

Shoreline



City of Seal Beach Classes and Activities • Fall 2016



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 pm

Mayor	Sandra Massa-Lavitt, District 5
Mayor Pro Tem	Mike Varipapa, District 3
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gary Miller, District 4

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joseph Stilinovich
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Community Development/ Community Services, Interim Director of Public Works	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Community Services Coordinator	David Nett, ext. 1339
PT Recreation Coordinator	Kevin Ortiz, ext. 1307
Recreation Coordinator	Jessica Jacobs, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Rita Hayes
District 4	Schelly Sustarsic
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting

7:00pm; 2nd & 4th Monday per month

Planning Commission

7:00pm; 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

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HOLIDAY CLOSURES

Labor Day - September 5

Veterans Day - November 11

Thanksgiving - November 24 & 25

REGISTER Online

SealBeachCa.Gov

Online Registration Begins:

August 1, 2016

Walk-in and Mail Registration Begins:

August 8, 2016

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



City Manager **Jill R. Ingram**

“As we welcome the changing colors of fall, we ask that you continue to share your ideas and recommendations with us so we can ensure residents continue to shape the future of Seal Beach.”

As we wrap up our summer fun and embrace the fall season, I want to take a moment to thank the City Council, City Staff and residents for their efforts in developing a balanced budget for fiscal year 16/17. For the last several months, the City's Finance Department, under the leadership of Finance Director Vikki Beatley, has worked tirelessly to develop a budget that keeps us within our means, while at the same time allowing us to meet required reserve policies and provide a high quality of service.

Every city is required by law to balance its budget each year. The City's budget is constantly monitored throughout the year to determine whether the City is spending more or less than its revenues. The City then makes adjustments to its spending in order to ensure at the end of the year the budget is balanced. The budget serves as an outline for how the monies that come into the City should be spent to maintain and improve our town.

In Seal Beach, the budget process begins with an analysis of each department and division, where directors and managers review past and future cost allocations, looking for opportunities for savings and efficiencies that will benefit the entire community. This analysis is then discussed with the City Manager and subsequently with each Councilmember separately to provide them a summary of the draft budget.

Following the draft budget review with each Councilmember, staff presents the draft budget to the City Council and residents at two separate workshops: the

General Government & Safety and Capital Improvement Program (CIP) workshops. The workshops offer residents a chance to provide their input regarding the City's budget.

The workshops are an integral part of the process, as the municipality's budget is much more than an accounting sheet; it serves as an outline for how the City should best use its resources to benefit our citizens. With a General Fund budget of just under \$30 million and a CIP budget of approximately \$25 million, the City has a limited pool of resources that it can utilize to perform the necessary City functions. It is with this understanding that the City Council considered and adopted the proposed fiscal year 16/17 budget which ultimately determines how your tax dollars are spent.

I very much appreciate the continued dedication our employees have shown to ensure that Seal Beach remains on a sound financial path. Our job is to implement the vision, goals and objectives established by the City Council and residents.

As we welcome the changing colors of fall, we ask that you continue to share your ideas and recommendations with us so we can ensure residents continue to shape the future of Seal Beach.

Wishing you all the best this fall!

Jill R. Ingram
City Manager

Holiday Cooking Safety

More cooking fires are reported on Thanksgiving than any other day of the year, followed by Christmas and Christmas Eve. Whether you're baking cookies or preparing a family feast, following a few safety tips will help you spend time with loved ones, not firefighters, in the kitchen this holiday season.

1. **Stay in the kitchen when frying, grilling, or broiling food.** Unattended cooking is the leading cause of home cooking fires.
2. **Check food often while cooking.** If you're entertaining guests, use a timer to remind you that the stove or oven is on.
3. **Wear short, close fitting, or tightly rolled sleeves when cooking.**
4. **Keep cooking areas clear.** Pot holders, paper towels, wooden utensils, and even cookbooks can be fire hazards if left too close to the stove, oven, or other kitchen appliances.
5. **Clean cooking surfaces regularly to prevent grease buildup.**
6. **Make sure children and pets stay at least three feet from the oven, stove, hot food, and hot liquids.**
7. **Test your smoke alarms,** and never disable them while cooking.

It's important to know what to do if a fire starts in your kitchen. A quick and safe response can allow you to put a small fire out before it has a chance to spread.

- If there's a fire on the stove, cover the pan with the lid and turn off the stove. Never try to move the pan to the sink, and NEVER pour water on a grease fire.
- If there's a fire in the oven or microwave, keep the door closed and turn off the appliance.
- A multipurpose (A-B-C) fire extinguisher can also be used on a small cooking fire but only if it's not spreading, smoke and heat have not filled the area, and you have a clear escape path.

A study by Liberty Mutual shows that 83 percent of residents admit to dangerous behavior in the kitchen, such as leaving cooking oil unattended on the stove to check email or do laundry. Help protect your family and your home by practicing cooking safety this holiday season and throughout 2017.



Vote! November 8, 2016

Qualifications to Vote:

1. List of Qualifications:

- a. A U.S. Citizen at the time you register
- b. At least 18 years of age on or before the date of the next election
- c. Not in prison or on parole for a felony conviction

2. To vote in an election, you must register to vote at least 15 days prior to the election date. Voter registrations are filed by county. Be sure to register when you move to a new county! Once registered you must reregister every time you:

- a. Move
- b. Change you name
- c. Change your political affiliation

Important Dates:

October 18, 2016 – Last day to register to vote in this election and still be mailed a sample ballot pamphlet.

October 10, 2016-November 1, 2016 – Vote-By-Mail Voting: Application for vote-by-mail ballots available during this period from the Registrar of Voters. Applications must be received by the Registrar of Voters by November 1, 2016.

October 24, 2016 – Last date to register for this election.

