

Shoreline



City of Seal Beach Classes and Activities • Fall 2014



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 7 p.m.

Mayor	Ellery Deaton, District 1
Mayor Pro Tem	David Sloan, District 2
Council Member	Gordon Shanks, District 3
Council Member	Gary Miller, District 4
Council Member	Michael Levitt, District 5

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Linda Devine
Chief of Police	Joseph Stilinovich
Director of Community Development	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
PT Recreation Coordinator	Morgan Wraight, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Craig Powell

MUNICIPAL MEETINGS

Planning Commission

7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board

6:30pm; Last Wednesday/month

Recreation Commission

6:00pm; 4th Wednesday/month

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

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HOLIDAY CLOSURES

Labor Day - September 2

Columbus Day - October 13

Veterans Day - November 11

Thanksgiving - November 27 & 28

Day Light Savings: Fall back on Sunday, November 2

REGISTER SealBeachCa.Gov

Online Registration Begins:
August 4, 2014

Walk-in and Mail Registration Begins:
August 11, 2014

We welcome non-residents to participate in our programs as well! 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



Fall 2014

A Message from the City Manager's Office

Seal Beach has a rich history and a reputation for achieving a good balance of beautiful and peaceful neighborhoods, quality economic development, and superior public services. As a community, we appreciate our past, value our traditions, and are poised for the future. This philosophy is the foundation of decisions made by the City Council and City staff. Every day we allocate resources to ensure fiscal stability and a high quality of life that residents have come to expect from us. We are able to remain fiscally sound by prudent planning, which is formalized with the adoption of the annual City budget.

For the last several months, the City worked on the new budget for fiscal year 2014-15 which went into effect on July 1, 2014 after receiving approval by the City Council. You will be pleased to note that our City has once again achieved a balanced budget, even while facing a \$600,000 decline in sales tax revenue. The City's budget is enormously complex, and budget data always represents a snapshot in time, as revenues and expenditures are not static. As such, the City makes every effort to make the budget process an open and honest collaboration with all Seal Beach stakeholders, including residents, employees, businesses and City officials. It is in this spirit that we generate the City's annual budget and will continue to welcome ongoing dialogue with all stakeholders, as well as ensure that the City's financial information remains open to public review.

The creation of this year's budget was spearheaded by the City's Finance Director, Vikki Beatley, and her finance team who work tirelessly to produce a comprehensive budget. I believe the budget process undertaken by City staff will continue to advance the organization and ensure continued fiscal stability in the future. Even with the City's healthy outlook, staff will continue to maintain an eye for improving service delivery methods while preserving a conservative management style that meets or exceeds the City's expanding needs. I am confident that our resources are aligned to reach the City Council's core goals of creating an environment that encourages economic development, maintenance of our infrastructure, promotion of public safety, delivery of exceptional customer service, and ensuring fiscal stewardship and accountability.

As the City Manager, I have the distinguished pleasure of leading a team of employees who are responsive to citizens needs and who act in an ethical way to provide high performance solutions to the challenges and needs of our community. The employees of the City of Seal Beach serve as a bridge between you and your elected officials. Our job is to implement the vision, goals and objectives derived by the City Council while using the available resources to deliver the services needed to provide innovative change for the present and the future. I am very proud and fortunate to work alongside such dedicated employees who collectively ensure that Seal Beach re-



City Manager Jill R. Ingram

mains on a sound financial path.

So as we bid goodbye to the lazy days of summer, and welcome the changing colors of fall, I ask that you continue to reach out to us with your ideas and opinions as we all work together to make Seal Beach a better place to live....

Wishing you all the best this fall!

*Jill R. Ingram
City Manager*

City of Seal Beach Neighbor 4 Neighbor®



America was built on the premise that neighbors look out for neighbors however the hectic pace of modern life which sometimes drifts us away from compassion and neighborliness. Neighbor 4 Neighbor® is changing that for those of us who live in Seal Beach.

What is Neighbor 4 Neighbor®?

- An opportunity to get to know neighbors you don't already know
- Open lines of communication between neighbors
- Work together to prevent crime in the area
- Look out for each other in times of need
- Band together to withstand and recover from disasters

Many residents already are organizing their streets so when a big earthquake or other disaster happens, we all will be prepared not only to withstand the actual event, but also to recover from it as quickly and safely as possible. Experts agree that initially people will have to depend on themselves following a disaster. The experts also agree that groups of people working together in emergency situations fare much better than individuals working alone.

An important aspect of our effort is to revive a neighborhood watch awareness and work with the Seal Beach Police Department to ensure our community remains a wonderfully safe place to live.

To that end, we have prepared an organizational plan that includes a neighbor "Meet and Greet" where we can gather to make sure everyone knows everyone, and to assess levels of preparedness. Our hope is to have the entire block band together not only to prepare for disaster response, but also to promote neighborhood safety and provide the care and support many of us, from time to time, may temporarily need.

If this sounds like a good idea, let us know and we can help you through the organizational process. We already have prepared materials and plans that can be custom fitted to the personality of your street.

We already have twelve N4N groups in Seal Beach. I would really like to add yours. If interested, please contact Corporal Michael Henderson in the Seal Beach Police Emergency Services Division at 562-799-4100 ext. 1145 or mhenderson@sealbeachca.gov.



Check out the New Surf Report Art

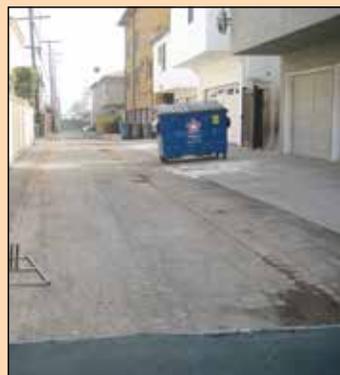
About Artist – Amanda McGinnis

Amanda McGinnis lives and operates her fine jewelry business, wanderbloom, in her hometown of Seal Beach. Amanda developed her passion for fine jewelry during high school and college as an apprentice at a jewelry store on Main Street. She grew up surfing and was a member of Seal Beach Jr. Lifeguards. She is a progressive and focused professional artist and fine jewelry designer. She has a classic art education including: a BFA from CSULB and a 4.0 GPA in Art Center College of Design and Laguna Art and Design extension courses. Prestigious commissions include: The Bill Nicholson Collection, Collaboration with Sullivan Goss – Santa Barbara, City of Seal Beach Mural, and approx. 150 original art pieces in local collections. Career milestones & Press: Riviera Magazine, OC Register, Sun Newspaper, Grunion Gazette, and OC Art Blog. Check out her latest jewelry designs at: www.wanderbloom.com

