

Shoreline



City of Seal Beach Classes and Activities • Spring 2018



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	Mike Varipapa, District 3
Mayor Pro Tem	Ellery Deaton, District 1
Council Member	Sandra Massa-Lavitt, District 5
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	Joe Miller
Director of Public Works	Steve Myrner
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Finance/City Treasurer	Victoria Beatley
Director of Community Development	Crystal Landavazo
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

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

RECREATION COMMISSIONERS

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

MUNICIPAL MEETINGS

Council Meeting

7pm; 2nd & 4th Monday per month

Planning Commission

7pm; 1st & 3rd Monday per month

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

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

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HOLIDAY CLOSURES

President's Day - February 19

Memorial Day - May 28

Day Light Savings

Spring Forward on Sunday, March 11

REGISTER SealBeachCa.Gov

Online Registration Begins: **February 12**

Walk-in and Mail Registration Begins: **February 20**

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

There is a saying that “no winter lasts forever. No spring skips its turn.” And so we find ourselves upon a new spring season, which also brings a new mayor and mayor pro tem to our City Council after these positions were re-organized by the Council on December 11, 2017.

The last two years, under former mayor Sandra Massa-Lavitt’s leadership, continued the City’s tradition of fiscal responsibility and transparency. In 2018, Mike Varipapa of District 3 takes the helm as mayor and he is enthusiastic about his new role and responsibilities. Serving as mayor pro tem in 2018 is District 1 councilmember Ellery Deaton. Mayor Varipapa and mayor pro tem Deaton look forward to accomplishing the goals and objectives outlined in the Council’s Strategic Plan and are focused on working with their fellow councilmembers, staff, and the community to enhance the services and programs

within the City.

The spring season is also a time when City staff begins to develop a new budget for the upcoming fiscal year. As in years past, the City encourages the public to attend budget workshops that will give residents the chance to share any fiscal challenges and opportunities, but more importantly discuss with their elected officials their desires for Seal Beach’s future. The City Council is committed to engaging with residents in formulating a sound economic blueprint for the new fiscal year.

Embracing opportunities as an organization and community will continue to be important as we prepare for an inevitably changing future. Operationally, we are committed to identifying and implementing changes to increase our productivity and adapt to changing needs, communicate more effectively and better engage with the residents we serve.

So, I encourage you to participate and join us as we work collaboratively to continue to improve the quality of life for residents, businesses, and visitors.

Finally, I want to take a moment to express my gratitude to outgoing mayor Sandra Massa-Lavitt for her leadership and dedication to the Seal Beach community. Over the course of two years, she has been devoted to improving our town and worked tirelessly as mayor to steer the City in the right direction. Her steady hand has been invaluable, particularly when faced with various and unique challenges that come with being mayor. On behalf of our staff team, we look forward to working with Mayor Varipapa in 2018 and the entire Council in partnership to serve our community.

Wishing you all the best in 2018!

Jill R. Ingram
City Manager

Coyote Awareness: Tips to Safely Coexist

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

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

Make your property less hospitable for wild animals by removing shelter, water and food sources: thin ground level shrubbery that can serve as a den or hiding place, take down and store bird feeders, and promptly gather low-hanging fruit and collect any fallen pieces.

Teach your children to learn how to identify a coyote and know what to do if they come in contact with one

Keep a close watch on small pets, feed them indoors, supervise them

while they are outdoors, and always walk dogs on a leash.

Store refuse containers in your garage or another secure area until collection day.

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

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

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



objects in its direction.

- **Retreat by walking backward** so that you do not turn your back on the coyote.

For more information or to report a coyote sighting, please contact Long Beach Animal Care Services at (562) 570-7387 or you may report a coyote on their website at www.longbeach.gov/acs/wildlife/coyote-report/ You may also visit the City's website at www.sealbeachca.gov for more information about coyotes.

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





Junior Tennis at the SBTC

The Seal Beach Tennis Center has a lot to offer when it comes to Junior Tennis. Whether you are a first time player just starting out, or a ranked or competitive player looking to make the most of their game, there is something for you. SBTC Instructors are certified by the United States Professional Tennis Association and focus on teaching proper technique and fundamentals in an atmosphere that emphasizes fun as well as results.

The SBTC Junior Tennis Academy runs Mondays and Wednesdays, 4:00pm-6:00pm, from September through June. Led by Mickey Yelverton (USPTA Certified, USTA High Performance Coach) and her team, the Academy is for Junior players of all ages and skill levels. Emphasis is put on developing fundamentally sound strokes, effective footwork and pattern hitting to set up points. We focus on both the physical and the mental aspect of the game, which teaches the students to be tough, and the ability to problem solve and shift momentum while playing.



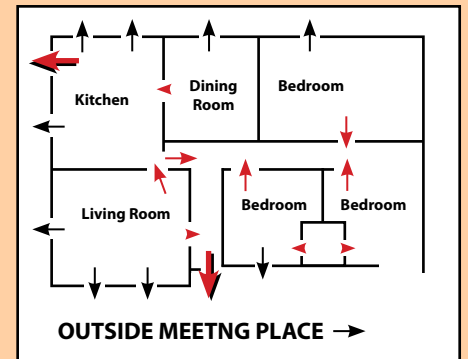
Every Second Counts: Home Fire Escape Plans Save Lives

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

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

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

Practice every month. Practice your plan to ensure that children



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

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

■ CLUBS & ORGANIZATIONS

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

■ TRASH

Republic Services (800) 299-4898

■ STREET SWEEPING

R.F. Dickson (800) 573-3222

■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
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, Athletic Fields, Community Gardens, Classes, and General Information	
Ext. 1339 – Facility/Park Rentals, Special Event Permits, Film Permits, and Seal Beach Tennis Center	
Ext. 1344 – Brochure/Classes, Instructors, Aquatics, Classes, and General Information	



City of Seal Beach- Community Services



SealBeachRec



Run Seal Beach

Saturday, March 24

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

Free Tax Assistance

Mondays

February 5 - April 9, 2018

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 am, 9:15 am, 10:00 am, 10:45 am, and 11:30 am.

Call (562) 431-2527 x1344 or x1339 for your free appointment and paperwork today!



