PRESCHOOL COOKING THYME

LONG BEACH PARKS, RECREATION AND MARINE
RECREATION CONNECTION
DECEMBER 2022 - FEBRUARY 2023 · REGISTRATION BEGINS NOVEMBER 7
LBPARKS.ORG

WINTER 2022-2023
Classes and Activities For All Ages
FOLLOW US ON
FACEBOOK, INSTAGRAM AND TWITTER
As we face a very busy holiday season, there is no room for “Bah, Humbugs” heading into Winter. Our Parks, Recreation, Marine and Animal Care Services team has so many offerings and suggestions for the community to consider. Staying active out on the miles of trails and pathways that crisscross the City and certainly are present in most of our parks and beachfront areas, makes outdoor fitness accessible and inviting.

Stopping by Belmont or Silverado pools to take advantage of recreational or lap swimming throughout the winter months is an excellent option for aquatic enthusiasts. Programs and activities in our senior and community recreation centers are highlighted throughout this publication. Our reservations and permits team will happily work with you to get registered to participate in those classes or leisure activities of your choosing. Shooting some hoops during open gym time in our gymnasiums provides another great indoor sports option. Our courts are also open for tennis, pickleball, skating, street hockey, volleyball, and other competitive sports.

Arts and crafts, music and dance, food and social gatherings through special events will keep the winter months filled with an abundance of enriching opportunities. Who knows? You might even get to know a new neighbor or become great friends with a resident who shares an interest in volunteering in a service project with you.

Whatever your recreational preferences are ... passive or active, our Long Beach parks, beaches, marinas, recreational facilities, and open spaces are here for you to enjoy. Have a healthy, fun, and fit winter season. Parks Make Life Better and Parks Make Long Beach!
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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 (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.


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.
PRE-SCHOOL CAKE DESIGN
If your child loves to color and paint, then try this cake design class! Students will be given a theme and pre-made 4-inch cake to decorate and bring home to share with family and friends. Students will learn to spread frosting, mix colors and have fun using their own creativity. This is fun, relaxing and hands on class. It’s an art class on cakes! Ages: 2 years, 6 months-6 years old. Material fee: $60.

A Yummy Future El Dorado Park West
55525 12/3-12/24 11-11:45a.m. Sa $90
55526 1/7-1/28 11-11:45a.m. Sa $90
55527 2/4-2/25 11-11:45a.m. Sa $90

PRESCHOOL COOKING THYME!
Don’t think your toddler can cook? Think again! We’ve got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Great introduction to the five food groups! Great for picky eaters! Students will learn kitchen safety & rules, nutrition, spreading, pouring, peeling, rolling, tearing & tossing, stirring, basic chopping (using a plastic knife & scissors), measuring, adding ingredients, creating & being creative, and dinner etiquette & manners. Ages: 2 years, 6 months-6 years old. Material fee: $48.

A Yummy Future El Dorado Park West
55522 12/3-12/24 10-10:45a.m. Sa $90
55523 1/7-1/28 10-10:45a.m. Sa $90
55524 2/4-2/25 10-10:45a.m. Sa $90

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. Ages: 10-23 months.

Susana Paniagua Heartwell Park
55634 1/14-2/18 9:15-10a.m. Sa $80

BAMBOLEO AMIGUITOS
Vamos a jugar! Let’s play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information 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. Ages: 2-4 years old.

Susana Paniagua Heartwell Park
55635 1/14-2/18 10:15-11:15a.m. Sa $80
BAMBOLEO AMIGOS
A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/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. Ages: 4 years, 6 months-6 years old.
Susana Paniagua  Heartwell Park 55636 1/14-2/18  11:30 a.m.-12:30 p.m. Sa $80

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! Ages: 3-5 years old. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.
Jammin’ Music Inc.  Jammin’ Music 55606 1/21-2/25  10-10:45 a.m. Sa $85

SPORTS
BIDDY SOCCER LEAGUE
Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt. The first week will be practice and team assignments with the remainder of the weeks being games. *No class: 2/18.
TriFytt Sports  Bixby Knolls Park 55654 2-3Yrs 1/14-2/25*  9-9:30 a.m. Sa $129
55655 3-5Yrs 1/14-2/25*  9:30-10:15 a.m. Sa $129
BIDDY TEE BALL LEAGUE
Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt. The first two weeks will be practice and team assignments with the remainder of the weeks being games. *No class: 2/18.
TriFytt Sports  Bixby Knolls Park 55656 3-5Yrs 1/14-2/25*  11-11:45 a.m. Sa $129
55657 2-3Yrs 1/14-2/25*  10:30-11 a.m. Sa $129
MULTI SPORT
Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. *No class: 2/18.
TriFytt Sports  Bixby Knolls Park 55658 2-3Yrs 1/14-2/25*  noon-12:30 p.m. Sa $129
55659 3-5Yrs 1/14-2/25*  12:30-1:15 p.m. Sa $129
55660 1Yr, 6Mos-2Yrs 1/14-2/25*  1:30-2 p.m. Sa $129

PARENT & ME PRE-K READINESS
Kids and parents will have fun in this class blending audio, visual and kinesthetic 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. Ages: 2-3 years, 10 months old. *No class: 1/16, 2/13 & 2/20.
Readwrite Educational Solution Inc.  Bixby Knolls Park 55673 1/9-1/30*  8:45-10:15 a.m. M W $109
55674 2/1-2/27*  8:45-10:15 a.m. M W $109
55675 1/9-1/30*  10:30 a.m.-noon M W $109
55676 2/1-2/27*  10:30 a.m.-noon M W $109

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. Ages: 3 years, 6 months-5 years old. Material fee: $20. *No class: 1/16, 2/13 & 2/20.
Readwrite Educational Solution Inc.  Cherry Park 55677 1/10-1/26*  2:45-3:30 p.m. Tu Th $67
55678 2/2-2/28*  2:45-3:30 p.m. Tu Th $89

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
HOOPSTERTOTS
Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to provide just the right amount of challenge.

Skyhawks Sports Academy      Marina Vista Park
55671  3Yr, 6Mo-4Yr, 6Mo 1/20-2/24  3:30-4:10p.m.  F $109
55672  4Yr, 6Mo-6Yr  1/20-2/24  4:20-5p.m.  F $109

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

Skyhawks Sports Academy      Marina Vista Park
55667  2-3Yrs, 6Mos  1/17-2/21  3:30-4:10p.m.  Tu $115
55668  3Yrs, 6Mos-5Yrs  1/17-2/21  4:20-5p.m.  Tu $115

SOCCERTOTS
SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor-skill classes are extremely easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence while older classes focus primarily on developing core soccer skills and focusing, with an introduction to light competition. Parent participation is required for younger ages.

Skyhawks Sports Academy      Marina Vista Park
55669  2-3Yrs, 6Mos  1/18-2/22  3:30-4:10p.m.  W $115
55670  3Yrs, 6Mos-4Yrs  1/18-2/22  4:20-5p.m.  W $115

PARENT & ME SOCCER
The fun happens on the field, so don’t just watch from the sidelines! You’ll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. Ages: 2-3 years, 6 months.

Kidz Love Soccer      El Dorado Park West
55616  1/18-3/17  5-5:30p.m.  F $179
55617  1/28-3/18  9:20-9:50a.m.  Sa $179

College Estates Park
55618  1/28-3/18  5:10-5:40p.m.  Sa $179

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. Ages: 4-5 years old.

Kidz Love Soccer      El Dorado Park West
55619  1/28-3/18  10:30-11:05a.m.  Sa $179

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.

Kidz Love Soccer      El Dorado Park West
55624  3Yrs, 6Mos-4Yrs  1/27-3/17  4:15-4:45p.m.  F $179
55625  3Yrs, 6Mos-4Yrs  1/28-3/18  10-10:30a.m.  Sa $179

College Estates Park
55626  3Yrs, 6Mos-5Yrs  1/28-3/18  4:25-5p.m.  Sa $179
## Free After School Program
### ages 5-12
Long Beach Parks, Recreation and Marine offers drop-in activities Monday through Friday at the following park sites. Programs include homework help, games, arts and crafts, tournaments, cooking, homework help, holiday celebrations and more. To register call (562) 570-3150 or visit: LBParks.org for more information.

<table>
<thead>
<tr>
<th>Park Location</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bixby Park</td>
<td>130 Cherry Ave.</td>
<td>(562) 570-1601</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Chavez Park</td>
<td>401 Golden Ave.</td>
<td>(562) 570-8890</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>College Estates Park</td>
<td>808 Stevely Ave.</td>
<td>(562) 570-1617</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Coolidge Park</td>
<td>352 Neece Ave.</td>
<td>(562) 570-1625</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Drake Park</td>
<td>951 Maine Ave.</td>
<td>(562) 570-1625</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>El Dorado West Park</td>
<td>2800 Studebaker Rd</td>
<td>(562) 570-3225</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Houghton Park</td>
<td>6201 Myrtle Ave.</td>
<td>(562) 570-1640</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>M.L. King Jr. Park</td>
<td>1950 Lemon Ave.</td>
<td>(562) 570-4405</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Mac Arthur Park</td>
<td>1321 Anaheim St.</td>
<td>(562) 570-1655</td>
<td>M-F: 2:30-5:30 p.m.</td>
</tr>
<tr>
<td>M.C. King Jr. Park</td>
<td>1950 Lemon Ave.</td>
<td>(562) 570-4405</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>McBride Park</td>
<td>1550 M.K. King Jr. Blvd.</td>
<td>(562) 570-1605</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Orizaba Park</td>
<td>2935 E. Spaulding</td>
<td>(562) 570-1427</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Pan American Park</td>
<td>5157 Centralla St.</td>
<td>(562) 570-3297</td>
<td>M,Tu,W,F: 2:30-5:30 p.m.  Thursday: 1:30-5:30 p.m.</td>
</tr>
<tr>
<td>Ramona Park</td>
<td>3301 E. 65th St.</td>
<td>(562) 570-1665</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Scherer Park</td>
<td>4600 Long Beach Blvd.</td>
<td>(562) 570-1674</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Seaside Park</td>
<td>1401 Chestnut Ave.</td>
<td>(562) 572-5126</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Silverado Park</td>
<td>1545 W. 31st St.</td>
<td>(562) 570-1675</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Somerset Park</td>
<td>4570 E. Carson</td>
<td>(562) 570-1690</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Stearns Champions Park</td>
<td>5620 E. 23rd St.</td>
<td>(562) 440-2867</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Veterans Park</td>
<td>101 E. 28th St.</td>
<td>(562) 570-1695</td>
<td>M-F: 2:30-5:30 p.m.</td>
</tr>
<tr>
<td>Wardlow Park</td>
<td>3457 Stanbridge Ave.</td>
<td>(562) 570-1705</td>
<td>M-F: 3-6 p.m.</td>
</tr>
<tr>
<td>Whaley Park</td>
<td>5620 Atherton St.</td>
<td>(562) 570-1710</td>
<td>M-F: 2:30-5:30 p.m.</td>
</tr>
</tbody>
</table>

*Park locations and times are subject to change*
**YOUTH CLASSES**

As children grow, so do their interests. We offer classes that keep your youngster engaged while enhancing their abilities in music, dancing, math and reading, and a variety of fitness and sport offerings.

