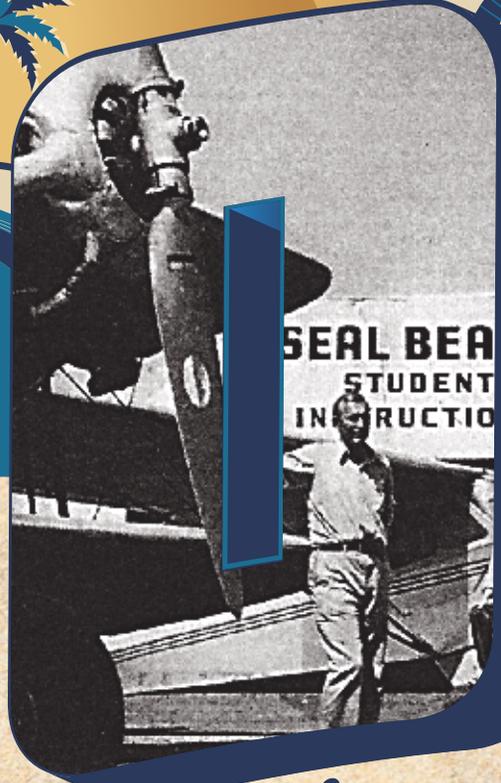
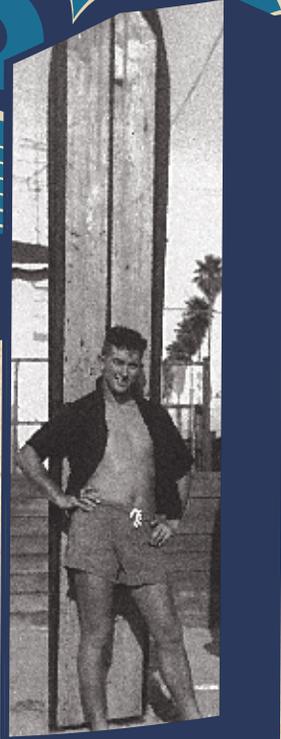


Shoreline



City of Seal Beach Classes and Activities • Fall 2015



years



City of Seal Beach

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

CITY COUNCIL

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

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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
Acting City Clerk	Tina Knapp
Chief of Police	Joseph Stilinovich
Director of Community Development/ Community Services	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
PT Recreation Coordinator	Kevin Ortiz, ext. 1307
PT Recreation Coordinator	Jessica Jacobs, ext. 1344
PT Recreation Coordinator	David Nett, ext. 1339

RECREATION COMMISSIONERS

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

MUNICIPAL MEETINGS

Council Meeting

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

Planning Commission

7:00pm; 1st & 3rd Monday per month

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

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

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HOLIDAY CLOSURES

Labor Day - September 7

Veterans Day - November 11

Thanksgiving - November 26 & 27

Day Light Savings: Fall back on Sunday, November 1

REGISTER SealBeachCa.Gov

Online Registration Begins:

August 3, 2015

Walk-in and Mail Registration Begins:

August 10, 2015

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



Fall 2015

A Message from the City Manager's Office



City Manager **Jill R. Ingram**

“On October 27, 2015, the City of Seal Beach will reach its 100th year of incorporation. There are only six other cities in Orange County that have reached this milestone.”

On October 27, 2015, the City of Seal Beach will reach its 100th year of incorporation. There are only six other cities in Orange County that have reached this milestone. It is a great achievement for sure and much of the success is owed to the residents of our community who have historically petitioned the City Council about their desires for the future of Seal Beach. In turn, members of the City Council have, throughout the City's existence, strategically planned the development of the City and produced policies that have steered Seal Beach in the right direction.

It wasn't until 1960 that voters approved a formal Council-City Manager form of government, which established that the City Council would formulate policies and the City Manager would implement those policies.

Though new to Seal Beach in 1960, the Council-City Manager form of government was widely utilized throughout the United States. In fact, the first City Manager was appointed in 1908 in Staunton, Virginia. It wasn't until another 52 years had passed that Seal Beach appointed Ernest Brashear as Seal Beach's first City Manager. Since that time there have been 12 City Managers to serve at the will of the City Council.

As we approach the City's birthday on October 27, 2015 I would like to mention my City Manager predecessors who worked with past and present residents and Councilmembers to ensure that Seal Beach continues to flourish for years to come.

Below is a timeline of City Managers for the City of Seal Beach:

- Ernest Brashear 1960-1962
- John Williams 1962-1966
- Lee Risner 1966-1970
- Robert Meyers 1971-1971
- Dennis Courtemarche 1971-1980
- Alan Parker 1981-1985
- Robert Nelson 1986-1990
- Jerry Bankston 1991-1995
- Keith Till 1995-2000
- John Bahorski 2001-2007
- Dave Carmany 2007-2010

Along with my staff, we would like to thank the community, past and present Councilmembers, and the aforementioned City Managers for creating a town that many wish to visit and many more aspire to live in. We endeavor to continue the tradition of excellence that has been well established in Seal Beach and look forward to the future.

Please join us as we celebrate the City's centennial. For more information go to the City's website at www.sealbeachca.gov or the Centennial website at www.SealBeach100.com.

• *Happy Birthday Seal Beach!*

Jill R. Ingram
City Manager

City of Seal Beach Improves Senior Transportation Service with its New Route Change and Times