SEAL BEACH
Classic
CAR SHOW

SATURDAY, APRIL 28TH
9-3PM ON MAIN STREET, SEAL BEACH, CA

Seal Beach Recreation Department presents

Coed Kickball League

Wednesday Nights
Starting April 4

\$300 per team +
\$15/game for umpire

For more info:
Call: (562) 431-2527 ext. 1307
Email: kortiz@sealbeachca.gov

Dates subject to change due to weather



The Seal Beach Chamber of Commerce presents

seal beach
BE MORE
HEALTHY
EXPO

SATURDAY, JUNE 2

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



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 3/30

211061-01	6 weeks	Fri	3/9-4/20	10-10:50am	2 yrs	\$79
211061-02	6 weeks	Fri	3/9-4/20	11-11:50am	3-4 yrs	\$79
211061-03	6 weeks	Fri	5/4-6/8	10-10:50am	2 yrs	\$79
211061-04	6 weeks	Fri	5/4-6/8	11-11:50am	3-4 yrs	\$79

Ballet & Tap Combo

Anne Pennypacker

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 5/28

Los Alamitos Community Ctr, 10911 Oak Street

222021-01	5 weeks	Mon	4/9-5/7	3-3:45pm	5-8 yrs	\$67
222021-02	5 weeks	Mon	5/14-6/18	3-3:45pm	5-8 yrs	\$67

Marina Community Center, 151 Marina Dr

222021-03	5 weeks	Wed	4/11-5/9	3-3:45pm	5-8 yrs	\$67
222021-04	5 weeks	Wed	5/16-6/13	3-3:45pm	5-8 yrs	\$67

Hip Hop

Anne Pennypacker

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 4/10, 5/28

Los Alamitos Community Ctr, 10911 Oak Street

242034-01	5 weeks	Mon	4/9-5/7	3:45-4:30pm	5-12 yrs	\$67
242034-02	5 weeks	Mon	5/14-6/18	3:45-4:30pm	5-12 yrs	\$67

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

242034-03	5 weeks	Tue	3/20-4/24	4:30-5:15pm	5-12 yrs	\$67
242034-04	5 weeks	Tue	5/1-5/29	4:30-5:15pm	5-12 yrs	\$67

Marina Community Center, 151 Marina Dr

242034-05	5 weeks	Thu	4/12-5/10	3:45-4:30pm	5-12 yrs	\$67
242034-06	5 weeks	Thu	5/17-6/14	3:45-4:30pm	5-12 yrs	\$67

Rockstar Popstar

Anne Pennypacker

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 4/10, 5/28

Los Alamitos Community Ctr, 10911 Oak Street

227046-01	5 weeks	Mon	4/9-5/7	4:30-5:15pm	5-12 yrs	\$67
227046-02	5 weeks	Mon	5/14-6/18	4:30-5:15pm	5-12 yrs	\$67

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

227046-03	5 weeks	Tue	3/20-4/24	5:15-6pm	5-12 yrs	\$67
227046-04	5 weeks	Tue	5/1-5/29	5:15-6pm	5-12 yrs	\$67

Lyrical Dance

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Learn to express emotion through the movement of the body in this inspirational dance class. Dancers will learn the continuation of movement within choreography that fuses flowing modern movements together. No Class 5/28

222031-01	5 weeks	Mon	4/9-5/7	5:15-6pm	6-13 yrs	\$67
222031-02	5 weeks	Mon	5/14-6/18	5:15-6pm	6-13 yrs	\$67

Prima Ballerina

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

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

242032-01	5 weeks	Fri	4/13-5/11	3:45-4:30pm	5-13 yrs	\$67
242032-02	5 weeks	Fri	5/18-6/15	3:45-4:30pm	5-13 yrs	\$67

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	4/11-5/9	2-2:30pm	3-5 yrs	\$67
222023-02	5 weeks	Wed	5/16-6/13	2-2:30pm	3-5 yrs	\$67
222023-03	4 weeks	Wed	4/18-5/9	6-6:30pm	2.5-5 yrs	\$57
222023-04	5 weeks	Wed	5/16-6/13	6-6:30pm	2.5-5 yrs	\$67

Los Alamitos Community Ctr, 10911 Oak Street

222023-05	5 weeks	Fri	4/13-5/11	4:30-5pm	2.5-5 yrs	\$67
222023-06	5 weeks	Fri	5/18-6/15	4:30-5pm	2.5-5 yrs	\$67



Stars of Jazz

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

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

227045-01	5 weeks	Fri	4/13-5/11	5-5:45pm	6-13 yrs	\$67
227045-02	5 weeks	Fri	5/18-6/15	5-5:45pm	6-13 yrs	\$67

FuNk!

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

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

222029-01	5 weeks	Fri	4/13-5/11	5:45-6:15pm	6-13 yrs	\$67
222029-02	5 weeks	Fri	5/18-6/15	5:45-6:15pm	6-13 yrs	\$67

Hip Hop Tots!

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

Time to dance our best moves in this fast paced class! Little dancers will learn skills needed to dance a hip hop'n bop'n routine to their favorite songs. Tennis shoes best for class. No Class 4/10

222027-01	5 weeks	Tue	3/20-4/24	4-4:30pm	2.5-5 yrs	\$67
222027-02	5 weeks	Tue	5/1-5/29	4-4:30pm	2.5-5 yrs	\$67



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	4/11-5/9	3:45-4:30pm	5-13 yrs	\$67
222024-02	5 weeks	Wed	5/16-6/13	3:45-4:30pm	5-13 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	5 weeks	Thu	4/12-5/10	4:30-5:15pm	5-12 yrs	\$67
211033-02	5 weeks	Thu	5/17-6/14	4:30-5:15pm	5-12 yrs	\$67

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	5 weeks	Thu	4/12-5/10	3-3:45pm	4-7 yrs	\$67
242033-02	5 weeks	Thu	5/17-6/14	3-3:45pm	4-7 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	5 weeks	Thu	4/12-5/10	5:15-5:45pm	4-6 yrs	\$67
211032-02	5 weeks	Thu	5/17-6/14	5:15-5:45pm	4-6 yrs	\$67

Musical Minis

Anne Pennypacker, Recreation Park

Long Beach, 4900 E. 7th Street

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! No Class 4/10

227070-01	5 weeks	Tue	3/20-4/24	6-6:30pm	2.5-5 yrs	\$67
227070-02	5 weeks	Tue	5/1-5/29	6-6:30pm	2.5-5 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	6/2	5-7pm	2+ yrs	\$17
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Spring Dance Recital

Anne Pennypacker, McLaugh Campus Auditorium, 1698 Bolsa Ave

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

211029-01	1 day	Tue	6/5	5:30-9pm	All ages	\$17
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KTA Dance Fitness

Aniyah Williams

North Seal Beach Center, 3333 Saint Cloud Dr

This kids fitness class allows exercise to be effective and fun with a special emphasis on agility, balance and strength. Children will burn calories without even noticing by doing exciting activities such as circuit training. This incredibly fun exercise class incorporates upbeat music that allows you to forget that you are even working out; it's so much fun!

242100-01	5 weeks	Thu	3/8-4/5	6-7pm	5-12 yrs	\$65
242100-02	5 weeks	Thu	4/19-5/17	6-7pm	5-12 yrs	\$65

Coed Beginning Volleyball

Maria Fattal, McGaugh 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 4/1

223060-01 9 weeks Sun 3/4-5/6 12-2pm 9-14 yrs \$180

Karate for Kids

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

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

222052-01 4 weeks Tue 4/10-5/1 5-5:30pm 4-12 yrs \$40

Karate

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito- Ryu". Parents should remain outside classroom. Wear loose clothing.

222051-01 4 weeks Tue 4/10-5/1 5:30-6:15pm 13+ yrs \$28

Little Hoopers

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

Little Hoopers is a fun, fundamental skills curriculum that provides basketball players with proven practice techniques and fun games to build a young players overall game. We will teach the players athletic motor skills, fundamentals, and how to play in a game. Our final class will conclude with a big scrimmage.

