

Shoreline



City of Seal Beach Classes and Activities • Summer 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 Myrter
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

Memorial Day - May 28

Labor Day - 3

REGISTER Online

SealBeachCa.Gov

Online Registration Begins:

May 7

Walk-in and Mail Registration Begins:

May 14

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre-registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.



City News

City of Seal Beach

A Message from the City Manager's Office

As you begin your summer by dusting off your favorite surfboard and locating your oversized floppy hat, we at City Hall are also preparing for the summer. Our City staff has been in the midst of tearing down the winter sand berm, rolling out lifeguard towers, repairing Lifeguard Headquarters, training new lifeguards on the latest lifesaving techniques, and prepping our beach for the influx of residents who call Seal Beach home and those visitors who call Seal Beach their home away from home.

For several years now our beach has not been fully intact, specifically since the damage caused by Hurricane Marie in 2014 and more notably the fire in 2016 that caused us to close the end of our historic pier. For our residents, the pier is an icon, more than just the second longest wooden pier in California; it is a destination spot for visitors from around the globe and an integral part of our economic engine. And

consequently, the rebuilding of our pier is of the utmost importance.

Regrettably, the building of our pier is much more complex than simply removing and replacing charred wooden planks. It has involved the demolition and removal of burnt decking and structural members, removal of Southern California Edison equipment, acquiring the approval of federal, state and local agencies to rebuild, some of which have taken more than a year to approve, and generating designs and specifications in order to bid the pier improvement project. Additionally, City staff has been in negotiations with the insurance company to ensure that the City recovers the full claim related to the fire damage. Needless to say, there have been a myriad of obstacles to overcome in pursuit of restoring our pier and many more in our path.

As many of you know, the City Council has marked the pier project as a priority and City staff has worked tirelessly to make certain

that we are moving as quickly as possible to get our pier back up and running. Currently, the project is out to bid and we are awaiting proposals and simultaneously procuring materials that have long lead times like the new greenheart decking that will be installed at the end of the pier.

There is still much discussion to be had regarding the pier and we invite you to provide input at a City Council meeting or by visiting and/or calling City Hall. By providing your input, you can ensure that your voice is heard and that the restored pier represents the communities' desires.

Should you want to learn more about the pier improvement project and review the full schedule, please visit the City's website at www.sealbeachca.gov.

Wishing you an awesome summer!

Jill R. Ingram
City Manager

City of

SEAL BEACH *Newsletter*



Want to keep up with the latest Seal Beach news? Check out the City newsletter!

Visit <http://www.sealbeachca.gov/About-Us/City-Newsletter> to stay up-to-date on upcoming events and read the latest on City projects. The newsletter is updated about every two weeks to keep you informed on what's happening at the City of Seal Beach.

PREVENT DROWNING: *Always Watch the Water*

While drowning is the number one cause of accidental death in children under the age of five, adults comprise nearly 60% of fatal drowning related incidents. Drowning is 100% preventable, and yet there were 117 total drowning incidents in Orange County in 2015.

Drowning prevention and water safety need to be practiced year round! The Orange County Fire Authority offers free drowning prevention and water safety programs to Seal Beach residents. To schedule or for more information, please visit our website at www.ocfa.org or call (714) 573-6200.

By participating in these programs and learning water safety tips, together, we can reduce needless drowning tragedies.

Drowning Prevention

A

Active Adult Supervision

- Never swim alone, even adults
- Actively supervise children in or near water – no phone calls, texting, reading, napping, or other distracting activity

B

Barriers

- Isolate pool/spa from home and play areas
- Install multiple barriers and maintain regularly

C

Classes

- Learn to swim
- Learn CPR, first aid, and rescue techniques
- Make sure anyone responsible for your child is prepared to respond to an emergency

D

Drain Safety

- Teach children to stay away from pool/spa drains
- Install compliant drain covers and automatic shut-off pump systems
- If someone gets stuck on the drain, turn off the pump immediately. Insert fingers or small object between drain and body to break seal

Summer Kick-Off at Edison Park

On Saturday, June 16th, the Seal Beach Community Services Department is excited to introduce a new event this year: The Seal Beach Summer Kick-Off! Much like our Summer Send-Off, this fun event encourages families and friends in our community to celebrate together in one of our beautiful local parks. Set at Edison Park in College Park West, this summer celebration will include food, music, and other fun activities! Everyone is encouraged to come and learn about the different programs offered this summer, as the event will also feature some of Seal Beach's top instructors and their classes. Families can bring chairs and blankets, and finish off the night with an outdoor movie in the park! The Summer Kick-Off will start at 4pm, and will end once the movie is finished.

This event would not be made possible without the partnership with Fresh Cut Creative, a local Seal Beach business known for giving back to the community. For the past few years, Fresh Cut Creative has sponsored and produced the Movies in the Park events at Eisenhower Park, and was more than happy to partner with the Community Services Department and Councilman Tom Moore to provide another great summer event in the City of Seal Beach. They will also be joining the Lions Club in putting on the 3rd annual Summer Send-Off, which has become a staple in the community. The Summer Send-Off will again be located at Heather Park in College Park East, starting at 5:30pm on Saturday, August 18th.

<h1 style="font-size: 4em; margin: 0;">Summer Kick Off</h1> <p style="font-size: 1.2em; margin: 0;">Saturday June 16th Edison Park 4 pm</p>	<h1 style="font-size: 4em; margin: 0;">Summer Send Off</h1> <p style="font-size: 1.2em; margin: 0;">Saturday August 18th Heather Park 5:30 pm</p>
FOOD • MOVIE IN THE PARK • GAMES	
	
	

Always Call 8-1-1 Before You Dig



With home improvement season now underway, the City would like to remind readers to call 8-1-1 before commencing any project that requires digging or excavating.

Even the most simple of projects such as planting a tree or installing a mailbox can lead to damage of underground utility pipes, which can have serious consequences.

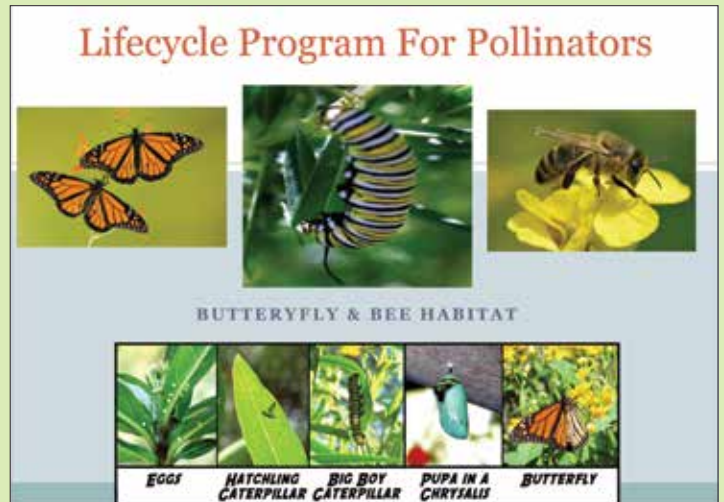
One toll-free call to the USA Underground Service Alert (8-1-1) will alert all local utility companies of your planned project and schedule them to come out and mark the location of their respective underground facilities in and around the excavation site at no cost to the property owner.