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**COOKING**

**ALL ABOUT DOUGH!**
Students will gain hands-on experience creating a variety of goods & desserts. An intro course that will teach students “All About Dough!”. Students will learn different methods used in creating breads, pastries, cookies, etc. We will go over measuring ingredients, mixing, yeast development, kneading, flour/oil secrets, gluten & resting your dough, proofing, the straight dough method and how to divide, shape and bake. Come learn to make bread, pie, pretzels, pizza, ravioli, scones, tarts, cinnamon rolls, cookies, beignets, chicken pot pies, pastry pies and so much more! Ages: 8-12 years old. Material fee: $60.

A Yummy Future
55537 12/3-12/24 4-5:30p.m. Sa $130
55538 1/7-1/28 4-5:30p.m. Sa $130
55539 2/4-2/25 4-5:30p.m. Sa $130

**BASIC COOKING FOR KIDS**
Students will receive hands-on training in a lecture and Kitchen Lab environment. Students will learn culinary terms and meaning, different cooking techniques, kitchen/food safety, kitchen math, measuring, food preparation techniques, hand washing, knife safety and cutting techniques, table etiquette, basic nutrition, and substitution. We will cover sautéing, simmering, stir-fry and more that your child will be able to name, and Identify and properly operate kitchen tools and appliances. No experience needed, we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Ages: 8-12 years old. Material Fee $60.

A Yummy Future
55528 12/3-12/24 noon-12:45p.m. Sa $115
55529 1/7-1/28 noon-12:45p.m. Sa $115
55530 2/4-2/25 noon-12:45p.m. Sa $115

**CAKE DESIGN**
Make a big impression with a decorated mini cake. Learn to decorate using geometric patterns, metallic stripes, and more as you create small cakes with big styles. Students will learn to spread frosting, fondant techniques, the basics of filling a piping bag and the different piping tips. Each week the students will be given a theme to recreate on their own cake. Theme examples include decorating a lady bug, minion, camp fire, aquarium, and more. No experience necessary. This is an introductory course to cake design. Cakes are 4-5 inch pre-made by a baker and available in regular & gluten free. Flavors include vanilla, chocolate & strawberry. Ages: 8-18 years old. Material Fee $60.

A Yummy Future
55528 12/3-12/24 noon-12:45p.m. Sa $115
55529 1/7-1/28 noon-12:45p.m. Sa $115
55530 2/4-2/25 noon-12:45p.m. Sa $115

**DANCE**

**MEXICAN FOLKLORICO - BEGINNING**
Basic step to the dances of Mexico. Students must wear sweats, skirts, no jeans, closed toe shoes for safety and wear hair pulled back in a pony tail. Shows will count as a class. Ages: 5-11 years old. *No class: 12/24, 12/31 & 1/14.

Irene Portillo
Veterans Park
55638 12/3-2/11* 10-10:45a.m. Sa $85
**MEXICAN FOLKLORICO - BEGINNING 12 & UP**
Basic step to the dances of Mexico. Students must wear sweats, skirts, no jeans, closed toe shoes for safety and wear hair pulled back in a ponytail. No experience needed. Shows will count as a class. Ages: 12-17 years old. *No class: 12/24, 12/31 & 1/14.

Irene Portillo  
Veterans Park  
55639  12/3-2/11*  11:30a.m.-12:15p.m.  Sa  $85

**MEXICAN FOLKLORICO - INTERMEDIATE**
Must have some experience of dancing, steps to dances of Mexico and Spain. Must wear sweats, skirts, dance shoes, no jeans, and wear hair pulled back in a ponytail. Shows will count as a class. Ages: 8-12 years old. *No class: 12/24, 12/31 & 1/14.

Irene Portillo  
Veterans Park  
55640  12/3-2/11*  10:45-11:30a.m.  Sa  $85

**MEXICAN FOLKLORICO - ADVANCED**
This class is fast paced with some dance experience- learning dance steps of Mexico and Spain. Students must wear sweats, skirts, dance shoes and no jeans, and must wear hair pulled back in a ponytail. Shows will count as a class. Ages: 13-17 years old. *No class: 12/24, 12/31 & 1/14.

Irene Portillo  
Veterans Park  
55637  12/3-2/11*  9-10a.m.  Sa  $85

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**ENRICHMENT**

**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. Ages: 6-11 years old. *No class: 1/16, 2/13 & 2/20.

Readwrite Educational Solution Inc. Mae Boyar Park  
55685  1/9-1/30*  3:30-4:15p.m.  M W  $67  
55686  2/1-2/27*  3:30-4:15p.m.  M W  $67

**READING DEVELOPMENT K-1**

Readwrite Educational Solution Inc. Mae Boyar Park  
55685  1/9-1/30*  4:20-5:05p.m.  M W  $67  
55686  2/1-2/27*  4:20-5:05p.m.  M W  $67

**MATH DEVELOPMENT 1-6**
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 in math. For more information call: (949)263-0633. Ages: 6-11 years old. Testing and material fee: $20. *No class: 1/16, 2/13 & 2/20.

Readwrite Educational Solution Inc. Mae Boyar Park  
55683  1/10-1/26*  5:15-6p.m.  Tu Th  $67  
55684  2/2-2/28*  5:15-6p.m.  Tu Th  $89

**READING DEVELOPMENT 2-6**

Readwrite Educational Solution Inc. Mae Boyar Park  
55687  1/9-1/30*  4:20-5:05p.m.  M W  $67  
55688  2/1-2/27*  4:20-5:05p.m.  M W  $67

**READING DEVELOPMENT K-6**

Readwrite Educational Solution Inc. Cherry Park  
55681  1/10-1/26*  4:25-5:10p.m.  Tu Th  $67  
55682  2/2-2/28*  4:25-5:10p.m.  Tu Th  $89
READWRITE EN ESPAÑOL 1ST- 2ND GRADE
Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Ages: 5 years, 6 months-8 years old. Material fee: $20. *No class: 1/16, 2/13 & 2/20.

Readwrite Educational Solution Inc. Cherry Park
55679 1/10-1/26* 3:35-4:20p.m. Tu Th $67
55680 2/2-2/28* 3:35-4:20p.m. Tu Th $89

KEYBOARD KIDS
Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Ages: 5-6 years old. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
55605 1/21-2/25 11-11:50a.m. Sa $95

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. Ages: 7-11 years old. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
55604 1/18-2/22 4-4:50p.m. W $90

SPORTS

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 an instructor with 40 years of self defense experience. New students start first Monday or Wednesday of each month. www.LakewoodBu-dokai.com. Ages: 6-12 years old. *No class: 1/16 & 2/20.

Russell Kelley Stearns Champions Park
55607 12/2-12/19 6-7p.m. M W F $45
55608 1/4-1/30* 6-7p.m. M W F $45
55609 2/1-2/27* 6-7p.m. M W F $45

Scholarships Now Available

YOU CAN HELP CHILDREN PARTICIPATE IN RECREATION CLASSES by donating to Partners of Parks Youth Scholarship Fund at: https://bit.ly/3OMnS6X LBUSD Youth ages 5-18 are eligible to receive scholarships for Parks, Recreation and Marine classes for free, up to $150 per year. Parents must certify their child(ren) is/are eligible for free or reduced-price meals at their school to qualify. Apply online at http://web-link.donorperfect.com/YSPA or by calling 562-431-6206. Spanish application also available online at http://web-link.donorperfect.com/SPYSPA.
Children can have fun at their local park during winter break, December 27-30, 2022 (closed December 26) and January 3-6, 2023 from noon.-5 p.m. for games, arts and crafts, tournaments, cooking, movies, holiday celebrations and more. Visit LBParks.org for program descriptions and schedules.

**PARTICIPATING PARKS**

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

**LONG BEACH PARKS, RECREATION & MARINE**
KARATE - SHOTOKAN
This traditional Japanese karate retains all the traditions of this ancient art. The philosophy and rules of karate will help children develop 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. Ages: 5-12 years old. *No class: 1/16 & 2/20.

Jony Martinez Cesar Chavez Park
55628 12/2-12/30 6-7p.m. M W F $85
55629 1/2-1/30* 6-7p.m. M W F $85
55630 2/1-2/27* 6-7p.m. M W F $85

SHOTOKAN KARATE
A Japanese karate developed from various martial arts of “empty hand” fighting. The Shotokan style begins with humility. Shotokan is a self defense karate and discipline of the mind. Students of any age will develop valuable self defense skills, self control, self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional $40 (regardless of the size). Ages: 5-17 years old. *No class: 12/24.

Antonio Silva Bixby Park
55643 12/2-12/30* 6-7p.m. F Sa $50

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. Ages: 5-6 years.

Kidz Love Soccer El Dorado Park West
55620 1/27-3/17 3:30-4:15p.m. F $179
55621 1/28-3/18 11:05-11:50a.m. Sa $179

College Estates Park
55622 1/28-3/18 3:35-4:20p.m. Sa $179
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. Ages: 7-10 years.

Kidz Love Soccer                      El Dorado Park West
55623  1/28-3/18  11:55a.m.-12:40p.m.  Sa  $179

College Estates Park
55627  1/28-3/18  2:45-3:30p.m.  Sa  $179

TRADITIONAL KARATE - BEGINNING

David Crockett                      El Dorado Park West
55559  12/3-2/25*  11-11:45a.m.  Sa  $140

TRADITIONAL KARATE - INTERMEDIATE
Students will learn a traditional Japanese style of karate, Itosu-Ryu, which emphasizes self-discipline, manners and respect. Testing is done on an individual basis. Intermediate class is for yellow belt 2-stripe and up. Material fee (new students): $5. Ages: 5-18 years old. *No class: 12/24.

David Crockett                      El Dorado Park West
55560  12/3-2/25*  11:45a.m.-12:30p.m.  Sa  $155
Houghton Park
562.570.1640
M-F: 3-6p.m.

McBride Park
562.570.1605
M-F: 3-6p.m.

Orizaba Park
562.570.1427
M-F: 3-6p.m.

