

# Shoreline



City of Seal Beach Classes and Activities • Winter 2018-19



# 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

## INSIDE

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

## HOLIDAY CLOSURES

Thanksgiving – November 22 & 23

Christmas & New Years – Dec 24-Jan 1

Martin Luther King, Jr. Day – January 21

President's Day – February 18

# REGISTER<sup>Online</sup>

SealBeachCa.Gov

Online Registration Begins:

**November 5**

Walk-in and Mail Registration Begins:

**November 13**

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

Dear Resident,

One of the most significant challenges for any public agency, including Seal Beach, is the rising cost of keeping residents safe. Our fire, police, and marine safety personnel have an ever increasing demand on the quality and frequency of the services they provide. Balancing critical services while maintaining key infrastructure has become a serious budgetary issue that has arisen due to declining revenues and escalating costs. This financial dilemma poses great risk to the quality of life that residents and visitors have come to expect and enjoy.

The City continues to suffer from the fiscal instability caused by sources of revenue that are either declining, or not growing enough to fund the necessary level of essential City services. The State of California has taken local revenue from the City of Seal Beach and other cities on a regular basis over the last 20 years to solve the State's fiscal problems, without any concern of the impact on local government services that our residents, businesses, and visitors need.

During the budget adoption process for FY 2017 – 2018, outside regulatory agencies and the State legislature created significant challenges associated with bringing a balanced budget to the City Council. Specifically, there was great concern about the increasing costs related to critical public safety services, retiree health, insurance, homelessness, the costs of improving infrastructure, pension liability, and complying with clean water mandates, as well as changes to the prevailing wage requirements for certain types of public works contracts. Consequently, the City Council adopted a budget for FY 2018-2019 with an operating deficit.

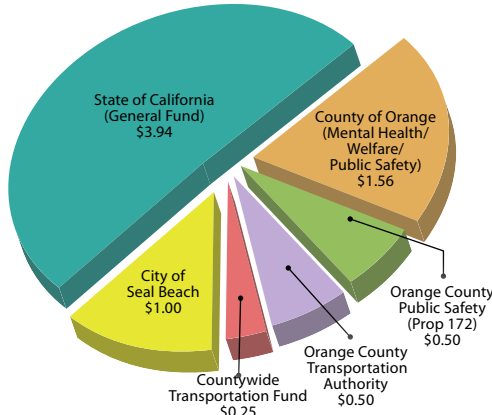
To make Seal Beach more financially secure for the future, the City Council unanimously approved placing a sales tax measure – Measure BB – on the November ballot. Measure BB is a prudent and sober recognition of the City's current financial condition and

the prospect that this condition can worsen without additional, stable sources of local revenue. Recently, City staff presented a Five Year Financial Model to the City Council and the public. The financial model revealed that without a viable and dependable revenue solution that Sacramento cannot take away, the City's structural deficit will continue to increase as expenses rise at a pace greater than the revenue base can support.

Let's look at where our sales tax goes. The current sales tax rate for Seal Beach is 7.75%. If you were to spend \$100 then \$7.75 would be distributed as follows:

State of California (General Fund)	\$3.94
County of Orange (Mental Health/Welfare/Public Safety)	\$1.56
Orange County Public Safety (Prop 172)	\$.50
Orange County Transportation Authority	\$.50
Countywide Transportation Fund	\$.25
City of Seal Beach	\$1.00

Where sales tax goes



If approved by the voters, Measure BB will increase the sales tax rate from 7.75% to 8.75% and is estimated to generate approximately \$5 million in new transaction and use tax (sales tax) annually. For each \$100 spent on taxable

items in the city, the City would generate an additional \$1.00 that would stay in Seal Beach. In other words, the City would maintain local control and the State would not be able by law to take these funds.

The population of Seal Beach is approximately 25,000. There are over 700 registered businesses in the City and these businesses serve a visiting population of approximately 2,000,000 each year. The visitors to the City would pay their fair share of the new tax, helping to offset the cost of the services they use.

Should Measure BB pass, it would be administered by the California Department of Tax and Fee Administration, formerly known as the Board of Equalization, in the same manner as the City's existing sales tax. The new revenue would be separately identified when remitted to the City and would be placed in a separate revenue account, which will be independently audited.

The City is at a financial crossroads. In November, the voters of Seal Beach will determine the financial path of the City and in doing so will shape our town for generations to come. We ask that you take the time to consider what future you want for Seal Beach, weigh the potential outcomes, and on November 6th please vote and let your voice be heard.

As always, we welcome and need input from the community. If you have any questions or concerns regarding Measure BB or any other matter, please feel free to contact me at (562) 431-2527 or via email at [jingram@sealbeachca.gov](mailto:jingram@sealbeachca.gov). The City's website is also a great resource for information – [www.sealbeachca.gov](http://www.sealbeachca.gov). Thank you for taking the time to read this important message and for your support in continuing to make Seal Beach such a great community.

**Jill R. Ingram**  
City Manager



# Register To Vote *Today!*

You must be:

- ★ A United States citizen,
- ★ A resident of California,
- ★ 18 years old or older on Election Day

Are you 16 or 17 and want to register now?

You can Pre-register to Vote Online at: **[Registertovote.ca.gov](http://Registertovote.ca.gov)**

You must meet all the other requirements above, and know your Social Security and Driver License/ State Issued ID number. You will automatically be registered to vote on your 18th birthday.

Registration forms are available today at the City Clerk's Office.

