

Shoreline



City of Seal Beach Classes and Activities • Spring 2017



New
Tot Lot
at the Pier

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	Schelly Sustarsic, District 4

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joseph Stilinovich
Director of Public Works	Steve Myrter
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Community Development/ Community Services	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
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

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HOLIDAY CLOSURES

President's Day - February 20

Memorial Day - May 29

Day Light Savings

Spring Forward on Sunday, March 12

REGISTER^{Online}

.SealBeachCa.Gov

Online Registration Begins:

February 13, 2017

Walk-in and Mail Registration Begins:

February 21, 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

This past winter produced more rainfall than in recent memory and that is a good thing given the drought conditions that have persisted for some time now. But the increased precipitation brought with it the potential for flooding and other hazards. Fortunately, we have a dedicated Public Works team that works especially hard during the winter season to keep our community from harms way. From building the annual sand berm to disaster planning to the countless hours spent cleaning storm drains, maintaining equipment and coordinating with pertinent staff to keep winter threats at bay -- our Public Works team is second to none and I would like to personally thank them for their commitment, dedication, and service to our community.

And speaking of the Public Works Department, we are very excited to have recently hired a new Director of Public Works, Steve Myrter. Mr. Myrter brings over 20 years of professional civil engineering management experience in the public sector, including 13 years in executive management. He is a registered Civil Engineer and a licensed State Water System Operator in Treatment and Distribution. We believe Mr. Myrter is an excellent addition to the City as he is fully committed to providing superior customer service while setting his sights on accomplishing the goals outlined by the City Council.

As many of you know, spring is a time when we begin to develop the budget for the new fiscal year. A major component of budget preparation is establishing the goals and objectives outlined by the City Council. In April, the City Council will convene with the City's executive management staff at the annual Strategic Planning Workshop to evaluate progress on current projects and programs. Additionally, the City will discuss new opportunities and re-prioritize the Council's goals if needed.

Moreover, we plan to host two budget workshops where residents have the opportunity to speak to the City Council about budgetary desires and/or concerns. Based on the feedback from the community and needs of the City, the Council will provide direction to staff in order to compile the fiscal year 2017/2018 budget. We encourage residents to attend one or both of the workshops. The budget workshops typically take place in May. More information about the workshops can be found on the City website at www.sealbeachca.gov.

Finally, I would like to recognize the public service of termed-out Councilmembers David Sloan and Gary Miller who attended their last meeting on December 12, 2016. Councilmember Sloan served nine years as representative of District 2, improving the lives of those he served through a myriad

of projects that he spearheaded including the building of Fire Station 48 and the completion of the Studebaker Road Ramp Improvement Project. Councilmember Sloan was also an advocate for his constituents in Leisure World who benefited from his actions, particularly his fulfilled promise to enhance the bus service to seniors, which improved their mobility and quality of life.

Councilmember Miller was also an advocate for the residents he served in District 4 over the course of eight years, completing a variety of projects during his term including the replacement of the Candleberry storm drain system, introducing live streaming of Council meetings for the public's benefit, refurbishing Lampson Avenue medians, and ensuring that the community's interests were always taken into account in his role as an Orange County Transportation (OCTA) board member, just to name a few.

It was a pleasure to work with both Councilmembers during their terms and I wish them all the best as private citizens of our community. We now look forward to working with newly elected Councilmembers, Tom Moore (District 2) and Schelly Sustarsic (District 4).

Wishing you all the best this spring!

*"The City of Seal Beach provides excellent city services to
enhance the quality of life and to preserve our small town character."*



Fitness Center Newest Addition to Seal Beach Tennis Center

The Seal Beach Tennis Center has recently added a new Fitness Center at the facility. Furnished with cardio and weight machines, the center is well-equipped to support your complete workout. The Fitness Center has two large-screen TV's, ceiling fans and air conditioning to make your workout enjoyable. It's also quite a value; the monthly membership fee of \$20.25 includes the fitness center, locker room use and other membership privileges. The gym is open during regular SBTC hours: Monday-Friday 7am-9pm, and Saturday-Sunday 7am-5pm. If you are interested in working with a fitness trainer, the SBTC has one. Stop by the SBTC for more information and to take a tour!

The Seal Beach Tennis Center is located at 3900 Lampson Avenue. The Center is a beautiful facility open to the public seven days a week, offering tennis programs and activities for all ages and skill levels. Aside from the brand new fitness center, the SBTC includes sixteen tennis courts, five pickleball courts, a pro shop and clubhouse. Visit www.sealbeachtenniscenter.com for the latest news, or call 562-598-8624.



Tennis Improves Health




Do you know how good tennis is for you? In a recent study published in the British Journal of Sports Medicine, scientists narrowed down the sports and types of exercise that are linked to significantly lower the odds of dying before those who do not do those activities. The study of more than 80,000 adults across England and Scotland who took part in national health surveys between 1994 and 2008, found that regularly playing tennis or squash could help stave off death the longest. Those who partake in swimming, aerobics and racquet sports such as squash, badminton and tennis, also have a lower risk of dying from cardiovascular diseases such as strokes.

The City of Seal Beach offers a wide variety of tennis programs to meet all of your needs. From beginning to advanced players, kids and adults, we offer classes, drop in drills, team tennis and our Junior Academy. Check out the recreation classes and the Seal Beach Tennis Center website to determine how our certified instructors can best meet your tennis needs. See page 19 for tennis programs in our Parks and at the Seal Beach Tennis Center!

Pick-Up After Your Pet

Picking up after your pet isn't just a courtesy, it's the healthy and environmentally sound thing to do. Pet waste left on lawns, sidewalks and parks can be picked up by rain and irrigation water and swept into the storm drain system. This polluted water flows untreated into the San Gabriel River and eventually into the ocean, contaminating our waterways and making them unsafe for people and wildlife. Follow these simple tips to help prevent pollution and protect the health of your family and community.

Quick Tips to Help Prevent Pollution

-  When walking your dog, bring a bag to pick up any pet waste
-  Carry an extra bag to avoid being caught off guard – one to care and one to share
-  Dispose of pet waste properly – in the trash, not down the toilet or in a catch basin





Tips for Home Heating Safety

For many residents, the high cost of home heating has increased the use of portable space heaters, fireplaces, and wood burning stoves. Unfortunately, using these devices can also increase the risk of home fires and carbon monoxide poisoning.

Home Heating Fires

Take steps now to protect your family and home from heating equipment fires.

- Keep anything that can burn at least three feet from all heat sources.
- Hire a professional to clean, inspect, and service your home's heating equipment, fireplace, and chimney every year.
- Purchase space heaters that shut off automatically if they overheat or are knocked over.
- Always plug space heaters directly into wall outlets.
- Keep space heaters away from children and pets.
- Turn space heaters off before leaving the room or going to sleep.
- Keep a glass or metal screen in front of the fireplace to prevent sparks and embers from escaping.

Carbon Monoxide Poisoning

Burning any fuel produces carbon monoxide, a colorless and odorless gas that can be deadly. Fortunately, carbon monoxide poisoning can be prevented if you follow simple safety rules.

- Never use a gas range or oven for heating.
- Carefully follow manufacturer's installation and maintenance instructions if a wood stove is used to heat the home.
- Open the fireplace damper/flue before lighting a fire and keep it open until the ashes are cool.
- Know the symptoms of carbon monoxide poisoning – headache, nausea, vomiting, dizziness, weakness, sleepiness, and confusion. If you suspect carbon monoxide poisoning, get outside to fresh air immediately and call 911.
- Install carbon monoxide alarms outside each sleeping area and on every level of the home.



Space heaters cause 84 percent of all home heating fire deaths.



For additional safety information, please contact the Orange County Fire Authority at 714-573-6200 or visit ocfa.org.

