

Shoreline



City of Seal Beach Classes and Activities • Fall 2017



City of Seal Beach

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

CITY COUNCIL

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

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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Deputy Director of Public Works/City Engineer	Michael Ho
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
Recreation Coordinator	Jessica Jacobs, ext. 1344
PT Recreation Coordinator	Kevin Ortiz, ext. 1307

RECREATION COMMISSIONERS

District 1	Steve Miller
District 2	Kari Dreyer-Goldman
District 3	Rita Hayes
District 4	Ann Gunvalsen Saks
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting

7pm; 2nd & 4th Monday per month

Planning Commission

7pm; 1st & 3rd Monday per month

Environmental Quality Control Board As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

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

INSIDE

City News	3-5
Clubs and Organizations	6
Community Events	7
Preschool	8
Youth Dance	8-9
Youth Sports	10-11
Youth & Adult Special Interest	11-12
Adult Fitness	12-15
Adult Dance	13
Adult Sports	15
Surfing	16
Aquatics	17
Tennis	18-19
Senior Services	20
Map & Facilities	21
Registration Procedures	22
Class Registration Form	23

HOLIDAY CLOSURES

Labor Day - September 4

Thanksgiving - November 25 & 26

REGISTER^{Online}

SealBeachCa.Gov

Online Registration Begins:
July 31, 2017

Walk-in and Mail Registration Begins:
August 7, 2017

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

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. Their 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 very much appreciate the continued dedication our employees have shown to ensure that Seal Beach remains on a sound financial path.

In addition to the dedication of our employees, I believe part of the City's success and accomplishments over the past several years is built upon three core principles of open government: transparency, participation, and collaboration. These guiding principles have provided an opportunity to expand citizens' access to the workings of government, as well as a tool for City staff to engage the public and provide service that is tailored to the Seal Beach community rather than a one-size-fits-all approach.

Transparency

Transparency is the principle that government processes and actions should be visible to citizens. In Seal Beach, the principles of transparency can be seen in many ways,

from publishing the City's budget to posting employee compensation on the City's website. In addition, and as a result of the Public Records Act, the public has the right to inspect City records by completing a request with the City Clerk. Transparency can also be found in public meetings that are hosted by the City and adhere to the Ralph M. Brown Act, which guarantees the public's right to attend and participate in meetings of local legislative bodies such as City Council meetings. These are but a few ways the public can unveil and assess the work that is being performed in the City.

Participation

The principle of participation holds that citizens' right of access extends beyond receiving information to include providing input and feedback. The City Council and City staff has actively solicited the public's input, recognizing that civic views and opinions taps the public's reservoir of knowledge and expertise, which stands to better inform decision makers and improve policy outcomes. Through public meetings, budget workshops, annual Council goal setting, and public outreach, the City understands the importance of public participation. Today's information technology also expands participation for those unable to attend meetings or visit City Hall by bringing City Hall to your doorstep with a click of your mouse or a tap on your smartphone or tablet. Whatever your instrument may be, please visit our website

at www.sealbeachca.gov, as we continue to enhance features so that residents can more easily access information. We will continue to seek your participation with the ultimate goal of improving Seal Beach.

Collaboration

Collaboration is the principle that citizens can and should take an active role in government processes. It moves beyond including and incorporating citizens' input to emphasize citizens' formal roles in government proceedings and policy implementation. Such formal roles can be had by residents who are appointed and willing to partake in joining a City Commission, such as the Planning Commission or Recreation and Parks Commission. Residents also have the opportunity to run for elected office in the City to further their service to the community.

As City Manager, I will continue to ensure that City Hall is open to the public, that we support values that lead to better policy, improved outcomes, increased efficiency, and foster a collaborative environment that seeks your participation and leads to enhanced transparency. Only by working together collaboratively and appreciating each day how fortunate we are to thrive in a community like Seal Beach can we ensure that Seal Beach continues to prosper.

Wishing you all the best!

Jill R. Ingram
City Manager

Westminster Ave. Improvement Project Update

Construction for the Westminster Avenue Rehabilitation Project CIP No. ST1610 & Westminster Avenue Landscape Median Improvement Project CIP No. ST1509 (Project) is ongoing and near completion.

The Project consist of asphalt pavement overlay, landscaping and irrigation improvements to the existing medians.

The Project is being funded with a \$500,000 grant match contribution from City funds and is expected to be completed early September.

Traffic control continues to remain in place for the duration of the Project between the hours of 9:00 am to 4:00 pm.

Please use caution when passing through the construction zone. The City appreciates your patience when driving through the area. If there are any questions please call Cesar Rangel, Project Manager at (562) 431-2527 ext. 1328 or email crangel@sealbeachca.gov.



Halloween Safety Tips

KEEPING YOUR CHILDREN SAFE

The Seal Beach Police Department encourages safety and supervision during the annual Trick-or-Treat season. It is especially important for parents to adhere to a few safety rules for their children when they are trick-or-treating.

- Know your treaters' route and have them take a flashlight
- Be sure costumes, shoes, and treat bags are safe.
- Remind kids not to enter strangers' homes or cars.
- Set rules about not eating treats until kids get home. Be sure to inspect all treats before allowing kids to eat them.
- Candy that has been opened should be thrown away. Any homemade treats or fruit should be inspected closely.
- Remember drivers have a hard time seeing people, especially at dusk. Never cross the street from between parked cars.
- Watch open flames from jack-o-lanterns as they can catch costumes and long wigs on fire.
- Make sure that fake knives, swords, and guns are made from cardboard or other flexible materials to avoid accidental injury or worse, have them mistaken for the real thing!

