

Shoreline



City of Seal Beach Classes and Activities • Spring 2019



City of Seal Beach

211 8th Street, Seal Beach, CA 90740 • (562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7pm

Mayor	Thomas Moore, District 2
Mayor Pro Tem	Schelly Sustarsic, District 4
Council Member	Sandra Massa-Lavitt, District 5
Council Member	Mike Varipapa, District 3
Council Member	Ellery Deaton, District 1

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Gloria Harper
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Director of Finance/City Treasurer	Victoria Beatley
Director of Community Development	Crystal Landavazo
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Community Services Coordinator	David Nett, ext. 1339
City Arborist	Joseph Talarico, ext 1318
PT Recreation Coordinator	Anthony Nguyen, ext. 1344
PT Recreation Coordinator	Kevin Ortiz, ext 1307

RECREATION COMMISSIONERS

District 1	Steve Miller
District 2	James Dunphy
District 3	Rita Hayes
District 4	Ann Gunvalsen Saks
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting

7pm; 2nd & 4th Monday per month

Planning Commission

7pm; 1st & 3rd Monday per month

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June,
September, October, November

INSIDE

City News	3-5
Clubs and Organizations	6
Community Events	7
Preschool and Youth Dance	8-10
Youth Sports	11-12
Youth & Adult Special Interest	13
Adult Dance & Fitness	14-16
Surfing	17
Aquatics & Community Pool	18-19
Junior Lifeguards	19
Tennis	20
Summer Camps Preview	21-26
Senior Services	27-28
Map & Facilities	29
Registration Procedures	30
Class Registration Form	31

HOLIDAY CLOSURES

President's Day – February 18

Memorial Day – May 27

Day Light Savings

Spring Forward on Sunday, March 10

REGISTER^{Online}

SealBeachCa.Gov

Online Registration Begins:

February 11

Walk-in and Mail Registration Begins:

February 19

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre- registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.



City News

City of Seal Beach

A Message from the City Manager's Office

On November 6, 2018, voters in Seal Beach made their voices heard and overwhelmingly supported Measure BB, a ballot measure that increases the transaction and use tax (sales tax) from 7.75% to 8.75%. As of result of the measure passing, the City is estimated to generate approximately \$5 million in new sales tax annually, which will vastly increase the City's ability to remain fiscally healthy and limit the impact of adverse economic conditions in the future.

Voters understood that the State's continuing takeaway of local funds, the litany of unfunded mandates forced upon us by the State's legislature, declining revenues, and the increasing costs of doing business were at the root of the City's financial challenges. The voters also recognized that we could not simply cut our way out of a long-term structural deficit though services, and personnel was greatly reduced in order to maintain short-term fiscal solvency. Like many other municipalities across California who considered sales tax measures, the voters of Seal Beach acknowledged that the measure was an investment in their quality of life and checked the box that ensured that the services they have come to expect and enjoy would be intact for years to come and would not be taken away by the State.

While the City's finances have stagnated over the course of several years, City staff has performed admirably and continues to work at a commendable pace despite having fewer personnel and resources. They have worked harder and smarter and have demonstrated their commitment to providing quality service to the residents of Seal Beach. We will continue to do so and as we gradually become more financially strong, the services we provide will only improve.

The City Council should also be commended for their leadership and vision, as it was their unanimous endorsement of Measure BB that made certain the public would appreciate the urgency and need for taking the extraordinary step of placing a sales tax measure on the ballot. As representatives of the citizens of Seal Beach, the Council holds in high regard their fiduciary responsibilities, and as such fully backed a measure that they believed would set Seal Beach on a path towards fiscal recovery. The Council included provisions that would assure that Measure BB funds would be independently audited and that public safety, infrastructure, key services, and increasing reserves would be the primary use of new sales tax revenue.

Though funds from Measure BB will not begin to materialize until July, the City Council has already begun to act on the essence of the ballot measure by taking action at the December 10, 2018 City Council meeting, authorizing an increase in the Police Department's sworn Police Officer staffing level from 35 to 38 positions. The residents of Seal Beach desired, and were promised, more police officers if Measure BB were to pass. It did and now our neighborhoods will be safer as a result.

Over the course of the next few months, the Council, City staff, along with input from residents, will begin to draft next year's fiscal budget. We ask that you participate in the process by attending a budget workshop, speaking with your elected representative, or contacting City Hall to share your ideas. We also encourage you to visit the City's website at www.sealbeachca.gov to learn more about the budget process and ways in which you can contribute.

We look forward to a great Spring in Seal Beach!

Jill R. Ingram
City Manager



Driver And Pedestrian Safety

The City would like to encourage drivers and pedestrians in school zones and at intersections throughout the City to do their part to further ensure the safety of drivers and pedestrians in Seal Beach.

The following are safety tips you can follow to be a responsible driver and pedestrian:



Driver Safety Near School Zones

- Set a good example by always buckling up and ensuring your passengers do the same, never using your cell phone while driving, and obeying all traffic laws and speed limits.
- Lower your speed and remain alert for pedestrians – 25 mph is the maximum speed in and around school zones when children are present.
- Watch for and yield to pedestrians in crosswalks and at all intersections – they have the right-of-way at these locations.
- If a vehicle stops in front of you, slow down and stop. Do not try to go around – it may have stopped for pedestrians.
- Never pass a school bus while it is stopped with flashing lights and/or stop sign extended – children are either entering or exiting. Failure to yield is a moving violation and subject to citation.
- Know and follow the specific drop-off and pick-up procedures established by your student's school.



Pedestrian Safety

- Cross the street only at signalized or marked crosswalks, and always STOP, LOOK, and LISTEN...stop and then look left, right, and then left again, to check for traffic in all directions before stepping off the curb. Keep looking for cars as you cross the street.
- Always make eye contact with drivers to make sure they can see you before crossing in front of them.
- Eliminate opportunities for distraction such as the use of cell phone, hand-held games, or music devices.
- Watch for cars backing out of parking spaces, or entering or exiting driveways – and, never dart out in front of a parked car.

As an added safety measure for both pedestrians and drivers, the Seal Beach Police Department will conduct enhanced patrols at school zones and key City intersections to enforce traffic laws, including speeding, cell phone use, illegal parking, school bus passing, jaywalking, and non-seatbelt use.

For more information on driver and pedestrian safety, please view the link below from the National Highway Traffic Safety Administration:

<https://www.nhtsa.gov/road-safety/pedestrian-safety>

COYOTE AWARENESS

The highly adaptable nature of coyotes allows them to live in almost any habitat in California, including in a surfside community like that of Seal Beach where natural space is part of the landscape and ample food, water and shelter is readily available.

If coyote sightings are common in your neighborhood or place of recreation, now is a good time to learn or re-familiarize yourself with the following simple strategies to safely and responsibly coexist with these wild members of the dog family:

- **Make your property less hospitable for wild animals by removing shelter, water and food sources:** thin ground level shrubbery that can serve as a den or hiding place, take down and store bird feeders, and promptly gather low-hanging fruit and collect any fallen pieces.
- **Teach your children to learn how to identify a coyote** and know what to do if they come in contact with one.



- **Keep a close watch on small pets**, feed them indoors, supervise them while they are outdoors, and always walk dogs on a leash.
- **Store refuse containers in your garage** or another secure area until collection day.

Also of great importance is that you and your neighbors **do not intentionally feed or attempt to tame coyotes** as this causes them to lose their innate fear of humans, thereby increasing the potential for encounters and conflicts with people and pets.

In the event you encounter an aggressive or fearless coyote, the Department of Fish and Wildlife suggest you take the following steps:

- **Make sure you are standing up and pick up any small pets or young children** who may be with you.
- **Face the coyote and try to frighten it away by shouting loudly and waving your arms** above your head to appear larger and menacing; do not stop until it has left. If it does not leave or starts walking toward you, throw rocks, sticks or other objects in its direction.
- **Retreat by walking backward** so that you do not turn your back on the coyote.

For more information or to report a coyote sighting, please contact Long Beach Animal Care Services at (562) 570-7387 or you may report a coyote on their website at <http://www.longbeach.gov/acs/wildlife/coyote-report/>

You may also visit the City's website at www.sealbeachca.gov for more information about coyotes.

Could you be the next
Miss Seal Beach 2019?
Register today on line at:
misssealbeach.com
Miss Seal Beach Contestants: Ages of 17 - 26
Miss Teen Seal Beach Contestants: Ages of 14 - 16
Jr. Miss Seal Beach Contestants: Grades 4 - 6th

Meet and Greet
Tuesday, February 26th
Time and Place TBD

It's a winning combination
Working hand in hand with LAUSD, SB Lions Club, SBPD and City of Seal Beach
Benefits
OVER 250 HOURS OF COMMUNITY SERVICE ~ Public Speaking
Training ~ One on One Interview Training
Seal Beach Chamber of Commerce Events ~ Ribbon Cuttings
Ronald McDonald House ~ Veterans Hospital Long Beach

Pageant Date
Sunday, March 31, 2019
The Performing Arts Center
Los Alamitos High School
Doors open at 3:00pm
Pageant starts at 4:00pm
Call Rosie for more information at:
562-810-0087

A collage of photos showing various groups of people, including pageant contestants and community members. The photos are arranged in a grid-like fashion, with some larger and some smaller. The people are smiling and appear to be at various community events and pageant activities.

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Democratic Club of Seal Beach	562-240-5135 demsealbeach.org democraticclubofsealbeach@gmail.com
Food Finders	Patti Larson — 562-598-3003
Friends of the Mary Wilson Library	562-431-3584
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Philharmonic Society of OC	Debbie Edwards — 562-254-4693
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith — 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services	(800) 299- 4898
-------------------	-----------------

■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
--------------	----------------

■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
---------------	----------------------

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
SB Tennis Center	562-598-8624
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546
Leisure World	562-431-6586
Fire Main Line	714-573-6000
Fire Information	714-573-6200

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066
Marley's Preschool	562-598-2900

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
------------------------------------	--------------

■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307 — Adult Sports, Athletic Fields, Community Gardens, Classes, and General Information	
Ext. 1339 — Facility/Park Rentals, Special Event Permits, Film Permits, and Seal Beach Tennis Center	
Ext. 1344 — Brochure/Classes, Instructors, Aquatics, Classes, and General Information	



City of Seal Beach- Community Services



SealBeachRec



Run Seal Beach

Saturday, April 6

Sign Up Now - Entries are limited. For more information or to register, visit RunSealBeach.com. All event proceeds support local recreation programs, services and facilities. See back page for additional information.

Free Tax Assistance

Mondays

Mondays February 4 - April 8, 2019

Fire Station #48 - Community Room

3131 N. Gate Rd



Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older, in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30am, 9:15am, 10am, 10:45am, and 11:30am. Call (562) 431-2527 x1344 or x1307 for your free appointment and paperwork today!



SATURDAY, APRIL 27th

9-3PM

MAIN STREET, SEAL BEACH. CA



Adult Sports League

Basketball League

Basketball league begins May 20

\$375 per team, plus \$25 per game for referees.