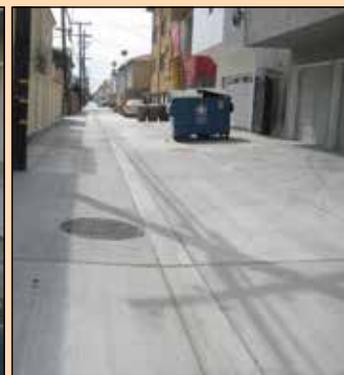
To learn more about this project, please contact Amanda McGinnis, Artist and Seal Beach Business Owner at (562) 209-5401 or email amandamcginnis.art@gmail.com

Ocean Avenue Alley Waterline and Sewer Replacements between 1st Street and 6th Street

The City of Seal Beach is pleased to announce the Ocean Avenue Alley Waterline and Sewer Replacements between 1st Street and 6th Street Project. The Project is now significantly complete. These improvements consisted of replacing sewer, waterlines and rehabilitation of alley pavement with a new concrete surface.



Before



After

REGISTER  **Online**
SealBeachCa.Gov



Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school.

Preventing backpack-related injuries

- Chose a backpack for your child carefully. It should have ergonomically designed features to enhance safety and comfort.
- Don't overstuff a backpack; it should weigh no more than 10 to 20 percent of your child's body weight.
- For example, a child that weighs 60 pounds should carry a backpack no heavier than 12 pounds.
- Ask your children to use both straps when wearing their backpack to evenly distribute the weight.

Preventing playground-related injuries

- Encourage your child only to use playgrounds with a soft surface. Avoid playgrounds with concrete, grass and dirt surfaces, as they are too hard.
- Children under the age of four should not use climbing equipment and watch older children when they're climbing.
- Do not let your children use monkey bars. They are unsafe and should not be used by children of any age.

School Safety

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school.

Walking to school

- Review your family's walking safety rules.
- Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop and look all ways to see if cars are coming.
- Never dart out in front of a parked car.
- Practice walking to school with your child.

Riding a bicycle to school

- Make sure your child always wears his helmet when leaving the house.
- Teach your children the rules of the road they need to know to ride their bicycles.
- Ride on the right side of the road and in a single file.

Riding a bus to school

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Make sure your children stand six feet away from the curb.
- If your child and you need to cross the street in front of the bus, walk on the side of the road until you are at least 12 feet ahead of the bus. You always should be able to see the bus driver, and the bus driver always should be able to see you.



■ 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
Food Finders	Patti Larson – 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman – 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen – 562-596-8568
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
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
Save Our Beach	Kim Masoner – 562-884-6764
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
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

Consolidated Disposal	(800) 299- 4898 www.consolidateddisposal.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546

■ 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

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ 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, General Information & Classes
- Ext. 1306 – Brochure/Classes, Instructors, Facility/Park Rentals and Special Event Permits
- Ext. 1341 – Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, and Film Permits
- Ext. 1344 – Community Gardens, Seal Beach Tennis Center and Facility/ Park/Field Rentals



City of Seal Beach- Community Services



SealBeachRec

September 6 & 7

Seal Beach Arts & Crafts Faire

9 a.m.-6 p.m. • Eisenhower Park

For more information, visit www.sealbeachcrafts.com

Monthly Beach Clean-up

Save Our Beach

3rd Saturday of each month

9 a.m.-12 p.m. • 1st Street Beach

For more information call Kim Masoner at (562) 884-6764.



Summer Concert Series 2014

6-8 p.m. • Eisenhower Park

This year's Summer Concert Series schedule, presented by the Seal Beach Chamber of Commerce:

August 13 – Chris Anderson Band

August 20 – Aloha Radio

August 27 – Elm Street Band

The Chamber, along with individual band sponsors has made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 pm starting July 9 through August 27 at Eisenhower Park by the Seal Beach Pier. Please do not set up chairs or any other items to reserve spots until after 4 p.m. on the day of the concert. Please contact the Seal Beach Chamber of Commerce at (562) 799-0179 for additional information.

December 13

Breakfast with Santa

8-10:30 a.m. • FREE!

Marina Community Center • 151 Marina Dr.

First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!

November 29

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 5

Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street

Register at sealbeachlions.com. Registration deadline is November 1. For more information, call 562-537-3955.



5 THINGS TO KNOW ABOUT THE DROUGHT

1. It's the worst in California history
2. Storage levels are dropping, PRESERVE OUR RESERVES
3. Conservation is key in hot summer & fall
4. Limiting outdoor water use equals big savings
5. Find water-saving tips and valuable rebates at bewaterwise.com

Exciting Opportunity! Red Car Museum Members Wanted!

Do you love history? Do you love the Red Car Museum? Then come and be a part of the Historical Society. We are looking for enthusiast members to join our team and share our history. We also have a community meeting every other month with interesting speakers. Join us!



Membership Fees:

Youth \$7.00; Single \$15.00; Family \$25.00; Life \$200.00



Little Bakers

Jasmine Hernandez
Los Alamitos Community Ctr, 10911 Oak Street



Little bakers and their favorite adult will bake healthy goodies in this fun class. We will introduce simple measuring, mixing, decorating, and following directions. Children will learn numbers, shapes, colors, healthy ways and more through a fun, safe baking environment. \$20 Materials Fee due to the instructor on the first day of class.

411079-01	4 weeks	Fri	9/5-9/26	10-11am	3-6 yrs	\$47
411079-02	4 weeks	Fri	10/3-10/24	10-11am	3-6 yrs	\$47

Toddler Express

Reina Rivera, Los Alamitos Community Ctr, 10911 Oak Street

All aboard the fast track to learning in this center based mini-pre-school! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. Please do not bring unregistered siblings. Visit www.monkeysteps.com. \$10 cash supply fee payable to instructor.

411073-01	6 weeks	Wed	9/10-10/15	9:30-10:15am	1-3 yrs	\$80
411073-02	6 weeks	Wed	10/22-11/26	9:30-10:15am	1-3 yrs	\$80

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. *No Class 11/28

411061-01	6 weeks	Fri	9/19-10/24	10-10:50am	2 yrs	\$65
411061-02	6 weeks	Fri	9/19-10/24	11-11:50am	3-4 yrs	\$65
411061-03	5 weeks	Fri	11/7-12/12*	10-10:50am	2 yrs	\$55
411061-04	5 weeks	Fri	11/7-12/12*	11-11:50am	3-4 yrs	\$55

Royal Princess Ballet

Reina Rivera, Los Alamitos Community Ctr, 10911 Oak Street

Dress up in your most beautiful princess costume and come over for a magical fairytale time. Students will learn ballet steps and French terminology as they dance to their favorite princess songs. The last segment of each class is devoted to a creative princess craft. Parent participation is required. \$10 cash supply fee payable to instructor.