MAKING YOUR HOME SAFE FOR TRICK OR TREATERS

- Turn on your porch light.
- Move lit jack-o-lanterns off the porch where kids get bunched up if they are trick-or-treating in groups.
- Remove objects from your yard that might present a hazard.
- Drive slowly all evening-you never know what creature may suddenly cross your path.



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.

- Stay in the kitchen when frying, grilling, or broiling food. Unattended cooking is the leading cause of home cooking fires.

- Check food often while cooking. If you're entertaining guests, use a timer to remind you that the stove or oven is on.

- Wear short, close fitting, or tightly rolled sleeves when cooking.

- 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.

- Clean cooking surfaces regularly to prevent grease buildup.

- Make sure children and pets stay at least three feet from the oven, stove, hot food, and hot liquids.

- 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.

Help protect your family and your home by practicing cooking safety this holiday season and throughout 2017.



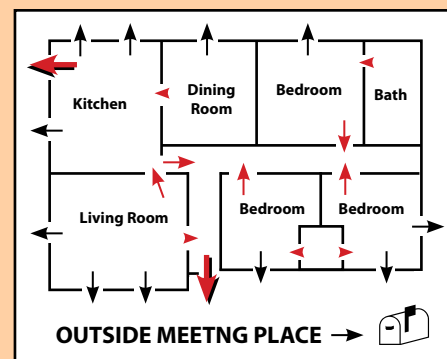
Every Second Counts: Home Fire Escape Plans Save Lives

Nationwide, more than 4,000 die each year and more than 20,000 people are injured in fires. In the event of a fire, time is of the essence, every second counts! Escape plans help get you out of your home quickly. Once a fire starts in a home, there is no time to plan on how to get out. You may have only 1-2 minutes to get out safely. Sit down with your family and make a step-by-step plan for escaping a fire in your home.

Draw a floor plan. Show two ways out of every room. Discuss it with your family.

Select an outside meeting place. Select a safe place where every member of your home will gather outside after escaping a fire. This is a spot where you wait for the fire department and let them know if anyone is missing or trapped inside. After everyone is out safely, this is when you would call 9-1-1.

Practice every month. Practice your plan to ensure that children



and adults react to the smoke alarm and know what to do. Make sure you know the primary and secondary exits. Make sure windows are not stuck, screens can be taken out quickly and that security bars can be opened easily.

Test doors before opening. While kneeling or crouching at the door, use the back of your hand to feel the door, working from the bottom up. If it feels hot or warm, do not open the door. Use a secondary (window, sliding door, etc.) way out.

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Democratic Club of Seal Beach	714-253-6705
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
Philharmonic Society of OC	Debbie Edwards — 562-254-4693
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith — 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahb2o@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
-------------------	--

■ STREET SWEEPING

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

■ SEAL BEACH WATER BILLING

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

■ CITY & GOVERNMENT OFFICES

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

■ RECREATION & COMMUNITY SERVICES

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

■ LIBRARIES

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

■ PRESCHOOL

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

■ LOCAL NEWS

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

■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	Adult Sports, 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 26 • Heather Park • 5:30 p.m.



Summer Concert Series 2017

6-8 p.m. • Eisenhower Park

- Aug 2 The Emperors (Rock and Roll Covers)
- Aug 9 Abbey Road (Beatles Tribute)
- Aug 16 Escape (Journey Tribute Band)
- Aug 23 FlashBack Heart Attack (80's cover)

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 5 through August 23 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.

CHECK OUT THE AMAZING



SATURDAY, SEPTEMBER 9TH - 9:00AM-6:00PM
SUNDAY, SEPTEMBER 10TH - 9:00AM-5:00PM

100+ Arts & Crafts Vendors
Eisenhower Park at Foot of Pier
Limited Parking at 8th and 10th Street Beach Lots

2ND ANNUAL PUMPKIN FEST

FRIDAY 6:00-8:00pm
Oct. 27 Marina Center
151 Marina Drive



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

Spook-tacular crafts and activities!

Register online or in City Hall

\$5 PER CHILD

November 25

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 1

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 9

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 11/24

411061-01	6 weeks	Fri	9/15-10/20	9-9:50am	2 yrs	\$76
411061-02	6 weeks	Fri	9/15-10/20	10-10:50am	2 yrs	\$76
411061-03	6 weeks	Fri	9/15-10/20	11-11:50am	3-4 yrs	\$76
411061-04	6 weeks	Fri	11/3-12/8	9-9:50am	2 yrs	\$76
411061-05	6 weeks	Fri	11/3-12/8	10-10:50am	2 yrs	\$76
411061-06	6 weeks	Fri	11/3-12/8	11-11:50am	3-4 yrs	\$76

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 11/13 & 11/20

422025-01	5 weeks	Mon	9/11-10/9	6-6:30pm	2.5-5 yrs	\$67
422025-02	5 weeks	Mon	10/23-12/4	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 10/31, 11/14, 11/21

422027-01	5 weeks	Tue	9/12-10/10	4-4:30pm	2.5-5 yrs	\$67
422027-02	5 weeks	Tue	10/17-12/5	4-4:30pm	2.5-5 yrs	\$67

Musical Minis

Anne Pennypacker

Recreation Park

Long Beach, 4900 E. 7th Street

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! No Class 10/31, 11/14, 11/21

427070-01	5 weeks	Tue	9/12-10/10	6-6:30pm	2.5-5 yrs	\$67
427070-02	5 weeks	Tue	10/17-12/5	6-6:30pm	2.5-5 yrs	\$67

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 11/15 & 11/22

412026-01	5 weeks	Wed	9/13-10/11	2:30-3pm	3-5 yrs	\$67
412026-02	5 weeks	Wed	10/25-12/6	2:30-3pm	3-5 yrs	\$67

