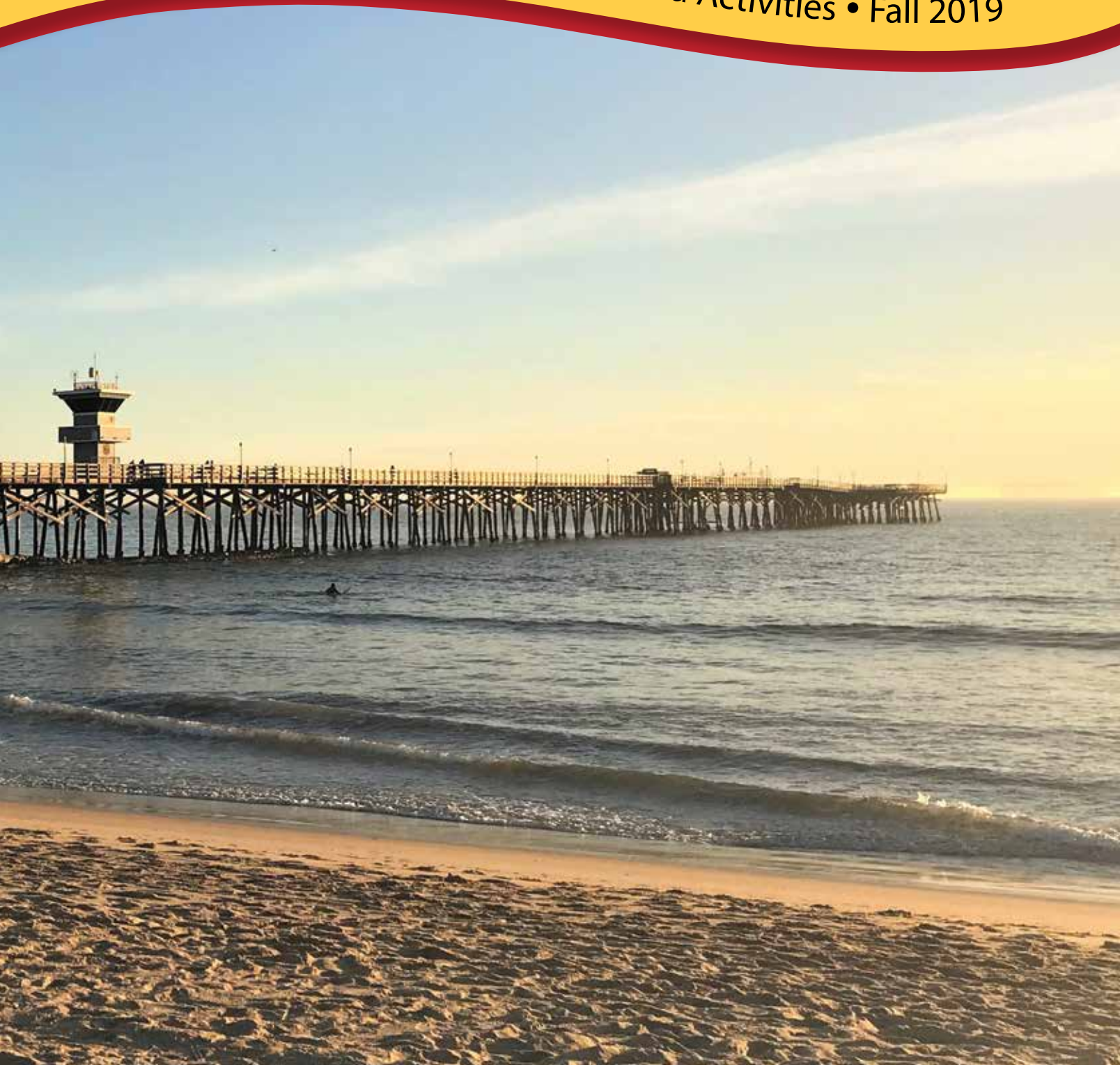


Shoreline



City of Seal Beach Classes and Activities • Fall 2019



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	Thomas Moore, District 2
Mayor Pro Tem	Schelly Sustarsic, District 4
Council Member	Sandra Massa-Lavitt, District 5
Council Member	Mike Varipapa, District 3
Council Member	Joe Kalmick, District 1

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Gloria Harper
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Director of Finance/City Treasurer	Victoria Beatley
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Community Services Coordinator	David Nett, ext. 1339
City Arborist	Joseph Talarico, ext 1318
PT Recreation Coordinator	Anthony Nguyen, ext. 1344
PT Recreation Coordinator	Kevin Ortiz, ext 1307

RECREATION COMMISSIONERS

District 1	Brooke Mabe
District 2	James Dunphy
District 3	Tom Payne
District 4	Ann Gunvalsen Saks
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting
7pm; 2nd & 4th Monday per month

Planning Commission
7pm; 1st & 3rd Monday per month

Environmental Quality Control Board
As Needed

Recreation Commission
6:00pm; 4th Wednesday/month
*January, February, March, April, May, June,
September, October, November*

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HOLIDAY CLOSURES

Labor Day – September 2

Columbus Day – October 14

Veteran's Day – November 11

Thanksgiving – November 28, 29

REGISTER online

SealBeachCa.Gov

Online Registration Begins:

July 29

Walk-in and Mail Registration Begins:

August 5

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

Seal Beach has a rich history and a reputation for achieving a good balance of beautiful and peaceful neighborhoods, quality economic development, and superior public services. As a community, we appreciate our past, value our traditions, and are poised for the future. This philosophy is the foundation of decisions made by the City Council and City staff. Every day we allocate resources to ensure fiscal stability and a high quality of life that residents have come to expect from us. We are able to remain fiscally sound by prudent planning, which is formalized with the adoption of the City's annual budget.

In Seal Beach, the budget process begins with an analysis of each department and division, where directors and managers review past and future allocations, looking for opportunities for savings and efficiencies that will benefit the entire community. This analysis is then discussed with the City Manager and subsequently with each of the Council Members separately to provide them a summary of the draft budget.