411076-01	6 weeks	Wed	9/10-10/15	10:30-11:15am	1-3 yrs	\$80
411076-02	6 weeks	Wed	10/22-11/26	10:30-11:15am	1-3 yrs	\$80

Ballet & Tap Combo

Anne Pennypacker
Marina Community Center, 151 Marina Dr

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 11/19 & 11/26

422021-01	6 weeks	Wed	9/10-10/15	3-3:45pm	5-8 yrs	\$62
422021-02	6 weeks	Wed	10/22-12/10	3-3:45pm	5-8 yrs	\$62

Pretty Princess Pre-Ballet

Anne Pennypacker, Marina Community Center, 151 Marina Dr

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 11/20 & 11/27

442033-01	6 weeks	Thu	9/11-10/16	3-3:45pm	4-7 yrs	\$62
442033-02	6 weeks	Thu	10/23-12/11	3-3:45pm	4-7 yrs	\$62



Petit Ballerina

Anne Pennypacker, Marina Community Center, 151 Marina Dr

"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. No Class 11/19, 11/20, 11/26, 11/27

422023-01	6 weeks	Wed	9/10-10/15	2-2:30pm	3-5 yrs	\$62
422023-02	6 weeks	Wed	10/22-12/10	2-2:30pm	3-5 yrs	\$62
422023-03	6 weeks	Wed	9/10-10/15	6-6:30pm	2½ - 5 yrs	\$62
422023-04	6 weeks	Wed	10/22-12/10	6-6:30pm	2½ - 5 yrs	\$62
422023-05	6 weeks	Thu	9/11-10/16	9-9:30am	2½ - 5 yrs	\$62
422023-06	6 weeks	Thu	10/23-12/11	9-9:30am	2½ - 5 yrs	\$62

Tiny Tappers!

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap. No Class 11/19 & 11/26

412026-01	6 weeks	Wed	9/10-10/15	2:30-3pm	3-5 yrs	\$62
412026-02	6 weeks	Wed	10/22-12/10	2:30-3pm	3-5 yrs	\$62

Musical Theatre Stars

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance and acting! 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. No Class 11/19 & 11/26

422024-01	6 weeks	Wed	9/10-10/15	3:45-4:30pm	5-12 yrs	\$62
422024-02	6 weeks	Wed	10/22-12/10	3:45-4:30pm	5-12 yrs	\$62

Ballroom Social Dance for Kids



Anne Pennypacker
Recreation Park Community Center
4900 E. 7th Street, Long Beach

A great class for cotillion, the social dance curriculum will include instruction in cha cha, rumba, foxtrot, salsa and waltz. Students will practice polish and poise, and the skills needed to dance with a partner.

422026-01	5 weeks	Tue	9/9-10/7	5:15-5:45pm	6-12 yrs	\$52
422026-02	5 weeks	Tue	10/14-11/11	5:15-5:45pm	6-12 yrs	\$52

Hip Hop

Anne Pennypacker
Marina Community Center
151 Marina Dr

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 11/20 & 11/27

442034-01	6 weeks	Thu	9/11-10/16	3:45-4:30pm	4-7 yrs	\$62
442034-02	6 weeks	Thu	10/23-12/11	3:45-4:30pm	4-7 yrs	\$62

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. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! No Class 11/20 & 11/27

411032-01	6 weeks	Thu	9/11-10/16	5:15-5:45pm	6-12 yrs	\$62
411032-02	6 weeks	Thu	10/23-12/11	5:15-5:45pm	6-12 yrs	\$62

Gymnastics Level 1

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! No Class 11/20 & 11/27

411033-01	6 weeks	Thu	9/11-10/16	4:30-5:15pm	6-12 yrs	\$62
411033-02	6 weeks	Thu	10/23-12/11	4:30-5:15pm	6-12 yrs	\$62

Fall Dance Recital

Anne Pennypacker
McGaugh Auditorium, 1698 Bolsa Ave

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

411029-01	1 Day	Tue	12/9	5-9pm	All Ages	\$10
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Pizza Party

Anne Pennypacker
North Seal Beach Center, 3333 Saint Cloud Dr

Let's rock around the Christmas tree with some groovy dance moves this holiday season! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor- cash only.

442037-01	1 Day	Sat	12/6	5-7pm	All Ages	\$10
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Children's Library Programs

at Mary Wilson Library
707 Electric Avenue

Tune In Tuesdays

Monthly activities for adults. Call for details. 6:30 – 7:30 pm

Kids' Crafts

1st Saturday of every Month
10 a.m.-4:30 p.m.

Legos in the Library

1st Thursday of the Month
4-5:30 p.m.

Teen Advisory Board & Activity

1st Thursday of the Month
5:30-7 p.m.

Book Club for Adults

Monthly on Thursdays
9-10 a.m.
(9/25, 10/23, 11/20, and 12/18)

Storytime Sessions

September 8-November 25 (No storytime October 13 & November 11)
Mondays or Tuesdays
10:30 or 11:15 a.m.

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm
Sat: 10am-5pm • Closed Friday and Sunday

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

For more information, call 562-431-3584.

Little Bird Kids Yoga

Jacqueline Asbury
Marina Community Center,
151 Marina Dr

Little Bird Kids Yoga guides children to use their imaginations, breath, and postures to develop health, relaxation and balance through playfulness, while encouraging lifelong healthy habits in a non-competitive, nurturing atmosphere. Please bring a mat and water with you to class. *No Class 10/31

411026-01	4 weeks	Mon	9/8-9/29	9-9:30am	2-5yrs	\$42
411026-02	4 weeks	Mon	10/6-10/27*	9-9:30am	2-5yrs	\$42
411026-03	4 weeks	Fri	9/5-9/26	3:30-4:15pm	5-12yrs	\$42
411026-04	4 weeks	Fri	10/10-11/7*	3:30-4:15pm	5-12yrs	\$42

Co-Ed Beginning Volleyball

Maria Fattal
McGaugh Campus
1698 Bolsa Ave

Learn to play volleyball this fall. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

433060-01	10 weeks	Sun	9/7-11/9	12-2pm	8-14 yrs	\$150
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Jump Start Youth Basketball Clinic

Jerrit Crosby – CYAA Staff
Marina Park Basketball Court
151 Marina Dr

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding. Optional \$5 t-shirt and water bottle fee payable to instructor at first class.