Veterans Park
562.570.1695
M-F: 3-6p.m.

The free hubs provide a safe space with high-speed internet for students to participate in enriching after-school activities, including academic support, sports, fitness and more.

For availability and registration information, call the location of your choice

Follow us
@LONGBEACHPARKS
#LBRECOVERS

LONG BEACH PARKS, RECREATION & MARINE

Mobile Recess

Free activities on designated neighborhood streets for youth ages 5 to 14 (grades K-8), Homework help, arts and crafts and fitness activities. Mobile Recess is free; supplies and equipment will be provided at no cost.

Call 562.570.3161 or visit LBParks.org for information

Mobile Recess is made possible by Long Beach Recovery Act, a plan to fund economic and public health initiatives for Long Beach residents, workers and businesses impacted by the COVID-19 pandemic. Visit longbeach.gov/recovery for more information.
**TEEN CLASSES**

**ART AND CULTURAL**

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

Anita Sinclair
55645 16Yrs+ 1/5-2/23 6-9p.m. Th $62

**CERAMICS WORKSHOP**
Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring a notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: $30.

Anita Sinclair
55648 16Yrs+ 1/4-2/22 6-9p.m. W $60
55646 16Yrs+ 1/8-2/19 1:30-4:30p.m. Su $60
55647 16Yrs+ 1/9-2/27 9a.m.-noon M $60

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

Anita Sinclair
55649 16Yrs+ 1/9-2/27 12:30-3:30p.m. M $60

**FAST QUILT RETREAT**
An all day weekend retreat. Come Friday to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project.

Sandra Szladek
55651 16Yrs+ 2/3 6:30-10p.m. F 2/4-2/5 10a.m.-10p.m. Sa Su $60

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

Anita Sinclair
55650 16Yrs+ 1/8-2/26 10a.m.-1p.m. Su $60

**COOKING**

**BASIC COOKING FOR TEENS**
Students will receive Hands-on training in a lecture and Kitchen Lab environment. Students will learn culinary terms and meanings, 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-frying and more your child will be able to name. Identify and properly operate kitchen tools and appliances. No experience needed, for we start off with the basics from boiling water and cracking eggs and gradually increase to more advance culinary challenges like creating a chicken pot pie and stir fry. We will cover snacks, breakfast, lunch, dinner and desserts. Ages: years old. Material Fee $60.

A Yummy Future
55531 13-18 Yrs 12/3-12/24 2:30-3:45p.m. Sa $130
55532 13-18 Yrs 1/7-1/28 2:30-3:45p.m. Sa $130
55533 13-18 Yrs 2/4-2/25 2:30-3:45p.m. Sa $130

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
DANCE

BELLY DANCE
A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthens back and stomach muscles, improves stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. *No class: 12/26, 1/2, 1/6 & 2/20.

Fahtiem Wardlow Park
55565 14Yrs+ 12/5-1/23* 6:15-7:15p.m. M $39
55567 14Yrs+ 12/5-1/23* 7:30-8:30p.m. M $39
55569 14Yrs+ 12/5-1/23* 8:45-9:45p.m. M $39
55566 14Yrs+ 1/30-2/27* 6:15-7:15p.m. M $35
55568 14Yrs+ 1/30-2/27* 7:30-8:30p.m. M $35
55570 14Yrs+ 1/30-2/27* 8:45-9:45p.m. M $35

FITNESS

40-30-20 INTERVAL TRAINING
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.

Tami Santy Recreation Park
55329 16Yrs+ 12/5-12/19 6-6:45p.m. M $33
55330 16Yrs+ 1/2-1/23 6-6:45p.m. M $44
55340 16Yrs+ 2/6-2/27 6-6:45p.m. M $44

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. *No class: 1/16 & 2/20.

Lacey Marsac Wardlow Park
55434 16Yrs+ 12/5-12/19 6:15-7:15p.m. M $24
55435 16Yrs+ 1/2-1/30* 6:15-7:15p.m. M $32
55436 16Yrs+ 2/6-2/27* 6:15-7:15p.m. M $24
55439 16Yrs+ 2/6-2/27* 7:30-8:30p.m. M $24

ENRICHMENT

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

All Good Driving School Online
55359 14-18 Yrs  12/1-12/31 Everyday $40
55360 14-18 Yrs  1/2-1/31 Everyday $40
55361 14-18 Yrs  2/1-2/28 Everyday $40

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! Open to dogs four months and older with current vaccines. Contact (714)821-6622 or CrossroadsPetResort.com for more information. Material fee: $10.

Crossroads Country Club Pet Resort Marina Vista Park
55561 10Yrs+ 1/14-2/11 9:30-10:30a.m. Sa $155
55562 10Yrs+ 2/25-3/25 9:30-10:30a.m. Sa $155

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. Material fee: $10.

Crossroads Country Club Pet Resort Marina Vista Park
55563 10Yrs+ 1/14-2/11 10:30-11:30a.m. Sa $155
55564 10Yrs+ 2/25-3/25 10:30-11:30a.m. Sa $155
JUJITSU

Russell Kelley  Stearns Champions Park
55610  13Yrs+  12/2-12/19  7-8p.m.  M W F  $45
55611  13Yrs+  1/4-1/30*  7-8p.m.  M W F  $45
55612  13Yrs+  2/1-2/27*  7-8p.m.  M W F  $45

KARATE
Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack with one-on-one instruction from an instructor with 40 years experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 1/16 & 2/20.

Russell Kelley  Stearns Champions Park
55613  13Yrs+  12/2-12/19  8-9p.m.  M W F  $45
55614  13Yrs+  1/4-1/30*  8-9p.m.  M W F  $45
55615  13Yrs+  2/1-2/27*  8-9p.m.  M W F  $45

KARATE - SHOTOKAN
Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop a sense of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. *No class: 1/16 & 2/20.

Jony Martinez  Cesar Chavez Park
55631  12Yrs+  12/2-12/30  7:15-8:30p.m.  M W F  $85
55632  12Yrs+  1/2-1/30*  7:15-8:30p.m.  M W F  $85
55633  12Yrs+  2/1-2/27  7:15-8:30p.m.  M W F  $85
**ADULT CLASSES**

**ART AND CULTURAL**

**ADVANCED CERAMICS WORKSHOP**

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Anita Sinclair

Bixby Park

55645 16Yrs+ 1/5-2/23 6-9p.m.

Th $62

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Anita Sinclair

Bixby Park

55648 16Yrs+ 1/4-2/22 6-9p.m.

W $60

55646 16Yrs+ 1/8-2/19 1:30-4:30p.m.

Su $60

55647 16Yrs+ 1/9-2/27 9a.m.-noon

M $60

**DRAWING FUNDAMENTALS**

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

Anita Sinclair

Bixby Park

55649 16Yrs+ 1/9-2/27 12:30-3:30p.m.

M $60

**FAST QUILT**

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

Sandra Szladek

Wardlow Park

55652 18Yrs+ 12/14-1/18 6:30-9p.m.

W $33

55653 18Yrs+ 1/25-3/1 6:30-9p.m.

W $33

**FAST QUILT RETREAT**

An all day weekend retreat. Come Friday to set up. Then sew all day on Saturday and Sunday with friends. You can work on your own project or work on a class project.

Sandra Szladek

Wardlow Park

55651 16Yrs+ 2/3 6:30-10p.m.

F 2/4-2/5 & 10a.m.-10p.m.

Sa Su $60

**OIL PAINTING**

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

Anita Sinclair

Bixby Park

55650 16Yrs+ 1/8-2/26 10a.m.-1p.m.

Su $60

**DANCE**

**2 STEP & SWING**

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

Janet Karter

Weingart Senior Center

55277 18Yrs+ 1/11-3/1 7-8p.m.

W $48

**LINE DANCING**

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

Janet Karter

Weingart Senior Center

55278 18Yrs+ 1/11-3/1 6-7p.m.

W $48
ALMOST BALLET
Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo    El Dorado Park West
55546  18Yrs+  12/2-12/30  10-11:15a.m.  F  $5
55547  18Yrs+  1/6-1/27   10-11:15a.m.  F  $5
55548  18Yrs+  2/3-2/24   10-11:15a.m.  F  $5

ARGENTINE TANGO
Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class. *No class: 12/16, 1/13 & 2/17.

Mildred Caudillo    Wardlow Park
55549  18Yrs+  12/2-12/30*  7-8p.m.  F  $10
55550  18Yrs+  1/6-1/27*   7-8p.m.  F  $10
55551  18Yrs+  2/3-2/24*   7-8p.m.  F  $10

BELLY DANCE
A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthens back and stomach muscles, improves stamina and flexibility to exotic music. Beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. *No class: 12/26, 1/2, 1/6 & 2/20.

Fahtiem    Wardlow Park
55565  14Yrs+  12/5-1/23*  6:15-7:15p.m.  M  $39
55567  14Yrs+  12/5-1/23*  7:30-8:30p.m.  M  $39
55569  14Yrs+  12/5-1/23*  8:45-9:45p.m.  M  $39
55566  14Yrs+  1/30-2/27*  6:15-7:15p.m.  M  $35
55568  14Yrs+  1/30-2/27*  7:30-8:30p.m.  M  $35
55570  14Yrs+  1/30-2/27*  8:45-9:45p.m.  M  $35

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 $35. Walk-in fee available.

Tami Santy    Recreation Park
55329  16Yrs+  12/5-12/12  6-6:45p.m.  M  $22
55330  16Yrs+  1/2-1/23   6-6:45p.m.  M  $44
55340  16Yrs+  2/6-2/27   6-6:45p.m.  M  $44

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.

Tami Santy    El Dorado Park West
55333  16Yrs+  12/1-12/15  6-6:45p.m.  Th  $33
55334  16Yrs+  1/5-1/26   6-6:45p.m.  Th  $44
55342  16Yrs+  2/2-2/23   6-6:45p.m.  Th  $44
AEROBICS LITE
Great for starters! Great if you’re getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available. *No class: 12/23 & 12/26.

Tracey Wiltse Recreation Park
55661 18Yrs+ 12/2-12/30* 8:30-9:30a.m. M W F $35
55662 18Yrs+ 1/2-1/27 8:30-9:30a.m. M W F $35
55663 18Yrs+ 2/3-2/27 8:30-9:30a.m. M W F $35

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

Marilynn Bodnar El Dorado Park West
55540 18Yrs+ 12/5-12/26 5:30-6:30p.m. M W $25
55541 18Yrs+ 1/4-1/30 5:30-6:30p.m. M W $25
55542 18Yrs+ 2/1-2/27* 5:30-6:30p.m. M W $25

TAI CHI & QIGONG
A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also enhances balance and memory.