223041-01 8 weeks Thu 4/5-5/24 6-6:50pm 5-7 yrs \$130

Player Development Program

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

The Player Development Program (PDP) is a progressive fundamental skills curriculum that provides young aspiring basketball players with proven practice techniques to instill efficiency and confidence. This proven curriculum focuses on the essential individual basketball motor-skills: posture and footwork, ball-handling, passing, shooting technique, finishing to the basket, spacing, etc. These skills are taught in the proper progression to ensure understanding and improvement among each player.

223042-01 8 weeks Thu 4/5-5/24 7-7:50pm 8-12 yrs \$130



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 4/10-5/22 5:30-6pm 2-3.5 yrs \$101

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 4/10-5/22 4:45-5:20pm 3.5-5 yrs \$101

Soccer 1

Kidz Love Soccer, Heather Park, Heather St & Lampson Ave

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

223998-01 7 weeks Tue 4/10-5/22 4-4:45pm 5-6 yrs \$101

Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports, Marina Vista Park, 5355 E Eliot St, 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 3/6-5/1 3:30-4pm 2-3.5 yrs \$155

223180-02 9 weeks Tue 3/6-5/1 4:15-5pm 3.5-5 yrs \$155

Parent & Me Ice Skating

Westminster Ice Staff, The Rinks Westminster Ice, 13071 Springdale St

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10 - 4:10 PM for Tuesday, and 12:00-2:00 PM for Saturday), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 5/26

213131-01	4 weeks	Tue	4/3-4/24	4:10-4:40pm	3-5 yrs	\$45
213131-02	4 weeks	Sat	4/7-4/28	11:15-11:45am	3-5 yrs	\$45
213131-03	4 weeks	Tue	5/1-5/22	4:10-4:40pm	3-5 yrs	\$45
213131-04	4 weeks	Sat	5/5-6/2	11:15-11:45am	3-5 yrs	\$45

Ice Skating for Tots

Westminster Ice Staff, The Rinks Westminster Ice, 13071 Springdale St

Beginning ice skating made fun and easy. Your skater will have a smile on their face when they learn how to march, glide, hop, and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM for Wednesday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 5/26

213130-01	4 weeks	Wed	4/4-4/25	5:40-6:10pm	3-5 yrs	\$45
213130-02	4 weeks	Sat	4/7-4/28	10:45-11:15am	3-5 yrs	\$45
213130-03	4 weeks	Wed	5/2-5/23	5:40-6:10pm	3-5 yrs	\$45
213130-04	4 weeks	Sat	5/5-6/2	10:45-11:15am	3-5 yrs	\$45

Beginning Ice Skating

Westminster Ice Staff, The Rinks Westminster Ice, 13071 Springdale St

Learn to skate forward and backward, stop hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of (3-5 p.m. for Thursday class and 12-2 p.m. for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No class 5/26

223130-01	4 weeks	Thu	4/5-4/26	3:10-4:10pm	6-16 yrs	\$45
223130-02	4 weeks	Sat	4/7-4/28	10:15-10:45am	6-16 yrs	\$45
223130-03	4 weeks	Thu	5/3-5/24	3:10-4:10pm	6-16 yrs	\$45
223130-04	4 weeks	Sat	5/5-6/2	10:15-10:45am	6-16 yrs	\$45

Ice Hockey Skating Skills

**Westminster Ice Staff
The Rinks Westminster Ice, 13071 Springdale St**

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 PM for Wednesday class, and 12:00-2:00 PM for Saturday class) and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. No Class 5/26

223141-01	4 weeks	Wed	4/4-4/25	6:10-6:40pm	6-16 yrs	\$45
223141-02	4 weeks	Sat	4/7-4/28	11:15-11:45am	6-16 yrs	\$45
223141-03	4 weeks	Wed	5/2-5/23	6:10-6:40pm	6-16 yrs	\$45
223141-04	4 weeks	Sat	5/5-6/2	11:15-11:45am	6-16 yrs	\$45



Build It Workspace Classes

**Build It Workspace Staff
Build It Workspace, 4478 Cerritos Ave**

For class descriptions, please visit register.sealbeachca.gov

Build It Airplanes

213080-01	Wednesdays	4/11-5/2	9:30-11am	5-9 yrs	\$75
213080-02	Saturdays	4/14-5/5	12:00-1:30pm	5-9 yrs	\$75

Build It Arduino: Get Moving

213080-03	Wednesdays	4/11-5/2	9:30-11:15am	10+ yrs	\$75
213080-04	Saturdays	4/14-5/5	10-11:45am	10+ yrs	\$75

Build It DIY Gameboy with Raspberry Pi Zero

213080-05	Wednesdays	5/9-5/30	9:30-11:15am	10+ yrs	\$79
213080-06	Saturdays	5/12-6/2	10-11:45am	10+ yrs	\$79

Build It Jr. Robotics Team

213080-07	Saturdays	4/14-5/5	10-11:30am	5-9 yrs	\$75
213080-08	Saturdays	5/12-6/2	10-11:30am	5-9 yrs	\$75

Build It Rockets

213080-09	Wednesdays	5/9-5/30	9:30-11am	5-9 yrs	\$75
213080-10	Saturdays	5/12-6/2	12-1:30pm	5-9 yrs	\$75

Build Your Brand: Intro

213080-11	Thursdays	4/12-4/19	6:30-8:15pm	18+ yrs	\$45
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Cosplay Costume Making

213080-12	Saturdays	4/28-5/19	2-3:34pm	13+ yrs	\$79
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Digital Photography & Photoshop: Intro

213080-13	Wednesdays	4/11-4/18	6:30-8:15pm	13+ yrs	\$45
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Fashion Accessory Design: Intro

213080-14	Saturdays	4/28-5/5	12-1:45pm	13+ yrs	\$45
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Kick Start Your Crowdfunding: Intro

213080-15	Mondays	4/16-4/23	6:30-8:15pm	18+ yrs	\$45
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T-Shirt Design

213080-16	Saturdays	4/14-4/21	2-3:45pm	13+ yrs	\$45
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Resume Writing for Teens

Alison Cotter, Los Alamitos Community Ctr, 10911 Oak Street

A resume is much more than a checklist of activities and achievements. It's an opportunity to tell your story! That story can help you land an internship, get into college, and win scholarships. This workshop shows high school and college students how to organize their information, write about their experiences, and properly format.

222070-01 2 weeks Wed 3/7-3/14 6-8pm 15+ yrs \$50

Portrait Workshop

Ying Liu, Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor: Ying Liu. Beginners through advanced students are welcome. Bring medium of choice: pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demos and one-on-one instruction are provided. One-time \$5 material fee due at first class. \$5 model fee due each class for all students. No Class 5/12

236096-01 8 weeks Sat 4/7-6/2 9am-12pm 16+ yrs \$80

Transforming Photos into Paintings

Ying Liu, Los Alamitos Community Ctr, 10911 Oak Street

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

236097-01 5 weeks Wed 4/11-5/9 6:30-9:30pm 16+ yrs \$86

Dog Obedience

**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.

266040-01 7 weeks Thu 4/12-5/24 7:45-8:45pm 9+ yrs \$98

Puppy Kindergarten

**Dog Services Unlimited
El Dorado Park (near hockey court), 2760 Studebaker Rd**

Start your puppy off on the right paw! Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething problems, health-care pointers, and will introduce basic obedience commands. Bring vaccination records and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES.

