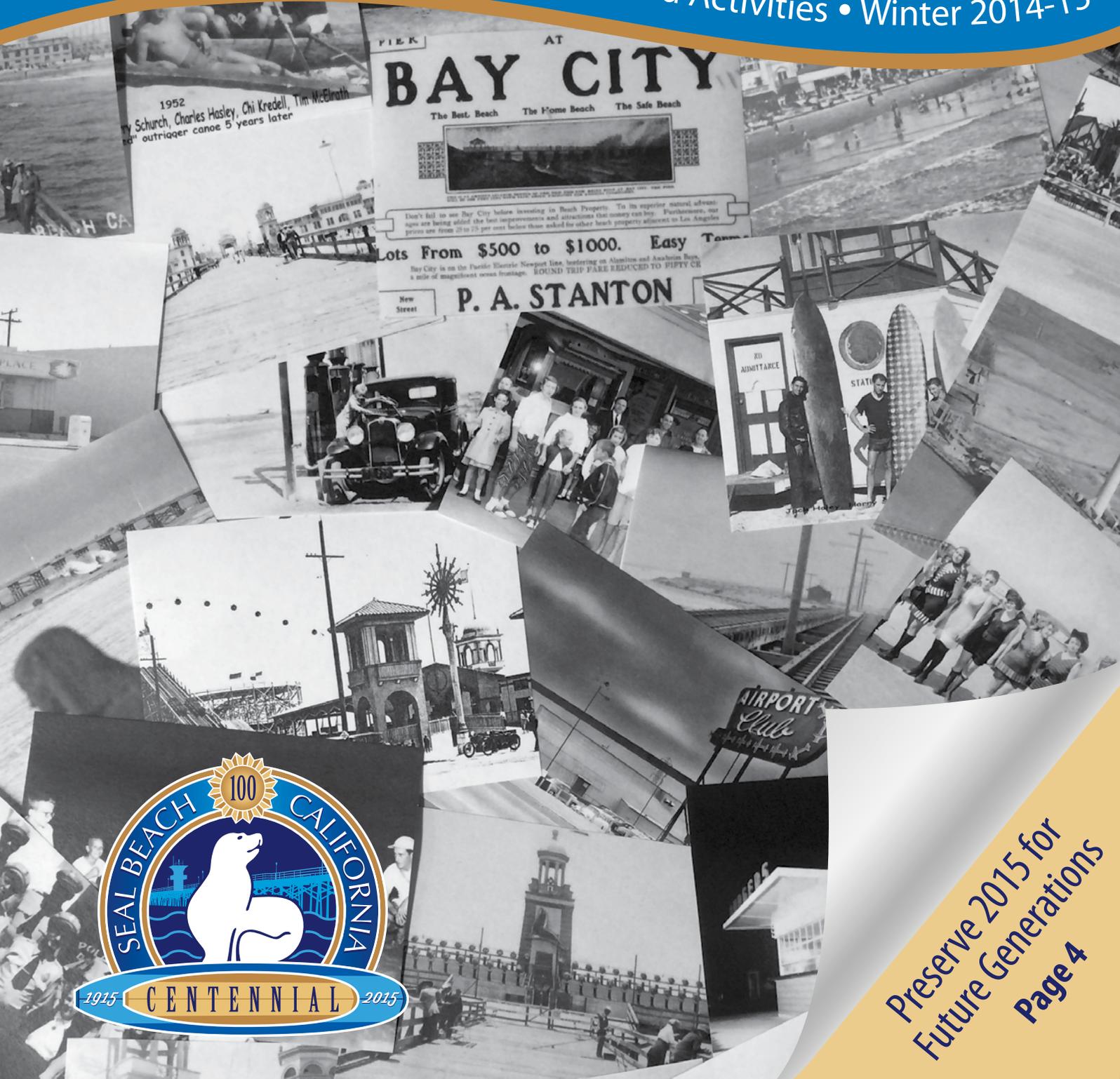


Shoreline



City of Seal Beach Classes and Activities • Winter 2014-15



1952
Schurch, Charles Hasley, Chi Kredell, Tim McElrath
outrigger canoe 5 years later

PIEK AT
BAY CITY
The Best Beach The Home Beach The Safe Beach

Don't fail to see Bay City before investing in Beach Property. Its superior natural advantages are being added the best improvements and situations that money can buy. Furthermore, our prices are from 25 to 75 per cent below those asked for other beach property adjacent to Los Angeles

Lots From \$500 to \$1000. Easy Terms

Bay City is on the Pacific Electric Seaport Line, bordering on Alamitos and Anaheim Bays, a mile of magnificent ocean frontage. ROUND TRIP FARE REDUCED TO FIFTY CENTS

New Street
P. A. STANTON

NO ADMITTANCE
STAT

AIRPORT
Club



Preserve 2015 for
Future Generations
Page 4

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	Gordon Shanks, District 3
Council Member	Gary Miller, District 4
Council Member	Michael Levitt, District 5

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Linda Devine
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	Morgan Wraight, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Craig Powell

MUNICIPAL MEETINGS

Planning Commission

7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board

6:30pm; Last Wednesday/month

Recreation Commission

6:00pm; 4th Wednesday/month

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

INSIDE

City News	3-6
Clubs and Organizations	7
Citywide Community Events	8
Preschool & Youth Dance	9-10
Youth Fitness & Sports	10-11
Youth Special Interest	12-13
Adult Special Interest	14-15
Adult Dance	15
Adult Fitness & Sports	16-17
Community Pool	18
Tennis	19
Senior Services	20
Map & Facilities	21
Registration Procedures	22
Class Registration Form	23

HOLIDAY CLOSURES

Veteran's Day - November 11

Thanksgiving - November 27 & 28

Christmas/New Year's – December 22- January 2

Martin Luther King Jr. Birthday - January 19

Presidents' Day- February 16

REGISTER Online

SealBeachCa.Gov

Online Registration Begins:
November 3, 2014

Walk-in and Mail Registration Begins:
November 10, 2014

We welcome non-residents to participate in our programs as well! 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



Winter 2014-15

A Message from the City Manager's Office



City Manager **Jill R. Ingram**

“Almost 100 years ago, the City of Seal Beach was incorporated. In all those years, our seaside community has been transformed into a modern town, with amenities that would rival much larger cities.”

Another fall and winter are upon us, and the last vestiges of summer are for practical matters in our rearview. As we approach the holiday season and gear up for the City's annual Christmas Tree Lighting Ceremony, Breakfast with Santa and Christmas Parade, we are also on the heels of another important milestone - - the City's Centennial.

Almost 100 years ago, the City of Seal Beach was incorporated. In all those years, our seaside community has been transformed into a modern town, with amenities that would rival much larger cities. However, beneath all of our infrastructure improvements and technological advances still remains the charm and allure that existed upon the City's founding.

Seal Beach has welcomed millions of visitors since being established, gaining a reputation for being hospitable and known for being service-oriented, and over the years, the City has accumulated many examples of generosity and goodwill. More recently, the City formed a Centennial Committee to commemorate Seal Beach's 100th birthday to celebrate and highlight many of the City's achievements.