Always call 811 before you start any digging project! You can help avoid injury, expense, and a very inconvenient day without critical services like electricity, internet or phone.

For more information, visit www.call811.com or call 8-1-1.

Girl Scout Pollinator Project

In March, the Seal Beach Girl Scout Troop 2966 completed their Gold Project in Windsurf Park located adjacent to the First Street Parking Lot. The goal of the project was to attract more bees and butterflies to the area by planting new plants that are beneficial to pollinators and their various life cycles. Pollinators like bees and butterflies are essential in growing and sustaining ecosystems everywhere around the world, and pollinate about 75% of all the different types of plants we grow for food, medicines, and fabric. For three months, City staff worked with the Girl Scouts on this project to identify various species of plants, how to source these plants, and where to place them. The plants included in this project were the Narrow Leaf Milkweed, California Milkweed, Lavender, Red Buckwheat, Monkey Flower, and Sage. Girl Scout Troop 2966, along with several other Scout Troops that attended this event, helped to make the City of Seal Beach a welcome haven for these important pollinators.



■ 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 mebahb2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services (800) 299-4898

■ STREET SWEEPING

R.F. Dickson (800) 573-3222

■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

■ CITY & GOVERNMENT OFFICES

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

■ RECREATION & COMMUNITY SERVICES

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

■ LIBRARIES

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

■ PRESCHOOL

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

■ LOCAL NEWS

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

■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307 – Adult Sports, 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

seal beach

chamber of commerce

Summer Concert Series 2018

6-8 p.m. • Eisenhower Park

- June 27 Mike Physick Band – Local Band
- July 11 LAVation – U2 Coverband
- July 18 Stone Soul – Motown Tribute
- July 25 The Emperors – Classic Rock
- August 1 The Reflexx – 80's Band
- August 8 Escape – Journey Tribute Band

The Chamber and City of Seal Beach, along with individual band sponsors have made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 p.m. starting July 6 through August 24 at Eisenhower Park next to the Seal Beach Pier. In order to ensure there is enough space for all residents to enjoy the concerts, please do not set unattended chairs or any other items to reserve spots until after 4 p.m. All chairs and items that are in the park before 4 p.m. must be accompanied at all times, and limited to space accommodating up to four people. If left unattended, your belongings will be picked up and held at the chamber booth for pickup and your space will be forfeited. Please contact the Seal Beach Chamber of Commerce at (562) 799-0179 for additional information.

National Night Out

Tuesday August 7. 6 pm

Target Town Center
12300 Seal Beach Blvd

National Night Out is a designated evening when communities across America come together to take a stand against crime, drugs, and disorder in their neighborhoods. At the Target Town Center, on August 7, 2018, the Seal Beach Police Department, along with Seal Beach Marine Safety, Community Services, Public Works Department, and Target Stores, bring you a night of information, interaction with public safety, and fun. Join us this year for National Night Out, and for any questions, please contact the Police Department at 562-799-4100 ext. 1145.

Seal Beach Lions Fish Fry

Saturday, July 21. 11am - 7pm

Sunday July 22. 11am - 6pm

Fish and Chips will sizzle along with bratwurst, jumbo hot dogs and other great foods. What started 74 years ago as a celebration of the local harvest, is now the longest running event in Seal Beach. Local bands will play continuously throughout the weekend for the many locals and visitors who come out to support the Lions in their effort to improve our community and help the needy. There is no charge to attend this iconic Seal Beach event hosted by the Seal Beach Lions Club. For additional information, check the Lions website: www.sealbeachlions.org

Rough Water Swim

Saturday, June 23rd

Seal Beach Pier
at Eisenhower Park

Everyone is welcome! Race distances consist of a 3-mile, 1-mile and kid's swim with distances based upon age. For additional event information, please contact Maria Fattal at (562) 430-1092 or visit www.sealbeachswimclub.org.

MOVIES IN THE PARK

FREE Family-Friendly Films

Eisenhower Park (next to the pier), Seal Beach

September 7th September 21st
September 14th September 28th

Movies begin promptly at **sunset**
Grab a chair or blanket and buy snacks locally!
Get updates at moviesintheparksb.com

Proudly sponsored and produced by **FRESH CUT**
CREATIVE

SEAL BEACH COMMUNITY
PERFORMING
ARTS
ASSOCIATION
ENRICHING LIVES.
ENRICHING COMMUNITIES.

SUNDAY IN THE PARK WITH SHAKESPEARE

THE MERRY WIVES OF WINDSOR

A ROLlicking ROMANTIC COMEDY WHICH TELLS OF FALSTAFF'S FOLLY:
COURTING TWO MARRIED WOMEN AT THE SAME TIME. IT'S MISCHIEF AND MAYHEM GALORE.



SUNDAY AUGUST 5, 2018 • 7:00PM

EISENHOWER PARK • THE PIER • MAIN + OCEAN AVE. SEAL BEACH

• ADMISSION IS FREE •

For audiences seeking quality family entertainment, this free performance can't be beat. Pack a picnic, bring a blanket and beach chair and settle in under the stars for a time of classic entertainment.

BE A SPONSOR WITH BENEFITS! VISIT SEALBEACHARTS.ORG
OR CALL 562.429.3992 FOR INFO

Build It Workspace Camps

Build It Tech Spaces

Build It Workspace 4388 Cerritos Ave.

Turn your curiosity into creativity by exploring different technology spaces at Build It Workspace. From traditional woodworking and fiber art to computer coding and digital avatar creation, Tech Spaces Summer Camp allows you to explore creative technology through age appropriate activities and challenges. Build It Workspace will allow you to explore 3D printing, robotics, laser cutting, and all the software and science behind it all.



313083-01	1 week	Mon-Fri	6/25-6/29	9am-12pm	10+yrs	\$250
313083-02	1 week	Mon-Fri	7/9-7/13	9am-12pm	10+yrs	\$250
313083-03	1 week	Mon-Fri	7/23-7/27	9am-12pm	10+yrs	\$250

Build It Tech Spaces Jr.

Build It Workspace 4388 Cerritos Ave.

Turn your curiosity into creativity by exploring different technology spaces at Build It Workspace. From traditional woodworking and fiber art to computer coding and digital avatar creation, Tech Spaces Summer Camp allows you to explore creative technology through age appropriate activities and challenges. Build It Workspace will allow you to explore 3D printing, robotics, laser cutting, and all the software and science behind it all.