## Children's Library Programs at Mary Wilson Library (707 Electric Avenue)

### MONTHLY PROGRAMS

#### Stay & Play for Tots:

Mondays & Tuesdays • 10:30am – noon • December 3 – 31

#### Read & Play with Rover:

Wednesdays 12/19, 1/16, 2/20 • 10:30 – 11:30am  
Thursdays 12/20, 1/24, 2/21 • 4pm

#### Let off some S.T.E.A.M.!

Saturdays 12/1, 1/5, 2/2 • 10am – 4pm

#### Lego Days: 12/6 & 2/7 • 4 – 5pm

#### Storytime Vacation: December – January 1 Winter Storytime Session:

Mondays & Tuesdays • 1/7 – 3/26  
(not 1/21, 2/12, 2/18) 10:30am & 11:30am

#### Crazy 8's Math Club: Grades K - 2

Thursdays 1/10 – 3/7 • 4pm (not 2/7)

#### Stuffed Animal Sleepover Dropoff:

1/14 – 1/16

#### Stuffed Animal Storytime:

1/22 • 10:30am & 11:30am

#### Stuffed Animal Sleepover Memory Book Making:

1/23 • 1-24 12pm – 2pm • All Day 12/15 – 12/18

#### Movie Days:

Saturdays • 12/22, 12/29, 1/12, 1/26 • 2pm  
Wednesday • 2/20 • 5pm

#### LegoMANIA: 12/20, 12/27 & 1/3 • 3 – 5pm

#### Teen Advisory Board Meet Ups:

Thursdays • 12/6 & 2/7 5:30 – 6:45pm

### LIBRARY HOURS

Mon - Thurs: 10am-7pm • Sat: 9am-5pm  
Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

**For more information, call 562-431-3584.**

## pre-register at sixteen. vote at eighteen.

### 1. VISIT

[www.RegisterToVote.ca.gov](http://www.RegisterToVote.ca.gov)

### 2. PRE-REGISTER



I am 16 or 17 years old  
and wish to pre-register

### 3. TURN 18



Become automatically  
registered on your 18th Birthday

### 4. VOTE



Cast your vote on Election Day!



SECRETARY OF STATE ALEX PADILLA



# Stay Safe This Holiday Season

The Orange County Fire Authority wants you and your loved ones to enjoy a safe and happy holiday season. We have provided some safety tips to ensure that your holiday celebrations are fire safe and injury free.

## Holiday Decorations

- Only use holiday decorations that are flame resistant or flame retardant
- Keep lit candles away from decorations and anything that can burn
- Never leave lit candles unattended
- Pay attention to lights that are only intended for indoor or outdoor use
- Replace strings of lights with worn or broken cords or loose bulbs
- Turn off all light strings and decorations before leaving your home or going to bed

## Christmas Trees

- Place your tree away from fireplaces, radiators, heater vents, air ducts, and other heat sources
- Make sure the tree is out of the way of day-to-day traffic and doesn't block doorways

- Cut off approximately two inches of the trunk
- Mount the tree in a sturdy, water-holding stand with wide-set legs
- Fill the base of the holder with water daily

## Holiday Entertaining

- Make sure you have working smoke alarms and a home fire escape plan
- Tell your guests about your home fire escape plan
- Stay in the kitchen when cooking
- Keep matches and lighters out of reach of children
- Ask smokers to smoke outside and completely extinguish all smoking materials before discarding



## Winter Sand Berm

The winter sand berm is an annual berm that is built the entire length of east beach. It helps protect public and private property from large storm and wave run up that occurs due to the intensity of winter swells and storms. The berm is built in November, and typically taken down after the storm season has subsided, usually sometime in the beginning of April.

## ■ 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 demsealbeach.org democraticclubofsealbeach@gmail.com
Food Finders	Patti Larson — 562-598-3003
Friends of the Mary Wilson Library	562-431-3584
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 edsmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

## ■ TRASH

Republic Services	(800) 299- 4898
-------------------	-----------------

## ■ STREET SWEEPING

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

## ■ SEAL BEACH WATER BILLING

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

## ■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
SB Tennis Center	562-598-8624
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



Authorized Signature: \_\_\_\_\_

## Preschool & Youth Dance

### Music & Movement

**Danuta Klimczak**

**Seal Beach Senior Center, 707 Electric Ave**

Designed to provide a positive, challenging, learning environment for children to blossom both 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. Parent participation required for 2 year old class.

111061-01	7 weeks	Fri	1/18-3/1	10-10:50am	2-3 yrs	\$94
111061-02	7 weeks	Fri	1/18-3/1	11-11:50am	3-5 yrs	\$94

### Ballet & Tap Combo

**Anne Pennypacker**

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 1/21

**Los Alamitos Community Ctr, 10911 Oak Street**

122021-01	4 weeks	Mon	1/7-2/4	3-3:45pm	5-8 yrs	\$57
122021-02	4 weeks	Mon	2/25-3/18	3-3:45pm	5-8 yrs	\$57

**Marina Community Center, 151 Marina Dr**

122021-03	5 weeks	Wed	1/9-2/6	3-3:45pm	5-8 yrs	\$67
122021-04	4 weeks	Wed	2/27-3/20	3-3:45pm	5-8 yrs	\$57



### 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! Tennis shoes or Jazz shoes required. No Class 1/21

**Los Alamitos Community Ctr, 10911 Oak Street**

142034-01	4 weeks	Mon	1/7-2/4	3:45-4:30pm	5-12 yrs	\$57
142034-02	4 weeks	Mon	2/25-3/18	3:45-4:30pm	5-12 yrs	\$57

**Marina Community Center, 151 Marina Dr**

142034-03	5 weeks	Thu	1/10-2/7	3:45-4:30pm	5-12 yrs	\$67
142034-04	4 weeks	Thu	2/28-3/21	3:45-4:30pm	5-12 yrs	\$57

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

142034-05	5 weeks	Tue	1/8-2/5	5:15-6pm	5-12 yrs	\$67
142034-06	4 weeks	Tue	2/26-3/19	5:15-6pm	5-12 yrs	\$57

### 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! No Class 1/21

127046-01	4 weeks	Mon	1/7-2/4	4:30-5:15pm	5-12 yrs	\$57
127046-02	4 weeks	Mon	2/25-3/18	4:30-5:15pm	5-12 yrs	\$57

### Princess Ballet

**Anne Pennypacker**

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 1/21

**Marina Community Center, 151 Marina Dr**

142033-01	5 weeks	Thu	1/10-2/7	3-3:45pm	5-12 yrs	\$67
142033-02	4 weeks	Thu	2/28-3/21	3-3:45pm	5-12 yrs	\$57

**Los Alamitos Community Ctr, 10911 Oak Street**

142033-03	4 weeks	Mon	1/7-2/4	5:15-6pm	5-12 yrs	\$57
142033-04	4 weeks	Mon	2/25-3/18	5:15-6pm	5-12 yrs	\$57

### Tiaras and Tutus

**Anne Pennypacker**

**Los Alamitos Community Ctr, 10911 Oak Street**

Pretend to be your favorite princess in this magical introduction to ballet walks, waltz steps and more. Through fairytale stories every class will be a dream come true. Material fee \$5. No Class 1/21

122025-01	4 weeks	Mon	1/7-2/4	6-6:30pm	2.5-5 yrs	\$57
122025-02	4 weeks	Mon	2/25-3/18	6-6:30pm	2.5-5 yrs	\$57



## Hip Hop Tots!

Anne Pennypacker

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.