This resident-volunteer committee supported by City staff is hard at work preparing a host of events and projects that will run through most of 2015. Some of the events include historical

presentations, a dinner/dance, golf tournament, beach party, and movies in the park, to name a few. These events will lead up to the grand finale, which will occur in October of 2015 and will be a blast for the whole family!

In the coming months, you will begin to see signs of the fast approaching 100th celebration via centennial merchandise that will be available for purchase and will help offset the cost of the next year's events. So, be on the lookout for polo shirts, hats, and other promotional items that will be emblazoned with the official centennial logo.

As we get closer to 2015, please be sure to check the City's website at www.sealbeachca.gov or drop by City Hall to find out how you can enjoy the upcoming events or participate as a volunteer.

So, as we begin to close the chapter on another successful year in Seal Beach and move towards the next hundred years, let us endeavor to keep our tradition of altruism intact and let it be our legacy for those that look back one hundred years from now.

Wishing you all the best this Holiday Season!

Jill R. Ingram
City Manager

A YEAR IN SEAL BEACH



Imagine discovering a treasure trove of photographs of Seal Beach from 1915. As you sift through the collection, you see images of people dining in the Jewel City Café next to the pier, shopping inside the Seal Beach Pharmacy, riding the Pacific Electric red car trolley down Main Street, posing in rented wool swimsuits on the shore at Anaheim Landing, and strolling through The Joy Zone on the beach. And there's more – shots of fidgety children learning in a classroom, busy shopkeepers and workers doing their jobs, families enjoying homemade meals at a dining table, and thousands of other intimate glimpses of everyday life in 1915.

Now imagine someone in 2115 having the same experience – only this time the images show Seal Beach in 2015. Today we enjoy photographs from Seal Beach's rich history because people bothered to document and preserve their experiences with

cameras. As part of the Seal Beach's centennial celebration, we are challenging you to do the same thing for future Seal Beach residents and historians.

A Year in Seal Beach is an ambitious yearlong and community wide project to digitally preserve our centennial year. Residents and visitors are invited to document and share their Seal Beach experiences in 2015 using their personal camcorders, cameras, and smartphones.

These images and videos will be made available in a Web archive to present the wide range of what living in Seal Beach was like in 2015. Think of it as an online time capsule that will always be available.

There will be other historical projects for the centennial celebration -- an ongoing oral history project, a historical photo drive, and programs featuring speakers, local historians, and slide presentations.



Congratulations to Christy Smith on winning the Centennial Logo contest! Christy Smith is a graphic artist/production manager at Sun Newspapers. There were 41 entries and three rounds of voting, which was supervised by the City Clerk.

For more details about these and other centennial news, activities and events, visit SealBeach100.com on January 1, 2015.

Coyote Awareness

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.

Always use a secure, sturdy leash when walking your dog. Retractable leashes are not recom-

mended 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. Most importantly, share this information with your neighbors.

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.

Tennis Anyone?

The Seal Beach Tennis Center is a beautiful multi-use facility that is open to the public 7 days a week. Programs and activities are available for all ages and skill levels year round. The SBTC hosts 16 tennis courts, 4 Pickleball courts, a Pro Shop, clubhouse, indoor fitness center, and full locker rooms. Visit www.sealbeachtenniscenter.com for details on upcoming events and the latest SBTC tennis news! For more information, call 562-598-8626. The SBTC is located at 3900 Lampson Ave.



Tennis Programs

- SBTC Junior Academy led by USPTA, USTA High Performance, and USPTA Level 1 instructors
 - Private and Group Lessons offered by USPTA/PTR certified instructors
 - Weekly Drop-In Drills
 - Tuesday Night Doubles
 - Cardio Tennis
 - USTA & WTT Teams
- And much more...

Facility & Services

The SBTC includes:

- Pro Shop featuring Babolat tennis racquets and accessories
- Snacks and beverages
- One-day racquet restringing service

Tennis Instructors

All SBTC tennis activities are instructed by USPTA/PTR certified teaching pros who can assist you with all your tennis needs.

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

Water Shortage Emergency!

In response to the drought and cutbacks in water supply, the City of Seal Beach has declared a Phase I Water Shortage Emergency. We need residents to follow these conservation measures and do their part to use water efficiently and avoid waste. **To comply with the restrictions, the following measures must be followed:**

- Watering of landscaping is permitted a maximum of three days per week and no more than 15 minutes per sprinkler station.
- Street addresses ending in 0, 2, 4, 6, and 8 can water on Mondays, Wednesdays and Fridays.
- Street addresses ending in 1, 3, 5, 7 and 9 can water on Tuesdays, Thursdays and Saturdays.
- No watering is permitted on Sundays.
- Watering of landscaping must be done between the hours of 5 p.m. and 9 a.m. on designated days.
- Watering of outdoor landscaping in a manner that causes runoff is prohibited. This means no water can run off of your landscape and into the sidewalk, driveway or gutter.
- Water shall not be used to wash down sidewalks, hard or paved surfaces, including walkways, driveways and parking areas. Washing down such surfaces may occur when it is necessary to alleviate safety or sanitary hazards. In such cases the use of a hand-held bucket, a hand-held hose equipped with a self-closing water shut-off device, or a low-volume high-pressure water broom shall be used.
- Washing of vehicles should be kept to a minimum. When washing, a hose fitted with a self-closing water shut-off device is required.



See Page 19 for Tennis Classes



Painting the Town Green

With the start of California's paint stewardship program on October 19, 2012, citizens are now able to recycle their paint more easily and more frequently than before. This ease is thanks to PaintCare, a not-for-profit organization run by the American Coatings Association (ACA) to help seven states collect leftover and unwanted paint.

The first-ever U.S. paint stewardship law was passed in Oregon in July of 2009. The law prompted the need for an organization like PaintCare to collect the used paint. Collection services apply to both oil-based and latex paint used for the interior and exterior of buildings and sold in 5-gallon cans or smaller (called "architectural paint").

Since the program began in California in 2012, PaintCare has established 650 drop-off sites in the state. More than 632,000 gallons of paint have been collected, with 96% of that paint recycled into new paint.

The paint recycling process begins with the purchase of a new container of paint. Each container has a "paint stewardship assessment," or a small fee, placed on all architectural paint sold in California. That assessment is used to pay for the costs of recycling and the administration of PaintCare. Once paint is used or no longer needed, residents and businesses can drop

it off at a designated site.

The majority of drop-off sites are found at paint retailers, with others at Household Hazardous Waste collection events. Once collected, the paint is packed into larger containers and sent to facilities to be sorted. Oil-based paint is burned to recover energy. Latex paint is reprocessed into new paint, made into other products, sent to reuse programs or stores, or used for biodegradation projects. Only 1-4% of all collected paint is sent to landfills.

PaintCare makes it easy for you to dispose of your old paint. Go online to www.paintcare.org/drop-off-locations and put your ZIP code or street address into the search bar to find a drop-off location near you.

PaintCare sites currently accept house paint and primers, stains, sealers, and clear coatings such as varnish in 5-gallon cans or smaller. The program cannot take aerosols, solvents, and products made for industrial use. For a comprehensive list of acceptable and unacceptable products, visit www.paintcare.org/products-we-accept.

Thanks to PaintCare, California now offers a sustainable way to collect the state's leftover paint and turn it into something useful. For additional information, please visit www.paintcare.org.