■ 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



Run Seal Beach

Saturday, April 8

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

Free Tax Assistance

Mondays

February 6 - April 17, 2017

Fire Station #48 - Community Room
3131 N. Gate Rd

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older, in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:30 a.m., 10:30 a.m., and 11:30 a.m. Call (562) 431-2527 x1344 or x1339 for your free appointment and paperwork today!

30th Annual SEAL BEACH ★ Classic ★

CAR SHOW

SATURDAY, 10-3PM ON MAIN STREET

April 29, 2017

- 600+ Show Cars!
- Vintage Motorcycles, Bicycles, Automobilia, Feature Cars
- Vendors • Free Parking & Shuttle

For more information contact the Seal Beach Chamber of Commerce (562) 799-0179 | www.sealbeachchamber.org

The Seal Beach Chamber of Commerce presents

seal beach
**BE MORE
HEALTHY
EXPO**

SATURDAY, MARCH 25th

9:00 AM TO 3:00 PM

AT THE SEAL BEACH PIER

Featuring
Over 75
Exhibitors

FREE ADMISSION
OPEN TO THE PUBLIC

DEMONSTRATIONS
KIDS ZONE
FREE DRAWINGS
HEALTH SCREENINGS

MASSAGES
SENIOR HEALTH
AND MUCH MORE!

For More Information, contact:

Diana Bean - (562)888-0298

diana@coachingbeans.com

Parent and Tot Art in the Park

Lisa Miller
Marina Park
151 Marina Dr

We will take natural items found on the ground and use our imagination to make works of art! Class includes: general activity, an exploration of the park, an introduction of the project, followed by the project and a closing circle. No Class 4/19



200110-01	4 weeks	Wed	3/8-3/29	9:30-10:30am	2-4 yrs	\$60
200110-02	4 weeks	Wed	4/5-5/3	9:30-10:30am	2-4 yrs	\$60
200110-03	4 weeks	Wed	5/10-5/31	9:30-10:30am	2-4 yrs	\$60

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 4/14

211061-01	6 weeks	Fri	3/17-4/28	10-10:50am	2 yrs	\$69
211061-02	6 weeks	Fri	3/17-4/28	11-11:50am	3-4 yrs	\$69
211061-03	6 weeks	Fri	5/5-6/9	10-10:50am	2 yrs	\$69
211061-04	6 weeks	Fri	5/5-6/9	11-11:50am	3-4 yrs	\$69
211061-05	6 weeks	Fri	3/17-4/28	9-9:50am	2 yrs	\$69
211061-06	6 weeks	Fri	5/5-6/9	9-9:50am	2 yrs	\$69

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 to Instructor at first class meeting. No Class 5/29

222025-01	6 weeks	Mon	4/24-6/5	6-6:30pm	2.5-5 yrs	\$67
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Rockstar Popstar

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! No Class 5/29

222046-01	6 weeks	Mon	4/24-6/5	4:30-5:15pm	5-12 yrs	\$67
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Hip Hop Tots!

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

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

222027-01	6 weeks	Tue	4/25-5/30	4-4:30pm	2.5-5 yrs	\$67
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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!

222070-01	6 weeks	Tue	4/25-5/30	6-6:30pm	2.5-5 yrs	\$67
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Petit Ballerina

Anne Pennypacker

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



Marina Community Center, 151 Marina Dr

222023-01	5 weeks	Wed	5/3-5/31	2-2:30pm	3-5 yrs	\$57
222023-02	5 weeks	Wed	5/3-5/31	6-6:30pm	2.5-5 yrs	\$57

Los Alamitos Community Ctr, 10911 Oak Street

222023-03	6 weeks	Fri	4/28-6/2	4:30-5pm	2.5-5 yrs	\$67
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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.

212026-01	5 weeks	Wed	5/3-5/31	2:30-3pm	3-5 yrs	\$57
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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.

222021-01	5 weeks	Wed	5/3-5/31	3-3:45pm	5-9 yrs	\$57
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Musical Theater Stars

Anne Pennypacker
Marina Community Center
151 Marina Dr

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

222024-01	5 weeks	Wed	5/3-5/31	3:45-4:30pm	5-12 yrs	\$57
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Pretty 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.

242033-01 6 weeks Thu 4/27-6/1 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.

242034-01 6 weeks Thu 4/27-6/1 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!

211033-01 6 weeks Thu 4/27-6/1 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. Gymnasts will also improve strength, balance and skills in this fun and fast paced class!

211032-01 6 weeks Thu 4/27-6/1 5:15-5:45pm 4-6 yrs \$67

Teeny Tumblers

Anne Pennypacker
Marina Community Center, 151 Marina Dr

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

211031-01 5 weeks Thu 4/27-5/25 9:30-10am 2.5-5 yrs \$57

Stars of Jazz

Anne Pennypacker
Los Alamitos Community Ctr, 10911 Oak Street

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

227045-01 6 weeks Fri 4/28-6/2 5-5:45pm 5-12 yrs \$67

Pizza Party

Anne Pennypacker, North Seal Beach Center, 3333 Saint Cloud Dr

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

242039-01 1 day Sat 6/3 5-7pm All Ages \$17

Spring Dance Recital

Anne Pennypacker, McGaugh Campus Auditorium, 1698 Bolsa Ave

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

211029-01 1 day Wed 6/7 5:30-9pm All Ages \$17

LIBRARY PROGRAMS

Mary Wilson Library
707 Electric Avenue

All programs are free and sponsored by the Friends of the Library.

Full STEAM Ahead

Ages 6+
10:30 a.m.-noon
Saturday
Call for dates

Reading with Rover

All Ages
4-5pm Thursday
10:30a - noon Wednesday
Call for dates

Legos in the Library

All Ages
4 - 5:30 p.m.
Every 1st Thursday

All Day Kids Crafts

1st Saturday of the Month

Baby/Toddler Story time Stay & Play

Mondays & Tuesdays at 10:30am & 11:15 am
3/6 - 3/28 & 5/1 - 6/27

Teen Advisory Board

Ages 12 - 17
5:30 - 7pm/Every 1st Thursday
RSVP for Refreshments

Adult Programs

Drop In Digital

Mondays 5-6:30pm

Game Day

1st Tuesday of the Month 2-4pm

Craft Group

2nd Tuesday of the Month 2-3pm
*must pre-register

Culinary Mystery Book Group

3rd Tuesday of the Month at 6-6:45pm

Movie Discussion Group

4th Tuesday of the Month 2-3pm

Book Discussion Group

4th Thursday of the Month 10-11am

Library Hours

Monday-Thursday: 10am-7pm
Saturday: 9am-5pm • Closed Friday and Sunday

For more information, call 562-431-3584.

Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports Staff

College Estates Park, 808 Stevely Ave., Long Beach

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

223180-01	9 weeks	Tue	3/21-5/16	3:30-4pm	2-3 yrs	\$145
223180-02	9 weeks	Tue	3/21-5/16	4:15-5pm	4-6 yrs	\$145

Skateboarding

Adam Cohen, Heartwell Park, 5801 E Parkcrest Street, Long Beach

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.