Howard Richner Bixby Park
55641 18Yrs+ 12/1-12/15 7:30-9p.m. Th $30
55642 18Yrs+ 1/12-2/23 7:30-9p.m. Th $30

SPORTS

JUJITSU

Russell Kelley Stearns Champions Park
55610 13Yrs+ 12/2-12/19 7-8p.m. M W F $45
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Russell Kelley Stearns Champions Park
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55614 13Yrs+ 1/4-1/30* 8-9p.m. M W F $45
55615 13Yrs+ 2/1-2/27* 8-9p.m. M W F $45

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. *No class: 1/16 & 2/20.

Lacey Marsac Wardlow Park
55434 16Yrs+ 12/5-12/19 6:15-7:15p.m. M W $24
55287 16Yrs+ 12/7-12/28 6:15-7:15p.m. W $32
55437 16Yrs+ 12/5-12/19 7:30-8:30p.m. M $24
55290 16Yrs+ 12/7-12/28 7:30-8:30p.m. W $32
55435 16Yrs+ 1/1-1/30* 6:15-7:15p.m. M $32
55438 16Yrs+ 1/2-1/30* 7:30-8:30p.m. M $32
55288 16Yrs+ 1/4-1/25 6:15-7:15p.m. W $32
55291 16Yrs+ 1/4-1/25 7:30-8:30p.m. W $32
55289 16Yrs+ 2/1-2/22 6:15-7:15p.m. W $32
55292 16Yrs+ 2/1-2/22 7:30-8:30p.m. W $32
55436 16Yrs+ 2/6-2/27* 6:15-7:15p.m. M $24
55439 16Yrs+ 2/6-2/27* 7:30-8:30p.m. M $24

Ed2Go
Classes Online

TOPICS INCLUDE:
COMPUTER WORKPLACE SKILLS,
CREATING WEBPAGES,
GUIDING KIDS ON THE INTERNET,
MICROSOFT WORD, EXCEL, QUICKBOOKS,
TEACHING WITH A SMART BOARD,
SPEED SPANISH ONLINE

Hundreds of classes available

CLASSES START MONTHLY
December class: 55356
January class: 55357
February class: 55358
$95 per class
Enroll online at LBParks.org

20 REGISTER ONLINE AT WWW.LBPARKS.ORG
KARATE - SHOTOKAN

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture. Uniforms are available for an additional amount. More information will be given during the first class. *No class: 1/16 & 2/20.

Jony Martinez
Cesar Chavez Park
55631 12Yrs+ 12/2-12/30 7:15-8:30p.m. M W F $85
55632 12Yrs+ 1/2-1/30* 7:15-8:30p.m. M W F $85
55633 12Yrs+ 2/1-2/27 7:15-8:30p.m. M W F $85

SHOTOKAN KARATE

Shotokan, a Japanese Karate developed from various martial arts of “empty hand” fighting. Shotokan style begins with humility. Shotokan is self defense karate and discipline of the mind. Students develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional $40 (regardless of the size). *No class: 12/24.

Antonio Silva
Bixby Park
55644 18Yrs+ 12/2-12/30* 7-8p.m. F Sa $50
You do crew.

Get on board with having the time of your life. Ride Long Beach Transit to get to your favorite activities together on the bus, safely.

Learn about reduced fare passes for seniors at ridelbt.com/seniors.
DANCE

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.

Edward Patrick  Long Beach Senior Center
55311  50 Yrs+  12/10 noon-4p.m.  Sa  $5
55312  50 Yrs+  1/14 noon-4p.m.  Sa  $5
55313  50 Yrs+  2/11 noon-4p.m.  Sa  $5

ROUND DANCE - ADVANCED: DROP-IN
Advanced class consists of clinic on figures and choreography followed by cued round dances. Fee per person, per class. *No class: 1/16 & 2/20.

Edward Patrick  Long Beach Senior Center
55314  50 Yrs+  12/5-12/19  7-9:30p.m.  M  $5
55315  50 Yrs+  1/9-1/30*  7-9:30p.m.  M  $5
55316  50 Yrs+  2/6-2/27*  7-9:30p.m.  M  $5

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

Janet Karter  El Dorado Park West
55279  50 Yrs+  1/12-1/26  1-2p.m.  Th  $5
55280  50 Yrs+  2/2-2/23  1-2p.m.  Th  $5

LONG BEACH PARKS, RECREATION & MARINE
SENIOR PROGRAMS
FUN FOR ADULTS 50+

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

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

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

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

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

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

Silverado Park
1656 W. 31st St.
(562) 570-1675
M-F: 9 a.m.-2 p.m.

Senior Softball League
Call: (562) 570-1736
or visit www.teamsideline.com/longbeach

Long Beach Parks, Recreation & Marine invites seniors of all ages to participate in the many activities and programs offered citywide at our seven senior centers. Many programs are free!

For more information visit:
BALANCE AND STABILITY
Every year 100,000 seniors fall. While this class isn’t claiming to prevent all falls, it does give seniors the tools to prevent some of them. You’re never too old to learn to regain your balance. This class concentrates on balance and cognitive exercises to keep your brain active and have fun while doing it! Bring water. Walk in fee available.

Adrianne Rosenfeld Recreation Park
55317 50 Yrs+ 12/6-12/27 10:30-11:15a.m. Tu $15
55318 50 Yrs+ 1/3-1/31 10:30-11:15a.m. Tu $20
55319 50 Yrs+ 2/7-2/28 10:30-11:15a.m. Tu $15

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, two yoga blocks and yoga strap. Walk in fee available.

Lacey Marsac Wardlow Park
55428 50Yrs+ 12/5-12/19 11a.m.-noon M $24
55281 50 Yrs+ 12/7-12/21 9-10a.m. W $24
55429 50Yrs+ 1/9-1/30* 11a.m.-noon M $24
55282 50 Yrs+ 1/11-1/25 9-10a.m. W $24
55283 50 Yrs+ 2/1-2/22 9-10a.m. W $32
55430 50Yrs+ 2/6-2/27* 11a.m.-noon M $24

FUNCTIONAL MOVEMENT, BALANCE & BRAINS
Let’s put the “fun” into our functional fitness! We will work to improve balance, stability, agility, and strength using our bodies, weights and games. Brain-training drills will help improve memory, problem solving, and mental acuity. We will boost our immunity by exercising our bodies, and improve our mental skills by exercising our brains. You will leave class feeling energized and strong. All fitness levels welcome. Instructor Tami Santy is certified by the Functional Aging Institute and ACE Fitness. Bring a mat and light dumbbells to class. Fee per person, per class. Class held outdoors on Thursdays.

Tami Santy Wardlow Park
55337 50 Yrs+ 12/1-12/15 10:30-11:15a.m. Tu Th $5
55338 50 Yrs+ 1/3-1/26 10:30-11:15a.m. Tu Th $5
55339 50 Yrs+ 2/2-2/28 10:30-11:15a.m. Tu Th $5

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

Silvana Behrens Recreation Park
55271 50 Yrs+ 12/5-12/19 9:45-11a.m. M $39
55272 50 Yrs+ 1/9-1/30 9:45-11a.m. M $52
55273 50 Yrs+ 2/6-2/20 9:45-11a.m. M $52

SENIOR FITNESS
Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class. *No class: 12/22.

Sherrie Zachau El Dorado Park West
55350 50 Yrs+ 12/1-12/29 11a.m.-noon Tu Th $5
55351 50 Yrs+ 1/3-1/31 11a.m.-noon Tu Th $5
55352 50 Yrs+ 2/2-2/28 11a.m.-noon Tu Th $5

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

Adrianne Rosenfeld Recreation Park
55323 50 Yrs+ 12/1-12/29 6-7p.m. Th $20
55324 50 Yrs+ 1/5-1/26 6-7p.m. Th $20
55325 50 Yrs+ 2/2-2/23 6-7p.m. Th $15

ZUMBA® GOLD TONING
A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n’ Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class.

Sherrie Zachau El Dorado Park West
55353 50 Yrs+ 12/7-12/28 9-10a.m. W $5
55354 50 Yrs+ 1/4-1/25 9-10a.m. W $5
55355 50 Yrs+ 2/1-2/22 9-10a.m. W $5
ADULT SPORTS LEAGUES

ADULT BASEBALL
Adul League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: $480. Call (562) 570-1725 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees $80/team, per game. Limited space per season.

ADULT 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), Women’s $232 (8 games), Coed $232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game ($40/team, per game). Individual participants interested in playing in the league can be added to the program’s “Free Agent” list. Call the Sports Office at (562) 570-1725 or visit us online: www.teamsideline.com/longbeach 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. 6-12 players allowed on a team.

Team fee: $340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. $20/team, per match.

Individuals interested in playing in the league can be added to the program’s “Free Agent” list. Call the Sports Office at (562) 570-1725 or visit www.teamsideline.com/longbeach for more information.

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB
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 before you walk the trails.

EDUCATIONAL PROGRAMS

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

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

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

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

EXPLORE THE SHORE - 5TH GRADE TOUR
Sponsored by El Dorado Nature Center and the City of Long Beach’s Adopt-A-Beach program. In this hands-on 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.

FRIENDS OF EL DORADO NATURE CENTER

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

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

TAILS & TRAILS PARENT & ME WORKSHOPS
Ages: 2 years - 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.

PRE-SCHOOL PROGRAMS

FROZEN ADVENTURE
Come chill with us! Ice and snow will inspire our cool art and fun wintery games.
55446 Wednesday, December 14

SNUGGLY SHELTERS
We need to find a cozy, warm place on a cold winter’s day. Let’s learn from the animals and build some shelters of our own.
55447 Wednesday, January 11

WAY TO GO!
Put on your wings and migrate over to the Nature Center. From tiny butterflies to big birds, let’s journey with these amazing animals.
55448 Wednesday, February 8

NATURE KIDS! WINTER BREAK DISCOVERY WORKSHOP
Pre-registration is required at www.lbarks.org. Ages: 5 years - 8 years. 10 a.m. – noon. $20 per class. Join us at the Nature Center for fun and exploration this winter! Children will experience nature through investigation, hands-on activities, games and crafts. Children must have kindergarten experience.

SQUIRRELING AROUND
Are you as nutty about squirrels as we are? Our forests and meadows are their playgrounds. Come discover how these courageous creatures navigate the highest treetops or the deepest tunnels underground.
55362 Monday, December 26.