423993-01	5 weeks	Sat	9/6-10/4	10-11am	7-13 yrs	\$75
423993-02	5 weeks	Sat	10/11-11/8	10-11am	7-13 yrs	\$75

Skatedogs Skateboard & Scooter Class

Adam Cohen
Heartwell Park- Long Beach
5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All skaters will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet.

423150-01	5 weeks	Sat	9/6-10/4	9-10:30am	5-13 yrs	\$125
423150-02	5 weeks	Sat	10/18-11/15	9-10:30am	5-13 yrs	\$125

Kiddie Karate

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.

411050-01	4 weeks	Tue	9/9-9/30	5:15-5:45pm	3-5 yrs	\$35
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Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Mommy/Daddy & Me 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! All kids will receive a Kidz Love Soccer jersey!

423995-01	5 weeks	Tue	9/16-10/14	5:15-5:45pm	2-3½ yrs	\$72
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Tot/Pre 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.

423997-01	7 weeks	Tue	9/16-10/28	4:30-5:05pm	3½-5 yrs	\$94
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Soccer 1

Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

423998-01	7 weeks	Tue	9/16-10/28	3:45-4:30pm	5-6 yrs	\$94
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Karate-Beginning/Advanced

Gary Pitts
Los Alamitos Community Ctr
10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents remain outside during class. Meeting with the instructor can be done after class.

422051-01	4 weeks	Tue	9/9-9/30	5:50-6:35pm	6+ yrs	\$42
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Parent & Me Ice Skating

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 day of class (3:10-4:40pm for Tuesday and 12-2pm for Saturday), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

413131-01	4 weeks	Tue	9/16-10/7	4:10-4:40pm	3-5 yrs	\$37
413131-02	4 weeks	Sat	9/20-10/11	11:15-11:45am	3-5 yrs	\$37
413131-03	4 weeks	Tue	10/14-11/4	4:10-4:40pm	3-5 yrs	\$37
413131-04	4 weeks	Sat	10/18-11/8	11:15-11:45am	3-5 yrs	\$37

Skating For Tots

Westminster Ice
13071 Springdale St

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

413130-01	4 weeks	Wed	9/17-10/8	5:10-5:40pm	3-5 yrs	\$37
413130-02	4 weeks	Sat	9/20-10/11	10:45-11:15am	3-5 yrs	\$37
413130-03	4 weeks	Wed	10/15-11/5	5:10-5:40pm	3-5 yrs	\$37
413130-04	4 weeks	Sat	10/18-11/8	10:45-11:15am	3-5 yrs	\$37

Beginning Ice Skating

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 day of class (3:00-4:30pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

423130-01	4 weeks	Wed	9/17-10/8	4:30-5pm	6-16 yrs	\$37
423130-02	4 weeks	Sat	9/20-10/11	11:15-11:45am	6-16 yrs	\$37
423130-03	4 weeks	Wed	10/15-11/5	4:30-5pm	6-16 yrs	\$37
423130-04	4 weeks	Sat	10/18-11/8	11:15-11:45am	6-16 yrs	\$37

Ice Skating For Adults

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 day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

423131-01	4 weeks	Wed	9/17-10/8	6:10-6:40pm	17+ yrs	\$37
423131-02	4 weeks	Wed	10/15-11/5	6:10-6:40pm	17+ yrs	\$37



Readwrite Educational Solutions

Reading Development

Readwrite Ed Solutions Inc. Staff, Fire Station 48, 3131 N. Gate Rd

Individualize student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. Grade 1-6. Program and testing fee \$30 payable to instructor at first class. No Class 11/26 & 11/27

422080-01	4 weeks	Wed & Thu	10/8-10/30	3:45-4:40pm	6.5-11 yrs	\$109
422080-02	4 weeks	Wed & Thu	11/12-12/11	3:45-4:40pm	6.5-11 yrs	\$109

Math Development

Readwrite Ed Solutions Inc. Staff, Fire Station 48, 3131 N. Gate Rd

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - x /), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. Grade 1-6. Program and testing fee \$30 payable to instructor at first class. No Class 11/26 & 11/27

422081-01	4 weeks	Wed & Thu	10/8-10/30	4:45-5:40pm	6.5-11 yrs	\$109
422081-02	4 weeks	Wed & Thu	11/12-12/11	4:45-5:40pm	6.5-11 yrs	\$109

SAT Prep & Test Strategies

Readwrite Ed Solutions Inc. Staff
LB Parks, Rec & Marine Admin Bldg, 2760 N. Studebaker Rd

This class will provide a practice SAT test, manual, and individualized SAT instruction guaranteed to strengthen areas of weakness and improve your child's score. Your child will be instructed by our top tier teachers in the best studying and test taking strategies. Grade 9-12. Additional program and material fee: \$45 due at first class. More info: 949-263-0633.

422082-01	3 weeks	Sat	10/18-11/1	9am-1pm	14-18 yrs	\$145
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Ice Hockey Skating Skills

Westminster Ice, 13071 Springdale St

Want to play hockey but don't know where to start? Learn the 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 (3-5pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

423141-01	4 weeks	Wed	9/17-10/8	6:10-6:40pm	6-16 yrs	\$37
423141-02	4 weeks	Sat	9/20-10/11	10:45-11:15am	6-16 yrs	\$37
423141-03	4 weeks	Wed	10/15-11/5	6:10-6:40pm	6-16 yrs	\$37
423141-04	4 weeks	Sat	10/18-11/8	10:45-11:15am	6-16 yrs	\$37



Drawing: Basic & Beyond

Jane Innes, Fire Station 48, 3131 N. Gate Rd

This course will emphasize the perceptual and technical skill of manipulating drawing and materials using observational and drawing methodologies. Fundamental concepts in visual problem solving strategies will be emphasized. Each session will wrap around a theme such as landscape, portraiture, light and texture, etc. Supply list will be given at first class meeting. No class 10/1 & 11/5

442010-01	8 weeks	Wed	9/10-11/12	9am-12pm	18+ yrs	\$87
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Mah Jongg for Beginners

Diann Zenda, Los Alamitos Community Ctr, 10911 Oak Street

Mah Jongg is a fun and challenging tile game. Learn how to identify the bams, dots and craks as well as how to win. Come learn a new skill and meet new friends. \$12 fee payable to instructor for class handouts and the National Mah Jongg League playing card.