223150-01	5 weeks	Sat	3/4-4/1	9-10:30am	5-13 yrs	\$125
223150-02	5 weeks	Sat	4/22-5/20	9-10:30am	5-13 yrs	\$125

Co-ed Beginning Volleyball

Maria Fattal, McLaugh Campus Gym, 1698 Bolsa Ave

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 4/16

233060-01	9 weeks	Sun	3/5-5/7	12-2pm	9-14 yrs	\$170
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Ice Skating at Westminster ICE

13071 Springdale, Westminster

Fee: \$47/ 5 weeks

Continuous 5 week sessions are offered for the following classes:

- Parent and Me Ice Skating (#213131)
- Ice Skating for Tots (#213130)
- Beginning Ice Skating (#223130)
- Ice Skating for Adults (#223131)
- Ice Hockey Skating Skills (#223141)

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 20 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 our website at register.sealbeachca.gov



Kidz Love Soccer

Mommy/Daddy & Me Soccer

Kidz Love Soccer

Heather Park

Heather St & Lampson Ave

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

223995-01	7 weeks	Tue	4/11-5/23	5:30-6pm	2-3.5 yrs	\$101
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Tot/Pre Soccer

Kidz Love Soccer

Heather Park

Heather St & Lampson Ave

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

223997-01	7 weeks	Tue	4/11-5/23	4:45-5:20pm	3.5-5 yrs	\$101
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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.

223998-01	7 weeks	Tue	4/11-5/23	4-4:45pm	5-6 yrs	\$101
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First Aid, CPR & AED Training

Erik Berg
Fire Station 48
3131 N. Gate Rd

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

246031-01	1 day	Sat	3/25	9am-3:30pm	16+ yrs	\$50
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Mother/Daughter Bracelets

Karon Cotton
Los Alamitos Community Ctr
10911 Oak Street

Want to learn jewelry-making? Join us and discover a variety of techniques! All levels welcome. Tools provided. For complete class descriptions and photos, please visit www.thejewelryhabit.com. \$15 material fee due to Instructor at class.

246021-01	1 day	Sat	5/6	10am-12pm	14+ yrs	\$42
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Painting with Mom

BlueSea Care
Fire Station 48
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 Alzheimer's and Dementia.

256010-01	1 day	Sat	3/11	10am-12pm	65+ yrs	FREE
256010-02	1 day	Sat	4/8	10am-12pm	65+ yrs	FREE
256010-03	1 day	Sat	5/13	10am-12pm	65+ yrs	FREE
256010-04	1 day	Sat	6/10	10am-12pm	65+ yrs	FREE



Dog Obedience

Rose Healey, Trainer with Dog Services Unlimited
El Dorado Park (Near Hockey Court)
2760 Studebaker Rd

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, lawn chair or something to sit on and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS at hockey/basketball courts at El Dorado Park, 2760 N. Studebaker Road., Long Beach, 90815. Handlers ages 9 yrs to adults. No Class 4/13

266040-01	8 weeks	Thu	3/23-5/11	7:45-8:45pm	9+ yrs	\$96
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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

March 18

April 15

May 20



SUMMER CAMP PREVIEW

MAKE THE MOST OF THIS SUMMER!

Summer will be here before you know it! Plan ahead and register for summer camps before they fill up!

Ten weeks of non-stop fun for every child.

Check out our Summer Camp Preview on page 20!



Beginning Ballroom

Anne Pennypacker
Los Alamitos Community Ctr
10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot, and more! Partner not necessary. No Class 5/29

244020-01	6 weeks	Mon	4/24-6/5	7-7:45pm	18+ yrs	\$72
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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.

244021-01	6 weeks	Tue	4/25-5/30	7:15-8:15pm	18+ yrs	\$72
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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 "milonguero, milonguera" within! Must have previous experience in tango.

242038-01	5 weeks	Wed	5/3-5/31	7:15-8pm	18+ yrs	\$62
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Adult Tap

Anne Pennypacker
Marina Community Center
151 Marina Dr

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

242026-01	6 weeks	Thu	4/27-6/1	7:15-8pm	18+ yrs	\$72
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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. Jazz or Ballet shoes recommended.

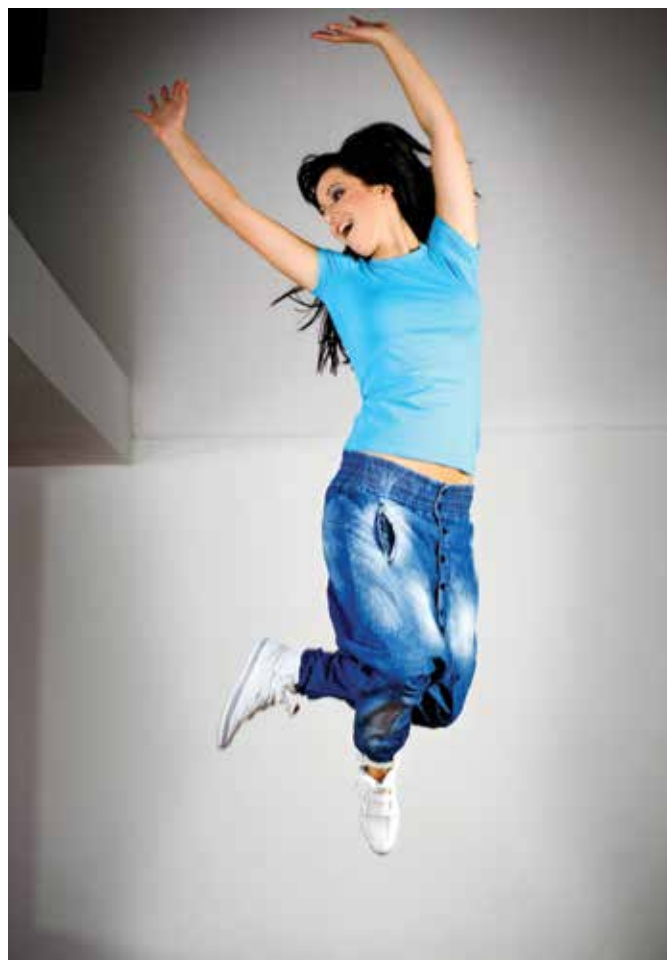
242040-01	6 weeks	Thu	4/27-6/1	8-8:45pm	18+ yrs	\$72
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Adult Hip Hop

Anne Pennypacker
Marina Community Center
151 Marina Dr

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

242028-01	5 weeks	Wed	5/3-5/31	6:30-7:15pm	18+ yrs	\$62
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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. Drop in rate: \$10 per class. No Class 5/8, 5/9, 5/10, 5/29

242092-01	35 classes	Mon-Wed	3/20-6/14	9-10am	18+ yrs	\$217
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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. Drop in rate: \$10 per class. No Class 5/8, 5/10, 5/29

242091-01	23 classes	Mon & Wed	3/20-6/14	10-11am	40+ yrs	\$145
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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! Drop in rate: \$13 per class. No Class 5/8, 5/29, 5/10

242090-01	11 classes	Mon	3/20-6/12	6:30-7:30pm	18+ yrs	\$117
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242090-02	12 classes	Wed	3/22-6/14	8-9am	18+ yrs	\$127
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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. No Class 5/9, 5/11, 5/16, 5/18

242030-01	12 weeks	Tue & Thu	4/4-6/22	4:30-5:30pm	18+ yrs	\$147
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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.

242081-01	10 weeks	Thu	3/23-5/25	8-8:55am	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! Based on the science of neuroplasticity, Ageless Grace creatively promotes physical and brain health.

242082-01	10 weeks	Thu	3/23-5/25	10-10:55am	45+ yrs	\$65
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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! No class 3/27.

Choose 6 classes to attend

242085-01	6 weeks	Mon	3/6-5/15	7:30-8:30pm	18+ yrs	\$72
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Attend all 10 classes

242085-02	10 weeks	Mon	3/6-5/15	7:30-8:30pm	18+ yrs	\$100
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Jazzercise

Mary Jo Fouche and 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. No Class 5/29

242044-01	7 weeks	Mon & Wed	3/13-4/19	6-7pm	18+ yrs	\$65
242044-02	7 weeks	Mon & Wed	4/24-6/7	6-7pm	18+ yrs	\$65

PiYo Live

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!** No Class 5/29, 5/31

Marina Community Center, 151 Marina Dr

242078-01	6 weeks	Mon	3/6-4/10	5:30-6:30pm	18+ yrs	\$67
242078-02	6 weeks	Mon	4/24-6/5	5:30-6:30pm	18+ yrs	\$67

Seal Beach Senior Center, 707 Electric Ave

242078-03	6 weeks	Wed	3/8-4/12	5:30-6:30pm	18+ yrs	\$67
242078-04	6 weeks	Wed	4/26-6/7	5:30-6:30pm	18+ yrs	\$67

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.