313082-01	1 week	Mon-Fri	6/25-6/29	9am-12pm	5-9yrs	\$250
313082-02	1 week	Mon-Fri	7/9-7/13	9am-12pm	5-9yrs	\$250
313082-03	1 week	Mon-Fri	7/23-7/27	9am-12pm	5-9yrs	\$250

Build It Competitive Robotics

Build It Workspace 4388 Cerritos Ave.

Put your robotics knowledge to the test and learn to compete with mentors who have had first-hand experience with competitive robot buildig and programming.

313084-01	1 week	Mon-Fri	7/16-7/20	9am-12pm	10+yrs	\$250
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Build It Programming

Build It Workspace 4388 Cerritos Ave.

Be the game designer, storyteller, programmer, publisher... and make something you can play and share with your friends! Build games and explore the creative and technical sides of game development.

313085-01	1 week	Mon-Fri	7/30-8/3	9am-12pm	6-9yrs	\$250
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Build It & Grow It with Arduino

Build It Workspace 4388 Cerritos Ave.

What if a plant could water itself? Join us as we tackle this challenge by programming Arduino components. You'll learn about sensors, motors, programming, and how it all works together so a plant can take a drink when it's thirsty. Arduino is a standard microcontroller platform that unlocks a world of building with technology. Let's make plants happy! Materials are included in the fee.

313086-01	1 week	Mon-Fri	7/30-8/3	9am-12pm	10+yrs	\$300
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Build Your Own Drone

Build It Workspace, 4388 Cerritos Ave.

Build your own drone as you learn the different parts and inner workings that make drones a fun and educational hobby for all ages. Understand the different uses for drones and the latest in safety and responsible use. Fee includes materials.

313087-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	10+yrs	\$450
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Build It Amazing Contraptions

Build It Workspace, 4388 Cerritos Ave.

Inspired by inventor and cartoonist Rube Goldberg, campers flex their engineering muscles to build creative solutions to perform a simple task. Explore fundamental engineering concepts through hands-on challenges as you work together to build your own Amazing Contraptions!

313088-01	1 week	Mon-Fri	7/16-7/20	9am-12pm	5-9yrs	\$250
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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
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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
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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
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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 monstrously 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

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

Mary Poppins

Marina Community Center, Small Room

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



Ocean Adventure Camp

Squirmy, Slimy, & Spineless!

Long Beach Marine Institute
Boy Scout Sea Explorer Base, 5875 Appian Way

Venture into the land of invertebrates, no backbone required! These amazing animals include more the 98% of all animal species! See firsthand how an octopus changes color and texture to avoid predators while exploring local tide pools. Discover how sea urchins and sea anemones live in a constantly changing habitat, with dangers lurking around every corner! This week is filled with exciting crafts, activities and field trips to keep campers excited and engaged. Read all the details at LBMI website: www.longbeachmarine.org

327223-01	1 week	Mon-Fri	6/18-6/22	9am-3pm	5-7 yrs	\$217
327223-02	1 week	Mon-Fri	6/18-6/22	9am-3pm	8-9 yrs	\$217
327223-03	1 week	Mon-Fri	6/18-6/22	9am-3pm	10-12 yrs	\$217
327223-04	1 week	Mon-Fri	7/23-7/27	9am-3pm	5-7 yrs	\$217
327223-05	1 week	Mon-Fri	7/23-7/27	9am-3pm	8-9 yrs	\$217
327223-06	1 week	Mon-Fri	7/23-7/27	9am-3pm	10-12 yrs	\$217



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
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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
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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
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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 TEKologies

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 TEKologies

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 TEKologies

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 TEKologies

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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Sports Sampler Camp

Skyhawks Sports

College Estates Park, 808 Stevely Ave

This full-day event provides an opportunity for participants to experience multiple sports in one setting. Beginner athletes will get the chance to see what they are interested in, while more experienced campers will hone their skills across several sports. Instruction and practice will be done in a rotation-based format and campers will learn the core fundamentals of each sport. Sports include basketball, soccer, baseball, and flag football. Campers should wear appropriate athletic attire and bring a water bottle, lunch and two snacks.

323185-01	1 Day	Sat	6/16	9am-3pm	6-12yrs	\$99
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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	\$287
367061-02	1 week	Mon-Fri	6/18-6/22	8am-2pm	All ages	\$287
367061-03	1 week	Mon-Fri	6/25-6/29	8am-2pm	All ages	\$287
367061-04	1 week	Mon-Fri	7/2-7/6	8am-2pm	All ages	\$287
367061-05	1 week	Mon-Fri	7/9-7/13	8am-2pm	All ages	\$287
367061-06	1 week	Mon-Fri	7/16-7/20	8am-2pm	All ages	\$287
367061-07	1 week	Mon-Fri	7/23-7/27	8am-2pm	All ages	\$287
367061-08	1 week	Mon-Fri	7/30-8/3	8am-2pm	All ages	\$287
367061-09	1 week	Mon-Fri	8/6-8/10	8am-2pm	All ages	\$287
367061-10	1 week	Mon-Fri	8/13-8/17	8am-2pm	All ages	\$287
367061-11	1 week	Mon-Fri	8/20-8/24	8am-2pm	All ages	\$287
367061-12	1 week	Mon-Fri	8/27-8/31	8am-2pm	All ages	\$287

Chas Weekly Surf Camp

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

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

367050-01	Mon-Fri	6/18-6/22	9am-1pm	\$297
367050-02	Mon-Fri	6/25-6/29	9am-1pm	\$297
367050-03	Mon-Fri	7/2-7/6	9am-1pm	\$297
367050-04	Mon-Fri	7/9-7/13	9am-1pm	\$297
367050-05	Mon-Fri	7/16-7/20	9am-1pm	\$297
367050-06	Mon-Fri	7/23-7/27	9am-1pm	\$297
367050-07	Mon-Fri	7/30-8/3	9am-1pm	\$297



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

Community Pool

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

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

Adult & Youth Lap Swim

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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	<i>Pay at City Hall</i> 16 swim pass: \$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	
Monday-Friday	6pm-6:30pm	Youth	16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

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

Seal Beach Swim Team

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

Recreation and Summer Swim Pass

Recreation swim is open to anyone who is interested in enjoying a fun afternoon at the pool. The pool is supervised by experienced staff and provides a great opportunity for a family pool day! All children must be accompanied by an adult. Pool passes must be purchased from the Community Services Department at City Hall. Resident summer pass is \$26. Non-resident pass is \$52. The summer pass is for immediate family ONLY (up to 6 people) and must be presented upon entry. Valid for all dates listed below.