A second life for holiday trash

Before you know it, the holidays will have come and gone and you'll be taking down your decorations. Be sure to give your tree and your other holiday trash a second life with recycling! Holiday trees will be picked up at curbside for recycling for three weeks beginning December 26. Trees will be picked up on your regular collection day by a different truck.

Please remove the stand, as well as all ornaments, decorations, tinsel, and garland from your tree. Place the tree at the curb no earlier than noon on the day preceding your regularly scheduled collection. The trees will be turned into compost, mulch, or ground cover. There is no extra charge for holiday tree collection during this special collection period.

Other holiday waste, such as non-metallic wrapping paper, holiday cards, gift boxes, cardboard boxes, tissue paper, and gift tags, can be recycled in your blue cart. Remember, ribbons and bows are not recyclable. Reuse them or place them into your trash cart.



Check out our holiday events and

FREE tax assistance program on **Page 8**

■ 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
Save Our Beach	Kim Masoner – 562-884-6764
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 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

Consolidated Disposal	(800) 299- 4898 www.consolidateddisposal.com
-----------------------	-------------------------------------------------

■ 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, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
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

■ 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
------------------------------------	--------------

■ COMMUNITY SERVICES DEPARTMENT

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

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



City of Seal Beach- Community Services



SealBeachRec

Seal Beach Holiday Fun!

Tree Lighting Ceremony

Saturday, November 29, 2014
4-7 p.m.
Eisenhower Park at the Pier

Come play in REAL snow!
Visit www.sealbeachchamber.org
for event details.

Seal Beach Christmas Parade

Friday, December 5, 2014
7 p.m.
Main Street in Old Town Seal Beach

The 36th annual Seal Beach Christmas Parade will take place along Main Street in Old Town Seal Beach. This year the theme is Seal Beach Winter Wonderland. Sponsored by the Seal Beach Lions Club and the City of Seal Beach. For additional event information, visit www.sealbeachlions.org/christmas-parade.

Breakfast with Santa

Saturday, December 13, 2014
8-10:30 a.m.
Marina Community Center
151 Marina Drive

FREE! First come, first served. The Seal Beach Community Services Department, co-sponsored 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!



Free Tax Assistance

Mondays Only!
February 2 - April 13, 2015
Fire Station #48 - Community Room
3131 N. Gate Rd

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:15 a.m., 10 a.m., 10:45 a.m., and 11:30 a.m.

You will meet your tax counselor at the Fire Station #48- Community Room. Call for your free appointment and paperwork today!
(562) 431-2527 x1344.



Save our Beach

3rd Saturday of each month
10 a.m.-1p.m.
1st Street Beach

Monthly beach clean-up. For more information, call Kim Masoner at (562) 884-6764.



**Happy Holidays
from the City of
Seal Beach!**

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	4 weeks	Fri	1/9-1/30	10-10:50am	2 yrs	\$48
111061-02	4 weeks	Fri	1/9-1/30	11-11:50am	3-4 yrs	\$48
111061-03	4 weeks	Fri	2/6-2/27	10-10:50am	2 yrs	\$48
111061-04	4 weeks	Fri	2/6-2/27	11-11:50am	3-4 yrs	\$48

Preschool Dramatic Play: Dr. Seuss



Christi Gomoljak
Los Alamitos Community Center, 10911 Oak Street

Dramatic Play encourages confidence, creativity, self-awareness, and social/emotional skills. Dr. Seuss stories will be our inspiration for our skits, improvisations, pantomime, and games.

111015-01	5 weeks	Wed	1/14-2/11	9:30-10:15am	3-5 yrs	\$65
-----------	---------	-----	-----------	--------------	---------	------

Preschool Dramatic Play: Fairytale



Christi Gomoljak
Los Alamitos Community Center, 10911 Oak Street

Calling all prince and princesses, dragons and super heroes, too! This Dramatic Play session will be focused on our favorite fairy tale stories. Students will listen and act out the stories with the instructor.

111016-01	5 weeks	Wed	2/25-3/25	9:30-10:15am	3-5 yrs	\$65
-----------	---------	-----	-----------	--------------	---------	------

Little Bakers

Jasmine Hernandez
Los Alamitos Community Center, 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.

111079-01	4 weeks	Wed	1/14-2/4	3-4pm	3-6 yrs	\$50
111079-02	4 weeks	Wed	2/11-3/4	3-4pm	3-6 yrs	\$50
111079-03	4 weeks	Wed	3/11-4/1	3-4pm	3-6 yrs	\$50

Toddler Express

Reina Rivera, Los Alamitos Community Center, 10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$10 cash supply fee payable to instructor.

111073-01	6 weeks	Wed	1/14-2/18	9:30-10:15am	1-3 yrs	\$83
111073-02	6 weeks	Wed	2/25-4/1	9:30-10:15am	1-3 yrs	\$83

Petit Ballerina

Anne Pennypacker
Marina Community Center- Large Room, 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 3/18

122023-01	6 weeks	Wed	1/7-2/11	2-2:30pm	3-5 yrs	\$67
122023-02	6 weeks	Wed	2/18-4/1	2-2:30pm	3-5 yrs	\$67
122023-03	6 weeks	Wed	1/7-2/11	6-6:30pm	2.5-5 yrs	\$67
122023-04	6 weeks	Wed	2/18-4/1	6-6:30pm	2.5-5 yrs	\$67
122023-05	6 weeks	Thu	1/8-2/12	9-9:30am	2.5-5 yrs	\$67
122023-06	6 weeks	Thu	2/19-3/26	9-9:30am	2.5-5 yrs	\$67

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.

142033-01	6 weeks	Thu	1/8-2/12	3-3:45pm	4-7 yrs	\$67
142033-02	6 weeks	Thu	2/19-3/26	3-3:45pm	4-7 yrs	\$67

Ballet/Tap Combo

Anne Pennypacker
Marina Community Center- Large Room, 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 3/18

122021-01	6 weeks	Wed	1/7-2/11	3-3:45pm	5-8 yrs	\$67
122021-02	6 weeks	Wed	2/18-4/1	3-3:45pm	5-8 yrs	\$67

Royal Princess Ballet

Reina Rivera, Los Alamitos Community Center, 10911 Oak Street

Dress up in your most beautiful princess costume and come over for a magical fairytale time. Students will learn ballet steps and French terminology as they dance to their favorite princess songs. The last segment of each class is devoted to a creative princess craft. Parent participation is required. \$10 cash supply fee payable to instructor.

111076-01	6 weeks	Wed	1/14-2/18	10:30-11:15am	1.5-3 yrs	\$83
111076-02	6 weeks	Wed	2/25-4/1	10:30-11:15am	1.5-3 yrs	\$83



Tiny Tappers!

Anne Pennypacker
Marina Community Center- Large Room
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 3/18

112026-01	6 weeks	Wed	1/7-2/11	2:30-3pm	3-5 yrs	\$67
112026-02	6 weeks	Wed	2/18-4/1	2:30-3pm	3-5 yrs	\$67



Musical Theatre Stars

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

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. No Class 3/18

122024-01	6 weeks	Wed	1/7-2/11	3:45-4:30pm	5-12 yrs	\$67
122024-02	6 weeks	Wed	2/18-4/1	3:45-4:30pm	5-12 yrs	\$67

Hip Hop

Anne Pennypacker
Marina Community Center- Large Room
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! Tennis shoes or Jazz shoes required.