THE DEEP FREEZE
Winter is coming. Get ready for some chilly fun with ice and snow. Join us as we conduct our own science experiments and create some “cool” art.
55363 Tuesday, December 27

IF YOU BUILD IT...
Calling all architects and designers. Let’s learn all about nature center animals and their cozy shelters. Then it’s your turn to plan and build your own ultimate shelter in the wild.
55364 Wednesday, December 28

THE DARK NIGHT
What mysterious things happen out on the trails in the dark? How do raccoons, skunks, coyotes, and bats keep busy? Let’s explore how our nocturnal neighbors own the night.
55365 Thursday, December 29

SO CAL KID CRAFTERS
Wintertime in nature calls for some festive fun. Let the colors and scents of the season inspire your own crafty creative gifts.
55366 Friday, December 30

SENSORY THINGS
Animals have more senses than just the five we have learned about. Detecting magnetic fields, balance and intuition are just some of their supernatural powers. Get ready to heighten your awareness of the world around you.
55367 Monday, January 2

THE HUNGRY GAMES
It is not all fun and games out in the wild, but we will play as we learn about animals that hunt and those that are hunted. Are you fast and can you hide? Get ready to test your skills!
55368 Tuesday, January 3

THEY LIVE NEAR A MUSHROOM UNDER A TREE...
Join us on a deep dive into the world of the minis. Snails, rolie polies, ants, and worms live in a special realm beneath logs and leaves. Let’s explore!
55369 Wednesday, January 4

TALONTED
Are you stealthy like a hawk or owl? Sharpen your vision and get your reflexes ready. Discover how these amazing aerial predators survive and thrive at the Nature Center.
55370 Thursday, January 5

HAPPY LITTLE TREES
Wonder is all around us, you just have to look using an artist’s eye. From watercolors to pastels, we will create unique outdoor pieces with nature as our guide.
55371 Friday, January 6
SPECIAL EVENTS

MORNING BIRD WALK
Pre-registration is required (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, December 18, January 15, & February 19, 8 a.m.
Free program.

THE GREAT BACKYARD BIRD COUNT
Become a scientist for the day! Help count our local feathery friends and discover why they are so important. The data collected helps scientists understand more about bird populations and migration. No experience necessary. All ages.
Sunday, February 19, 9 a.m. – noon
Free Program

VOLUNTEER OPPORTUNITIES
Pre-registration is required (562) 570-1745
If you’re wanting 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, bring water and wear a hat and sunscreen. Ages 12 years and up. Children and youth under 18 must bring an adult. Rain cancels.
Saturdays, December 3, January 7, and February 4, 10 a.m. – noon

3RD SATURDAY WETLAND WARRIOR CLEANUP AT COLORADO LAGOON
Only 5% of California’s once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team as we explore and help protect the critical habitat at Colorado Lagoon Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Rain cancels.
Saturdays, December 17, January 21, February 18, 10 a.m. – noon. Meet near the bike racks along Appian Way. Parking fee is waived.

4TH SATURDAY EL DORADO REGIONAL PARK CLEANUP
Join fellow park-lovers to clean up fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Rain cancels.
Saturdays, December 24, January 28, February 25, 9 -10 a.m. Meet at the parking lot on the left just past El Dorado Frontier in Area III.

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

HELP KEEP LONG BEACH BEAUTIFUL,
VOLUNTEER AT OUR SATURDAY CLEANUPS
EL DORADO EAST REGIONAL PARK
7550 Spring Street
(562) 570-1771

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

RESERVATIONS
Call to learn more about:
• Reservable Sites  
• Special Events  
• Company Picnics  
• Weddings  
• Annual Pass Sales

• Permits to Gather for groups of 25+*  
• Youth Camping  
• Fun Runs  
• Fundraisers

Contact us at (562) 570-3111.

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

VEHICLE ENTRY FEES AND PASSES

VEHICLE ENTRY FEE:
• Cash or cards: M-Th: $6 • F: $7 • Sa and Su: $8  
• 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.el doradoarchers.com  
• Bicycle Rentals-Wheel Fun rentals, call (805) 650-7770  
• Bicycle trails-paved (over 4 miles)  
• Dog Park  
• Campground for Youth Groups  
• The El Dorado Frontier. Visit: www.theddoradofrontier.com for more information.  
• Model aircraft flying area (radio controlled)  
• Model sailboat area (radio controlled)  
• Playgrounds

HOMELAND CULTURAL CENTER
MacArthur Park, 1321 Anaheim Street
(562) 570-1655

Hours: Monday and Tuesday: 3-10 p.m.  
Wednesday-Thursday: 3-9:30 p.m.  
Closed Fridays  
Saturday: 10 a.m.-6 p.m.  
Sunday: 9 a.m.-6 p.m.

Winner of Excellence California Park & Recreation Society. Explore and share traditional and contemporary cultural traditions!

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

CURRENTLY OFFERING

AIM Urban Poetry Workshop  
Tuesday: 7-9 p.m.  
Aztec Dance  
Wednesday: 7-9 p.m.  
Breakdancing for Kids  
Tuesday: 4-6 p.m.  
Drums  
Tuesday: 4-6 p.m.

Hmong Arts  
Sunday: 9 a.m.-2 p.m.  
Micronesian Arts  
Sunday: 2-6 p.m.  
Movie Makers Workshop  
Sunday: 1-3 p.m.  
Popping & Break Dancing  
Monday and Tuesday: 6-10 p.m.

COMING SOON

Afrikan Drum/Dance  
Saturday: 10 a.m.-4 p.m.  
Instant Band (Music Improvisations)  
Saturday: 4-6 p.m.  
Bokator (Martial Arts)  
Thursday: 7-9 p.m.

Cambodian Art and Music  
Alternate Saturdays: 2-4 p.m.  
Guitar/Bass  
Thursday: 4-6 p.m.  
Off The Dome  
First Thursday of the month: 7-9 p.m.
AQUATIC AND BOATING FACILITIES/BEACHES

- Colorado Lagoon Wetland and Marine Sci. Ed. Center (Appian Way between Park and California)
- Dunster Reserve, Boothouse Lane and Los Cerritos Channel (3.22 acres)
- Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr. (2.93 acres)
- Launch Ramp – Claremont Launch Ramp, 5300 E. Ocean Blvd.
- Launch Ramp – Davids Launch Ramp, 6201 E. Second St. (6.73 acres)
- Launch Ramp – Granada Launch Ramp, 1 S. Granada Ave.
- Launch Ramp – Marina Stadium Launch Ramp, 5255 Pickle Way
- Launch Ramp – South Shore Launch Ramp, 590 Queenway Dr. (6.49 acres)
- Leeway Sailing and Aquatics Center, 5437 E. Ocean Blvd., 570-1719 (66 acres)
- Marina – Alamitos Bay Marina, 205 Marina Dr., 570-3251 (359.39 acres)
- Marina – Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950
- Marina – Rainbow Marina, 200-B Aquarium Way, 570-8636
- Marine Stadium, Appian Way (between 2nd St. and Colorado St.) 570-3215
- Pool – Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806
- Pool – Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718
- Pool – Silverado Park Pool, 1540 W. 32nd St., 570-1721
- Model Boat Shop, 5119 E., Colorado St., 460-1720 (Summer Only)
- Mothers Beach (Marina Park) 5839 Appian Way

SPORTS FACILITIES

- Archery – El Dorado Archery Range, 7550 E. Spring St., 570-1771
- Golf – El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72
- Golf – Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 (36.57 acres)
- Golf – Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54
- Golf – Recreation Park Golf Course, 5000 E. Anaheim Ave., 570-0400, 18-hole, par 72
- Golf – Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31
- Golf – Skylinks at LB Golf Course, 4800 E. Wardlaw Rd., 421-3388, 18-hole, par 72
- Hickey Rink, 5415 E. Ocean Blvd., 570-1725
- Lawn Bowling-Recreation Park, E. 7th St. & Federation Dr., 579-7968, 714-969-5862
- Sports Field – Chittick Field, 1900 Walnut Ave., 570-1717 (19.14 acres)
- Sports Field – Joe Rodgers Softball Stadium, 10th St. and Park Ave., 570-1725
- Tennis – Billie Jean King Tennis Center, 10th and Park Ave., 438-8509
- Tennis – El Dorado Tennis Center, 2800 Studebaker Rd., 425-0533
- Tennis – Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.
- Tennis – Naples Tennis Courts, Tivoli Drive between St. Irma Way and 2nd St.

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 31
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.

Everyone at Energy Resources is proud to support Long Beach Parks, Recreation and Marine. With 26 community centers, 2 tennis centers, golf systems, animal care, the largest municipal marina system in the U.S., and six miles of beaches, they certainly energize a healthy Long Beach.

Natural gas is the first choice of chefs everywhere.
We create enough electricity to power 35,000 cars.
Natural gas is the economical way to heat your home.

Join us on Facebook for news, information and fun! @LBEnergyResources
Parks, Recreation & Marine
Community Park Directory
Hours of Operation, Recreation Amenities and Programs at Long Beach Parks
COMMUNITY PARK DIRECTORY
LONG BEACH PARKS HOURS AND AMENITIES
Follow us on social media:
Facebook.com/LongBeachParks
Instagram.com/LongBeachParks
Twitter.com/LongBeachParks
Youtube.com/user/ParksLongBeach

1. ADMIRAL KIDD PARK
2125 Santa Fe Ave.  (562) 570-1600
HOURS: Teen Programs, M-F, 3 –7 p.m.;
Free Summer Fun Days, M-F:
noon. to 5 p.m. and Be SAFE Program,: M.-F: 5 to 8 p.m. Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Soccer field, basketball court, community center, fitness stations, picnic areas, playground

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

3. BAYSIDE PARK
5415 E. Ocean Blvd.  (562) 570-3100
day camps - (562) 570-1888.
AMENITIES: Basketball court, pickleball court, volleyball court, playground, roller hockey rink

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

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

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

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

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

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

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

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

12. COLLEGE ESTATES PARK
808 Stevely Ave.  (562) 570-1710
HOURS: After School Program, (Sept.-June), M-F: 2:30-5:30 p.m.; Free Summer Fun Days, M-F: noon.-5 p.m.; Summer Food Program, and Youth Sports – visit LBParks.org.
AMENITIES: Basketball and tennis courts, community center, playground
13. COOLIDGE PARK
352 E. Neece St. (562) 570-1618
**HOURS:** After School Program, (Sept.-June) M-F: 3-6 p.m., Free Summer Fun Days, M-F: noon-5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
**AMENITIES:** Basketball and tennis courts, community center, playground

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

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

16. DEFOREST PARK
6255 DeForest Ave. (562) 570-1620
**HOURS:** Camp Fire Day Camp call (562) 421-2725
**AMENITIES:** Baseball, soccer and softball fields; basketball, futbol and racquetball courts, community center, nature trail, playground