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 11/15, 11/22, 11/17, 11/24

422023-01	5 weeks	Wed	9/13-10/11	2-2:30pm	3-5 yrs	\$67
422023-02	5 weeks	Wed	10/25-12/6	2-2:30pm	3-5 yrs	\$67
422023-03	5 weeks	Wed	9/13-10/11	6-6:30pm	3-5 yrs	\$67
422023-04	5 weeks	Wed	10/25-12/6	6-6:30pm	3-5 yrs	\$67
422023-05	5 weeks	Fri	9/15-10/13	4:30-5pm	3-5 yrs	\$67
422023-06	5 weeks	Fri	10/27-12/8	4:30-5pm	3-5 yrs	\$67

Princess Ballet

Anne Pennypacker

Los Alamitos Community Ctr

10911 Oak Street

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 11/13, 11/20, 11/17, 11/24, 11/16, 11/23



442033-01	5 weeks	Mon	9/11-10/9	5:15-6pm	4-7 yrs	\$67
442033-02	5 weeks	Mon	10/23-12/4	5:15-6pm	4-7 yrs	\$67
442033-03	5 weeks	Thu	9/14-10/12	3-3:45pm	4-7 yrs	\$67
442033-04	5 weeks	Thu	10/26-12/7	3-3:45pm	4-7 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 11/15 & 11/22

422021-01	5 weeks	Wed	9/13-10/11	3-3:45pm	5-10 yrs	\$67
422021-02	5 weeks	Wed	10/25-12/6	3-3:45pm	5-10 yrs	\$67

Rockstar Popstar

Anne Pennypacker

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

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! No Class 10/31, 11/14, 11/21, 11/13, 11/20

427046-01	5 weeks	Tue	9/12-10/10	5:15-6pm	5-12 yrs	\$67
427046-02	5 weeks	Tue	10/17-12/5	5:15-6pm	5-12 yrs	\$67
427046-03	5 weeks	Mon	9/11-10/9	4:30-5:15pm	5-12 yrs	\$67
427046-04	5 weeks	Mon	10/23-12/4	4:30-5:15pm	5-12 yrs	\$67



Hip Hop

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

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 10/31, 11/14, 11/21, 11/13, 11/20, 11/16, 11/23

442034-01	5 weeks	Tue	9/12-10/10	4:30-5:15pm	5-12 yrs	\$67
442034-02	5 weeks	Tue	10/17-12/5	4:30-5:15pm	5-12 yrs	\$67
442034-03	5 weeks	Mon	9/11-10/9	3:45-4:30pm	5-12 yrs	\$67
442034-04	5 weeks	Mon	10/23-12/4	3:45-4:30pm	5-12 yrs	\$67
442034-05	5 weeks	Thu	9/14-10/12	3:45-4:30pm	5-12 yrs	\$67
442034-06	5 weeks	Thu	10/26-12/7	3:45-4:30pm	5-12 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 11/15 & 11/22

422024-01	5 weeks	Wed	9/13-10/11	3:45-4:30pm	5-13 yrs	\$67
422024-02	5 weeks	Wed	10/25-12/6	3:45-4:30pm	5-13 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 11/16 & 11/23

411032-01	5 weeks	Thu	9/14-10/12	5:15-5:45pm	4-6 yrs	\$67
411032-02	5 weeks	Thu	10/26-12/7	5:15-5:45pm	4-6 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 11/16 & 11/23

411033-01	5 weeks	Thu	9/14-10/12	4:30-5:15pm	6-12 yrs	\$67
411033-02	5 weeks	Thu	10/26-12/7	4:30-5:15pm	6-12 yrs	\$67

Storybook Dance

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Catch the elusive Firebird feather, explore the depths of the ocean, be a toy that comes to life, sail away on a pirate ship and much more! Through creative movements, dancers imaginations will soar in this fun filled class! No Class 11/16 & 11/23

427044-01	5 weeks	Thu	9/14-10/12	5:45-6:15pm	3-5 yrs	\$67
427044-02	5 weeks	Thu	10/26-12/7	5:45-6:15pm	3-5 yrs	\$67

FuNk!

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and FuNky! Dance sneakers or tap shoes recommended for class. No Class 11/17 & 11/24

422029-01	5 weeks	Fri	9/15-10/13	5:45-6:15pm	6-13 yrs	\$67
422029-02	5 weeks	Fri	10/27-12/8	5:45-6:15pm	6-13 yrs	\$67

Stars of Jazz

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine. No Class 11/17 & 11/24

427045-01	5 weeks	Fri	9/15-10/13	5-5:45pm	5-13 yrs	\$67
427045-02	5 weeks	Fri	10/27-12/8	5-5:45pm	5-13 yrs	\$67

Pizza Party

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr

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

442037-01	1 day	Sat	12/9	5-7pm	2+ yrs	\$17
-----------	-------	-----	------	-------	--------	------

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	Tue	12/12	5:30-9pm	All ages	\$17
-----------	-------	-----	-------	----------	----------	------



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	9/19-10/17	5:15-5:45pm	2-3.5 yrs	\$78
-----------	---------	-----	------------	-------------	-----------	------

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	9/19-10/31	4:30-5:05pm	3.5-5 yrs	\$101
-----------	---------	-----	------------	-------------	-----------	-------

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	9/19-10/31	3:45-4:30pm	5-6 yrs	\$101
-----------	---------	-----	------------	-------------	---------	-------

Coed 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	9/10-11/12	12-2pm	9-14 yrs	\$180
-----------	----------	-----	------------	--------	----------	-------

Parent & Me Ice Skating

Westminster Ice Staff, 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 class and 12:00-2:00pm 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. No Class 11/21 & 11/25