November 8, 2016 – Election Day: Polls will be open from 7:00 a.m.-8:00 p.m. Ballots will be centrally counted at the Registrar of Voters' office. Deadline for the Registrar of Voters to receive vote-by-mail ballots by mail or in person is November 8, 2016, 8:00 p.m. A voter may deliver his/her vote-by-mail ballot in person to any polling place in the county by the close of the polls on Election Day.

City of Seal Beach City Council Election 2016: Two positions for Member of the City Council: District Two- Leisure World & College Park West and District Four- College Park East & Town Center.

Get Involved on Election Day: A typical election has over a thousand polling places. Visit the Orange County Registrar of Voters Office website at www.ocvote.com to sign up as a poll worker.

Registrar of Voters:

Office Hours 8 a.m.-5 p.m. Monday- Friday, except Holidays

Telephone Number: (714) 567-7600

Address: 1300 S. Grand Ave, Building C Santa Ana, CA 92705

Mailing Address: P.O. Box 11298 Santa Ana, CA 92711

City of Seal Beach- City Clerk's Office: (562) 431-2527 x1305

Please visit the City Clerk's webpage at www.sealbeachca.gov/departments/city-clerk for additional 2016 General Municipal Election information.

7th Street Alley Waterline and Sewer Replacement Project CIP No. WT1607

The City is reconstructing the 7th Street alley between north of Electric Avenue and Pacific Coast Hwy, which has water and sewer main lines that have deteriorated over the years. The 7th Street Alley Waterline and Sewer Replacement Project CIP No. WT1607 is replacing the sewer, waterlines and rehabilitate the alley pavement. The City is currently under construction and estimates the project to be complete fall 2016. Your cooperation is critical to the safe and successful completion of this project. This temporary inconvenience will provide years of quality utilities and a nicely concrete surfaced alley.

Seal Beach Historical Society Red Car Museum



FREE Group Tours!

Red Car Museum Hours:

Open the 2nd and 4th Saturday of each month from 12-3pm

Mailing Address:

PO Box 152, Seal Beach, CA 90740

For more information contact:

sbsredcarmuseum@gmail.com or call (562) 453-9762.

Follow us on Facebook @ www.

facebook.com/SBHSRedCarMuseum



When individuals and families are not prepared for an oncoming wildfire, the panic they experience can slow reaction times, delay evacuation, compromise safety, and even threaten lives. For more information, visit ocfa.org/RSG or call (714) 573-6774 to schedule a Wildfire Home Assessment.



It's the duty of every resident living in or around open spaces and canyon areas to prepare now for Orange County's next wildfire.



Step 1: Create a Wildfire Action Plan with detailed information your family will need if a wildfire approaches. Key components include:

- Family Evacuation Plan
- Family Communication Plan
- Pet Disaster Plan
- Your Children's School Disaster and Evacuation Plans
- Your Workplace Disaster and Evacuation Plans

Step 2: Create a Disaster Supply Kit with food, water, and other supplies for at least 72 hours, and smaller kits for your car and workplace in case a wildfire or other disaster stops you from going home.

Step 3: Create a separate Go! Bag for prescription medications, copies of important documents, and items of personal importance.

Step 4: Don't forget to make a Pet Disaster Kit! If you're forced to evacuate, having these items ready-to-go will make it easier for everyone during and after the wildfire.

- Have fire extinguishers on-hand that your family is trained to use
- Have a portable radio or scanner available so you have access to updated emergency information
- Make sure family members know where and how to shut off gas, electricity and water
- Register with Alert OC to keep informed if a wildfire or other emergency occurs.

■ 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.	Claire Yeh – 562-431-5414
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
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
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

Republic Services	(800) 299-4898 www.republicservices.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, 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
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
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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 and Classes
- Ext. 1341 – Athletic Fields, Aquatics, Gym Reservations, Film Permits and Seal Beach Tennis Center
- Ext. 1339 – Facility/Park Rentals and Special Event Permits
- Ext. 1344 – General Information, Brochure/Classes and Instructors, Community Gardens and Swim Lessons



City of Seal Beach- Community Services



SealBeachRec

Seal Beach Summer Send-off

Saturday, August 27 • Heather Park • 5:00 p.m.

seal beach

chamber of commerce

Summer Concert Series 2016

6-8 p.m. • Eisenhower Park

- Aug 3 Grilled Cheese Soundwich
- Aug 10 Abbey Road
- Aug 17 Flash Back Heart Attack
- Aug 24 LAVation

The Chamber, along with individual band sponsors have made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 p.m. starting July 1 through August 19 at Eisenhower Park next to the Seal Beach Pier. In order to ensure there is enough space for all residents to enjoy the concerts, please do not set unattended chairs or any other items to reserve spots until after 4 p.m. All chairs and items that are in the park before 4 p.m. must be accompanied at all times. If left unattended, your belongings will be picked up and held at the chamber booth for pickup and your space will be forfeited. Please contact the Seal Beach Chamber of Commerce at (562) 799-0179 for additional information.



Seal Beach Arts & Crafts Faire

September 10 & 11

Seal Beach Arts & Crafts Faire

Saturday, 9 a.m.-6 p.m.

Sunday, 9 a.m.-5 p.m.

Eisenhower Park

For more information, contact the Seal Beach Lions Club.

Seal Beach PUMPKIN FEST

SATURDAY, OCTOBER 22ND
5:00-8:00pm
Marina Community Center

Bring your own pumpkin to paint & wear your best costume!
Spook-tacular crafts and activities!

Register by October 22nd
(online or in City Hall)

\$5 per child

BOO!

November 26

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 2

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.

December 10

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!

