER PARK
880 E. 7th St.  1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Performance area, picnic area, playground, public art, skate plaza
PROGRAMS: Free Outdoor Recreation Classes

REGISTER ONLINE AT WWW.LBPARKS.ORG
### 24. Heartwell Park
5801 E. Parkcrest St.  1-(562) 570-1635
**HOURS:** Dusk to Dawn
**AMENITIES:** Baseball fields, basketball court, community center, golf course, playground, soccer fields, softball fields

### 25. Houghton Park
6301 Myrtle Ave.  1-(562) 570-1640
**HOURS:** Senior Program, 9 a.m. to 2 p.m., After School Program, 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.
**AMENITIES:** Baseball fields, basketball courts, community center, fitness stations, playground, skate park, soccer fields, softball fields, tennis courts, weight room
**PROGRAMS:** After School Program, Free Be SAFE Summer Program, Senior Program, Senior Meals, Learning Hub, Summer Day Camp Program, Summer Food Program, Teen Program, Youth Sports

### 26. Jackson Park
1432 Jackson St.  1-(562) 570-3100
**HOURS:** Dawn to Dusk
**AMENITIES:** Dog Park-1800 Jackson, Playground

### 27. King, Martin Luther Jr. Park
1950 Lemon Ave.  1-(562) 570-4405
**HOURS:** After School Program, 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.
**AMENITIES:** Baseball fields, basketball court, community center, playground, soccer fields, softball fields
**PROGRAMS:** After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

### 28. Leeway Sailing Center
5437 E. Ocean Blvd. See page 43.

### 29. Lilly Park
32 Lilly Ave.  1-(562) 570-3100
**HOURS:** Dawn to Dusk
**AMENITIES:** Playground

### 30. Livingston Drive Playground
4700 Livingston Drive  1-(562) 570-3100
**HOURS:** Dawn to Dusk
**AMENITIES:** Playground

### 31. Locust Tot Lot
2331 Locust Ave.  1-(562) 570-3100
**HOURS:** Dawn to Dusk
**AMENITIES:** Playground

### 32. Loma Vista Park
1173 Loma Vista Drive  1-(562) 570-3100
**HOURS:** Dawn to Dusk
**AMENITIES:** Playground

---

**SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB**
33. LONG BEACH SENIOR CENTER
1150 E. 4th St. 1(562) 570-3500
HOURS: M-F: 8 a.m. to 4:30 p.m., Sat.: 10 a.m.-4 p.m.
AMENITIES: Fitness gym, friendly cup café, library, thrift shop
PROGRAMS: Bingo, craft classes, dance classes, fitness classes, lapidary prime time players, sewing, sing-along, social dance, Senior Meals Program

34. LOS ALTOS PARK
4851 Stearns St. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

35. LOS ALTOS PLAZA PARK
5230 Anaheim Road 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

36. LOS CERRITOS PARK
3750 Del Mar Ave. 1(562) 570-3150
HOURS: Dawn to Dusk
AMENITIES: Playground, Tennis Courts

37. MACARThUR PARK
1321 Anaheim St. 1(562) 570-1655
HOURS: After School Program, M-F: 2:30-5:30 p.m., 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., Fridays: Closed
AMENITIES: Basketball court, community center, Homeland Cultural Center, playground
PROGRAMS: After School Program, Summer Food Program, Youth Sports

38. MARINA VISTA PARK
5355 Eliot St. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Basketball courts, playground, softball field, soccer field, tennis courts

39. ERNEST MCBRIDE PARK
1550 Martin Luther King, Jr. Ave., 1(562) 570-1605
HOURS: Senior Program, 9 a.m. to 2 p.m., Teen Center M-F, 11 a.m. to 5 p.m., After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Basketball court, community center, playground, skate park, weight/fitness room
PROGRAMS: After School Program, Learning Hub, Senior Program, Senior Meals, Summer Food Program, Teen Program, Youth Sports

40. MIRACLE PARK
1518 E. 4th St. 1(562) 570-1787
HOURS: Dusk to Dawn
41. **MOLINA, C DAVID PARK**  
4951 Oregon Ave.  
1(562) 570-3100  
**HOURS:** Dawn to Dusk  
**AMENITIES:** Fitness stations, playground, soccer field

42. **NAACP FREEDOM PARK**  
2300 Martin Luther King Jr. Ave.  
1(562) 570-3100  
**HOURS:** Dawn to Dusk  
**AMENITIES:** Bike Path

43. **ORIZABA PARK**  
1435 Orizaba Ave.  
1(562) 570-1427  
**HOURS:** After School Program, 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.  
**AMENITIES:** Community center, playground, skate park  
**PROGRAMS:** After School Program, Free Be SAFE Summer Program, Learning Hub, Summer Food Program, Youth Sports

44. **PAN AMERICAN PARK**  
5157 Centralia St.  
1(562) 570-1660  
**HOURS:** After School Program, M-F: 2:30-5:30 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.  
**AMENITIES:** Baseball fields, basketball court, gym, playground, softball fields  
**PROGRAMS:** After School Program, Free Be SAFE Summer Program, Day Camp Program (Summer), Youth Sports

45. **PEACE PARK**  
1411 Atlantic Ave.  
1(562) 570-3100  
**HOURS:** Dusk to Dawn  
**AMENITIES:** Playground

46. **PROMENADE SQUARE**  
215 E. First St.  
1(562) 570-3150  
**HOURS:** Dusk to Dawn  
**AMENITIES:** Playground

47. **RAMONA PARK**  
3301 East 65th St.  
1(562) 570-1665  
**HOURS:** After School Program, 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.  
**AMENITIES:** Baseball fields, basketball court, community center, playground, soccer fields, softball fields, tennis courts  
**PROGRAMS:** After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports
48. JENNIE RIVERA MEMORIAL PARK
2001 Walnut Ave. 1(562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

49. ROSIE THE RIVETER PARK
Clark and Conant Ave.S 1(562) 570-3100
AMENITIES: Benches, walking path with World War II local WASP and Rosie the Riveter history, Memorial Wall of local service members who have passed since 2001.