6/25-8/3	Mon-Fri	1-2:30pm
7/1-8/5	Sunday	3:30-5:30pm

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own buoyancy cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com. No Class 7/4

344010-01	5 weeks	Mon&Wed	6/11-7/11	5:30-6:30pm	18+yrs	\$65
344010-02	5 weeks	Mon&Wed	7/23-8/22	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. Sunday: 1-3pm	Seal Beach Resident	\$220 (per 2 hour time slot)
	Non- Resident	\$240 (per 2 hour time slot)

Swim Lessons

Summer swim classes are 5 day sessions (Mon-Fri) classes for 30 minutes. Resident fee is \$47 per child and non-resident fee is \$67 per child. Make-up classes are not offered. Parents are respectfully requested to observe swim lessons in the spectator area provided outside the pool deck. Only children currently enrolled in a lesson are permitted on the deck. The pool manager reserves the right to transfer any participant to a class that is more appropriate for the swimmers skill level. Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Fees for 9 Day Sessions (Mon-Fri & Mon-Thurs)	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$47/per child Non-Resident: \$67/per child	Resident Registration: 8 a.m. Non-Resident Registration: 11 a.m.	Friday, June 1	Friday, June 8	1	6/25-6/29
				2	7/2-7/6
				3	7/9-7/13
				4	7/16-7/20
				5	7/23-7/27
				6	7/30-8/3

Parent & Me (6 Months- 3 Years)

To promote comfort, safety and enjoyment in and around the water. One adult per child required.

SESSION 1 6/25-6/29	SESSION 2 6/25-6/29	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
314020-01	314020-03	314020-05	314020-07	314020-09	314020-11	11:30am- 12noon
314020-02	314020-04	314020-06	314020-08	314020-10	314020-12	4:30pm- 5:00pm

Intro to Water (3-5 Years)

To introduce swimming & water safety skills to children of preschool ages through the use of games and skill practice.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
314021-01	314021-12	314021-23	314021-34	314021-45	314021-56	9:00am- 9:30am
314021-02	314021-13	314021-24	314021-35	314021-46	314021-57	9:30am-10:00am
314021-03	314021-14	314021-25	314021-36	314021-47	314021-58	10:00am- 10:30am
314021-04	314021-15	314021-26	314021-37	314021-48	314021-59	10:30am- 11:00am
314021-05	314021-16	314021-27	314021-38	314021-49	314021-60	11:00am- 11:30am
314021-06	314021-17	314021-28	314021-39	314021-50	314021-61	11:30am- 12:00pm
314021-08	314021-19	314021-30	314021-41	314021-52	314021-63	3:00pm- 3:30pm
314021-09	314021-20	314021-31	314021-42	314021-53	314021-64	3:30pm- 4:00pm
314021-10	314021-21	314021-32	314021-43	314021-54	314021-65	4:00pm- 4:30pm
314021-11	314021-22	314021-33	314021-44	314021-55	314021-66	4:30pm- 5:00pm

2018 Seal Beach Junior Lifeguard Program – June 18 – July 27

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 23rd at 8am and will close on May 6th at 11:59am.** Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at Register.sealbeachca.gov

New Jr. Guard Registration Information

Enrollment will open for **New Junior Guard residents** (zip code 90740 or 90743), on May 7, 2018 at 8:00am 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 www.sealbeachca.gov or call (562) 431-2527 ext. 1206.



Beginner Levels 1,2,3

Students will be introduced to the primary skills of body position, proper kicking, effective strokes and timing of side breathing for free-style/crawl. Time and skills permitting elementary backstroke is introduced in Level 3. Progressive advancement through levels are taught in the shallow, short end, of the pool.

Level 1

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
324021-01	324021-11	324021-21	324021-31	324021-41	324021-51	9:00am- 9:30am
324021-02	324021-12	324021-22	324021-32	324021-42	324021-52	9:30am-10:00am
324021-03	324021-13	324021-23	324021-33	324021-43	324021-53	10:00am- 10:30am
324021-04	324021-14	324021-24	324021-34	324021-44	324021-54	10:30am- 11:00am
324021-05	324021-15	324021-25	324021-35	324021-45	324021-55	11:00am- 11:30am
324021-07	324021-17	324021-27	324021-37	324021-47	324021-57	3:00pm- 3:30pm
324021-08	324021-18	324021-28	324021-38	324021-48	324021-58	3:30pm- 4:00pm
324021-09	324021-19	324021-29	324021-39	324021-49	324021-59	4:00pm- 4:30pm
324021-10	324021-20	324021-30	324021-40	324021-50	324021-60	4:30pm- 5:00pm

Level 2

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
324022-01	324022-11	324022-21	324022-31	324022-41	324022-51	9:00am- 9:30am
324022-02	324022-12	324022-22	324022-32	324022-42	324022-52	9:30am-10:00am
324022-03	324022-13	324022-23	324022-33	324022-43	324022-53	10:00am- 10:30am
324022-04	324022-14	324022-24	324022-34	324022-44	324022-54	10:30am- 11:00am
324022-05	324022-15	324022-25	324022-35	324022-45	324022-55	11:00am- 11:30am
324022-07	324022-17	324022-27	324022-37	324022-47	324022-57	3:00pm- 3:30pm
324022-08	324022-18	324022-28	324022-38	324022-48	324022-58	3:30pm- 4:00pm
324022-09	324022-19	324022-29	324022-39	324022-49	324022-59	4:00pm- 4:30pm
324022-10	324022-20	324022-30	324022-40	324022-50	324022-60	4:30pm- 5:00pm

Level 3

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
324023-01	324023-11	324023-21	324023-31	324023-41	324023-51	9:00am- 9:30am
324023-02	324023-12	324023-22	324023-32	324023-42	324023-52	9:30am-10:00am
324023-03	324023-13	324023-23	324023-33	324023-43	324023-53	10:00am- 10:30am
324023-04	324023-14	324023-24	324023-34	324023-44	324023-54	10:30am- 11:00am
324023-06	324023-16	324023-26	324023-36	324023-46	324023-56	3:00pm- 3:30pm
324023-07	324023-17	324023-27	324023-37	324023-47	324023-57	3:30pm- 4:00pm
324023-08	324023-18	324023-28	324023-38	324023-48	324023-58	4:00pm- 4:30pm
324023-09	324023-19	324023-29	324023-39	324023-49	324023-59	4:30pm- 5:00pm

The ABCs of Pool Safety

Whether you're at a community pool or in your own backyard, knowing the ABCs of pool safety can help you keep summertime fun when kids are in the water.

A: Adult Supervision, Assign a "Water Watcher"!

B: Barriers, Install Fencing!

C: Classes, Learn CPR!