413131-01	4 weeks	Tue	9/12-10/3	4:10-4:40pm	3-5 yrs	\$44
413131-02	4 weeks	Tue	10/17-11/7	4:10-4:40pm	3-5 yrs	\$44
413131-03	4 weeks	Tue	11/14-12/12	4:10-4:40pm	3-5 yrs	\$44
413131-04	4 weeks	Sat	9/16-10/7	11:15-11:45am	3-5 yrs	\$44
413131-05	4 weeks	Sat	10/21-11/11	11:15-11:45am	3-5 yrs	\$44
413131-06	4 weeks	Sat	11/18-12/16	11:15-11:45am	3-5 yrs	\$44

Ice Skating for Tots

Westminster Ice Staff
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. No Class 11/22 & 11/25

413130-01	4 weeks	Wed	9/13-10/4	5:40-6:10pm	3-5 yrs	\$44
413130-02	4 weeks	Wed	10/18-11/8	5:40-6:10pm	3-5 yrs	\$44
413130-03	4 weeks	Wed	11/15-12/13	5:40-6:10pm	3-5 yrs	\$44
413130-04	4 weeks	Sat	9/16-10/7	10:45-11:15am	3-5 yrs	\$44
413130-05	4 weeks	Sat	10/21-11/11	10:45-11:15am	3-5 yrs	\$44
413130-06	4 weeks	Sat	11/18-12/16	10:45-11:15am	3-5 yrs	\$44

Beginning Ice Skating

Westminster Ice Staff
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. No Class 11/23 & 11/25

423130-01	4 weeks	Thu	9/14-10/5	4:10-4:40pm	6-16 yrs	\$44
423130-02	4 weeks	Thu	10/19-11/9	4:10-4:40pm	6-16 yrs	\$44
423130-03	4 weeks	Thu	11/16-12/14	4:10-4:40pm	6-16 yrs	\$44
423130-04	4 weeks	Sat	9/16-10/7	10:15-10:45am	6-16 yrs	\$44
423130-05	4 weeks	Sat	10/21-11/11	10:15-10:45am	6-16 yrs	\$44
423130-06	4 weeks	Sat	11/18-12/16	10:15-10:45am	6-16 yrs	\$44

Ice Hockey Skating Skills

Westminster Ice Staff
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 (3:00-5:00pm for Wednesday class and 12:00-2:00pm 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. No Class 11/22 & 11/25



423141-01	4 weeks	Wed	9/13-10/4	6:10-6:40pm	6-16 yrs	\$44
423141-02	4 weeks	Wed	10/18-11/8	6:10-6:40pm	6-16 yrs	\$44
423141-03	4 weeks	Wed	11/15-12/13	6:10-6:40pm	6-16 yrs	\$44
423141-04	4 weeks	Sat	9/16-10/7	10:45-11:15am	6-16 yrs	\$44
423141-05	4 weeks	Sat	10/21-11/11	10:45-11:15am	6-16 yrs	\$44
423141-06	4 weeks	Sat	11/18-12/16	10:45-11:15am	6-16 yrs	\$44



Veteran's Day Basketball Camp

One on One Basketball, Inc., McGaugh Campus Gym, 1698 Bolsa Ave

Join One on One Basketball for our first annual Veterans Day Camp. Students will be split into age appropriate groups and practice fundamental skills, play organized games, and controlled scrimmages. Our camps are for everyone and our coaches will challenge your AAU All Star, motivate your video gamer, and teach your kinder.

423040-01	1 day	Fri	11/10	9am-2pm	5-13 yrs	\$50
-----------	-------	-----	-------	---------	----------	------

Skatedogs Skateboarding

Skatedogs, 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. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet.

423150-01	5 weeks	Sat	9/9-10/7	9-10:30am	5-13 yrs	\$125
423150-02	5 weeks	Sat	10/21-11/18	9-10:30am	5-13 yrs	\$125

Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports, Marina Vista Park, 5355 E Eliot St, 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.

423180-01	9 weeks	Tue	9/19-11/14	3:30-4pm	2-3 yrs	\$149
423180-02	9 weeks	Tue	9/19-11/14	4:15-5pm	4-6 yrs	\$149

Karate for Kids

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

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

422051-01	4 weeks	Tue	9/12-10/3	5-5:30pm	4-12 yrs	\$38
-----------	---------	-----	-----------	----------	----------	------

College Essay Workshop

Alison Cotter, Los Alamitos Community Ctr, 10911 Oak Street

Applying to college this fall? Get a jumpstart on your essay! Find out what admissions officers are looking for. Learn how to turn personal experience into great essay topics. Get detailed feedback on drafts in a supportive, small group setting. Students will plan, write, and edit an essay for the Common Application. Workshop includes peer review, as well as in-class and at-home writing assignments.

422070-01	4 weeks	Tue	10/3-10/24	6-8pm	17+ yrs	\$145
-----------	---------	-----	------------	-------	---------	-------

Dog Obedience

Dog Services Unlimited

All breeds of dogs 6 months & 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, a lawn chair, and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS. Handlers ages 9 years to adults. Thursday class held on Hockey/Basketball Courts at El Dorado Park.

El Dorado Park, 2760 Studebaker Rd, Long Beach

466040-01	7 weeks	Thu	9/14-10/26	7:45-8:45pm	9+ yrs	\$96
-----------	---------	-----	------------	-------------	--------	------

Recreation Park, 4900 E 7th Street, Long Beach

466040-02	7 weeks	Tue	9/26-11/14	6-7pm	9+ yrs	\$96
-----------	---------	-----	------------	-------	--------	------

Puppy Kindergarten

Dog Services Unlimited

El Dorado Park, 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 on Hockey/Basketball Court at El Dorado Park located just behind the Parks, Recreation and Marine Building, on Studebaker, North of Willow.