242068-01	8 weeks	Tue	4/18-6/6	5:30-6:45pm	18+ yrs	\$59
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Pilates

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. No class 5/29

242072-01	6 weeks	Mon	3/6-4/10	12:30-1:30pm	18+ yrs	\$67
242072-02	6 weeks	Mon	4/24-6/5	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. No Class 5/29

242069-01	6 weeks	Mon	3/6-4/10	11:30am-12:30pm	18+ yrs	\$67
242069-02	6 weeks	Mon	4/24-6/5	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 5/25

242071-01	6 weeks	Thu	3/9-4/13	12:30-1:30pm	18+ yrs	\$67
242071-02	6 weeks	Thu	4/27-6/8	12:30-1:30pm	18+ yrs	\$67

Beginning Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Beginner class. 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.

242073-01	5 weeks	Mon	3/13-4/10	6:40-7:40pm	18+ yrs	\$52
242073-02	5 weeks	Mon	4/24-5/22	6:40-7:40pm	18+ yrs	\$52



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.

242077-01	5 weeks	Mon	3/13-4/10	5:30-6:30pm	18+ yrs	\$52
242077-02	5 weeks	Mon	4/24-5/22	5:30-6:30pm	18+ yrs	\$52

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.

242050-01	14 weeks	Mon & Wed	3/6-6/10	7:30-9:30pm	18+ yrs	\$150
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Beach Boot Camp

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

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

242062-01	14 weeks	Sat	3/11-6/10	8-9am	18+ yrs	\$280
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Adult Sports Leagues

Basketball League

Basketball league begins May 8, 2017. \$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

Softball league begins May 16 (men) and May 18, 2017 (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.**

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 Monday-Thursday: pay \$20 per class.

242063	14 weeks	Mon-Thurs	3/6-6/8	9:30-10:30am	18+ yrs	\$20/class
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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 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Please indicate the 5 days of your choice during the week indicated on the registration form or in the note section at the checkout screen. If you have any questions, please call Michael Pless at (714) 846-7873. Please bring receipt to class.

267061-01	5 days	Mon-Sun	3/6-3/12	8am-12pm	All Ages	\$287
267061-02	5 days	Mon-Sun	3/13-3/19	8am-12pm	All Ages	\$287
267061-03	5 days	Mon-Sun	3/20-3/26	8am-12pm	All Ages	\$287
267061-04	5 days	Mon-Sun	3/27-4/2	8am-12pm	All Ages	\$287
267061-05	5 days	Mon-Sun	4/3-4/9	8am-12pm	All Ages	\$287
267061-06	5 days	Mon-Sun	4/10-4/16	8am-12pm	All Ages	\$287
267061-07	5 days	Mon-Sun	4/17-4/23	8am-12pm	All Ages	\$287
267061-08	5 days	Mon-Sun	4/24-4/30	8am-12pm	All Ages	\$287
267061-09	5 days	Mon-Sun	5/1-5/7	8am-12pm	All Ages	\$287
267061-10	5 days	Mon-Sun	5/8-5/14	8am-12pm	All Ages	\$287
267061-11	5 days	Mon-Sun	5/15-5/21	8am-12pm	All Ages	\$287
267061-12	5 days	Mon-Sun	5/22-5/28	8am-12pm	All Ages	\$287
267061-13	5 days	Mon-Sun	5/29-6/4	8am-12pm	All Ages	\$287
267061-14	5 days	Mon-Sun	6/5-6/11	8am-12pm	All Ages	\$287

M&M 1 Day Surf Lessons

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

Surf lessons are on-going from March 6 – June 11. Please note, this class is good for any one day of group surfing instruction. Please indicate your date preference on your registration form or in the checkout screen. Please bring receipt to class. If you have any questions, please call Michael Pless at (714) 846-7873.

3 Hour Group Lesson

267063-01	1 Day	Mon-Sun	3/6-6/11	8-11am	All Ages	\$87
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1 Hour Group Lesson

267064-01	1 Day	Mon-Sun	3/6-6/11	8-11am	All Ages	\$77
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1 Hour Semi-Private Lesson

267067-01	1 Day	Mon-Sun	3/6-6/11	8-11am	All Ages	\$97
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1 Hour Private Lesson

267068-01	1 Day	Mon-Sun	3/6-6/11	8-11am	All Ages	\$115
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Chas Sunday Surf Class

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

Please indicate your date preference in the note section at the checkout screen or on your registration form.

1 Day – Choose 1 Sunday between 3/19 and 5/28

267053-01	1 day	Sun	3/19-5/28	10am-12pm	All Ages	\$67
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4 Days – Choose any 4 Sundays between 3/19 and 5/28

267053-02	4 day	Sun	3/19-5/28	10am-12pm	All Ages	\$207
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Spring Surf Pass is available for each Sunday, 3/19 to 5/28

267053-03	Ongoing	Sun	3/19-5/28	10am-12pm	All Ages	\$357
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Chas Private Surf Lesson

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

Chas is a four time National Champion with over 43 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels. Learn to surf or improve your skills in our private sessions. All ages are welcome! Surfboards & wetsuits provided. ***Please indicate your date and time preference on the registration form or in the note section at the checkout screen. This is a 1.5 hour private session.**

267050-01	Ongoing	Mon-Sun	3/6-6/11	9am-1pm	All Ages	\$97
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Community Pool

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

Community Services Office (562) 431-2527 Extension 1344

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

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	<i>Pay at City Hall</i> 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	
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

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 Pool, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com. This class fills up fast so sign up early! No Class 5/29

244010-01	5 weeks	Mon & Wed	3/20-4/19	5:30-6:30pm	18+ yrs	\$65
244010-02	5 weeks	Mon & Wed	5/1-5/31	5:30-6:30pm	18+ yrs	\$65



Pool Party Rentals

Reserve the pool for a private party beginning April 3, 2017. 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 and four hour maximum, on Saturdays and Sundays ONLY. Rental times and dates are available in the Community Services Office or by calling (562) 431-2527 x: 1344.

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

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

Swim Lessons

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

Fees for 9 Day Sessions (Mon- Fri & Mon-Thurs)	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$46/per child	Resident Registration: 8 a.m.	June 2, 2017	June 9, 2017	1	6/19-6/29
Non-Resident: \$66/per child	Non-Resident Registration: 11 a.m.			2	7/3-7/14
				3	7/17-7/27
				4	7/31-8/10
				5	8/14-8/24

2017 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering this spring. **2017 Junior Lifeguard dates are June 29 - August 11, 2017 from 9am- 12pm, Monday-Friday.** The swim test will consist of a 100 yard swim that must be completed within:

1:55 - 'C' group (ages 9-11)

1:45 - 'B' group (ages 12-13)

1:35 - 'A/AA' group (ages 14- 17)

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

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

- Saturday, April 29, 7-9am and 1-4pm
- Wednesday, May 3, 5-7pm
- Saturday, May 6, 7-9am and 1-4pm
- Wednesday, May 10, 5-7pm

Returning Jr. Guard Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2016 to be eligible to enroll in this section. **Enrollment will open for all Returning Junior Guards 8am on May 1, 2017 and will close on May 15 at 12am.** Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at Register.sealbeachca.gov.