Softball League

Softball league begins

May 21 (men) and May 23 (coed)

\$425 per team.

For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov. Dates subject to change due to weather.



Children's Library Programs

at Mary Wilson Library (707 Electric Avenue)

MONTHLY CHILDREN'S PROGRAMS

■ Storytime

Mondays & Tuesdays: 10:30 & 11:30am

May 6 – July 30 (not 5/27) • Storytime Vacation: April

■ Adopt a Butterfly & Release

April: See library for details

■ Read & Play with Rover:

Wednesdays 3rd Thursday of the month (Lily) 10:30–11:30am

Thursdays 3/21, 4/18, 5/16 (Cash) 4pm

■ Let off some S.T.E.A.M.!

1st Saturdays of the month 10am – 4pm

■ Lego Days 1st Thursdays of the month 4-5pm

■ Nowruz: Persian New Year Kids' Craft

Thursday, March 21 3pm – 6pm

■ Spring Break Afternoon Movies & Crafts

See library for details. April 22 - 27

■ Teen Advisory Group Meet Ups:

Thursdays 4/4 & 6/6 5:30 – 6:45pm

ADULT MONTHLY PROGRAMS

- **A Book Club with No Meetings** Join our "Book Club with No Meetings". Stop by the display and check out the current title. Complete a bookmark survey for an opportunity drawing which will occur on the 1st of the month.

- **Get Stitched – 1st Tuesday at 5pm** Slow down and de-stress with hand stitching. Use one of our supplied projects or bring your own.

- **Crafts for Adults – 2nd Tuesday at 2pm** Enjoy our monthly craft workshop. Supplies provided; you bring the creativity!

- **Culinary Book Club – 3rd Tuesday at 6pm** Check out the latest book and enjoy themed refreshments. Pick up this month's title at the Library.

- **Movie Discussion Group – 4th Tuesday at 2pm** Check out this month's movie at the library to watch at home then meet to discuss your thoughts.

- **Book Discussion Group – 4th Thursday at 10am** Check out this month's book selection and then meet to discuss your thoughts over coffee and donuts.

- **Bingo! – 5th Tuesday special event.**

April 30th 3-4pm We celebrate a rare 5th Tuesday with some bingo fun. Join us for laughs and prizes.

LIBRARY HOURS

Mon - Thurs: 10am-7pm • Sat: 9am-5pm • Closed Friday & Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584.

Preschool & Youth Dance

Music & Movement

Danuta Klimczak

Seal Beach Senior Center, 707 Electric Ave

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

211061-01	5 weeks	Fri	3/15-4/12	10-10:50am	2 yrs	\$70
211061-02	5 weeks	Fri	3/15-4/12	11-11:50am	3-4 yrs	\$70
211061-03	6 weeks	Fri	5/3-6/7	10-10:50am	2 yrs	\$84
211061-04	6 weeks	Fri	5/3-6/7	11-11:50am	3-4 yrs	\$84

Ballet & Tap Combo

Anne Pennypacker

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 5/27

Los Alamitos Community Ctr, 10911 Oak Street

222021-01	4 weeks	Mon	3/25-4/15	3-3:45pm	5-8 yrs	\$57
222021-02	5 weeks	Mon	4/29-6/3	3-3:45pm	5-8 yrs	\$67

Marina Community Ctr, 151 Marina Dr

222021-03	4 weeks	Wed	3/27-4/17	3-3:45pm	5-8 yrs	\$57
222021-04	5 weeks	Wed	5/1-5/29	3-3:45pm	5-8 yrs	\$67



Hip Hop

Anne Pennypacker

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 5/27

Los Alamitos Community Ctr, 10911 Oak Street

242034-01	4 weeks	Mon	3/25-4/15	3:45-4:30pm	5-12 yrs	\$57
242034-02	5 weeks	Mon	4/29-6/3	3:45-4:30pm	5-12 yrs	\$67

Recreation Park, Long Beach, 4900 E. 7th Street

242034-03	4 weeks	Tue	3/26-4/16	5:15-6pm	5-12 yrs	\$57
242034-04	5 weeks	Tue	4/30-5/28	5:15-6pm	5-12 yrs	\$67

Marina Community Ctr, 151 Marina Dr

242034-05	4 weeks	Thu	3/28-4/18	3:45-4:30pm	5-12 yrs	\$57
242034-06	5 weeks	Thu	5/2-5/30	3:45-4:30pm	5-12 yrs	\$67

Rockstar Popstar

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! No Class 5/27

227046-01	4 weeks	Mon	3/25-4/15	4:30-5:15pm	5-12 yrs	\$57
227046-02	5 weeks	Mon	4/29-6/3	4:30-5:15pm	5-12 yrs	\$67

Princess Ballet

Anne Pennypacker

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 5/27

Los Alamitos Community Ctr, 10911 Oak Street

242033-01	4 weeks	Mon	3/25-4/15	5:15-6pm	4-7 yrs	\$57
242033-02	5 weeks	Mon	4/29-6/3	5:15-6pm	4-7 yrs	\$67

Marina Community Ctr, 151 Marina Dr

242033-03	4 weeks	Thu	3/28-4/18	3-3:45pm	4-7 yrs	\$57
242033-04	5 weeks	Thu	5/2-5/30	3-3:45pm	4-7 yrs	\$67

Tiaras & Tutus

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Pretend to be your favorite princess in this magical introduction to ballet walks, waltz steps and more. Through fairytale stories every class will be a dream come true. \$5 material fee due to Instructor at first class meeting. No Class 5/27

222025-01	4 weeks	Mon	3/25-4/15	6-6:30pm	2.5-5 yrs	\$57
222025-02	5 weeks	Mon	4/29-6/3	6-6:30pm	2.5-5 yrs	\$67



Hip Hop Tots!

Anne Pennypacker

Recreation Park, Long Beach, 4900 E. 7th Street

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

222027-01	4 week	Tue	3/26-4/16	4-4:30pm	2.5-5 yrs	\$57
222027-02	5 weeks	Tue	4/30-5/28	4-4:30pm	2.5-5 yrs	\$67

Musical Minis

Anne Pennypacker

Recreation Park, Long Beach, 4900 E. 7th Street

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love!

227070-01	4 weeks	Tue	3/26-4/16	6-6:30pm	2.5-5 yrs	\$57
227070-02	5 weeks	Tue	4/30-5/28	6-6:30pm	2.5-5 yrs	\$67



Musical Theatre Stars

Anne Pennypacker

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

Recreation Park, Long Beach, 4900 E. 7th Street

222024-01	4 weeks	Tue	3/26-4/16	4:30-5:15pm	5-12 yrs	\$57
222024-02	5 weeks	Tue	4/30-5/28	4:30-5:15pm	5-12 yrs	\$67

Marina Community Ctr, 151 Marina Dr

222024-03	4 weeks	Wed	3/27-4/17	3:45-4:30pm	5-12 yrs	\$57
222024-04	5 weeks	Wed	5/1-5/29	3:45-4:30pm	5-12 yrs	\$67

Petit Ballet

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom, pink ballet shoes required for class. Bedroom slippers will not be allowed.

Marina Community Center, 151 Marina Dr

222023-01	4 weeks	Wed	3/27-4/17	6-6:30pm	2.5-5 yrs	\$57
222023-02	5 weeks	Wed	5/1-5/29	6-6:30pm	2.5-5 yrs	\$67

Los Alamitos Community Ctr, 10911 Oak Street

222023-03	4 weeks	Fri	3/29-4/19	4:30-5pm	2.5-5 yrs	\$57
222023-04	5 weeks	Fri	5/3-5/31	4:30-5pm	2.5-5 yrs	\$67

Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well!

211033-01	4 weeks	Thu	3/28-4/18	4:30-5:15pm	6-12 yrs	\$57
211033-02	5 weeks	Thu	5/2-5/30	4:30-5:15pm	6-12 yrs	\$67

Pre-School Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class!

211032-01	4 weeks	Thu	3/28-4/18	5:15-5:45pm	4-6 yrs	\$57
211032-02	5 weeks	Thu	5/2-5/30	5:15-5:45pm	4-6 yrs	\$67

Teeny Tumblers

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is go go go! We'll bearwalk, crab-walk, tumble, and jump having so much fun it will be hard to stop! This is a great first class to promote coordination and balance in a creative environment.

211031-01	4 weeks	Thu	3/28-4/18	5:45-6:15pm	2.5-5 yrs	\$57
211031-02	5 weeks	Thu	5/2-5/30	5:45-6:15pm	2.5-5 yrs	\$67

Prima Ballet

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Bonjour ballerinas! Designed for dancers desiring a strong ballet foundation, this class will explore proper execution of footwork, piques, pirouettes and more, in a fun creative fashion!

242032-01	4 weeks	Fri	3/29-4/19	3:45-4:30pm	5-12 yrs	\$57
242032-02	5 weeks	Fri	5/3-5/31	3:45-4:30pm	5-12 yrs	\$67

Stars of Jazz

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine.

227045-01	4 weeks	Fri	3/29-4/19	5-5:45pm	5-13 yrs	\$57
227045-02	5 weeks	Fri	5/3-5/31	5-5:45pm	5-13 yrs	\$67

FuNk!

Anne Pennypacker

**Los Alamitos Community Ctr,
10911 Oak Street**

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and FuNky! Dance sneakers or tap shoes recommended for class.



222029-01	4 weeks	Fri	3/29-4/19	5:45-6:15pm	5-13 yrs	\$57
222029-02	5 weeks	Fri	5/3-5/31	5:45-6:15pm	5-13 yrs	\$67

Pizza Party

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr

Let's rock-n-roll and party! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Fun for all dancers and friends are welcome too! Pre-registration required. \$5 material fee payable to instructor – cash only.

242039-01	1 day	Sat	6/1	5-7pm	2+ yrs	\$20
-----------	-------	-----	-----	-------	--------	------

Spring Dance Recital

Anne Pennypacker

McGaugh Campus, 1698 Bolsa Ave

Registration for dancers to participate in the recital. Additional costume fee payable to instructor.

211029-01	1 day	Tue	6/4	5:30-9pm	2+ yrs	\$20
-----------	-------	-----	-----	----------	--------	------



Online Registration Begins: **February 11**

Walk-in and Mail Registration Begins: **February 19**

Youth Sports

Coed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 4/21

233060-01	10 weeks	Sun	2/24-5/5	12-2pm	9-14 yrs	\$190
-----------	----------	-----	----------	--------	----------	-------

Little Hoopers Basketball

One on One Basketball, Inc.

McGaugh Campus, 1698 Bolsa Ave

Little Hoopers is a fun, fundamental skills curriculum that provides basketball players with proven practice techniques and fun games to build a young player's overall game. We will teach the players athletic motor skills, fundamentals, and how to play in a game. Our final class will conclude with a big scrimmage. No Class 4/25

223041-01	8 weeks	Thu	3/28-5/23	5-5:50pm	5-7 yrs	\$150
-----------	---------	-----	-----------	----------	---------	-------

Pure Stroke Shooting Clinic **★NEW★**

One on One Basketball, Inc.