50. RECREATION PARK
4900 E. 7th St. 1(562) 570-1670
HOURS: Dawn to dusk
AMENITIES: Band Shell, baseball field, casting pond, community center, dog park, golf course, lawn bowling green, playground, tennis center, softball stadium, volleyball court

51. SCHERER PARK
4600 Long Beach Blvd. 1(562) 570-1674
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m., and Be SAFE Program, M-F: 3 to 6 p.m.
AMENITIES: Basketball court, community center, dog park, playground, tennis courts
PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

52. SEASIDE PARK
1401 Chestnut Ave. 1(562) 572.5126
HOURS: After School Program, 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.
AMENITIES: Playground, soccer fields
PROGRAMS: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports

53. SILVERADO PARK
1545 West 31st St. 1(562) 570-1675
HOURS: After School Program, M-F: 3-6 p.m., Senior Program, 9 a.m. to 2 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.
AMENITIES: Baseball fields, basketball court, community center, playground, pool, softball fields, skate park, tennis courts
PROGRAMS: After School Program, Free Be SAFE Summer Program, Senior Programs, Senior Meals, Summer Day Camp Program, Summer Food Program, Teen Programs, Youth Sports

54. SOMERSET PARK
4520 East 23rd St. 1(562) 570-1675
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, community center, playground, softball fields
PROGRAMS: After School Program, Summer Day Camp Program, Summer Food Program, Youth Sports

55. VETERANS PARK
101 East 28th St. 1(562) 570-1695
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields, tennis courts
PROGRAMS: After School Program, Learning Hub, Summer Day Camp Program, Summer Food Program, Youth Sports

56. VETERANS PARK
101 East 28th St. 1(562) 570-1695
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, soccer fields, softball fields
PROGRAMS: After School Program, Summer Day Camp Program, Summer Food Program, Youth Sports

57. WARDLOW PARK
3457 Stanbridge Ave. 1(562) 570-1705
HOURS: After School Program, M-F: 3-6 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, softball fields
PROGRAMS: After School Program, Summer Day Camp Program, Summer Food Program, Youth Sports

58. WHALEY PARK
5620 Atherton St. 1(562) 570-1710
HOURS: After School Program, M-F: 2:30-5:30 p.m., Summer Fun Days, M-F: 11 a.m. to 5 p.m.
AMENITIES: Baseball fields, basketball court, community center, playground, softball fields
PROGRAMS: After School Program, Day Camp Program, Summer Food Program, Youth Sports

REGISTER ONLINE AT WWW.LBPARKS.ORG
EL DORADO EAST REGIONAL PARK
7550 Spring Street
1(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 1(562) 570-3111. Call to learn more about:
- Reservable Sites
- Special Events
- Company Picnics
- Weddings
- Annual Pass Sales

Reservations require advance registration.

*The Permit to Gather is required by the City of Long Beach for any group of 25 or more. The Permit 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

SAVING WATER
IS THE LONG BEACH WAY
LiveH2OLB.com

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 39
EL DORADO NATURE CENTER
7550 East Spring Street
1(562) 570-1745
www.longbeach.gov/naturecenter

NATURE CENTER HOURS:
Trails: Tuesday-Sunday 8 a.m.-5 p.m.
Last entry 4:30 p.m.
Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.
Hours may change due to Covid-19 restrictions

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 information, call the Friends’ office at 1(562) 570-1745.

EDUCATIONAL PROGRAMS

Pre-registration is required. Call 1(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.
**PRESCHOOL PROGRAMS**

Pre-registration is required at www.lbaparks.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.

**RAINBOW EXPLORERS** · 51732 March 9
Let’s celebrate spring and see how many colors we can find on the ground and in the sky.

**AMAZING TAILS** · 51733 April 13
Come and see how their fluffy, feathered and finned tails help our creature friends.

**BUSY BEES** · 51734 May 11
Buzz into the Nature Center as we learn more about one of nature’s little helpers.

**NATURE KIDS! SPRING BREAK DISCOVERY WORKSHOP**

Pre-registration is required at www.lbaparks.org.

**NATUREOLOGY!** · 51738 April 18-22
Ages: 5-8, $100 for the week, M–F 10 a.m.– noon. Join us for a week of fun and exploration this spring! Each day the children will learn about a different aspect of nature through investigation, hands-on activities, games and crafts. Ornithology, Herpetology, Entomology and more! Children must have Kindergarten experience.

**SPECIAL EVENTS**

**EARTH DAY COASTAL CLEANUP**
With approximately seven miles of public beach and the many species of plants and wildlife that depend on this habitat, it’s important to keep our local marine environment clean and healthy. Help protect our coastline and join us for a cleanup! Let’s try to reduce our footprint by bringing your own bucket or bag. Saturday, April 16, 10 a.m - noon. Meet on the sand, east of the Belmont Pier. Rain cancels.

**MORNING BIRD WALK**
Pre-registration is required 1(562) 570-1745. Whether you’re a new birder or want to sharpen your skills, join volunteers and staff for this morning walk through the Nature Center. Sundays, March 6, April 3, & May 1, 8 a.m. – 10 a.m.
Free program. Parking $8

**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 1(562) 570-1745 to make arrangements for more information.

**VOLUNTEER OPPORTUNITIES**

Pre-registration is required 1(562) 570-1745
If you want to make a difference in the lives of plants, animals and people, you are warmly invited to participate in our volunteer opportunities. There’s something for everyone; come once or as often as your schedule allows.

**1ST SATURDAY STEWARDS**
Help us maintain the beauty of the Nature Center by cleaning the stream, pulling weeds, clearing the trails or spreading mulch. Wear sturdy shoes. Rain cancels. Saturdays, March 5, April 2, May 7, 10 a.m. – noon.

**3RD SATURDAY WETLAND WARRIOR CLEANUP**
Only 5% of California’s once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Saturdays, March 19, May 21, 10 a.m. – noon. Meet next to 101 Golden Shore Ave. Rain cancels.

April 16 is Earth Day Coastal Cleanup Day.
RANCHO LOS CERRITOS HISTORIC SITE
4600 North Virginia Road
www.RanchoLosCerritos.org • 1(562) 206-2040
Public Hours: Wednesday-Sunday, 1-5 p.m.
Saturday, 10 a.m.- 5 p.m. Closed: Easter.April 17,
Memorial Day, May 30
Free admission, tours, and parking

175 YEARS

Rancho Los Cerritos is a Local, State, and National Historic Landmark in north Long Beach. The museum features a historic adobe home and gardens that showcase the history of the region by highlighting the stories of the families who lived and worked there over the last several hundred years. The mission of Rancho Los Cerritos is to honor diverse perspectives, enrich collaborative conversations, and inspire broader understanding through stewardship of the site’s natural and cultural history. We aspire to cultivate an inclusive and sustainable world by exploring the historic connections between people and the site.

At the Visitor Center you can see the curated exhibit, explore the adobe home and grounds, take a guided tour of the house and gardens, or participate in a family scavenger hunt.

Today the site is no longer a working ranch, but a community space. The five-acre site offers a wide range of programs for all ages, and the research library and archives are available by appointment. You can also rent the site for private events such as weddings, corporate retreats, and luncheons.