New Jr. Guard Registration Information

Enrollment will open for **New Junior Guard residents (zip codes 90740 or 90743), on May 15, 2017 at 12pm.** Registration available at Register.sealbeachca.gov. Enrollment will open for **New Junior Guard non-residents, on May 22, 2017 at 12pm and will close May 26 at 12pm.** **Enrollment for New Junior Guards into the 2017 Junior Lifeguard Program will be based on a first come, first serve basis. A wait list will be established after the program has reached capacity.** For more information, please visit www.sealbeachca.gov or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave.

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

224030-01	Mon- Fri	3 weeks	3/27-4/14	5:30-6:15pm	9-17 yrs	\$100
224030-02	Mon- Fri	3 weeks	4/24-5/12	5:30-6:15pm	9-17 yrs	\$100

Jr. Guard Conditioning Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave.

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

224031-01	Mon-Fri	3 weeks	3/27-4/14	6:15-7pm	9-17 yrs	\$100
224031-02	Mon-Fri	3 weeks	4/24-5/12	6:15-7pm	9-17 yrs	\$100



Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

KIDS BEGINNING (4-6 years) No class: 4/15, 5/29

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	3/6-4/10	Mon	4-4:30 pm	\$55	Heather Park
233020-02	5/8-6/12	Mon	4-4:30 pm	\$47	Heather Park
233020-03	5/10-6/14	Wed	1:30-2 pm	\$55	McGaugh
233020-04	3/8-4/12	Wed	4-4:30 pm	\$55	Marina Park
233020-05	5/10-6/14	Wed	4-4:30 pm	\$55	Marina Park
233020-06	3/11-4/22	Sat	9-9:30 am	\$55	McGaugh
233020-07	5/13-6/17	Sat	9-9:30 am	\$55	McGaugh

KIDS INTERMEDIATE (5-6 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-08	5/9-6/13	Tue	4-4:30 pm	\$55	Heather Park
233020-09	5/11-6/15	Thur	4-4:30 pm	\$55	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 4/15, 5/29

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-01	3/6-4/10	Mon	4:30-5:30 pm	\$103	Heather Park
233021-02	5/8-6/12	Mon	4:30-5:30 pm	\$87	Heather Park
233021-03	5/10-6/14	Wed	2-3 pm	\$103	McGaugh
233021-04	3/8-4/12	Wed	4:30-5:30 pm	\$103	Marina Park
233021-05	5/10-6/14	Wed	4:30-5:30 pm	\$103	Marina Park
233021-06	3/11-4/22	Sat	9:30-10:30 am	\$103	McGaugh
233021-07	5/13-6/17	Sat	9:30-10:30 am	\$103	McGaugh

JUNIORS INTERMEDIATE (7-10 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-08	5/9-6/13	Tue	4:30-5:30 pm	\$103	Heather Park
233021-09	5/11-6/15	Thur	4:30-5:30 pm	\$103	Marina Park

TWEENS BEGINNING (11-13 years) No class: 4/15, 5/29

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	3/6-4/10	Mon	5:30-6:30 pm	\$103	Heather Park
233023-02	5/8-6/12	Mon	5:30-6:30 pm	\$87	Heather Park
233023-03	3/8-4/12	Wed	5:30-6:30 pm	\$103	Marina Park
233023-04	5/10-6/14	Wed	5:30-6:30 pm	\$103	Marina Park

TWEENS INTERMEDIATE (11-13 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-05	5/9-6/13	Tues	5:30-6:30 pm	\$103	Heather Park
233023-06	5/11-6/15	Thur	5:30-6:30 pm	\$103	Marina Park

ADULTS BEGINNING (14+ years) No class: 4/15, 5/29

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-01	3/6-4/10	Mon	6:30-7:30 pm	\$103	Heather Park
233022-02	5/8-6/12	Mon	6:30-7:30 pm	\$87	Heather Park
233022-03	3/8-4/12	Wed	6:30-7:30 pm	\$103	Marina Park
233022-04	5/10-6/14	Wed	6:30-7:30 pm	\$103	Marina Park

ADULTS INTERMEDIATE (14+ years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-05	5/9-6/13	Tues	6:30-7:30 pm	\$103	Heather Park
233022-06	5/11-6/15	Thur	6:30-7:30 pm	\$103	Marina Park



Seal Beach Tennis Center

For more information, call 562-598-8624.

TINY TOTS (4-5 years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233035-01	3/8-4/12	Wed	3:15-3:45pm	\$75	SBTC
233035-02	4/26-5/31	Wed	3:15-3:45pm	\$75	SBTC
233035-03	3/11-4/15	Sat	11-11:30am	\$75	SBTC
233035-04	4/29/6/3	Sat	11:30am-12pm	\$75	SBTC

ADULT BEGINNING (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233030-01	3/8-4/12	Wed	6-7pm	\$99	SBTC
233030-02	4/26-5/31	Wed	6-7pm	\$99	SBTC

CARDIO TENNIS (16+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
234010-01	3/8-4/12	Wed	7:30-8:30pm	\$115	SBTC
234010-02	4/26-5/31	Wed	7:30-8:30pm	\$115	SBTC

SERVE CLINIC (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233036-01	4/22	Sat	9-10am	\$15	SBTC

VOLLEY CLINIC (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233037-01	4/22	Sat	10-11am	\$15	SBTC

PICKLEBALL (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233040-01	3/6	Mon	6-7pm	\$15	SBTC
233040-02	3/11	Sat	9:30-10:30am	\$15	SBTC
233040-03	4/17	Mon	6-7pm	\$15	SBTC
233040-04	6/3	Sat	9:30-10:30am	\$15	SBTC
233040-05	6/5	Mon	6-7pm	\$15	SBTC



SUMMER CAMP PREVIEW

2017

Weekly Camps from June 19—August 25

MAKE THE MOST OF THIS SUMMER!

Plan ahead and register for summer camps before they fill up! Ten weeks of non-stop fun for every child. Register online at register.sealbeachca.gov



Dance & Gymnastics Camps

Cute Baby Animals Art Camp!

Anne Pennypacker
Marina Community Center
151 Marina Dr

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$20 material fee due at first class meeting.

327040-01 1 week Mon-Fri 6/19-6/23 9:30-11am 5-12 yrs \$128

Storybook Adventure!

Anne Pennypacker
Marina Community Center
151 Marina Dr

Every day begins a new adventure into a world of dance and imagination. Through storytelling, children will dance, and and dress up creating an exciting journey into the land of fairytales: pirates, magicians, princesses and more! We'll create costumes to put on a magical show at camp's end! \$15 material fee due at first class meeting.

327044-01 1 week Mon-Fri 6/19-6/23 11am-1pm 4-7 yrs \$148



Olympian Gymnastics Camp

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Tumble on in for a week of acrobatic fun! From roundoffs to backbends, bridges and beam, we'll be our own Olympic team! We'll create team tees for a gold medal performance at camp's end! \$15 material fee payable to instructor on the first day of class.

327047-01 4 days Tue-Fri 6/20-6/23 1-3pm 5-12 yrs \$148

327047-02 4 days Tue-Fri 8/15-8/18 12-2pm 5-12 yrs \$148

Hip Hop Dance Camp

Anne Pennypacker
Marina Community Center, 151 Marina Dr

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01 1 week Mon-Fri 7/10-7/14 9:30am-12pm 5-12 yrs \$148

327043-02 1 week Mon-Fri 8/7-8/11 9:30am-12pm 5-12 yrs \$148

Fashion Friends

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Bring your best friends and make new friends at this stylish week long fashion extravaganza! We'll explore decades of fashion history, perform a runway inspired dance, design our own look books and create fashionable totes to put them in. We'll sketch amazing fashions and make friendship bracelets to rock at the couture show at camps end. \$15 material fee payable to instructor on the first day of camp.