Shuttle Pick-up & Drop-off

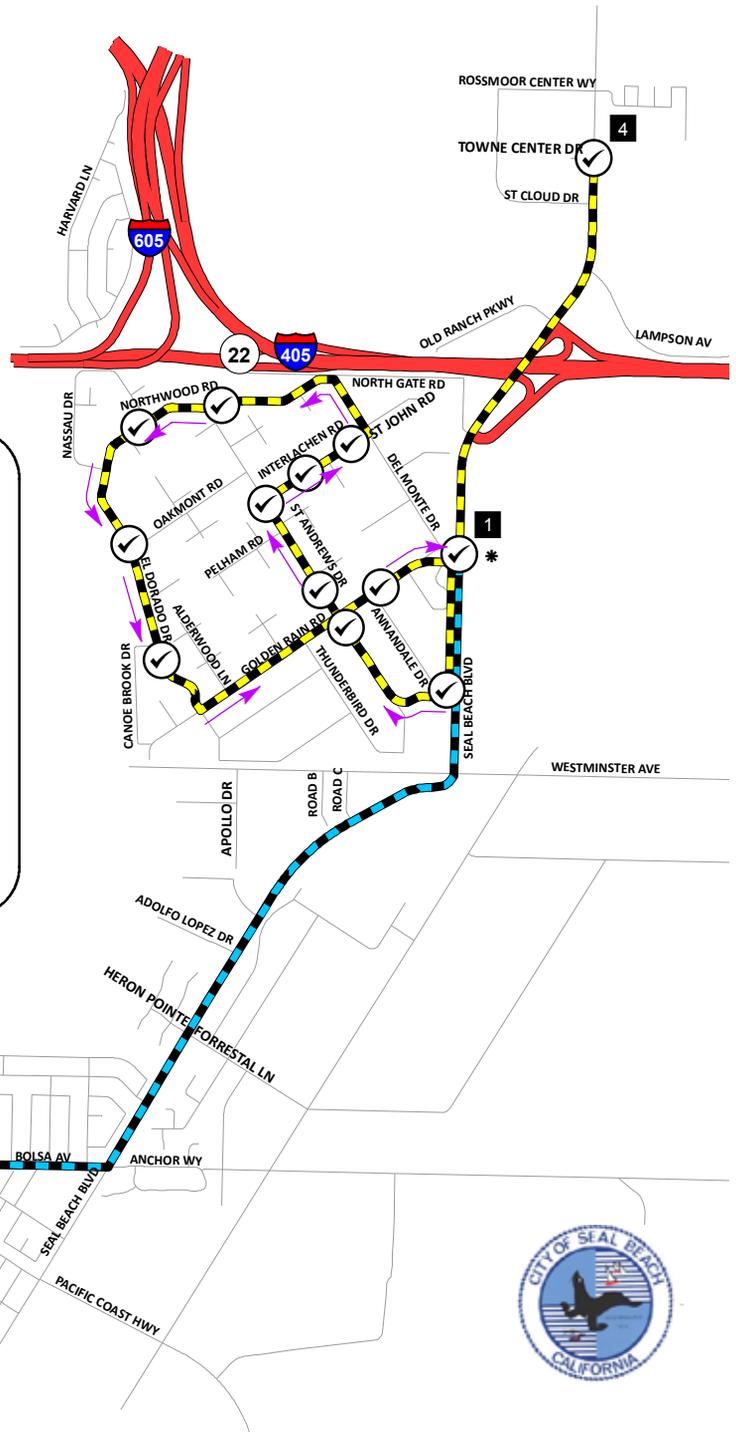
- 1** Leisure World Main Gate
- 2** Pavilions
- 3** Seal Beach Pier
- 4** Shops at Rossmoor / Old Ranch Town Center

Seal Beach Senior Transportation Schedule

Mon – Fri:	8:00 AM – 11:00 AM 11:00 AM – 12:00 PM 12:00 PM – 4:30 PM	Dial-A-Ride Program Driver Lunch Break Dial-A-Ride Program
Mon – Wed:	8:00 AM – 11:00 AM 11:00 AM – 12:00 PM 12:00 PM – 4:30 PM	Senior Nutrition and Shopper Shuttle Driver Lunch Break Senior Nutrition and Shopper Shuttle (North of 405)
Thursday:	8:00 AM – 11:00 AM 11:00 AM – 12:00 PM 12:00 PM – 2:00 PM	Senior Nutrition and Shopper Shuttle (North of 405) Driver Lunch Break Senior Nutrition and Shopper Shuttle (North of 405)
Thurs-2nd Vehicle:	8:00 AM – 11:00 AM 11:00 AM – 12:00 PM 12:00 PM – 4:30 PM	Shopper Shuttle (Pavilions & Pier) Driver Lunch Break Shopper Shuttle (Pavilions & Pier)
<small>*Pick-up/Drop-off at Leisure World Main Gate only</small>		
Friday:	8:00 AM – 11:00 AM 11:00 AM – 12:00 PM 12:00 PM – 4:30 PM	Senior Nutrition and Shopper Shuttle (North of 405) Driver Lunch Break Senior Nutrition and Shopper Shuttle (North of 405)

Legend

- Direction of Travel
- Shuttle Stops
- Shuttle Routes**
- Shopping (Thursdays only)
- Shopping & Nutrition



REGISTER  **Online**
SealBeachCa.Gov

City of Seal Beach Sends A Coyote Co-Exist Reminder

Over the past several years, coyote sightings have become more common within the City of Seal Beach.

Although statistics show attacks on humans are extremely rare, it is always a good idea to regularly remind the residents of our City how to safely co-exist with coyotes.

First and foremost, the most effective way to prevent coyote attacks in our neighborhoods is to eliminate the feeding of any wildlife whether intentionally or accidentally. That means keep trash cans secure, do not leave pet food outside and do not feed them food of any kind.

Coyotes are generally timid and shy

animals that tend to steer clear of any potential danger and thus pose little threat to humans.

Residents with small pets (less than 20 pounds) should supervise them while outdoors. Domestic cats left outdoors can also serve to attract coyotes. It is important that domestic cats and small dogs be kept indoors. A coyote cannot tell the difference between a small cat or dog and a rabbit, mouse or any other food source. Any dog that is left outside most of the time (especially small dogs) should also be watched with caution.

Always use a secure, sturdy leash when walking your dog. Retractable

leashes are not recommended as they tend to jam and can make it difficult for you to protect your pet from a predator.

If you see a coyote during the daytime or are approached by a coyote, you should yell, wave your arms and/or throw something at it. Do not run as this will cause the coyote to pursue what it thinks is prey.

For more information or to report a coyote sighting, please contact the Long Beach Bureau of Animal Control at (562) 570-7387 or the Seal Beach Police Department at (562) 799-4100 or visit the City's website at www.sealbeachca.gov.

8th Street Beach Parking Lot Pump Station Project Nears Completion

At this time, construction work on an entirely new Sewer Pump Station located at the entrance to the 8th Street Beach Parking lot will be just about completed.

This almost year-long project (these kind of projects can easily take a full year to complete) started back in September of 2014 and has progressed steadily up to this point.

The old station was over 40 years old and in dire need of replacement. A new 5,000 gallon grease interceptor, all new pumps and motors, a secondary force main to act as a backup to the primary force



main, new electrical equipment, a natural gas powered generator (which will also service the lifeguard building) and a redesigned driveway entrance are some of the items newly constructed with this project.

This new sewer pump station will run more efficiently and cost-effectively, with a much lower possibility of a failure or spill than the previous station for many decades to come.

HAPPY 100TH BIRTHDAY SEAL BEACH!

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Patti Larson – 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman – 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Claire Yeh – 562-431-5414
Interval House – Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt – 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton – 562-596-3497
McGaugh School PTA	Isabelle McFadden – 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo – 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner – 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales – 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai – 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
Seal Beach Beauty Pageant	Rosie Ritchie – 562-810-0078
Seal Beach Lions Club	Scott Newton – 562-537-3955
Seal Beach Leo Club	Scott Newton – 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith – 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin – 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services	(800) 299-4898 www.republicservices.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
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

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ COMMUNITY SERVICES DEPARTMENT

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

- Ext. 1307 – Community Gardens, Adult Sports, General Information and Classes
- Ext. 1306 – Brochure/Classes and Instructors
- Ext. 1341 – Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, Film Permits and Seal Beach Tennis Center
- Ext. 1339 – Facility/Park Rentals and Special Event Permits
- Ext. 1344 – General Information, Brochure/Classes and Instructors



City of Seal Beach- Community Services



SealBeachRec

seal beach

chamber of commerce

Summer Concert Series 2015

6-8 p.m. • Eisenhower Park

Aug 5th – The Fabulous Nomads (Surf Rock)

Aug 12th – Elm Street Band (Retro/Classic Rock)

Aug 19th – L.A.Vation (U2 Tribute)

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



September 12 & 13

Seal Beach Arts & Crafts Faire

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

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

Eisenhower Park

For more information, visit sealbeach.wix.com/sealbeachartsandcrafts.com or belinda at 562-754-3556.