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 11/25

411061-01	6 weeks	Fri	9/16-10/21	10-10:50am	2 yrs	\$72
411061-02	6 weeks	Fri	9/16-10/21	11-11:50am	3-4 yrs	\$72
411061-03	5 weeks	Fri	11/4-12/9	10-10:50am	2 yrs	\$62
411061-04	5 weeks	Fri	11/4-12/9	11-11:50am	3-4 yrs	\$62

Tiaras and 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 at first class. No Class 10/31 & 11/21

422025-01	5 weeks	Mon	9/12-10/17	6-6:30pm	2.5-5 yrs	\$67
422025-02	5 weeks	Mon	10/24-12/12	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 fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. No Class 11/8

422027-01	5 weeks	Tue	9/6-10/4	3-3:30pm	2.5-5 yrs	\$57
422027-02	5 weeks	Tue	10/11-11/15	3-3:30pm	2.5-5 yrs	\$57

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 11/16, 11/17, 11/23, 11/24

422023-01	6 weeks	Wed	9/7-10/12	2-2:30pm	3-5 yrs	\$67
422023-02	6 weeks	Wed	10/19-12/7	2-2:30pm	3-5 yrs	\$67
422023-03	5 weeks	Wed	9/7-10/5	6-6:30pm	2.5-5 yrs	\$57
422023-04	6 weeks	Wed	10/12-11/30	6-6:30pm	2.5-5 yrs	\$67
422023-05	5 weeks	Thu	9/8-10/6	9-9:30am	2.5-5 yrs	\$57
422023-06	5 weeks	Thu	10/13-11/10	9-9:30am	2.5-5 yrs	\$57



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 11/16 & 11/23

412026-01	6 weeks	Wed	9/7-10/12	2:30-3pm	3-5 yrs	\$67
412026-02	6 weeks	Wed	10/19-12/7	2:30-3pm	3-5 yrs	\$67

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 11/16 & 11/23

422021-01	6 weeks	Wed	9/7-10/12	3-3:45pm	5-8 yrs	\$67
422021-02	6 weeks	Wed	10/19-12/7	3-3:45pm	5-8 yrs	\$67

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! 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 11/16 & 11/23

422024-01	5 weeks	Wed	9/7-10/5	3:45-4:30pm	5-12 yrs	\$57
422024-02	6 weeks	Wed	10/12-11/30	3:45-4:30pm	5-12 yrs	\$67

Teeny Tumblers

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is a go go go! We'll bear-walk, 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. No Class 11/17, 11/24

411031-01	5 weeks	Thu	9/8-10/6	9:30-10am	2.5-5 yrs	\$57
411031-02	5 weeks	Thu	10/13-11/10	9:30-10am	2.5-5 yrs	\$57

Princess 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 11/17 & 11/24

442033-01	5 weeks	Thu	9/8-10/6	3-3:45pm	4-7 yrs	\$57
442033-02	6 weeks	Thu	10/13-12/1	3-3:45pm	4-7 yrs	\$67

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 11/17 & 11/24

442034-01	5 weeks	Thu	9/8-10/6	3:45-4:30pm	5-12 yrs	\$57
442034-02	6 weeks	Thu	10/13-12/1	3:45-4:30pm	5-12 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! No Class 11/17 & 11/24

411033-01	5 weeks	Thu	9/8-10/6	4:30-5:15pm	6-12 yrs	\$57
411033-02	6 weeks	Thu	10/13-12/1	4:30-5:15pm	6-12 yrs	\$67

Preschool 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 11/17 & 11/24

411032-01	5 weeks	Thu	9/8-10/6	5:15-5:45pm	4-6 yrs	\$57
411032-02	6 weeks	Thu	10/13-12/1	5:15-5:45pm	4-6 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.

442037-01	1 day	Sat	12/3	5-7pm	3+ yrs	\$17
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Fall Dance Recital

Anne Pennypacker
McGaugh Campus Auditorium, 1698 Bolsa Ave

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

411029-01	1 day	Thu	12/8	5:30-9pm	All ages	\$17
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NEW HOURS



Library Programs

at Mary Wilson Library
707 Electric Avenue

New Library Hours

Monday	10am – 7pm
Tuesday	10am – 7pm
Wednesday	10am – 7pm
Thursday	10am – 7pm
Friday	Closed
Saturday	9am – 5pm
Sunday	Closed

Contact the Library for the New Program Schedule

562-431-3584

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	9/6-9/27	3:30-4pm	3-7 yrs	\$42
411050-02	4 weeks	Tue	10/4-10/25	3:30-4pm	3-7 yrs	\$42

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	9/6-9/27	4-4:45pm	8+ yrs	\$48
422051-02	4 weeks	Tue	10/4-10/25	4-4:45pm	8+ yrs	\$48



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! All kids will receive a Kidz Love Soccer jersey!

423995-01 5 weeks Tue 9/20-10/18 5:15-5:45pm 2-3.5 yrs \$77

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.

423997-01 7 weeks Tue 9/20-11/1 4:30-5:05pm 3.5-5 yrs \$99

Soccer 1

Kidz Love Soccer, 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 9/20-11/1 3:45-4:30pm 5-6 yrs \$99

Ice Skating at Westminster ICE

13071 Springdale, Westminster

Fee: \$39/ 4 weeks

Continuous 4 week sessions are offered for the following classes:

- Parent and Me Ice Skating (#413131)
- Ice Skating for Tots (#413130)
- Beginning Ice Skating (#423130)
- Ice Skating for Adults (#423131)
- Ice Hockey Skating Skills (#423141)

Class fee includes skate rental, half hour instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at first class. Pre-registration is required through the Community Services Department for all classes. For individual class descriptions, dates, times, and class registration, visit register.sealbeachca.gov

Co-ed Beginning Volleyball

Maria Fattal

McGaugh Campus Gym, 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 9/11-11/13 12-2pm 8-14 yrs \$170

Mini-Hawk Multi-Sport

Skyhawks Sports

College Estates Park, 808 Stevely Ave., Long Beach

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt.