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

122027-01	5 weeks	Tue	1/8-2/5	4-4:30pm	2.5-5 yrs	\$67
122027-02	4 weeks	Tue	2/26-3/19	4-4:30pm	2.5-5 yrs	\$57

**Marina Community Center, 151 Marina Dr**

122027-03	5 weeks	Thu	1/10-2/7	9-9:30am	2.5-5 yrs	\$67
122027-04	4 weeks	Thu	2/28-3/21	9-9:30am	2.5-5 yrs	\$57

## Musical Theatre Stars

Anne Pennypacker

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, 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.

**Marina Community Center, 151 Marina Dr**

122024-01	5 weeks	Wed	1/9-2/6	3:45-4:30pm	5-13 yrs	\$67
122024-02	4 weeks	Wed	2/27-3/20	3:45-4:30pm	5-13 yrs	\$57

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

122024-03	5 weeks	Tue	1/8-2/5	4:30-5:15pm	5-13 yrs	\$67
122024-04	4 weeks	Tue	2/26-3/19	4:30-5:15pm	5-13 yrs	\$57

## Musical Minis

Anne Pennypacker

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

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love!

127070-01	5 weeks	Tue	1/8-2/5	6-6:30pm	2.5-5 yrs	\$67
127070-02	4 weeks	Tue	2/26-3/19	6-6:30pm	2.5-5 yrs	\$57

## Petit Ballet

Anne Pennypacker

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

**Marina Community Center, 151 Marina Dr**

122023-01	5 weeks	Wed	1/9-2/6	6-6:30pm	2.5-5 yrs	\$67
122023-02	4 weeks	Wed	2/27-3/20	6-6:30pm	2.5-5 yrs	\$57

**Los Alamitos Community Ctr, 10911 Oak Street**

122023-03	5 weeks	Fri	1/11-2/8	4:30-5pm	2.5-5 yrs	\$67
122023-04	4 weeks	Fri	3/1-3/22	4:30-5pm	2.5-5 yrs	\$57

## 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!

111033-01	5 weeks	Thu	1/10-2/7	4:30-5:15pm	6-12 yrs	\$67
111033-02	4 weeks	Thu	2/28-3/21	4:30-5:15pm	6-12 yrs	\$57

## Preschool Gymnastics

Anne Pennypacker

**Marina Community Center, 151 Marina Dr**

Class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnasts will improve strength, balance and skills in this fun and fast paced class!

111032-01	5 weeks	Thu	1/10-2/7	5:15-5:45pm	4-6 yrs	\$67
111032-02	4 weeks	Thu	2/28-3/21	5:15-5:45pm	4-6 yrs	\$67

## Teeny Tumblers

Anne Pennypacker

**Marina Community Center, 151 Marina Dr**

Squat-hop-tumble-n-roll this class is 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. (Marina Community Center, 151 Marina Dr) (5 weeks)

111031-01	5 weeks	Thu	1/10-2/7	5:45-6:15pm	2.5-5 yrs	\$67
111031-02	4 weeks	Thu	2/28-3/21	5:45-6:15pm	2.5-5 yrs	\$57

## Prima Ballet

Anne Pennypacker

**Los Alamitos Community Ctr, 10911 Oak Street**

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

142032-01	5 weeks	Fri	1/11-2/8	3:45-4:30pm	5-12 yrs	\$67
142032-02	4 weeks	Fri	3/1-3/22	3:45-4:30pm	5-12 yrs	\$57

## Stars of Jazz

Anne Pennypacker

**Los Alamitos Community Ctr, 10911 Oak Street**

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

127045-01	5 weeks	Fri	1/11-2/8	5-5:45pm	5-12 yrs	\$67
127045-02	4 weeks	Fri	3/1-3/22	5-5:45pm	5-12 yrs	\$57

## FuNk!

Anne Pennypacker

**Los Alamitos Community Ctr, 10911 Oak Street**

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

122029-01	5 weeks	Fri	1/11-2/8	5:45-6:15pm	5-12 yrs	\$67
122029-02	4 weeks	Fri	3/1-3/22	5:45-6:15pm	5-12 yrs	\$57

## 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!

123995-01	7 weeks	Tue	2/5-3/19	5:15-5:45pm	2-3.5 yrs	\$105
-----------	---------	-----	----------	-------------	-----------	-------

### 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.

123997-01	7 weeks	Tue	2/5-3/19	4:30-5:05pm	3.5-5 yrs	\$105
-----------	---------	-----	----------	-------------	-----------	-------

### Soccer 1

#### Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

123998-01	7 weeks	Tue	2/5-3/19	3:45-4:30pm	5-7 yrs	\$105
-----------	---------	-----	----------	-------------	---------	-------



### 3 on 3 Basketball League

#### One on One Basketball, Inc.

McGaugh Campus, 1698 Bolsa Ave

The BEST way for young players to develop their basketball skill set. 3 on 3 offers more touches for every player, minimizes the thinking a young player has to do, and is FUN! The first 25 minutes will be instructional stations, followed by 25 minutes of game time. All One on One coaches become referees during the game. No Volunteers Needed!

123043-01	7 weeks	Tue	1/8-2/19	6-7pm	5-6 yrs	\$150
123043-02	7 weeks	Tue	1/8-2/19	7-8pm	7-8 yrs	\$150
123043-03	7 weeks	Tue	1/8-2/19	8-9pm	9-10 yrs	\$150

### TinyTykes Youth Soccer

#### Challenger Sports

Zoeter Softball Field, 12th Street @ Landing



TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players ages 2-5. Challenger's professional coaches will take your young player on a journey to imaginary destinations of Dinosaurs, Princesses, Dragons, and more; through soccer, music, storytelling, and games. Join us for 7-weekly, 45 minute sessions coached by our team of inter-

national soccer coaches. Sign up today! \$15 Material Fee includes: For 1st Time participants you will receive a Soccer Jerseys, Shorts & Ball! For returning players you will have choice of TinyTykes backpack, Lenny the Lion or an inflatable goal!