The City's budget is enormously complex, and budget data always represents

a snapshot in time, as revenues and expenditures are not static. As such, the City makes every effort to make the budget process a transparent collaboration with all Seal Beach stakeholders, including residents, employees, businesses and City officials. It is in this spirit that we generate the City's annual budget and will continue to welcome ongoing dialogue with all stakeholders, as well as ensure that the City's financial information remains open to public review.

The creation of this year's budget was spearheaded by the City's Finance Director, Vikki Beatley, and her finance team who worked tirelessly to produce a comprehensive budget. For fiscal year 2019/2020, we are pleased to have a surplus of \$1,456,200. However, even with the City's healthy outlook, staff will continue to maintain an eye for improving service delivery methods while preserving a conservative management style that meets or exceeds the City's expanding needs. We are confident that our resources are aligned to reach the City Council's core goals of creating an environment that encourages economic development, maintenance of our

infrastructure, promotion of public safety, delivery of exceptional customer service, and ensuring fiscal stewardship and accountability.

The employees of the City of Seal Beach serve as a bridge between you and your elected officials. Our job is to implement the vision, goals and objectives derived by the City Council while using the available resources to deliver the services needed to provide innovative change for the present and the future. I very much appreciate the continued dedication our employees have shown to ensure that Seal Beach remains on a sound financial path.

So as we say goodbye to summer, and welcome in the fall season, I ask that you continue to reach out to us with your ideas and opinions as we all work together to make Seal Beach a better place to live.

Wishing you all the best this fall!

Jill R. Ingram
City Manager

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

MONTHLY PROGRAMS

Fall Storytime Session: Mondays & Tuesdays

9/9 – 11/26 (not 10/14 & 11/11) 10:30am & 11:30am

Read & Play with Rover:

• Third Thursdays of the month 4pm

Read with Friends: Wednesdays 3pm – 4pm

Do you miss story time? Join our picture book club for beginning readers! Check out the book a month before the meeting, or drop in and read along with us during the program. Enjoy a book discussion, themed activity, and craft. Therapy dog Lily will be available for cuddles as well. Grades K-2.

- September 25: Celebrate The Dot Day
- October 23: The Dark by Lemony Snicket
- November 20: Native American Stories

Trick or Treat in the Library: Thursday

10/31 10am – 7pm

Don't forget to visit the library for a special treat (candy or non-candy) on Halloween!

Pumpkin Painting Party

Decorate a small pumpkin to display or take home.
See library for date and time.

Kids' Book Club with No Meetings

Join our "Book Club with No Meetings." Stop by the display and check out a current title. Complete a bookmark survey for an opportunity drawing which will occur on the 1st of every month. Grades 3-5.

Kids' Crafts

Saturdays, 9/7, 10/5, 11/2 10am – 4pm

Self-directed crafts for all ages. Let's see what you can create!

Lego Day:

Thursdays 9/5, 10/3, 11/7 5pm – 6pm

Teen Advisory Board Meet Ups:

Thursdays 5:30 – 6:45pm

- August 1: End of Summer Party with Illusionist Justin Rivera
- October 3: Special Effects Makeup: Day of the Dead

A Book Club with No Meetings

Join our "Book Club with No Meetings." Stop by the display and check out the current title. Complete a bookmark survey for an opportunity drawing which will occur on the 1st of the month.

Get Stitched

1st Tuesday • 5pm

Slow down and de-stress and meet new friends with hand stitching. Use one of our supplied projects or bring your own.

Crafts for Adults

2nd Tuesday • 2pm

Enjoy our monthly craft workshop. Supplies provided; you bring the creativity! Please call library to RSVP.

Culinary Book Club

3rd Tuesday • 6pm

Check out the latest book and enjoy themed refreshments. Pick up this month's title at the Library.

Movie Discussion Group

4th Tuesday • 2pm

Check out this month's movie at the library to watch at home then meet to discuss your thoughts.

Book Discussion Group

4th Thursday • 10am

Check out this month's book selection and then meet to discuss your thoughts over coffee and donuts.

Fascinating & Little-Known Facts

About World War 1.

September 18 • 5-7pm

Slide show and lecture with memorabilia on display.

Edibles in the Garden

September 25 • 5-7pm

An Orange County Master Gardener will teach us that the best locally grown food comes from your own yard!

Author talk with Mike Befeler September 26 • 10-11am

Local author of 16 published books will give an informative and entertaining presentation about his experience starting to write later in life and writing about older characters.

Bingo! 5th Tuesday special event. October 29 • 3-4pm

We celebrate a rare 5th Tuesday with some bingo fun. Join us for laughs and prizes.

Library Hours

Monday – Thursday: 10am-7pm • Saturday: 9am-5pm Closed Friday and Sunday

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

For more information, call 562-431-3584.

christmas tree lighting

TREE ORNAMENT FORM

DEADLINE
NOV. 1

REQUESTED
DONATION

\$100 Large Gift Tag

\$75 Snowflake

\$25 Small Circle

Get your personalized gift tag to be placed on our tree! These tags are sold to fund the tree. Tags are made out to the Seal Beach Community; you personalize who it's from. **Example:** From the friendly Seal Restaurant on Main Street, or From the Miller Family, in Support of Fighting Breast Cancer.

* Specify tag (check one):

Large gift tag (15" x 9")



Snowflake (9" x 12")



Small circle (7" x 7")



Tag designated from:

Phone:

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Name:

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Address:

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City, State, ZIP code:

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Email:

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Check enclosed. Make checks payable to: Seal Beach Chamber of Commerce Credit card () VISA () MasterCard () AMEX

Number: _____ Exp. _____

Authorized Signature: _____

*Design and color subject to change Seal Beach Chamber of Commerce | 201 8th Street Ste. 110 | Seal Beach CA 90740 | 562.799.0179 | sealbeachchamber.org

As most residents know, in May 2016, an electrical fire damaged the end of our beloved pier, a popular destination for residents, tourists, beach goers, and fishermen of all ages. Due to the fire, several small structures, utility infrastructure and charred portions of the pier were removed to keep those elements from falling into the ocean. Over the two years that followed, the City fast-tracked all the necessary local, regional, state, and federal permits required to repair our pier. During the summer of 2018, we were able to award a contract to John S. Meek Construction.