423180-01 9 weeks Tue 9/13-11/8 3:30-4pm 2-3 yrs \$145

423180-02 9 weeks Tue 9/13-11/8 4:15-5pm 4-6 yrs \$145

Spanish Toddler Playgroup

Lango Discovery

Marina Community Center, 151 Marina Dr – Small Room

The playgroup exposes kids to a wide variety of tastes, smells, textures, colors, and sounds. The teacher will open her world filled by music, colors, and strange creatures, encouraging the children to exercise their imagination in the target language. This early introduction to stories, art and music does more than entertain. It kicks starts learning, serving as an important cue in a child's routine, and offer lifelong benefits. \$25 materials fee due to instructor at first class meeting.

400104-01 6 weeks Wed 9/14-10/19 3:15-3:45pm 15 mo-3.5 yrs \$115

Spanish Movement & Arts

Lango Discovery

Marina Community Center, 151 Marina Dr – Small Room

Fun and play form the foundation for our preschooler's foreign language classes. Within two or three classes, kids learn key phrases in their new language through simple, repeated songs and chants. Meanwhile, they become familiar with more complex aspects of the language by engaging in adventures and movement-based games that require them to solve simple problems - in their new language, of course! These adventures starring the Lango Kids, and our multi-cultural cast of characters, take students to other lands and cultures to ensure that their language instruction is combined with cultural exposure. \$25 material fee due to instructor at first class meeting.

400102-01 6 weeks Wed 9/14-10/19 4-4:45pm 4-6 yrs \$125

Spanish Arts & Crafts

Lango Discovery

Seal Beach Senior Center, 707 Electric Ave

Stimulate your child's interest in Spanish language and culture, by attending a weekly Spanish enrichment class filled with arts and crafts, music, interactive story time, adventure games and more! This dynamic course does exactly that, exposing children grades k-3 to the Spanish language and culture.

400105-01 6 weeks Sat 9/17-10/22 11-11:45am 6-11 yrs \$125

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. \$15 book fee due at first class meeting.

446031-01 1 day Sat 10/15 9am-3:30pm 14+ yrs \$50

Build It Workspace Classes

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave, Los Alamitos

For class descriptions, please visit register.sealbeachca.gov

Andriod App Creations

413091-01 4 weeks Sat 9/10-10/1 9:30-10:30am 9+ yrs \$50

413091-02 4 weeks Sat 11/5-11/26 9:30-10:30am 9+ yrs \$50

Website Creations

413092-01 4 weeks Sat 10/8-10/29 9:30-10:30am 9+ yrs \$50

Minecraft Creations

413093-01 4 weeks Sat 9/10-10/1 10:45-11:45am 7+ yrs \$50

Coding Adventures

413094-01 4 weeks Sat 10/8-10/29 10:45-11:45am 7+ yrs \$50

413094-02 4 weeks Sat 11/5-11/26 10:45-11:45am 7+ yrs \$50

Robots

413095-01 4 weeks Sat 9/10-10/1 12-2pm 8+ yrs \$100

413095-02 4 weeks Sat 10/8-10/29 12-2pm 8+ yrs \$100

413095-03 4 weeks Sat 11/5-11/26 12-2pm 8+ yrs \$100

Around the House

413096-01 4 weeks Sat 9/10-10/1 2:15-3:15pm 10+ yrs \$50

3D Sculpting

413097-01 4 weeks Sat 10/8-10/29 2:15-3:15pm 10+ yrs \$50

360 Photography

413098-01 4 weeks Sat 11/5-11/26 2:15-3:15pm 10+ yrs \$50

Joy of Card Making

413099-01 1 day Tue 9/6 6-9pm 13+ yrs \$35

413099-02 1 day Tue 10/4 6-9pm 13+ yrs \$35

413099-03 1 day Tue 11/1 6-9pm 13+ yrs \$35

413099-04 1 day Tue 12/6 6-9pm 13+ yrs \$35

Apparel Decoration

413100-01 1 day Tue 9/13 6-9pm 13+ yrs \$35

413100-02 1 day Tue 10/11 6-9pm 13+ yrs \$35

413100-03 1 day Tue 11/8 6-9pm 13+ yrs \$35

413100-04 1 day Tue 12/13 6-9pm 13+ yrs \$35

Crafting

413101-01 1 day Tue 9/20 6-9pm 13+ yrs \$35

413101-02 1 day Tue 10/18 6-9pm 13+ yrs \$35

413101-03 1 day Tue 11/15 6-9pm 13+ yrs \$35

413101-04 1 day Tue 12/20 6-9pm 13+ yrs \$35



Halloween Scary Movie Workshop

Incredifix Inc.

Marina Community Center, 151 Marina Dr

EEEE! Do you like scary movies? Here's your chance to write, direct, film and star in your own horror movie! From "Action" to "That's a Wrap", you'll do it all in this 2 day scary movie workshop, and you'll get to keep your movie to share and scare forever! *Flix available for download in 1-2 weeks. \$20 material fee due to instructor.

427210-01 2 Days Fri 10/14 5-8pm 9-13 yrs \$120
Sat 10/15 10am-4pm

Dog Obedience

Khara Knight, Trainer with Dog Services Unlimited
Laurel Park, 10862 Bloomfield Street, Los Alamitos

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 9/22-11/3 6:15-7:15pm 9+ yrs \$96

Dog Manners "Crash Course"

Khara Knight, Trainer with Dog Services Unlimited

Establish better manners and correct behavior problems in just four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Bad habits such as destructive chewing, jumping on people, digging, and barking will also be addressed. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

El Dorado Park (Near Hockey Court), 2760 Studebaker Rd, Long Beach

466043-01 4 weeks Sat 10/1-10/22 11am-12:15pm 12+ yrs \$84

Bolsa Chica Park, 13660 University, Westminster

466043-02 4 weeks Thu 10/27-11/17 7:45-9pm 12+ yrs \$84

Puppy Kindergarten

Dog Services Unlimited

El Dorado Park (Near Hockey Court), 2760 Studebaker Rd, Long Beach

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. Bring current vaccination records, and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES. Class will be held next to the hockey court, located just behind the Parks, Recreation and Marine Building, on Studebaker, North of Willow.