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

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

19. EL DORADO REGIONAL PARK AND NATURE CENTER
See page 23 and 24.

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

21. FREEMAN CENTER
1205 Freeman Ave. (562) 570-8688
**HOURS:** Teen Programs, M-F: noon-6 p.m.
22. GRACE PARK
Elm Ave. & Plymouth St. (562) 570-3150
HOURS: Dawn to Dusk; Summer Food Program – visit LB Parks.org.
AMENITIES: Playground, Community Garden

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

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

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

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

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

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

29. LEEWAY SAILING CENTER
5437 E. Ocean Blvd (562) 570-1719

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

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

32. LIVINGSTON DRIVE PLAYGROUND
4700 Livingston Drive (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground
33. LOCUST TOT LOT
2331 Locust Ave. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground

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

35. LONG BEACH SENIOR CENTER
1150 E. 4th St. (562) 570-3500
HOURS: M-F: 8 a.m. to 4:30 p.m., Sat.: 10 a.m.-4 p.m. Visit https://bit.ly/3qn-9RmJ for program hours
AMENITIES: Fitness gym, Friendly Cup Café, library, thrift shop

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

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

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

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

40. MARINA VISTA PARK
5355 Eliot St. (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Soccer and softball fields, basketball and tennis courts, playground
41. MARINE (MOTHER’S BEACH) PARK
5839 Appian Way  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Volleyball courts, playground, picnic areas, swim areas

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

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

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

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

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

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

48. PEACE PARK
1411 Atlantic Ave.  (562) 570-3100
HOURS: Dawn to Dusk
AMENITIES: Playground
49. PIKE PARK
195 Seaside Way  (562) 570-3100
HOURS: Dawn to dusk
AMENITIES: Benches, bike racks, dog park, fitness stations, playground slide

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

51. RAMONA PARK
3301 East 65th St.  (562) 570-1665
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days M-F: noon to 5 p.m. and Be SAFE Program M-F: 5 to 8 p.m.; Summer Day Camp Program, June-August M-F: 7a.m. to 6 p.m.; Teen Program (Sept-June), M-F, 3 p.m. to 7 p.m. & July-August noon-6 p.m.; Senior Program, 9 a.m. to 2 p.m.; Open Gym Sept-June M-Th 3 – 7pm, June-August 5-8pm. Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball, basketball courts, community center, futsol, playground, soccer and softball fields; tennis courts, volleyball courts.

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

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

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

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

56. SEASIDE PARK
1401 Chestnut Ave.  (562) 572.5126
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Summer Fun Days, M-F: noon to 5 p.m. and Be SAFE Program, M-F: 5 to 8 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Soccer fields, playground
58. SOMERSET PARK
1500 East Carson  (562) 570-1690
HOURS: After School Program (Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: noon to 5 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Basketball court, community center, playground, tennis courts

59. STEARNS CHAMPIONS PARK
4520 East 23rd St.  (562) 570-1685
HOURS: After School Program Sept.-June), M-F: 3-6 p.m.; Free Summer Fun Days, M-F: noon to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Learning Hub (Sept. – June), M-F, 2:30 p.m. to 6p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball and softball fields, community center, playground, tennis courts

60. VETERANS PARK
101 East 28th St.  (562) 570-1695
HOURS: Free Summer Fun Days, M-F: noon to 5 p.m.; Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Learning Hub (Sept. – June), M-F, 2:30 p.m. to 6p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball, soccer and softball fields; basketball and all sport courts, community center, playground

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

62. WHALEY PARK
5620 Atherton St.  (562) 570-1710
HOURS: After School Program (Sept.-June), M-F:2:30-5:30 p.m.; Summer Fun Days, M-F: noon to 5 p.m. Summer Day Camp Program, M-F: 9 a.m. to 4 p.m.; Summer Food Program and Youth Sports – visit LBParks.org.
AMENITIES: Baseball and softball fields, basketball court, community center, playground
The Rancho Los Alamitos is on the National Register of Historic Places and has been home to diverse cultures for over 7,000 years. It includes a ranch house (ca. 1790-1933), 4 acres of lush historic gardens, an interpretive center, a gift shop stocked with books and unique items, and a restored barnyard with livestock including horses, sheep, goats, chickens, and ducks.

Rancho Los Alamitos is open daily Wednesday through Sunday, 1:00 to 5:00 pm. We are closed for seasonal maintenance from Monday, December 19 to Wednesday, January 11.

During your visit, wander garden trails, take a tour with our knowledgeable docents, meet the barnyard’s resident livestock, and explore California history. Events and activities are subject to change. Please visit RanchoLosAlamitos.org for the latest information about programs, events, and group tours.

WINTER ACTIVITIES

HOLIDAY OPEN HOUSE
Thursday & Friday, December 8 & 9, 2022
4:00 to 8:00 pm
Take a tour of the Ranch House decked for a 1920s Christmas party and enjoy music and light refreshments in the barnyard.

6350 WINTER FAMILY FESTIVAL
Saturday, December 10, 2022
12:00 to 4:00 pm
Celebrate the winter season at Rancho Los Alamitos. Learn about holiday traditions from the site’s diverse cultures over thousands of years. Activities will include music, dance performances, photo ops, crafts, food tastings, and more.

VOLUNTEER AT THE RANCHO
Kick off the new year by sharing your time and talents with the community. Volunteers care for our gardens, lead tours for the public and school groups, welcome visitors to the historic site, and more. Learn more at https://rancholosalamitos.org/volunteer.html.

THIRD- & FOURTH-GRADE FIELD TRIPS – Virtual & In-Person!
The Rancho offers engaging school programs that complement California’s history and social science curriculum. Visit https://rancholosalamitos.org/school_tours.html or contact schools@RanchoLosAlamitos.org for more information.
Rancho Los Cerritos (RLC) is a 5-acre National, State, and Local Historic Landmark in the Bixby Knolls neighborhood that is operated by the Rancho Los Cerritos Foundation (non-profit organization) in a public/private partnership with the City of Long Beach. RLC includes an adobe home, historic gardens, rotating exhibitions, a research library, and archival collections. Visitors can learn about the site's history and the lives of people who have called this land home over time. In addition to guided and self-guided tours, RLC offers a variety of specialty programs and events for people all ages. For more information, call (562) 206-2040 or visit www.rancholoscerritos.org.

ROOTS IN CALIFORNIA: CONCEPTS OF HOME
RAÍCES DE CALIFORNIA: CONCEPTOS DE HOGAR
During Public Hours, through March 12, 2023

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

BIRDING AND STORYTIME

The following safety measures are in place for the following events: Advanced registration is required. All participants must follow the site’s current pandemic protocols. Please RSVP using the following link: www.rancholoscerritos.org/upcoming-events/.

BIRDING OPPORTUNITY
Thursday, December 8, January 12 & February 8 at 8-9:30a.m. RLC opens early on the second Thursday of the month for birders to enjoy the site. Participants are free to stroll the grounds and observe resident and migrant birds; staff will be available to answer bird-related questions. Bring binoculars, if you have them. A hat, water bottle, and close-toed shoes are recommended. This free program is open to all. Rain cancels.

TUESDAY STORYTIME
December 6, 13, 20, 27; January 3, 10, 17, 24, 31; February 7, 14, 21, 28 at 10-10:30am
Join us on Tuesday mornings for Storytime! Our staff and volunteers have collected the best children’s books from diverse authors to read to you and your young children. We sing songs too! This free program is open to all young children and their families. Participants are encouraged to bring strollers, blankets, and snacks.

STORYTELLING DAYS AT THE RANCHO
Saturdays, December 17 & February 18 at 10am - noon.
Join us for a family-friendly morning of crafts, activities, and bilingual stories in celebration of the art of storytelling! In conjunction with the current exhibition, “Roots in California,” Storytelling Days provide an opportunity for children to create images of “home,” plant “story seeds,” and hear stories in English and Spanish from new and seasoned storytellers. This free program is open to the public.
¡LEAMOS! LET’S READ! - BILINGUAL STORYTIME
Saturday, December 17 and February 18 at 10-10:30am. Free.

Únase a nosotros para escuchar historias y canciones en español e inglés el tercer sábado por la mañana del mes de 10-10:30 am. Nuestro personal y voluntarios han recopilado los mejores libros para niños pequeños de diversos autores para leerles a usted y a sus hijos de primaria. Este programa gratuito está abierto a todos los niños y sus familias. Se anima a los participantes a traer mantas y bocadillos. Se aplican las siguientes medidas de seguridad: Se solicita inscripción previa, o los participantes pueden proporcionar información de contacto a su llegada. Todos los participantes deben seguir los protocolos pandémicos actuales del sitio.

Join us for stories and songs in Spanish and English on the third Saturday morning of the month at 10-10:30am. Our staff and volunteers have collected the best young children’s books from diverse authors to read to you and your elementary-aged children. This free program is open to all children and their families. Participants are encouraged to bring blankets and snacks.

UPCOMING EVENTS

AFTER-HOURS HOLIDAY TOURS 2022
Saturday & Sunday, December 10 & 11 at 3:30-7:30p.m. “After-Hours Holiday Tours 2022” will take place at Rancho Los Cerritos on Saturday & Sunday, December 10 & 11, 3:30-7:30p.m. The festive event includes living history tours through the decorated adobe by candlelight, as costumed guides share a century of holiday traditions! The event includes live music and light refreshments. Guests can also browse the Museum Shop to find unique holiday gifts for all ages. The fee is $5/person. Reservations can be made starting November 15. Each tour lasts about 30 minutes. This event is likely to sell out, so be sure to make your reservation in advance. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information.

NEW VOLUNTEER OPEN HOUSE
Saturday, February 4 at 11am - noon.
Become a Volunteer! Adults and teens who want to support their community are encouraged to attend our in-person Volunteer Open House on February 4. At RLC, volunteers can serve as greeters during public hours, can train as house or garden docents to give public tours, and/or can work behind the scenes in the gardens, with the collections, and in other departments. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org for more information, or RSVP using the following link: www.rancholoscerritos.org/upcoming-events/

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

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

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

Long Beach Animal Care Services (LBACS) has expanded its adoption hours, Wednesdays through Fridays, 10 a.m. to 4:30 p.m., and Saturdays through Sundays, 10 a.m. to 3 p.m. The community is invited to celebrate by bringing home a new furry friend. Appointments are no longer required for adoptions; visitors may enter through the Animal Admissions entrance.

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

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

SPAY/NEUTER INFORMATION

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

SPAY / NEUTER VOUCHERS

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

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.