266039-01 6 weeks Sat 4/14-5/19 12-1pm 12+ yrs \$88

Dog Manners "Crash Course"

**Dog Services Unlimited
El Dorado Park (near hockey court), 2760 Studebaker Rd**

Establish better manners and correct behavior problems in just four 75- minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre- registration required.

266043-01 4 weeks Sat 4/28-5/19 1-2:15pm 12+ yrs \$86

266043-02 4 weeks Thu 5/3-5/24 6-7:15pm 12+ yrs \$86

First Aid, CPR & AED Training

**Erik Berg
Fire Station 48 Community Room, 3131 N. Gate Rd**

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. \$15 book fee payable to instructor at class meeting. There will be a 45 min lunch break, please bring a sack lunch. Participants under the age of 16 must be accompanied by an adult.

246031-01 1 day Sat 3/24 9am-3:30pm 14+ yrs \$60

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 17 April 21 May 19

Painting with Mom

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

Arts, craft, music and drawing are just a few of the activities we enjoyed doing with our parents when we were younger and we still have fond memories of. Painting With Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement and stimulation, socializing and most importantly, fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and awareness to Alzheimers and Dementia. Children age 9 and older are welcome, it is requested that any child between the ages of 9 and 12 be accompanied by a responsible adult in order to participate in the class. Visit register.sealbeachca.gov for class dates and times.



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 5/28

244020-01	5 weeks	Mon	4/9-5/7	7-7:45pm	18+ yrs	\$67
244020-02	5 weeks	Mon	5/14-6/18	7-7:45pm	18+ yrs	\$67

Adult Hip Hop

Anne Pennypacker, Marina Community Center, 151 Marina Dr

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

242028-01	4 weeks	Wed	4/18-5/9	6:30-7:15pm	18+ yrs	\$57
242028-02	5 weeks	Wed	5/16-6/13	6:30-7:15pm	18+ yrs	\$67

West Coast, Nightclub & More!

Anne Pennypacker, Marina Community Center, 151 Marina Dr

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

242029-01	4 weeks	Wed	4/18-5/9	7:15-8pm	18+ yrs	\$57
242029-02	5 weeks	Wed	5/16-6/13	7:15-8pm	18+ yrs	\$67

Adult Tap

Anne Pennypacker, Marina Community Center, 151 Marina Dr

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

242026-01	5 weeks	Thu	4/12-5/10	7:15-8pm	18+ yrs	\$67
242026-02	5 weeks	Thu	5/17-6/14	7:15-8pm	18+ yrs	\$67

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	5 weeks	Thu	4/12-5/10	8-8:45pm	18+ yrs	\$67
242040-02	5 weeks	Thu	5/17-6/14	8-8:45pm	18+ yrs	\$67

Wedding Survival

**Anne Pennypacker
Marina Community Center, 151 Marina Dr**

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

242018-01	4 weeks	Thu	4/12-5/3	6:45-7:15pm	18+ yrs	\$48
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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! Beyond being easy to follow, WERQ is an effective cardio class that feels more like a dance experience.

242085-01	8 weeks	Mon	4/2-5/21	7:30-8:30pm	13+ yrs	\$107
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Nia Dance Fitness

**Kathy Streng
Marina Community Center, 151 Marina Dr**

Nia is a barefoot, mindful and joyous non-impact cardiovascular dance 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	4/5-6/7	8-8:55am	13+ yrs	\$85
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Jazzercise

**Akemi Hanna
North Seal Beach Center, 3333 Saint Cloud Dr**

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. CLASS MEETS ON SATURDAYS 7:15-8:15am. No Class 5/28

242044-01	7 weeks	Mon & Wed	3/5-4/14	6-7pm	13+ yrs	\$70
242044-02	7 weeks	Mon & Wed	4/16-6/9	6-7pm	13+ yrs	\$70



Jacki Sorensen's Fitness/Dance

Jo Ellen Kerr

North Seal Beach Center, 3333 Saint Cloud Dr

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

242030-01 11 weeks Tue & Thu 4/3-6/14 3:30-4:30pm 18+ yrs \$161

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 4/9, 5/21, 5/22, 5/23, 5/28

242092-01 37 classes Mon-Wed 3/12-6/13 9-10am 18+ yrs \$229

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 4/9, 5/21, 5/23, 5/28

242091-01 24 classes Mon & Wed 3/12-6/13 10-11am 18+ yrs \$151

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 4/9, 5/21, 5/23, 5/28

242090-01 11 classes Mon 3/12-6/11 6:30-7:30pm 18+ yrs \$117

242090-02 13 classes Wed 3/14-6/13 8-9am 18+ yrs \$137

242090-03 24 classes Mon 3/12-6/13 6:30-7:30pm 18+ yrs \$247
Wed 8-9am



Pilates

Beginning/Intermediate Pilates

Beach Fitness, Seal Beach Senior Center, 707 Electric Ave

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. Bring exercise mat.

242069-01 14 weeks Mon 3/5-6/4 11:30am-12:30pm 18+ yrs \$147

Advanced Pilates

Beach Fitness, Seal Beach Senior Center, 707 Electric Ave

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.

242071-01 14 weeks Thu 3/8-6/7 12:30-1:30pm 18+ yrs \$147

Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

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

242098-01 7 weeks Fri 3/16-4/20 1:30-2:15pm 50+ yrs \$63

242098-02 7 weeks Fri 4/27-6/8 1:30-2:15pm 50+ yrs \$72

Vinyasa Yoga for All Levels

Helle Dupont, North Seal Beach Center, 3333 Saint Cloud Dr

Unroll your mat for an invigorating full-body flow where you'll explore the postures and fundamental principles of Vinyasa Yoga. Set to inspiring tunes, this foundation building class will work every muscle through movement and breath at a moderate, yet intuitive pace. Yoga mat required.

242060-01	6 weeks	Thu	3/8-4/12	7:15-8:30pm	15+ yrs	\$67
242060-02	6 weeks	Thu	4/19-5/24	7:15-8:30pm	15+ 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	9 weeks	Tue	4/10-6/5	5:30-6:45pm	18+ yrs	\$69
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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 increasing mindfulness. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

242073-01	5 weeks	Mon	4/9-5/7	6:40-7:40pm	18+ yrs	\$57
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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 and mindfulness.