McGaugh Campus, 1698 Bolsa Ave

If you want to be an incredibly consistent shooter, you have to learn correct technique, and train your body how to work like a machine. Our staff will identify bad habits in your shooting form, teach you how to eliminate them, and replace bad habits with a consistent, linear technique that is guaranteed to dramatically improve your accuracy. No Class 4/25

223043-01	8 weeks	Thu	3/28-5/23	6-7pm	9-16 yrs	\$150
-----------	---------	-----	-----------	-------	----------	-------

TinyTykes Youth Soccer

Challenger Sports

Zoeter Softball Field, 12th Street @ Landing

TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players ages 2-5. Challenger's professional coaches will take your young player on a journey to imaginary destinations of Dinosaurs, Princesses, Dragons, and more; through soccer, music, storytelling, and games. Join us for 7-weekly, 45 minute sessions coached by our team of international soccer coaches. Sign up today! \$15 Material Fee includes: For 1st Time participants you will receive a Soccer Jerseys, Shorts & Ball! For returning players you will have choice of TinyTykes backpack, Lenny the Lion or an inflatable goal!

223171-01	7 weeks	Fri	4/12-5/24	9:15-10am	2-3 yrs (Cubs)	\$110
-----------	---------	-----	-----------	-----------	----------------	-------

223171-02	7 weeks	Fri	4/12-5/24	10:15-11am	4-5 yrs (Lions)	\$110
-----------	---------	-----	-----------	------------	-----------------	-------

Mini-Hawk Multi-Sport

Skyhawks Sports

Marina Vista Park, 5355 E Eliot St.

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 may be required for younger ages.

223180-01	9 weeks	Tue	4/2-5/28	3:30-4pm	2-3.5 yrs	\$155
-----------	---------	-----	----------	----------	-----------	-------

223180-02	9 weeks	Tue	4/2-5/28	4:15-5pm	3.5-5 yrs	\$155
-----------	---------	-----	----------	----------	-----------	-------

Kidz Love Soccer



Mommy/Daddy & Me Soccer

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

223995-01	7 weeks	Tue	4/16-5/28	5:30-6pm	2-3.5 yrs	\$105
-----------	---------	-----	-----------	----------	-----------	-------

Tot/ Pre Soccer

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

223997-01	7 weeks	Tue	4/16-5/28	4:45-5:20pm	3.5-5 yrs	\$105
-----------	---------	-----	-----------	-------------	-----------	-------

Soccer 1

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

223998-01	7 weeks	Tue	4/16-5/28	4-4:45pm	5-7 yrs	\$105
-----------	---------	-----	-----------	----------	---------	-------

TGA Premier Sports Camps ★NEW★

TGA Premier Sports
Edison Park, 99 College Park Dr

TGA Premier Sports offers an unforgettable experience for your camper by combining professional instruction, station-based games and drills, and fun activities. Camps feature Sport Specific STEAM Labs (science experiments, art activities, etc.), Fun All Camp Activities each day, and a Friday Festival and Game Day for friends and family to attend! Learn a new sport or improve your skills and make friends and memories that will last a lifetime. TGA Sports Camps include: Daily nutritional lunches, snacks and drinks, sports bottle, fun giveaways and awards, specialized sport professionals, low camper to instructor ratio, and a fun, enriching camp environment. Camp also includes optional before/after camp care (\$10 for 1 hour before camp, \$16 for 2 hours after camp). Golf Camp: \$20 Club Rental (students can bring their own for no fee).

TGA Premier Tennis

223100-01	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$259
-----------	--------	---------	-----------	---------	----------	-------

TGA Premier Volleyball

223100-02	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$259
-----------	--------	---------	-----------	---------	----------	-------

TGA Premier Cheerleading

223100-03	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$259
-----------	--------	---------	-----------	---------	----------	-------

TGA Premier Flag Football

223100-04	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$259
-----------	--------	---------	-----------	---------	----------	-------

TGA Premier Lacrosse

223100-05	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$259
-----------	--------	---------	-----------	---------	----------	-------

TGA Premier Golf Bixby Village Golf Course, 6180 Bixby Village Dr

223100-06	1 week	Mon-Fri	4/22-4/26	9am-3pm	5-15 yrs	\$285
-----------	--------	---------	-----------	---------	----------	-------

Skatedogs Competition Series

Adam Cohen

Oak Middle School, 10821 Oak Street

This program is for all levels but skaters should know the fundamentals first. Each week you will practice and compete in tons of fun skill appropriate events. Includes a trophy, a custom shirt, pizza party, and award ceremony. Requirements: A signed waiver, a skateboard, helmet, knee pads, and elbow pads. No Class 4/21

223149-01	6 weeks	Sun	3/24-5/5	1-3pm	5-13 yrs	\$215
-----------	---------	-----	----------	-------	----------	-------

Karate for Kids

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.

222052-01	4 weeks	Tue	4/2-4/23	5-5:30pm	3.5-12 yrs	\$42
-----------	---------	-----	----------	----------	------------	------

Parent & Me Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10 - 4:10 PM for Tuesday, and 12:00-2:00 PM for Saturday), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 4/16 & 4/20

213131-01	4 week	Tue	3/26-4/23	4:10-4:40pm	3-5 yrs	\$48
213131-02	4 week	Sat	3/30-4/27	11:15-11:45am	3-5 yrs	\$48

Ice Skating for Tots

Westminster Ice

Westminster Ice, 13071 Springdale St

Beginning ice skating made fun and easy. Your skater will have a smile on their face when they learn how to march, glide, hop, and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM for Wednesday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 4/17 & 4/20

213130-01	4 weeks	Wed	3/27-4/17	5:40-6:10pm	3-5 yrs	\$48
213130-02	4 weeks	Sat	3/30-4/27	10:45-11:15am	3-5 yrs	\$48

Beginning Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of (3:00-5:00 PM for Thursday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 4/18 & 4/20

223130-01	4 weeks	Thu	3/28-4/25	4:10-5:10pm	6-16 yrs	\$48
223130-02	4 weeks	Sat	3/30-4/27	10:15-10:45am	6-16 yrs	\$48

Ice Hockey Skating Skills

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 PM for Wednesday class, and 12:00-2:00 PM for Saturday class) and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. No Class 4/17

223141-01	4 weeks	Wed	3/27-4/24	6:10-6:40pm	6-16 yrs	\$48
-----------	---------	-----	-----------	-------------	----------	------

Youth & Adult Special Interest

Mad Science Camp – Rockin’ Rockets

O.C. Mad Science

Los Alamitos Community Ctr, 10911 Oak Street

Aerodynamics and Motion are the stars of this fun filled week! Design and build everything from kites to planes to ROCKETS! Experiment with different propulsion systems as you use your new knowledge to blast off, track and recover all kinds of Flying Machinery! Have a rockin’ good time at this rocket camp! \$30 materials fee due the first day of class.

227205-01	1 week	Mon-Fri	4/22-4/26	9am-12pm	5-12 yrs	\$165
-----------	--------	---------	-----------	----------	----------	-------

Magic in Seal Beach

Dan Habel

North Seal Beach Center, 3333 Saint Cloud D

Join local magicians to observe and learn the history of magic and magic effects, including close-up magic as well as stage magic. Professional magicians will lecture four times per year. Meetings held every 3rd Saturday of the month from 6-10pm. Contact Daniel Habel for more information at (562) 434-4693.

3/16	4/20	5/18
------	------	------

Portrait Workshop

Ying Liu

Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor: Ying Liu, OPA. Beginners through advanced students are welcome. Bring medium of choice: pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demos and one-on-one instruction are provided. \$5 model fee payable to instructor at each class. A one time \$5 material fee payable to instructor at the first class.

236096-01	8 weeks	Sat	4/6-5/29	9am-12pm	16+ yrs	\$88
-----------	---------	-----	----------	----------	---------	------

Transform Photo to Painting

Ying Liu

Los Alamitos Community Ctr, 10911 Oak Street

Have you ever wanted to create a nice painting from your photos - from a trip or of your kids or grand kids, or of your friends? During this workshop, the instructor, Ying Liu, OPA, will help students observe and participate in the complete process of creating a painting or paintings from photos. Students will experience a variety of subjects including figure, portrait, landscape, pets, still-life by working from reference photos or a medium of your liking. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity.

236097-01	5 weeks	Wed	4/10-5/8	6:30-9:30pm	16+ yrs	\$91
-----------	---------	-----	----------	-------------	---------	------

Guided Autobiography for Adults

Alison Cotter

Los Alamitos Community Ctr, 10911 Oak Street

Alison Cotter is a certified instructor in Guided Autobiography (GAB). She helps adults of all ages write about their life in a way that is meaningful, inspiring, and fun. Each GAB workshop features a new theme and a variety of writing prompts to spark the imagination and make writing easy. You will write one to two pages, read your story to the group, and listen as others read. Discussion focuses on ideas and discoveries, not on writing style or quality. Beginners welcome! Bring pen/paper or laptop.

222072-01	1 day	Wed	3/6	10am-12pm	18+ yrs	\$32
222072-02	1 day	Wed	4/3	10am-12pm	18+ yrs	\$32
222072-03	1 day	Wed	5/1	10am-12pm	18+ yrs	\$32

First Aid, CPR, & AED Training

Erik Berg

Firestation 48 Community Room, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. \$15 book fee payable to instructor at class meeting. There will be a 45 min lunch break, please bring a sack lunch.

246031-01	1 day	Sat	3/23	9am-3:30pm	16+ yrs	\$55
-----------	-------	-----	------	------------	---------	------

Build It Workspace Classes

Build It Workspace Staff

Build It Workspace, 4388 Cerritos Ave, Los Alamitos

For more class info, please visit register.sealbeachca.gov.

Computer Nuts & Bolts

213080-01	4 weeks	Wed	3/20-4/10	9:30-11am	5-8 yrs	\$75
213080-02	4 weeks	Sat	3/23-4/13	11am-12:30pm	5-8 yrs	\$75

Digital Life Skills

213080-03	4 weeks	Wed	3/20-4/10	9:30-11am	9+ yrs	\$75
213080-04	4 weeks	Sat	3/23-4/13	9-10:30am	9+ yrs	\$75

Build It Robotics Team

213080-05	4 weeks	Sat	3/23-4/13	11am-1pm	9-14 yrs	\$150
213080-06	4 weeks	Sat	5/4-5/25	11am-1pm	9-14 yrs	\$150

Build It Jr. Robotics Team

213080-07	4 weeks	Sat	3/23-4/13	9-10:30am	6-9 yrs	\$75
213080-08	4 weeks	Sat	5/4-5/25	9-10:30am	6-9 yrs	\$75

Basic Computer Skills & Safety

213080-09	4 weeks	Wed	5/1-5/22	9:30-11am	5-8 yrs	\$75
213080-10	4 weeks	Sat	5/4-5/25	11am-12:30pm	5-8 yrs	\$75

Drone Flying & Building

213080-11	4 weeks	Wed	5/1-5/22	9:30-11am	9+ yrs	\$75
213080-12	4 weeks	Sat	5/4-5/25	9-10:30am	9+ yrs	\$75

Adult Dance & Fitness

Beginning Ballroom

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot, and more! Partner not necessary. No Class 5/27

244020-01	4 weeks	Mon	3/25-4/15	7-7:45pm	18+ yrs	\$57
244020-02	5 weeks	Mon	4/29-6/3	7-7:45pm	18+ yrs	\$67

Adult Hip Hop

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dancefloor. Every session we'll work on new choreography and a new routine.