Construction began as early as allowed by our Coast Development Permit on September 4, 2018, with the intent to both repair the fire damage at the end of the pier and to upgrade the pier along the way. Due to the many building code changes that have been enacted over the years, the project required some major changes, such as moving the pier's electrical transformer to the 10th St. parking lot, upgrading the existing fire suppression system, and upgrading the sewer pump station at the end of the pier. In total, the project installed over 4 miles of electrical conduit, just under 1 mile of wet utilities (i.e. water, sewer, and fire suppression piping), replaced over a mile of structural lumber (almost a third of an acre of decking), repaired nearly 40 timber piles, drove 4 new timber piles, and upgraded the pier's restored light poles with LED light fixtures that will use a quarter of the electricity of the old lights.

Under the watchful eye of the City and our Construction Management Consultant, Simplus Management, the project met the planned 9-month duration, opening the end of the Pier to the public on May 24, 2019, just in time for the Memorial Day Weekend. Furthermore, the total project cost has come in under the budgeted costs, which were just over \$8 million dollars. The project has been funded both by City funds and by an insurance claim due to the fire in 2016.



The Seal Beach Pier

■ 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 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin – 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services (800) 299-4898

■ STREET SWEEPING

R.F. Dickson (800) 573-3222

■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

■ CITY & GOVERNMENT OFFICES

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

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	– Adult Sports, Athletic Fields, Community Gardens, Classes, and General Information
Ext. 1339	– Facility/Park Rentals, Special Event Permits, Film Permits, and Seal Beach Tennis Center
Ext. 1344	– Brochure/Classes, Instructors, Aquatics, Classes, and General Information



City of Seal Beach- Community Services



SealBeachRec

Seal Beach Summer Send-off

Saturday, August 10
Heather Park • 5:30 p.m.

CHECK OUT THE AMAZING



SATURDAY, SEPTEMBER 7TH - 9:00 AM-6:00PM
SUNDAY, SEPTEMBER 8TH - 9:00 AM-6:00PM

100+ Arts & Crafts Vendors
Eisenhower Park at Foot of Pier
Limited Parking at 8th and 10th Street Beach Lots

TRICK or treat

ON MAIN STREET 11AM-4PM



MORE TREATS THAN TRICKS!

31
OCTOBER

MAIN STREET MERCHANTS WILL PASS OUT CANDY TO TRICK OR TREATERS IN COSTUME. CHILDREN MUST BE AGE APPROPRIATE TO RECEIVE CANDY. CITY OF SEAL BEACH WILL HOST A TRUNK OR TREAT IN THE MAIN & ELECTRIC MUNICIPAL LOT.

MOVIES IN THE PARK

FREE Family-Friendly Films

Eisenhower Park (next to the pier), Seal Beach

September 6th September 20th
September 13th September 27th

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

Proudly sponsored and produced by



November 23

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 6

Seal Beach Holiday Parade

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

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

December 14

Breakfast with Santa

8-10:30 a.m. • FREE!

Marina Community Center • 151 Marina Dr.

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



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 musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. No Class 11/29

411061-01	7 weeks	Fri	9/13-10/25	10-10:50am	2 yrs	\$98
411061-02	7 weeks	Fri	9/13-10/25	11-11:50am	3-4 yrs	\$98
411061-03	5 weeks	Fri	11/8-12/13	10-10:50am	2 yrs	\$72
411061-04	5 weeks	Fri	11/8-12/13	11-11:50am	3-4 yrs	\$72

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 9/2, 10/14, 11/11, 11/25, 11/27

Los Alamitos Community Ctr, 10911 Oak Street

422021-01	4 weeks	Mon	8/19-9/16	3-3:45pm	4-7 yrs	\$57
422021-02	4 weeks	Mon	9/23-10/21	3-3:45pm	4-7 yrs	\$57
422021-03	5 weeks	Mon	10/28-12/9	3-3:45pm	4-7 yrs	\$67
422021-04	4 weeks	Sat	10/5-10/26	10:30-11:15am	4-7 yrs	\$57
422021-05	4 weeks	Sat	11/2-11/23	10:30-11:15am	4-7 yrs	\$57

Marina Community Center, 151 Marina Drive

422021-06	4 weeks	Wed	8/28-9/18	3-3:45pm	5-10 yrs	\$57
422021-07	5 weeks	Wed	9/25-10/23	3-3:45pm	5-10 yrs	\$67
422021-08	5 weeks	Wed	10/30-12/4	3-3:45pm	5-10 yrs	\$67

Hip Hop

Anne Pennypacker

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 9/2, 10/14, 11/11, 11/25

Los Alamitos Community Ctr, 10911 Oak Street

442034-01	4 weeks	Mon	8/19-9/16	3:45-4:30pm	5-12 yrs	\$57
442034-02	4 weeks	Mon	9/23-10/21	3:45-4:30pm	5-12 yrs	\$57
442034-03	5 weeks	Mon	10/28-12/9	3:45-4:30pm	5-12 yrs	\$67

Marina Community Center, 151 Marina Drive

442034-04	4 weeks	Tue	8/20-9/10	5:15-6pm	5-12 yrs	\$57
442034-05	4 weeks	Tue	9/24-10/15	5:15-6pm	5-12 yrs	\$57
442034-06	4 weeks	Tue	10/29-11/19	5:15-6pm	5-12 yrs	\$57

Rockstar Popstar

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! No Class 9/2, 10/14, 11/11, 11/25