242074-01	5 weeks	Mon	4/9-5/7	5:30-6:30pm	18+ yrs	\$57
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Adult Sports Leagues

Coed Kickball League



Coed Kickball league begins April 4

\$300 per team, plus \$15 per game for umpire. For more information, call Kevin Ortiz in Community Services Department at (562) 431-2527 ext:1307, or email kortiz@sealbeachca.gov. **Dates subject to change due to weather.**

Basketball League

Basketball league begins May 14

\$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 15 (men) and May 17 (coed)

\$400 per team. For information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov. **Dates subject to change due to weather.**

Aikido for Adults

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

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

242050-01	14 weeks	Mon & Wed	3/5-6/6	7:30-9:30pm	18+ yrs	\$150
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Ice Skating for Adults

Westminster Ice Staff, The Rinks Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM Wednesday and 12:00-2:00PM Saturday), and three additional passes to be used during the 4-week session. Please arrive 15 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 5/26

223131-01	4 weeks	Wed	4/4-4/25	6:40-7:10pm	17+ yrs	\$45
223131-02	4 weeks	Sat	4/7-4/28	10:15-10:45am	17+ yrs	\$45
223131-03	4 weeks	Wed	5/2-5/23	6:40-7:10pm	17+ yrs	\$45
223131-04	4 weeks	Sat	5/5-6/2	10:15-10:45am	17+ yrs	\$45



Beach Boot Camp

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

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

242062-01 13 weeks Sat 3/10-6/9 8-9am 18+ yrs \$139



BeachFit Moms

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

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

242063 1 day Mon/T/Th/Fri 3/5-6/10 9:30-10:30am 18+ yrs \$20/class



M&M Surf Lessons

5 Day Lessons

M&M Surf Instructors
8th Street Beach, 8th St & Ocean Ave

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

267061-01	5 days	Mon-Sun	3/5-3/11	8am-12pm	All ages	\$295
267061-02	5 days	Mon-Sun	3/12-3/18	8am-12pm	All ages	\$295
267061-03	5 days	Mon-Sun	3/19-3/25	8am-12pm	All ages	\$295
267061-04	5 days	Mon-Sun	3/26-4/1	8am-12pm	All ages	\$295
267061-05	5 days	Mon-Sun	4/2-4/8	8am-12pm	All ages	\$295
267061-06	5 days	Mon-Sun	4/9-4/15	8am-12pm	All ages	\$295
267061-07	5 days	Mon-Sun	4/16-4/22	8am-12pm	All ages	\$295
267061-08	5 days	Mon-Sun	4/23-4/29	8am-12pm	All ages	\$295
267061-09	5 days	Mon-Sun	4/30-5/6	8am-12pm	All ages	\$295
267061-10	5 days	Mon-Sun	5/7-5/13	8am-12pm	All ages	\$295
267061-11	5 days	Mon-Sun	5/14-5/20	8am-12pm	All ages	\$295
267061-12	5 days	Mon-Sun	5/21-5/27	8am-12pm	All ages	\$295
267061-13	5 days	Mon-Sun	5/28-6/3	8am-12pm	All ages	\$295
267061-14	5 days	Mon-Sun	6/4-6/10	8am-12pm	All ages	\$295

3 Hour Group Lesson

267063-01 1 day Mon-Sun 3/5-6/10 8am-12pm All ages \$90

1 Hour Group Lesson

267064-01 1 day Mon-Sun 3/5-6/10 8am-12pm All ages \$80

1 Hour Semi-Private Lesson

267067-01 1 day Mon-Sun 3/5-6/10 8am-12pm All ages \$100

1 Hour Private Lesson

267068-01 1 day Mon-Sun 3/5-6/10 8am-12pm All ages \$120

Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612
Community Services Office (562) 431-2527 Extension 1344

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

Adult & Youth Lap Swim

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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall 16 swim pass: \$50 34 swim pass: \$100 Unlimited Annual pass: \$255 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Thursday	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	16 swim pass: \$32
Monday-Friday	6pm-6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

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

Seal Beach Swim Team

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

Seal Beach Aquatics

Pool Lifeguards, McGaugh Campus Pool, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate.

224029-01	5 weeks	M, T, Thu Wed	2/26-3/29	2:30-3:30pm 1-2 pm	7-18 yrs	\$155
224029-02	5 weeks	M, T, Thu Wed	5/7-6/7	2:30-3:30pm 1-2 pm	7-18 yrs	\$155

Deep Water Aerobics

Cheryl von der Hellen, McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or visit www.casswimshop.com This class fills up fast so sign up early! No Class 5/23 & 5/28

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

Pool Party Rentals

Reserve the pool for a private party beginning April 2, 2018. Reservations are only available on Saturdays and Sundays from June 30 – August 4, 2018.

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

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

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

Swim Lessons

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

Fees for 5 Day Sessions	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$47/per child Non-Resident: \$67/per child	Resident Registration: 8 a.m. Non-Resident Registration: 11 a.m.	June 1, 2018	June 8, 2018	1	6/25-6/29
				2	7/2-7/6 (No class 7/4)
				3	7/9-7/13
				4	7/16-7/20
				5	7/23-7/27
				6	7/30-8/3

2018 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering this spring. 2018 Junior Lifeguard dates are **June 18th – July 27th, from 9am- 12pm, Monday- Friday**. The swim test will consist of a 100 yard swim that must be completed within:

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

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

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

- Wednesday, April 18:** 5-7pm
- Saturday, April 21:** 7-9am and 1-4pm
- Wednesday, April 25:** 5-7pm
- Saturday, April 28:** 7-9am and 1-4pm
- Saturday, May 5:** 7-9am and 1-4pm

Returning Jr. Guard Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2017 to be eligible to enroll in this section. **Enrollment will open for all Returning Junior Guards on April 23 at 8am and will close on May 6 at 11:59pm.** Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at sealbeachca.gov

New Jr. Guard Registration Information

Enrollment will open for New Junior Guard residents (zip code 90740 or 90743), on May 7, 2018 at 8am and will close on May 13, 2018 at 11:59pm. Register at Register.sealbeachca.gov. Enrollment will open for New Junior Guard non-residents, on May 14, 2018 at 8am and will close May 20 at 11:59pm. **Enrollment for New Junior Guards into the 2018 Junior Lifeguard Program will be based on a first come, first serve basis. A wait list will be established after the program has reached capacity.** For additional program information, please visit 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	3/12-3/30	5:30-6:15pm	9-17 yrs	\$105
224030-02	Mon- Fri	3 weeks	4/9-4/27	5:30-6:15pm	9-17 yrs	\$105

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	3/12-3/30	6:15-7pm	9-17 yrs	\$105
224031-02	Mon-Fri	3 weeks	4/9-4/27	6:15-7pm	9-17 yrs	\$105





Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

KIDS BEGINNING (4-6 years) No class: 4/2, 4/4, 5/28, 5/30

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	3/12-4/16	Mon	4-4:30pm	\$42	Heather Park
233020-02	5/7-6/4	Mon	4-4:30pm	\$35	Heather Park
233020-03	3/14-4/18	Wed	4-4:30pm	\$42	Marina Park
233020-04	5/9-6/6	Wed	4-4:30pm	\$35	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 4/2, 4/4, 5/28, 5/30

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-01	3/12-4/16	Mon	4:30-5:30pm	\$84	Heather Park
233021-02	5/7-6/4	Mon	4:30-5:30pm	\$70	Heather Park
233021-03	3/14-4/18	Wed	4:30-5:30pm	\$84	Marina Park
233021-04	5/9-6/6	Wed	4:30-5:30pm	\$70	Marina Park