Check out our website at RanchoLosCerritos.org to plan your visit and register for events. You can also follow us on Facebook, Instagram, and Twitter. "@RanchoLosCerritos @RanchoLosC /RanchoLosC"

STORYTIME Tuesday Mornings, 10 a.m.
Every Tuesday morning outside the courtyard gates from 10 to 10:30 a.m. Sing songs, hear stories, and make new friends. RSVP on our website or provide contact information upon arrival. Rain or shine. FREE.

STORYTIME BILINGÜE Third Saturdays 10 a.m.
Join us in the Rancho gardens on third Saturdays from 10 to 10:30 a.m. Sing songs and hear stories in English and Spanish. RSVP on our website or provide contact information upon arrival. Rain or shine. FREE.

BIRD WALK Second Thursdays 8 – 9:30 a.m.
Every second Thursday stroll through the grounds of the historic Rancho and watch both resident birds and seasonal migrants. Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable shoes and bring a hat and binoculars, if you have them. RSVP on our website or provide contact information upon arrival. Rain cancels. FREE.

CREATION STATION Third Saturday March-May, 1-1:45 p.m.
We are bringing Creation Station to you in a new format! Starting on the first Wednesday of each month, you can pick up a FREE craft kit from RLC with the materials needed to create seasonal arts and crafts during Creation Station, which streams LIVE on RLC’s Facebook on the third Saturday of the month. Activities are geared toward children ages 5-10, but everyone is welcome to participate. Note: A recorded version of this 45-minute program will be available after it streams live.
EXHIBITIONS

“ROOTS IN CALIFORNIA: CONCEPTS OF HOME (Raíces en California: Conceptos de Hogar)” New Exhibit MARCH 27, 2022 – MARCH 2023

This new exhibit shares the oral histories of Mexican Americans living at Rancho Los Cerritos between the 1890s and 1930s connecting them to five stories of Mexican and Mexican Americans currently living in California. The exhibition will examine the complex concept of home through these stories. Free. For more detailed information please refer to our website.

MEMBERSHIP

Join for special offers, members-only events, and discounts on programs! As a member, you become part of our history and ensure the preservation of this National, State, and Local Historic Landmark. Please visit: RanchoLosCerritos.org/Membership.

VISIT RLC

Rancho Los Cerritos is happy to welcome visitors to the site Wednesday – Sunday 1-5 p.m., Saturdays starting at 10 a.m. You may RSVP ahead of time on our website at: RanchoLosCerritos.org/reserve. Walk-ins are welcome too, but must sign in upon arrival. While on site, visitors have a variety of options for activities. Learn about our most current covid protocols on our website.

Guided tours of the house and gardens give visitors an engaging overview of the history of the site led by a RLC docent. Tours in English can be requested upon arrival. Tours in Spanish must be requested in advance. FREE.

Self-paced tours of the site are also available. Guests can stroll through the house and grounds on their own, and may use a written guide in a printed or online version to learn about what they are seeing. Printed guides are available in Spanish, Khmer, and Tagalog. FREE.

Family scavenger hunts can be obtained in English or Spanish at the Visitor Center check in. These fun guides are designed for elementary aged children but can be enjoyed by the whole family. FREE.

PICNICKING

Picnicking is available in our designated picnicking area. Rancho Los Cerritos also offers a virtual tour for those who cannot come in person. Visitors can move through the three-dimensional space and discover more information about the rooms and some key artifacts within them. The tour can be found on our website: rancholoscerritos.org/virtual-tour.

VOLUNTEER OPPORTUNITIES

Rancho Los Cerritos is a historic landmark located in the Bixby Knolls neighborhood. Whether you’re interested in gardening, crafts, curatorial work, sharing history, or greeting folks in the Visitor Center, we have a place for you. Please visit: RanchoLosCerritos.org/Volunteer.

SITE RENTALS

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site. Contact Mallory Rydell, Special Events Coordinator Direct line: 1 (562) 206-2055. Events@RanchoLosCerritos.org.

RESEARCH OPPORTUNITIES

The research library is available by appointment with the curator, Carlos Ortega. Direct line: 1 (562) 206-2039 CarlosO@RanchoLosCerritos.org.
BELMONT PLAZA POOL  
4320 East Olympic Plaza • 1 (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, MAY 30 (MEMORIAL 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.
T/Th  11 a.m.-2 p.m.
T/Th  7-9 p.m.
Sa  8 a.m.- noon

ALL AGES RECREATION SWIM
M/W  7 -9 p.m.
Sa  noon-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 1 (562) 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 1 (562) 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

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

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

SWIM LESSONS

Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line at lbparks.org or at Belmont Plaza Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit http://lbparks.org to register online. 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:
Lessons  Start Date  Registration Dates
3/5 – 4/23  Saturday  February 5 at 8 a.m.
4/30 – 6/18  Saturday  April 2 at 8 a.m.

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.
51211  13Yrs +  3/5-4/23  8-8:50 a.m.  Sa  $65
51212  13Yrs +  4/30-6/18  8 -8:50 a.m.  Sa  $65

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.
51213  6-12 Yrs  3/5-4/23  10-10:25 a.m. Sa  $55
51214  6-12 Yrs  3/5-4/23  11-11:25 a.m. Sa  $55
51215  6-12 Yrs  4/30-6/18  10-10:25 a.m. Sa  $55
51216  6-12 Yrs  4/30-6/18  11-11:25 a.m. Sa  $55

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.
51217  6-12 Yrs  3/5-4/23  10-10:25 a.m. Sa  $55
51218  6-12 Yrs  3/5-4/23  11:30-11:55 a.m. Sa  $55
51219  6-12 Yrs  4/30-6/18  10-10:25 a.m. Sa  $55
51220  6 -12 Yrs  4/30-6/18  11:30-11:55 a.m. Sa  $55

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.
51221  6-12 Yrs  3/5-4/23  10:30-10:55 a.m. Sa  $55
51222  6-12 Yrs  4/30-6/18  10:30-10:55 a.m. Sa  $55

44  REGISTER ONLINE AT WWW.LBPARKS.ORG
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.
51223 6-12 Yrs 3/5-4/23 8:30-8:55 a.m. Sa $55
51224 6-12 Yrs 4/30-6/18 8:30-8:55 a.m. Sa $55

AQUATICS - LEVEL 5-6
Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.
51225 6-12 Yrs 3/5-4/23 8-8:25 a.m. Sa $55
51226 6-12 Yrs 4/30-6/18 8-8:25 a.m. Sa $55