427046-01	4 weeks	Mon	8/19-9/16	4:30-5:15pm	5-12 yrs	\$57
427046-02	4 weeks	Mon	9/23-10/21	4:30-5:15pm	5-12 yrs	\$57
427046-03	5 weeks	Mon	10/28-12/9	4:30-5:15pm	5-12 yrs	\$67

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 9/2, 10/14, 11/11, 11/25, 11/28

Los Alamitos Community Ctr, 10911 Oak Street

442033-01	4 weeks	Mon	8/19-9/16	5:15-6pm	4-7 yrs	\$57
442033-02	4 weeks	Mon	9/23-10/21	5:15-6pm	4-7 yrs	\$57
442033-03	5 weeks	Mon	10/28-12/9	5:15-6pm	4-7 yrs	\$67

Marina Community Center, 151 Marina Drive

442033-04	4 weeks	Thu	8/22-9/12	3-3:45pm	5-10 yrs	\$57
442033-05	5 weeks	Thu	9/26-10/24	3-3:45pm	5-10 yrs	\$67
442033-06	4 weeks	Thu	11/7-12/5	3-3:45pm	5-10 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. No Class 9/2, 10/14, 11/11, 11/25, 11/27, 11/29



Los Alamitos Community Ctr, 10911 Oak Street

422023-01	4 weeks	Mon	8/19-9/16	6-6:30pm	2.5-5 yrs	\$57
422023-02	4 weeks	Mon	9/23-10/21	6-6:30pm	2.5-5 yrs	\$57
422023-03	5 weeks	Mon	10/28-12/9	6-6:30pm	2.5-5 yrs	\$67
422023-04	4 weeks	Fri	8/23-9/13	4:30-5pm	2.5-5 yrs	\$57
422023-05	5 weeks	Fri	9/27-10/25	4:30-5pm	2.5-5 yrs	\$67
422023-06	5 weeks	Fri	11/1-12/6	4:30-5pm	2.5-5 yrs	\$67
422023-07	4 weeks	Sat	10/5-10/26	10-10:30am	2.5-5 yrs	\$57
422023-08	4 weeks	Sat	11/2-11/23	10-10:30am	2.5-5 yrs	\$57

Marina Community Center, 151 Marina Drive

422023-09	4 weeks	Wed	8/28-9/18	6-6:30pm	2.5-5 yrs	\$57
422023-10	5 weeks	Wed	9/25-10/23	6-6:30pm	2.5-5 yrs	\$67
422023-11	5 weeks	Wed	10/30-12/4	6-6:30pm	2.5-5 yrs	\$67

Hip Hop Tots

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

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.

422027-01	4 weeks	Tue	8/20-9/10	4-4:30pm	2.5-5 yrs	\$57
422027-02	4 weeks	Tue	9/24-10/15	4-4:30pm	2.5-5 yrs	\$57
422027-03	4 weeks	Tue	10/29-11/19	4-4:30pm	2.5-5 yrs	\$57

Musical Theatre Stars

Anne Pennypacker

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance and acting! Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 11/27

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

422024-01	4 weeks	Tue	8/20-9/10	4:30-5:15pm	5-12 yrs	\$57
422024-02	4 weeks	Tue	9/24-10/15	4:30-5:15pm	5-12 yrs	\$57
422024-03	4 weeks	Tue	10/29-11/19	4:30-5:15pm	5-12 yrs	\$57

Marina Community Center, 151 Marina Drive

422024-04	4 weeks	Wed	8/28-9/18	3:45-4:30pm	5-13 yrs	\$57
422024-05	5 weeks	Wed	9/25-10/23	3:45-4:30pm	5-13 yrs	\$67
422024-06	5 weeks	Wed	10/30-12/4	3:45-4:30pm	5-13 yrs	\$67

Jazz/Tap Funk

Anne Pennypacker Marina Community Center, 151 Marina Dr

Learn the upbeat moves of jazz in a fun routine and halfway through we'll shuffle our way into a funky tap dance! Dancers will learn turns, combinations, tap steps and more in this action packed class.

422019-01	4 weeks	Thu	8/22-9/12	3:45-4:30pm	5-12 yrs	\$57
422019-02	5 weeks	Thu	9/26-10/24	3:45-4:30pm	5-12 yrs	\$67
422019-03	4 weeks	Thu	11/7-12/5	3:45-4:30pm	5-12 yrs	\$57

Hip Hop Minis

Anne Pennypacker Marina Community Center, 151 Marina Dr

A bridge between Hip Hop Tots and Hip Hop, this class introduces young dancers to the fun and funky styles of hip hop while learning a routine to perform at session's end! No Class 11/28

422016-01	4 weeks	Thu	8/22-9/12	4:30-5pm	4-6 yrs	\$57
422016-02	5 weeks	Thu	9/26-10/24	4:30-5pm	4-6 yrs	\$67
422016-03	4 weeks	Thu	11/7-12/5	4:30-5pm	4-6 yrs	\$57

Pre-School Gymnastics

Anne Pennypacker Marina Community Center, 151 Marina Dr

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! No Class 11/28

411032-01	4 weeks	Thu	8/22-9/12	5-5:30pm	4-7 yrs	\$57
411032-02	5 weeks	Thu	9/26-10/24	5-5:30pm	4-7 yrs	\$67
411032-03	4 weeks	Thu	11/7-12/5	5-5:30pm	4-7 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! No Class 11/29

442032-01	4 weeks	Fri	8/23-9/13	3:45-4:30pm	5-12 yrs	\$57
442032-02	5 weeks	Fri	9/27-10/25	3:45-4:30pm	5-12 yrs	\$67
442032-03	5 weeks	Fri	11/1-12/6	3:45-4:30pm	5-12 yrs	\$67

Stars of Jazz

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine. No Class 11/29

427045-01	4 weeks	Fri	8/23-9/13	5-5:45pm	6-13 yrs	\$57
427045-02	5 weeks	Fri	9/27-10/25	5-5:45pm	6-13 yrs	\$67
427045-03	5 weeks	Fri	11/1-12/6	5-5:45pm	6-13 yrs	\$67

FuNk!