242028-01	4 weeks	Wed	3/27-4/17	6:30-7:15pm	18+ yrs	\$57
242028-02	5 weeks	Wed	5/1-5/29	6:30-7:15pm	18+ yrs	\$67

West Coast, Nightclub & More!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be the star on all the dance floors!

242029-01	4 week	Wed	3/27-4/17	7:15-8pm	18+ yrs	\$57
-----------	--------	-----	-----------	----------	---------	------

Latin Dance

Anne Pennypacker

Marina Community Center, 151 Marina Dr.

Let's get those feet moving right away! Learn the basics of Ballroom & Latin in this fun, friendly atmosphere! Students will learn dances such as rumba, cha cha, swing, waltz, salsa, and foxtrot. Partner not necessary.

242019-01	5 weeks	Wed	5/1-5/29	7:15-8pm	18+ yrs	\$67
-----------	---------	-----	----------	----------	---------	------

Wedding Survival

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Whether getting married, mother/son, father/daughter dance or simply attending a wedding, this class will prepare you to look your best on the dance floor!

242018-01	4 weeks	Thu	3/28-4/18	6:45-7:15pm	18+ yrs	\$48
242018-02	5 weeks	Thu	5/2-5/30	6:45-7:15pm	18+ yrs	\$60

Adult Tap

Anne Pennypacker

Marina Community Center, 151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

242026-01	4 weeks	Thu	3/28-4/18	7:15-8pm	18+ yrs	\$57
242026-02	5 weeks	Thu	5/2-5/30	7:15-8pm	18+ yrs	\$67

Gentle Yoga/Qigong

Suzy Hazard

Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Includes some Qigong (Chinese yoga) to enhance health & well being. Wear loose, comfortable clothing & bring a yoga mat.

242068-01	9 weeks	Tue	4/9-6/4	5:30-6:45pm	18+ yrs	\$82
-----------	---------	-----	---------	-------------	---------	------

Jacki Sorensen's Fitness/Dance

Jo Ellen Kerr

North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$11 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242030-01	11 weeks	Tue&Thu	4/9-6/20	4-5pm	18+ yrs	\$164
-----------	----------	---------	----------	-------	---------	-------

Jazzercise

Akemi Hanna

North Seal Beach Center, 3333 Saint Cloud Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. CLASS MEETS ON SATURDAYS 7:15-8:15am. No Class 5/27

242044-01	6 weeks	Mon/Wed/Fri/Sat	3/4-4/13	6-7pm	13+ yrs	\$70
242044-02	6 weeks	Mon/Wed/Fri/Sat	4/15-6/1	6-7pm	13+ yrs	\$70



Vinyasa Yoga – All Levels

Helle Dupont

North Seal Beach Center, 3333 Saint Cloud Dr

Unroll your mat for an invigorating full-body flow where you'll explore the postures and fundamental principles of Vinyasa Yoga. Set to inspiring tunes, this foundation building class will work every muscle through movement and breath at a moderate, yet intuitive pace. Yoga mat required. Option to pay \$16 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242060-01	5 weeks	Thu	3/7-4/4	7:15-8:30pm	15+ yrs	\$60
242060-02	6 weeks	Thu	4/18-5/23	7:15-8:30pm	15+ yrs	\$70

Fitness with Mari

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Up to 26 classes Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 5/20, 5/21, 5/22, 5/27

242092-01	Up to 26 classes	Mon-Wed	4/1-6/5	9-9:50am	18+ yrs	\$166
-----------	------------------	---------	---------	----------	---------	-------

Strength & Toning

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 5/20, 5/22, 5/27

242091-01	Up to 17 classes	Mon&Wed	4/1-6/5	10-10:50am	18+ yrs	\$112
-----------	------------------	---------	---------	------------	---------	-------

Zumba Fitness

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Drop in rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 5/20, 5/22, 5/27

242090-01	Up to 8 classes	Mon	4/1-6/3	6:30-7:30pm	18+ yrs	\$90
242090-02	Up to 9 classes	Wed	4/3-6/5	8-8:50am	18+ yrs	\$100
242090-03	Up to 17 classes	Mon Wed	4/1-6/5	6:30-7:30pm 8-9am	18+ yrs	\$160

Beginning Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful flowing movements tone muscles, align the body & enhance flexibility while promoting mindfulness. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

242073-01	5 weeks	Mon	3/4-4/1	6:40-7:40pm	18+ yrs	\$60
242073-02	5 weeks	Mon	4/22-5/20	6:40-7:40pm	18+ yrs	\$60

Intermediate Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness.

242074-01	5 weeks	Mon	3/4-4/1	5:30-6:30pm	18+ yrs	\$60
242074-02	5 weeks	Mon	4/22-5/20	5:30-6:30pm	18+ yrs	\$60

Beach Boot Camp

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$20 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242062-01	11 weeks	Sat	3/9-6/1	8-9am	18+ yrs	\$140
-----------	----------	-----	---------	-------	---------	-------



BeachFit Moms

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. BeachFit Moms is a daily class offered on Monday, Tuesday, Thursday, and Friday. Pay \$20 per class.

242063	13 weeks	M,T,Th,F	3/4	9:30-10:30am	18+ yrs	\$20
--------	----------	----------	-----	--------------	---------	------

Healthy Back I

Beach Fitness

Seal Beach Senior Center, 707 Electric Ave

(Beginning & Intermediate Pilates) The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. No Class 5/27

242069-01	12 weeks	Mon	3/11-6/3	11:30am-12:30pm	18+ yrs	\$137
-----------	----------	-----	----------	-----------------	---------	-------

Healthy Back II

Beach Fitness

Seal Beach Senior Center, 707 Electric Ave

(Advanced Pilates) This class work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met.

242071-01	12 weeks	Thu	3/7-5/30	11:30am-12:30pm	18+ yrs	\$137
-----------	----------	-----	----------	-----------------	---------	-------

Happy Hour Fit Club

Kerrie Davanon

Zoeter Softball Field, 12th Street @ Landing

At Happy Hour Fit Club we put the FUN back in fitness. Through kid-like games, we get in our cardiovascular training, and using the environment and equipment, we build muscle. Every class is designed so you work hard, yet leave with a smile. No class 4/23, 4/25

242055-01	4 weeks	Tue&Thu	3/5-3/28	8:45-9:45am	18+ yrs	\$125
242055-02	4 weeks	Tue&Thu	4/2-5/2	8:45-9:45am	18+ yrs	\$125

Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

Aging Backwards is designed to teach clients to listen to their bodies. Often a senior, less mobile or beginner participant will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards 45-minute class is to relax during movement so as not to exacerbate existing conditions, yet still increase range of motion - producing overall ease in functional activities. Chairs are used as balance enhancers for less stable individuals in this standing class.

242098-01	12 weeks	Fri	3/8-5/24	1:30-2:15pm	50+ yrs	\$138
-----------	----------	-----	----------	-------------	---------	-------

Essentrics® Aging Backwards II

Eunis Christensen

Seal Beach Tennis Center, 3900 Lampson Ave

Essentrics® Aging Backwards II class is designed for age 35+ recreational athletes who want to increase mobility, agility, and overall freedom of movement throughout their joints. Focus of the one hour class is to increase joint range of motion and correct muscle imbalance. Regular participation in Aging Backwards increases flexibility, strengthens and lengthens muscles, adjusts fascia, helps relieve chronic pain and results in energy and freedom of movement throughout the body.

242099-01	11 weeks	Tue	3/12-5/21	8:30-9:30am	35+ yrs	\$149
-----------	----------	-----	-----------	-------------	---------	-------

Aikido for Adults

Steve Wasserman

North Seal Beach Center, 3333 Saint Cloud Dr

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own, and belt testing is optional. All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9-10:30am.

242050-01	13 Weeks	Mon&Wed	3/4-6/2	7:30-9:30pm	18+ yrs	\$150
-----------	----------	---------	---------	-------------	---------	-------

Ice Skating for Adults

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM Wednesday and 12:00-2:00PM Saturday), and three additional passes to be used during the 4-week session. Please arrive 15 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 4/17 & 4/20

223131-01	4 weeks	Wed	3/27-4/24	6:40-7:10pm	17+ yrs	\$48
223131-02	4 weeks	Sat	3/30-4/27	10:15-10:45am	17+ yrs	\$48

Surfing

M&M Surfing – 5 Day Lessons

M&M Surf Instructors

8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Please indicate the 5 days of your choice during the week on the registration form or in the note section at the checkout screen. If you have any questions, please call Michael Pless at (714) 846-7873. Please bring receipt to class.

267061-01	5 days	Mon-Sun	3/4-3/10	8am-12pm	5+ yrs	\$290
267061-02	5 days	Mon-Sun	3/11-3/17	8am-12pm	5+ yrs	\$290
267061-03	5 days	Mon-Sun	3/18-3/24	8am-12pm	5+ yrs	\$290
267061-04	5 days	Mon-Sun	3/25-3/31	8am-12pm	5+ yrs	\$290
267061-05	5 days	Mon-Sun	4/1-4/7	8am-12pm	5+ yrs	\$290
267061-06	5 days	Mon-Sun	4/8-4/14	8am-12pm	5+ yrs	\$290
267061-07	5 days	Mon-Sun	4/15-4/21	8am-12pm	5+ yrs	\$290
267061-08	5 days	Mon-Sun	4/22-4/28	8am-12pm	5+ yrs	\$290
267061-09	5 days	Mon-Sun	4/29-5/5	8am-12pm	5+ yrs	\$290
267061-10	5 days	Mon-Sun	5/6-5/12	8am-12pm	5+ yrs	\$290
267061-11	5 days	Mon-Sun	5/13-5/19	8am-12pm	5+ yrs	\$290
267061-12	5 days	Mon-Sun	5/20-5/26	8am-12pm	5+ yrs	\$290
267061-13	5 days	Mon-Sun	5/27-6/2	8am-12pm	5+ yrs	\$290

M&M Surfing – 1 Day Lessons

M&M Surf Instructors

8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Please note, this class is good for any one day of group surfing instruction. This class is good for 3 hours of group instruction. Please indicate your date preference in the checkout screen. If you have questions, please call Michael Pless at (714) 846-7873. Bring receipt to lesson.