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.
51227 9 Mos-2 Yrs 3/5-4/23 9-9:25 a.m. Sa $55
51228 9 Mos-2 Yrs 3/5-4/23 11:30-11:55 a.m. Sa $55
51229 9 Mos-2 Yrs 4/30-6/18 9-9:25 a.m. Sa $55
51230 9 Mos-2 Yrs 4/30-6/18 11:30-11:55 a.m. Sa $55

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.
51231 3-5 Yrs 3/5-4/23 9-9:25 a.m. Sa $55
51232 3-5 Yrs 3/5-4/23 10:30-10:55 a.m. Sa $55
51233 3-5 Yrs 4/30-6/18 9-9:25 a.m. Sa $55
51234 3-5 Yrs 4/30-6/18 10:30-10:55 a.m. Sa $55

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.
51235 3-5 Yrs 3/5-4/23 9:30-9:55 a.m. Sa $55
51236 3-5 Yrs 3/5-4/23 11-11:25 a.m. Sa $55
51237 3-5 Yrs 4/30-6/18 9-9:55 a.m. Sa $55
51238 3-5 Yrs 4/30-6/18 11-11:25 a.m. Sa $55

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.
51239 3-5 Yrs 3/5-4/23 9:30-9:55 a.m. Sa $55
51240 3-5 Yrs 4/30-6/18 9:30-9:55 a.m. Sa $55

LEEWAY SAILING CENTER
5437 E. Ocean Blvd.

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, MAY 28 – MONDAY, MAY 30 (MEMORIAL DAY Holiday).

BEGINNING SABOT SAILING (8’ BOATS) $120
8 – 12 Yrs
A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.
51190 3/5-3/26 9 a.m.-noon Sa
51191 4/2-4/23 9 a.m.-noon Sa
51193 4/30-5/21 9 a.m.-noon Sa

SPRING SAILING CAMP (8’ BOATS) $120
8 – 12 Yrs
A three-day Spring Break camp for Sabot sailors that are ready to learn more advanced racing techniques. Must have completed Intermediate Sabot Sailing class.
51192 4/20-4/22 11 a.m.-3 p.m. W-F
GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 82-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear “swim diapers”. Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED MONDAY, May 30th (Memorial Day).

MASK ARE REQUIRED TO ENTER THE FACILITY AND MUST BE WORN ON DECK

OPEN SWIM FEES
Youth, ages 17yrs & under: $1
Seniors, ages 50 yrs & up: $2
Adults, ages 18-49 yrs: $3

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

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

ALL AGES RECREATION SWIM
Sa/Su 1-3:30 p.m.
T/Th/F 2:30-4 p.m.
T/Th 6:30-8 p.m.

WATER EXERCISE CLASSES
Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is $3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass. Adults are able to purchase an Adult Fitness Pass at $60 for 20 visits.

Deep Water T/Th/F 6:30-7:20 a.m.
Shallow Water T/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 King Park Pool during regular scheduled hours.

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

REGISTRATION DATES

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<thead>
<tr>
<th>Lessons</th>
<th>Starting Date:</th>
<th>Registration Begins:</th>
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<tr>
<td>3/1-3/24</td>
<td>Tuesday/Thursday</td>
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<td>4/19/22 at 8 a.m.</td>
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<td>4/26-5/19</td>
<td>Tuesday/Thursday</td>
<td>4/16/22 at 8 a.m.</td>
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<td>4/30-6/18</td>
<td>Tuesday/Thursday</td>
<td>5/17/22 at 8 a.m.</td>
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If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class.

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.

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<tr>
<th>Course Code</th>
<th>Age Group</th>
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<td>9 Mos-3 Yrs</td>
<td>3/5-4/23</td>
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<td>51666</td>
<td>9 Mos-3 Yrs</td>
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</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Starting Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>51589</td>
<td>3-5 Yrs</td>
<td>3/1-3/24</td>
<td>$32</td>
</tr>
<tr>
<td>51644</td>
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<td>51598</td>
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</tr>
<tr>
<td>51607</td>
<td>3-5 Yrs</td>
<td>4/26-5/19</td>
<td>$32</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Starting Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>51591</td>
<td>3-5 Yrs</td>
<td>3/3-3/24</td>
<td>$32</td>
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<tr>
<td>51647</td>
<td>3-5 Yrs</td>
<td>3/5-4/23</td>
<td>$32</td>
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<tr>
<td>51600</td>
<td>3-5 Yrs</td>
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<td>$32</td>
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<tr>
<td>51609</td>
<td>3-5 Yrs</td>
<td>4/26-5/19</td>
<td>$32</td>
</tr>
<tr>
<td>51685</td>
<td>3-5 Yrs</td>
<td>4/30-6/18</td>
<td>$32</td>
</tr>
<tr>
<td>51618</td>
<td>3-5 Yrs</td>
<td>5/24-6/16</td>
<td>$32</td>
</tr>
</tbody>
</table>
AQUATICS - PRE-SCHOOL AQUATICS 3
Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.
51593 3-5 Yrs 3/1-3/24 5-5:25 p.m. T/Th $32
51637 3-5 Yrs 3/5-4/23 9-9:25 a.m. Sa $32
51602 3-5 Yrs 3/29-4/21 5-5:25 p.m. T/Th $32
51611 3-5 Yrs 4/26-5/19 5-5:25 p.m. T/Th $32
51664 3-5 Yrs 4/30-6/18 9-9:25 a.m. Sa $32
51620 3-5 Yrs 5/24-6/16 5-5:25 p.m. T/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.
51588 6-12 Yrs 3/1-3/24 4-4:25 p.m. T/Th $32
51641 6-12 Yrs 3/5-4/23 10-10:25 a.m. Sa $32
51645 6-12 Yrs 3/5-4/23 11-11:25 a.m. Sa $32
51648 6-12 Yrs 3/5-4/23 11:30-11:55 a.m. Sa $32
51597 6-12 Yrs 3/29-4/21 4-4:25 p.m. T/Th $32
51606 6-12 Yrs 4/26-5/19 4-4:25 p.m. T/Th $32
51669 6-12 Yrs 4/30-6/18 10-10:25 a.m. Sa $32
51681 6-12 Yrs 4/30-6/18 11-11:25 a.m. Sa $32
51688 6-12 Yrs 4/30-6/18 11:30-11:55 a.m. Sa $32
51615 6-12 Yrs 5/24-6/16 4-4:25 p.m. T/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.
51590 6-12 Yrs 3/1-3/24 4:30-4:55 p.m. T/Th $32
51642 6-12 Yrs 3/5-4/23 10:30-10:55 a.m. Sa $32
51649 6-12 Yrs 3/5-4/23 11:30-11:55 a.m. Sa $32
51599 6-12 Yrs 3/29-4/21 4:30-4:55 p.m. T/Th $32
51608 6-12 Yrs 4/26-5/19 4:30-4:55 p.m. T/Th $32
51674 6-12 Yrs 4/30-6/18 10:30-10:55 a.m. Sa $32
51689 6-12 Yrs 4/30-6/18 11:30-11:55 a.m. Sa $32
51617 6-12 Yrs 5/24-6/16 4:30-4:55 p.m. T/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.
51595 6-12 Yrs 3/1-3/24 5:30-5:55 p.m. T/Th $32
51646 6-12 Yrs 3/5-4/23 11-11:25 a.m. Sa $32
51604 6-12 Yrs 3/29-4/21 5:30-5:55 p.m. T/Th $32
51613 6-12 Yrs 4/26-5/19 5:30-5:55 p.m. T/Th $32
51683 6-12 Yrs 4/30-6/18 11:15-11:25 a.m. Sa $32
51622 6-12 Yrs 5/24-6/16 5:30-5:55 p.m. T/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.