466039-01 6 weeks Sat 9/24-10/29 12:30-1:30pm 12+ yrs \$86



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 the cha-cha rumba, swing waltz, salsa and foxtrot. Partners are not necessary. No Class 10/31 & 11/21

444020-01	6 weeks	Mon	9/12-10/17	7-8pm	18+ yrs	\$70
444020-02	6 weeks	Mon	10/24-12/12	7-8pm	18+ yrs	\$70

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 11/8

444021-01	5 weeks	Tue	9/6-10/4	7:15-8:15pm	18+ yrs	\$60
444021-02	5 weeks	Tue	10/11-11/15	8:30-9:30pm	18+ yrs	\$60

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 11/16 & 11/23

442028-01	6 weeks	Wed	9/7-10/12	6:30-7:15pm	18+ yrs	\$70
442028-02	6 weeks	Wed	10/19-12/7	6:30-7:15pm	18+ yrs	\$70

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. Tap shoes are best to wear for class. No Class 11/17 & 11/24

442026-01	5 weeks	Thu	9/8-10/6	7:15-8pm	18+ yrs	\$60
442026-02	6 weeks	Thu	10/13-12/1	7:15-8pm	18+ yrs	\$70

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!

442018-01	4 weeks	Wed	9/7-9/28	7:15-8pm	18+ yrs	\$47
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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 "milongueo, milonguera" within!

442038-01	5 weeks	Wed	9/7-10/5	8-8:45pm	18+ yrs	\$60
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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 11/17 & 11/24

442040-01	5 weeks	Thu	9/8-10/6	8-8:45pm	18+ yrs	\$60
442040-02	6 weeks	Thu	10/13-12/1	8-8:45pm	18+ yrs	\$70



Nia Dance Fitness

Kathy Streng
Marina Community Center, 151 Marina Dr



Nia is a barefoot, mindful and joyous non-impact movement practice that promotes "healing from the ground up" as you dance your body's way. A Nia routine offers blended elements of nine movement forms including Aikido, Jazz, Yoga, Modern Dance and Tae Kwon Do.

442081-01	10 weeks	Thu	9/15-11/17	8-9am	13+ yrs	\$85
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Ageless Grace

Kathy Streng
Seal Beach Senior Center, 707 Electric Ave



Ageless Grace, a chair based fitness program for the body and mind, teaches 21 movement tools that address 21 aging factors. To spirited, upbeat music, practice body math, spaghetti spine, yo baby, zoology, juicy joints, balancing act and more!

442082-01	10 weeks	Thu	9/15-11/17	10-11am	45+ yrs	\$65
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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	5 weeks	Mon	10/31-11/28	12:30-1:30pm	18+ yrs	\$57
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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	9/12-10/17	11:30am-12:30pm	18+ yrs	\$67
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442069-02	5 weeks	Mon	10/31-11/28	11:30am-12:30pm	18+ yrs	\$57
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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. No class 11/24

442071-01	6 weeks	Thu	9/15-10/20	12:30-1:30pm	18+ yrs	\$67
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442071-02	5 weeks	Thu	11/3-12/1	12:30-1:30pm	18+ yrs	\$57
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PiYo® Live (Pilates/Yoga)

Divita Elliott

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. But there's no time to stop and chant ommm—because you won't pose—you'll push it. We crank up the music, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean beautiful physique. And, there's no need to spend hours hopping from class to class. You'll sweat, stretch, and strengthen—all in one empowering PiYo LIVE workout! You only need a yoga mat, shoes are optional. **Take both Mondays and Wednesdays for \$127 per session!**

Marina Community Center, 151 Marina Dr

442078-01	6 weeks	Mon	9/12-10/17	5:30-6:30pm	18+ yrs	\$67
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442078-02	6 weeks	Mon	10/24-11/28	5:30-6:30pm	18+ yrs	\$67
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Seal Beach Senior Center, 707 Electric Ave

442078-03	6 weeks	Wed	9/14-10/19	5:30-6:30pm	18+ yrs	\$67
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442078-04	6 weeks	Wed	10/26-11/30	5:30-6:30pm	18+ yrs	\$67
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Gentle Yoga

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. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/8

442068-01	10 weeks	Tue	9/20-11/29	5:30-6:45pm	18+ yrs	\$77
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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! No Class 10/17, 10/19, 10/24, 10/26, 11/21, 11/22, 11/28

442090-01	15 weeks	Mon	9/12-12/12	6:30-7:30pm	18+ yrs	\$107
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442090-02	15 weeks	Wed	9/7-12/14	8-9am	18+ yrs	\$117
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Strength & Toning

Mari Huelskamp
Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. No Class 10/17, 10/19, 10/24, 10/26, 11/21, 11/23, 11/28

442091-01 15 weeks Mon & Wed 9/7-12/14 10-11am 40+ yrs \$139

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. No Class 10/17, 10/18, 10/19, 10/24, 10/25, 10/26, 11/8, 11/21, 11/22, 11/23, 11/28

442092-01 15 weeks Mon-Wed 9/6-12/14 9-10am 18+ yrs \$211

Jazzercise

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

442044-01 7 weeks Mon & Wed 9/7-10/19 6-7pm 13+ yrs \$65

442044-02 7 weeks Mon & Wed 10/24-11/30 6-7pm 13+ yrs \$65

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 \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/24

442030-01 14 weeks Tue & Thu 9/6-12/20 4:30-5:30pm 18+ yrs \$196

Aikido

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 (\$50). 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.