November 28

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 4

Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street

Register at sealbeachlions.com. Registration deadline is November 1. For more information, call 562-537-3955.

December 12

Breakfast with Santa

8-10:30 a.m. • FREE!

Marina Community Center • 151 Marina Dr.

First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!

CENTENNIAL



AUGUST

22	BEACH PARTY & BBQ 8th Street Lot	11 am-2 pm
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SEPTEMBER

20	TENNIS TOURNAMENT Seal Beach Tennis Center	1-5 pm
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OCTOBER

1-31	TASTE OF SEAL BEACH Cards redeemable at participating locations	Times Vary
10	OC FIRE AUTHORITY OPEN HOUSE Fire Station #44—Old Town Seal Beach	11 am-2 pm
10	CENTENNIAL DINNER/DANCE Old Ranch Country Club	6 pm
24	"JOY ZONE" CARNIVAL Old Town Seal Beach	11 am-6 pm
24	CENTENNIAL CELEBRATION IN THE SKY Old Town Seal Beach	Dusk
27	CITY HALL OPEN HOUSE 211 8th Street	12-2 pm



Petit Ballerina

Anne Pennypacker, Marina Community Center, 151 Marina Dr

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom pink ballet shoes required for class. bedroom slippers will not be allowed. No Class 11/18, 11/25, 11/19, 11/26

422023-01	6 weeks	Wed	9/9-10/14	2-2:30pm	3-5 yrs	\$67
422023-02	6 weeks	Wed	10/21-12/9	2-2:30pm	3-5 yrs	\$67
422023-03	6 weeks	Wed	9/9-10/14	6-6:30pm	2.5-5 yrs	\$67
422023-04	6 weeks	Wed	10/21-12/9	6-6:30pm	2.5-5 yrs	\$67
422023-05	5 weeks	Thu	9/10-10/8	9-9:30am	2.5-5 yrs	\$57
422023-06	5 weeks	Thu	10/22-12/3	9-9:30am	2.5-5 yrs	\$57

Pretty Princess Pre-Ballet

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 11/19 & 11/26

442033-01	6 weeks	Thu	9/10-10/15	3-3:45pm	4-7 yrs	\$67
442033-02	6 weeks	Thu	10/22-12/10	3-3:45pm	4-7 yrs	\$67

Tiny Tappers!

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap. No Class 11/18 & 11/25

412026-01	6 weeks	Wed	9/9-10/14	2:30-3pm	3-5 yrs	\$67
412026-02	6 weeks	Wed	10/21-12/9	2:30-3pm	3-5 yrs	\$67

Ballet & Tap Combo

Anne Pennypacker

Marina Community Center, 151 Marina Dr

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 11/18 & 11/25

422021-01	6 weeks	Wed	9/9-10/14	3-3:45pm	5-8 yrs	\$67
422021-02	6 weeks	Wed	10/21-12/9	3-3:45pm	5-8 yrs	\$67

Hip Hop

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 11/19 & 11/26

442034-01	6 weeks	Thu	9/10-10/15	3:45-4:30pm	5-10 yrs	\$67
442034-02	6 weeks	Thu	10/22-12/10	3:45-4:30pm	5-10 yrs	\$67

Ballroom Social Dance

Anne Pennypacker

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

A great class for cotillion, the social dance curriculum will include instruction in cha cha, rumba, foxtrot, salsa and waltz. Students will practice polish and poise, and the skills needed to dance with a partner. No Class 11/17 & 11/24

422026-01	6 weeks	Tue	9/8-10/13	5:45-6:15pm	6-12 yrs	\$62
422026-02	5 weeks	Tue	10/20-12/1	5:45-6:15pm	6-12 yrs	\$52

Musical Theater Stars

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance and acting! Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 11/18 & 11/25

422024-01	6 weeks	Wed	9/9-10/14	3:45-4:30pm	5-12 yrs	\$67
422024-02	6 weeks	Wed	10/21-12/9	3:45-4:30pm	5-12 yrs	\$67

Music & Movement

Danuta Klimczak

Seal Beach Senior Center, 707 Electric Ave

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. No Class 11/27

411061-01	6 weeks	Fri	9/18-10/23	10-10:50am	2 yrs	\$68
411061-02	6 weeks	Fri	9/18-10/23	11-11:50am	3-4 yrs	\$68
411061-03	5 weeks	Fri	11/6-12/11	10-10:50am	2 yrs	\$58
411061-04	5 weeks	Fri	11/6-12/11	11-11:50am	3-4 yrs	\$58



Teeny Tumblers

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is a go go go! We'll bear-walk, crab-walk, tumble and jump having so much fun it will be hard to stop! This is a great first class to promote coordination and balance in a creative environment. No Class 11/19 & 11/26

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

411031-02 5 weeks Thu 10/22-12/3 9:30-10am 2.5-5 yrs \$57

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. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! No Class 11/19 & 11/26

411032-01 6 weeks Thu 9/10-10/15 5:15-5:45pm 4-6 yrs \$67

411032-02 6 weeks Thu 10/22-12/10 5:15-5:45pm 4-6 yrs \$67

Gymnastics Level 1

Anne Pennypacker, Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! No Class 11/19 & 11/26

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

411033-02 6 weeks Thu 10/22-12/10 4:30-5:15pm 6-12 yrs \$67

Pizza Party

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

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

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

Fall Dance Recital

Anne Pennypacker, McGaugh Campus, 1698 Bolsa Ave

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

411029-01 1 day Tue 12/8 5:30-9pm 2+ yrs \$12

Kiddie Karate

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

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

411050-01 4 weeks Tue 9/22-10/13 6:10-6:40pm 3-6 yrs \$42

Karate Beginning/Advanced

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents remain outside during class. Meeting with the instructor can be done after class.

422051-01 4 weeks Tue 9/22-10/13 6:40-7:10pm 7+ yrs \$45

Little Bird Kids Yoga

Jacqueline Asbury

Seal Beach Senior Center, 707 Electric Ave

Little Bird Kids Yoga guides children to use their imaginations, breath, and postures to develop health, relaxation and balance through playfulness, while encouraging lifelong healthy habits in a non-competitive, nurturing atmosphere. Please bring a mat and water with you to class. No class 10/30.