123171-01	7 weeks	Fri	2/15-3/29	9:15-10am	2-3 yrs	\$110
123171-02	7 weeks	Fri	2/15-3/29	10:15-11am	4-5 yrs	\$110

### Mini-Hawk Multi-Sport

#### Skyhawks Sports Academy

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 required for 2-3.5 year class.

123180-01	6 weeks	Tue	1/22-2/26	3:30-4pm	2-3.5 yrs	\$99
123180-02	6 weeks	Tue	1/22-2/26	4:15-5pm	3.5-5 yrs	\$99

### Coed Beginning Volleyball

#### Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this winter. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 12/23 & 12/30

133060-01	10 weeks	Sun	12/2-2/10	12-2pm	9-14 yrs	\$190
-----------	----------	-----	-----------	--------	----------	-------

### Skatedogs Skateboarding

Skatedogs Heartwell Park –

Long Beach,

5801 E Parkcrest Street

Whether you are just learning or ready to move on to advanced tricks, this class is right for you. Make Friends, play games, and advance your skills in our private skatepark. Requirements: A signed waiver, a "trick" skateboard, knee & elbow pads, and a helmet. Visit [skatedogs.com](http://skatedogs.com) to view our skateboard customizer.



123150-01	5 weeks	Sat	12/8-1/5	9-10:30am	5-13 yrs	\$125
123150-02	5 weeks	Sat	1/19-2/16	9-10:30am	5-13 yrs	\$125





## Karate for Kids

**Gary Pitts**

**Los Alamitos Community Ctr, 10911 Oak Street**

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

122052-01	4 weeks	Tue	1/1-1/22	5-5:30pm	4-12 yrs	\$45
-----------	---------	-----	----------	----------	----------	------

## Parent & Me Ice Skating

**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 day of class (Tuesday 3:10-4:10pm, Saturday 12:00-2:00pm), and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early to the 1st class to fit skates, and dress warmly (gloves or mittens recommended).

113131-01	4 weeks	Tue	1/8-1/29	4:10-4:40pm	3-5 yrs	\$48
113131-02	4 weeks	Sat	1/12-2/2	11:15-11:45am	3-5 yrs	\$48
113131-03	4 weeks	Tue	2/26-3/19	4:10-4:40pm	3-5 yrs	\$48
113131-04	4 weeks	Sat	3/2-3/23	11:15-11:45am	3-5 yrs	\$48

## Ice Skating for Tots

**Westminster Ice, 13071 Springdale St**

Beginning ice skating made fun and easy! Includes skate rental, 30-minute lesson, free practice on the day of class (3-5pm for Wednesday class and 12-2pm 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).

113130-01	4 weeks	Wed	1/9-1/30	5:40-6:10pm	3-5 yrs	\$48
113130-02	4 weeks	Sat	1/12-2/2	10:45-11:15am	3-5 yrs	\$48
113130-03	4 weeks	Wed	2/27-3/20	5:40-6:10pm	3-5 yrs	\$48
113130-04	4 weeks	Sat	3/2-3/23	10:45-11:15am	3-5 yrs	\$48

## Beginning Ice Skating

**Westminster Ice, 13071 Springdale St**

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on the day of class (Thursday 3:10-4:10pm, Saturday 12-2pm), and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended).

123130-01	4 weeks	Mon	1/7-1/28	4:10-4:40pm	6-16 yrs	\$48
123130-02	4 weeks	Thu	1/10-1/31	4:10-4:40pm	6-16 yrs	\$48
123130-03	4 weeks	Sat	1/12-2/2	10:15-10:45am	6-16 yrs	\$48
123130-04	4 weeks	Mon	2/25-3/18	4:10-4:40pm	6-16 yrs	\$48
123130-05	4 weeks	Thu	2/28-3/21	4:10-4:40pm	6-16 yrs	\$48
123130-06	4 weeks	Sat	3/2-3/23	10:15-10:45am	6-16 yrs	\$48

## Ice Hockey Skating Skills

**Westminster Ice, 13071 Springdale St**

Learn the basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (Wednesday 3-5pm, and Saturday 12-2pm), and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early to the first day of class to fit skates and dress warmly.

123141-01	4 weeks	Wed	1/9-1/30	6:10-6:40pm	6-16 yrs	\$48
123141-02	4 weeks	Sat	1/12-2/2	11:15-11:45am	6-16 yrs	\$48
123141-03	4 weeks	Wed	2/27-3/20	6:10-6:40pm	6-16 yrs	\$48
123141-04	4 weeks	Sat	3/2-3/23	11:15-11:45am	6-16 yrs	\$48



Online Registration Begins: **November 5**  
Walk-in and Mail Registration Begins: **November 13**

## Youth & Adult Special Interest

### Manage Your Money So You Can Manage Your Life

Jonny West

Firestation 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. No Class 2/19

155050-01	5 weeks	Tue	1/8-2/5	7-8pm	16+ yrs	\$65
155050-02	5 weeks	Tue	2/12-3/19	7-8pm	16+ yrs	\$65

### 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, and a one time \$5 material fee payable to instructor at the first class. No Class 2/9

136096-01	8 weeks	Sat	1/12-3/9	9am-12pm	16+ yrs	\$88
-----------	---------	-----	----------	----------	---------	------

### 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.

136097-01	5 weeks	Wed	1/16-2/13	6:30-9:30pm	16+ yrs	\$89
-----------	---------	-----	-----------	-------------	---------	------

### Magic in Seal Beach

Dan Habel

North Seal Beach Center, 3333 Saint Cloud Dr

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

12/15	1/19	2/16
-------	------	------

## Build It Workspace Classes

### Build It Workspace

Build It Workspace, 4388 Cerritos Ave, Los Alamitos

For more class info, please visit [register.sealbeachca.gov](http://register.sealbeachca.gov).