442050-01 12 weeks Mon & Wed 9/5-11/30 7:30-9:30pm 18+ yrs \$150



Tai Chi Chih

Tai Chi Chih (Beginning)

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.

442073-01 5 weeks Mon 9/19-10/17 6:40-7:40pm 18+ yrs \$50

442073-02 5 weeks Mon 11/7-12/5 6:40-7:40pm 18+ yrs \$50

Tai Chi Chih (Intermediate)

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.

442077-01 5 weeks Mon 9/19-10/17 5:30-6:30pm 18+ yrs \$50

442077-02 5 weeks Mon 11/7-12/5 5:30-6:30pm 18+ yrs \$50

Beach Boot Camp

Annika Turner, 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 9/10-11/26 8-9am 12+ yrs \$131

BeachFit Moms

Annika Turner, Beach Fitness
Eisenhower Park, 900 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 Mondays, Tuesdays, Wednesdays and Thursdays. Pay \$15 per class.**

442063-01 12 weeks Mon-Thur 9/5-12/1 9:30-10:30am 18+ yrs \$15/class



Adult Sports Leagues

Basketball League

Monday Nights

Basketball league begins September 19, 2016. \$350 per team, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Softball League

Men – Tuesdays

Coed – Thursdays

Softball league begins August 30 (men) and September 1, 2016 (coed). \$400 per team. For information, call Kevin Ortiz, Community Services Department, at (562) 431-2527 ext: 1307, or e-mail kortiz@sealbeachca.gov. **Dates subject to change due to weather.**

Preregistration
required by January 12

Evaluations and Orientations start on Saturday, January 21, 2017

Inaugural Seal Beach Winter Youth Basketball League

"D" div (Ages 7-8) 9:00 a.m.

"C" div (Ages 9-10) 11:00 a.m.

"B" div (Ages 11-12) 1:00 p.m.

Description: Leagues stresses fun and participation, including minimum play requirements. Teams may practice up to 3 hours per week. Practice time and location are determined by the coach. Siblings are automatically placed on the same team.

Practice: First practice will be held on Saturday, January 28th. Uniforms and schedules will be distributed on that day.

Games: 5 week season. First game begins on February 4 & ends March 11. (No Games February 18 for President's Day Weekend).

Fees: \$89 (Uniform included) | **Location:** McGaugh School – 1698 Bolsa Avenue, Seal Beach



M&M 5 Day Surf Camp

Michael Pless
8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 30 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 5 days of your choice during the week indicated in this class session. If you have questions, please call Michael Pless at (714)846-7873

467061-01	5 days	Mon-Sun	9/5-9/11	8am-12pm	All Ages	\$285
467061-02	5 days	Mon-Sun	9/12-9/18	8am-12pm	All Ages	\$285
467061-03	5 days	Mon-Sun	9/19-9/25	8am-12pm	All Ages	\$285
467061-04	5 days	Mon-Sun	9/26-10/2	8am-12pm	All Ages	\$285
467061-05	5 days	Mon-Sun	10/3-10/9	8am-12pm	All Ages	\$285
467061-06	5 days	Mon-Sun	10/10-10/16	8am-12pm	All Ages	\$285
467061-07	5 days	Mon-Sun	10/17-10/23	8am-12pm	All Ages	\$285
467061-08	5 days	Mon-Sun	10/24-10/30	8am-12pm	All Ages	\$285
467061-09	5 days	Mon-Sun	10/31-11/6	8am-12pm	All Ages	\$285
467061-10	5 days	Mon-Sun	11/7-11/13	8am-12pm	All Ages	\$285
467061-11	5 days	Mon-Sun	11/14-11/20	8am-12pm	All Ages	\$285
467061-12	5 days	Mon-Sun	11/21-11/27	8am-12pm	All Ages	\$285
467061-13	5 days	Mon-Sun	11/28-12/4	8am-12pm	All Ages	\$285

M&M Group Surf Lesson

Michael Pless
8th Street Beach, 8th St & Ocean Ave

Surf Lessons are on-going from September 5 – December 4. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873

M&M 3 Hour Group Lesson

467063-01	1 Day	Mon-Sun	9/5-12/5	8-11am	All Ages	\$85
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M&M 1 Hour Group Lesson

467064-01	1 Day	Mon-Sun	9/5-12/5	8am-12pm	All Ages	\$75
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M&M Semi-Private Lesson

467065-01	1 Day	Mon-Sun	9/5-12/5	8am-12pm	All Ages	\$95
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M&M Private Lesson

467068-01	1 Day	Mon-Sun	9/5-12/5	8am-12pm	All Ages	\$115
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Surf Lessons with Chas Wickwire

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

Chas is a four-time National Amateur Surfing Champion with over 43 years of surfing experience. With a B.A. in communications, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards and wetsuits provided.

Saturday Surf Lessons

1 Day – Choose one Saturday between 9/17-11/19

467051-01	1 day	Sat	9/17-11/19	10am-12pm	All Ages	\$67
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4 Days – Choose four Saturdays between 9/17-11/19

467051-02	4 days	Sat	9/17-11/19	10am-12pm	All Ages	\$207
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Saturday Surf Pass

Available for each Saturday 9/17-11/19

467051-03	10 days	Sat	9/17-11/19	10am-12pm	All Ages	\$357
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Sunday Surf Lessons

1 Day – Choose one Sunday between 9/18-11/20

467053-01	1 day	Sun	9/18-11/20	10am-12pm	All Ages	\$67
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4 Days – Choose four Sundays between 9/18-11/20

467053-02	4 days	Sun	9/18-11/20	10am-12pm	All Ages	\$207
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Sunday Surf Pass

Available for each Saturday 9/18-11/20

467053-03	10 days	Sun	9/18-11/20	10am-12pm	All Ages	\$357
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Weekly Surf Class

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

Weekly surf class for entry level to intermediate surfers of all ages. Held at 1st Street beach, the most consistent and well-shaped surf in town. Daily class offered for \$67 per day.