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.
51639 6-12 Yrs 3/5-4/23 10-10:25 a.m. Sa $32
51671 6-12 Yrs 4/30-6/18 10:10-10:25 a.m. Sa $32

AQUATICS - LEVEL 6
Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly.
51640 6-12 Yrs 3/5-4/23 10-10:25 a.m. Sa $32
51673 6-12 Yrs 4/30-6/18 10 10:25 a.m. Sa $32

AQUATICS - LEVEL 5/6
Skills taught in Level 5/6 include: diving, flip turns, treading water, and building endurance in front crawl, back crawl, breaststroke, and butterfly.
51592 6-12 Yrs 3/1-3/24 5-5:25 p.m. T/Th $32
51601 6-12 Yrs 3/29-4/21 5-5:25 p.m. T/Th $32
51610 6-12 Yrs 4/26-5/19 5-5:25 p.m. T/Th $32
51619 6-12 Yrs 5/24-6/16 5-5:25 p.m. T/Th $32

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.
51594 13 Yrs+ 3/1-3/24 5:30-6:20 p.m. T/Th $40
51635 13 Yrs+ 3/5-4/23 9-9:50 a.m. Sa $40
51603 13 Yrs+ 3/29-4/21 5:30-6:20 p.m. T/Th $40
51612 13 Yrs+ 4/26-5/19 5:30-6:20 p.m. T/Th $40
51662 13 Yrs+ 4/30-6/18 9-9:50 a.m. Sa $40
51621 13 Yrs+ 5/24-6/16 5:30-6:20 p.m. T/Th $40

JUNIOR LIFEGUARD PROGRAM
Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16 (tryouts may be required). Please call the pool for more information. Saturdays, 9 a.m. starting March 5 and April 30.

POOL RENTALS
Please call the supervisor at 1(562)-570-1718 for information, fees, and scheduling availability.
**GENERAL INFORMATION**

The Silverado Pool Swimming Pool is a year-round, indoor 25-meter pool with water temperature maintained at a comfortable 82 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. The schedule and fees may be subject to change.

**POOL CLOSED – MONDAY, MAY 30 (Memorial Day).**

**MASK ARE REQUIRED TO ENTER THE FACILITY AND MUST BE WORN ON DECK**

**OPEN SWIM FEES**
Youth (17 years & under): $1  
Seniors (50 years & over): $2  
Adults (18 years & over): $3  
*No refunds will be offered*

**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 – 10 a.m.  Sa noon – 1 p.m.  noon – 2 p.m.  Su 8 – 10 a.m.

**ALL AGES RECREATION SWIM**
M/W  2 – 3:30 p.m.  
Sa  1 – 3:30 p.m.

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

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

Sessions are 8 classes, conducted during a four – week session (Monday and Wednesday) or an eight– week sessions (Saturday’s only). Registration for the classes will be taken at Silverado Pool during regular schedule hours or online on a first – come, first – served basis. Please register early to reserve your place in class and no later than one week prior to the beginning of the session. 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.lbaparks.org to register online.

**Classes may be cancelled or combined in the event of low enrollment.**
- Youth classes are 25 minutes in length; adult classes are 50 minutes in length.
- If you are unsure of the level for which to sign up, call 1 (562) 570-1721 to arrange a swim test.

**REGISTRATION DATES**

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Starting Date:</th>
<th>Registration Begins:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/5 – 4/23 Saturdays</td>
<td>2/5/22 at 8 a.m.</td>
<td></td>
</tr>
<tr>
<td>2/28 – 3/23 Monday/Wednesday</td>
<td>2/16/22 at 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>3/28 – 4/20 Monday/Wednesday</td>
<td>3/16/22 at 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>4/30 – 6/18 Saturdays</td>
<td>4/22/22 at 8 a.m.</td>
<td></td>
</tr>
<tr>
<td>4/25 – 5/18 Monday/Wednesday</td>
<td>4/13/22 at 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>5/23 – 6/15 Monday/Wednesday</td>
<td>5/11/22 at 3 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Session Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Yrs +</td>
<td>3/5 – 4/23</td>
<td>8 – 8:50 a.m.</td>
<td>Sa $40</td>
</tr>
<tr>
<td>13 Yrs +</td>
<td>2/28 – 3/23</td>
<td>6 – 6:50 p.m.</td>
<td>MW $40</td>
</tr>
<tr>
<td>13 Yrs +</td>
<td>3/28 – 4/20</td>
<td>6 – 6:50 p.m.</td>
<td>MW $40</td>
</tr>
<tr>
<td>13 Yrs +</td>
<td>4/30 – 6/18</td>
<td>8 – 8:50 a.m.</td>
<td>Sa $40</td>
</tr>
<tr>
<td>13 Yrs +</td>
<td>4/25 – 5/18</td>
<td>6 – 6:50 p.m.</td>
<td>MW $40</td>
</tr>
<tr>
<td>13 Yrs +</td>
<td>5/23 – 6/15</td>
<td>6 – 6:50 p.m.</td>
<td>MW $35</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>Age</th>
<th>Session Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12 Yrs</td>
<td>3/5 – 4/23</td>
<td>10 – 10:25 a.m.</td>
<td>Sa $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>3/5 – 4/23</td>
<td>11:30-11:55 a.m.</td>
<td>Sa $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>2/28 – 3/23</td>
<td>4:30 – 4:55 p.m.</td>
<td>MW $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>3/28 – 4/20</td>
<td>4:30 – 4:55 p.m.</td>
<td>MW $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>4/30 – 6/18</td>
<td>10-10:25 a.m.</td>
<td>Sa $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>4/30 – 6/18</td>
<td>11:30-11:55 a.m.</td>
<td>Sa $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>4/25 – 5/18</td>
<td>4:30-4:55 p.m.</td>
<td>MW $32</td>
</tr>
<tr>
<td>6-12 Yrs</td>
<td>5/23 – 6/15</td>
<td>4:30-4:55 p.m.</td>
<td>MW $28</td>
</tr>
</tbody>
</table>
AQUATICS - LEVEL 2
Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.
51698 6-12 Yrs 3/5 – 4/23 10-10:25 a.m. Sa $32
51763 6-12 Yrs 2/28–3/23 4:30–4:55 p.m. MW $32
51764 6-12 Yrs 3/28–4/20 4:30–4:55p.m. MW $32
51699 6-12 Yrs 4/30–6/18 5:30–5:55p.m. MW $32
51766 6-12 Yrs 5/23 – 6/15 5:30–5:55p.m. MW $28