466039-01	6 weeks	Sat	9/30-11/4	12-1pm	12+ yrs	\$86
-----------	---------	-----	-----------	--------	---------	------

Dog Manners "Crash Course"

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, 2760 Studebaker Rd, Long Beach

466043-01	4 weeks	Sat	10/14-11/4	1-2:15pm	12+ yrs	\$84
-----------	---------	-----	------------	----------	---------	------

Laurel Park, 10862 Bloomfield, Los Alamitos

466043-02	4 weeks	Thu	10/26-11/16	6-7:15pm	12+ yrs	\$84
-----------	---------	-----	-------------	----------	---------	------

Portrait Workshop

Ying Liu, Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor: Ying Liu. Beginners through advanced students are welcome. Bring medium of choice: pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demos and one-on-one instruction are provided. Model fee included in registration fee.

436096-01	8 weeks	Sat	9/16-11/4	9am-12pm	16+ yrs	\$85
-----------	---------	-----	-----------	----------	---------	------

Transform Your Photos into a Painting

Ying Liu, Los Alamitos Community Ctr, 10911 Oak Street

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

436097-01	5 weeks	Wed	9/20-10/18	6:30-9:30pm	16+ yrs	\$86
-----------	---------	-----	------------	-------------	---------	------

Painting with Mom

BlueSea Care, Fire Station 48, Community Room, 3131 N. Gate Rd

Arts, craft, music and drawing are just a few of the activities we enjoyed doing with our parents when we were younger and we still have fond memories of. Painting With Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement and stimulation, socializing and most importantly, fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and awareness to Alzheimers and Dementia.

456010-01	1 day	Sat	9/16	10am-12pm	55+ yrs	FREE
456010-02	1 day	Sat	10/14	10am-12pm	55+ yrs	FREE
456010-03	1 day	Sat	11/18	10am-12pm	55+ yrs	FREE

Sensational Sewing

Laura Harvey, Seal Beach Tennis Center, Activity Room, 3900 Lampson Ave

Through this class, students will learn the life skill of sewing by hand and machine. They will create many different projects to incorporate their sewing skills. Projects will range from making a fat quarter bag and reusable snack bags to making their own aprons and pajama pants. The more advanced the persons skills, the more advanced the finished projects. Students will be able to use a Brother 6000i sewing machine during class or you may bring your own. \$30 material fee due to instructor at first class meeting. No class 11/25

436085-01	4 weeks	Sat	9/9-9/30	1-3pm	6-10 yrs	\$80
436085-02	4 weeks	Sat	10/14-11/4	1-3pm	6-10 yrs	\$80
436085-03	4 weeks	Sat	11/18-12/16	1-3pm	6-10 yrs	\$80
436085-04	4 weeks	Sat	9/9-9/30	3:30-5:30pm	11-15 yrs	\$80
436085-05	4 weeks	Sat	10/14-11/4	3:30-5:30pm	11-15 yrs	\$80
436085-06	4 weeks	Sat	11/18-12/16	3:30-5:30pm	11-15 yrs	\$80

Sensational Sewing for Adults

Laura Harvey, Fire Station 48 Community Room, 3131 N. Gate Rd

Through this class, students will learn the life skill of sewing by hand and machine. They will create many different projects to incorporate their sewing skills. Projects will range from making a fat quarter bag and reusable snack bags to making their own aprons and pajama pants. The more advanced the persons skills, the more advanced the finished projects. Students will be able to use a Brother 6000i sewing machine during class or you may bring your own. \$30 material fee due to instructor at first class meeting.

436086-01	4 weeks	Tue	9/5-9/26	3-5pm	16+ yrs	\$80
436086-02	4 weeks	Tue	10/10-10/31	3-5pm	16+ yrs	\$80
436086-03	4 weeks	Tue	11/14-11/28	3-5pm	16+ yrs	\$80

First Aid, CPR & AED Training

Erik Berg

Fire Station 48, Community Room, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. \$5 book fee due to Instructor.

446031-01	1 day	Sat	9/23	9am-3:30pm	16+ yrs	\$50
-----------	-------	-----	------	------------	---------	------

Magic in Seal Beach

Daniel Habel, North Seal Beach Center, 3333 Saint Cloud Dr.

Fee: FREE + \$10 for lectures due day of event

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

September 16	October 21	November 18
--------------	------------	-------------

Jacki Sorensen's Fitness/Dance

Martha Stegen & Jo Kerr

North Seal Beach Center, 3333 Saint Cloud

DrJacki 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 11/23

442030-01	14 weeks	Tue & Thu	9/5-12/7	4:30-5:30pm	18+ yrs	\$196
-----------	----------	-----------	----------	-------------	---------	-------

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. Come explore the pleasure of movement as you discover joy, self-connection and freedom.

442081-01	7 weeks	Thu	9/7-10/19	8-8:55am	13+ yrs	\$65
442081-02	6 weeks	Thu	11/2-12/14	8-8:55am	13+ yrs	\$56

Ageless Grace®

Kathy Streng, Fire Station 48, Community Room, 3131 N. Gate Rd

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! Based on the science of neuroplasticity, Ageless Grace creatively promotes physical and brain health.