411026-01 4 weeks Fri 9/18-10/9 3-3:30pm 2-5 yrs \$45

411026-02 4 weeks Fri 10/16-11/13 3-3:30pm 2-5 yrs \$45

411026-03 4 weeks Fri 9/18-10/9 3:30-4:15pm 5-10 yrs \$45

411026-04 4 weeks Fri 10/16-11/13 3:30-4:15pm 5-10 yrs \$45

Co-Ed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this fall. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

433060-01 10 weeks Sun 9/6-11/8 12-2pm 8-14 yrs \$160

Westminster ICE - Ice Skating

13071 Springdale, Westminster

Fee: \$37/ 4 weeks

Continuous 4 week sessions are offered for the following classes:

- Parent and Me Ice Skating
- Ice Skating for Tots
- Ice Hockey Skating Skills
- Beginning Ice Skating
- Ice Skating for Adults

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

Skyhawks Mini-Hawk Multi-Sport



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

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

423180-01	9 weeks	Tue	9/29-11/24	3:30-4:10pm	3-4 yrs	\$119
423180-02	9 weeks	Tue	9/29-11/24	4:20-5pm	5-7 yrs	\$119



Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Class status hotline: (888)372-5803.

Mommy/Daddy & Me Soccer

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

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

423995-01	5 weeks	Tue	9/15-10/13	5:15-5:45pm	2-3.5 yrs	\$75
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Tot/Pre Soccer

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

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

423997-01	7 weeks	Tue	9/15-10/27	4:30-5:05pm	3.5-5 yrs	\$97
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Soccer 1

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

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

423998-01	7 weeks	Tue	9/15-10/27	3:45-4:30pm	5-6 yrs	\$97
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Library Programs

at Mary Wilson Library
707 Electric Avenue

All programs are sponsored by the Friends of the Library. For more information on library programs, those interested can call 562-431-3584.

Kids' Book Club – New Program! Grades 3-5 Third Wednesday of the month 3 p.m.	Fall Storytime Mondays or Tuesdays 10:30 or 11:15 a.m. Sept. 7 - Nov 24 No storytime Oct. 12
Kids' Crafts First Saturday of the month 10 a.m.-5 p.m.	Kids' Building Blocks First Thursday of the month 4-5:30 p.m.
Teen Advisory Board and Activity First Thursday of the month 5:30-7p.m.	Book Club for Adults fourth Thursday of the month 9-10 a.m.

Tech Tips: eBooks, eAudiobooks and Digital Resources – New Program!
 Sat, Sept. 12, 3-4 p.m.
 Tues, Sept. 15, 6:30-7:30 p.m.
 Sat, Oct. 10, 3-4 p.m.
 Tues, Oct. 13, 6:30-7:30 p.m.
 Call library for November dates

See www.ocpl.org for additional adult/teen programs!

Library Hours
 Mon: 12-8pm , Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm
 Sat: 10am-5pm • Closed Friday and Sunday

For more information, call 562-431-3584



Little Bakers

Jasmine Hernandez, Los Alamitos Community Ctr, 10911 Oak Street

Little bakers and their favorite adult will bake healthy goodies in this fun class. We will introduce simple measuring, mixing, decorating, and following directions. Children will learn numbers, shapes, colors, healthy ways and more through a fun, safe baking environment. \$20 Materials Fee due to the instructor on the first day of class.

411079-01	4 weeks	Wed	9/9-9/30	10-11am	3-6 yrs	\$55
411079-02	4 weeks	Fri	10/9-10/30	12-1pm	3-6 yrs	\$55
411079-03	4 weeks	Mon	11/2-11/23	10-11am	3-6 yrs	\$55

Hollywood Film Acting

Take the Stage Productions, Marina Community Center, 151 Marina Dr

This entertaining course is designed for all students wishing to learn the acting techniques of their favorite Film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. \$5 material fee payable to instructor due at the first class meeting.

413070-01	10 weeks	Mon	9/14-11/16	4-4:45pm	7-12 yrs	\$116
413070-02	10 weeks	Mon	9/14-11/16	4:45-5:30pm	9-12 yrs	\$116

Clowning Around Comedy



**Take the Stage Productions
Los Alamitos Community Ctr, 10911 Oak St**

Discover the charm of the big red nose! In this class, youth will get to explore the art of clowning & comedy through games and activities involving theatrical movement, sound effects, and facial expressions. It is a great way to introduce new & experienced actors to performance technique in a fun way while improving stage-presence. *Optional student showcase/recital in December (nominal costume fee applies). \$10 material fee payable to instructor due at first class meeting. No Class 11/11

413069-01	9 weeks	Wed	9/16-11/18	3:45-4:30pm	5-9 yrs	\$104
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Young Singers

Take the Stage Productions, Los Alamitos Community Ctr, 10911 Oak St

An introduction to voice for youth who love to sing! Students will build a solid foundation in vocal performance, rhythm, and musicianship while having fun singing favorites from Broadway musicals, Grammy winners, and popular children's songs. Students will develop listening, gross and fine motor skills, coordination of articulators, concentration and memory. Performance on the last day. *Optional student showcase/recital in December (nominal costume fee applies). A \$10 material fee payable to instructor due at first class meeting. No Class 11/11

413071-01	9 weeks	Wed	9/16-11/18	4:35-5:30pm	7-12 yrs	\$110
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Sing & Dance Together

**Take the Stage Productions
Los Alamitos Community Ctr, 10911 Oak Street**

Sing, dance and explore the world of rhythm in this fun class! Tots will build motor skills, confidence, confidence, and play games with musical instruments and props; all while singing and moving to their favorite children's songs! This is a great class to create bonding between caregiver and child. *Caregiver participation required. \$10 material fee payable to instructor at first class meeting. No Class 10/30

413075-01	9 weeks	Fri	9/18-11/20	10:15-11am	1.5-3 yrs	\$104
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Broadway Sing & Dance

**Take the Stage Productions
Los Alamitos Community Ctr, 10911 Oak Street**

Sing, dance and explore the world of Broadway in this fun musical theater class! Students will build valuable performance skills, play theater games and create fun characters all while working together to perform a final showcase on the last day! Students will be expected to practice songs at home. *Optional student's showcase/recital in December (nominal costume fee applies). \$10 material fee payable to instructor due at first class meeting. No Class 10/30

413073-01	9 weeks	Fri	9/18-11/20	11-11:45am	3-6 yrs	\$104
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Young Rembrandts – Preschool Drawing



**Young Rembrandts Staff
Marina Community Center, 151 Marina Dr**

All new lessons are coming up this session in Young Rembrandts preschool classes. Inspire your child's imaginative spirit and bolster educational skills that will benefit them all year long. Don't miss out, enroll now!