327054-01 4 days Tue-Fri 7/11-7/14 12-2pm 5-12 yrs \$128

Perfect Pixies & Fabulous Fairies

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Do you believe? With a sprinkle of pixie dust we'll journey to a fantasy land where fairies dance the days away. From flower fairies to secret garden games, every day will be a magical new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. \$15 material fee payable to instructor on the first day of camp.

327053-01 1 week Mon-Fri 7/31-8/4 9:30-11am 4-7 yrs \$128



Enchanted Princess Camp

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Come dream of far off lands, enchanted forests full of unicorns and fairies where fairytales do exist. Princesses will sing, dance, and create magical costumes to wear for the happy ending- our ENCHANTING SHOW at camp's end! \$15 material fee payable to instructor on the first day of camp.

327049-01 1 week Mon-Fri 7/24-7/28 9:30-11am 4-7 yrs \$128

Musical Madness!

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Casting singers, actors, performers! Gear up for a week of exploring theatre and the art of mastering a performance. Students will dance with props, hold auditions, create costumes and more! Curtains open at weeks end for a show not to be missed! \$15 material fee payable to instructor on the first day of camp.

327052-01 1 week Mon-Fri 7/24-7/28 11am-1pm 5-12 yrs \$148

Minions & Monsters Camp

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Enrolling all minions and monsters now! We'll create our own minions, monster masks and do a hip hop inspired dance to perform at camp's end. Rarr! \$15 material fee payable to instructor on the first day of camp.

327051-01 4 days Tue-Fri 7/25-7/28 1-3pm 4-8 yrs \$128

Rockstar Popstar

Anne Pennypacker
Marina Community Center, 151 Marina Dr

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$15 material fee payable to instructor on the first day of camp.

327046-01 1 week Mon-Fri 8/14-8/18 9:30am-12pm 5-12 yrs \$148

Superhero Gymnastics

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01 1 week Mon-Fri 7/31-8/4 11am-1pm 4-7 yrs \$148

The Amazing Astronauts & Art Camp

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Fusing art and science together for an out of this world experience! Not only will we explore planets and stars, but art history such as Andy Warhol's Moonwalk 1. Every day our budding artists will create a masterpiece using various artistic media. From sketching to painting, we'll create an art exhibit at camp's end that will shine like the moon! \$20 material fee due at first class meeting.

327042-01 4 days Tue-Fri 8/1-8/4 1-3pm 5-12 yrs \$128

Magizoolology: The Fantastic Beasts Art Camp

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Enrolling all muggles for a wizardly week of Potter-themed art! Discover and draw your patronus animal, and explore the depths of magizoolology: griffins, dragons, centaurs, unicorns and more! Using various artisc media throught the week, we'll have a collection worthy of the walls of Hogwarts for a magical presentation at camp's end! \$20 material fee payable to instructor at first day of camp.

327045-01 1 week Mon-Fri 8/7-8/11 12-2pm 5-13 yrs \$148

Challenger Sports Camps

British Soccer Camps

Challenger Sports Coaches
Bluebell Park, Almond Ave & Bluebell Street

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in North America. Our experienced staff study the game at all levels and have identified the key techniques and skills that your players need to work on, and master, to reach their true potential. Each day includes: Individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.



First Kicks

323170-01 1 week Mon-Fri 7/24-7/28 8-9am 3-5 yrs \$80

Half-day Camp

323170-02 1 week Mon-Fri 7/24-7/28 9am-12pm 6-16 yrs \$140

Full-day Camp

323170-03 1 week Mon-Fri 7/24-7/28 9am-4pm 7-16 yrs \$180



One on One Basketball Camps

Basketball Camp

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

Join our highly-experienced adult staff for proven fundamental training and an awesome time. We will focus on proper technique and athletic motor skills that will help your child develop as an athlete and a teammate. Throughout these lessons, your child will learn the importance of teamwork, perseverance, good sportsmanship, communication, and maintaining a positive attitude. Bring a snack for half-day camps and bagged lunch for full-day camps. All campers receive a camp t-shirt.

Half-day Camps

323040-01	1 week	Mon-Fri	6/19-6/23	9am-12pm	5-13 yrs	\$137
323040-02	1 week	Mon-Fri	7/10-7/14	9am-12pm	5-13 yrs	\$137
323040-03	1 week	Mon-Fri	7/31-8/4	9am-12pm	5-13 yrs	\$137

Full-day Camps

323040-04	1 week	Mon-Fri	6/19-6/23	9am-3pm	5-13 yrs	\$227
323040-05	1 week	Mon-Fri	7/10-7/14	9am-3pm	5-13 yrs	\$227
323040-06	1 week	Mon-Fri	7/31-8/4	9am-3pm	5-13 yrs	\$227

Dual Sports Camp

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

One on One's Dual Sports Camps offer the best of both worlds! We'll spend time each day working on our basketball skills in the gym, and we will compete in the summer sun playing an awesome outdoor sport. Dual Sport Camps are fun, fast-moving, and a great learning experience! Bring a bagged lunch and sunscreen please. All campers receive a t-shirt.

Full-day Camps

323041-03	1 week	Mon-Fri	6/26-6/30	9am-3pm	5-13 yrs	\$227
323041-04	1 week	Mon-Fri	7/17-7/21	9am-3pm	5-13 yrs	\$227

Skyhawks Camps

Skyhawks Mini-Hawk Multi-Sport Camp

Skyhawks Sports Staff
College Estates Park, 808 Stevelly 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, ball and a merit award.

323180-01	1 week	Mon-Fri	8/14-8/18	9am-12pm	4-7 yrs	\$179
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Skyhawks Basketball Camp

Skyhawks Sports Staff
College Estates Park, 808 Stevelly Ave, Long Beach

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

323183-01	3 days	Wed-Fri	7/5-7/7	9am-12pm	6-12 yrs	\$145
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Skyhawks Flag Football Camp

Skyhawks Sports Staff
College Estates Park, 808 Stevelly Ave, Long Beach

Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! All participants receive a t-shirt, football, and player evaluation.

323184-01	1 week	Mon-Fri	7/24-7/28	9am-12pm	6-12 yrs	\$179
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Edutainment Art Camps

California Summer Camp – at the Beach!

Edutainment Arts
1st Street Beach, 1st St @ Ocean Ave

We will play in the sand by the water building sand castles; play fun beach games, like beach soccer, dodge ball, and tug of war. We will sign songs and make crafts- make friends and be silly! Enjoy the beach and love your California Summer like it was meant to be. Bring your sun screen for a summer you will always remember.

323159-01	1 week	Mon-Fri	6/19-6/23	8am-11am	6-12 yrs	\$167
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Sewing Camp

Edutainment Arts
Marina Community Center- Small Room, 151 Marina Dr

Learn the basics from sewing on a button to stitching and hemming. Campers will hem clothing, make their own pin cushion and create a plush animal to bring home. They will work on different disciplines of sewing every day while creating a week-long project that they will bring home. No experience necessary. \$10 material fee due to instructor at first day of camp.

323165-01	1 week	Mon-Fri	6/19-6/23	9am-12pm	7-12 yrs	\$167
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Star Wars Camp

Edutainment Arts

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Lightsaber. Campers will build a Jedi costume, be issued a practice saber, and be taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe saber sparing. Yoda will help us get in time with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

323167-01 1 week Mon-Fri 6/19-6/23 9am-12pm 6-12 yrs \$167



Top Chef Cooking Camp

Edutainment Arts, Marina Community Center, 151 Marina Dr

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

323162-01 1 week Mon-Fri 7/17-7/21 9am-12pm 7-12 yrs \$167

Top Chef – Dessert Shop

Edutainment Arts

Fire Station 48 Community Room, 3131 N Gate Rd.