AQUATICS - LEVEL 3
Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.
51700 6-12 Yrs 3/5 – 4/23 10:30-10:55a.m. Sa $32
51767 6-12 Yrs 2/28 – 3/23 5–5:25p.m. MW $32
51768 6-12 Yrs 3/28 – 4/20 5–5:25p.m. MW $32
51701 6-12 Yrs 4/30 – 6/18 10:30–10:55a.m. Sa $32
51769 6-12 Yrs 4/25–5/18 5–5:25p.m. MW $32
51770 6-12 Yrs 5/23 – 6/15 5–5:25p.m. MW $28

AQUATICS - LEVEL 4
Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.
51702 6-12 Yrs 3/5–4/23 10:30-10:55a.m. Sa $32
51771 6-12 Yrs 2/28–3/23 5–5:25p.m. MW $32
51772 6-12 Yrs 3/28–4/20 5–5:25p.m. MW $32
51773 6-12 Yrs 4/30–6/18 10:30-10:55a.m. Sa $32
51774 6-12 Yrs 4/25–5/18 5–5:25p.m. MW $32
51775 6-12 Yrs 5/23–6/15 5–5:25p.m. MW $28

AQUATICS - LEVEL 5
Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.
51776 6-12 Yrs 3/5–4/23 11–11:25a.m. Sa $32
51777 6-12 Yrs 2/28–3/23 5–5:25p.m. MW $32
51778 6-12 Yrs 3/28–4/20 5–5:25p.m. MW $32
51779 6-12 Yrs 4/30–6/18 11–11:25a.m. Sa $32
51780 6-12 Yrs 4/25–5/18 5–5:25p.m. MW $32
51781 6-12 Yrs 5/23–6/15 5–5:25p.m. MW $28

AQUATICS - LEVEL 6
Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.
51782 6-12 Yrs 3/5 – 4/23 11-11:25a.m. Sa $32
51783 6-12 Yrs 2/28–3/23 5–5:25p.m. MW $32
51784 6-12 Yrs 3/28–4/20 5–5:25p.m. MW $32
51785 6-12 Yrs 4/30–6/18 11–11:25a.m. Sa $32
51786 6-12 Yrs 4/25–5/18 5–5:25p.m. MW $32
51787 6-12 Yrs 5/23–6/15 5–5:25p.m. MW $28

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.
51788 9Mos-3 Yrs 3/5–4/23 9–9:25 a.m. Sa $32
51789 9Mos-3 Yrs 2/28–3/23 6–6:25 p.m. MW $32
51790 9Mos-3 Yrs 3/28–4/20 6–6:25 p.m. MW $32
51791 9Mos-3 Yrs 4/30–6/18 9–9:25 a.m. Sa $32
51792 9Mos-3 Yrs 4/25–5/18 6–6:25 p.m. MW $32
51793 9Mos-3 Yrs 5/23–6/15 6–6:25 p.m. MW $28

AQUATICS – PRE SCHOOL AQUATICS 1
Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.
51794 3-5 Yrs 3/5 – 4/23 9:30–9:55 a.m. Sa $32
51795 3-5 Yrs 3/5 – 4/23 11–11:25 a.m. Sa $32
51796 3-5 Yrs 2/28 – 3/23 4–4:25 p.m. MW $32
51797 3-5 Yrs 3/28 – 4/20 4–4:25 p.m. MW $32
51798 3-5 Yrs 4/30 – 6/18 9:30–9:55 a.m. Sa $32
51799 3-5 Yrs 4/30 – 6/18 11–11:25 a.m. Sa $32
51800 3-5 Yrs 4/25 – 5/18 4–4:25 p.m. MW $32
51810 3-5 Yrs 5/23 – 6/15 4–4:25 p.m. MW $28

AQUATICS – PRE SCHOOL AQUATICS 2
Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.
51801 3-5 Yrs 3/5–4/23 9:30–9:55 a.m. Sa $32
51802 3-5 Yrs 2/28–3/23 4–4:25 p.m. MW $32
51803 3-5 Yrs 3/28–4/20 4–4:25 p.m. MW $32
51804 3-5 Yrs 4/30–6/18 9:30–9:55 a.m. Sa $32
51805 3-5 Yrs 4/2–5/18 4–4:25 p.m. MW $32
51806 3-5 Yrs 5/23–6/15 4–4:25 p.m. MW $28

AQUATICS – PRE SCHOOL AQUATICS 3
Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.
51807 3-5 Yrs 3/5–4/23 10:30–10:55 a.m. Sa $32
51808 3-5 Yrs 4/30–6/18 10:30–10:55 a.m. Sa $32

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 49
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.

Rancho Los Alamitos Is Open Daily Wednesday through Sunday, 1:00 to 5:00 pm. Reservations are encouraged but not required.

Events and activities are subject to change. Please visit RanchoLosAlamitos.org for the latest information about all programs, events, and group tours.

**SPRING ACTIVITIES AT RANCHO LOS ALAMITOS**

**MORNING FOR FAMILIES**
Saturday, March 12, 2022 10:00 am to noon.
Bring the entire family to explore the environment and connect with nature. Uncover the history of water on the hilltop, engage in an interactive story time, and create a recycled craft project to take home.

**TENTH ANNUAL COTTONWOOD AWARDS LUNCHEON**
Thursday, May 26, 2022 11:00 am to 1:30 pm. Reservations required.

**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.

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.
VIRTUAL TOUR
Explore the Rancho’s history on your smartphone! Visit locations that tell stories of change, continuity, and the intersecting lives of those who lived, gathered, and worked here. Follow the tour during your visit or from the comfort of home. https://www.izi.travel/en/1dcdrancholosalamitos-introduction-tour/en.