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 your best friend.
PARKS, RECREATION & MARINE has opened new playgrounds providing youth safe places to play. The playgrounds have replaced equipment that outlived its usefulness and needed upgrades made to provide access to all members of the community. Play areas all offer separate, age appropriate play structures for ages two-five and five to twelve with creative themes.

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

Cherry Park, 1901 E. 45th St.  
Colorado Lagoon, 5059 E. Colorado St  
Drake Park, 951 Maine St.  
El Dorado Regional Park, 7550 E. Spring St.  
Jackson Park, 1432 Jackson St.  
M.L. King Jr Park, 19650 Lemon Ave.  
Los Cerritos Park, 3750 Del Mar Ave.  
Recreation Park, 4900 E. 7th St.  
Jenni Rivera Memorial Park, 2001 Walnut Ave.  
Veterans Park, 101 E. 28th St.  
Whaley Park, 5620 Atherton St.
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. The pool is closed on DECEMBER 25, Christmas Day; JANUARY 1, New Year’s Day; MONDAY, JANUARY 16, MLK Day; MONDAY, FEBRUARY 20, Presidents’ Day.

OPEN SWIM FEES
Youth, ages 17 yrs & under: $1
Seniors, ages 50 yrs & over: $3
Adults, ages 18-49 yrs:$4

SWIM PASSES
Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-$20, Seniors-$58, Adults-$87. Membership Pass valid for 25 visits. Fees may be subject to change.

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

ALL AGES RECREATION SWIM
M/W 7-9 p.m.
Sa noon.-2p.m.
Swim meets and special events may cause changes to the regular pool schedule. Call the pool at (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 (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is $6 per class for adults. $42 for a fitness pass valid for 10 classes.
Deep Water Exercise: M/W/F 10.-10:50a.m.
Shallow Water Exercise: M/W/F 11-11:50a.m.
Tu/Th 7-8p.m.

SWIM LESSONS
Class options: Saturday mornings January - February.
Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes is available at LB Parks.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. Visit LB Parks.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 opens on Saturday, December 3 at 8 a.m.

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.
55383 9Mths-2Yrs 1/7-2/25 11:30-11:55a.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.
55384 3-5Yrs 1/7-2/25 9-9:25a.m. Sa $55
55385 3-5Yrs 1/7-2/25 10:30-10:55a.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.
55386 3-5Yrs 1/7-2/25 9:30-9:55a.m. Sa $55

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.
55375 6-12Yrs 1/7-2/25 10-10:25a.m. Sa $55
55376 6-12Yrs 1/7-2/25 11-11:25a.m. Sa $55

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.
55374 13Yrs + 1/7-2/25 8.-8:50a.m. Sa $65
Leeway Sailing Center offers lessons in sailing. The usage of sailboats and sailing equipment including lifejackets are included in the course fee. 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.

BEGINNING CAPRI SAILING (14’ BOATS)
A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

55372 13Yrs & up 1/7-1/28 9a.m.-noon Sa $120
55373 13Yrs & up 2/4-2/25 9a.m.-noon Sa $120

MAKE LONG BEACH MARINA YOUR HOME PORT

SLIPS ARE NOW AVAILABLE IN LONG BEACH MARINAS

ALAMITOS BAY MARINA  SHORELINE MARINA
RAINBOW HARBOR/MARINA

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

Call for more information or to schedule a visit.
562-570-4950

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

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 48 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear “swim diapers”. Pool fee is per entry and activity. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED 12/18-12/31 FOR MAINTENANCE. POOL CLOSED SUNDAY, JANUARY 1st, New Year’s Day; MONDAY, JANUARY 16th, MLK Jr Day, MONDAY, FEBRUARY 20th, President’s Day.

OPEN SWIM FEES

Youth, ages 17 Yrs and under: $1
Seniors, ages 50 Yrs and 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 valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/Fri 6-8 a.m.
Tu/Th/Fri noon -2 p.m.
Tu/Th 9-11 a.m.
Sat/Sun noon -1 p.m.

ALL AGES RECREATION SWIM

Tu/Th/Fri 2:30-4 p.m.
Tu/Th 6:30-8 p.m.
Sat/Sun 1:30-3 p.m.

WATER EXERCISE CLASSES

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

Deep Water: TU/TH/F 6:30-7:20 a.m.
Shallow Water: TU/TH/F 8:30-5:00 a.m.
M/W 6-6:30 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.lbyparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a $10 service charge assessed. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

REGISTRATION DATES

Lesson Start Date:

<table>
<thead>
<tr>
<th>Registration Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/7/2-25 Sa November 19, 8 a.m.</td>
</tr>
<tr>
<td>1/3-1/26 Tu/Th November 8, 8 a.m.</td>
</tr>
<tr>
<td>1/31 Tu/Th January 17, 8 a.m.</td>
</tr>
</tbody>
</table>

AQUATICS - PARENT & CHILD

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

55581 9 Mths-3 Yrs 1/7-2/25 9:30-9:55 a.m. Sat $32

AQUATICS - PRE-SCHOOL AQUATICS 1

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

55582 3-5 Yrs 1/7-2/25 10:30-10:55 a.m. Sat $32
55592 3-5 Yrs 1/3-1/26 4-4:25 p.m. Tu/Th $32
55601 3-5 Yrs 1/31-2/23 4-4:25 p.m. Tu/Th $32

AQUATICS - PRE-SCHOOL AQUATICS 2

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

55583 3-5 Yrs 1/7-2/25 11:30-11:55 a.m. Sat $32
55593 3-5 Yrs 1/3-1/26 4:30-4:55 p.m. Tu/Th $32
55602 3-5 Yrs 1/31-2/23 4:30-4:55 p.m. Tu/Th $32

48 REGISTER ONLINE AT WWW.LBPARKS.ORG
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.
55584 3-5Yrs 1/7-2/25 9-9:25 a.m. Sat $32
55594 3-5Yrs 1/3-1/26 5-5:25 p.m. Tu/Th $32
55603 3-5Yrs 1/31-2/23 5-5:25 p.m. Tu/Th $32

AQUATICS - LEVEL 1
Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.
55575 6-12Yrs 1/7-2/25 10-10:25 a.m. Sat $32
55574 6-12Yrs 1/7-2/25 10:30-10:55 a.m. Sat $32
55576 6-12Yrs 1/7-2/25 11-11:25 a.m. Sat $32
55587 6-12Yrs 1/3-1/26 4-4:25 p.m. Tu/Th $32
55596 6-12Yrs 1/31-2/23 4-4:25 p.m. Tu/Th $32

AQUATICS - LEVEL 2
Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.
55577 6-12Yrs 1/7-2/25 11-11:25 a.m. Sat $32
55578 6-12Yrs 1/7-2/25 11:30-11:55 a.m. Sat $32
55588 6-12Yrs 1/3-1/26 4:30-4:55 p.m. Tu/Th $32
55597 6-12Yrs 1/31-2/23 4:30-4:55 p.m. Tu/Th $32

AQUATICS - LEVEL 3
Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.
55579 6-12Yrs 1/7-2/25 11:30-11:55 a.m. Sat $32
55589 6-12Yrs 1/3-1/26 5:30-5:55 p.m. Tu/Th $32
55598 6-12Yrs 1/31-2/23 5:30-5:55 p.m. Tu/Th $32

AQUATICS - LEVEL 4
Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.
55580 6 12Yrs 1/7-2/25 11:30-11:55 a.m. Sat $32
55590 6-12Yrs 1/3-1/26 6-6:25 p.m. Tu/Th $32
55599 6-12Yrs 1/31-2/23 6-6:25 p.m. Tu/Th $32

AQUATICS - LEVEL 5/6
Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.
55571 6-12Yrs 1/7-2/25 10-10:25 a.m. Sat $32
55591 6-12Yrs 1/3-1/26 5-5:25 p.m. Tu/Th $32
55600 6-12Yrs 1/31-2/23 5-5:25 p.m. Tu/Th $32

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.
55572 13Yrs+ 1/7-2/25 9-9:50 a.m. Sa $40
55586 13Yrs+ 1/3-1/26 5:30-6:20 p.m. Tu/Th $40
55595 13Yrs+ 1/31-2/23 5:30-6:20 p.m. Tu/Th $40

PRIVATE SWIM LESSONS
Instructor Sang Chuk has 15+ years of experience teaching. Does not matter if you have never stepped into a pool, you already can swim, or you just need some stroke refinement. Private swim lesson by appointment only. $150 for 5 lessons. 30 minutes per lesson. Send email to sang.chuk@aqua-time.net or text (562)248-6538 to setup appointment.

SWIM TEAM
Practice with fellow swim mates and work on conditioning techniques and skill enhancement. Must have Level 5 swim skills and be between the ages of 11-16. Please call the Pool for additional information. Saturdays, January 7-February 25, 10-11 a.m.

JUNIOR LIFEGUARD PROGRAM
Get started for a future job as a lifeguard. Learn swimming and lifeguarding skills. Must have Level 5 swim skills and be between the ages of 11-16. Please call the pool for more information. Saturdays, January 7-February 25, 9-10 a.m.

POOL RENTALS
Please call the pool supervisor at (562)570-1718 for information, fees and scheduling availability.
SILVERADO PARK POOL 1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION
Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82 - 84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear “swim diapers.” If you decide to bring a life jacket it must be coast guard or marine approved. Please show staff before entry. No toys are allowed in the pool during recreational hours. Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED: DEC 5-18; SUNDAY, JANUARY 1, New Years Day; , MONDAY, JANUARY 16, MLK Day & MONDAY, FEB 20, President’s Day.

OPEN SWIM FEES
Youth, ages 17 Yrs and Under: $1
Seniors ages 50 Yrs and Over: $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: Youth-$25, Seniors-$40, Adults-$65. Membership Pass valid for 25 visits. Fees may be subject to change.

ALL AGES RECREATION SWIM
Saturdays 1-3:15p.m.

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

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

SWIMMING LESSONS
Class options: Monday and Wednesday afternoons or Saturday mornings. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test.

REGISTRATION DATES
Lessons Starting Date: Registration Begins:
1/2/23-1/25/23 M/W 11/07/22 @ 8 am
1/7/23-2/25/23 Sa 11/12/22 @ 8 am
1/30/23-2/22/23 M/W 12/03/22 @ 8 am

Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

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

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

LAP SWIM
M/W/F 6:30-10a.m.
M/W noon-1 p.m.
M/W 7-8p.m.
Friday noon-3p.m.
Saturday noon-1 p.m.
Sunday 8-10a.m.