467052-01	5 days	Mon-Fri	9/12-9/16	10am-12pm	All Ages	\$247
467052-02	5 days	Mon-Fri	9/19-9/23	10am-12pm	All Ages	\$247
467052-03	5 days	Mon-Fri	9/26-9/30	10am-12pm	All Ages	\$247
467052-04	5 days	Mon-Fri	10/3-10/7	10am-12pm	All Ages	\$247
467052-05	5 days	Mon-Fri	10/10-10/14	10am-12pm	All Ages	\$247
467052-06	5 days	Mon-Fri	10/17-10/21	10am-12pm	All Ages	\$247
467052-07	5 days	Mon-Fri	10/24-10/28	10am-12pm	All Ages	\$247
467052-08	5 days	Mon-Fri	10/31-11/4	10am-12pm	All Ages	\$247



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. \$5 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: \$49 34 swim pass: \$98 Unlimited Annual pass: \$250 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	16 swim pass: \$32
Monday-Friday	6pm-6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

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.

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 privately operated 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. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com

444010-01	5 weeks	Mon & Wed	9/12-10/12	5:30-6:30pm	18+ yrs	\$60
444010-02	5 weeks	Mon & Wed	10/17-11/16	5:30-6:30pm	18+ yrs	\$60
444010-03	5 weeks	Mon & Wed	11/21-12/21	5:30-6:30pm	18+ yrs	\$60

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.

424029-01	5 weeks	Mon-Thu Wed	9/6-10/6	2:30-3:30pm 1:15-2:15pm	7-18 yrs	\$153
424029-02	5 weeks	Mon-Thu Wed	10/17-11/17	2:30-3:30pm 1:15-2:15pm	7-18 yrs	\$153

Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2016. Reservations are only available on Saturdays and Sundays from June 4 through August 28.

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	2 Lifeguards (1-40 swimmers and non-swimmers)
Seal Beach Resident	\$215.25 (per 2 hr time slot)
Non- Resident	\$215.75 (per 2 hr time slot)

Have you heard of the game, Pickleball?

As seen on USAPA.org, Pickleball is a paddle sport that was created for people of all ages and skill levels. Many refer to it as "oversized ping pong," where the ball travels 1/3 the speed of a tennis ball. The rules are simple and the game is easy for beginners to learn. With experience, it can turn in to a quick, fast paced and competitive sport.

Pickleball combines the elements of tennis, badminton, and Ping-Pong. You play on a court the size of a doubles badminton court (20' x 44') that is striped similar to a tennis court with right and left service courts. You play with paddles that are smaller than tennis racquets and larger than ping pong paddles and a plastic whiffle type yellow or white ball. The most popular paddles are made out of lightweight composite materials like graphite or aluminum.

The Seal Beach Tennis Center has 5 courts (4 with lights), and several organized play times. We have pickleball paddles and balls available for purchase in the SBTC pro-shop. Check it out!



Seal Beach Tennis Center

For more information, call 562-598-8624.

TINY TOTS (4-5 years) No class 11/23

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433035-01	9/7-10/12	Wed	2:45-3:45pm	\$105	SBTC
433035-02	10/19-11/30	Wed	2:45-3:45pm	\$105	SBTC

ADULT BEGINNING (18+ years) No class 11/23

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433030-01	9/7-10/12	Wed	10:30-11:30am	\$80	SBTC
433030-02	10/19-11/30	Wed	10:30-11:30 am	\$80	SBTC

ADULT ADVANCED BEGINNING (18+ years) No class 11/26

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433031-01	9/10-10/15	Sat	11am - 12pm	\$80	SBTC
433031-02	10/22-12/3	Sat	11am - 12pm	\$80	SBTC

SEAL BEACH TENNIS CENTER

3900 Lampson Ave. • 562-598-8624 • www.sealbeachtenniscenter.com

The Seal Beach Tennis Center is a beautiful facility open to the public 7 days per week, and offering tennis programs and activities for all ages and skill levels. Center includes 16 tennis courts, indoor fitness facility, pro shop, clubhouse and full locker rooms. Visit www.sealbeachtenniscenter.com for our upcoming events and the latest SBTC tennis news!

Tennis Programs

- Adult Tennis Programs
 - Private & group lessons by USPTA/PTR instructors
 - City Recreation tennis classes
 - Weekly Tennis Drop-In Drills
 - Tuesday night Doubles
 - Personal training
 - Special tennis events & tournaments
 - Pacific Sun/Senior Sirs Leagues
 - USTA/WTT Leagues
 - Tennis memberships
- And much more...

Junior Tennis Programs

- SBTC Junior Academy:
 - Mondays & Wednesdays: 4:00pm-6:00pm
 - Friday Match Play: 4:00pm-6:00pm
- Tiny Tots classes for ages 4-5
- Summer Tennis Camps
- USTA Junior Team Tennis
- Private & group lessons by USPTA/PTR instructors

Tennis Professionals

Our facility is home to a number of USPTA/PTR Certified Tennis Professionals who can assist you with all your tennis needs.

Facility & Services

The SBTC includes:

- Tennis and pickleball supplies
- Babolat exclusive dealer of tennis equipment
- Snacks & beverages
- 24-hour turnaround racquet restringing

NEW! 5 pickleball courts (4 with lights)

Organized play times:
 Monday-Friday: 4:30pm-7:30pm
 Thursday: 9:00am-11:00am
 Pickleball Memberships available

Clubhouse & Tennis Courts

The Clubhouse and Tennis Courts are available to rent for your next special occasion, event, training or corporate meeting. Call 562-598-8624 for a quote or visit www.sealbeachtenniscenter.com for an application.

Tennis Center Public Hours

Monday – Friday 12 - 9:30 p.m.
 Saturday & Sunday 12 - 5:30 p.m.
 The general public may reserve courts four days in advance.