142034-01	6 weeks	Thu	1/8-2/12	3:45-4:30pm	5-12 yrs	\$67
142034-02	6 weeks	Thu	2/19-3/26	3:45-4:30pm	5-12 yrs	\$67

Pre-School Gymnastics

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

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

111032-01	6 weeks	Thu	1/8-2/12	5:15-5:45pm	4-6 yrs	\$67
111032-02	6 weeks	Thu	2/19-3/26	5:15-5:45pm	4-6 yrs	\$67

Gymnastics Level 1

Anne Pennypacker
Marina Community Center- Large Room, 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	6 weeks	Thu	1/8-2/12	4:30-5:15pm	6-12 yrs	\$67
111033-02	6 weeks	Thu	2/19-3/26	4:30-5:15pm	6-12 yrs	\$67

Ballroom Social Dance for Kids

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 3/17

122026-01	6 weeks	Tue	1/6-2/10	5:45-6:15pm	6-12 yrs	\$62
122026-02	6 weeks	Tue	2/17-3/31	5:45-6:15pm	6-12 yrs	\$62

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 12/26, 1/2, 1/19, 2/16

111026-01	4 weeks	Mon	12/1-12/22	9-9:30am	2-5 yrs	\$45
111026-02	4 weeks	Mon	1/5-2/2	9-9:30am	2-5 yrs	\$45
111026-03	4 weeks	Mon	2/9-3/9	9-9:30pm	2-5 yrs	\$45
111026-04	4 weeks	Fri	12/5-1/9	3:30-4:15pm	5-12 yrs	\$45
111026-05	4 weeks	Fri	1/23-2/13	3:30-4:15pm	5-12 yrs	\$45



CrossFit Kids

Bryce Turner
Meet on the grass area by the Red Car Museum
Corner of Main & Electric



CrossFit Kids is a fun fitness program focusing on the fundamentals of teaching proper movement mechanics, consistency of exercise, and proper intensities for growth and development to kids age 6 to 17. This program will help enhance physical literacy, enhance sports performance, and reduce sports injuries for kids/adolescence. The program is scalable for any age or experience level and accounts for the varied development of each kid. So whether your kid is looking to improve their game, satisfy PE requirements, or needs motivation to move their bodies, CrossFit Kids is the perfect program. *Or pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142065-01	8 weeks	Tue & Thu	1/13-3/5	4-5pm	7-12 yrs	*\$150
-----------	---------	-----------	----------	-------	----------	--------

Self-Defense for Kids

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

In this Self-Defense class, learn simple ways to defend oneself or another, from bodily harm and how to escape. Learn how to protect oneself from someone grabbing you and from holds, punching, kicks, and knife attacks, at locations like the parking lot, home or school. Wear loose clothing. Instructor, Gary Pitts, is a Black Belt, two-time Hall of Famer, 2000 & 2013.

122052-01 1 Day Tue 1/13 5-6pm 11-17 yrs \$27

Jump Start Winter Basketball Camp

Jerrit Crosby, Oak Middle School Gym, 10821 Oak Street

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding.

123993-01 3 Days Mon-Wed 12/22-12/24 9am-12pm 8-13 ys \$105

123993-02 3 Days Mon-Wed 12/29-12/31 9am-12pm 8-13 ys \$105

CO-ED Beginning Volleyball

Maria Fattal, McGaugh Campus Gym, 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.

133060-01 11 weeks Sun 12/7-2/15 12-2pm 8-14 ys \$160

Westminster ICE

13071 Springdale, Westminster

Fee: \$37/ 4weeks

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of 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 the first class. Pre-registration required through the Community Services Department for all classes. For individual class descriptions, dates, times, and class registration, visit our website at register.sealbeachca.gov.



Kidz Love Soccer

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. Kidz Love Soccer... "Where the score is always FUN to FUN!" 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!

123995-01 7 weeks Tue 2/3-3/17 5:15-5:45pm 2-3.5 yrs \$97

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 2/3-3/17 4:30-5:05pm 3.5-5 yrs \$97

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.

123998-01 7 weeks Tue 2/3-3/17 3:45-4:30pm 5-6 yrs \$97



Little Singers/Young Singers

April Sigman- Marx
Los Alamitos Community Center
10911 Oak Street

Love to sing, sing, sing? Then Little Singers is the class for you! Students will build a solid foundation in vocal performance, rhythm, and musicianship while having fun singing favorites from Broadway show tunes, Grammy winners, and popular children's songs. This entertaining class helps children develop listening and cooperative skills, coordination of the mouth and lips, gross and fine motor skills (through creative movement and keeping the beat), self-control, concentration skills and memory. \$10 material fee due at the first class meeting. No Class 2/18

Little Singers

113070-01 10 weeks Wed 1/14-3/25 4:15-5pm 4-7 yrs \$115

Young Singers

113071-01 10 weeks Wed 1/14-3/25 5:05-6pm 7-10 yrs \$120

You & Me Broadway Baby

April Sigman- Marx
Los Alamitos Community Center
10911 Oak Street

Students explore musical theater performance through storytelling, animal exercises, Broadway favorites and creative drama, as well as singing, music, rhythm, simple musical instruments, nursery rhymes, and movement. This fun class helps build young performers' language, motor skills, rhythm, confidence, and bonding between caregiver and child. Caregiver participation required. \$10 material fee due at the first class meeting. No Class 2/21

113072-01 10 weeks Sat 1/24-4/4 9-9:45am 1.5-3 yrs \$115

Broadway Baby Musical Theater

April Sigman- Marx
Los Alamitos Community Center
10911 Oak Street

Students explore musical theater performance through storytelling, animal exercises, Broadway favorites and improvisation, as well as voice, singing, musicality, and movement. This is a wonderful class to build young performer's self-esteem and confidence by helping them to trust their own unique imagination. \$10 material fee due at the first class meeting. No Class 2/21

113073-01 10 weeks Sat 1/24-4/4 11:30am-12:15pm 3-6 yrs \$115



Readwrite Educational Solutions

Reading Development

Readwrite Ed Solutions Inc. Staff
Fire Station #48- Community Room, 3131 N. Gate Rd

Individualize student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially- trained teachers test, structure and implement your child's program. First day is comprehensive testing. Grade 2-6. Program and testing fee \$30 payable to instructor at the first day of class.

122080-01 4 weeks Tue & Thu 1/13-2/5 3:45-4:40pm 6.5-11 yrs \$109

122080-02 4 weeks Tue & Thu 2/10-3/5 3:45-4:40pm 6.5-11 yrs \$109

Math Development

Readwrite Ed Solutions Inc. Staff
Fire Station #48- Community Room, 3131 N. Gate Rd

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - x /), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. Grade 2-6. Program and testing fee \$30 payable to instructor at first class.

122081-01 4 weeks Tue & Thu 1/13-2/5 4:45-5:40pm 6.5-11 yrs \$109

122081-02 4 weeks Tue & Thu 2/10-3/5 4:45-5:40pm 6.5-11 yrs \$109

SAT Prep & Test Strategies

Readwrite Ed Solutions Inc.
LB Rec & Marine Admin Bldg, 2760 N. Studebaker Rd

This class will provide a practice SAT test, manual, and individualized SAT instruction guaranteed to strengthen areas of weakness and improve your child's score. Your child will be instructed by our top tier teachers in the best studying and test taking strategies. Grade 9-12. Additional program and material fee: \$45 due at first class. More info: 949-263-0633.