466090-01	3 weeks	Wed	9/10-9/24	12:30-4pm	18+ yrs	\$40
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466090-02	3 weeks	Wed	10/1-10/15	12:30-4pm	18+ yrs	\$40
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Reiki Level I – Natural Healing

Linda Hicks, Fire Station #48 – Community Room, 3131 N. Gate Rd

The Reiki 1 Certification Workshop is an introduction to Reiki that encompasses the history and principles of Reiki, the Chakra system, Grounding Meditation, Reiki session-giving and receiving, and a Level 1 Reiki Attunement. This level will give you an awareness and understanding of life force energy, and how to channel Reiki energy through the traditional hands-on healing method. Each student will receive an ICRT "Reiki the Healing Touch" Manual, handouts, crystal necklace, meditation CD, and Reiki Practitioner's Certificate suitable for framing. This is a one day Workshop. Bring sack lunch. \$20 material fee is payable to the instructor at class.

445020-01	1 Day	Sat	9/6	9am-5pm	18+ yrs	\$102
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445020-02	1 Day	Sat	9/27	9am-5pm	18+ yrs	\$102
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445020-03	1 Day	Sat	10/25	9am-5pm	18+ yrs	\$102
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Reiki Level II – Natural Healing

Linda Hicks, Fire Station #48 – Community Room, 3131 N. Gate Rd

This Level II Workshop includes more Japanese Healing Techniques, using Reiki for specific conditions, learn what the Reiki II symbols represent and how to draw them, learn how to chant the symbols, learn how to use Reiki to heal unwanted habits, manifest positive changes in your life and work on a deeper level of healing, Distant Healing, the Level II Attunement, in-depth discussion of the Chakra System and how to use it in your Distant Healing sessions, Guided Meditation, Handouts, Chakra Stone Set, incorporating sound into your healing sessions with the Buffalo Drum and Tingshas, Level II Practitioner's Certificate suitable for framing. "Reiki the Healing Touch" manual available, if needed. This is a one day Workshop. Bring sack lunch. \$20 material fee payable to instructor at class.

445021-01	1 Day	Sat	11/15	9am-5pm	18+ yrs	\$102
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Puppy Kindergarten

Dog Services Unlimited

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

Start your puppy off on the right paw. Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething problems, health-care pointers, and will introduce basic obedience commands. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES on the grass just East of the Tennis Center at Recreation Park in Long Beach. The Tennis Center is at the corner of Federation Drive and Deukmejian. Street parking on Federation ... look for instructor, Rose Healy on the grass between the tennis courts and Federation. Please bring a lawn chair to the first meeting/orientation, held without dogs. Handlers ages 12 years to adults; dogs 2-5 months.

466039-01	6 weeks	Mon	9/15-10/20	7:30-8:30pm	12+ yrs	\$77
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Dog Obedience

Dog Services Unlimited, Laurel Park, 10862 Bloomfield Street

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park-corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 years to adults; dogs 6 months and older.

466040-01	7 weeks	Thu	9/25-11/6	6:15-7:15pm	9+ yrs	\$88
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Canine Games Agility Course

Dog Services Unlimited

El Dorado Park Admin Building, 2760 Studebaker Rd

Looking for fun, exercise and quality time to spend with your canine companion? This course introduces a variety of challenging obstacles, including tunnels, teeter-totter, tire jump, A-frame, dog-walk, bar-jumps and weave poles. Trophies and certificates awarded at fun competition at final meeting. Bring current vaccination records, a lawn chair, and a \$30 material fee to first class, which is an orientation, held WITHOUT DOGS. No previous experience needed, but some on-leash obedience training is helpful. Additionally family members are welcome to attend at no charge (no children under 7 years allowed on the course, please). All classes held on grass median adjacent to the baseball field just north of Willow. Enter the park from Studebaker Rd., first entrance north of Willow, and follow service road toward back of the park, past the baseball fields, towards Willow. Handlers ages 12 years to adults; dogs 5 months and older.

466042-01	7 weeks	Wed	9/24-11/5	6-7pm	12+ yrs	\$88
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466042-02	7 weeks	Wed	9/24-11/5	7-8pm	12+ yrs	\$88
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First Aid, CPR, & AED Training

Erik Berg, Fire Station 48, 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. There will be a 45 min lunch break, please bring a sack lunch.

446031-01	1 Day	Sun	9/14	9am-3:30pm	13+yrs	\$45
446031-02	1 Day	Sat	10/18	9am-3:30pm	13+yrs	\$45
446031-03	1 Day	Sat	11/8	9am-3:30pm	13+yrs	\$45
446031-04	1 Day	Sun	11/23	9am-3:30pm	13+yrs	\$45

CPR & AED Training

Erik Berg, Fire Station 48, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution.

446031-05	1 Day	Sun	9/14	12:30-3:30pm	13+yrs	\$35
446031-06	1 Day	Sat	10/18	12:30-3:30pm	13+yrs	\$35
446031-07	1 Day	Sat	11/8	12:30-3:30pm	13+yrs	\$35
446031-08	1 Day	Sun	11/23	12:30-3:30pm	13+yrs	\$35

Intermediate Ballroom

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 11/18 & 11/25

444020-01	5 weeks	Tue	9/9-10/7	7:30-8:30pm	18+ yrs	\$55
444020-02	6 weeks	Tue	10/14-12/2	7:30-8:30pm	18+ yrs	\$65

Argentine Tango

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! No Class 11/18 & 11/25

442038-01	5 weeks	Tue	9/9-10/7	8:30-9:30pm	18+ yrs	\$55
442038-02	6 weeks	Tue	10/14-12/2	8:30-9:30pm	18+ yrs	\$65

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 dance floor! No Class 11/19 & 11/26

442028-01	6 weeks	Wed	9/10-10/15	6:30-7:30pm	18+ yrs	\$65
442028-02	6 weeks	Wed	10/22-12/10	6:30-7:30pm	18+ yrs	\$65

Swing!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

This class is designed to teach all levels of dancers how to dance at any social event of club, this class will cover the moves of the hustle & various styles of swing dance. Learn basic to complex (guys!) and follows (ladies!) to get your disco feet ready! Partners are not necessary.