423142-02	4 weeks	Tue	10/6-10/27	2:45-3:30pm	3.5-5 yrs	\$69
423142-03	4 weeks	Tue	11/3-11/24	2:45-3:30pm	3.5-5 yrs	\$69

Young Rembrandts – Elementary Drawing



**Young Rembrandts Staff
Marina Community Center, 151 Marina Dr**

Inspire your child's love of art with Young Rembrandts. Lessons like our sun moon character will teach how to transform simple shapes into clever characters. Our bright macaw will develop color and pattern theory. Fanciful drawings like our pirate ship and challenging robot will stir adventure and creativity. Enroll now!

423143-02	4 weeks	Tue	10/6-10/27	3:30-4:30pm	6-12 yrs	\$99
423143-03	4 weeks	Tue	11/3-11/24	3:30-4:30pm	6-12 yrs	\$99

Young Rembrandts – Cartooning for Kids



**Young Rembrandts Staff
Marina Community Center, 151 Marina Dr**

Inspire your child's love of art with Young Rembrandts. All new lessons are coming up this session in Young Rembrandts Cartooning classes. Inspire your child's imaginative spirit and bolster educational skills that will benefit them all year long. Don't miss out... enroll now!

423144-02	4 weeks	Tue	10/6-10/27	4:30-5:30pm	9-12 yrs	\$99
423144-03	4 weeks	Tue	11/3-11/24	4:30-5:30pm	9-12 yrs	\$99

3D Design & Printing

Build It Workspace, Build It Workspace, 4478 Cerritos Ave

Ignite your imagination with 3D Design and Printing! Learn to use Computer Aided Design (CAD) software and 3D scanning technologies to print actual objects. Replicate a toy, design a prototype, or create a mini model of yourself. The possibilities are limitless! No Class 10/31

413081-01 8 weeks Sat 9/26-11/21 10:30-11:30am 8+ yrs \$100

Game Design 1

Build It Workspace, Build It Workspace, 4478 Cerritos Ave

Develop your own arcade games, animations, role-playing games (RPGs), platformers and more! Learn to design and create a different type of game each day including top-down games, side-scrollers, 2D platformers, and physics-based games. Work on your own games and collaborate on a project with a team. To conclude the session, you will present your original games and play them with friends and family. Build a foundation of programming basics in this interactive and engaging class! Reading and fraction multiplication is required. No prior programming experience necessary.

413089-01 4 weeks Sat 9/26-10/17 9:30-10:30am 8+ yrs \$50

Game Design 2

Build It Workspace, Build It Workspace, 4478 Cerritos Ave

Develop your own arcade games, animations, role-playing games (RPGs), platformers and more! Learn to design and create a different type of game each day including top-down games, side-scrollers, 2D platformers, and physics-based games. Work on your own games and collaborate on a project with a team. To conclude the session, you will present your original games and play them with friends and family. Build a foundation of programming basics in this interactive and engaging class! Completion of Game Design 1 is required. No Class 10/31

413090-01 4 weeks Sat 10/24-11/21 9:30-10:30am 8+ yrs \$50

First Aid, CPR, & AED Training

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

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

446031-01 1 day Sat 9/26 9am-3:30pm 14+ yrs \$50

446031-02 1 day Sat 10/17 9am-3:30pm 14+ yrs \$50

446031-03 1 day Sat 11/14 9am-3:30pm 14+ yrs \$50

Magic in Seal Beach

Daniel Habel

North Seal Beach Center, 3333 Saint Cloud Dr.

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

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

- September 19
- October 17
- November 21



Dog Obedience

Khara Knight

Trainer with Dog Services Unlimited

Laurel Park, 10862 Bloomfield Street

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. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 years to adults; dogs 6 months and older.

466040-01 7 weeks Thu 9/24-11/5 6:15-7:15pm 9+ yrs \$92

Dog Manners "Crash Course"

Khara Knight

Trainer with Dog Services Unlimited

El Dorado Park near Hockey Court, 2760 Studebaker Rd

Establish better manners and correct behavior problems in just four 75- minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Bad habits such as destructive chewing, jumping on people, digging, and barking will also be addressed. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre- registration is required. All classes held next to the hockey court, located just behind the Parks, Recreation and Marine Building, on Studebaker, north of Willow.

466043-01 4 weeks Sat 9/19-10/10 11am-12:15pm 12+ yrs \$80

Puppy Kindergarten

Khara Knight

Trainer with Dog Services Unlimited

El Dorado Park near Hockey Court, 2760 Studebaker Rd

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

466039-01 6 weeks Sat 9/19-10/24 12:30-1:30pm 12+ yrs \$84

Intermediate Ballroom

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 11/17 & 11/24

444020-01	6 weeks	Tue	9/8-10/13	7:30-8:30pm	18+ yrs	\$70
444020-02	5 weeks	Tue	10/20-12/1	7:30-8:30pm	18+ yrs	\$60

Argentine Tango

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! No Class 11/17 & 11/24

442038-01	6 weeks	Tue	9/8-10/13	8:30-9:30pm	18+ yrs	\$70
442038-02	5 weeks	Tue	10/20-12/1	8:30-9:30pm	18+ yrs	\$60

Adult Hip Hop

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! No Class 11/18 & 11/25

442028-01	6 weeks	Wed	9/9-10/14	6:30-7:30pm	18+ yrs	\$70
442028-02	6 weeks	Wed	10/21-12/9	6:30-7:30pm	18+ yrs	\$70

Wedding Survival

Anne Pennypacker
Marina Community Center, 151 Marina Dr

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

442018-01	4 weeks	Wed	9/16-10/7	8:30-9:30pm	13+ yrs	\$46
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Adult Tap

Anne Pennypacker
Marina Community Center
151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tap shoes are best to wear to this class. No Class 11/19 & 11/26

442026-01	6 weeks	Thu	9/10-10/15	7:15-8pm	18+ yrs	\$70
442026-02	6 weeks	Thu	10/22-12/10	7:15-8pm	18+ yrs	\$70

Adult Ballet & Jazz

Anne Pennypacker
Marina Community Center
151 Marina Dr

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. No Class 11/19 & 11/26

442040-01	6 weeks	Thu	9/10-10/15	8-9pm	18+ yrs	\$70
442040-02	6 weeks	Thu	10/22-12/10	8-9pm	18+ yrs	\$70

Ballroom & Latin Beginning Social Dance

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot and more! Partner not necessary. No Class 11/16 & 11/23

442024-01	5 weeks	Mon	9/14-10/12	7:30-8:30pm	18+ yrs	\$60
442024-02	6 weeks	Mon	10/19-12/7	7:30-8:30pm	18+ yrs	\$70

Zumba Fitness

Mari Huelskamp, Marina Community Center, 151 Marina Dr

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your ownpace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! No Class 9/7 & 10/26

442090-01	10 weeks	Mon	8/31-11/16	6:30-7:30pm	18+ yrs	\$105
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Strength & Toning

Mari Huelskamp, Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Pay \$8 per class at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 10/26 & 10/28