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and FuNky! Dance sneakers or tap shoes recommended for class. No Class 11/29

442029-01	4 weeks	Fri	8/23-9/13	5:45-6:15pm	6-13 yrs	\$57
442029-02	5 weeks	Fri	9/27-10/25	5:45-6:15pm	6-13 yrs	\$67
442029-03	5 weeks	Fri	11/1-12/6	5:45-6:15pm	6-13 yrs	\$67

Pizza Party

Anne Pennypacker North Seal Beach Center, 3333 Saint Cloud Dr

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

442037-01	1 day	Sat	12/7	5-7pm	2+ yrs	\$20
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Fall Dance Recital

Anne Pennypacker McGaugh Auditorium, 1698 Bolsa Ave

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

411029-01	1 day	Tue	12/10	5-9pm	2+ yrs	\$20
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Youth Sports

After School Hoops ★NEW★

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

Join us this session as we teach your child basketball in a fun, exciting environment. Our coaches will not only teach your child important fundamentals through progressive drills, fun competitions, and competitive scrimmages, but we will use these activities as a platform to teach life-skill lessons that reinforce positive attitudes about effort, respect, teamwork and self-control. New and returning students encouraged to join.

423044-01	10 weeks	Tue	9/3-11/5	2:30-3:30pm	6-11 yrs	\$150
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Little Hoopers Basketball

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

Little Hoopers is a fun, fundamental skills curriculum that provides basketball players with proven practice techniques and fun games to build a young player's overall game. We will teach the players athletic motor skills, fundamentals, and how to play in a game. Our final class will conclude with a big scrimmage. No class 10/17, 10/31

423041-01	8 weeks	Thu	9/19-11/21	5-5:50pm	5-7 yrs	\$150
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Player Development Program

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

The Player Development Program (PDP) is a progressive fundamental skills curriculum that provides young aspiring basketball players with proven practice techniques to instill efficiency and confidence. This proven curriculum focuses on the essential individual basketball motor-skills: posture and footwork, ball-handling, passing, shooting technique, finishing to the basket, spacing, etc. These skills are taught in the proper progression to ensure understanding and improvement among each player. No class 10/17, 10/31

423042-01	8 weeks	Thu	9/19-11/21	6-7pm	8-13 yrs	\$150
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Pure Stroke Shooting Clinic

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

If you want to be an incredibly consistent shooter, you have to learn correct technique, and train your body how to work like a machine. Our staff will identify bad habits in your shooting form, teach you how to eliminate them, and replace bad habits with a consistent, linear technique that is guaranteed to dramatically improve your accuracy. No Class 10/17, 10/31

423043-01	8 weeks	Thu	9/19-11/21	7-8pm	9-16 yrs	\$150
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Coed Beginning Volleyball

Maria Fattal **McGaugh Gym, 1698 Bolsa Ave**

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

433060-01	10 weeks	Sun	9/8-11/10	12-2pm	9-14 yrs	\$190
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Beginner Sand Volleyball ★NEW★

One Beach Volleyball **5th Street Beach Volleyball Courts**

Learn to play volleyball or improve your volleyball skills this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. A beginning as well as an intermediate court will be instructed. (Must have 10 registered to run)

433071-01	4 weeks	Sat	9/7-9/28	9-10:30am	8-13 yrs	\$190
433071-02	4 weeks	Sat	10/5-10/26	9-10:30am	8-13 yrs	\$190
433071-03	4 weeks	Sat	11/2-11/23	9-10:30am	8-13 yrs	\$190
433071-04	3 weeks	Sat	12/7-12/21	9-10:30am	8-13 yrs	\$150
433071-05	4 weeks	Mon&Wed	9/9-10/2	3-4:45pm	8-13 yrs	\$250
433071-06	4 weeks	Mon&Wed	10/7-10/30	3-4:45pm	8-13 yrs	\$250
433071-07	4 weeks	Mon&Wed	11/4-11/27	3-4:45pm	8-13 yrs	\$250
433071-08	3 weeks	Mon&Wed	12/4-11/27	3-4:45pm	8-13 yrs	\$180

Karate for Kids

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

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

422051-01	4 weeks	Tue	10/1-10/22	5-5:30pm	3.5-13 yrs	\$49
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KLS – Mommy/Daddy & Me Soccer

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

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

423995-01	6 weeks	Tue	9/17-10/22	5:30-6pm	2-3.5 yrs	\$94
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KLS – 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. All participants receive a soccer jersey!

423997-01	6 weeks	Tue	9/17-10/22	4:45-5:20pm	3.5-5 yrs	\$94
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KLS – Soccer 1: Techniques & Teamwork

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.

423998-01	6 weeks	Tue	9/17-10/22	4-4:45pm	5-6 yrs	\$94
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Skatedog Skateboarding

Skatedogs Heartwell Park – Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, play games, win prizes, advance your skills and most importantly, have fun in our private skatepark. Requirements: A signed waiver, a "trick" skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our on-line skateboard customizer.

423150-01	6 weeks	Sat	9/7-10/12	9-10:30am	5-13 yrs	\$150
423150-02	6 weeks	Sat	10/26-11/30	9-10:30am	5-13 yrs	\$150

Mini-Hawk Multi-Sport

Skyhawks Sports Marina Vista Park, 5355 E Eliot St.