Learn more at www.abcpoolsafety.org

Level 4 – Stroke Improvement

Overarm backstroke and breaststroke are introduced. Introduction of CPR & rescue breathing will also be covered. Students will be required to swim 25 yards using rhythmic breathing. Student must be proficient in free style & backstroke & able to swim unassisted the length of the pool.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
324024-01	324024-11	324024-21	324024-31	324024-41		9:00am- 9:30am
324024-02	324024-12	324024-22	324024-32	324024-42		9:30am-10:00am
324024-03	324024-13	324024-23	324024-33	324024-43		10:00am-10:30am
324024-04	324024-14	324024-24	324024-34	324024-44		10:30am- 11:00am
324024-05	324024-15	324024-25	324024-35	324024-45		3:00pm- 3:30pm
324024-06	324024-16	324024-26	324024-36	324024-46		3:30pm- 4:00pm
324024-07	324024-17	324024-27	324024-37	324024-47		4:00pm-4:30pm
324024-08	324024-18	324024-28	324024-38	324024-48		4:30pm- 5:00pm

Level 5 – Stroke Refinement

Freestyle, backstroke and breaststroke will be refined. Emphasis will be on proper stroke techniques.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
324025-01	324025-11	324025-21	324025-31	324025-41		9:00am- 9:30am
	324025-12	324025-22	324025-32			9:30am-10:00am
324025-03	324025-13	324025-23	324025-33	324025-43		10:00am-10:30am
	324025-14	324025-24	324025-34			3:00pm- 3:30pm
324025-05	324025-15	324025-25	324025-35	324025-45		3:30pm- 4:00pm
	324025-16	324025-26	324025-36			4:00pm-4:30pm

Level 6 – Skill Proficiency

Class will stress proper stroke efficiency & endurance. Butterfly is also introduced. Students will learn and practice the various lifesaving skills.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
	324026-11	324026-21	324026-31			9:00am- 9:30am
324026-02	324026-12	324026-22	324026-32	324026-42		9:30am-10:00am
	324026-13	324026-23	324026-33			10:00am-10:30am
324026-04	324026-14	324026-24	324026-34	324026-44		3:00pm- 3:30pm
	324026-15	324026-25	324026-35			3:30pm- 4:00pm
324026-06	324026-16	324026-26	324026-36	324026-46		4:00pm-4:30pm

Level 7 – Advanced Skill Proficiency

Students will demonstrate various lifesaving skills and stroke perfection and endurance. Laps and aerobic fitness will be emphasized.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
		324027-01	324027-03			9:00am- 9:30am
		324027-02		324027-04		4:00pm-4:30pm

Adult Stroke Refinement

This class is for adults with swim experience. Participants must be at a level 5 or 6 to qualify for the class.

SESSION 1 6/25-6/29	SESSION 2 6/2-7/6	SESSION 3 7/9-7/13	SESSION 4 7/16-7/20	SESSION 5 7/23-7/27	SESSION 6 7/30-8/3	TIME
		324028-01	324028-02	324028-03		10:30am- 11:00am



M&M Surf Lessons

Weekly 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	\$287
367061-02	1 week	Mon-Fri	6/18-6/22	8am-2pm	All ages	\$287
367061-03	1 week	Mon-Fri	6/25-6/29	8am-2pm	All ages	\$287
367061-04	1 week	Mon-Fri	7/2-7/6	8am-2pm	All ages	\$287
367061-05	1 week	Mon-Fri	7/9-7/13	8am-2pm	All ages	\$287
367061-06	1 week	Mon-Fri	7/16-7/20	8am-2pm	All ages	\$287
367061-07	1 week	Mon-Fri	7/23-7/27	8am-2pm	All ages	\$287
367061-08	1 week	Mon-Fri	7/30-8/3	8am-2pm	All ages	\$287
367061-09	1 week	Mon-Fri	8/6-8/10	8am-2pm	All ages	\$287
367061-10	1 week	Mon-Fri	8/13-8/17	8am-2pm	All ages	\$287
367061-11	1 week	Mon-Fri	8/20-8/24	8am-2pm	All ages	\$287
367061-12	1 week	Mon-Fri	8/27-8/31	8am-2pm	All ages	\$287

Surf Lessons with Michael Pless

Summer Surf Pass

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

Summer passes are good for participation in all summer sessions. Don't wait, only 20 spots available for this great summer deal!

367062-01	12 weeks	Mon-Sun	6/11-9/2	8am-2pm	All ages	\$850
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1 Day Surf Lessons

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

Group Lessons are on-going from June 12 - September 3. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference on the registration form or at the checkout screen.

3 Hour Group Lesson

367063-01	1 day	Mon-Sun	6/11-9/2	8-11am	All ages	\$87
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1 Hour Group Lesson

367064-01	1 day	Mon-Sun	6/11-9/2	8-11am	All ages	\$77
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1 Hour Semi-Private Lesson

367067-01	1 day	Mon-Sun	6/11-9/2	8-11am	All ages	\$97
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1 Hour Private Lesson

367068-01	1 day	Mon-Sun	6/11-9/2	8-11am	All ages	\$115
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Surf Lessons with Chas Wickwire

Weekly Surf Camp

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

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

367050-01	1 week	Mon-Fri	6/18-6/22	9am-1pm	All Ages	\$297
367050-02	1 week	Mon-Fri	6/25-6/29	9am-1pm	All Ages	\$297
367050-03	1 week	Mon-Fri	7/2-7/6	9am-1pm	All Ages	\$297
367050-04	1 week	Mon-Fri	7/9-7/13	9am-1pm	All Ages	\$297
367050-05	1 week	Mon-Fri	7/16-7/20	9am-1pm	All Ages	\$297
367050-06	1 week	Mon-Fri	7/23-7/27	9am-1pm	All Ages	\$297
367050-07	1 week	Mon-Fri	7/30-8/3	9am-1pm	All Ages	\$297

Summer Surf Pass

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

Summer passes are good for participation in all camp sessions (Monday-Friday). No blackout dates or off weeks this season!



367051-01	7 weeks	Mon-Fri	6/18-8/3	9am-1pm	All Ages	\$597
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Preschool & Youth Dance

Music & Movement

Danuta Klimczak
Seal Beach Senior Center
707 Electric Ave

This class is designed to provide a positive and 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.



311061-01	6 weeks	Fri	7/27 - 8/31	10-10:50am	2yrs	\$83
311061-02	6 weeks	Fri	7/27 - 8/31	11-11:50am	3-4yrs	\$83

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!

342100-01	5 weeks	Thu	6/14-7/12	6-7pm	5-12yrs	\$65
342100-02	5 weeks	Thu	7/26-8/23	6-7pm	5-12yrs	\$65

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 7/4



Los Alamitos Community Ctr, 10911 Oak Street

342034-01	5 weeks	Mon	6/25-7/23	3:45-4:30pm	5-12yrs	\$67
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Recreation Park, 4900 E. 7th St, Long Beach

342034-02	5 weeks	Tue	6/19-7/17	5:30-6:15pm	5-12yrs	\$67
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Marina Community Center, 151 Marina Dr

342034-03	5 weeks	Wed	6/27-8/1	5-5:45pm	5-12yrs	\$67
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Rockstar Popstar

Anne Pennypacker
Los Alamitos Community Ctr, 10911 Oak Street

Dancers will party, learning lyrics and hip hop moves to our favorite pop songs and be stars! At session's end, we'll rock out and be fabulous, throwing a concert not to be missed!