### Keyboarding and Computer Coding

113102-01	4 weeks	Wed	1/16-2/6	9:30-11am	5-8 yrs	\$75
113102-02	4 weeks	Sat	1/19-2/9	12-1:30pm	5-8 yrs	\$75

### Build It Smart City

113103-01	4 weeks	Wed	1/16-2/6	9:30-11am	9+ yrs	\$75
113103-02	4 weeks	Sat	1/19-2/9	12-1:30pm	9+ yrs	\$75

### Build It Robotics Team

113094-01	4 weeks	Thu	1/17-2/7	4-6pm	9-14 yrs	\$150
113094-02	4 weeks	Sat	1/19-2/9	2:15-4:15pm	9-14 yrs	\$150
113094-03	4 weeks	Thu	2/14-3/7	4-6pm	9-14 yrs	\$150
113094-04	4 weeks	Sat	2/16-3/9	2:15-4:15pm	9-14 yrs	\$150

### Build It Jr. Robotics Team

113095-01	4 weeks	Fri	1/18-2/8	9:30-11:00am	6-9 yrs	\$75
113095-02	4 weeks	Sat	1/19-2/9	10-11:30am	6-9 yrs	\$75
113095-03	4 weeks	Fri	2/15-3/8	9:30-11am	6-9 yrs	\$75
113095-04	4 weeks	Sat	2/16-3/9	10-11:30am	6-9 yrs	\$75

### Basic Electronics

113104-01	4 weeks	Fri	1/18-2/8	9:30-11am	10+ yrs	\$75
113104-02	4 weeks	Sat	1/19-2/9	10-11:30am	10+ yrs	\$75

### Computer Coding

113105-01	4 weeks	Wed	2/13-3/6	9:30-11am	5-8 yrs	\$75
113105-02	4 weeks	Sat	2/16-3/9	12-1:30pm	5-8 yrs	\$75

### Stop Motion Animation

113106-01	4 weeks	Wed	2/13-3/6	9:30-11am	9+ yrs	\$75
113106-02	4 weeks	Sat	2/16-3/9	12-1:30pm	9+ yrs	\$75

### Advanced Electronics

113107-01	4 weeks	Fri	2/15-3/8	9:30-11am	10+ yrs	\$75
113107-02	4 weeks	Sat	2/16-3/9	10-11:30am	10+ yrs	\$75





## Beginner's Guide to Backpacking

URRADventures

Firestation 48 Community Room, 3131 N. Gate Rd

This course will help students of any skill level discover the joy of backpacking. Through expert instruction and a hands on approach, students will learn everything needed to safely complete their first trip. From land navigation to proper camp set up to knowing exactly what to pack and more; students not only will gain skills and confidence, but will also be ready to go out into the wilderness and experience nature's peace and healing. Students under 18 must be accompanied by an adult.

155060-01	5 weeks	Wed	1/9-2/6	7:30pm-8:30pm	12+ yrs	\$85
-----------	---------	-----	---------	---------------	---------	------

## Guided Autobiography for Adults

Alison Cotter

Los Alamitos Community Ctr, 10911 Oak Street

Alison Cotter is a certified instructor in Guided Autobiography (GAB). She helps adults of all ages write about their life in a way that is meaningful, inspiring, and fun. Each GAB workshop features a new theme and a variety of writing prompts to spark the imagination and make writing easy. You will write one to two pages, read your story to the group, and listen as others read. Discussion focuses on ideas and discoveries, not on writing style or quality. Beginners welcome! Bring pen/paper or laptop.

122072-01	1 day	Wed	1/9	10am-12pm	18+ yrs	\$32
122072-02	1 day	Wed	2/6	10am-12pm	18+ yrs	\$32
122072-03	1 day	Wed	3/6	10am-12pm	18+ yrs	\$32

## ADULT SPORTS LEAGUES



### Basketball League

Basketball league begins Jan 28

\$375 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 Jan 30

\$325 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 Jan 29 (men) and Jan 31 (coed)

\$425 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.

## Adult Dance & Fitness

### Beginner Ballroom

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot and more! Partner not necessary. No Class 1/21

144020-01	4 weeks	Mon	1/7-2/4	6:30-7:15pm	18+ yrs	\$57
144020-02	4 weeks	Mon	2/25-3/18	6:30-7:15pm	18+ yrs	\$57

### Adult Hip Hop

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

142028-01	5 weeks	Wed	1/9-2/6	6:30-7:15pm	18+ yrs	\$67
142028-02	4 weeks	Wed	2/27-3/20	6:30-7:15pm	18+ yrs	\$57

### Latin Dance

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Caliente! Spice up your next time on the dance floor with hot moves from Salsa, Cha Cha, Rumba, and more!

142019-01	5 weeks	Wed	1/9-2/6	7:15-8pm	18+ yrs	\$67
-----------	---------	-----	---------	----------	---------	------

### West Coast, Nightclub, & More!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

142029-01	4 weeks	Wed	2/27-3/20	7:15-8pm	18+ yrs	\$57
-----------	---------	-----	-----------	----------	---------	------

### 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!

142018-01	5 weeks	Thu	1/10-2/7	6:45-7:15pm	18+ yrs	\$60
142018-02	4 weeks	Thu	2/28-3/21	6:45-7:15pm	18+ yrs	\$48



## 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.

142026-01	5 weeks	Thu	1/10-2/7	7:15-8pm	18+ yrs	\$67
142026-02	4 weeks	Thu	2/28-3/21	7:15-8pm	18+ yrs	\$67

## Gentle Yoga

Suzu Hazard

Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

142068-01	11 weeks	Tue	1/8-3/19	5:30-6:45pm	18+ yrs	\$82
-----------	----------	-----	----------	-------------	---------	------



## Jacki Sorensen's Fitness/Dance

Jo Ellen Kerr

North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$11 per class online at [register.sealbeachca.gov](http://register.sealbeachca.gov) or indicate your date preference on the registration form.

142030-01	13 weeks	Tue&Thu	1/3-3/28	4-5pm	18+ yrs	\$185
-----------	----------	---------	----------	-------	---------	-------

## Jazzercise

Akemi Hanna

North Seal Beach Center, 3333 Saint Cloud Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at [register.sealbeachca.gov](http://register.sealbeachca.gov) or indicate your date preference on the registration form. CLASS MEETS ON SATURDAYS 7:15-8:15am. No Class 12/24 & 12/31

142044-01	7 weeks	Mon/Wed/Sat	12/3-1/19	6-7pm	13+ yrs	\$70
142044-02	6 weeks	Mon/Wed/Sat	1/21-3/2	6-7pm	13+ yrs	\$70

## Happy Hour Fit Club

Kerrie Davanon

Zoeter Softball Field, 12th Street @ Landing

At Happy Hour Fit Club we put the FUN back in fitness. Through kid-like games, we get in our cardiovascular training, and using the environment and equipment, we build muscle. Every class is designed so you work hard, yet leave with a smile. No class 12/25, 12/27, 1/1, 1/3