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

423180-01	9 weeks	Tue	9/17-11/12	3:30-4:10pm	2-3.5 yrs	\$155
423180-02	9 weeks	Tue	9/17-11/12	4:20-5pm	3.5-5 yrs	\$155

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 8-weekly, 45 minute sessions coached by our team of international soccer coaches. Sign up today! \$20 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! No Class 9/21

423171-01	8 weeks	Fri	9/13-11/1	9:15-10am	2-3 yrs	\$115
423171-02	8 weeks	Fri	9/13-11/1	10:15-11am	4-6 yrs	\$115

Parent & Me Ice Skating

Westminster Ice Westminster Ice, 13071 Springdale St

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent & one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (Tuesday 3:10 - 4:10 PM, Saturday 12:00-2:00 PM), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early to fit skates, and dress warmly (gloves or mittens recommended). No Class 11/26 & 11/3

413131-01	4 weeks	Tue	9/10-10/1	4:10-4:40pm	3-5 yrs	\$38
413131-02	4 weeks	Tue	10/8-10/29	4:10-4:40pm	3-5 yrs	\$38
413131-03	4 weeks	Tue	11/5-12/3	4:10-4:40pm	3-5 yrs	\$38
413131-04	4 weeks	Sat	9/7-10/5	11:15-11:45am	3-5 yrs	\$38
413131-05	4 weeks	Sat	10/12-11/2	11:15-11:45am	3-5 yrs	\$38
413131-06	4 weeks	Sat	11/9-12/7	11:15-11:45am	3-5 yrs	\$38

Ice Skating for Tots

Westminster Ice 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 (3:00-5:00 PM for Wednesday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 11/27 & 11/30

413130-01	4 weeks	Wed	9/11-10/2	5:40-6:10pm	3-5 yrs	\$38
413130-02	4 weeks	Wed	10/9-10/30	5:40-6:10pm	3-5 yrs	\$38
413130-03	4 weeks	Wed	11/6-12/4	5:40-6:10pm	3-5 yrs	\$38
413130-04	4 weeks	Sat	9/7-10/5	10:45-11:15am	3-5 yrs	\$38
413130-05	4 weeks	Sat	10/12-11/2	10:45-11:15am	3-5 yrs	\$38
413130-06	4 weeks	Sat	11/9-12/7	10:45-11:15am	3-5 yrs	\$38

Beginning Ice Skating

Westminster Ice Westminster Ice, 13071 Springdale St

Learn to skate forward & backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on the day of class (Thursday 3:10-4:10 PM, Saturday 12:00-2:00 PM), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 11/28 & 11/30

423130-01	4 weeks	Thu	9/12-10/3	4:10-4:40pm	6-16 yrs	\$38
423130-02	4 weeks	Thu	10/10-10/31	4:10-4:40pm	6-16 yrs	\$38
423130-03	4 weeks	Thu	11/7-12/5	4:10-4:40pm	6-16 yrs	\$38
423130-04	4 weeks	Sat	9/7-10/5	10:15-10:45am	6-16 yrs	\$38
423130-05	4 weeks	Sat	10/12-11/2	10:15-10:45am	6-16 yrs	\$38
423130-06	4 weeks	Sat	11/9-12/7	10:15-10:45am	6-16 yrs	\$38

Ice Hockey Skating Skills

Westminster Ice Westminster Ice, 13071 Springdale St

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (Wednesday 3:00 - 5:00 PM, Saturday 12:00 - 2:00 PM), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. No Class 11/27 & 11/30

423141-01	4 weeks	Wed	9/11-10/2	6:10-6:40pm	6-16 yrs	\$38
423141-02	4 weeks	Wed	10/9-10/30	6:10-6:40pm	6-16 yrs	\$38
423141-03	4 weeks	Wed	11/6-12/4	6:10-6:40pm	6-16 yrs	\$38
423141-04	4 weeks	Sat	9/7-10/5	11:15-11:45am	6-16 yrs	\$38
423141-05	4 weeks	Sat	10/12-11/2	11:15-11:45am	6-16 yrs	\$38
423141-06	4 weeks	Sat	11/9-12/7	11:15-11:45am	6-16 yrs	\$38



Special Interest



Beginning Guitar ★NEW★

Alan Levin **Seal Beach Senior Center, 707 Electric Ave**
 Beginning Guitar for ages 10 and older. Learn tuning, simple songs, basic chords. Progress forward from there to some basic lead guitar patterns and chords up the neck. Must have a playable instrument and a clip on tuner.

466080	8 weeks	Wed	9/4-10/23	6-7pm	10+ yrs	\$35/class
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Magic in Seal Beach

Daniel 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. Material fee is \$10 for lectures. Meetings held every 3rd Saturday of the month, from 6-10pm. Contact Daniel Habel for more information at (562) 434-4693.

9/21	10/19	11/16	6-10pm	12+ yrs	Free
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iPhone Photography & Editing ★NEW★

Paradise Studios **Firestation 48 Community Room, 3131 N. Gate Rd**
 Learn how to take better photos with your iPhone, and then edit them right on your phone for great pictures. In this 1.5 hour class, you will learn: 1. The fundamental principles of techniques to be able to take great photos, and 2. How to edit your photos so they will take on a professional quality and appearance. You will then be proud to share your new photos with friends & family, as well as using them for brochures, websites, social media content, etc. Classes are \$25 per class. Register online at register.sealbeachca.gov. Classes are on the 1st and 3rd Fridays.

422090	1 day	Fri	9/6-11/15	10-11:30am	10+ yrs	\$25/class
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Portrait Workshop

Ying Liu **Los Alamitos Community Ctr, 10911 Oak Street**
 Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil (with drawing board), charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided upon request. Model fee: \$5 each class. One time \$5 material fee payable to instructor at the first day of class. Drop-in fee is \$15. Class held at Los Alamitos Community Center - 10911 Oak St., Los Alamitos.

436096-01	8 weeks	Sat	9/21-11/9	9am-12pm	16+ yrs	\$88
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Transforming Your Photo into a Beautiful 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 family/friends? Students will observe and participate in the complete process of creating a painting from photos. 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. Class held at Los Alamitos Community Center - 10911 Oak St., Los Alamitos.

436097-01	5 weeks	Wed	9/25-10/23	6:30-9:30pm	16+ yrs	\$91
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UC Personal Insight Questions

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

The series will feature eight separate workshops, each on a specific PIQ topic. Students must submit a rough draft in advance to participate. The instructor will discuss the basic elements of essay writing, using selected student drafts as examples. Students will learn how to analyze the question, critique their own work, and use personal examples to further develop their story. (Note: Reservation deadline is Thursday before, along with rough draft. Sorry, no walk-ins or refunds after Thursday.)