JUNIORS INTERMEDIATE (7-10 years) No class: 4/2, 4/4, 5/28, 5/30

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-05	3/12-4/16	Mon	5:30-6:30pm	\$84	Heather Park
233021-06	5/7-6/4	Mon	5:30-6:30pm	\$70	Heather Park
233021-07	3/14-4/18	Wed	5:30-6:30pm	\$84	Marina Park
233021-08	5/9-6/6	Wed	5:30-6:30pm	\$70	Marina Park

TWEENS INTERMEDIATE (11-13 years) No class: 4/4, 5/28, 5/30

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	3/14-4/18	Wed	6:30-7:30pm	\$84	Marina Park
233023-02	5/7-6/4	Mon	6:30-7:30pm	\$70	Heather Park
233023-03	5/9-6/6	Wed	6:30-7:30pm	\$70	Marina Park

ADULTS BEGINNING (14+ years) No class: 5/28

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) No class: 4/4, 5/30

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	3/7-3/28	Wed	3:15-3:45pm	\$40	SBTC
233035-02	4/11-5/2	Wed	3:15-3:45pm	\$40	SBTC
233035-03	5/16-6/6	Wed	3:15-3:45pm	\$40	SBTC

PICKLEBALL (16+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233040-01	3/19	Mon	6-7pm	\$15	SBTC
233040-02	4/2	Mon	6-7pm	\$15	SBTC
233040-03	5/7	Mon	6-7pm	\$15	SBTC
233040-04	6/4	Mon	6-7pm	\$15	SBTC



Recreation Scholarship Program

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

Anne Pennypacker Camps

Cute Baby Animals

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$25 material fee due to instructor at the first day of camp.

327040-01 1 week Mon-Fri 6/18-6/22 9:30-11am 5-12 yrs \$128

Storybook Adventure!

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Every day begins a new adventure into a world of dance and imagination. Through storytelling, children will dance, 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! \$20 material fee due to instructor at the first day of camp.

327044-01 1 week Mon-Fri 6/18-6/22 11am-1pm 4-7 yrs \$148

Zombie-Riffic Art Camp

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

A ghoulishly good time will be had by all who attend this ethereal art camp! Every day using various artistic medias, artists will create creepy canvases of zombie-riffic art for a HAUNTING show at week's end! \$25 material fee due to instructor at the first day of camp.

327041-01 4 days Tue-Fri 6/19-6/22 1-3pm 5-13 yrs \$128

Dancing Prancing Ponies Camp

Anne Pennypacker
Marina Community Center- Small Room
151 Marina Dr

Prance and pirouette on in to this perfect my little pony camp. Pack your favorite pony to bring along for a week of magic, music and friendship. At camp's end, we'll do our rainbow pony dance for all to enjoy! \$20 material fee due to instructor at the first day of camp.

327056-01 1 week Mon-Fri 6/25-6/29 9:30-11am 4-7 yrs \$128

Minions & Monsters

Anne Pennypacker
Marina Community Center- Small Room
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! \$20 material fee payable to instructor on the first day of camp.

327051-01 1 week Mon-Fri 6/25-6/29 11am-1pm 4-8 yrs \$148



World Traveler's Dance Camp

Anne Pennypacker
Marina Community Center- Small Room
151 Marina Dr

Dancers will explore various dances from around the world, such as African, Irish Step, and the basics of Hawaiian Hula. A great way to expand dancers experience, learn history & geography all while having fun! \$20 material fee payable to instructor on the first day of camp.

327047-01 4 days Tue-Fri 6/26-6/29 1-3pm 5-12 yrs \$128

Hip Hop Dance Camp

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$20 material fee payable to instructor at first class.

327043-01 1 week Mon-Fri 7/9-7/13 9:30am-12pm 5-13 yrs \$148

327043-02 1 week Mon-Fri 7/30-8/3 9:30am-12pm 5-13 yrs \$148

Magizoology: The Fantastic Beasts

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Enrolling all muggles for a wizardly week of Potter-themed art! Discover and draw your patronus animal, and explore the depths of Magizoology: griffins, dragons, centaurs, unicorns and more! Using various artistic media through the week, we'll have a collection worthy of the walls of Hogwarts for a magical presentation at camp's end! \$25 material fee payable to instructor at first day of camp.

327045-01 1 week Mon-Fri 7/9-7/13 12-2pm 5-13 yrs \$148

Musical Madness!

Anne Pennypacker
Marina Community Center- Large Room, 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! \$20 material fee payable to instructor on the first day of camp.

327052-01 4 days Tue-Fri 7/10-7/13 2-4pm 5-12 yrs \$128

Enchanted Princess Camp

Anne Pennypacker

Marina Community Center- Small Room, 151 Marina Dr

Come dream of far off lands, enchanted forests full of unicorns and fairies where fairytales do exist. Princesses will sing, dance, and create magical costumes to wear for the happy ending- our ENCHANTING SHOW at camp's end! \$20 material fee payable to instructor on the first day of camp.

327049-01 1 week Mon-Fri 7/16-7/20 9:30-11am 4-7 yrs \$128

Rockstar Popstar

Anne Pennypacker

Marina Community Center- Small Room, 151 Marina Dr

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$20 material fee payable to instructor on the first day of camp.

327046-01 1 week Mon-Fri 7/16-7/20 11am-1pm 5-12 yrs \$148

"Jurassic" Art Camp

Anne Pennypacker

Marina Community Center- Small Room, 151 Marina Dr

Travel back 199 million years to create dinosaurs, birds and rodents amidst a warm climate full of lush forests. Artists will explore the lands before time, learning history as they paint, draw and sketch these amazing creatures. \$25 material fee payable to instructor on the first day of camp.

327050-01 4 days Tue-Fri 7/17-7/20 1-3pm 5-13 yrs \$128

Perfect Pixies & Fabulous Fairies

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Do you believe? With a sprinkle of pixie dust we'll journey to a fantasy land where fairies dance the days away. From flower fairies to secret garden games, every day will be a magical new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. \$20 material fee payable to instructor on the first day of camp.

327053-01 1 week Mon-Fri 7/23-7/27 9:30-11am 4-7 yrs \$128



Sea Monsters Art Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

A monstrosly cool camp exploring the folklore of mythical sea monsters such as krakens, mermaids, the hippocamp, bunyip and many more! Every day artists will create magical masterpieces using various artistic media while learning the legends and tales of old. \$25 material fee payable to instructor on the first day of camp.

327054-01 4 days Tue-Fri 7/24-7/27 1-3pm 5-13 yrs \$128

Superhero Gymnastics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$20 material fee payable to instructor on the first day of camp.

327048-01 1 week Mon-Fri 7/23-7/27 11am-1pm 4-7 yrs \$148

Star Wars Art Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

A long time ago, in an art camp far far away... young Jedis trained to become masters of star wars themed art. Using various artistic media throughout the week, we'll have a collection as strong as the force for an exhibit at camp's end. \$25 material fee payable to instructor on the first day of camp.

327055-01 1 week Mon-Fri 7/30-8/3 12-2pm 5-13 yrs \$148

The Amazing Astronauts & Art Camp

Anne Pennypacker

Marina Community Center- Large Room, 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! \$25 material fee due at first class meeting.