122082-01 3 weeks Sat 2/21-3/7 9am-1pm 14-18 yrs \$145

Storybook Stage Play

April Sigman- Marx
Los Alamitos Community Center, 10911 Oak Street

In this class, engineered by imagination, students will learn on-stage acting techniques through fairytales and fables. Through the use of their voices, bodies, imagination, costumes/props, students will create memorable stories and characters while having so much fun acting that they won't even know they are building skills in public speaking, creative thinking, reading comprehension, and confidence! Performance on last day of class. \$10 material fee due at the first class meeting. No Class 2/17

113074-01 10 weeks Tue 1/13-3/24 3:30-4:15pm 3-6 yrs \$115



Mad Science Winter Camps

Motion, Magnets, and Magic

O.C. Mad Science Staff

Marina Community Center- Large Room, 151 Marina Dr

Get your Einstein on as we explore the different and dynamic sciences. Let your kids explore the science behind magic and illusions, the force that pushes physics and motion and play with magnets that will surely attract their attention. Please pay \$15 materials fee on the first day.

127203-01 3 Days Mon-Wed 12/22-12/24 9am-2pm 5-12 yrs \$86

Space Odyssey 2015!

O.C. Mad Science Staff

Marina Community Center- Large Room, 151 Marina Dr

Parents take a break and let your child be a Super Space Scientist! They will celebrate the new year with their friends eating alien ice cream and launching a rocket into space (at least the lower atmosphere)! Build your own model rocket, make and take home space shuttles, flying fizzlers and more. Please pay \$15 materials fee on the first day.

127203-02 3 Days Mon-Wed 12/29-12/31 9am-12pm 5-12 yrs \$86

Engineering Winter Workshop

Erin Nedza, Los Alamitos Community Center, 10911 Oak Street

Students will learn about chemical engineering by making their own endothermic and exothermic projects, creating awesome chemical reactions and developing a chemical process to make their own stringy, shimmery polymer snow! Students take home all projects. Please bring a \$10 check payable to "Engineering for Kids" to the first class.

113060-01 1 Day Sat 1/31 9am-12pm 7-14 yrs \$35

Engineering Valentine Workshop

Erin Nedza, Los Alamitos Community Center, 10911 Oak Street

Have an early Valentine's date and allow your kids to join us as we explore chemical and industrial engineering. We will manufacture our own books and produce the recipe within. We will also create a delicious surprise for Mom and Dad! Students take home all projects. Please bring a \$10 check payable to "Engineering for Kids" to the first class.

113061-01 1 Day Fri 2/13 6-9pm 5-14 yrs \$35

Electrical Engineering

Erin Nedza, Los Alamitos Community Center 10911 Oak Street

The projects for this class are designed to introduce students to the concepts of circuit design, building, and maintenance through various hands-on activities. Students will walk away with an in-depth knowledge of basic circuits. Please bring a \$10 check payable to "Engineering for Kids" to the first class.

113062-01 4 weeks Thu 3/12-4/2 3:30-5:30pm 7-14 yrs \$134

Kids Guardian Workshop



Josh Meier

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

What Would Happen to Your Kids if Something Happened to You?

Attend the Kids Guardian Workshop to discover how you can:

- Make sure your children never spend even one moment in the care of strangers (or anyone you wouldn't want) if anything happens to you.
- Avoid the expenses and delays of a long, drawn-out court process that would make life difficult for your loved ones if you were in an accident.
- Protect your children's inheritance from creditors, lawsuits, and failed marriages.
- Leave behind more than just your money.

Plus, parents can complete legal documents naming permanent guardians for their kids for FREE- a \$500 value!

144061-01 1 Day Wed 1/14 6-7:30pm Anyone with Minor Children Free

144061-02 1 Day Thu 2/5 6-7:30pm Anyone with Minor Children Free



Children's Library Programs

at Mary Wilson Library

Kids' Crafts

1st Saturday of every Month
10 a.m.-4:30 p.m.

Legos in the Library

1st Thursday of the Month
4 - 5:30 p.m.

Teen Advisory Board & Activity

1st Thursday of every month
5:30-7 p.m.

Book Club for Adults

4th Thursday of every month
9-10 a.m.

Winter Storytime

January 5 – March 31 (No storytime January 19 and February 16)
Mondays or Tuesdays
10:30 a.m. or 11:15 a.m.

Tune in Tuesdays

Monthly activities for adults. Call for details.
6:30-7:30 p.m.

Library Hours

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

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

For more information, call 562-431-3584.



Learn to Draw

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



Are you embarrassed because your kids draw better than you? A PhD who still scribbles stick figures? A person who flips your drawing over in embarrassment when somebody walks by? If you answered yes to any (or all) of these, then this class is for you. Using Betty Edwards' "Drawing on the Right Side of the Brain", you will gain confidence by learning to see as an artist sees. Lynn Maxwell has taught this with really great success for many years. You CAN do this! Supply list for students to bring to class will be provided upon registration. Additional supplies will be purchased by the instructor and a \$10 fee will be charged at the first class. No Class 2/16

136093-01 6 weeks Mon & Wed 1/26-3/9 6:30-9:30pm 13+ yrs \$125

Home-Sewn Decorated Aprons

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



Students will create and sew simple aprons and decorate them by using fabric paints. We will learn to read VERY simple patterns, cut and sew aprons, and create simple designs that can be transferred to the fabric and then painted for fun! This class is great for single people or a parent/ child group (ages 10+) and will be a one-of-a-kind apron that can be used for household or art projects. The instructor has taught this project at the middle school level with great success. Must provide your own sewing machine. Supply list for students to bring to class will be provided upon registration. Additional supplies will be purchased by the instructor and a \$10 fee will be payable to the instructor at the first class. No Class 3/3

136091-01 4 weeks Tue 2/10-3/10 6:30-8:30pm 10+ yrs \$45

Soap Crayon Drawings

Lynn Maxwell
North Seal Beach Center, 3333 Saint Cloud Dr



Students will create fun soap-resist drawings which focus on simple designs and color schemes. We will learn various devices to achieve depth and variety in your picture. Students will learn to use a viewfinder to crop/locate a "composition" from a given source. Learn the principle that busy designs require simple, easy-to-read color lay-down (block color) and very simple shapes and forms can involve variegated coloring. Supply list for students to bring to class will be provided upon registration. Additional supplies will be purchased by the instructor. A \$10 fee will be payable to the instructor at the first class.

136090-01 4 weeks Sat 2/14-3/7 12-3pm 13+ yrs \$45

Dog Obedience

Khara Knight
Laurel Park
10862 Bloomfield St



All breeds of dogs 6 mos & older (larger breeds 4 mos and older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand and come) will be covered, as well as discussions on correction of various behavior problems.

Hand signals, long distance work, and boundary training included. Trophies and 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 yrs to adults.