442091-01	10 weeks	Mon & Wed	9/9-11/23	10-11am	40+ yrs	\$80
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Fitness with Mari

Mari Huelskamp, Marina Community Center, 151 Marina Dr

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 10/23, 10/26, 10/27, 10/28, 10/30

442092-01	10 weeks	Mon-Wed/Fri	9/8-11/20	9-10am	18+ yrs	\$157
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Hatha Yoga

Suzy Hazard, Seal Beach Senior Center, 707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/3

442070-01	10 weeks	Tue	9/1-11/10	5:30-6:45pm	18+ yrs	\$75
442070-02	4 weeks	Tue	11/24-12/15	5:30-6:45pm	18+ yrs	\$35



Reiki Level I

Linda Hicks, Fire Station 48, 3131 N. Gate Rd

The Reiki 1 Certification Workshop is an introduction to Reiki that encompasses the history and principles of Reiki, the Chakra system, Grounding Meditation, Reiki session-giving and receiving, and a Level 1 Reiki Attunement. This level will give you an awareness and understanding of life force energy, and how to channel Reiki energy through the traditional hands-on healing method. Each student will receive an ICRT "Reiki the Healing Touch" Manual, handouts, crystal necklace, meditation CD, and Reiki Practitioner's Certificate suitable for framing. This is a one day Workshop. Bring sack lunch. \$20 material fee is payable to the instructor at class.

445020-01	1 day	Sat	9/5	9am-5pm	18+ yrs	\$105
445020-03	1 day	Sat	11/28	9am-5pm	18+ yrs	\$105

Reiki Level II

Linda Hicks, Fire Station 48, 3131 N. Gate Rd

This Level II Workshop includes more Japanese Healing Techniques, using Reiki for specific conditions, learn what the Reiki II symbols represent and how to draw them, learn how to chant the symbols, learn how to use Reiki to heal unwanted habits, manifest positive changes in your life and work on a deeper level of healing, Distant Healing, the Level II Attunement, in-depth discussion of the Chakra System and how to use it in your Distant Healing sessions, Guided Meditation, Handouts, Chakra Stone Set, incorporating sound into your healing sessions with the Buffalo Drum and Tingshas, Level II Practitioner's Certificate suitable for framing. "Reiki the Healing Touch" manual available, if needed. This is a one day Workshop. Bring sack lunch. \$20 material fee payable to instructor at class.

445021-01	1 day	Sat	9/19	9am-5pm	18+ yrs	\$105
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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 separately (\$40- \$65). Belt testing is optional (\$40). 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 9:30-11am. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442050-01	13 weeks	Mon & Wed	8/31-11/25	7:30-9:30pm	18+ yrs	\$150
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Tai Chi

Tai Chi Chih I

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

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

442073-01	5 weeks	Mon	9/14-10/12	6:40-7:40pm	18+ yrs	\$45
442073-02	5 weeks	Mon	10/19-11/16	6:40-7:40pm	18+ yrs	\$45

Tai Chi Chih II

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

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

442077-01	5 weeks	Mon	9/14-10/12	5:30-6:30pm	18+ yrs	\$45
442077-02	5 weeks	Mon	10/19-11/16	5:30-6:30pm	18+ yrs	\$45

Jazzercise

Martha Maguire

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

Marina Community Center, 151 Marina Dr

442042-01	5 weeks	Tue & Thu Saturday	9/8-10/10	6-7pm 8:30-9:30am	13+ yrs	\$75
442042-02	6 weeks	Tue & Thu Saturday	10/15-11/21	6-7pm 8:30-9:30am	13+ yrs	\$75

North Seal Beach Center, 3333 Saint Cloud Dr

442044-01	6 weeks	Mon & Wed	9/9-10/21	6-7pm	13+ yrs	\$75
442044-02	6 weeks	Mon & Wed	10/26-12/2	6-7pm	13+ yrs	\$75

Beach Boot Camp

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

Join Seal Beach's exclusive Beach Boot Camp, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442062-01 12 weeks Sat 9/5-11/21 8-9am 12+ yrs \$129

BeachFit Moms

Annika Turner, Beach Fitness
Eisenhower Park, 900 Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit Moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and fit life. **BeachFit Moms is a daily class offered Mondays, Tuesdays, Thursdays and Fridays. Pay \$15 per class.**

442063-01 → 48 1 day M/T/Th/F 8/31-11/20 9:30-10:30am 18+ yrs \$15

Jacki Sorensen's Fitness/ Dance Class

Martha Stegen, North Seal Beach Center, 3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/26

442030-01 7 weeks Tue & Thu 9/8-10/22 4:30-5:30pm 16+ yrs \$103

442030-02 7 weeks Tue & Thu 10/27-12/10 4:30-5:30pm 16+ yrs \$96

Beginning Pilates

Bonnie Nash
Seal Beach Senior Center, 707 Electric Ave

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginners class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 9/7

442072-01 6 weeks Mon 8/31-10/12 12:30-1:30pm 18+ yrs \$65

442072-02 5 weeks Mon 10/26-11/23 12:30-1:30pm 18+ yrs \$55



Fall Sports League

Basketball League

Begins October 12

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact the Community Services Department at (562) 431-2527 ext: 1307.

Softball League

Begins mid October

\$350 per team. For more information, contact the Community Services Department at (562) 431-2527 ext: 1307. Dates subject to change.

Intermediate Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 9/7

442069-01 6 weeks Mon 8/31-10/12 11:30am-12:30pm 18+ yrs \$65

442069-02 5 weeks Mon 10/26-11/23 11:30am-12:30pm 18+ yrs \$55

Advanced Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met.

442071-01 6 weeks Thu 9/3-10/8 12:30-1:30pm 18+ yrs \$65

442071-02 5 weeks Thu 10/22-11/19 12:30-1:30pm 18+ yrs \$55



M&M 5 Day Surf Camp

Michael Pless

8th Street Beach, 8th St & Ocean Ave

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

467061-01	5 days	Mon-Sun	8/31-9/6	8am-12pm	All Ages	\$282
467061-02	5 days	Mon-Sun	9/7-9/13	8am-12pm	All Ages	\$282
467061-03	5 days	Mon-Sun	9/14-9/20	8am-12pm	All Ages	\$282
467061-04	5 days	Mon-Sun	9/21-9/27	8am-12pm	All Ages	\$282
467061-05	5 days	Mon-Sun	9/28-10/4	8am-12pm	All Ages	\$282
467061-06	5 days	Mon-Sun	10/5-10/11	8am-12pm	All Ages	\$282
467061-07	5 days	Mon-Sun	10/12-10/18	8am-12pm	All Ages	\$282
467061-08	5 days	Mon-Sun	10/19-10/25	8am-12pm	All Ages	\$282
467061-09	5 days	Mon-Sun	10/26-11/1	8am-12pm	All Ages	\$282
467061-10	5 days	Mon-Sun	11/2-11/8	8am-12pm	All Ages	\$282
467061-11	5 days	Mon-Sun	11/9-11/15	8am-12pm	All Ages	\$282
467061-12	5 days	Mon-Sun	11/16-11/22	8am-12pm	All Ages	\$282
467061-13	5 days	Mon-Sun	11/23-11/29	8am-12pm	All Ages	\$282