VIRTUAL FIELD TRIPS
The Rancho offers engaging virtual school programs that complement California’s history and social science curriculum. For third-grade, 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, Footprints on the Land explores California history through the site’s ranch house, gardens, and barnyard. Contact schools@RanchoLosAlamitos.org for more information.

Fitness Zones
Admiral Kidd Life Trail
Bixby Fitness Loop
Chavez Park Fitness Loop
Coolidge Park Fitness Zone
Downtown Fitness Loop
Houghton Park Fitness Loop
Orizaba Park Fitness Zone
FREE, EASY-TO-USE OUTDOOR GYMS, WALKING PATHS AND EXERCISE INSTRUCTION STATIONS.
We encourage everyone to register online at www.long-beach.gov/park and click on the LB RecConnect link, then follow those directions. You can also use the standard Registration Form on the last page of this book, fill out the form with waiver signature and drop off the correct payment and completed form at BJK or El Dorado Park Tennis Centers. Please make checks payable to Bridge The Gap Tennis, send to: 1040 Park Ave, Long Beach, CA 90804. Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED! Also, 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.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Instructor: Los Cerritos-Pastorini; Naples+ Somerset-Inouye; El Dorado West-Pros – 10 WEEKS. *No Class 4/17. Class fee: $105.

Pros El Dorado West
51377 Beg 4-5 Yrs 3/28-5/30 3-3:30 p.m. M
51380 Beg 4-5 Yrs 4/1-6/3 3-3:30 p.m. F
51381 Beg 4-5 Yrs 3/26-5/28 8:30-9 a.m. Sa
Pastorini Los Cerritos
51378 Beg 4-5 Yrs 3/28-5/30 4:30-5 p.m. M
Inouye Naples
51379 Beg 4-5 Yrs 3/29-5/31 7-7:30 p.m. Tu
51382 Beg 4-5 Yrs 3/26-5/28 9:30-10 a.m. Sa
51383 Beg 4-5 Yrs 3/27-6/5 9:30-10 a.m. Su

FIRST STROKES


Pros El Dorado West
51384 Beg 5-7 Yrs 3/28-5/30 3:30-4 p.m. M
51387 Beg 5-7 Yrs 3/30-6/1 3-3:30 p.m. W
51388 Beg 5-7 Yrs 3/30-6/1 3:30-4 p.m. W
51389 Beg 5-7 Yrs 4/1-6/3 3:30-4 p.m. F
Pastorini Los Cerritos
51385 Beg 5-7 Yrs 3/28-5/30 4:30-5 p.m. M
Inouye Somerset
51386 Beg 5-7 Yrs 3/29-5/31 7:30-8 p.m. Tu
Inouye Naples
51391 Adv 5-7 Yrs 3/26-5/28 9-9:30 a.m. Sa
51390 Beg/AdvBeg 5-7 Yrs 3/27-6/5 9-9:30 a.m. Su

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 Yrs & up Min 6/Max 12 – 10 WEEKS. *No Class 4/17. Class fee: $130.

Pros El Dorado West
51399 Beg 7-15 Yrs 3/28-5/30 4-5 p.m. M
51401 Beg 7-15 Yrs 3/29-5/31 4:30-5:30 p.m. Tu
51402 AdvBeg 7-15 Yrs 3/29-5/31 5:30-6:30 p.m. Tu
51403 Beg 7-15 Yrs 3/30-6/1 4-5 p.m. W
51404 AdvBeg 7-15 Yrs 3/30-6/1 5-6 p.m. W
51406 Beg 7-15 Yrs 3/31-6/2 4:30-5:30 p.m. Th
51407 AdvBeg 7-15 Yrs 3/31-6/2 5:30-6:30 p.m. Th
51409 Beg/AdvBeg 7-15 Yrs 4/1-6/3 4-5 p.m. F
51410 AdvBeg 7-15 Yrs 4/1-6/3 5-6 p.m. F
51412 Beg 7-10 Yrs 3/26-5/28 9-10 a.m. Sa
51413 AdvBeg 7-15 Yrs 3/26-5/28 10-11 a.m. Sa

YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Instructors: El Dorado West-Pros; Naples-Inouye; Somerset-Inouye; Los Cerritos-Pastorini + Sleigh; Group Lessons: Min 6/Max 11 - 10 WEEKS. *No Class 4/17. Class fee: $130.

Pros El Dorado West
51400 Beg/AdvBeg 7-15 Yrs 3/28-5/30 5-6 p.m. M
51418 Beg 7-10 Yrs 3/27-6/5 1-2 p.m. Su
51419 AdvBeg 7-15 Yrs 3/27-6/5 2-3 p.m. Su

Inouye Somerset
51405 Adv 8-12 Yrs 3/30-6/1 7-8 p.m. W
51408 Int 8-12 Yrs 3/31-6/2 7-8 p.m. Th
51411 Beg 8-12 Yrs 4/1-6/3 7-8 p.m. F

Pros Pastorini
51406 Beg 8-12 Yrs 3/26-5/28 4-5 p.m. M
51415 AdvBeg 8-12 Yrs 3/26-5/28 11-noon Sa
51416 Int 8-12 Yrs 3/27-6/5 noon-1 p.m. Su
51417 Adv 8-12 Yrs 3/27-6/5 1-2 p.m. Su

Billie Jean King, El Dorado Park Tennis Centers. Marina Vista, Los Cerritos, Naples, Scherer and Somerset Tennis Courts
Inouye
51451 AdvBeg 3/29-5/31  8:00-9 p.m.  Tu $130
51452 Adv  3/30-6/1  8:00-9 p.m.  W $130
51453 Int  3/31-6/2  8:00-9 p.m.  Th $130
51454 Beg  4/1-6/3  8:00-9 p.m.  F $130

Somerset
51460 All Levels 3/31-6/2  8-9 a.m.  Th

Unger
El Dorado West
51421 LowInt/Int 3/28-5/23  6-7:30 p.m.  M $144
51422 LowInt/Int 3/23-5/25  6-7 p.m.  W $117
51423 HighInt/Adv 3/23-5/25  7-8:30 p.m.  W $144