3 Hour Group Lesson

267063-01	1 day	Mon-Sun	3/4-6/2	8am-12pm	5+ yrs	\$90
-----------	-------	---------	---------	----------	--------	------

1 Hour Group Lesson

267064-01	1 day	Mon-Sun	3/4-6/2	8am-12pm	5+ yrs	\$80
-----------	-------	---------	---------	----------	--------	------

1 Hour Semi Private

267067-01	1 day	Mon-Sun	3/4-6/2	8am-12pm	5+ yrs	\$100
-----------	-------	---------	---------	----------	--------	-------

1 Hour Private

267068-01	1 day	Mon-Sun	3/4-6/2	8am-12pm	5+ yrs	\$115
-----------	-------	---------	---------	----------	--------	-------

Surf Birthday Parties ★NEW★

Chas Wickwire

1st Street Beach, 1st St & Ocean Ave

Make your birthday memorable with a fun surf experience! Surfboards and wetsuits are provided. Prices vary upon group size. Please indicate your date and time preference on the registration form or the online checkout screen. For more information, call Chas at (562) 896-0121.

Up to 8 Participants

267054-01	1 day	Sun&Sat	3/2-6/2	9-11am	All Ages	\$310
-----------	-------	---------	---------	--------	----------	-------

Up to 15 Participants

267054-02	1 day	Sun&Sat	3/2-6/2	9-11am	All Ages	\$400
-----------	-------	---------	---------	--------	----------	-------

1 Day Large Group Outing ★NEW★

Chas Wickwire

1st Street Beach, 1st St & Ocean Ave

Need to plan an awesome outing? Book a surf experience for your office, church group, or any other large group! Surfboards and wetsuits are provided. Prices vary upon group size. For more information, call Chas at (562) 896-0121.

267057-01	1 day	Mon-Sun	3/2-6/2	8-11am	All Ages	Call for Price
-----------	-------	---------	---------	--------	----------	----------------



Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527 Extension 1344

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$10 pass reissuing fee for all lost passes.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall 16 swim pass: \$80 34 swim pass: \$136 Unlimited Annual pass: \$300 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Thursday*	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	16 swim pass: \$40
Monday-Thursday**	6pm-6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

*Times Adjusted to 7pm - 8pm 3/11 - 4/19

**Times Cancelled 3/11 - 4/19

Renew Your Swim Pass Online!

If you have already been issued an electronic card by the Community Services Department and would like to renew your swim pass, visit register.sealbeachca.gov

Seal Beach Swim Team

The Seal Beach Swim Team is privately operated that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Private Swim Lessons

Please call Nora Jean Terborch at the pool office at (562) 430-9612 to arrange a private lesson.

Deep Water Aerobics

Cheryl von der Hellen

McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com. This class fills up fast so sign up early! No Class 5/27

244010-01	5 weeks	Mon&Wed	3/25-4/24	5:30-6:30pm	18+ yrs	\$70
244010-02	5 weeks	Mon&Wed	5/6-6/5	5:30-6:30pm	18+ yrs	\$70

Seal Beach Aquatics

Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate. No class 2/18-2/21.

124029-01	5 weeks	M,T,Thur	2/4-3/14	2:30-3:30pm	7-13yrs	\$155
Wed				1-2pm		

Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2019. Reservations are only available on Saturdays and Sundays from June 15 - August 18, 2019.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum and four hour maximum, on Saturdays and Sundays ONLY. Rental times and dates are available in the Community Services Office or by calling (562) 431-2527 x: 1344.

Reservations: All paperwork and reservations must be handled through the Community Services Department. You must submit a pool party application and FULL payment in order to reserve a time slot. There will be a fee of \$25 for date changes and cancellations.

Party Times	Pool Rental Fees	2 Lifeguards (1-40 swimmers and non-swimmers)
Saturday: 1-3 p.m. 3:30-5:30 p.m.	Seal Beach Resident	\$220 (per 2 hr time slot)
Sunday: 1-3 p.m.	Non- Resident	\$240 (per 2 hr time slot)

Swim Lessons

Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Fees for 5 Day Sessions	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$47/per child Non-Resident: \$67/per child	Resident Registration: 8 a.m. Non-Resident Registration: 11 a.m.	5/17	5/24	1	6/10-6/14
				2	6/17-6/21
				3	6/24-6/28
				4	7/8-7/12
				5	7/15-7/19
				6	7/22-7/26
				7	7/29-8/2

2019 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering this spring. 2018 Junior Lifeguard dates are **June 17 – August 2, from 9am – 12pm, Monday-Friday**. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 – 'C' group (ages 9-11)
- 1:45 – 'B' group (ages 12-13)
- 1:35 – 'A/AA' group (ages 14- 17)

ALL swim tests will be held at McGaugh Elementary School – 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

Test Dates and Times for (ALL) New & Returning Junior Guards:

- Wednesday, April 10:** 5-7pm
- Saturday, April 13:** 7-9am and 1-4pm
- Wednesday, April 17:** 5-7pm
- Saturday, April 20:** 7-9am and 1-4pm
- Saturday, April 27:** 7-9am and 1-4pm

Returning Jr. Guard Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2018 to be eligible to enroll in this section. **Enrollment will open for all Returning Junior Guards on April 15th at 8am and will close on April 28th, at 11:59pm.** Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at **Register.sealbeachca.gov**

New Jr. Guard Registration Information

Enrollment will open for New Junior Guard **residents** (zip code 90740 or 90743), on April 29th, at 8:00am and will close on May 5th at 11:59pm. Register at **Register.sealbeachca.gov**
Enrollment will open for New Junior Guard **non-residents**, on May 6, 2018 at 8am and will close May 20 at 11:59pm. **Enrollment for New Junior Guards into the 2019 Junior Lifeguard Program will be based on a first come, first serve basis. A wait list will be established after the program has reached capacity.**

For additional program information, please visit **www.sealbeachca.gov** or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

**Beach Lifeguards
McGaugh Campus**

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! *This class does not guarantee enrollment into the Junior Lifeguard program.* Space is limited – only 36 spots available – so sign up early!

224030-01	Mon- Fri	3 weeks	3/11-3/29	5:30-6:15pm	\$105	9-17 yrs
224030-02	Mon- Fri	3 weeks	4/1-4/19	5:30-6:15pm	\$105	9-17 yrs

Jr. Guard Conditioning Class

**Beach Lifeguards
McGaugh Campus**

This class is designed for the returning Junior Lifeguard who wants some extra help to prepare for the Swim Test and the summer. Enrollment in 2016 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited – only 36 spots available – so sign up early!

224031-01	Mon-Fri	3 weeks	3/11-3/29	6:15-7pm	\$105	9-17 yrs
224031-02	Mon-Fri	3 weeks	4/1-4/19	6:15-7pm	\$105	9-17 yrs



Tennis

Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

KIDS BEGINNING (4-6 years) No class: 5/27

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	3/11-4/1	Mon	4:30 - 5pm	\$40	Heather Park
233020-02	5/6-6/3	Mon	4:30 - 5pm	\$40	Heather Park
233020-03	3/13-4/3	Wed	4:30 - 5pm	\$40	Marina Park
233020-04	5/10-6/14	Wed	4:30 - 5pm	\$40	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 5/27

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-01	3/11-4/1	Mon	5 - 6pm	\$80	Heather Park
233021-02	5/6-6/3	Mon	5 - 6pm	\$80	Heather Park
233021-03	3/13-4/3	Wed	5 - 6pm	\$80	Marina Park
233021-04	5/10-6/14	Wed	5 - 6pm	\$80	Marina Park

JUNIORS INTERMEDIATE (7-10 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-08	5/7-5/28	Tue	4:30 - 5:30pm	\$80	Heather Park
233021-09	5/9-5/30	Thur	4:30 - 5:30pm	\$80	Marina Park

TWEENS BEGINNING (11-13 years) No class: 5/27

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	3/11-4/1	Mon	6 - 7pm	\$80	Heather Park
233023-02	5/6-6/3	Mon	6 - 7pm	\$80	Heather Park
233023-03	3/13-4/3	Wed	6 - 7pm	\$80	Marina Park
233023-04	5/10-6/14	Wed	6 - 7pm	\$80	Marina Park

TWEENS INTERMEDIATE (11-13 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-05	5/7-5/28	Tue	5:30 - 6:30pm	\$80	Heather Park
233023-06	5/9-5/30	Thur	5:30 - 6:30pm	\$80	Marina Park

ADULTS BEGINNING (14+ years) No class: 5/27

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-01	3/11-4/1	Mon	7 - 8pm	\$80	Heather Park
233022-02	5/6-6/3	Mon	7 - 8pm	\$80	Heather Park
233022-03	3/13-4/3	Wed	7 - 8pm	\$80	Marina Park
233022-04	5/10-6/14	Wed	7 - 8pm	\$80	Marina Park

Seal Beach Tennis Center

3900 Lampson Ave, Seal Beach CA 90740

For more information, call 562-598-8624.

BEGINNING PICKLEBALL (16+ yrs) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233040-01	3/2-3/23	Sat	10:30am-12pm	\$99	SBTC
233040-02	4/6-4/27	Sat	10:30am-12pm	\$99	SBTC
233040-03	5/4-5/25	Sat	10:30am-12pm	\$99	SBTC

INTERMEDIATE PICKLEBALL (16+ yrs) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233043-01	3/2-3/23	Sat	12:30pm-2:00pm	\$99	SBTC
233043-02	4/6-4/27	Sat	12:30pm-2:00pm	\$99	SBTC
233043-03	5/4-5/25	Sat	12:30pm-2:00pm	\$99	SBTC

TINY TOTS TENNIS (4-5 yrs) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
33035-01	3/6-3/27	Wed	3:15pm-3:45pm	\$40	SBTC
233035-02	4/10-5/1	Wed	3:15pm-3:45pm	\$40	SBTC
233035-03	5/8-5/29	Wed	3:15pm-3:45pm	\$40	SBTC

ADULT BEGINNING TENNIS (18+ years) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233030-01	3/6-3/27	Wed	10:30am-11:30am	\$63	SBTC
233030-02	4/10-5/1	Wed	10:30am-11:30am	\$63	SBTC
233030-03	5/8-5/29	Wed	10:30am-11:30am	\$63	SBTC



Summer Camps Preview

Cute Baby Animals Art Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$30 material fee due at first class meeting.

327040-01	1 week	Mon-Fri	6/17-6/21	9:30-11am	5-12 yrs	\$138
-----------	--------	---------	-----------	-----------	----------	-------

Superhero Gymnastics Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$25 material fee payable to instructor on the first day of camp.

327048-01	1 week	Mon-Fri	6/17-6/21	11am-1pm	4-7 yrs	\$158
-----------	--------	---------	-----------	----------	---------	-------

327048-02	1 week	Mon-Fri	7/22-7/26	11am-1pm	4-7 yrs	\$158
-----------	--------	---------	-----------	----------	---------	-------

Fairytale Fantasy Art Camp ★NEW★

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

From fairies, unicorns & mermaids, to dragons, gnomes & elves, this mystical camp has it all! Using several artistic medias, campers will create an enchanting exhibit to wow our audience at week's end! \$30 material fee payable to instructor on the first day of camp.

327061-01	1 week	Tue-Fri	6/18-6/21	1-3pm	5-12 yrs	\$138
-----------	--------	---------	-----------	-------	----------	-------



Zombie-riffic Art Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

A ghoulishly good time will be had by all who attend this ethereal art camp! Every day using various artistic media, artists will create creepy canvases of zombie-riffic art for a HAUNTING show at week's end! \$30 material fee payable to instructor on the first day of camp.