Question #1: Leadership						
422071-01	1 day	Sun	9/8	1-2pm	15+ yrs	\$25

Question #2: Creativity						
422071-02	1 day	Sun	9/15	1-2pm	15+ yrs	\$25

Question #3: Talent						
422071-03	1 day	Sun	9/22	1-2pm	15+ yrs	\$25

Question #4: Educational Barrier/Unique Opportunity						
422071-04	1 day	Sun	9/29	1-2pm	15+ yrs	\$25

Question #5: Significant Challenge						
422071-05	1 day	Sun	10/6	1-2pm	15+ yrs	\$25

Question #6: Favorite Academic Subject						
422071-06	1 day	Sun	10/13	1-2pm	15+ yrs	\$25

Question #7: Community Service						
422071-07	1 day	Sun	10/20	1-2pm	15+ yrs	\$25

Question #8: What Makes You a Strong UC Candidate						
422071-08	1 day	Sun	10/27	1-2pm	15+ yrs	\$25

First Aid, CPR, & AED Training

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

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

446031-01	1 day	Sat	9/28	9am-3:30pm	16+ yrs	\$55
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446031-02	1 day	Sat	10/26	9am-3:30pm	16+ yrs	\$55
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446031-03	1 day	Sat	11/9	9am-3:30pm	16+ yrs	\$55
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Build It Workspace Classes

Build It Workspace Staff

Build It Workspace, 4388 Cerritos Ave, Los Alamitos

For more class info, please visit register.sealbeachca.gov.

Minecraft Creations

413080-01	4 weeks	Tue	9/10-10/1	3:30-5pm	6-9 yrs	\$75
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Ready, Set, Go!

413080-02	4 weeks	Tue	9/10-10/1	3:30-5pm	10+ yrs	\$75
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413080-03	4 weeks	Tue	10/8-10/29	3:30-5pm	6-9 yrs	\$75
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Keyboarding & Computer Skills

413080-04	4 weeks	Wed	9/11-10/2	11:30am-1pm	6-9 yrs	\$75
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413080-05	4 weeks	Sat	9/14-10/5	11am-12:30pm	6-9 yrs	\$75
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Minecraft Modding

413080-06	4 weeks	Wed	9/11-10/2	11:30am-1pm	10+ yrs	\$75
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413080-07	4 weeks	Sat	9/14-10/5	9-10:30am	10+ yrs	\$75
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Jr Robotics Team

413080-08	4 weeks	Sat	9/14-10/5	9-10:30am	6-9 yrs	\$75
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413080-09	4 weeks	Sat	10/12-11/2	9-10:30am	6-9 yrs	\$75
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413080-10	4 weeks	Sat	11/16-12/14	9-10:30am	6-9 yrs	\$75
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Robotics Team

413080-11	4 weeks	Sat	9/14-10/5	11am-1pm	9-14 yrs	\$150
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413080-12	4 weeks	Sat	10/12-11/2	11am-1pm	9-14 yrs	\$150
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413080-13	4 weeks	Sat	11/16-12/14	11am-1pm	9-14 yrs	\$150
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3D Sculpting

413080-14	4 weeks	Tue	10/8-10/29	3:30-5pm	10+ yrs	\$75
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Computer Coding

413080-15	4 weeks	Wed	10/9-10/30	11:30am-1pm	6-9 yrs	\$75
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413080-16	4 weeks	Sat	10/12-11/2	11am-12:30pm	6-9 yrs	\$75
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Roblox Coding

413080-17	4 weeks	Wed	10/9-10/30	11:30am-1pm	10+ yrs	\$75
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413080-18	4 weeks	Sat	10/12-11/2	9am-10:30am	10+ yrs	\$75
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Woodshop: Holiday Gifts

413080-19	4 weeks	Tue	11/12-12/10	3:30-5pm	6-9 yrs	\$75
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413080-20	4 weeks	Tue	11/12-12/10	3:30-5pm	10+ yrs	\$75
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413080-21	4 weeks	Wed	11/13-12/11	11:30am-1pm	6-9 yrs	\$75
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413080-22	4 weeks	Wed	11/13-12/11	11:30am-1pm	10+ yrs	\$75
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413080-23	4 weeks	Sat	11/16-12/14	11am-12:30pm	6-9 yrs	\$75
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413080-24	4 weeks	Sat	11/16-12/14	9-10:30am	10+ yrs	\$75
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Adult Dance

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 the cha-cha, rumba, swing, waltz, salsa, and foxtrot. Partners are not necessary. No Class 9/2, 10/14, 11/11, 11/25

444020-01	4 weeks	Mon	8/19-9/16	7-7:45pm	18+ yrs	\$57
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444020-02	4 weeks	Mon	9/23-10/21	7-7:45pm	18+ yrs	\$57
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444020-03	5 weeks	Mon	10/28-12/9	7-7:45pm	18+ yrs	\$67
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80's Dance Workout

Anne Pennypacker Marina Community Center, 151 Marina Dr

Can you feel it?! Bust out the legwarmers, sweatbands, and neon and let's get physical! A Jazzy way to go old school while burning the calories to favorite eighties hits! No Class 11/27

442017-01	4 weeks	Wed	8/28-9/18	6:30-7:15pm	18+ yrs	\$57
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442017-02	5 weeks	Wed	9/25-10/23	6:30-7:15pm	18+ yrs	\$67
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442017-03	5 weeks	Wed	10/30-12/4	6:30-7:15pm	18+ yrs	\$67
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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!