166040-01 7 weeks Thu 1/15-2/26 6:15-7:15pm 9+ yrs \$90

Puppy Kindergarten

Rose Healey
Recreation Park, Long Beach
4900 E. 7th St

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. Please bring a lawn chair, current vaccination records, and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES. Class will meet on the grass just East of the Tennis Center at Recreation Park in Long Beach. The Tennis Center is at the corner of Federation Drive and Deukmejian. Street parking on Federation ... look for instructor, Rose Healy on the grass between the tennis courts and Federation. Handler's ages 12 years to adults; dogs 2-5 months. No class 2/16

166039-01 6 weeks Mon 1/12-2/23 7:30-8:30pm 12+ yrs \$80

Canine Games Agility Course

April Brittsan
El Dorado Park
2760 Studebaker Rd

Looking for fun, exercise and quality time to spend with your canine companion? This course introduces a variety of challenging obstacles, including tunnels, teeter-totter, tire jump, A-frame, dog-walk, bar-jumps and weave poles. Trophies and certificates awarded at fun competition at final meeting. Bring current vaccination records, a lawn chair, and a \$30 material fee to first class, which is an orientation, held WITHOUT DOGS. No previous experience needed, but some on-leash obedience training is helpful. Additionally family members are welcome to attend at no charge (no children under 7 years allowed on the course, please). All classes held on grass median adjacent to the baseball field just north of Willow. Enter the park from Studebaker Rd., first entrance north of Willow, and follow service road toward back of the park, past the baseball fields, towards willow.

166042-01 7 weeks Wed 1/14-2/25 6-7pm 12+ yrs \$90

166042-02 7 weeks Wed 1/14-2/25 7-8pm 12+ yrs \$90

K9 Work & Play

Catherine Holshouser, El Dorado Park
2760 Studebaker Rd



Continue your canine's education! Includes scent games, obedience-style jumps, targeting, Intro to Rally Obedience, and beginning retrieve. Practice distance recalls and stay with handlers out of sight. Build reliability even with distractions. Pre-requisite: Beginning Dog Obedience. Bring your dog with training equipment, vaccination records, and \$10 materials fee (includes training manual, clicker, tab, light-line).

166043-01	6 weeks	Sat	1/31-3/7	1:30-2:30pm	12+ yrs	\$80
-----------	---------	-----	----------	-------------	---------	------

First Aid, CPR, AED Training

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

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

146031-01	1 Day	Sat	1/17	9am-3:30pm	16+ yrs	\$50
146031-02	1 Day	Sat	2/21	9am-3:30pm	16+ yrs	\$50
146031-03	1 Day	Sat	3/7	9am-3:30pm	16+ yrs	\$50

Needlecrafts

Polly Womack
Los Alamitos Community Center
10911 Oak Street

Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, White-work, Blackwork, Battenberg Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with and a very experienced instructor to help you. Please bring your project to the first class. \$8 material fee payable to the instructor for those interested in Tatting.



146059-01	6 weeks	Wed	1/14-2/18	1-3:30pm	16+ yrs	\$35
146059-02	6 weeks	Wed	2/25-4/1	1-3:30pm	16+ yrs	\$35

Ballroom Intermediate

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

Geared towards students with some basic dance experience, Ballroom Intermediate is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 3/17

144021-01	6 weeks	Tue	1/6-2/10	7:30-8:30pm	18+ yrs	\$70
144021-02	6 weeks	Tue	2/17-3/31	7:30-8:30pm	18+ yrs	\$70

Argentine Tango

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! Must have previous experience in tango. No Class 3/17



142038-01	6 weeks	Tue	1/6-2/10	8:30-9:30pm	18+ yrs	\$70
142038-02	6 weeks	Tue	2/17-3/31	8:30-9:30pm	18+ yrs	\$70

Adult Hip Hop

Anne Pennypacker
Marina Community Center- Large Room, 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. No Class 3/18

142028-01	6 weeks	Wed	1/7-2/11	6:30-7:30pm	18+ yrs	\$70
142028-02	6 weeks	Wed	2/18-4/1	6:30-7:30pm	18+ yrs	\$70

Night Club Two Step

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

Learn the basics as well as more complex patterns of this popular dance. Find out why its such a favorite! *Partner not needed.*

142025-01	6 weeks	Wed	1/7-2/11	8:30-9:30pm	18+ yrs	\$70
-----------	---------	-----	----------	-------------	---------	------

Rhythm & Latin

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

Dancers will learn salsa, merengue and cha cha in this upbeat Latin class! Partner not necessary. No Class 3/18

142036-01	6 weeks	Wed	2/18-4/1	8:30-9:30pm	18+ yrs	\$70
-----------	---------	-----	----------	-------------	---------	------

Adult Tap

Anne Pennypacker
Marina Community Center- Large Room, 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	6 weeks	Thu	1/8-2/12	7:15-8pm	18+ yrs	\$70
142026-02	6 weeks	Thu	2/19-3/26	7:15-8pm	18+ yrs	\$70

Adult Ballet/Jazz

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended.

142040-01	6 weeks	Thu	1/8-2/12	8-9pm	18+ yrs	\$70
142040-02	6 weeks	Thu	2/19-3/26	8-9pm	18+ yrs	\$70

Ballroom & Latin Dance

Anne Pennypacker
North Seal Beach Center
3333 Saint Cloud Dr

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed! *

142024-01	1 Day	Sat	2/7	7:30-9:30pm	18+ yrs	\$18
142024-02	1 Day	Sat	3/21	7:30-9:30pm	18+ yrs	\$18

Jacki Sorensen's Fitness/Dance

Martha Stegen
North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$6 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142030-01	12 weeks	Tue & Thu	1/6-3/26	4:30-5:30pm	18+ yrs	\$125
-----------	----------	-----------	----------	-------------	---------	-------

Zumba Fitness

Marika Huelskamp
Marina Community Center- Large Room, 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! No Class 12/22, 12/29, 1/19, 2/16, 12/24, 12/31, 1/21, 2/18

142090-01	10 weeks	Mon	12/1-3/2	6:30-7:30pm	18+ yrs	\$102
-----------	----------	-----	----------	-------------	---------	-------

142090-02	10 weeks	Wed	12/3-3/4	7:30-8:30pm	18+ yrs	\$102
-----------	----------	-----	----------	-------------	---------	-------

Jazzercise

Mary Jo Fouche

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. No Class 12/13, 12/24, 12/25, 1/1, & 1/19

North Seal Beach Center, 3333 St. Cloud Dr

142044-01	6 weeks	Mon & Wed	12/8-12/29	6-7pm	13+ yrs	\$30
-----------	---------	-----------	------------	-------	---------	------

142044-02	6 weeks	Mon & Wed	1/5-2/11	6-7pm	13+ yrs	\$65
-----------	---------	-----------	----------	-------	---------	------

142044-03	6 weeks	Mon & Wed	2/18-3/25	6-7pm	13+ yrs	\$65
-----------	---------	-----------	-----------	-------	---------	------

Marina Community Center-151 Marina Dr

142042-01	4 weeks	12/9-1/3	Tue & Thu Sat	6-7pm 8:30-9:30am	13+ yrs	\$40
-----------	---------	----------	------------------	----------------------	---------	------

142042-02	6 weeks	1/6-2/14	Tue & Thu Sat	6-7pm 8:30-9:30am	13+ yrs	\$85
-----------	---------	----------	------------------	----------------------	---------	------

142042-03	6 weeks	2/17-3/28	Tue & Thu Sat	6-7pm 8:30-9:30am	13+ yrs	\$85
-----------	---------	-----------	------------------	----------------------	---------	------

Self-Defense for Adults

Gary Pitts
Los Alamitos Community Ctr, 10911 Oak Street

In this Self-Defense class, learn simple ways to defend oneself or another, from bodily harm and how to escape. Learn how to protect oneself from someone grabbing you and from holds, punching, kicks, and knife attacks, at locations like the parking lot, home or school. Wear loose clothing. Instructor, Gary Pitts, is a Black Belt, two-time Hall of Famer, 2000 & 2013.