327041-01	1 week	Mon-Fri	6/24-6/28	9:30-11am	5-12 yrs	\$138
-----------	--------	---------	-----------	-----------	----------	-------

Hip Hop Dance Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$25 material fee payable to instructor at first class.

327043-01	1 week	Mon-Fri	7/8-7/12	9:30am-12pm	5-12 yrs	\$158
-----------	--------	---------	----------	-------------	----------	-------

327043-02	1 week	Mon-Fri	7/29-8/2	9:30am-12pm	5-12 yrs	\$158
-----------	--------	---------	----------	-------------	----------	-------

Magizoology: Fantastic Beasts Art Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Enrolling all muggles for a wizardly week of Potter-themed art! Discover and draw your patronus animal, and explore the depths of Magizoology: griffins, dragons, centaurs, unicorns and more! Using various artistic media through the week, we'll have a collection worthy of the walls of Hogwarts for a magical presentation at camp's end! \$30 material fee payable to instructor at first day of camp.

327045-01	1 week	Mon-Fri	7/8-7/12	12-2pm	5-12 yrs	\$158
-----------	--------	---------	----------	--------	----------	-------

Enchanted Princess Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Come dream of far off lands, enchanted forests full of unicorns and fairies where fairytales do exist. Princesses will sing, dance, and create magical costumes to wear for the happy ending- our ENCHANTING SHOW at camp's end! \$25 material fee payable to instructor on the first day of camp.

327049-01	1 weeks	Mon-Fri	7/15-7/19	9:30-11am	4-7 yrs	\$138
-----------	---------	---------	-----------	-----------	---------	-------

Rockstar Popstar Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$25 material fee payable to instructor on the first day of camp.

327046-01	1 week	Mon-Fri	7/15-7/19	11am-1pm	5-12 yrs	\$158
-----------	--------	---------	-----------	----------	----------	-------

"Jurassic" Art Camp

Anne Pennypacker

Marina Community Center - Large Room, 151 Marina Dr

Travel back 199 million years to create dinosaurs, birds and rodents amidst a warm climate full of lush forests. Artists will explore the lands before time, learning history as they paint, draw and sketch these amazing creatures. \$30 material fee payable to instructor at first day of camp.

327050-01	1 week	Tue-Fri	7/16-7/19	1-3pm	5-12 yrs	\$138
-----------	--------	---------	-----------	-------	----------	-------

Perfect Pixies & Fabulous Fairies

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Do you believe? With a sprinkle of pixie dust we'll journey to a fantasy land where fairies dance the days away. From flower fairies to secret garden games, every day will be a magical new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. \$25 material fee payable to instructor on the first day of camp.

327053-01	1 week	Mon-Fri	7/22-7/26	9:30-11am	4-7 yrs	\$138
-----------	--------	---------	-----------	-----------	---------	-------

Sea Monster Art Camp

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

A monstrosly cool camp exploring the folklore of mythical sea monsters such as krakens, mermaids, the hippocamp, bunyip and many more! Every day artists will create magical masterpieces using various artistic media while learning the legends and tales of old. \$30 material fee payable to instructor on the first day of camp.

327054-01	1 week	Tue-Fri	7/23-7/26	1-3pm	5-12 yrs	\$138
-----------	--------	---------	-----------	-------	----------	-------

Star Wars Art Camp!

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

A long time ago, in an art camp far far away... young Jedis trained to become masters of star wars themed art. Using various artistic media throughout the week, we'll have a collection as strong as the force for an exhibit at camp's end. \$30 material fee payable to instructor on the first day of camp.

327055-01	1 weeks	Mon-Fri	7/29-8/2	12-2pm	5-13 yrs	\$158
-----------	---------	---------	----------	--------	----------	-------

Musical Madness: Aladdin! ★NEW★

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Genie, I wish for the BEST summer camp ever! Wishes come true as we journey to Agrabah, visit the Cave of Wonders, and create a whole new world through dancing, singing, and acting. Curtains open at camp's end for a magical show not to be missed! \$25 material fee payable to instructor on the first day of camp.

327052-01	1 week	Tue-Fri	6/25-6/28	1-3pm	5-13 yrs	\$138
-----------	--------	---------	-----------	-------	----------	-------

Musical Madness: Descendants! ★NEW★

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Travel to Auradon and the Isle of the Lost in this Descendants themed camp! Become Mal, Eric, Carlos, Ben and many more characters to discover why good is the new bad! Curtains open at camp's end for a magical musical performance! \$25 material fee payable to instructor on the first day of camp.

327052-02	1 weeks	Tue-Fri	7/30-8/2	2-4pm	5-13 yrs	\$138
-----------	---------	---------	----------	-------	----------	-------

Cartoon Classics Art Camp ★NEW★

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr

Paint, sketch, and create favorite cartoon characters and see them come to life upon the canvas! Using various artistic media, campers will create captivating caricatures for an amazing exhibit at camp's end! \$30 material fee payable to instructor on the first day of camp.

327060-01	1 week	Mon-Fri	6/24-6/28	11am-1pm	5-13 yrs	\$158
-----------	--------	---------	-----------	----------	----------	-------

Top Junior Chef

Edutainment Arts

Firestation 48 Community Room, 3131 N. Gate Rd

Our goal is to open a restaurant in one week! Campers will learn food handling skills and hygiene and then learn how to make several delicious and fun dishes. Crafts and games are used to keep the cooking fun. Our restaurant is open at the end of the week for family and friends. (2 guests per student enrolled allowed at the final days meal.) \$20 material fee payable to instructor at first day of camp.



323162-01	1 week	Mon-Fri	7/15-7/19	9am-12pm	7-12 yrs	\$165
-----------	--------	---------	-----------	----------	----------	-------



Green Screen LEGO Flix

Incrediflix Inc.

Firestation 48 Community Room, 3131 N. Gate Rd

Bring LEGO stop-motion animation to the next level! Students transport their LEGO worlds using green screen technology, and then bring it to life in movies students will storyboard, shoot, and voice-over in age appropriate groups. Movies will be available for download 1 month after program ends. \$35 Production Fee payable to Instructor on the first day of camp.

327209-01	1 week	Mon-Fri	7/29-8/2	9am-12pm	7-12 yrs	\$130
-----------	--------	---------	----------	----------	----------	-------

Animation Flix

Incrediflix Inc.

Firestation 48 Community Room, 3131 N. Gate Rd

All new animations for 2019! In this fast paced class, students create up to 4 stop motion movies using dinosaurs, paper cartoons, white board, and a free choice where students get to choose from PlayDoh, jewels, or items brought from home. Movies will be available for download 1 month after program ends. \$35 Production fee payable to instructor on the first day of camp.

327211-01	1 week	Mon-Fri	7/29-8/2	1-4pm	7-12 yrs	\$130
-----------	--------	---------	----------	-------	----------	-------

LEGO & Animation Flix

Incrediflix Inc.

Firestation 48 Community Room, 3131 N. Gate Rd

Registration discount and lunch supervision provided for those who register for a full day of IncrediFlix camps! Discount included in price of camp. Please bring your own sack lunch. See individual camp descriptions. \$70 production fee payable to the instructor due first day of camp.

327212-01	1 week	Mon-Fri	7/29-8/2	9am-4pm	7-12 yrs	\$240
-----------	--------	---------	----------	---------	----------	-------

Mad Science – Crazy Chemworks

O.C. Mad Science

Marina Community Center – Large Room, 151 Marina Dr

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due the first day of class.

327204-01	1 week	Mon-Fri	6/10-6/14	9am-12pm	5-12 yrs	\$165
327204-02	1 week	Mon-Fri	6/10-6/14	1:30-4:30pm	5-12 yrs	\$165

Mad Science – Little Scientist Preschool

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects, weather, plants and soil. Experience fun hands-on experiments in this week-long lab. Parents requested not to stay during class. Must be potty trained. Instructor: Student ratio is 1:8. \$30 materials fee is due the first day of class.

327202-01	1 week	Mon-Fri	6/10-6/14	9am-12pm	3.5-5 yrs	\$175
327202-02	1 week	Mon-Fri	7/15-7/19	9am-12pm	3.5-5 yrs	\$175

Mad Science – Rockin' Rockets

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

Aerodynamics and Motion are the stars of this fun filled week! Design and build everything from kites to planes to ROCKETS! Experiment with different propulsion systems as you use your new knowledge to blast off, track and recover all kinds of Flying Machinery! Have a rockin' good time at this rocket camp! \$30 materials fee due the first day of class.

327205-01	1 weeks	Mon-Fri	6/24-6/28	9am-12pm	5-12 yrs	\$165
-----------	---------	---------	-----------	----------	----------	-------

Mad Science – NASA Jr.

O.C. Mad Science

Marina Community Center – Large Room, 151 Marina Dr

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is 'Out of this World!' \$30 materials fee due the first day of class. No Class 7/4

327200-01	1 weeks	Mon-Wed	7/1-7/3	9am-12pm	5-12 yrs	\$109
-----------	---------	---------	---------	----------	----------	-------

Mad Science – Forensics Lab

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

Mad Science Investigators: Focus on the science of Forensics in this hands-on look at crime scenes. Identify and collect evidence, from fingerprints to tracks to trash! Recreate the scene of a crime using clues and detailed observations. Campers will use science to connect the dots and help sniff out the suspects in this hands-on investigation into the science of sleuthing. \$30 materials fee is due the first day of class.

327206-01	1 week	Mon-Fri	7/22-7/26	9am-12pm	5-12 yrs	\$165
-----------	--------	---------	-----------	----------	----------	-------

Minecraft Engineering Using LEGO® Materials

Play-Well Teknologies

Marina Community Center Small Room, 151 Marina Dr

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® materials or a seasoned veteran, you'll be hooked on the endless creative possibilities.

313058-01	1 week	Mon-Fri	7/8-7/12	9am-12pm	5-7 yrs	\$178
-----------	--------	---------	----------	----------	---------	-------

Minecraft Master Engineering Using LEGO® Materials

Play-Well Teknologies

Marina Community Center Small Room, 151 Marina Dr

Bring Minecraft to life using LEGO® parts! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

313058-02	1 week	Mon-Fri	7/8-7/12	1-4pm	7-12 yrs	\$178
-----------	--------	---------	----------	-------	----------	-------

Intro to STEM Using LEGO® Materials

Play-Well Teknologies

Seal Beach Tennis Center, 3900 Lampson Ave

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, Tree-houses, and Beam Bridges. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

313057-01	1 week	Mon-Fri	7/29-8/2	9am-12pm	5-7 yrs	\$178
-----------	--------	---------	----------	----------	---------	-------

STEM Challenge Using LEGO® Materials

Play-Well Teknologies

Seal Beach Tennis Center, 3900 Lampson Ave

Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Gear Cars, Gondolas, Merry-Go-Rounds, and Scissor Lifts. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

313057-02	1 week	Mon-Fri	7/29-8/2	1-4pm	7-12 yrs	\$178
-----------	--------	---------	----------	-------	----------	-------

Summer Basketball Camp

One on One Basketball, Inc.