142055-01	4 weeks	Tue&Thu	12/4-1/10	8:45-9:45am	18+ yrs	\$115
142055-02	4 weeks	Tue&Thu	1/15-2/7	8:45-9:45am	18+ yrs	\$115

## 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.

142060-01	7 weeks	Thu	1/10-2/21	7:15-8:30pm	15+ yrs	\$80
-----------	---------	-----	-----------	-------------	---------	------

## 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.

142050-01	13 weeks	Mon/Wed	12/3-3/2	7:30-9:30pm	18+ yrs	\$150
-----------	----------	---------	----------	-------------	---------	-------

Online Registration Begins: **November 5**

Walk-in and Mail Registration Begins: **November 13**





## Beach Boot Camp

### Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

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

142062-01	13 weeks	Sat	12/8-3/2	8-9am	18+ yrs	\$137
-----------	----------	-----	----------	-------	---------	-------

## 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-Thursday. Pay \$20 per class. No Class 12/24, 12/25, 12/31, 1/1

142063-01	13 weeks	M/T/Th/F	12/3-3/1	9:30-10:30am	18+ yrs	\$20/class
-----------	----------	----------	----------	--------------	---------	------------

## Beginning & Intermediate Pilates

### Beach Fitness

Seal Beach Senior Center, 707 Electric Ave

The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 12/24, 12/31, 2/18

142072-01	13 weeks	Mon	12/3-3/4	11:30am-12:30pm	18+ yrs	\$137
-----------	----------	-----	----------	-----------------	---------	-------

## 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. No Class 1/31

142071-01	13 weeks	Thu	12/6-2/28	11:30am-12:30pm	18+ yrs	\$137
-----------	----------	-----	-----------	-----------------	---------	-------



## 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.

142073-01	5 weeks	Mon	1/28-2/25	6:40-7:40pm	18+ yrs	\$60
-----------	---------	-----	-----------	-------------	---------	------

## 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.

142077-01	5 weeks	Mon	1/28-2/25	5:30-6:30pm	18+ yrs	\$60
-----------	---------	-----	-----------	-------------	---------	------

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

142098-01	9 weeks	Fri	1/4-3/1	1:30-2:15pm	50+ yrs	\$109
-----------	---------	-----	---------	-------------	---------	-------

## Essentrics® Aging Backwards II

### Eunis Christensen

Seal Beach Tennis Center, 3900 Lampson Ave

Essentrics® Aging Backwards II class is designed for age 35+ 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.

142099-01	8 weeks	Tue	1/8-2/26	8:30-9:30am	35+ yrs	\$115
-----------	---------	-----	----------	-------------	---------	-------



## 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. Total of 30 Classes. Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 3/4, 3/5, 3/6.

142092-01	Up to 28 Classes	Mon-Wed	1/7-3/20	9-10am	18+ yrs	\$178
-----------	------------------	---------	----------	--------	---------	-------

## Strength & Toning

**Mari Huelskamp**

**Marina Community Center, 151 Marina Dr**

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Total of 20 classes. Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 3/4 & 3/6.

142091-01	Up to 20 Classes	Mon&Wed	1/7-3/20	10-11am	40+ yrs	\$130
-----------	------------------	---------	----------	---------	---------	-------

## Zumba Fitness

**Mari Huelskamp**

**Marina Community Center, 151 Marina Dr**

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Drop in rate: \$16 per class. Full session includes \$10 admin fee, and drop in price includes \$3 admin fee. No Class 3/4 & 3/6.

142090-01	Up to 10 Classes	Mon	1/7-3/18	6:30-7:30pm	18+ yrs	\$110
-----------	------------------	-----	----------	-------------	---------	-------

142090-02	Up to 10 Classes	Wed	1/9-3/20	8-9am	18+ yrs	\$110
-----------	------------------	-----	----------	-------	---------	-------

142090-03	Up to 20 Classes	Mon & Wed	1/7-3/20	6:30-7:30pm	18+ yrs	\$190
-----------	------------------	-----------	----------	-------------	---------	-------

## Ice Skating for Adults

**Westminster Ice, 13071 Springdale St)**

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30- minute lesson, free practice on the day of class (3:00-5:00pm Wednesday, and 12-2pm Saturday), and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended).

123131-01	4 weeks	Wed	1/9-1/30	6:40-7:10pm	17+ yrs	\$48
-----------	---------	-----	----------	-------------	---------	------

123131-02	4 weeks	Sat	1/12-2/2	10:15-10:45am	17+ yrs	\$48
-----------	---------	-----	----------	---------------	---------	------

123131-03	4 weeks	Wed	2/27-3/20	6:40-7:10pm	17+ yrs	\$48
-----------	---------	-----	-----------	-------------	---------	------

123131-04	4 weeks	Sat	3/2-3/23	10:15-10:45am	17+ yrs	\$48
-----------	---------	-----	----------	---------------	---------	------

## Surfing

### M&M Surfing – 5 Day Lessons

**M&M Surf Instructors**

**8th Street Beach, 8th St & Ocean Ave**

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 30 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. In the checkout screen please indicate the 5 days of your choice during the week indicated in this class session. Please bring your receipt to lessons. If you have any questions, please call Michael Pless at (714) 846-7873.

167061-01	5 days	Mon-Sun	12/3-12/9	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-02	5 days	Mon-Sun	12/10-12/16	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-------------	----------	--------	-------

167061-03	5 days	Mon-Sun	12/17-12/23	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-------------	----------	--------	-------

167061-04	5 days	Mon-Sun	12/24-12/30	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-------------	----------	--------	-------

167061-05	5 days	Mon-Sun	12/31-1/6	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-06	5 days	Mon-Sun	1/7-1/13	8am-12pm	5+ yrs	\$290
-----------	--------	---------	----------	----------	--------	-------

167061-07	5 days	Mon-Sun	1/14-1/20	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-08	5 days	Mon-Sun	1/21-1/27	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-09	5 days	Mon-Sun	1/28-2/3	8am-12pm	5+ yrs	\$290
-----------	--------	---------	----------	----------	--------	-------

167061-10	5 days	Mon-Sun	2/4-2/10	8am-12pm	5+ yrs	\$290
-----------	--------	---------	----------	----------	--------	-------

167061-11	5 days	Mon-Sun	2/11-2/17	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-12	5 days	Mon-Sun	2/18-2/24	8am-12pm	5+ yrs	\$290
-----------	--------	---------	-----------	----------	--------	-------

167061-13	5 days	Mon-Sun	2/25-3/3	8am-12pm	5+ yrs	\$290
-----------	--------	---------	----------	----------	--------	-------

### M&M Surfing – 1 Day Lessons

**M&M Surf Instructors**

**8th Street Beach, 8th St & Ocean Ave**

Surf Lessons are on going from December 3 – March 3. Please note, these classes are good for any one day of surfing instruction. Please indicate your date preference in the checkout screen. Please bring receipt to lesson. If you have any questions, please call Michael Pless at (714) 846-7873.