122053-01	1 Day	Tue	1/13	6-7pm	18-65 yrs	\$27
-----------	-------	-----	------	-------	-----------	------

Tai Chi Chih I

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

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

142073-01	5 weeks	Mon	1/26-2/23	6:40-7:40pm	18+ yrs	\$45
-----------	---------	-----	-----------	-------------	---------	------

142073-02	5 weeks	Mon	3/2-3/30	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.

142077-01	5 weeks	Mon	1/26-2/23	5:30-6:30pm	18+ yrs	\$45
-----------	---------	-----	-----------	-------------	---------	------

142077-02	5 weeks	Mon	3/2-3/30	5:30-6:30pm	18+ yrs	\$45
-----------	---------	-----	----------	-------------	---------	------

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.

142070-01	11 weeks	Tue	1/6-3/17	5:30-6:45pm	18+ yrs	\$89
-----------	----------	-----	----------	-------------	---------	------

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 12/29 & 2/16

142072-01	6 weeks	Mon	12/1-1/12	12:30-1:30pm	18+ yrs	\$65
-----------	---------	-----	-----------	--------------	---------	------

142072-02	6 weeks	Mon	1/19-3/2	12:30-1:30pm	18+ yrs	\$65
-----------	---------	-----	----------	--------------	---------	------

Pilates Intermediate

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 12/29 & 2/16

142069-01	6 weeks	Mon	12/1-1/12	11:30am-12:30pm	18+ yrs	\$65
-----------	---------	-----	-----------	-----------------	---------	------

142069-02	6 weeks	Mon	1/19-3/2	11:30am-12:30pm	18+ yrs	\$65
-----------	---------	-----	----------	-----------------	---------	------

Pilates Advanced

Bonnie Nash

Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met. No Class 12/11, 12/25, 1/1

142071-01 9 weeks Thu 1/8-3/5 12:30-1:30pm 18+ yrs \$95

Aikido for Adults

Steve Wasserman

North Seal Beach Center

3333 Saint Cloud Dr

This course focuses on the 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.

142050-01 14 weeks Mon & Wed 12/1-3/4 7:30-9:30pm 18+ yrs \$150

Beach Boot Camp

Bryce Turner

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'! Or pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142062-01 14 weeks Sat 12/6-3/7 8-9am 12+ yrs \$149

BeachFit Moms

Annika Turner

Eisenhower Park

900 Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. Or pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 12/25 & 1/1

142063-01 14 weeks Mon/Tue/Thu/Fri 12/1-3/6 9:30-10:30am 18+ yrs \$560

Strong & Healthy A Program for Cancer Survivors

Three Strong and Healthy classes are being offered for women who have been diagnosed with cancer. The classes have been designed for women who are currently receiving chemotherapy and/or radiation, who are building their strength prior to surgery or, who are 2 or less years out from their last treatment. Individuals who are experiencing complications from surgery (frozen shoulder, etc), chemotherapy (neuropathy, etc) or radiation (scar tissue, etc.) are exempt from the two year restriction when their condition is documented by their physician. All participants are welcome regardless of their fitness level. A note from your physician approving your participation in physical activity is required on the first day of class.

Cardio- Strength & Fitness

Nancy Cole

Marina Community Center- Large Room, 151 Marina Dr

You will be led through easy-to-follow, low impact aerobics and head-to-toe exercises that are effective and fun. Emphasis will be on strengthening muscles and improving your balance, mobility and circulation. Please bring water and either a mat or beach towel. No Class 12/24 & 12/31

145050-01 12 weeks Wed 12/3-3/4 10:30-11:30am 18+ yrs \$41

Stretch & Opening

Nancy Cole

Marina Community Center- Large Room, 151 Marina Dr

Gently stretch and open the sore, tight areas of your body with a variety of gentle movements designed to increase flexibility and range-of-motion. Emphasis will be on reducing the tightness of the chest, shoulders and torso. Please bring water, a bath towel to use as support and either a mat or towel for the floor. No Class 12/24 & 12/31

145051-01 12 weeks Wed 12/3-3/4 11:30am-12:30pm 18+ yrs \$41

Total Fitness

Nancy Cole

Marina Community Center- Large Room, 151 Marina Dr

This class uses light to moderate weight training as well as simple pilates & yoga poses for complete head to toe workout. Please bring water, weights and either a mat or beach towel. No Class 12/25 & 1/1

145052-01 12 weeks Thu 12/4-3/5 10:30-11:30am 18+ yrs \$41

Adult Sports Leagues

Basketball League

Basketball league begins January 12, 2015. \$350 per team for a 10 game season, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Softball League

Softball league begins January 13-15, 2015. \$400 per team. For information, call Kevin Ortiz, Community Services Department, at (562) 431-2527 ext: 1307, or e-mail kortiz@sealbeachca.gov.

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.

Winter 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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40.50 34 swim pass: \$80.75
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	Unlimited Annual pass: \$203 (No guests)
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2 16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

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

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

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus Pool, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyancy Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com

144010-01	5 weeks	Mon & Wed	1/5-2/4	5:30-6:30pm	18+ yrs	\$55
144010-02	5 weeks	Mon & Wed	2/9-3/11	5:30-6:30pm	18+ yrs	\$55



M&M Surfing

Michael Pless
Seal Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M&M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your date/ time preference on the registration form. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class.

Choose 5 Days:

167061-01	Mon-Sun	*12/1-3/8	8am-12pm	5 Days	5+ yrs	\$277
-----------	---------	-----------	----------	--------	--------	-------

3 Hour Group Lesson: **By Appointment Only**

167063-01		*12/1-3/8	8am-12pm	1 Day	5+ yrs	\$77
-----------	--	-----------	----------	-------	--------	------

1 Hour Group Lesson: **By Appointment Only**

167066-01	1 Day	12/1-3/8			5+ yrs	\$72
-----------	-------	----------	--	--	--------	------

Tennis Lessons taught by Brian Collison

KIDS BEGINNING (4-6 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-01	1/5-2/2	Mon	4-4:30	\$33	Heather
133020-02	2/9-3/9	Mon	4-4:30	\$33	Heather
133020-03	1/7-1/28	Wed	4-4:30	\$33	Marina
133020-04	2/11-3/4	Wed	4-4:30	\$33	Marina
133020-05	1/9-1/30	Fri	1:30-2:30pm	\$60	McGaugh
133020-06	2/13-3/6	Fri	1:30-2:30pm	\$60	McGaugh
133020-07	1/10-1/31	Sat	9-9:30am	\$33	McGaugh
133020-08	2/14-3/7	Sat	9-9:30am	\$33	McGaugh