327042-01 4 days Tue-Fri 7/31-8/3 2-4pm 5-13 yrs \$128

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. No Class 7/4

Cinderella

Seal Beach Tennis Center Activity Room

323020-01	1 week	Mon-Fri	6/25-6/29	9am-12pm	3-5 yrs	\$170
323020-02	1 week	Mon-Fri	6/25-6/29	1-4pm	6-10 yrs	\$170

Aladdin

Seal Beach Tennis Center Activity Room

323020-03	4 days	Mon/Tue/Thu/Fri	7/2-7/6	9am-12pm	3-5 yrs	\$140
323020-04	4 days	Mon/Tue/Thu/Fri	7/2-7/6	1-4pm	6-10 yrs	\$140

Pinocchio

Marina Community Center, Large Room

323020-05	1 week	Mon-Fri	7/16-7/20	1-4pm	6-10 yrs	\$170
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Mary Poppins

Seal Beach Tennis Center Activity Room

323020-06	1 week	Mon-Fri	7/23-7/27	1-4pm	10-14 yrs	\$170
323020-07	1 week	Mon-Fri	7/30-8/3	9am-12pm	3-5 yrs	\$170

Marina Community Center, Small Room

323020-08	1 week	Mon-Fri	7/30-8/3	1-4pm	6-10 yrs	\$170
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Sprouting Artists Camps

Fashion Tween

Sprouting Artists

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! \$10 material fee due to Instructor.

323155-01	1 week	Mon-Fri	7/9-7/13	9am-12pm	5-12 yrs	\$197
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Fashion Runway

Sprouting Artists

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. \$10 material fee due to Instructor.

323152-01	1 week	Mon-Fri	7/9-7/13	12:30-3:30pm	5-12 yrs	\$197
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Superhero Art Camp

Sprouting Artists

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

POW! BANG! WOW! Students will 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! \$10 material fee due to Instructor.

323154-01	1 week	Mon-Fri	7/23-7/27	9am-12pm	5-12 yrs	\$197
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Anime Cartoon

Sprouting Artists
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. \$10 material fee due to Instructor.



323153-01 1 week Mon-Fri 7/23-7/27 12:30-3:30pm 5-12 yrs \$197

Skatedogs Camps

Skateboard Camp

Adam Cohen
Little Cottonwood Park, 4000 Farquhar, Los Alamitos

Whether you are just learning or ready to learn advanced tricks, this camp is right for you. Make new friends, play games, win prizes, advance your skills and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a "trick" skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and to learn more about what type of skateboard to bring.

323150-01 1 week Mon-Fri 6/25-6/29 9am-12pm 5-13 yrs \$171

323150-02 1 weeks Mon-Fri 7/30-8/3 9am-12pm 5-13 yrs \$171



Edutainment Art Camps

Top Junior Chef

Edutainment Arts
Marina Community Center, 151 Marina Dr

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

323162-01 1 week Mon-Fri 6/25-6/29 9am-12pm 7-12 yrs \$167



The Art of Cooking

Edutainment Arts
Fire Station 48 Community Room, 3131 N Gate Dr

Presentation is as important as taste. Campers will explore art in life and in cooking, then fuse the two in some delicious dishes. We will teach new recipes and the culinary skills to make these treats taste as good as the look, and look as good as they taste. The campers will channel their imaginations into both their dishes and the artistic details of the surrounding decor. (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 7/30-8/3 9am-12pm 7-12 yrs \$167



Dessert Shop

Edutainment Arts
Marina Community Center, 151 Marina Dr

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 7/16-7/20 9am-12pm 7-12 yrs \$167

IncrediFlix Camps

Animation Flix

Incrediflix Inc.

Marina Community Center- Small Room, 151 Marina Dr

Learn how to bring everyday objects to life using the magic of stop-motion! Create multiple stop motion movies using everything from toy cars to white boards. It's the ultimate arts and crafts camp where you create, direct, and film your movies in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee due to Instructor.

327211-01 2 days Mon & Tue 7/2-7/3 9am-4pm 7-12 yrs \$142

Minecraft Movie Flix

Incrediflix Inc.

Marina Community Center- Small Room, 151 Marina Dr

Turn the video game into an exciting Minecraft stop-motion movie! Working in age-appropriate groups, bring Steve, the creepers, and more to life, as you write, storyboard, shoot and add voice-overs to your favorite characters. *Flix downloadable within a month after camp ends. \$30 production fee due to Instructor.

327210-01 2 days Thu & Fri 7/5-7/6 9am-4pm 7-12 yrs \$142

Live Action Flix

Incrediflix Inc.

Seal Beach Tennis Center, 3900 Lampson Ave

Go through the Hollywood process of filmmaking, as we guide you through "Action" to "That's a wrap!" Work in groups to brainstorm, location scout, bring in props/costumes, act and direct in a collaborative movie that will be fun for the entire audience. *Flix downloadable within a month after camp ends. \$30 production fee due to Instructor.

327216-01 1 week Mon-Fri 7/16-7/20 9am-12pm 7-12 yrs \$164

Lego Flix

Incrediflix Inc.

Seal Beach Tennis Center, 3900 Lampson Ave

Bring Lego worlds to life! We provide the Legos and you provide your imagination. Work in groups as you create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and add voice-overs to *Flix downloadable within a month after camp ends. \$30 production fee due to Instructor.

327217-01 1 week Mon-Fri 7/16-7/20 1-4pm 7-12 yrs \$164

Live Action & Lego Flix Combo

Incrediflix Inc.

**Seal Beach Tennis Center
3900 Lampson Ave**

Registration discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! *Discount included in price of camp. Bring your own sack lunch. \$60 production fee due to Instructor.

327218-01 1 week Mon-Fri 7/16-7/20 9am-4pm 7-12 yrs \$288



Mad Science Camps

Crazy Chemworks

O.C. Mad Science

Marina Community Center- Small 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 6/18-6/22 9am-12pm 5-12 yrs \$155

NASA Jr. Astronauts

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is 'Out of this World'! \$25 materials fee due the first day of class. No Class 7/4

327200-01 4 days Mon/Tue/Thu/Fri 7/2-7/6 9am-12pm 5-12 yrs \$130

327200-02 4 days Mon/Tue/Thu/Fri 7/2-7/6 1:30-4:30pm 5-12 yrs \$130

Little Scientist Preschool Camp

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 7/9-7/13 9am-12pm 3-5 yrs \$170



Science in Action

O.C. Mad Science
Marina Community Center- Small Room, 151 Marina Dr

Discover how things move with science. View the world through a camera obscura, different lenses and Kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens, play with Magic Mud! \$30 materials fee due the first day of class.

327201-01 1 week Mon-Fri 7/23-7/27 9am-12pm 5-12 yrs \$155

Robots 101

O.C. Mad Science
Marina Community Center, 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 7/30-8/3 9am-12pm 8-12 yrs \$165

Play-Well TEKologies Camps

Jedi Engineering using LEGO®

Play-Well Teknologies
Seal Beach Tennis Center
3900 Lampson Ave

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining 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.



313052-01 1 week Mon-Fri 6/18-6/22 9am-12pm 5-6 yrs \$185

Jedi Master Engineering using LEGO®

Play-Well Teknologies
Seal Beach Tennis Center, 3900 Lampson Ave

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 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.