444022-01	6 weeks	Wed	9/10-10/15	8:30-9:30pm	18+ yrs	\$65
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Rhythm & Latin

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Dancers will learn salsa, merengue and cha cha in this upbeat Latin class! Partner not necessary. No Class 11/19 & 11/26

442036-01	6 weeks	Wed	10/22-12/10	8:30-9:30pm	18+ yrs	\$65
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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. No Class 11/20 & 11/27

442026-01	6 weeks	Thu	9/11-10/16	7:15-8pm	18+ yrs	\$65
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442026-02	6 weeks	Thu	10/23-12/11	7:15-8pm	18+ yrs	\$65
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Adult Ballet & Jazz

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. No Class 11/20 & 11/27

442040-01	6 weeks	Thu	9/11-10/16	8-9pm	18+ yrs	\$65
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442040-02	6 weeks	Thu	10/23-12/11	8-9pm	18+ yrs	\$65
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Ballroom & Latin Dance

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed!*

442024-01	1 Day	Sat	11/1	7:30-9:30pm	18+ yrs	\$15
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Strong and Healthy: A Program for Cancer Survivors

This class is one of three designed to offer strong and healthy classes for women who have been diagnosed with cancer. The classes have been designed for women who are currently receiving chemotherapy and/or radiation, who are building their strength prior to surgery or, who are 2 or less years out from their last treatment. Individuals who are experiencing complications from surgery (frozen shoulder, etc), chemotherapy (neuropathy, etc) or radiation (scar tissue, etc.) are exempt from the two year restriction when their condition is documented by their physician. All participants are welcome regardless of their fitness level. A note from your physician approving your participation in physical activity is required on the first day of class. Improve your overall strength by building strong muscles and bones.

Cardio – Strength Fitness

Nancy Cole
Seal Beach Tennis Center, 3900 Lampson Ave

You will be led through easy-to-follow, low impact aerobics and head-to-toe exercises that are effective and fun. Emphasis will be on strengthening muscles and improving your balance, mobility and circulation. Please bring water and either a mat or beach towel.

445050-01 12 weeks Wed 9/3-11/19 10:30-11:30am 18+ yrs \$38

Stretch and Opening

Nancy Cole
Seal Beach Tennis Center, 3900 Lampson Ave

Gently stretch and open the sore, tight areas of your body with a variety of gentle movements designed to increase flexibility and range-of-motion. Emphasis will be on reducing the tightness of the chest, shoulders and torso. Please bring water, a bath towel to use as support and either a mat or towel for the floor.

445051-01 12 weeks Wed 9/3-11/19 11:30am-12:30pm 18+ yrs \$38

Total Fitness

Nancy Cole
Seal Beach Tennis Center, 3900 Lampson Ave

This class uses light to moderate weight training as well as simple Pilates & yoga poses for complete head to toe workout. Please bring water, weights and either a mat or beach towel.

445052-01 12 weeks Thu 9/4-11/20 10:30-11:30am 18+ yrs \$38

Jacki Sorensen's Fitness/Dance

Martha Stegen
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 \$6 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/27

442030-01 13 weeks Tue & Thu 9/9-12/11 4:30-5:30pm 18+ yrs \$137

Beginning Pilates

Bonnie Nash
Seal Beach Senior Center
707 Electric Ave

Geared for new students. 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. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginners class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

442072-01 6 weeks Mon 9/8-10/13 12:30-1:30pm 18+ yrs \$62

442072-02 6 weeks Mon 10/20-11/24 12:30-1:30pm 18+ yrs \$62

Intermediate Pilates

Bonnie Nash
Seal Beach Senior Center
707 Electric Ave

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

442069-01 6 weeks Mon 9/8-10/13 11:30am-12:30pm 18+ yrs \$62

442069-02 6 weeks Mon 10/20-11/24 11:30am-12:30pm 18+ yrs \$62

Advanced Pilates

Bonnie Nash
Seal Beach Senior Center
707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates 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.

442071-01 5 weeks Thu 9/11-10/9 1:30-2:30pm 18+ yrs \$52

442071-02 6 weeks Thu 10/16-11/20 1:30-2:30pm 18+ yrs \$62





Hatha Yoga

Suzu Hazard, Seal Beach Senior Center, 707 Electric Ave

Hatha yoga is 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. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/4

442070-01 9 weeks Tue 9/9-11/11 5:30-6:45pm 18+ yrs \$74

442070-02 4 weeks Tue 11/25-12/16 5:30-6:45pm 18+ yrs \$34

Zumba Fitness

Marika 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!

442090-01 11 weeks Mon 9/8-11/17 7-8pm 18+ yrs \$110

442090-02 11 weeks Wed 9/10-11/19 7:30-8:30pm 18+ yrs \$110

Beach Boot Camp

Beach Fitness, 10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, 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, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN! Pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442062-01 12 weeks Sat 9/6-11/22 8-9am 12+ yrs \$150

BeachFit Moms

Beach Fitness, Seal Beach Pier, Main Street and Ocean

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. Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/27

442063-01 13 weeks Mon/Tue/Thu/Fri 9/1-11/28 9:30-10:30am 18+ yrs \$450

Open Gym Volleyball

**Maria Fattal
McGaugh Campus 1698 Bolsa Ave.**

This program is for individuals looking to play extra volleyball games on a recreational level. The gym and play is supervised. Multiple courts are available based on skill level. Please bring your own ball. For more information call (562) 431-2527 x1341. Pre-registration required. Register online at register.sealbeachca.gov.



Basketball League

Begins in mid-October

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact the Community Services Department at (562) 431-2527 ext: 1307.



Softball League

Begins August 13

\$400 per team. For more information, contact the Community Services Department at (562) 431-2527 ext: 1307.