Unger
Scherer
51424 Int/HiInt 3/26-5/21  9:30-11 a.m.  Sa $144

Pros
El Dorado West
51425 Int 3/28-5/30  10-11 a.m.  M $130
51426 Beg 3/28-5/30  7-8 p.m.  M $130
51427 AdvBeg 3/28-5/30  8-9 p.m.  M $130
51428 AdvBeg 3/29-5/31  9-10 a.m.  Tu $130
51429 Int 3/29-5/31  10-11 a.m.  Tu $130
51430 AdvBeg 3/29-5/31  6:30-7:30 p.m.  Tu $130
51431 Int 3/29-5/31  7:30-8:30 p.m.  Tu $130
51432 Beg 3/30-6/1  9-10 a.m.  W $130
51433 Beg/AdvBeg 3/30-6/1  10-11 a.m.  W $130
51434 Int 3/30-6/1  11-noon  W $130
51435 AdvBeg 3/30-6/1  7-8 p.m.  W $130
51436 Int 3/31-6/2  9-10 a.m.  Th $130
51437 AdvBeg 3/31-6/2  10-11 a.m.  Th $130
51438 AdvBeg 3/31-6/2  6:30-7:30 p.m.  Th $130
51439 Int 3/31-6/2  7:30-8:30 p.m.  Th $130
51440 Beg 4/1-6/3  9:30-10:30 a.m.  F $130
51441 AdvBeg 4/1-6/3  10:30-11:30 a.m.  F $130
51442 Beg 3/27-6/5  8-9 a.m.  Su $130
51443 AdvBeg 3/27-6/5  9-10 a.m.  Su $130
51444 Int 3/27-6/5  10-11 a.m.  Su $130

El Dorado Park Tennis Center
2800 N. Studebaker Rd., Long Beach 90815
For more information contact Mitch Bridge at 1 (562) 386-8600
info@sctennisacademy.com
www.sctennisacademy.com

Stone
EL Dorado West
51455 Beg/AdvBeg 3/31-6/2  8-9 a.m.  Th

Sena
EL Dorado West
51458 Int 3/28-5/30  8-9 a.m.  M
51459 AdvBeg 3/28-5/30  11-noon  M

SOUTHERN CALIFORNIA TENNIS ACADEMY
BEGINNERS WELCOME
El Dorado Park Tennis Center
2800 N. Studebaker Rd., Long Beach 90815
For more information contact Mitch Bridge at 1 (562) 386-8600
info@sctennisacademy.com
www.sctennisacademy.com

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. Get involved in a sport where you can play at any age or skill level. 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. Tennis is also a tremendously effective fitness activity for all seniors. All levels welcome. Min 6/Max 12. – 10 WEEKS. Class fee: $110.

Stone
EL Dorado West
51455 Beg/AdvBeg 3/31-6/2  8-9 a.m.  Th

DOUBLE STRATEGY
Drills and instruction on how to play better doubles and win more doubles matches. 16 Yrs. & up Min 4/ Max 15 10-WEEKS. Class fee: $130.

Sena
EL Dorado West
51458 Int 3/28-5/30  8-9 a.m.  M
51459 AdvBeg 3/28-5/30  11-noon  M

WORKOUTS FOR ALL LEVELS
Fun drills, games, instruction and non-stop movement, 16 Yrs &Up Min 4/Max 12 10-WEEKS. Class fee: $130.

Sena
EL Dorado West
51460 All Levels 3/31-6/2  8-9 a.m.  Th

DIFFERENT STROKES
Specific instruction provided to adjust and improve all your tennis strokes. 16 Yrs & up Min 4/Max 12 10-WEEKS. Class fee: $130.

Sena
EL Dorado West
51461 Int 4/1-6/3  6-7 p.m.  F

CARDIO TENNIS
Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 Yrs & up Min 6/Max 12 – 10 WEEKS. Class fee: $130.

El Dorado West
Pros
51456 All Levels 3/29-5/31  11-noon  Tu
51457 All Levels 3/30-6/1  6-7 p.m.  W

SOUTHERN CALIFORNIA TENNIS ACADEMY
BEGINNERS WELCOME
El Dorado Park Tennis Center
2800 N. Studebaker Rd., Long Beach 90815
For more information contact Mitch Bridge at 1 (562) 386-8600
info@sctennisacademy.com
www.sctennisacademy.com

Valter Paiva Tennis Academy
BILLIE JEAN KING TENNIS CENTER
1040 Park Ave. Long Beach, CA 90804
Find us on Facebook and Instagram
For more information contact Valter Paiva at: 1 (562) 266-8882
info@valtertennis.com
www.valtertennis.com
**SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG**

Make checks payable to: **Bridge the Gap Tennis.** Mail immediately as classes fill up fast! 
Send to: **Bridge the Gap Tennis, 1040 PArk Ave., Long Beach, CA 90804 or drop off at NJK or El Dorado Pro Shops.** For more information please call 1 (562) 438-8509.

<table>
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<td><strong>WORK PHONE</strong></td>
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<td><strong>STUDENT NAME</strong></td>
<td><strong>BIRTHDATE</strong></td>
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For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin covenant not to sue, release, waive & discharge the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney’s fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I assume all risks of personal injury & death including medical/hospital bills & damage to personal propery arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve’s gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below,** I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

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**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.

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**Use Our Online Forms to Obtain Permits and Reserve Public Spaces**

Did you know our online system is available to reserve:

- PARK COMMUNITY CENTERS
- POOLS
- PICNIC AND BANDSHELL AREAS
- AMPITHEATERS
- THE ARCHERY RANGE
- GYMNASIUMS
- ATHLETIC FIELDS
- BEACHES AND WATERWAYS
- PERMITS TO GATHER IN OPEN SPACES FOR SMALL GROUPS

Fill out the online form and receive immediate digital confirmation. Visit: forms.longbeach.gov. Fees for use can also be paid online.

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**LBParks.org**

**make it your park**
REGISTRATION FORM  Please print and fill out completely

Main Contact

Name: ___________________________________________________  Address: _____________________________________________

City ___________________________  Zip ___________  Main Phone (________)  ___________________  Work Phone (________)  ___________

Birth Date: ______________________  E-mail Address: _______________________________________________________________

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin covenant not to sue, release, waive & discharge the City of Long Beach, the Parks and Recreation Commission, 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 children’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 children’s participation in class & transportation connected with class except if injury/death is caused by City’s gross negligence. I understand that City provides no insurance for participants. By signing below, I acknowledge that I’ve read this Release, understand that I give up certain rights and sign voluntarily.

Signature ____________________________________________  Date ______________

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

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<tr>
<th>Last Name</th>
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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.

REGISTRATION/RESERVATIONS OFFICE  •  2760 Studebaker Road  •  (562) 570-3111  •  Open Monday-Friday, 8 a.m.-5:00 p.m.
Educating Tomorrow’s Leaders

The Port of Long Beach is helping develop the workforce of the future, offering high school and college scholarships and partnering with LBUSD, LBCC and CSULB in programs designed to train students at all levels for careers in logistics and trade. Find out more at polb.com/education.