313052-02 1 week Mon-Fri 6/18-6/22 1-4pm 7-12 yrs \$185

Intro to STEM using LEGO®

Play-Well Teknologies
Fire Station 48 Community Room, 3131 N. Gate Rd

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 7/23-7/27 9am-12pm 5-6 yrs \$185

STEM Challenge using LEGO®

Play-Well Teknologies
Fire Station 48 Community Room, 3131 N. Gate Rd

Power up your engineering skills with Play-Well TEKologies 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 Battle-tracks! 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 7/23-7/27 1-4pm 7-12 yrs \$185





One on One Basketball

Hoops 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 camp we break down the fundamentals of dribbling, shooting, passing, defense and rebounding, and teach the importance of teamwork, good sportsmanship, and communication. We guarantee 3 things – Everyone will Learn, Sweat, and Have Fun! Please send child with a bagged lunch.

Half Day Camps

323040-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	5-13 yrs	\$137
323040-02	1 week	Mon-Fri	6/25-6/29	9am-12pm	5-13 yrs	\$137
323040-03	1 week	Mon-Fri	7/9-7/13	9am-12pm	5-13 yrs	\$137
323040-04	1 week	Mon-Fri	7/16-7/20	9am-12pm	5-13 yrs	\$137
323040-05	1 week	Mon-Fri	7/23-7/27	9am-12pm	5-13 yrs	\$137
323040-06	1 week	Mon-Fri	7/30-8/3	9am-12pm	5-13 yrs	\$137

Full Day Camps

323040-07	1 week	Mon-Fri	6/18-6/22	9am-3:30pm	5-13 yrs	\$227
323040-08	1 week	Mon-Fri	6/25-6/29	9am-3:30pm	5-13 yrs	\$227
323040-09	1 week	Mon-Fri	7/9-7/13	9am-3:30pm	5-13 yrs	\$227
323040-10	1 week	Mon-Fri	7/16-7/20	9am-3:30pm	5-13 yrs	\$227
323040-11	1 week	Mon-Fri	7/23-7/27	9am-3:30pm	5-13 yrs	\$227
323040-12	1 week	Mon-Fri	7/30-8/3	9am-3:30pm	5-13 yrs	\$227

Challenger Sports British Soccer

British Soccer Camps

Challenger Sports, Bluebell Park, Almond Ave @ Bluebell

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 practices, small-sided games, coach scrimmages, and a daily World Cup tournament.

323170-01	1 week	Mon-Fri	7/9-7/13	4:30-5:30pm	3-5 yrs	\$110
323170-02	1 week	Mon-Fri	7/9-7/13	5:30-8:30pm	6-16 yrs	\$147

Skyhawks Sports Camps

Basketball Camp

**Skyhawks Sports
College Estates Park
808 Stevely Ave, Long Beach (next to College Park West)**

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. No Class 7/4

323183-01	4 days	Mon/Tue/Thu/Fri	7/2-7/6	9am-12pm	6-12 yrs	\$149
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Flag Football Camp

**Skyhawks Sports
College Estates Park
808 Stevely Ave, Long Beach (next to College Park West)**

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	7/23-7/27	9am-12pm	6-12 yrs	\$185
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Surf Camps

M&M Surf Camps

M&M Surfing School

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 wetsuits are provided.

367061-01	1 week	Mon-Fri	6/11-6/15	8am-2pm	All ages	\$295
367061-02	1 week	Mon-Fri	6/18-6/22	8am-2pm	All ages	\$295
367061-03	1 week	Mon-Fri	6/25-6/29	8am-2pm	All ages	\$295
367061-04	1 week	Mon-Fri	7/2-7/6	8am-2pm	All ages	\$295
367061-05	1 week	Mon-Fri	7/9-7/13	8am-2pm	All ages	\$295
367061-06	1 week	Mon-Fri	7/16-7/20	8am-2pm	All ages	\$295
367061-07	1 week	Mon-Fri	7/23-7/27	8am-2pm	All ages	\$295
367061-08	1 week	Mon-Fri	7/30-8/3	8am-2pm	All ages	\$295
367061-09	1 week	Mon-Fri	8/6-8/10	8am-2pm	All ages	\$295
367061-10	1 week	Mon-Fri	8/13-8/17	8am-2pm	All ages	\$295
367061-11	1 week	Mon-Fri	8/20-8/24	8am-2pm	All ages	\$295
367061-12	1 week	Mon-Fri	8/27-8/31	8am-2pm	All ages	\$295



Tennis Camps

Tennis Camps

Camps Taught by Brian Collison

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
323010-01	6/18-6/21	Mon-Thur	9-11am	7-11 yrs	\$103	Heather Park
323010-02	7/9-7/12	Mon-Thur	9-11am	7-11 yrs	\$103	McGaugh
323010-03	7/30-8/2	Mon-Thur	9-11am	7-11 yrs	\$167	Marina Park

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
6/18-6/22	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/25-6/29	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/2-7/6	M,Tu,Th,Fr	9am-12pm	6-17 yrs	\$155	SBTC
7/9-7/13	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/16-7/20	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/23-7/27	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/30-8/3	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
8/6-8/10	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
8/13-8/17	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 1p.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.

Medi-Cal & VA Benefits

Meier Law Firm, Fire Station 48 Community Room, 3131 N. Gate Rd

Do you have an aging parent or loved one who needs long term care due to their health issues? This can be an overwhelming situation with rising care costs and confusing Medicare, Medi-Cal, and VA laws to navigate. This workshop will explain what happens when a loved one receives a long term care diagnoses and who pays for it. We will discuss the difference between Medicare and Medi-Cal as well as hidden VA benefits. We will also cover legal strategies to help avoid going broke in an assisted living or nursing home and help your loved one receive benefits sooner rather than later. This is a free workshop. Visit register.sealbeachca.gov for class dates and times.

Medicare 101

Cesar Arteaga, Seal Beach Senior Center, 707 Electric Ave

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

256040-01	1 day	Mon	3/19	1-2pm	64+ yrs	FREE
256040-02	1 day	Mon	5/21	1-2pm	64+ yrs	FREE

Map & Facilities

Amenity Key Updated December 2012

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



Map not to scale.

Park/Facility **L = Lit U = Unlit i = Indoor**

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

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.

Online Registration begins February 12, 2018

Walk-in and Mailed Registration begins February 20, 2018

Please register early to avoid class cancellations.

Submit Your Photos

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

Please include:

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

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



Community Services Department

City of Seal Beach

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

Office Hours

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

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

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

Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

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

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

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

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

RELEASE AND INDEMNIFICATION

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

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

CHECK #: _____ CHECK DATE: _____

CASH

VISA  MASTERCARD 

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

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

POSTAL CUSTOMER
Seal Beach, CA 90740

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Long Beach, CA
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The Little Run With A Big Heart

5K/10K Run & 5K Walk
Kid's 1K Fun Run & Fun Zone
March 24, 2018

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

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.

RACE REGISTRATION & PACKET PICKUP:

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

EARLY REGISTRATION ENDS February 23, 2018

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

LATE REGISTRATION ENDS March 23, 2018

- 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+

REGISTER NOW: www.RunSealBeach.com