M&M 3 Hour Group Lesson

Michael Pless

8th Street Beach, 8th St & Ocean Ave

Surf Lessons are on-going from August 31-November 29. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873

467063-01	1 Day	Mon-Sun	8/31-11/29	8-11am	All Ages	\$82
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M&M 1 Hour Group Lesson

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

Surf Lessons are on-going from August 31-November 29. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873

467064-01	1 Day	Mon-Sun	8/31-11/29	8-11am	All Ages	\$77
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M&M Semi-Private Lesson

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

Surf Lessons are on-going from August 31-November 29. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873

467065-01	1 Day	Mon-Sun	8/31-11/29	8am-12pm	All Ages	\$97
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M&M Private Lesson

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

Surf Lessons are on-going from August 31-November 29. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873

467068-01	1 Day	Mon-Sun	8/31-11/29	8am-12pm	All Ages	\$115
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Chas Sunday Surf Class – 1 Day

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Choose 1 Sunday between 9/13 - 11/15.

467053-01	1 day	Sun	9/13	9:30am-12:30pm	All Ages	\$65
467053-02	1 day	Sun	9/20	9:30am-12:30pm	All Ages	\$65
467053-03	1 day	Sun	9/27	9:30am-12:30pm	All Ages	\$65
467053-04	1 day	Sun	10/4	9:30am-12:30pm	All Ages	\$65
467053-05	1 day	Sun	10/11	9:30am-12:30pm	All Ages	\$65
467053-06	1 day	Sun	10/18	9:30am-12:30pm	All Ages	\$65
467053-07	1 day	Sun	10/25	9:30am-12:30pm	All Ages	\$65
467053-08	1 day	Sun	11/1	9:30am-12:30pm	All Ages	\$65
467053-09	1 day	Sun	11/8	9:30am-12:30pm	All Ages	\$65
467053-10	1 day	Sun	11/15	9:30am-12:30pm	All Ages	\$65

Chas Sunday Surf Pass – 4 Day

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

Choose 4 Sundays between 9/13 - 11/15. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

467054-01	Sunday	Sun	9/13-11/15	9:30am-12:30pm	All Ages	\$205
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Fall Surf Pass

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Fall Surf Pass is available for each Sunday, 9/13 - 11/15.

467055-01	Sunday	Sun	9/13-11/15	9:30am-12:30pm	All Ages	\$355
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Community Pool

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

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

Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$5 pass reissuing fee for all lost passes.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall 16 swim pass: \$48 34 swim pass: \$96 Unlimited Annual pass: \$245 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	16 swim pass: \$32
Monday-Friday	6pm-6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

Private Swim Lessons

Please call Nora Jean Terborch at the pool office at (562) 430-9612 to arrange a private lesson.

Seal Beach Swim Team

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

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.

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 Buoyancy Cuffs at Competitive Aquatic Supply (800-421-5192) or visit www.casswimshop.com

444010-01	5 weeks	Mon & Wed	8/31-9/30	5:30-6:30pm	18+ yrs	\$60
444010-02	5 weeks	Mon & Wed	10/12-11/11	5:30-6:30pm	18+ yrs	\$60
444010-03	5 weeks	Mon & Wed	11/16-12/16	5:30-6:30pm	18+ yrs	\$60

Seal Beach Aquatics

Pool Lifeguards
McGaugh Campus, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 5 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate.

424029-01	6 weeks	Mon/Tue/Thu	10/12-11/19	2:30-3:30pm	7-18 yrs	\$150
		Wed		1:15-2:15pm		

Pool Party Rentals

Reservations are only available through August 30.
Please call to check availability.

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

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

Pool Rental Fees	1 Lifeguard (1-20 swimmers and non-swimmers)	2 Lifeguards (21-40 swimmers and non-swimmers)
Seal Beach Resident	\$183.25 (per 2 hr time slot)	\$215.25 (per 2 hr time slot)
Non-Resident	\$183.75 (per 2 hr time slot)	\$215.75 (per 2 hr time slot)



Seal Beach Tennis Center

For more information, call 562-598-8624 or visit
www.sealbeachtenniscenter.com

ADULT BEGINNING (18+ years)

Instructor: Brenda Danielson - No class 9/7

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433030-01	8/31-10/5	Mon	6-7 pm	\$73	SBTC
433030-02	10/19-11/16	Mon	6-7 pm	\$73	SBTC

ADULT ADVANCED BEGINNING (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433031-01	9/5-10/3	Sat	11am-12pm	\$73	SBTC
433031-02	10/17-11/14	Sat	11am-12pm	\$73	SBTC

ADULT INTERMEDIATE (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433032-01	9/3-10/1	Thurs	5:30-6:30 pm	\$73	SBTC
433032-02	10/15-11/12	Thurs	5:30-6:30 pm	\$73	SBTC

CARDIO TENNIS (16+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
434010-01	8/31-10/5	Mon	7-8 pm	\$73	SBTC
434010-02	10/19-11/16	Mon	7-8 pm	\$73	SBTC
434010-03	9/5-10/3	Sat	8:30-9:30 am	\$73	SBTC
434010-04	10/17-11/14	Sat	8:30-9:30 am	\$73	SBTC

SEAL BEACH TENNIS CENTER

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

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

Tennis Programs

- Private & group lessons by USPTA instructors
 - City Recreation tennis classes
 - SBTC Junior Academy
 - Weekly Tennis workouts & clinics
 - Tuesday Night Doubles
 - Personal training
 - Special tennis events & tournaments
 - USTA/ WTT Leagues
- And much more...

Facility & Services

The SBTC includes:

- A Pro Shop where you can pick up needed tennis supplies
- Snacks and beverages
- Racquet restringing

Tennis Professionals

Our facility is home to a number of tennis professionals who can assist you with all your tennis needs.

NEW! 4 pickleball courts with lights!

Clubhouse & Tennis Courts

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

Tennis Center Public Hours

Monday – Friday 12 - 9:30 p.m.
 Saturday & Sunday 12 - 5:30 p.m.
 The general public may reserve courts 4 days in advance.