442082-01	7 weeks	Thu	9/7-10/19	10-11am	45+ yrs	\$48
442082-02	6 weeks	Thu	11/2-12/14	10-11am	45+ yrs	\$42



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 11/13 & 11/20

444020-01	5 weeks	Mon	9/11-10/9	7-7:45pm	18+ yrs	\$67
444020-02	5 weeks	Mon	10/23-12/4	7-7:45pm	18+ yrs	\$67

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 11/15 & 11/22

444021-01	5 weeks	Wed	9/13-10/11	7:15-8pm	18+ yrs	\$67
444021-02	5 weeks	Wed	10/25-12/6	7:15-8pm	18+ yrs	\$67

Adult Hip Hop

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! No Class 11/15 & 11/22

442028-01	5 weeks	Wed	9/13-10/11	6:30-7:15pm	18+ yrs	\$67
442028-02	5 weeks	Wed	10/25-12/6	6:30-7:15pm	18+ yrs	\$67

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 11/16 & 11/23

442026-01	5 weeks	Thu	9/14-10/12	7:15-8pm	18+ yrs	\$67
442026-02	5 weeks	Thu	10/26-12/7	7:15-8pm	18+ yrs	\$67

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	4 weeks	Mon	9/18-10/9	12:30-1:30pm	18+ yrs	\$47
442072-02	6 weeks	Mon	10/23-11/27	12:30-1:30pm	18+ yrs	\$67

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	4 weeks	Mon	9/18-10/9	11:30am-12:30pm	18+ yrs	\$47
442069-02	6 weeks	Mon	10/23-11/27	11:30am-12:30pm	18+ yrs	\$67

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 11/23

442071-01	5 weeks	Thu	9/14-10/12	12:30-1:30pm	18+ yrs	\$57
442071-02	5 weeks	Thu	10/26-11/30	12:30-1:30pm	18+ yrs	\$57





Strength & Toning

Mari Huelskamp
Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Daily rate: \$10 per class. No Class 9/18, 10/9, 10/18, 10/23, 10/25, 10/30, 11/2, 11/22, 11/27

442091-01	21 classes	Mon & Wed	9/11-12/13	10-11am	45+ yrs	\$133
-----------	------------	-----------	------------	---------	---------	-------

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! Daily rate: \$12 per class. No Class 10/18, 10/23, 10/25, 10/30, 11/20, 11/22, 11/27

442090-01	10 classes	Mon	9/11-12/11	6:30-7:30pm	18+ yrs	\$107
442090-02	11 classes	Wed	9/13-12/13	8-9am	18+ yrs	\$117

Gentle Yoga

Suzu 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 10/31, 11/7

442068-01	12 weeks	Tue	9/12-12/12	5:30-6:45pm	18+ yrs	\$87
-----------	----------	-----	------------	-------------	---------	------

WERQ

Meghan McLarty
Marina Community Center, 151 Marina Dr

WERQ (pronounced "work") is a wildly addictive and fiercely fun dance fitness class based on the chart topping pop, hip-hop, and rock music that we know and love today! WERQ has been featured as one of the hottest workouts in the US by InStyle Magazine and makes dance accessible to every level student. Beyond being easy to follow, WERQ is an effective cardio class that feels more like a dance experience. Students can burn up to 800 calories per hour!

442085-01	8 weeks	Mon	10/9-11/27	7:30-8:30pm	13+ yrs	\$87
-----------	---------	-----	------------	-------------	---------	------

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. Daily rate: \$10 per class. No Class 9/18, 10/9, 10/18, 10/23, 10/24, 10/25, 10/30, 11/20, 11/21, 11/22, 11/27

442092-01	33 classes	Mon-Wed	9/11-12/13	9-10am	18+ yrs	\$205
-----------	------------	---------	------------	--------	---------	-------

Jazzercise

Akemi Hanna
North Seal Beach Center, 3333 Saint Cloud Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442044-01	7 weeks	Mon & Wed Sat	9/6-10/21	6-7pm 7:15-8:15am	13+ yrs	\$70
442044-02	7 weeks	Mon & Wed Sat	10/23-12/2	6-7pm 7:15-8:15am	13+ yrs	\$70



Tai Chi Chih

Beginning Tai Chi Chih

Suzanne Roady-Ross
Seal Beach Senior Center, 707 Electric Ave

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting 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	10/2-10/30	6:40-7:40pm	16+ yrs	\$50
442073-02	5 weeks	Mon	11/13-12/11	6:40-7:40pm	16+ yrs	\$50

Intermediate Tai Chi Chih

Suzanne Roady-Ross
Seal Beach Senior Center, 707 Electric Ave

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

442077-01	5 weeks	Mon	10/2-10/30	5:30-6:30pm	16+ yrs	\$50
442077-02	5 weeks	Mon	11/13-12/11	5:30-6:30pm	16+ yrs	\$50

Aikido for Adults

Steve Wasserman, North Seal Beach Center, 3333 Saint Cloud Dr

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

442050-01 13 weeks Mon & Wed 9/4-12/3 7:30-9:30pm 18+ yrs \$150

Beach Boot Camp

Annika Turner, Beach Fitness

10th Street Beach Parking Lot, 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. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'!

442062-01 13 weeks Sat 9/9-12/2 8-9am 18+ yrs \$136

BeachFit Moms

Annika Turner, Beach Fitness

10th Street Beach Parking Lot, 10th St @ Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and fit life. BeachFit Moms is a daily class offered Monday, Tuesday, Thursday and Friday: pay \$20 per class. Meet in the 10th Street Beach Parking Lot.