KIDS INTERMEDIATE (5-6 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-09	1/6-1/27	Tue	4:30-5:30pm	\$60	SBTC
133020-10	2/10-3/3	Tue	4:30-5:30pm	\$60	SBTC
133020-11	1/8-1/29	Thur	4-5pm	\$60	SBTC
133020-12	2/12-3/5	Thur	4-5pm	\$60	SBTC

TWEENS BEGINNING (11-14 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-01	1/5-2/2	Mon	5:30-6:30	\$60	Heather
133023-02	2/9-3/9	Mon	5:30-6:30	\$60	Heather
133023-03	1/7-1/28	Wed	5:30-6:30	\$60	Marina
133023-04	2/11-3/4	Wed	5:30-6:30	\$60	Marina
133023-05	1/10-1/31	Sat	10:30-11:30am	\$60	McGaugh
133023-06	2/14-3/7	Sat	10:30-11:30am	\$60	McGaugh

TWEENS INTERMEDIATE (11-14 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-07	1/6-1/27	Tue	6:30-7:30pm	\$60	SBTC
133023-08	2/10-3/3	Tue	6:30-7:30pm	\$60	SBTC
133023-09	1/8-1/29	Thur	6-7pm	\$60	SBTC
133023-10	2/12-3/5	Thur	6-7pm	\$60	SBTC

JUNIORS BEGINNING (7-10 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-01	1/5-2/2	Mon	4:30-5:30	\$60	Heather
133021-02	2/9-3/9	Mon	4:30-5:30	\$60	Heather
133021-03	1/7-1/28	Wed	4:30-5:30pm	\$60	Marina
133021-04	2/11-3/4	Wed	4:30-5:30pm	\$60	Marina
133021-05	1/9-1/30	Fri	2:30-3:30pm	\$60	McGaugh
133021-06	2/13-3/6	Fri	2:30-3:30pm	\$60	McGaugh
133021-07	1/10-1/31	Sat	9:30-10:30am	\$60	McGaugh
133021-08	2/14-3/7	Sat	9:30-10:30am	\$60	McGaugh

JUNIORS INTERMEDIATE (7-10 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-09	1/6-1/27	Tue	5:30-6:30pm	\$60	SBTC
133021-10	2/10-3/3	Tue	5:30-6:30pm	\$60	SBTC
133021-11	1/8-1/29	Thur	5-6 pm	\$60	SBTC
133021-12	2/12-3/5	Thur	5-6 pm	\$60	SBTC

ADULTS BEGINNING

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
133022-01	1/4-1/25	Sun	9-10am	15+ yrs	\$60	Marina
133022-02	2/8-3/1	Sun	9-10am	15+ yrs	\$60	Marina
133022-03	1/7-1/28	Wed	6:30-7:30 pm	15+ yrs	\$60	Marina
133022-04	2/11-3/4	Wed	6:30-7:30 pm	15+ yrs	\$60	Marina
133022-05	1/8-1/29	Thur	9-10am	18+ yrs	\$60	McGaugh
133022-06	2/12-3/5	Thur	9-10am	18+ yrs	\$60	McGaugh
133022-07	1/10-1/31	Sat	11:30-12:30am	15+ yrs	\$60	McGaugh
133022-08	2/14-3/7	Sat	11:30-12:30am	15+ yrs	\$60	McGaugh

ADULTS INTERMEDIATE

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
133022-09	1/4-1/25	Sun	10-11:30am	16+ yrs	\$88	Marina
133022-10	2/8-3/1	Sun	10-11:30am	16+ yrs	\$88	Marina
133022-11	1/8-1/29	Thur	10-11:30	18+ yrs	\$88	McGaugh
133022-12	2/12-3/5	Thur	10-11:30	18+ yrs	\$88	McGaugh

Seal Beach Tennis Center

Lessons taught by Brenda Danielson

For more information, call 562-598-8624.

ADULTS BEGINNING (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133030-01	1/5-2/2	Mon	10:30-11:30am	\$60	SBTC
133030-02	2/9-3/2	Mon	10:30-11:30am	\$60	SBTC

ADULTS ADVANCED-BEGINNING (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133031-01	1/5-2/2	Mon	8-9am	\$60	SBTC
133031-02	2/9-3/2	Mon	8-9am	\$60	SBTC

ADULTS INTERMEDIATE (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133032-01	1/7-1/28	Wed	9:30-11am	\$88	SBTC
133032-02	2/11-3/4	Wed	9:30-11am	\$88	SBTC

ADULTS ADVANCED-INTERMEDIATE (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133033-01	1/7-1/28	Wed	8-9:30am	\$88	SBTC
133033-02	2/11-3/4	Wed	8-9:30am	\$88	SBTC

ADULTS CARDIO TENNIS (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
134010-01	1/5-1/26	Mon	6-7pm	\$60	SBTC
134010-02	2/9-3/2	Mon	6-7pm	\$60	SBTC
134010-03	1/9-1/30	Fri	10:30-11:30am	\$60	SBTC
134010-04	2/13-3/6	Fri	10:30-11:30am	\$60	SBTC

ADULTS SENIOR DOUBLES (18+ year)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
134020-01	1/9-1/30	Fri	9-10:30am	\$88	SBTC
134020-02	2/13-3/6	Fri	9-10:30am	\$88	SBTC

Senior Lunch Program

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

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule a date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within the City of Seal Beach), and dining excursions (within the 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 10 a.m. and 1 p.m. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

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

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.

456040-04	1 Day	Mon	11/17	10-11am	63+ yrs	Free
156040-01	1 Day	Mon	12/1	10-11am	63+ yrs	Free
156040-02	1 Day	Mon	1/12	10-11am	63+ yrs	Free
156040-03	1 Day	Mon	2/2	10-11am	63+ yrs	Free

Strategies to Optimize your Social Security

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

Senior Financial Services invites you to join us and learn about many common mistakes people make in signing up for Social Security benefits. Uncover little known strategies that could optimize your lifetime benefits and key factors you need to know before applying for Social Security. Don't lose tens of thousands of dollars in benefits unnecessarily! Timing could BE everything!

144060-01	6 weeks	Wed	1/28-3/4	6-7pm	55-65 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



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**

Online Registration Begins November 3

Walk-in and Mailed Registration Begins November 10

Please register early to avoid class cancellations.

Submit Your Photos

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



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.

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

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

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



❄️ ❄️ Seal Beach's 2014 ❄️ ❄️
Christmas tree lighting

Saturday, November 29th
 from 3:00pm - 7:00pm

Santa arrives at dusk for tree lighting and pictures

Real Snow ~ Letter's to Santa ~ Bounce House ~ Holiday Movies



Snowman Contest

*Space is limited, call today
 Contest starts at 4:00pm*

*Bring your own Props & accessories
 Great Prizes for Best Snowman*

Don't Miss Out!

With each donation
 receive an ornament
 to be displayed on
 the Holiday Tree.

For more details call:
 562.799.0179

or visit:
sealbeachchamber.org
 First come first serve!

Featuring:

LAUSD Teacher of the year

Justin Padilla

Los Alamitos High School

Drum Line

Instructor: Tom Plunkett

Jazz 1

Instructor: John Rush

Chorus

Instructor: David Moellenkamp