General Public Fees

- 12 - 5:00 p.m. – \$10 per hour/court
- 5 - 9:30 p.m. – \$12 per hour/court
- Seal Beach Residents receive a \$2 discount per hour, per court
- Junior Rates (17 years and under) – \$5 per hour per court

www.sealbeachtenniscenter.com

Tennis Lessons taught by Brian Collison

KIDS BEGINNING (4-6 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-01	8/31-10/5	Mon	4:30-5 pm	\$37	Heather Park
433020-02	10/19-11/23	Mon	4:30-5 pm	\$43	Heather Park
433020-03	9/2-10/7	Wed	1:15-2pm	\$66	McGaugh
433020-04	10/14-11/25	Wed	1:15-2pm	\$66	McGaugh
433020-05	9/5-10/10	Sat	9-9:30 am	\$43	McGaugh
433020-06	10/17-11/21	Sat	9-9:30 am	\$43	McGaugh
433020-07	9/2-10/7	Wed	4:30-5 pm	\$43	Marina Park
433020-08	10/14-11/25	Wed	4:30-5 pm	\$43	Marina Park

KIDS INTERMEDIATE (5-6 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-09	9/1-10/6	Tues	4:30-5 pm	\$43	Heather Park
433020-10	10/13-11/17	Tues	4:30-5 pm	\$43	Heather Park
433020-11	9/3-10/8	Thurs	4:30-5 pm	\$43	Marina Park
433020-12	10/15-11/19	Thurs	4:30-5 pm	\$43	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	8/31-10/5	Mon	5-6 pm	\$73	Heather Park
433021-02	10/19-11/23	Mon	5-6 pm	\$86	Heather Park
433021-03	9/5-10/10	Sat	9:30-10:30 am	\$86	McGaugh
433021-04	10/17-11/21	Sat	9:30-10:30 am	\$86	McGaugh
433021-05	9/2-10/7	Wed	2-3 pm	\$86	McGaugh
433021-06	10/14-11/25	Wed	2-3 pm	\$86	McGaugh
433021-07	9/2-10/7	Wed	5-6 pm	\$86	Marina Park
433021-08	10/14-11/25	Wed	5-6 pm	\$86	Marina Park

JUNIORS INTERMEDIATE (7-10 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-09	9/1-10/6	Tues	5-6 pm	\$86	Heather Park
433021-10	10/13-11/17	Tues	5-6 pm	\$86	Heather Park
433021-11	9/3-10/8	Thurs	5-6 pm	\$86	McGaugh
433021-12	10/15-11/19	Thurs	5-6 pm	\$86	McGaugh

TWEENS BEGINNING (11-13 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	8/31-10/5	Mon	6-7 pm	\$73	Heather Park
433023-02	10/19-11/23	Mon	6-7 pm	\$86	Heather Park
433023-03	9/2-10/7	Wed	6-7 pm	\$86	Marina Park
433023-04	10/14-11/25	Wed	6-7 pm	\$86	Marina Park

TWEENS INTERMEDIATE (11-13 years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-05	9/1-10/6	Tues	6-7 pm	\$86	Heather Park
433023-06	10/13-11/17	Tues	6-7 pm	\$86	Heather Park
433023-07	9/3-10/8	Thurs	6-7 pm	\$86	McGaugh
433023-08	10/15-11/19	Thurs	6-7 pm	\$86	McGaugh

ADULTS BEGINNING (14+ years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	8/31-10/5	Mon	9-10 am	\$73	Heather Park
433022-02	10/19-11/23	Mon	9-10 am	\$86	Heather Park
433022-03	9/1-10/6	Tues	7-8 pm	\$86	Heather Park
433022-04	10/13-11/17	Tues	7-8 pm	\$86	Heather Park
433022-05	9/2-10/7	Wed	12-1 pm	\$86	McGaugh
433022-06	10/14-11/25	Wed	12-1 pm	\$86	McGaugh
433022-07	9/3-10/8	Thurs	7-8 pm	\$86	Marina Park
433022-08	10/15-11/19	Thurs	7-8 pm	\$86	Marina Park

ADULTS INTERMEDIATE (14+ years) No class: 9/7, 11/11

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-09	8/31-10/5	Mon	7-8 pm	\$73	Heather Park
433022-10	10/19-11/23	Mon	7-8 pm	\$86	Heather Park
433022-11	9/1-10/6	Tues	9:30-10:30 am	\$126	Heather Park
433022-12	10/13-11/17	Tues	9:30-10:30 am	\$126	Heather Park
433022-13	9/2-10/7	Wed	7-8 pm	\$86	McGaugh
433022-14	10/14-11/25	Wed	7-8 pm	\$86	McGaugh
433022-15	9/3-10/8	Thurs	9:30-10:30 am	\$126	McGaugh
433022-16	10/15-11/19	Thurs	9:30-10:30 am	\$126	McGaugh



Recreation Scholarship Program

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

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive.

Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis.

The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Shopper Shuttle

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Wednesday 8 a.m. to 4:30 p.m., Thursday 8 a.m. to 2 p.m. and Friday 8 a.m. to 4:30 p.m. The Shuttle runs in Old Town and Seal Beach Pier Thursday 8 a.m. to 4:30 p.m. For more information and pickup locations, please call (562) 439-3699 or Public Works at (562) 431-2527 ext. 1317.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 4:30 p.m. and can be utilized by calling (562) 439-3699 at least 24 hours and no more than 3 business days in advance to schedule date, time, and location.

The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop and/or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

**Senior Center, 707 Electric Ave.
Free – Drop in – Tuesday 9 a.m. - 3 p.m.**

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.



Medicare 101

Cesar Arteaga, Seal Beach Senior Center, 707 Electric Ave

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

456040-01	1 day	Mon	10/19	9-11am	63+ yrs	FREE
456040-02	1 day	Mon	11/16	9-11am	63+ yrs	FREE

Map & Facilities

Amenity Key Updated December 2012

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



Map not to scale.

Park/Facility

L = Lit U = Unlit i = Indoor

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

5 easy ways to REGISTER TODAY

1 MAIL IN

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

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

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

2 WALK IN

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

3 ONLINE

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

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

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

Scan and e-mail your registration to communityservices@sealbeachca.gov

Refund Policy

- ▶ Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$5 admin fee for the class you attended.
- ▶ Refund checks will be mailed within three weeks following the request.
- ▶ If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.
- ▶ A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

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

Online Registration Begins August 3

Walk-in and Mailed Registration Begins August 10

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!

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

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 Dana at dengstrom@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."



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

CENTENNIAL

Events

AUGUST

22

BEACH PARTY & BBQ
 8th St. Lot

11am-
 2pm

SEPTEMBER

20

TENNIS TOURNAMENT
 SB Tennis Center

1pm-
 5pm

OCTOBER

1-31

TASTE OF SEAL BEACH
 Cards redeemable @ participating locations

Times
 Vary

10

OC FIRE AUTHORITY OPEN HOUSE
 Fire Station #44—Old Town Seal Beach

11am-
 2pm

10

CENTENNIAL DINNER/DANCE
 Old Ranch Country Club

6pm

24

JOY ZONE CARNIVAL
 Old Town Seal Beach

11am-
 6pm

24

CENTENNIAL CELEBRATION IN THE SKY
 Old Town Seal Beach

Dusk

27

CITY HALL OPEN HOUSE
 211 8th Street

12pm-
 2pm

For more detailed information visit www.sealbeach100.com