REGISTER ONLINE AT WWW.LBPARKS.ORG
### AQUATICS - LEVEL 2
Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
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<td>55398</td>
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<td>Sa</td>
<td>$32</td>
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<td>55399</td>
<td>6-12yrs</td>
<td>1/30-2/22</td>
<td>M/W</td>
<td>$28</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Time</th>
<th>Days</th>
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</tr>
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<tbody>
<tr>
<td>55400</td>
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<td>55401</td>
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<td>55402</td>
<td>6-12yrs</td>
<td>1/30-2/22</td>
<td>M/W</td>
<td>$28</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
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<tbody>
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<td>55405</td>
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<td>1/30-2/22</td>
<td>M/W</td>
<td>$28</td>
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</table>

### 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.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Days</th>
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<td>M/W</td>
<td>$28</td>
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</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>55409</td>
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<td>55410</td>
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<td>$28</td>
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</table>

### AQUATICS - PARENT & CHILD
An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
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<th>Days</th>
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<td>Sa</td>
<td>$32</td>
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<td>55414</td>
<td>9Mths-3Yrs</td>
<td>1/30-2/22</td>
<td>M/W</td>
<td>$28</td>
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</tbody>
</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 Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
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<tbody>
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<td>M/W</td>
<td>$28</td>
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</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 Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>55419</td>
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<td>M/W</td>
<td>$28</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Range</th>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>55422</td>
<td>5Yrs</td>
<td>1/7-2/25</td>
<td>Sa</td>
<td>$32</td>
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</table>

SIGN UP FOR LINKLB AT longbeach.gov/linklb
We encourage everyone to REGISTER ONLINE at www.LBParks.org and click on the LB RecConnect link, then follow the 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 form at Billie Jean King Tennis Center or El Dorado Park Tennis Center. Please make checks payable to ‘BRIDGE THE GAP TENNIS MGMT’. Students should wear tennis court-appropriate tennis shoes. PLEASE, NO BLACK- SOLED SHOES ALLOWED! Each participant is required to bring TWO cans of NEW tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

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

**TENTS**

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Min 4/Max 12; 8 WEEKS.

<table>
<thead>
<tr>
<th>Pros</th>
<th>El Dorado Park West</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>55449 Beg 4-5Yrs</td>
<td>1/14-3/4 8:30-9 am</td>
<td>Sa $80</td>
</tr>
<tr>
<td>55452 Beg 4-5Yrs</td>
<td>1/16-3/6 3:30 pm</td>
<td>M $80</td>
</tr>
<tr>
<td>55454 Beg 4-5Yrs</td>
<td>1/20-3/10 3:30 pm</td>
<td>F $80</td>
</tr>
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</table>

**Inouye**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>55450 Beg 4-5Yrs</td>
<td>1/14-3/4 9:30-10 am Sa $80</td>
</tr>
<tr>
<td>55451 Beg 4-5Yrs</td>
<td>1/15-3/5 9:30-10 am Su $80</td>
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**Inouye**

<table>
<thead>
<tr>
<th>Somerset</th>
<th></th>
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<tbody>
<tr>
<td>55453 Beg 4-5Yrs</td>
<td>1/17-3/7 7:30 pm Tu $80</td>
</tr>
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</table>

**Nguyen**

<table>
<thead>
<tr>
<th>Billie Jean King</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>55455 Beg 4-5Yrs</td>
<td>1/20-3/10 6:30-7 pm F $80</td>
</tr>
</tbody>
</table>

**FIRST STROKES**

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 12; 8 WEEKS.

<table>
<thead>
<tr>
<th>Inouye</th>
<th>Naples</th>
</tr>
</thead>
<tbody>
<tr>
<td>55456 Adv 5-7Yrs</td>
<td>1/14-3/4 9-9:30 am Sa $80</td>
</tr>
<tr>
<td>55457 Beg/AdvBeg 5-7Yrs</td>
<td>1/15-3/5 9-9:30 am Su $80</td>
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<table>
<thead>
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<tbody>
<tr>
<td>55458 Beg 5-7Yrs</td>
<td>1/16-3/6 3:30-4 pm M $80</td>
</tr>
<tr>
<td>55460 Beg 5-7Yrs</td>
<td>1/18-3/8 3:30-4 pm W $80</td>
</tr>
<tr>
<td>55461 Beg 5-7Yrs</td>
<td>1/20-3/10 3:30-4 pm F $80</td>
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<table>
<thead>
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<tbody>
<tr>
<td>55459 Beg 5-7Yrs</td>
<td>1/17-3/7 7:30-8 pm Tu $80</td>
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<table>
<thead>
<tr>
<th>Nguyen</th>
<th>Billie Jean King</th>
</tr>
</thead>
<tbody>
<tr>
<td>55463 Beg 5-7Yrs</td>
<td>1/20-3/10 6:30-7 pm F $80</td>
</tr>
</tbody>
</table>

**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. Group Lessons: Min 6/Max 12; 8 WEEKS.

<table>
<thead>
<tr>
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<th>El Dorado Park West</th>
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</thead>
<tbody>
<tr>
<td>55464 Beg 7-10Yrs</td>
<td>1/14-3/4 9:30-10 am Sa $100</td>
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<tr>
<td>55465 AdvBeg 7-15Yrs</td>
<td>1/14-3/4 10-11am Sa $100</td>
</tr>
<tr>
<td>55472 Beg 7-15Yrs</td>
<td>1/16-3/6 4-5 pm M $100</td>
</tr>
<tr>
<td>55473 Beg 7-15Yrs</td>
<td>1/17-3/7 4:30-5:30 pm Tu $100</td>
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**Inouye**

<table>
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<tbody>
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<td>1/17-3/7 5:30-6:30 pm Tu $100</td>
</tr>
<tr>
<td>55475 Beg 7-15Yrs</td>
<td>1/18-3/8 4-5 pm W $100</td>
</tr>
<tr>
<td>55476 AdvBeg 7-15Yrs</td>
<td>1/18-3/8 5-6 pm W $100</td>
</tr>
<tr>
<td>55478 Beg 7-15Yrs</td>
<td>1/19-3/9 4:30-5:30 pm Th $100</td>
</tr>
<tr>
<td>55479 AdvBeg 7-15Yrs</td>
<td>1/19-3/9 5:30-6:30 pm Th $100</td>
</tr>
<tr>
<td>55481 Beg/AdvBeg 7-15Yrs</td>
<td>1/20-3/10 4-5 pm F $100</td>
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<tr>
<td>55467 AdvBeg 8-12Yrs</td>
<td>1/15-3/5 11 am-noon Su $100</td>
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<table>
<thead>
<tr>
<th>Sleigh</th>
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<tbody>
<tr>
<td>55468 Int 8-12Yrs</td>
<td>1/15-3/5 noon-1 pm Su $100</td>
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</tr>
<tr>
<td>55469 Adv 8-12Yrs</td>
<td>1/15-3/5 1-2 pm Su $100</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>55470 Beg 7-10Yrs</td>
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<tr>
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</table>

<table>
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<tbody>
<tr>
<td>55477 Adv 8-12Yrs</td>
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<tr>
<td>55480Int 8-12Yrs</td>
<td>1/19-3/9 7-8 pm Th $100</td>
</tr>
<tr>
<td>55484 Beg 8-12Yrs</td>
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<table>
<thead>
<tr>
<th>Nguyen</th>
<th>Billie Jean King</th>
</tr>
</thead>
<tbody>
<tr>
<td>55483 Beg 8-12Yrs</td>
<td>1/20-3/10 7-8 pm F $100</td>
</tr>
</tbody>
</table>
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 fun skills test to determine if you are in the correct level. 16yrs & up; Min 6/Max 12; 8 WEEKS.

Pastorini Marina Vista
55486 AdvBeg 1/19-3/9 9-10 am Th $100
55487 Int 1/19-3/9 10-11 am Th $100

Inouye Naples
55488 Int 1/14-3/4 10-11 am Sa $100
55489 Adv 1/14-3/4 11 am-noon Sa $100
55490 Beg 1/14-3/4 noon-1 pm Sa $100
55491 AdvBeg 1/14-3/4 1-2 pm Sa $100

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! 16yrs & up; Min 6/Max 12; 8 WEEKS.

CARDO TENNIS

Pros
55518 All Levels 1/17-3/7 11 am-noon Tu $100
55519 All Levels 1/18-3/8 6-7 pm W $100

SENIOR CLASS

Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. 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+. Tennis is also a tremendously effective fitness activity for all seniors. ALL LEVELS WELCOME! Min 6/Max 12; 8 WEEKS.

Nguyen Billie Jean King
55520 1/14-3/4 2-3 pm Sa $80

Stone EL Dorado West
55521 1/19-3/9 11 am-noon Th $80

BEGINNERS WELCOME
El Dorado Park Tennis Center
2800 N. Studebaker Rd. Long Beach 90815
For more information contact
Renee Corona (949) 344-0403
rc@sctennisacademy.com
www.sctennisacademy.com

SOUTHERN CALIFORNIA TENNIS ACADEMY

BILLIE JEAN KING TENNIS CENTER
1040 PARK AVE. LONG BEACH, CA 90804
Find us on Facebook and Instagram

FOR MORE INFORMATION CONTACT
VALTER PAIVA AT: (562) 266-8882
INFO@VALTERTENNIS.COM
WWW.VALTERTENNIS.COM

SIGN UP FOR LINKLB AT LONGBEACH.GOV/LINKLB 53
RESPONSIBLE PARTY _____________________________________________ CITY/ZIP ______________________
WORK PHONE ___________________________ HOME PHONE __________________
STUDENT NAME ___________________________ BIRTHDATE ____________

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

SIGNATURE ___________________________ DATE ____________

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

Total amount enclosed: $ ____________

REMARKS: 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.

---

**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!**
**REGISTRATION FORM**  Please print and fill out completely

**It’s easy to register:**

- **On Line:** Register anytime. Visit [http://activenet.active.com/lbparks](http://activenet.active.com/lbparks) or follow the link at [www.lbparks.org](http://www.lbparks.org). See “how to” videos and answers to “FAQs.”
  - Click on the “request an account” button.
  - Fill in your information, then click submit (or click submit and add family member to register more people at the same address).

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

- **In person:** Bring completed form and payment to the office, Monday-Friday 8 a.m.-5 p.m.
  - For more information call (562) 570-3111

**Main Contact**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 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.**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Birthdate</th>
<th>Male/female</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td>2</td>
<td></td>
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<td>M / F</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>M / F</td>
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<table>
<thead>
<tr>
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<th>Student Name</th>
<th>Class Name</th>
<th>Day(s)</th>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
</table>

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.
A Community Partner

The Port of Long Beach supports nonprofit groups and special events throughout the city. We look forward to seeing you – stop by our booth to learn more about how we’re working to become the world’s first zero-emissions port.