342036-01	5 weeks	Mon	6/25-7/23	4:30-5:15pm	5-12yrs	\$67
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Musical Theatre

Anne Pennypacker

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.

Los Alamitos Community Ctr, 10911 Oak Street

322024-01	5 weeks	Mon	6/25-7/23	5:15-6pm	5-12yrs	\$67
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Recreation Park, 4900 E. 7th St, Long Beach

322024-02	5 weeks	Tue	6/19-7/17	4:45-5:30pm	5-12yrs	\$67
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Hip Hop Tots!

Anne Pennypacker
Marina Community Center,
151 Marina Dr

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. No Class 7/4 & 7/5



322027-01	5 weeks	Wed	6/27-8/1	4:30-5pm	2.5-5yrs	\$67
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322027-02	5 weeks	Thu	6/28-8/2	9-9:30am	2.5-5yrs	\$67
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Petit Ballet

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 7/4

Los Alamitos Community Ctr, 10911 Oak Street

322023-01	5 weeks	Mon	6/25-7/23	6-6:30pm	2.5-5yrs	\$67
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Marina Community Center, 151 Marina Dr

322023-02	5 weeks	Wed	6/27-8/1	5:45-6:15pm	2.5-5yrs	\$67
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Gymnastics

Anne Pennypacker
Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! No Class 7/5

311033-01	5 weeks	Thu	6/28-8/2	4:30-5:15pm	6-12yrs	\$67
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Pre-School Gymnastics

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class! No Class 7/5

311032-01	5 weeks	Thu	6/28-8/2	5:15-5:45pm	4-6yrs	\$67
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Teeny Tumblers

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is a go go go! We'll bear-walk, crab-walk, tumble and jump having so much fun it will be hard to stop! This is a great first class to promote coordination and balance in a creative environment. No Class 7/5

311031-01	5 weeks	Thu	6/28-8/2	5:45-6:15pm	2.5-5yrs	\$67
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Musical Minis

Anne Pennypacker
Marina Community Center, 151 Marina Dr

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 7/5

327070-01	5 weeks	Thu	6/28-8/2	6:15-6:45pm	2.5-5yrs	\$67
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Youth Sports

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!

323995-01	5 weeks	Tue	6/12-7/10	5:30-6pm	2-3.5yrs	\$79
323995-02	5 weeks	Tue	7/31-8/28	5:30-6pm	2-3.5yrs	\$79

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.

323997-01	5 weeks	Tue	6/12-7/10	4:45-5:20pm	3.5-5yrs	\$79
323997-02	5 weeks	Tue	7/31-8/28	4:45-5:20pm	3.5-5yrs	\$79

Soccer 1: Techniques and Teamwork

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. (Heather Park, Heather St & Lampson Ave)

323998-01	5 weeks	Tue	6/12-7/10	4-4:45pm	5-6yrs	\$79
323998-02	5 weeks	Tue	7/31-8/28	4-4:45pm	5-6yrs	\$79

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.

323181-01	10 weeks	Tue	6/19-8/21	3:30-4pm	2-3 yrs	\$149
323181-02	10 weeks	Tue	6/19-8/21	4:15-5pm	4-5 yrs	\$149

Sports Sampler Camp

Skyhawks Sports
College Estates Park, 808 Stevelly Ave

This full-day event provides an opportunity for participants to experience multiple sports in one setting. Beginner athletes will get the chance to see what they are interested in, while more experienced campers will hone their skills across several sports. Instruction and practice will be done in a rotation-based format and campers will learn the core fundamentals of each sport. Sports include basketball, soccer, baseball, and flag football. Campers should wear appropriate athletic attire and bring a water bottle, lunch and two snacks.

323185-01	1 Day	Sat	6/16	9am-3pm	6-12yrs	\$99
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Self-Defense Class

Gary Pitts
Los Alamitos Community Ctr,
10911 Oak Street

Learn how to protect oneself from bodily harm anywhere – in the parking lot, at home, or at school. Instructor Gary Pitts has twice entered the Black Belt Hall of Fame – in 2000 & 2013. Learn simple ways to escape or protect oneself. Wear loose clothing.



322054-01	1 Day	Tue	6/19	5-5:40pm	6-12 yrs	\$15
322054-02	1 Day	Tue	6/19	5:45-6:45pm	13-15 yrs	\$15

Parent & Me Ice Skating

Westminster Ice
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 & one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (Tuesday 3:10 - 4:10 PM, Saturday 12:00-2:00 PM), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early to fit skates, and dress warmly (gloves or mittens recommended). No Class 8/28 & 9/1

313131-01	4 weeks	Tue	7/10-7/31	4:10-4:40pm	3-5yrs	\$38
313131-02	4 weeks	Sat	7/14-8/4	11:15-11:45am	3-5yrs	\$38
313131-03	4 weeks	Tue	8/7-9/4	4:10-4:40pm	3-5yrs	\$38
313131-04	4 weeks	Sat	8/11-9/8	11:15-11:45am	3-5yrs	\$38

Ice Skating for Tots

Westminster Ice

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 8/29 & 9/1

313130-01	4 weeks	Wed	7/11-8/1	5:40-6:10pm	3-5yrs	\$38
313130-02	4 weeks	Sat	7/14-8/4	10:45-11:15am	3-5yrs	\$38
313130-03	4 weeks	Wed	8/8-9/5	5:40-6:10pm	3-5yrs	\$38
313130-04	4 weeks	Sat	8/11-9/8	10:45-11:15am	3-5yrs	\$38

Beginning Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn to skate forward & backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on the day of class (Thursday 3:10-4:10 PM, Saturday 12:00-2:00 PM), 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 recommended). No Class 8/3 & 9/1



323130-01	4 weeks	Thu	7/12-8/2	4:10-4:40pm	6-16yrs	\$38
323130-02	4 weeks	Sat	7/14-8/4	10:15-10:45am	6-16yrs	\$38
323130-03	4 weeks	Thu	8/9-9/6	4:10-4:40pm	6-16yrs	\$38
323130-04	4 weeks	Sat	8/11-9/8	10:15-10:45am	6-16yrs	\$38

Ice Hockey Skating Skills

Westminster Ice

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 (Wednesday 3:00 - 5:00 PM, Saturday 12:00 - 2:00 PM), 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. No Class 8/29 & 9/1

323141-01	4 weeks	Wed	7/11-8/1	6:10-6:40pm	6-16yrs	\$38
323141-02	4 weeks	Sat	7/14-8/4	11:15-11:45am	6-16yrs	\$38
323141-03	4 weeks	Wed	8/8-9/5	6:10-6:40pm	6-16yrs	\$38
323141-04	4 weeks	Sat	8/11-9/8	11:15-11:45am	6-16yrs	\$38

Coed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 7/4

333060-01	7 weeks	Mon&Wed	6/18-8/13	3-4:30pm	8-12yrs	\$180
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Coed Intermediate Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience. No Class 7/4

333061-01	7 weeks	Mon&Wed	6/18-8/1	4:30-6pm	11-15yrs	\$200
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Youth & Adult Special Interest

Dog Obedience

Dog Services Unlimited

El Dorado Park (hockey court), 2760 N Studebaker Rd, Long Beach

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, a lawn chair, and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS on hockey/basketball court at El Dorado Park. Handlers 9 yrs to adults.