Tai Chi Chih I

**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 a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 11/3

442073-01 5 weeks Mon 9/8-10/6 6:40-7:40pm 16+ yrs \$42

442073-02 5 weeks Mon 10/13-11/17 6:40-7:40pm 16+ yrs \$42

Tai Chi Chih II

**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. No Class 11/3

442077-01 5 weeks Mon 9/8-10/6 5:30-6:30pm 16+ yrs \$42

442077-02 5 weeks Mon 10/13-11/17 5:30-6:30pm 16+ yrs \$42

Jazzercise

Martha Maguire

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. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

Marina Community Center, 151 Marina Dr

442042-01	6 weeks	Tue & Thu Saturday	9/16-10/25	6-7pm 8:30-9:30am	13+ yrs	\$85
442042-02	6 weeks	Tue & Thu Saturday	10/28-12/6	6-7pm 8:30-9:30am	13+ yrs	\$85

North Seal Beach Center, 3333 Saint Cloud Dr

442044-01	6 weeks	Mon & Wed	9/15-10/22	6-7pm	13+ yrs	\$65
442044-02	6 weeks	Mon & Wed	10/27-12/3	6-7pm	13+ yrs	\$65

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 separately (\$40- \$65). Belt testing is optional (\$40). 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 9:30-11am. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442050-01	13 weeks	Mon/Wed	9/1-11/29	7:30-9:30pm	18+ yrs	\$140
442050-02	1 Day	Mon/Wed	9/1-11/29	7:30-9:30pm	18+ yrs	\$10



Surf Lessons with Chas Wickwire

Chas is a perennial City Champion and four-time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels; the goal of his classes is to provide the building blocks for a lifetime of enjoyment. Learn to surf or improve your skills in our camps or private sessions. Come down and enjoy the Ohana and Aloha of the Chas surfing experience, the fun is guaranteed! The Chas Surf School is a family business celebrating its thirteenth year of operation. All ages are welcome! Surfboards & wetsuits provided.

Chas' Private Surf Lessons

Chas Wickwire, 1st Street Beach, 1st St @ Ocean Ave

Please indicate your date and time preference on the registration form or in the note section at the checkout screen. This is a 1.5 hour private lesson.

467050-01	By Appointment Only	9/14-11/16	9:30am-12:30pm	\$77
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Chas Sunday Surf Class – 1 Day

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Choose 1 Sunday between 9/14 - 11/16. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

467053-01	Sun	9/14 – 11/16	9:30am-12:30pm	All Ages	\$62
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Chas Sunday Surf Class – 4 Days

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Choose 4 Sundays between 9/14 - 11/16. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

467054-01	Sun	9/14-11/16	9:30am-12:30pm	All Ages	\$202
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Chas Fall Surf Pass

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Fall Surf Pass is available for each Sunday, 9/14 - 11/16.

467055-01	Sun	9/14-11/16	9:30am-12:30pm	All Ages	\$302
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M&M Surfing

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. In the checkout screen, or on your Registration Form, please indicate the days of your choice during the week indicated in this class session. If you have questions, please call Michael Pless at (714) 846-7873

M&M Surf – 5 Day Camp

Michael Pless

8th Street Beach, 8th St & Ocean Ave

5-Day Camps are on-going from September 1 – November 30. Please note, this class is good for any five days of surfing instruction, per week. Please indicate your date preference on the registration form in the checkout screen, or on your registration form.

467061-01	5 Days	By appointment only	9/1-11/30	8am-12pm	5+ yrs	\$277
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M&M Surf – 3-Hour Group

Michael Pless

8th Street Beach, 8th St & Ocean Ave

Group Lessons are on-going from September 1 – November 30. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference on the registration form in the checkout screen, or on your registration form.

467063-01	1 Day	By appointment only	9/1-11/30	8am-11am	5+ yrs	\$77
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M&M Surf – 1-Hour Group

467064-01	1 Day	By appointment only	9/1-11/30	8-9am	5+ yrs	\$62
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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.

Fall 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. \$5 pass reissuing fee

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40.50 34 swim pass: \$80.75
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	Unlimited Annual pass: \$203 (No guests)
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2 16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

Private Swim Lessons

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

Seal Beach Swim Team

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

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

444010-01	5 weeks	Mon & Wed	9/3-10/1	5:30-6:30pm	18+ yrs	\$55
444010-02	5 weeks	Mon & Wed	10/13-11/12	5:30-6:30pm	18+ yrs	\$55
444010-03	5 weeks	Mon & Wed	11/17-12/17	5:30-6:30pm	18+ yrs	\$55

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.

Pool Party Rentals

Pool party reservations are only available through September 15. Please call for exact dates.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum 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.

Pool Rental Fees	1 Lifeguard (1-20 swimmers and non-swimmers)	2 Lifeguards (21-40 swimmers and non-swimmers)
Seal Beach Resident	\$152.25 (per 2 hr time slot)	\$182.25 (per 2 hr time slot)
Non- Resident	\$182.50 (per 2 hr time slot)	\$212.50 (per 2 hr time slot)

Classes are taught by Seal Beach Community Services and Los Alamitos High School Tennis Coach, Brian Collison. Players must bring their own tennis racquet, water, and tennis shoes to class. Classes may be combined with others or cancelled, if the minimum is not met. New classes may be created if maximums are exceeded. Please contact Seal Beach Parks and Recreation for questions. (562) 431-2527 x 1344.

Heather Park • Heather St. & Lampson Ave - (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-01	1	9/8-10/13	Mondays	Kids Beginning	6	4:30-5pm	4-6yrs	\$47	3	6
433020-02	2	11/3-12/15				4-4:30pm				
433021-01	1	9/8-10/13		Juniors Beginning	6	5-6pm	7-10yrs	\$92	3	8
433021-02	2	11/3-12/15				4:30-5:30pm				

Marina Park • 151 Marina Drive • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433021-03	1	9/10-10/15	Wednesdays	Juniors Beginning	6	4:30-5:30pm	7-10yrs	\$92	3	8
433021-04	2	11/5-12/17				4-5pm				
433021-08	1	9/10-10/15		Juniors Intermediate	6	5:30-6:30pm	7-10yrs	\$92	3	8
433021-09	2	11/5-12/17				5-6pm				
433022-01	1	9/10-10/15		Adults Advanced	6	6:30-7:30pm	16+yrs	\$92	3	8
433022-02	2	11/5-12/17				6-7pm				

McGaugh Campus • 1698 Bolsa Avenue • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-03	2	11/5-12/17	Wednesday	Kids Beginning	6	1:15-2pm	4-6 yrs	\$70	3	6
433020-04	1	9/13-10/18	Saturday		6	9-9:30am	4-6 yrs	\$47	3	6
433020-05	2	11/8-12/20			6	2-3pm	7-10 yrs	\$92	3	8
433021-05	1	11/5-12/17	Wednesday	Juniors Beginning	6	9:30-10:30am	7-10 yrs	\$92	3	8
433021-06	1	9/13-10/18	Saturday		6	10:30-11:30am	11-13 yrs	\$92	3	8
433021-07	2	11/8-12/20			6	9:30-10:30am	7-10 yrs	\$92	3	8
433023-01	1	9/13-10/18	Saturday	Twins Beginning	6	10:30-11:30am	11-13 yrs	\$92	3	8
433023-02	2	11/8-12/20				6				

Seal Beach Tennis Center • 3900 Lampson Avenue • (562) 598-8624 - Open to the Public

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433021-10	1	9/12-10/17	Friday	Juniors Advanced	6	4:30-5:30pm	7-10 yrs	\$92	3	8
433021-11	2	11/7-12/19				4-5pm				
433023-03	1	9/12-10/17		Twins Advanced	6	5:30-6:30pm	11-13 yrs	\$92	3	8
433023-04	2	11/7-12/19				5-6pm				

- **Beginning tennis** is for students with little to no experience.
- **Intermediate tennis** is for students who contain knowledge of strokes and are able to hit ball using strokes.
- **Advanced tennis** is for students who contain knowledge of basic tennis strokes, grips, and ready positions. Able to rally.