Make a different dessert, sweets, and other foods your parents don't want you to have too much of. It's time for sugar and spice. Crafts and games are used to keep the cooking fun. On Friday, have a tasting of all your goodies for family and friends. (2 guests per student enrolled allowed at the final days meal). \$20 material fee payable to instructor at first day of camp.

323162-02 1 week Mon-Fri 7/24-7/28 9am-12pm 7-12 yrs \$167

Top Chef – Around the World

Edutainment Arts

Fire Station 48 Community Room, 3131 N Gate Rd.

Your camper will learn how to make dishes from a variety of different cultures, including but not limited to: Latin American, Asian, American, Italian, Indian and others (regional foods presented in camp depend on our teachers specialties, camper dietary restrictions and interests). On Friday, have a tasting of all your fantastic eats for family and friends. (2 guests per student enrolled allowed at the final days meal). \$20 material fee payable to instructor at first day of camp.

323162-03 1 week Mon-Fri 7/31-8/4 9am-12pm 7-12 yrs \$167



Ultimate Survival

Edutainment Arts

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Are you prepared if you get lost in the wilderness or desert? Are you prepared in case there is a major earthquake, storm, or even a zombie Apocalypse? Then get prepared. Learn about the survival skills you and everyone around you should know. Following survivalists' Rules of Three we teach shelter building, water collection, first aid, fire skills and signaling for help. We'll also explore what you need for a survival kit. Role playing and games keep the lessons positive and fun. This is the one camp your life may depend on.

323169-01 1 week Mon-Fri 7/31-8/4 9am-12pm 7-12 yrs \$167

YouTuber

Edutainment Arts

Marina Community Center- Small Room, 151 Marina Dr

Log in and create videos with your friends. This new camp is designed to get campers' creative juices flowing and learn the techniques to write, direct, star and edit for YouTube and Podcasts. We will be creating a private YouTube page for campers to upload and view other campers' videos safely.

323164-01 1 week Mon-Fri 8/14-8/18 9am-12pm 8-13 yrs \$167

IncrediFlix Camps

Star Wars Live Action Flix

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Use the Force to write, direct, film, and star in your very own Star Wars Live Action Movie! You can be a Jedi Knight, a Sith Lord, an X-Wing Tie Fighter pilot, or even a cool droid like R2-D2 or C3PO in an original Star Wars movie you create! Kids will work together on the movie going through the Hollywood process from "Action" to "Cut" and "That's a Wrap!" Come join the fun, and May the Force be with you! *Flix downloadable within a month after camp ends. \$30 production fee due at first class.

327216-01 1 week Mon-Fri 7/17-7/21 9am-12pm 7-13 yrs \$164

Lego Flix

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

We know you love Legos and can create incredible Lego worlds, now it's time to bring those worlds to life in Lego stop-motion animated flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. \$30 production fee due at first class.

327217-01 1 week Mon-Fri 7/17-7/21 1-4pm 7-13 yrs \$164

Star Wars Live Action & Lego Flix Full Day

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

In the mornings use the Force to write, direct, film, and star in your very own Star Wars Live Action Movie! Afternoons are for Lego stop motion movies. We know you love Legos and that you can create incredible worlds. Now it's time to bring those worlds to life! Lunch supervision included at no cost! \$60 production fee due at first class.

327218-01 1 week Mon-Fri 7/17-7/21 9am-4pm 7-13 yrs \$288

Stop Motion Tricks & Effects

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Begin your stop motion movie making career with a BANG! Ever wonder how they do that cool effect? We can teach you! In this program we pull back the curtain and reveal how stop-motion movie magic is made as kids will learn how to create special effects for their stop motion movies. Kids will work in groups to create and film effects from water to fire or even flying! *Flix downloadable within a month after camp ends. \$30 production fee due at first class.

327213-01 1 week Mon-Fri 8/7-8/11 9am-12pm 9-13 yrs \$164

Star Wars Stop Motion Flix

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

From a Galaxy far far away, to a summer location near you. Star Wars stop motion movie making! Create your very own Star Wars characters and bring them to life using the magic of Stop Motion Animation. Students will create characters and sets for an original Star Wars movie they storyboard, write, shoot, and voice-over in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee due at first class.

327214-01 1 week Mon-Fri 8/7-8/11 1-4pm 9-13 yrs \$164

Stop Motion Tricks & Effects and Star Wars Stop Motion Full Day

Incrediflix Inc.

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Ever wonder how they do that cool effect? We can teach you! In the mornings we pull back the curtain and reveal how stop-motion movie magic is made as kids will learn how to create special effects for their stop motion movies. In the afternoons, kids make Star Wars characters and sets to create a Star Wars movie that they storyboard, write, shoot, and voice-over in age-appropriate groups! Lunch supervision included at no cost! \$60 production fee due at first class.

327215-01 1 week Mon-Fri 8/7-8/11 9am-4pm 9-13 yrs \$288



Mad Science Camps



Crazy Chemworks

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

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

327204-01 1 week Mon-Fri 6/26-6/30 9am-12pm 5-12 yrs \$155

Rockin' Rockets

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

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

327205-01 1 week Mon-Fri 7/10-7/14 9am-12pm 5-12 yrs \$155

Little Scientist Preschool Lab

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

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

327202-01 1 week Mon-Fri 7/17-7/21 9am-12pm 3-5 yrs \$170

Robots 101

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with circuitry and learn how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 materials fee due the first day of class.

327203-01 1 week Mon-Fri 7/24-7/28 9am-12pm 8-12 yrs \$165

NASA Jr. Astronauts

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is 'Out of this World!' \$30 materials fee due the first day of class.

327200-01 1 week Mon-Fri 8/7-8/11 9am-12pm 5-12 yrs \$155

Jr. Forensics Lab

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

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

327206-01 1 week Mon-Fri 8/21-8/25 9am-12pm 5-12 yrs \$155

Play-Well TEKnologies Camps



Intro to STEM using LEGO

Play-Well TEKnologies

Marina Community Center- Small Room, 151 Marina Dr

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

313057-01 1 week Mon-Fri 6/26-6/30 9am-12pm 5-6 yrs \$185

STEM Challenge using LEGO

Play-Well TEKnologies

Marina Community Center- Small Room

151 Marina Dr

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Catapults, Pneumatic Cranes, Arch Bridges, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

313057-02 1 week Mon-Fri 6/26-6/30 1-4pm 7-12 yrs \$185



Jedi Engineering using LEGO

Play-Well TEKnologies

Fire Station 48 Community Room

3131 N Gate Rd.

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing LEGO® X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

313057-03 1 week Mon-Fri 7/17-7/21 9am-12pm 5-6 yrs \$185

Jedi Master Engineering using LEGO

Play-Well TEKnologies

Fire Station 48 Community Room

3131 N Gate Rd.

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT Walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

313057-04 1 week Mon-Fri 7/17-7/21 1-4pm 7-12 yrs \$185

Young Rembrandts Art Camps

Fashion Runway Tween Style

Young Rembrandts Staff

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Join us for 5 days of fashion design and drawing, layering and styling tons of dazzling accessories. The perfect workshop for the fashionista in your family! Students will learn to draw portraits, figures and tons of the latest 'tween fashion trends. Hurry and enroll now, this favorite workshop fills up fast!

323155-01 1 week Mon-Fri 7/10-7/14 9am-12pm 6-12yrs \$197

Fashion Runway

Young Rembrandts Staff

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

This stylish Young Rembrandts workshop is tailored for the aspiring fashionista. Join us for 5 days of runway chic as we illustrate the various aspects of fashion design. Step into the shoes of a fashion magazine editor as you design and draw an eye-catching fashion magazine cover. And let's not forget about the purses! Design the perfect purse to go along with the outfit of your dreams. And finally, draw your model stepping out onto the runway in your fashion originals. If you love to design clothes and are hip to the latest fashions, this drawing workshop is a perfect fit.