#### 3 Hour Group Lesson

167063-01	1 day	Mon-Sun	12/3-3/3	8am-12pm	5+ yrs	\$90
-----------	-------	---------	----------	----------	--------	------

#### 1 Hour Group Lesson

167064-01	1 day	Mon-Sun	12/3-3/3	8am-12pm	5+ yrs	\$80
-----------	-------	---------	----------	----------	--------	------

#### 1 Hour Semi Private Lesson

167065-01	1 day	Mon-Sun	12/3-3/3	8am-12pm	5+ yrs	\$100
-----------	-------	---------	----------	----------	--------	-------

#### 1 Hour Private Lesson

167066-01	1 day	Mon-Sun	12/3-3/3	8am-12pm	5+ yrs	\$115
-----------	-------	---------	----------	----------	--------	-------





# 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: \$80 34 swim pass: \$136 Unlimited Annual pass: \$300 (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-Thursday	6pm-6:30pm	Youth	16 swim pass: \$40
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](http://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.

## Private Swim Lessons

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

## 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 [www.casswimshop.com](http://www.casswimshop.com).

144010-01	5 weeks	Mon&Wed	1/7-2/6	5:30-6:30pm	18+ yrs	\$70
144010-02	5 weeks	Mon&Wed	2/11-3/13	5:30-6:30pm	18+ yrs	\$70

## Seal Beach Aquatics

**Pool Lifeguards**

**McGaugh Campus Pool, 1698 Bolsa Ave**

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate. No class 2/18-2/21.

124029-01	5 weeks	M,T,Thur	2/11-3/21	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		



# Tennis

## Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

### KIDS BEGINNING (4-6 years) No class: 12/24, 12/26, 12/31, 1/2, 2/18

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-01	12/10-1/14	Mon	4-4:30 pm	\$42	Heather Park
133020-02	1/28-2/25	Mon	4-4:30 pm	\$42	Heather Park
133020-03	12/12-1/16	Wed	4-4:30 pm	\$42	Marina Park
133020-04	1/30-2/20	Wed	4-4:30 pm	\$42	Marina Park

### KIDS INTERMEDIATE (5-6 years) No class: 12/25, 1/1, 12/27, 1/3

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-05	12/11-1/15	Tues	4-4:30 pm	\$42	Heather Park
133020-06	1/29-2/19	Tues	4-4:30 pm	\$42	Heather Park
133020-07	12/13-1/17	Thur	4-4:30 pm	\$42	Marina Park
133020-08	1/31-2/21	Thur	4-4:30 pm	\$42	Marina Park

### JUNIORS BEGINNING (7-10 years) No class: 12/24, 12/26, 12/31, 1/2, 2/18

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-01	12/10-1/14	Mon	4:30-5:30 pm	\$84	Heather Park
133021-02	1/28-2/25	Mon	4:30-5:30 pm	\$84	Heather Park
133021-03	12/12-1/16	Wed	4:30-5:30 pm	\$84	Marina Park
133021-04	1/30-2/20	Wed	4:30-5:30 pm	\$84	Marina Park

### JUNIORS INTERMEDIATE (7-10 years) No class: 12/25, 12/27, 1/1, 1/3

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-05	12/11-1/15	Tues	4:30-5:30 pm	\$84	Heather Park
133021-06	1/29-2/19	Tues	4:30-5:30 pm	\$84	Heather Park
133021-07	12/13-1/17	Thur	4:30-5:30 pm	\$84	Marina Park
133021-08	1/31-2/21	Thur	4:30-5:30 pm	\$84	Marina Park

### TWEENS BEGINNING (11-13 years) No class: 12/24, 12/26, 12/31, 1/2, 2/18

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-01	12/10-1/14	Mon	5:30-6:30pm	\$84	Heather Park
133023-02	1/28-2/25	Mon	5:30-6:30pm	\$84	Heather Park
133023-03	12/12-1/16	Wed	5:30-6:30pm	\$84	Marina Park
133023-04	1/30-2/20	Wed	5:30-6:30pm	\$84	Marina Park

### TWEENS INTERMEDIATE (11-13 years) No class: 12/25, 1/1, 12/27, 1/3

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-05	12/11-1/15	Tues	5:30-6:30pm	\$84	Heather Park
133023-06	1/29-2/19	Tues	5:30-6:30pm	\$84	Heather Park
133023-07	12/13-1/17	Thur	5:30-6:30pm	\$84	Marina Park
133023-08	1/31-2/21	Thur	5:30-6:30pm	\$84	Marina Park

### ADULTS BEGINNING (14+ years) No class: 12/24, 12/26, 12/31, 1/2, 2/18

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133022-01	12/10-1/14	Mon	6:30pm-7:30pm	\$84	Heather Park
133022-02	1/28-2/25	Mon	6:30pm-7:30pm	\$84	Heather Park
133022-03	12/12-1/16	Wed	6:30pm-7:30pm	\$84	Marina Park
133022-04	1/30-2/20	Wed	6:30pm-7:30pm	\$84	Marina Park

### ADULTS INTERMEDIATE (14+ years) No class: 12/25, 12/27, 1/1, 1/3

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133022-05	12/11-1/15	Tues	6:30pm-7:30pm	\$84	Heather Park
133022-06	1/29-2/19	Tues	6:30pm-7:30pm	\$84	Heather Park
133022-07	12/13-1/17	Thur	6:30pm-7:30pm	\$84	Marina Park
133022-08	1/31-2/21	Thur	6:30pm-7:30pm	\$84	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
133035-01	1/9-1/30	Wed	3:15-3:45pm	\$40	SBTC
133035-02	2/6-2/27	Wed	3:15-3:45pm	\$40	SBTC