366040-01	7 weeks	Thu	6/14-7/26	7:45-8:45pm	9+ yrs	\$98
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Puppy Kindergarten

Dog Services Unlimited

El Dorado Park (hockey court), 2760 N Studebaker Rd, Long Beach

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

366039-01	6 weeks	Sat	6/23-7/28	12-1pm	12+yrs	\$88
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Dog Manners "Crash Course"

Dog Services Unlimited

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

El Dorado Park (hockey court), 2760 N Studebaker Rd, Long Beach

366043-01	4 weeks	Sat	6/23-7/14	1-2:15pm	12+yrs	\$86
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Laurel Park, (tennis court), 10862 Bloomfield St, Los Alamitos

366043-02	4 weeks	Thu	6/28-7/19	6-7:15pm	12+yrs	\$86
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First Aid, CPR & AED Training

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

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. Ages 14 & 15 allowed with an adult. \$15 book fee payable to instructor due at class.

346031-01	1 day	Sat	6/23	9am-3:30pm	16+yrs	\$60
346031-02	1 day	Sat	7/21	9am-3:30pm	16+yrs	\$60
346031-03	1 day	Sat	9/15	9am-3:30pm	16+yrs	\$60

Magic in Seal Beach

Daniel Habel

North Seal Beach Center, 3333 Saint Cloud Dr.

Fee: Free

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

June 16

July 21

August 18

Understanding the UC Personal Insights Questions

Alison Cotter

Los Alamitos Community Ctr, 10911 Oak Street

Applying to the University of California? This class helps students understand the writing portion of the application. We will discuss the Personal Insight Questions and brainstorm topic ideas. Seniors and transfer students will learn what makes a great story and where to find one. Sophomores and Juniors will learn why their activities play a key role in the application process, and how to seek out opportunities for leadership and personal growth. Bring a resume or activities list to class.

322071-01	1 day	Tue	8/21	6-8pm	15-20yrs	\$35
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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. \$5 model fee payable to instructor at each class. A one time \$5 material fee payable to instructor at the first class.

336096-01	8 weeks	Sat	7/7-8/25	9am-12pm	16+yrs	\$85
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Transform a Photo

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.

336097-01	5 weeks	Wed	7/11-8/8	6:30-9:30pm	16+yrs	\$86
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Manage Your Money So You Can Manage Your Life

Jonny West

Fire Station 48 Community Room, 3131 N. Gate Rd

How confident are you that you are making the best decisions with your money? Would you be interested in learning in an environment free of sales representatives? You will learn about budgeting, financial planning, investing, and other financial principles that can help you understand what you can do with your money and avoid the most common money mistakes.

355050-01	5 Weeks	Tue	6/12-7/10	7-8pm	18+	\$60
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355050-02	5 Weeks	Tue	8/7-9/4	7-8pm	18+	\$60
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Painting with Mom

BlueSea Care, Firestation Community Room, 3131 N. Gate Rd

Arts, craft, music and drawing are just a few of the activities we have fond memories of doing with our parents when in our youth. Painting with Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement, stimulation, and most importantly -fun! We are calling on all adults and their parents to join us in this FREE art workshop. This program is designed to bring families together and awareness to Alzheimers and Dementia. Children age 9 and older are welcome, however only when accompanied by an adult participating in the class.

356010-01	1 Day	Thu	7/56-8pm	Seniors	FREE
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356010-02	1 Day	Thu	7/56-8pm	Seniors	FREE
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356010-03	1 Day	Thu	7/56-8pm	Seniors	FREE
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346010-041	Day	Thu	7/56-8pm	Seniors	FREE
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Adult Dance

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. No Class 7/5

342026-01 5 weeks Thu 6/28-8/2 7-7:45pm 18+yrs \$67



Beginning Ballroom

Anne Pennypacker
Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as the rumba, cha-cha, swing waltz, salsa, and foxtrot. Partners not necessary.

344020-01 5 weeks Mon 6/25-7/23 6:30-7:15pm 18+yrs \$67

Adult Fitness

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.

342050-01 12 weeks Mon/Wed 6/11-9/1 7:30-9:30pm 18+ Yrs \$150



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. 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.

342062-01 12 weeks Sat 6/16-9/1 8-9am 18+yrs \$127

BeachFit Moms

Beach Fitness
10th Street Beach, 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 and Friday. Pay \$20 per class.

342063-01 12 weeks M,T,Th,F 6/11-9/2 9:30-10:30am 18+yrs \$20/class

Beginning 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. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

342072-01 12 weeks Mon 6/11-8/27 11:30am-12:30pm 18+yrs \$127

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.

342071-01 12 weeks Thu 6/14-8/30 12:30-1:30pm 18+yrs \$127

Vinyasa Yoga – 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. No class 8/16

342060-01	5 weeks	Thu	6/21-7/19	7:15-8:30pm	15+yrs	\$57
342060-02	5 weeks	Thu	7/26-8/30	7:15-8:30pm	15+yrs	\$5

Ice Skating for Adults

Westminster Ice

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, Saturday 12:00 - 2:00PM), 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. No Class 8/29 & 9/1

323131-01	4 weeks	Wed	7/11-8/1	6:40-7:10pm	17+yrs	\$38
323131-02	4 weeks	Sat	7/14-8/4	10:15-10:45am	17+yrs	\$38
323131-03	4 weeks	Wed	8/8-9/5	6:40-7:10pm	17+yrs	\$38
323131-04	4 weeks	Sat	8/11-9/8	10:15-10:45am	17+yrs	\$38

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. No Class 7/23

342085-01	8 weeks	Mon	6/25-8/20	7:30-8:30pm	13+yrs	\$107
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Beginning Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful flowing movements tone muscles, align the body & enhance flexibility while promoting 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. No Class 7/3

342073-01	5 weeks	Mon	6/25-7/23	6:40-7:40pm	16+ yrs	\$57
342073-02	5 weeks	Mon	7/30-8/27	6:40-7:40pm	16+ yrs	\$57

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 mindfulness and peace within.

342077-01	5 weeks	Mon	6/25-7/23	5:30-6:30pm	18+ yrs	\$57
342077-02	5 weeks	Mon	7/30-8/27	5:30-6:30pm	18+ yrs	\$57



Adult Sports Leagues

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.