McGaugh Campus, 1698 Bolsa Ave

Join Coach Ryan and our highly-experienced coaching staff this summer for proven instruction and an awesome time. Each day will include fundamental basketball stations, games, and scrimmages as well as a focus on teamwork, good sportsmanship, and maintaining a positive attitude. Full Day includes outside games after lunch, yoga, workout (age based) and extended basketball games. All campers receive a 1on1 Camp T-Shirt.

Half Day Camps

323040-01	1 week	Mon-Fri	6/10-6/14	9am-12pm	6-14 yrs	\$140
323040-02	1 week	Mon-Fri	6/17-6/21	9am-12pm	6-14 yrs	\$140
323040-03	1 week	Mon-Fri	6/24-6/28	9am-12pm	6-14 yrs	\$140
323040-04	1 week	Mon-Fri	7/8-7/12	9am-12pm	6-14 yrs	\$140
323040-05	1 week	Mon-Fri	7/15-7/19	9am-12pm	6-14 yrs	\$140
323040-06	1 week	Mon-Fri	7/22-7/26	9am-12pm	6-14 yrs	\$140
323040-07	1 week	Mon-Fri	7/29-8/2	9am-12pm	6-14 yrs	\$140

Full Day Camps

323040-08	1 week	Mon-Fri	6/24-6/28	9am-3pm	6-14 yrs	\$240
323040-09	1 week	Mon-Fri	7/8-7/12	9am-3pm	6-14 yrs	\$240
323040-10	1 week	Mon-Fri	7/15-7/19	9am-3pm	6-14 yrs	\$240
323040-11	1 week	Mon-Fri	7/22-7/26	9am-3pm	6-14 yrs	\$240
323040-12	1 week	Mon-Fri	7/29-8/2	9am-3pm	6-14 yrs	\$240



Skyhawks Basketball Camp

Skyhawks Sports

College Estates Park, 808 Stevely Ave.

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a t-shirt, basketball, and player evaluation.

323183-01	1 week	Mon-Wed	7/1-7/3	9am-12pm	7-12 yrs	\$119
-----------	--------	---------	---------	----------	----------	-------



Challenger International Soccer Camp

Challenger Sports

Bluebell Park, Almond Ave @ Bluebell

Challenger Sports, the leading soccer camp company in North America is excited to announce the launch of a brand new, innovative fully integrated soccer camp that will accelerate the learning process of young players! Challenger has combined the most popular elements of their two existing industry-leading camp programs, British Soccer and TetraBrazil, and has integrated them with a collection of the most effective soccer practices used by youth teams around the world. The new camp will be the Challenger International Soccer Camp and reflect the truly global nature of the sport today and will provide young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France have woven them together in a multi-faceted on and off-field coaching experience.

323170-01	1 weeks	Mon-Fri	7/8-7/12	5-8pm	5-16 yrs	\$150
-----------	---------	---------	----------	-------	----------	-------

TinyTykes Lions Camp

Challenger Sports

Bluebell Park, Almond Ave @ Bluebell

TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players ages 3-5. Coaches will take your young player on a journey to imaginary destinations through storytelling, and games! All campers will receive a International Soccer T-Shirt, International Soccer Ball, Camp Poster, 20 FREE iChallenge Skills, FREE virtual Coaching on the iChallenge App & iChallenge Mini Challenges to continue at home.

323171-01	1 weeks	Mon-Fri	7/8-7/12	4-5pm	3-5 yrs	\$110
-----------	---------	---------	----------	-------	---------	-------

TGA Premier Sports Camps ★NEW★

TGA Premier Sports

Edison Park, 99 College Park Dr

TGA Premier Sports offers an unforgettable experience for your camper by combining professional instruction, station-based games and drills, and fun activities. Camps feature Sport Specific STEAM Labs (science experiments, art activities, etc.), Fun All Camp Activities each day, and a Friday Festival and Game Day for friends and family to attend! Learn a new sport or improve your skills and make friends and memories that will last a lifetime. TGA Sports Camps include: Daily nutritional lunches, snacks and drinks, sports bottle, fun giveaways and awards, specialized sport professionals, low camper to instructor ratio, and a fun, enriching camp environment. Camp also includes optional before/after camp care (\$10 for 1 hour before camp, \$16 for 2 hours after camp). Golf Camp: \$20 Club Rental (students can bring their own for no fee).

TGA Premier Ultimate Frisbee

323100-01	1 week	Mon-Fri	6/10-6/14	9am-3pm	5-15 yrs	\$259
323100-02	1 week	Mon-Fri	7/15-7/19	9am-3pm	5-15 yrs	\$259

TGA Premier Volleyball

323100-03	1 week	Mon-Fri	6/10-6/14	9am-3pm	5-15 yrs	\$259
323100-04	1 week	Mon-Fri	7/15-7/19	9am-3pm	5-15 yrs	\$259

TGA Premier Floor Hockey

323100-05	1 week	Mon-Fri	6/10-6/14	9am-3pm	5-15 yrs	\$259
323100-06	1 week	Mon-Fri	7/15-7/19	9am-3pm	5-15 yrs	\$259

TGA Premier Golf

Bixby Village Golf Course, 6180 Bixby Village Dr

323100-07	1 week	Mon-Fri	6/3-6/7	9am-3pm	5-15 yrs	\$285
323100-08	1 week	Mon-Fri	6/17-6/21	9am-3pm	5-15 yrs	\$285
323100-09	1 week	Mon-Fri	7/8-7/12	9am-3pm	5-15 yrs	\$285
323100-10	1 week	Mon-Fri	7/22-7/26	9am-3pm	5-15 yrs	\$285
323100-11	1 week	Mon-Fri	8/5-8/9	9am-3pm	5-15 yrs	\$285
323100-12	1 week	Mon-Fri	8/19-8/23	9am-3pm	5-15 yrs	\$285



M&M Surfing – 5 Day Surf Camp

M&M Surf Instructors

8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment, including boogie boarding & other fun water sports after lunchtime, at the discretion of the instructor. All instructors are CPR, 1st Aid and Water Safety Certified. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class. Surfboards and wet-suits are provided.

367061-01	1 week	Mon-Fri	6/3-6/7	8am-2pm	5+ yrs	\$290
367061-02	1 week	Mon-Fri	6/10-6/14	8am-2pm	5+ yrs	\$290
367061-03	1 week	Mon-Fri	6/17-6/21	8am-2pm	5+ yrs	\$290
367061-04	1 week	Mon-Fri	6/24-6/28	8am-2pm	5+ yrs	\$290
367061-05	1 week	Mon-Fri	7/1-7/5	8am-2pm	5+ yrs	\$290
367061-06	1 week	Mon-Fri	7/8-7/12	8am-2pm	5+ yrs	\$290
367061-07	1 week	Mon-Fri	7/15-7/19	8am-2pm	5+ yrs	\$290
367061-08	1 week	Mon-Fri	7/22-7/26	8am-2pm	5+ yrs	\$290
367061-09	1 week	Mon-Fri	7/29-8/2	8am-2pm	5+ yrs	\$290

M&M Marine Biology + Surf Camp

M&M Surf

8th Street Beach, 8th St & Ocean Ave

Come join us for a marine biology adventure! Includes surfing, boogie boarding, beach games and hands on experiments and activities to learn about the marine environment. We will explore life cycles of marine invertebrates, complete bird surveys, examine plankton, and much more!

367065-01	1 week	Mon-Fri	6/3-6/7	8am-3pm	5-18 yrs	\$375
367065-02	1 week	Mon-Fri	7/29-8/2	8am-3pm	5-18 yrs	\$375

M&M Marine Biology Camp

M&M Surf

8th Street Beach, 8th St & Ocean Ave

Come join us for a marine biology adventure! Includes beach games, hands on experiments, and activities to learn about the marine environment. We will explore life cycles of marine invertebrates, complete bird surveys, examine plankton, and much more!

367066-01	1 week	Mon-Fri	6/3-6/7	1:30-3pm	5-18 yrs	\$150
367066-02	1 week	Mon-Fri	6/10-6/14	9-11am	5-18 yrs	\$150
367066-03	1 week	Mon-Fri	7/8-7/12	9-11am	5-18 yrs	\$150
367066-04	1 week	Mon-Fri	7/29-8/2	1:30-3pm	5-18 yrs	\$150
367066-05	1 week	Mon-Fri	8/5-8/9	9-11am	5-18 yrs	\$150

Chas Weekly Surf Camp

Chas Wickwire

1st Street Beach, 1st St & Ocean Ave

Weekly surf camps for entry level to intermediate surfers of all ages. Held at 1st Street beach, the most consistent and well shaped surf in town.

367050-01	1 week	Mon-Fri	6/17-6/21	9am-1pm	All Ages	\$315
367050-02	1 week	Mon-Fri	6/24-6/28	9am-1pm	All Ages	\$315
367050-03	1 week	Mon-Fri	7/8-7/12	9am-1pm	All Ages	\$315
367050-04	1 week	Mon-Fri	7/15-7/19	9am-1pm	All Ages	\$315
367050-05	1 week	Mon-Fri	7/22-7/26	9am-1pm	All Ages	\$315
367050-06	1 week	Mon-Fri	7/29-8/2	9am-1pm	All Ages	\$315
367050-07	1 week	Mon-Fri	8/5-8/9	9am-1pm	All Ages	\$315
367050-08	1 week	Mon-Fri	8/12-8/16	9am-1pm	All Ages	\$315

Chas Summer Surf Pass

Chas Wickwire

1st Street Beach, 1st St & Ocean Ave

Summer passes are good for participation in all camp sessions (Monday-Friday). No Class 7/1-7/5

367051-01	8 weeks	Mon-Fri	6/17-8/16	9am-1pm	All Ages	\$720
-----------	---------	---------	-----------	---------	----------	-------

Junior Tennis Camp

Mickey Yelverton – Academy Coordinator }

Seal Beach Tennis Center, 3900 Lampson Ave

- \$199 per week includes SBTC T-shirt
- Daily drop-ins welcome: \$45 per day
- 10% discount for 2nd and 3rd siblings
- 10% discount for 3rd week attended



Register at the Seal Beach Tennis Center, 3900 Lampson Ave.

For more information, call (562) 598-8624.

DATES	DAYS	TIME	AGE	PRICE	LOCATION
6/3-6/7	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/10-6/14	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/17-6/21	Wed-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/24-6/28	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/4-7/3	Mon-Fri	9am-12pm	6-17 yrs	\$120	SBTC
7/8-7/12	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/15-7/19	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/22-7/26	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/29-8/2	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC

Senior Services



Painting with Mom

BlueSea Care

Firestation 48 Community Room, 3131 N. Gate Rd

Arts, craft, music and drawing are just a few of the activities we have fond memories of doing with our parents in our youth. Painting with Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement, stimulation, socializing, and most importantly - fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and create awareness to Alzheimers and Dementia. Children age 9 and older are welcome, however only when accompanied by an adult participating in the class. Classes are on the first and third Saturdays, from 10am-12pm.