442063 13 weeks Mon/Tue/Thur/Fri 9/4-12/1 9:30-10:30am 18+ yrs \$20/class



Adult Sports Leagues

Basketball League

Monday Nights

Basketball league begins Sept. 11. \$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 Sept. 7 (coed) and Sept. 26 (men). \$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.**

Ice Skating for Adults

Westminster Ice Staff

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 1st class and dress warm. No Class 11/22

423131-01	4 weeks	Wed	9/13-10/4	6:40-7:10pm	17+ yrs	\$44
423131-02	4 weeks	Wed	10/18-11/8	6:40-7:10pm	17+ yrs	\$44
423131-03	4 weeks	Wed	11/15-12/13	6:40-7:10pm	17+ yrs	\$44



M&M Surfing

M&M Surfing – 5 Day Lessons

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	9/4-9/10	8am-12pm	5+ yrs	\$287
467061-02	5 days	Mon-Sun	9/11-9/17	8am-12pm	5+ yrs	\$287
467061-03	5 days	Mon-Sun	9/18-9/24	8am-12pm	5+ yrs	\$287
467061-04	5 days	Mon-Sun	9/25-10/1	8am-12pm	5+ yrs	\$287
467061-05	5 days	Mon-Sun	10/2-10/8	8am-12pm	5+ yrs	\$287
467061-06	5 days	Mon-Sun	10/9-10/15	8am-12pm	5+ yrs	\$287
467061-07	5 days	Mon-Sun	10/16-10/22	8am-12pm	5+ yrs	\$287
467061-08	5 days	Mon-Sun	10/23-10/29	8am-12pm	5+ yrs	\$287
467061-09	5 days	Mon-Sun	10/30-11/5	8am-12pm	5+ yrs	\$287
467061-10	5 days	Mon-Sun	11/6-11/12	8am-12pm	5+ yrs	\$287
467061-11	5 days	Mon-Sun	11/13-11/19	8am-12pm	5+ yrs	\$287
467061-12	5 days	Mon-Sun	11/20-11/26	8am-12pm	5+ yrs	\$287
467061-13	5 days	Mon-Sun	11/27-12/3	8am-12pm	5+ yrs	\$287

M&M Surfing – 1 Day Lessons

Michael Pless

8th Street Beach, 8th St & Ocean Ave

Surf Lessons are on-going from September 4 – December 3. **Please note, these classes are 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	9/4-12/3	8am-12pm	5+ yrs	\$87
-----------	-------	---------	----------	----------	--------	------

M&M 1 Hour Group Lesson

467064-01	1 day	Mon-Sun	9/4-12/3	8am-12pm	5+ yrs	\$77
-----------	-------	---------	----------	----------	--------	------

M&M Semi-Private Lesson

467065-01	1 day	Mon-Sun	9/4-12/3	8am-12pm	5+ yrs	\$97
-----------	-------	---------	----------	----------	--------	------

M&M Private Lesson

467068-01	1 day	Mon-Sun	9/4-12/3	8am-12pm	5+ yrs	\$115
-----------	-------	---------	----------	----------	--------	-------

Surf Lessons with Chas Wickwire

Sunday Surf Lessons

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Chas is a 4-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. This class is good for any ONE Sunday lesson. Please indicate your date preference in the note section on the checkout screen.

467053-01	1 day	Sun	9/17-11/19	10am-12pm	All ages	\$67
467053-02	4 days	Sun	9/17-11/19	10am-12pm	All ages	\$207
467053-03	10 days	Sun	9/17-11/19	10am-12pm	All ages	\$357

High School Surf Team Coaching

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

This course is for high school surf team members, or those looking to train for the surf team. Surfboards & wetsuits provided. Lessons by appointment only, and are available during the week from 3:30pm -6pm, or on the weekend from 8am -9:30am. When registering, please indicate your date preference on your registration form, or in the note section on the checkout screen.

467050-01	1 day	Mon-Fri Sat & Sun	9/16-11/18	3:30-6pm 8-9:30am	11-18 yrs	\$77
467050-02	4 days	Mon-Fri Sat & Sun	9/16-11/18	3:30-6pm 8-9:30am	11-18 yrs	\$247
467050-03	6 days	Mon-Fri Sat & Sun	9/16-11/18	3:30-6pm 8-9:30am	11-18 yrs	\$317



Community Pool

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

Community Services Office (562) 431-2527 Extension 1344

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

Adult & Youth Lap Swim

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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$49
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$98
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$250 (No guests)
Monday-Friday	6pm-6:30pm	Youth	16 swim pass: \$32
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

Call Nora Jean Terborch 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.

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	10/16-11/16	2:30-3:30pm 1:15-2:15pm	7-18 yrs	\$155
424029-02	5 weeks	Mon-Thu Wed	1/8-2/8	2:30-3:30pm 1:15-2:15pm	7-18 yrs	\$155

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 casswimshop.com.

444010-01	5 weeks	Mon & Wed	9/6-10/4	5:30-6:30pm	18+ yrs	\$65
444010-02	5 weeks	Mon & Wed	10/9-11/8	5:30-6:30pm	18+ yrs	\$65
444010-03	5 weeks	Mon & Wed	11/20-12/20	5:30-6:30pm	18+ yrs	\$65

POOL PARTY

Reservations are only available on Saturdays and Sundays from June 24 through August 20.

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.

Party Times	Pool Rental Fees	2 Lifeguards (1-40 swimmers and non-swimmers)
Saturday: 1-3 p.m. 3:30-5:30 p.m. 6-8 p.m.	Seal Beach Resident	\$220 (per 2 hr time slot)
	Non- Resident	\$240 (per 2 hr time slot)



Seal Beach Tennis Center

For more information, call 562-598-8624.

TINY TOTS (4-5 years) No class 11/22, 11/25
Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433035-01	9/6-10/11	Wed	3:15-3:45pm	\$60	SBTC
433035-02	10/18-11/29	Wed	3:15-3:45pm	\$60	SBTC
433035-03	9/9-10/14	Sat	11-11:30pm	\$60	SBTC
433035-04	10/21-12/2	Sat	11:30-12pm	\$60	SBTC

ADULT BEGINNING (18+ years) No class 11/22
Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433030-01	9/6-10/11	Wed	6-7pm	\$110	SBTC
433030-02	10/18-11/29	Wed	6-7pm	\$110	SBTC

SERVE CLINIC (18+ years)
Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433036-01	9/9	Sat	11am-12pm	\$15	SBTC

VOLLEY CLINIC (18+ years)
Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433037-01	9/9	Sat	8:30-9:30am	\$15	SBTC

PICKLEBALL (16+ years) No class 11/26
Instructor: Brenda Danielson

Pickleball is played on a striped 20'x40' court, similar to a tennis court with right and left service and combines the elements of tennis, badminton, and Ping-Pong. The game is played 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. Pickleball paddles and balls are available for purchase in the SBTC pro-shop.