323152-01 1 week Mon-Fri 7/10-7/14 12:30-3:30pm 6-12yrs \$197

Pirate & Superhero

Young Rembrandts Staff

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

AHOY MATES! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more will inspire us as we draw, using cartoon and realistic drawing techniques. POW! BANG! WOW! Students will also learn to draw their own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers, and Sharpies. Our collection of drawings will be impressive!

323154-01 1 week Mon-Fri 7/24-7/28 9am-12pm 6-12yrs \$197

Anime Cartoon

Young Rembrandts staff

**Seal Beach Tennis Center Activity Room
3900 Lampson Ave**

Come explore the world of Anime with young Rembrandts! We will spend four days learning about the drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in Anime style.



323153-01 1 week Mon-Fri 7/24-7/28 12:30-3:30pm 6-12yrs \$197



Take the Stage Productions Camps

Camp Broadway Star

Take the Stage Productions

Act, Sing, Dance and explore the world of Broadway in this fun musical theater camp! Campers will build valuable musical theater performance skills, craft props & scenery, play theater games and create fun characters all while working together to perform a final showcase on the last day! Campers will be expected to practice lines and songs at home. Bring a lunch/ snack & water. \$20 material fee payable to instructor on the first day of camp.

Peter Pan

Marina Community Center, 151 Marina Dr

323020-01 3 days Wed-Fri 7/5-7/7 9:30-11:30am 3-4 yrs \$87

323020-02 3 days Wed-Fri 7/5-7/7 12:30-2:30pm 5-7 yrs \$87

Tarzan

Los Alamitos Community Ctr, 10911 Oak Street

323020-03 1 week Mon-Fri 7/24-7/28 9:30-11:30am 6-10 yrs \$132

Annie

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

323020-04 1 week Mon-Fri 8/14-8/18 9:30-11:30am 4-6 yrs \$132

323020-05 1 week Mon-Fri 8/14-8/18 12:30-2:30pm 7-12 yrs \$132

TV & Film Acting

Take the Stage Productions

Los Alamitos Community Ctr, 10911 Oak Street

TV & Film Acting 101 is designed for those just starting out, as well as those seeking to return to the basics and will teach students the fundamentals of the craft. Students will learn the basic foundation of acting, including cold reading, audition technique, improvisation, scene study and text analysis. Performance on the last day of camp. No experience necessary. \$10 material fee due to the Instructor.

313074-01 1 week Mon-Fri 7/24-7/28 12:30-2:30pm 4-6 yrs \$132

Diva Singers

Take the Stage Productions

Los Alamitos Community Ctr, 10911 Oak Street

Learn to sing, dance and perform like your favorite Popstars and Rock Stars! Scared? Don't be. This encouraging environment is welcoming to singers of all levels and backgrounds. Students will build skills in ear and pitch training, vocal technique and presentation, dance technique and build a strong "It Factor" on stage- with a focus on how to connect with your audience and sell your song through performance. Performance on the last day of camp. \$20 material fee due to Instructor.

313075-01 1 week Mon-Fri 8/7-8/11 9:30-11:30am 4-6 yrs \$132

313075-02 1 week Mon-Fri 8/7-8/11 12:30-2:30pm 7-12 yrs \$132

Surf Camps

Chas Weekly Surf Camps

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

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

367050-01	1 week	Mon-Fri	6/19-6/23	9am-1pm	All Ages	\$297
367050-02	1 week	Mon-Fri	6/26-6/30	9am-1pm	All Ages	\$297
367050-03	1 week	Mon-Fri	7/3-7/7	9am-1pm	All Ages	\$297
367050-04	1 week	Mon-Fri	7/10-7/14	9am-1pm	All Ages	\$297
367050-05	1 week	Mon-Fri	7/17-7/21	9am-1pm	All Ages	\$297
367050-06	1 week	Mon-Fri	7/24-7/28	9am-1pm	All Ages	\$297
367050-07	1 week	Mon-Fri	7/31-8/4	9am-1pm	All Ages	\$297
367050-08	1 week	Mon-Fri	8/7-8/11	9am-1pm	All Ages	\$297
367050-09	1 week	Mon-Fri	8/14-8/18	9am-1pm	All Ages	\$297
367050-10	1 week	Mon-Fri	8/21-8/25	9am-1pm	All Ages	\$297

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

367061-01	1 week	Mon-Fri	6/19-6/23	8am-2pm	All Ages	\$287
367061-02	1 week	Mon-Fri	6/26-6/30	8am-2pm	All Ages	\$287
367061-03	1 week	Mon-Fri	7/3-7/7	8am-2pm	All Ages	\$287
367061-04	1 week	Mon-Fri	7/10-7/14	8am-2pm	All Ages	\$287
367061-05	1 week	Mon-Fri	7/17-7/21	8am-2pm	All Ages	\$287
367061-06	1 week	Mon-Fri	7/24-7/28	8am-2pm	All Ages	\$287
367061-07	1 week	Mon-Fri	7/31-8/4	8am-2pm	All Ages	\$287
367061-08	1 week	Mon-Fri	8/7-8/11	8am-2pm	All Ages	\$287
367061-09	1 week	Mon-Fri	8/14-8/18	8am-2pm	All Ages	\$287
367061-10	1 week	Mon-Fri	8/21-8/25	8am-2pm	All Ages	\$287



Tennis Camps

Tennis Camps

Camps Taught by Brian Collison

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
323010-01	6/19-6/23	Mon-Fri	9-11am	7-11 yrs	\$167	Marina Park
323010-02	6/26-6/30	Mon-Fri	9-11am	7-11 yrs	\$167	Heather Park
323010-03	7/17-7/21	Mon-Fri	9-11am	7-11 yrs	\$167	McGaugh
323010-04	7/24-7/28	Mon-Fri	9-11am	7-11 yrs	\$167	Marina Park
323010-05	7/31-8/4	Mon-Fri	9-11am	7-11 yrs	\$167	Heather Park
323010-06	8/21-8/25	Mon-Fri	9-11am	7-11 yrs	\$167	McGaugh

Tennis Camps at the Seal Beach Tennis Center

Camps Taught by Mickey Yelverton – Academy Coordinator

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

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

DATES	DAYS	TIME	AGE	PRICE	LOCATION
6/19-6/23	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/26-6/30	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/5-7/7	Wed-Fri	9am-12pm	6-17 yrs	\$125	SBTC
7/10-7/14	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/17-7/21	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/24-7/28	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/31-8/4	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
8/7-8/11	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
8/14-8/18	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
8/21-8/25	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC

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.

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.



Map & Facilities

Amenity Key Updated December 2012

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



Map not to scale.

Park/ Facility

L = Lit U = Unlit i = Indoor

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

5 easy ways to REGISTER TODAY

1 MAIL IN

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

City of Seal Beach

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

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

2 WALK IN

Open Monday - Friday

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

3 ONLINE

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

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

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. 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 \$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.

Online Registration begins February 13, 2017

Walk-in and Mailed Registration begins February 21, 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."



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: _____



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



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

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The Little Run With A Big Heart

5k/10K Run & 5K Walk
Kid's 1K Fun Run & Fun Zone
April 8, 2017

RACE TIMES:

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

RACE FEATURES:

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

RACE REGISTRATION & PACKET PICKUP:

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

EARLY REGISTRATION ENDS February 28, 2017

- 5K Run or Walk, 10K Run – \$32.00
- Kids 1K Fun Run – \$15.00

LATE REGISTRATION ENDS April 7, 2017

- 5/10K Events – \$42.00
- Kids 1K Fun Run – \$20.00

AWARDS - 5K WALK & 5/10K RUNS

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

AGE DIVISIONS:

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

PROCEEDS FROM THIS EVENT:

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

REGISTER NOW: www.RunSealBeach.com