Apr 6 & 20	May 4 & 18	June 1 & 15	Seniors	Free
------------	------------	-------------	---------	------

Medicare 101

Cesar Arteaga

Seal Beach Senior Center, 707 Electric Ave

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

256040-01	1 day	Mon	3/18	1-2pm	64+ yrs	Free
256040-02	1 day	Mon	5/20	1-2pm	64+ yrs	Free

Medi-Cal & VA Benefits under the Trump Administration

Meier Law Firm

Firestation 48 Community Room, 3131 N. Gate Rd

Do you have an aging parent or loved one who needs long term care due to their health issues? This can be an overwhelming situation with rising care costs and confusing Medicare, Medi-Cal, and VA laws to navigate. This one-hour workshop will explain what happens when a loved one receives a long term care diagnoses and who pays for it. We will discuss the difference between Medicare and Medi-Cal as well as hidden VA benefits. Additionally, we will cover legal strategies to help avoid going broke in an assisted living or nursing home and help your loved one receive benefits sooner rather than later. Join us on one of the dates provided to get your elder law questions answered and get back your peace of mind.



256045-01	1 day	Tue	3/5	6:30-7:30pm	18+ yrs	Free
256045-02	1 day	Wed	3/6	12-1pm	18+ yrs	Free
256045-03	1 day	Thu	3/7	6:30-7:30pm	18+ yrs	Free
256045-04	1 day	Tue	5/7	6:30-7:30pm	18+ yrs	Free
256045-05	1 day	Wed	5/8	12-1pm	18+ yrs	Free
256045-06	1 day	Thu	5/9	6:30-7:30pm	18+ yrs	Free

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8 a.m.-5 p.m. For more information, call (714) 220-0224.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.



Senior Lunch Program

Seal Beach Community Services, in cooperation with SeniorServ, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8 a.m.-2 p.m. Lunch is served at 11:15 a.m. For more information, please call (562) 430-6079 between the hours of 11 a.m. and 1 p.m. If you need transportation to the senior lunch program, arrangements may be made with the City's senior transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Pinochle Club

Senior Center, 707 Electric Ave. Free – Drop in – Tuesday 9 a.m. - 3 p.m.

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.



Senior Dial-A-Ride Program in Seal Beach

Traditionally, the Dial-A-Ride component of the Senior Transportation Program has offered to deliver a senior resident to any location within the City Limits. Trips can be made for reasons such as doctor's appointments, retail/grocery shopping and dining excursions (within the City of Seal Beach). Trips may be scheduled for services within three miles outside the City Limits in Orange County for medical purposes only.

Recently, the Senior Transportation Program was assessed by City staff to identify opportunities to make the Program more cost effective while continuing to provide safe, reliable and user-friendly transportation services to participants. During the review process, staff learned that the County of Orange operates a program called Senior Non-Emergency Transportation (SNEMT) that is very similar to the City's Dial-A-Ride program. The SNEMT program provides seniors with access to non-emergency trips such as medical appointments, dentists, therapies, exercise programs, testing and other health related trips. The SNEMT program operates Monday through Saturday from 6:30 a.m. to 6:30 p.m. To register for the County of Orange's SNEMT program please call Abrazar at (714) 891-9500.

As a result of staff's evaluation of the Program, the City Council adopted modifications to the Dial-A-Ride Program. The Dial-A-Ride Program will now operate from 9:00 a.m. to 3:00 p.m. on Mondays, Wednesdays and Fridays. Tuesday and Thursday travel will be eliminated. The modifications to the Dial-A-Ride Program will begin September 4, 2018. To schedule a Dial-A-Ride trip, please call (562) 439-3699 At least 24 hours in advance.

Shopper Shuttle

City staff also evaluated the City's Shopper Shuttle and transportation to the Senior Nutrition Program. Staff concluded that in order for the Senior Transportation Program to remain within budget and be available to a high volume of users, an emphasis should be placed on trips to medical facilities and nutrition programs. As such, no changes were recommended to the Nutrition Program transportation; however, the City Council directed staff to eliminate the Thursday Shopper Shuttle after December 31, 2018.

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Friday 8:00 a.m. to 4:30 p.m. For more information and pickup locations, please call (562) 439-3699 or Public Works at (562) 431-2527 ext. 1317.



Map & Facilities

Amenity Key Updated December 2012

- Baseball Fields
- Basketball Courts
- Bike Racks
- Bleachers
- Classes Offered Here
- Community Center
- Community Garden
- Drinking Fountains
- Dugout Bench
- Gravel Parking Area
- Gymnasium
- Handball Courts
- Park Benches
- Paved/Striped Parking Spaces
- Pet Waste Dispenser
- Picnic Shelters
- Picnic Tables
- Portable Toilets
- Reservable
- Restrooms
- Soccer Fields
- Softball Fields
- Swimming Pool
- Swing Sets
- Tennis Courts
- Tetherball
- Tot Lot/Playgrounds
- Trash Receptacles
- Volleyball Courts



Map not to scale.

Park / Facility

L = Lit U = Unlit i = Indoor

1 Almond Park – 4600 Almond Ave. in College Park East	
2 Arbor Park – 4665 Lampson Ave. Behind the WestEd Facility, College Park East off Lampson Ave	
3 Arbor Dog Park – 4665 Lampson Ave. Behind the WestEd Facility off Lampson Ave	
4 Aster Park – Aster St. & Candleberry in College Park East	
5 Beach	
6 Bluebell Park – Almond Ave. & Bluebell St. in College Park East	
7 City Hall & Community Services Office – 211 8th St. on the 2nd floor in Old Town	
8 Corsair Park – Corsair Way in Bridgeport	
9 Edison Park – 99 College Park Dr. in College Park West	
10 Eisenhower Park – Ocean Ave. at Main St. in Old Town	
11 Electric Greenbelt – Runs along Electric Ave in Old Town	
12 Fire Station #48, Community Room – 3131 North Gate Rd.	
13 Gum Grove Nature Park – corner of Crestview & Avalon Dr. on the Hill	
14 Heather Park – Heather St. & Lampson in College Park East	
15 Los Alamitos Community Center – 10911 Oak St., Los Alamitos	
16 Los Alamitos/Rossmoor Library – 12700 Montecito Rd. (562) 430-1048	
17 Marina Park & Community Center – 151 Maina Dr. in Old Town	
18 McGaugh School (LAUSD) – 1698 Bolsa Ave. on the Hill	
19 North Seal Beach Center – 3333 St. Cloud Dr.	
20 Schooner Park – Schooner Way & Dory Way in Bridgeport	
21 Seal Beach Police – 911 Adolpho Lopez Dr. (562) 799-4100	
22 Seal Beach Senior Center/Mary Wilson Library – 707 Electric Ave. in Old Town	
23 Seal Beach Tennis Center/Club House – 3900 Lampson Ave (562) 598-8624 www.sealbeachtenniscen.com	
24 Windsurf Park – Adjacent to the 1st St. Beach Parking Lot	
25 Zoeter Field – 12th St. & Landing Ave. in Old Town	

5 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

2 WALK IN

Open Monday - Friday

Registration in person at Seal Beach City Hall from 8 a.m. -5 p.m. Monday through Friday. Closed daily from 12-1p.m.

3 ONLINE

Register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more!

If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Register online at: **register.sealbeachca.gov**

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-8763**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

Scan and e-mail your registration to **communityservices@sealbeachca.gov**

Online Registration begins February 11, 2019
Walk-in and Mailed Registration begins February 19, 2019
Please register early to avoid class cancellations.

Recreation Scholarship Program

Interested in signing up for a Recreation class but can't afford it? Thanks to local community groups who have graciously donated funds, the City of Seal Beach offers scholarships to low-income residents (toddlers, teens, and seniors). Pick up a scholarship application at the Community Services Department. Apply today, funds are limited.



Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$7 admin fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1344
Fax (562) 430-3498

Office Hours

Monday - Friday; 8am - 5pm
(closed daily 12-1pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

Note: An admin fee is included in all registrations to recover costs and to support the City's goal of providing diverse recreational programs and opportunities to the community.

Seal Beach Community Services Department

211 8th Street, Seal Beach, CA 90740

Community Services Office: (562) 431-2527 Ext. 1344

Email: communityservices@sealbeachca.gov

CLASS REGISTRATION FORM

Head of HouseHold: _____

First Name

Last Name

Please fill out below if this is a new household, or if your contact information needs to be updated:

Address: Street _____ City _____ State _____ Zip _____

Phone: Home #: _____ Work #: _____ Cell #: _____

Email: _____

Emergency Contact: _____ Phone #: _____

Participant First Name	Last Name	Birthday	Class #	Class Title	Start Date	Fee \$
					Total:	\$

Release and Indemnification

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

Signature: _____ Dated: _____

(Participant/Parent or Guardian)

METHOD OF PAYMENT

Make check payable to City of Seal Beach

☐ Check #: _____ Check Date: _____

☐ Cash

☐ VISA  ☐ MASTERCARD 

CARD # - - - EXP. DATE -

Signature _____ Total Charged to Account: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT #70001
LONG BEACH, CA

*****ECRWSSSEDDM*****
Postal Customer



The Little Run With A Big Heart

5K/10K Run & 5K Walk

Kid's Fun Run & Fun Zone

April 6, 2019

Race Times:

7:30 am – Kids 1K Fun Run
8:00 am – 5K/10K Run
8:05 am – 5K Walk

Age Divisions:

10 & under, 11-12, 13-14, 15-16,
17-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70-74, 75-79, 80+

Registration :

First Early Registration Ends – January 6, 2019

- 5K Run / 5K Walk – \$30
- 10K Run - \$35
- Kids 1K Fun Run – \$20

Second Early Registration Ends – March 5, 2019

- 5K Run / 5K Walk – \$35
- 10K Run - \$40
- Kids 1K Fun Run – \$22

Late Registration Ends – April 6, 2019

- 5K Run / 5K Walk – \$40
- 10K Run - \$45
- Kids 1K Fun Run – \$25

Race Features:

- Registration limited to first 5,500 for 5/10K and 400 for Kids 1K
- Supervision for Kids 1K Fun Run and Fun Zone
- Expo at finish area
- Water and fruit for participants at finish line
- May run or walk with baby jogger or dog on leash
- Finisher medals for 5K & 10K events

Race Registration & Packet Pickup:

- Register online at www.RunSealBeach.com
- Complete team/group registration information available online

Awards – 5K Walk & 5/10K Runs:

Awards to the top 3 finishers in each age division (walkers and runners). Special run awards for overall run champions – Male and Female. First place Seal Beach male and female resident runners to receive special awards. Ribbons to all Kids 1K Fun Run participants. Must be present to claim award. Awards will not be mailed after the event.

Proceeds From This Event:

Proceeds from the race go to benefit recreation programs, services, and facilities in the Greater Seal Beach area. Funds are administered via a grant process to local organizations who meet the criteria. See our website for full qualification details and information at www.RunSealBeach.com.

REGISTER NOW: www.RunSealBeach.com