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433040-01	9/11	Mon	6-7pm	\$15	SBTC
433040-02	10/2	Mon	6-7pm	\$15	SBTC
433040-03	11/6	Mon	6-7pm	\$15	SBTC
433040-04	12/4	Mon	6-7pm	\$15	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: 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-01	9/11-10/16	Mon	4-4:30pm	\$49	Heather Park
433020-02	10/30-11/27	Mon	4-4:30pm	\$49	Heather Park
433020-03	9/6-10/11	Wed	3:30-4pm	\$49	Marina Park
433020-04	10/25-11/29	Wed	3:30-4pm	\$49	Marina Park

KIDS ADVANCED (5-6 years) No class: 11/21, 11/23

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020	9/5-10/10	Tue	4-4:30pm	\$49	Heather Park
433020	10/24-11/28	Tue	4-4:30pm	\$49	Heather Park
433020	9/7-10/12	Thur	4-4:30pm	\$49	Marina Park
433020	10/26-11/30	Thur	4-4:30pm	\$49	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	9/11-10/16	Mon	4:30-5:30pm	\$91	Heather Park
433021-02	10/30-11/27	Mon	4:30-5:30pm	\$91	Heather Park
433021-03	9/6-10/11	Wed	4-5pm	\$91	Marina Park
433021-04	10/25-11/29	Wed	4-5pm	\$91	Marina Park

JUNIORS INTERMEDIATE (7-10 years) No class: 11/21, 11/23

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021	9/5-10/10	Tue	4:30-5:30pm	\$91	Heather Park
433021	10/24-11/28	Tue	4:30-5:30pm	\$91	Heather Park
433021	9/7-10/12	Thur	4:30-5:30pm	\$91	Marina Park
433021	10/26-11/30	Thur	4:30-5:30pm	\$91	Marina Park

TWEENS BEGINNING (11-13 years) No class: 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	9/11-10/16	Mon	5:30-6:30pm	\$91	Heather Park
433023-02	10/30-11/27	Mon	5:30-6:30pm	\$91	Heather Park
433023-03	9/6-10/11	Wed	5-6pm	\$91	Marina Park
433023-04	10/25-11/29	Wed	5-6pm	\$91	Marina Park

TWEENS INTERMEDIATE (11-13 years) No class: 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023	9/5-10/10	Tue	5:30-6:30pm	\$91	Heather Park
433023	10/24-11/28	Tue	5:30-6:30pm	\$91	Heather Park
433023	9/7-10/12	Thur	5:30-6:30pm	\$91	Marina Park
433023	10/26-11/30	Thur	5:30-6:30pm	\$91	Marina Park

ADULTS BEGINNING (14+ years) No class: 11/21, 11/23

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	9/11-10/16	Mon	6:30-7:30pm	\$91	Heather Park
433022-02	10/30-11/27	Mon	6:30-7:30pm	\$91	Heather Park
433022-03	9/6-10/11	Wed	6-7pm	\$91	Marina Park
433022-04	10/25-11/29	Wed	6-7pm	\$91	Marina Park

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

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	9/5-10/10	Tue	6:30-7:30pm	\$91	Heather Park
433022-02	10/24-11/28	Tue	6:30-7:30pm	\$91	Heather Park
433022-03	9/7-10/12	Thur	6:30-7:30pm	\$91	Marina Park
433022-04	10/26-11/30	Thur	6:30-7:30pm	\$91	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, 8 a.m.-2 p.m. Lunch is served at 11:15 a.m. For more information, please call (562) 430-6079 between the hours of 11 a.m. and 1 p.m. If you need transportation to the senior lunch program, arrangements may be made with the City's 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 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 a date, time, and location.

The service can be made for any reason such as doctor's appointments, retail/grocery shopping and dining excursions (within the City of Seal Beach). For medical purposes only, this service may be used within three miles outside the City limits in Orange County.

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 10 a.m. and 1 p.m. 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 8 a.m.-5 p.m. For more information, call (714) 220-0224.

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.

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.

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	10/9	9-11am	64+ yrs	FREE
456040-02	1 day	Mon	10/30	9-11am	64+ yrs	FREE
456040-03	1 day	Mon	11/20	9-11am	64+ yrs	FREE

Eye Health 101

Nimesh Pathak, MD, North Seal Beach Center, 3333 Saint Cloud Dr

Become informed about diabetes, cataracts, macular degeneration, glaucoma and much more. Dr. Pathak will discuss your eye health and what you can do to protect your sight. These lectures are always changing so feel free to attend them all. Afterwards he will open the floor for discussion and questions. Lectures are given during Senior Meals.

456050-01	1 day	Wed	10/4	10-11am	All ages	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 July 31, 2017

Walk-in and Mailed Registration begins August 7, 2017

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."



Refund Policy

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

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

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

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

Access & Inclusion

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

Community Services Department

City of Seal Beach

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

Office Hours

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

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

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.

211 8th Street, Seal Beach, Ca 90740
Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

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

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.

(PARTICIPANT/PARENT OR GUARDIAN)

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

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

2ND ANNUAL
**PUMPKIN
FEST**

FRIDAY
Oct. 27

6:00-8:00pm
Marina Center
151 Marina Drive



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

Spook-tacular crafts and activities!

Register online or in City Hall

\$5 PER CHILD