Private Tennis Lessons

Private Lessons are geared for students looking to improve their skills one-on-one with the instructor. Please call for availability, Brian Collison (562)308-6740.

Seal Beach Tennis Center (3900 Lampson Ave)

433024-01 By Appointment Only 1 Hour Session 7+ yrs \$62

McGaugh Campus (1698 Bolsa Ave)

433024-02 By Appointment Only 1 Hour Session 7+ yrs \$62

Marina Park (151 Marina Drive)

433024-03 By Appointment Only 1 Hour Session 7+ yrs \$62

Heather Park (Heather St & Lampson)

433024-04 By Appointment Only 1 Hour Session 7+ yrs \$62

Seal Beach Tennis Center Adult Classes and Clinics are taught by Brenda Danielson, SBTC Tennis Professional. Please contact Seal Beach Community Services, (562)431-2527 ext:1344 or the Seal Beach Tennis Center, (562)598-8642, for further questions.

Seal Beach Tennis Center • 3900 Lampson Avenue - (562) 598-8624 - Open to the Public

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433030-01	1	9/10-10/8	Wed	Adult Beginning	5 weeks	10:30-11:30am	18+ yrs	\$65	3	6
433030-02	2	10/22-11/19								
433030-03	1	9/12-10/10	Fri			8-9am				
433030-04	2	10/24-11/21								

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433031-01	1	9/10-10/8	Wed	Adult Advanced - Beginning	5 weeks	8-9am	18+ yrs	\$65	3	6
433031-02	2	10/22-11/19								
433031-03	1	9/12-10/10	Fri			10:30-11:30am				
433031-04	2	10/24-11/21								

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX	
433032-01	1	9/8-10/6	Mon	Adult Intermediate	5 weeks	9:30-11am	18+ yrs	\$95	4	8	
433032-02	2	10/20-11/17									
433032-03	1	9/10-10/8	Wed			9-10:30am					
433032-04	2	10/22-11/19									
433032-05	1	9/11-10/9	Thu			5:30-7pm					
433032-06	2	10/23-11/20									
433032-07	1	9/11-10/9						8-9am	\$65	3	6
433032-08	2	10/23-11/20									

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433033-01	1	9/8-10/6	Mon	Adult Advanced- Intermediate	5 weeks	8-9:30am	18+ yrs	\$95	4	8
433033-02	2	10/20-11/17								
433033-03	1	9/9-10/7	Tue			5:30-7pm				
433033-04	2	10/21-11/18								
433033-05	1	9/11-10/9	Thu			7-8:30pm				
433033-06	2	10/23-11/20								

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
434010-01	1	9/11-10/9	Thu	Cardio Tennis	5 weeks	9-10am	18+ yrs	\$60	4	8
434010-02	2	10/23-11/20								

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
434020-01	1	9/12-10/10	Fri	Senior Doubles	5 weeks	9-10:30am	55+ yrs	\$95	4	8
434020-02	2	10/24-11/21								

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433040-01/10	1 Day	9/8 - 11/10	Mon	Pickle-Ball Clinic	1 Day	6-7pm	16+ yrs	\$10	4	12
433040-11/20		9/11-11/13	Thu			10-11am				

BEGINNING	For the student with little or no experience. Basic skills are introduced.
ADVANCED BEGINNING	For the student that can hit forehands, backhands, volleys, serves and can keep score. Instruction will focus on drill work to improve stroke coordination
INTERMEDIATE	For the student that can successfully hit advanced beginning level strokes, and can keep score. Instruction will focus on stroke improvement and strategy
ADVANCED INTERMEDIATE	For students that have considerable playing experience. Instruction will focus on advanced stroke technique and strategy.
CARDIO TENNIS	For students of all levels that are interested in a fun group activity that provides a high energy workout with music.
SENIOR DOUBLES	For students that can successfully hit forehands, backhands, volleys, serves, and can keep score. Class will focus on doubles strategy.
PICKLE-BALL CLINIC	An easy to learn and play game that combines the elements of badminton, tennis and table tennis. Played on a badminton-sized court, using pickle-ball paddles, a ball slightly smaller than a wiffle ball and a lower net.

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, 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, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride 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 Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

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.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, 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 8am-5pm. For more information, call (714) 220-0224.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

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.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

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.



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.

456040-01	1 Day	Mon	9/22	9-11am	64+ yrs	Free
456040-02	1 Day	Mon	10/13	9-11am	64+ yrs	Free
456040-03	1 Day	Mon	11/3	9-11am	64+ yrs	Free
456040-04	1 Day	Mon	11/17	9-11am	64+ yrs	Free

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.sealbeachtenniscenter.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) 430-3498**. 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 August 4
Walk-in and Mailed Registration Begins August 11
Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at dengstrom@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."



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

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

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

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

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HALLOWEEN SAFETY TIPS



Fasten reflective tape to costumes and bags to help drivers see you. **Hold a flashlight** while trick-or-treating to help you see and for others to see you.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.



Always WALK and don't run from house to house. Look both ways before crossing the street. Use established crosswalks wherever possible.



Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls. Lower your risk for serious eye injury by not wearing decorative contact lenses.



Lower your risk for serious eye injury by not wearing decorative contact lenses.

Never walk near lit flames or luminaries. Be sure to wear flame-resistant costumes.



Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.



Avoid trick-or-treating alone. Walk in groups with a trusted adult.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.



The City of Seal Beach Police Department would like to wish everyone a safe and spooktacular Halloween. If you have any questions about holiday safety, please contact the police department at 562-342-7391.