Coed Kickball League

Coed Kickball league begins May 16

\$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.**

Softball League

Softball league begins May 29 (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.**

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 participant will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards 45-minute 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.

342098-01	9 weeks	Fri	6/22-8/17	1:30-2:15pm	50+yrs	\$99
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Essentrics® Aging Backwards II

Eunis Christensen

Seal Beach Tennis Center, 3900 Lampson Ave

Essentrics® Aging Backwards II class is designed for age 45+ recreational athletes who want to increase mobility, agility, and overall freedom of movement throughout their joints. Focus of the one hour class is to increase joint range of motion and correct muscle imbalance. Regular participation in Aging Backwards increases flexibility, strengthens and lengthens muscles, adjusts fascia, helps relieve chronic pain and results in energy and freedom of movement throughout the body. No Class 7/4

342099-01	8 weeks	Wed	6/20-8/15	6-7pm	40+yrs	\$114
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Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

KIDS BEGINNING (4-6 years) No class: 7/2, 7/4, 8/13, 8/15

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333020-01	6/18-7/16	Mon	4:30-5 pm	\$33	Heather Park
333020-02	7/30-8/27	Mon	4:30-5 pm	\$33	Heather Park
333020-03	6/20-7/18	Wed	4:30-5 pm	\$33	Marina Park
333020-04	8/1-8/29	Wed	4:30-5 pm	\$33	Marina Park

KIDS INTERMEDIATE (5-6 years) No class: 7/3, 7/5, 8/14, 8/16

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333020-05	6/19-7/17	Tue	4:30-5 pm	\$33	Heather Park
333020-06	7/31-8/28	Tue	4:30-5 pm	\$33	Heather Park
333020-07	6/21-7/19	Thur	4:30-5 pm	\$33	Marina Park
333020-08	8/2-8/30	Thur	4:30-5 pm	\$33	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 7/2, 7/4, 8/13, 8/15

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333021-01	6/18-7/16	Mon	5-6 pm	\$63	Heather Park
333021-02	7/30-8/27	Mon	5-6 pm	\$63	Heather Park
333021-03	6/20-7/18	Wed	5-6 pm	\$63	Marina Park
333021-04	8/1-8/29	Wed	5-6 pm	\$63	Marina Park

JUNIORS INTERMEDIATE (7-10 years) No class: 7/3, 7/5, 8/14, 8/16

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333021-05	6/19-7/17	Tue	5-6 pm	\$63	Heather Park
333021-06	7/31-8/28	Tue	5-6 pm	\$63	Heather Park
333021-07	6/21-7/19	Thur	5-6 pm	\$63	Marina Park
333021-08	8/2-8/30	Thur	5-6 pm	\$63	Marina Park

TWEENS BEGINNING (11-13 years) No class: 7/2, 7/4, 8/13, 8/15

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333023-01	6/18-7/16	Mon	6-7 pm	\$63	Heather Park
333023-02	7/30-8/27	Mon	6-7 pm	\$63	Heather Park
333023-03	6/20-7/18	Wed	6-7 pm	\$63	Marina Park
333023-04	8/1-8/29	Wed	6-7 pm	\$63	Marina Park

TWEENS INTERMEDIATE (11-13 years) No class: 7/3, 7/5, 8/14, 8/16

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333023-05	6/19-7/17	Tue	6-7 pm	\$63	Heather Park
333023-06	7/31-8/28	Tue	6-7 pm	\$63	Heather Park
333023-07	6/21-7/19	Thur	6-7 pm	\$63	Marina Park
333023-08	8/2-8/30	Thur	6-7 pm	\$63	Marina Park

ADULTS BEGINNING (14+ years) No class: 7/2, 7/4, 8/13, 8/15

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333022-01	6/18-7/16	Mon	7-8 pm	\$63	Heather Park
333022-02	7/30-8/27	Mon	7-8 pm	\$63	Heather Park
333022-03	6/20-7/18	Wed	7-8 pm	\$63	Marina Park
333022-04	8/1-8/29	Wed	7-8 pm	\$63	Marina Park

ADULTS INTERMEDIATE (14+ years) No class: 7/3, 7/5, 8/14, 8/16

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333022-05	6/19-7/17	Tue	7-8 pm	\$63	Heather Park
333022-06	7/31-8/28	Tue	7-8 pm	\$63	Heather Park
333022-07	6/21-7/19	Thur	7-8 pm	\$63	Marina Park
333022-08	8/2-8/30	Thur	7-8 pm	\$63	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
333035-01	6/06-7/27	Wed	3:15-3:45pm	\$40	SBTC
333035-02	7/11-8/01	Wed	3:15-3:45pm	\$40	SBTC
333035-03	8/8-8/29	Wed	3:15-3:45pm	\$40	SBTC
333035-04	7/29-9/2	Sat	11:30-12pm	\$60	SBTC

PICKLEBALL (18+ years) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333040-01	6/12	Mon	6-7pm	\$20	SBTC
333040-02	6/17	Sat	9:30-10:30am	\$20	SBTC
333040-03	7/10	Mon	6-7pm	\$20	SBTC
333040-04	7/15	Sat	9:30-10:30am	\$20	SBTC
333040-05	8/14	Mon	6-7pm	\$20	SBTC
333040-06	8/19	Sat	9:30-10:30am	\$20	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.

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.

Eye Health 101

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

The eye is often compared to a camera, but in truth, the organ of sight is far more complex and efficient. As we age, our eyes are constantly changing. Become informed about diabetes, cataracts, macular degeneration, glaucoma and much more. Dr. Pathak will discuss your eye health and what you can do to protect your sight. These lectures are always changing so feel free to attend them all. Afterwards he will open the floor for discussion and questions.

356050-01	1 day	Wed	6/27	10-11am	All Ages	FREE
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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.

356040-01	1 day	Mon	6/11	1-2pm	64+ yrs	FREE
356040-02	1 day	Mon	7/30	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 May 7, 2018

Walk-in and Mailed Registration begins May 14, 2018

Please register early to avoid class cancellations.

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!

Note: An admin fee is included in all registrations to recover costs and to support the City's goal of providing diverse recreational programs and opportunities to the community.

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 Anthony at anguyen@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."



Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

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

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

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

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

RELEASE AND INDEMNIFICATION

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

DATED: _____ SIGNATURE: _____

(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

CHECK #: _____ CHECK DATE: _____

CASH

VISA MASTERCARD

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

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

POSTAL CUSTOMER
Seal Beach, CA 90740

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

Seal Beach Summer Kick-Off

at Edison Park

Saturday, June 16th
4:00 PM



ACTIVITIES • FOOD • GAMES • MUSIC • MOVIE IN THE PARK

Seal Beach Summer Send-Off

at Heather Park

Saturday, Aug 18th
5:30 PM



For more info: call the Community Services Dept at (562) 431-2527 ext 1344