General Public Fees

- 12 - 5 p.m. – \$10 per hour/court
- 5 - 9:30 p.m. – \$12 per hour/court
- Seal Beach Residents receive a \$2 discount per hour, per court
- Junior Rates (17 years and under) – \$5 per hour per court

Tennis Lessons taught by Brian Collison

For more information, call 562-598-8624.

KIDS BEGINNING (4-6 years) No class: 11/23, 11/26

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-01	9/12-10/17	Mon	3-3:30 pm	\$52	Heather Park
433020-02	10/31-12/5	Mon	3-3:30 pm	\$52	Heather Park
433020-03	9/7-10/12	Wed	1:15-2 pm	\$52	McGaugh
433020-04	10/26-12/7	Wed	1:15-2 pm	\$52	McGaugh
433020-05	9/7-10/12	Wed	3:30-4 pm	\$52	Marina Park
433020-06	10/26-12/7	Wed	3:30-4 pm	\$52	Marina Park
433020-07	9/10-10/15	Sat	9-9:30 am	\$52	McGaugh
433020-08	10/29-12/10	Sat	9-9:30 am	\$52	McGaugh

KIDS ADVANCED (5-6 years) No class: 11/22, 11/24

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-09	9/6-10/11	Tues	3-3:30 pm	\$52	Heather Park
433020-10	10/25-12/6	Tues	3-3:30 pm	\$52	Heather Park
433020-11	9/8-10/13	Thur	3-3:30 pm	\$52	Marina Park
433020-12	10/27-12/8	Thur	3-3:30 pm	\$52	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 11/23, 11/26

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	9/12-10/17	Mon	3:30-4:30 pm	\$97	Heather Park
433021-02	10/31-12/5	Mon	3:30-4:30 pm	\$97	Heather Park
433021-03	9/7-10/12	Wed	2-3 pm	\$97	McGaugh
433021-04	10/26-12/7	Wed	2-3 pm	\$97	McGaugh
433021-05	9/7-10/12	Wed	4-5 pm	\$97	Marina Park
433021-06	10/26-12/7	Wed	4-5 pm	\$97	Marina Park
433021-07	9/10-10/15	Sat	9:30-10:30am	\$97	McGaugh
433021-08	10/29-12/10	Sat	9:30-10:30am	\$97	McGaugh

JUNIORS ADVANCED (7-10 years) No class: 11/22, 11/24

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-09	9/6-10/11	Tues	3:30-4:30 pm	\$97	Heather Park
433021-10	10/25-12/6	Tues	3:30-4:30 pm	\$97	Heather Park
433021-11	9/8-10/13	Thur	3:30-4:30 pm	\$97	Marina Park
433021-12	10/27-12/8	Thur	3:30-4:30 pm	\$97	Marina Park

TWEENS BEGINNING (11-13 years) No class: 11/23, 11/26

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	9/12-10/17	Mon	4:30-5:30 pm	\$97	Heather Park
433023-02	10/31-12/5	Mon	4:30-5:30 pm	\$97	Heather Park
433023-03	9/7-10/12	Wed	5-6 pm	\$97	Marina Park
433023-04	10/26-12/7	Wed	5-6 pm	\$97	Marina Park

TWEENS ADVANCED (11-13 years) No class: 11/22, 11/24

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-05	9/6-10/11	Tues	4:30-5:30 pm	\$97	Heather Park
433023-06	10/25-12/6	Tues	4:30-5:30 pm	\$97	Heather Park
433023-07	9/8-10/13	Thur	4:30-5:30 pm	\$97	Marina Park
433023-08	10/27-12/8	Thur	4:30-5:30 pm	\$97	Marina Park

ADULTS BEGINING (14+ years) No class: 11/23, 11/26

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	9/12-10/17	Mon	5:30-6:30 pm	\$97	Heather Park
433022-02	10/31-12/5	Mon	5:30-6:30 pm	\$97	Heather Park
433022-03	9/7-10/12	Wed	6-7 pm	\$97	Marina Park
433022-04	10/26-12/7	Wed	6-7 pm	\$97	Marina Park

ADULTS ADVANCED (14+ years) No class: 11/22, 11/24

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-05	9/6-10/11	Tues	5:30-6:30 pm	\$97	Heather Park
433022-06	10/25-12/6	Tues	5:30-6:30 pm	\$97	Heather Park
433022-07	9/8-10/13	Thur	9-10:30 am	\$142	McGaugh
433022-08	10/27-12/8	Thur	9-10:30 am	\$142	McGaugh
433022-09	9/8-10/13	Thur	5:30-6:30 pm	\$97	Marina Park
433022-10	10/27-12/8	Thur	5:30-6:30 pm	\$97	Marina Park



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.

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.

Shopper Shuttle

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Wednesday 8 a.m. to 4:30 p.m., Thursday 8 a.m. to 2 p.m. and Friday 8 a.m. to 4:30 p.m. The Shuttle runs in Old Town and Seal Beach Pier Thursday 8 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.

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 4:30 p.m. and can be utilized by calling (562) 439-3699 at least 24 hours and no more than 3 business days 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	10/24	9-11am	64+ yrs	FREE
456040-02	1 day	Mon	11/21	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

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 \$5 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.

Online Registration Begins August 1

Walk-in and Mailed Registration Begins August 8

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 Jessica at JJacobs@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."



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!

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.

Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
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.

DATED: _____ SIGNATURE: _____

(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 ACCT: \$ _____

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

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSR STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001

Seal Beach

PUMPKIN FEST

SATURDAY, OCTOBER 22ND

5:00-8:00pm

Marina Community Center

Bring your own pumpkin to paint &
wear your best costume!

Spook-tacular crafts and activities!

Register by October 22nd
(online or in City Hall)

\$5 per child

BOO!