### ADULT BEGINNING (18+ years) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133030-01	1/9-1/30	Wed	10:30-11:30am	\$63	SBTC
133030-02	2/6-2/27	Wed	10:30-11:30am	\$63	SBTC

### BEGINNING PICKLEBALL (16+ years) Instructor: Gary Rodgers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133042-01	1/12-2/2	Sat	10:30-12:00pm	\$99	SBTC
133042-02	2/9-3/2	Sat	10:30-12:00pm	\$99	SBTC

### INTERMEDIATE PICKLEBALL (16+ years) Instructor: Gary Rodgers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133043-01	1/12-2/2	Sat	12:30-2:00pm	\$99	SBTC
133043-02	2/9-3/2	Sat	12:30-2:00pm	\$99	SBTC





# Senior Services



## Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

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

142098-01	9 weeks	Fri	1/4-3/1	1:30-2:15pm	50+ yrs	\$109
-----------	---------	-----	---------	-------------	---------	-------

## 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.

156050-01	1 Day	Wed	2/20	10-11am	All Ages	Free
-----------	-------	-----	------	---------	----------	------

## 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.

156040-01	1 day	Mon	1/14	1-2pm	64+ yrs	Free
156040-02	1 day	Mon	2/11	1-2pm	64+ yrs	Free

## Painting with Mom

BlueSea Care

Firestation 48 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 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, socializing, and most importantly - fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and create awareness to Alzheimers and Dementia. Children age 9 and older are welcome, however only when accompanied by an adult participating in the class. Classes are on the first and third Saturdays, from 10am-12pm.

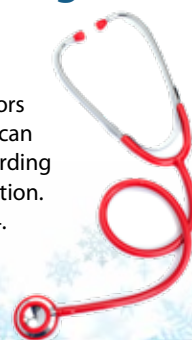
Dec 1 & 15	Jan 5 & 19	Feb 2 & 16	Mar 2 & 16	Seniors	Free
------------	------------	------------	------------	---------	------

## 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.

## 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.



## 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.

## 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.



## Senior Lunch Program

Seal Beach Community Services, in cooperation with SeniorServ, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8 a.m.-2 p.m. Lunch is served at 11:15 a.m. For more information, please call (562) 430-6079 between the hours of 11 a.m. and 1 p.m. If you need transportation to the senior lunch program, arrangements may be made with the City's senior 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 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.



## Senior Dial-A-Ride Program in Seal Beach

Traditionally, the Dial-A-Ride component of the Senior Transportation Program has offered to deliver a senior resident to any location within the City Limits. Trips can be made for reasons such as doctor's appointments, retail/grocery shopping and dining excursions (within the City of Seal Beach). Trips may be scheduled for services within three miles outside the City Limits in Orange County for medical purposes only.

Recently, the Senior Transportation Program was assessed by City staff to identify opportunities to make the Program more cost effective while continuing to provide safe, reliable and user-friendly transportation services to participants. During the review process, staff learned that the County of Orange operates a program called Senior Non-Emergency Transportation (SNET) that is very similar to the City's Dial-A-Ride program. The SNET program provides seniors with access to non-emergency trips such as medical appointments, dentists, therapies, exercise programs, testing and other health related trips. The SNET program operates Monday through Saturday from 6:30 a.m. to 6:30 p.m. To register for the County of Orange's SNET program please call Abrazar at (714) 891-9500.

As a result of staff's evaluation of the Program, the City Council adopted modifications to the Dial-A-Ride Program. The Dial-A-Ride Program will now operate from 9:00 a.m. to 3:00 p.m. on Mondays, Wednesdays and Fridays. Tuesday and Thursday travel will be eliminated. The modifications to the Dial-A-Ride Program will begin September 4, 2018. To schedule a Dial-A-Ride trip, please call (562) 439-3699 At least 24 hours in advance.

## Shopper Shuttle

City staff also evaluated the City's Shopper Shuttle and transportation to the Senior Nutrition Program. Staff concluded that in order for the Senior Transportation Program to remain within budget and be available to a high volume of users, an emphasis should be placed on trips to medical facilities and nutrition programs. As such, no changes were recommended to the Nutrition Program transportation; however, the City Council directed staff to eliminate the Thursday Shopper Shuttle after December 31, 2018.

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Friday 8:00 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.





## Map & Facilities

# 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) 430-8763**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

## 5 E-mail

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

## Refund Policy

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

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

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

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

## Access & Inclusion

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

## Community Services Department

### City of Seal Beach

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

### Office Hours

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

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

**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.

**Online Registration begins November 5, 2018**  
**Walk-in and Mailed Registration begins November 13, 2018**  
*Please register early to avoid class cancellations.*

## 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.





# 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

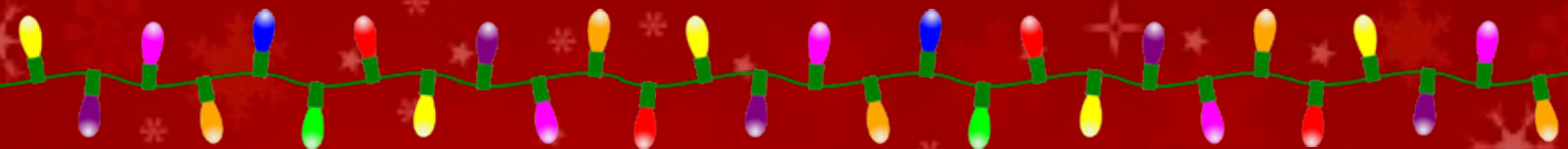
CARD #  -  -  -  EXP. DATE  -

SIGNATURE \_\_\_\_\_ TOTAL CHARGED TO ACCT: \$ \_\_\_\_\_

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

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
PAID  
PERMIT #70001  
LONG BEACH, CA

\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*  
Postal Customer



# Christmas

## *in Seal Beach*



### **Christmas Tree Lighting**

**Saturday, Nov 17**

**4 PM. Eisenhower Park**

Visit [www.sealbeachchamber.org](http://www.sealbeachchamber.org)

for event details

### **Christmas Parade**

**Friday, Dec 7**

**7 PM. Main Street**

Register at [sealbeachlions.com](http://sealbeachlions.com).

Registration deadline is November 1.

### **Breakfast with Santa**

**Saturday, Dec 15**

**8AM. Marina Center**

Enjoy some pancakes and visit with Santa!

For more info, call 562-431-2527 ext 1344