442029-01	4 weeks	Wed	8/28-9/18	7:15-8pm	18+ yrs	\$57
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442029-02	5 weeks	Wed	9/25-10/23	7:15-8pm	18+ yrs	\$67
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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! No Class 11/27

442019-01	5 weeks	Wed	10/30-12/4	7:15-8pm	18+ yrs	\$67
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Wedding Survival

Anne Pennypacker Marina Community Center, 151 Marina Dr

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

442018-01	4 weeks	Thu	8/22-9/12	6:30-7pm	18+ yrs	\$48
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442018-02	4 weeks	Thu	9/26-10/17	6:30-7pm	18+ yrs	\$48
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Adult tap

Anne Pennypacker Marina Community Center, 151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tap shoes are best to wear for class. No Class 11/28

442026-01	4 weeks	Thu	8/22-9/12	7-7:45pm	18+ yrs	\$57
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442026-02	5 weeks	Thu	9/26-10/24	7-7:45pm	18+ yrs	\$67
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442026-03	4 weeks	Thu	11/7-12/5	7-7:45pm	18+ yrs	\$57
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Adult Fitness & Sports

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 up to 42 classes. Drop in rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 9/2-9/18, 11/25-11/27

442092-01 Up to 42 Classes M/T/W 8/19-12/18 9-9:50am 18+ yrs \$304

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 up to 28 classes. Drop in rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 9/2-9/18 11/25-11/27

442091-01 Up to 28 Classes M/W 8/19-12/18 10-10:50am 40+ yrs \$206

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 9/4, 9/11, 9/18, 11/27

442090-01 Up to 14 Classes Wed 8/21-12/18 8-8:50am 18+ yrs \$122

Chair Yoga

Mari Huelskamp Marina Community Center, 151 Marina Dr
Performing modified yoga poses that are gentle on the body. Will use a chair and keep our shoes on. All poses can be done seated or standing. Will not go down to the floor. No mats needed. Drop in rate: \$16 per class. Full session includes \$10 admin fee, and drop in price includes \$3 admin fee. No Class 9/3, 9/10, 9/17, 11/26

442093-01 Up to 14 Classes Tue 8/20-12/17 10-10:50am 40+ yrs \$122

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.

442050-01 13 weeks Mon/Wed/Sat 9/2-11/30 7:30-9:30pm 18+ yrs \$150

Beach Yoga

Ella Yoga Eisenhower Park, 900 Ocean Ave
This class is challenging and rewarding for all levels of yoga students. We will focus on toning the upper body and core, while lengthening the legs and spine. The final part of class is very rejuvenating and restorative leaving you energized and balanced for your day. This class meets at Eisenhower Park by the Seal Beach Pier. Daily Classes are \$23, or purchase a 5 class pass for \$85.

342015 14 weeks Sat&Sun 9/7-12/1 8-9am 5+ yrs \$23/class

Essentrics® Aging Backwards

Eunis Christensen Seal Beach Senior Center, 707 Electric Ave
Essentrics Aging Backwards is a 45-minute class designed to teach participants to listen to their bodies. Individuals with physical issues such as arthritis, frozen shoulder, bursitis, back pain, sciatica, and plantar fasciitis often receive great benefit from the class. Continuous class participation improves balance and posture, increases joint mobility and flexibility and relieves sense of "wear and tear" on the body. Chairs are used as balance enhancers. This class is meant to be a standing experience. No Class 11/8

424098-01 12 weeks Fri 9/6-11/29 1:30-2:15pm 50+ yrs \$149

Beach Boot Camp

Beach Fitness 10th Street Beach, 10th St @ Ocean Ave
Join Seal Beach's exclusive Beach Boot Camp and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$20 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442062-01 13 weeks Sat 9/7-11/30 8:30-9:30am 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, Tuesday, Thursday and Friday. Pay \$20 per class. No Class 9/2, 11/28

442063 13 weeks M,T,Th,F 9/3-11/26 9-10am 18+ yrs \$20/class

Healthy Back I

Beach Fitness Seal Beach Senior Center, 707 Electric Ave
(Beginning & Intermediate Pilates) 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. No Class 9/2, 11/28

442072-01 12 weeks Mon 9/9-11/25 11:30am-12:30pm 18+ yrs \$137

ADULT SPORTS LEAGUES

Basketball League begins Sept 9

\$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.

Softball League Sept 10 (men) & Sept 19 (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.

Healthy Back II

Beach Fitness Seal Beach Senior Center, 707 Electric Ave (Advanced Pilates) This class 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 11/28

442071-01 12 weeks Thu 9/5-11/21 12:30am-1:30pm 18+ yrs \$137

Gentle Yoga/Qigong

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 yoga mat. No Class 11/5

442068-01 14 weeks Tue 9/10-12/17 5:30-6:45pm 18+ yrs \$117

Adult Coed Beach Volleyball **★NEW★**

One Beach Volleyball 5th Street Beach Volleyball Courts Learn volleyball or improve your volleyball skills this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. A beginning as well as an intermediate court will be instructed. (Must have 10 registered to run)

433070-01 4 weeks Sat 9/7-9/28 10:30am-12pm 18+ yrs \$190

433070-02 4 weeks Sat 10/5-10/26 10:30am-12pm 18+ yrs \$190

433070-03 4 weeks Sat 11/2-11/23 10:30am-12pm 18+ yrs \$190

433070-04 3 weeks Sat 12/7-12/21 10:30am-12pm 18+ yrs \$150

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 \$13 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. CLASS MEETS ON SATURDAYS 7:15-8:15am. No Class 9/2, 11/29

442044-01 6 weeks Mon/Wed/Sat 9/2-10/12 6-7pm 13+ yrs \$70

442044-02 7 weeks Mon/Wed/Sat 10/14-11/29 6-7pm 13+ yrs \$70

Karate for Adults

Gary Pitts Los Alamitos Community Ctr, 10911 Oak Street Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents remain outside during class. Meeting with the instructor can be done after class.

422051-02 4 weeks Tue 10/1-10/22 5:30-6:15pm 14-55 yrs \$69



Beginning T'ai Chi Chih

Suzanne Roady-Ross Seal Beach Senior Center, 707 Electric Ave Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful flowing movements tone muscles, align the body & enhance flexibility while promoting mindfulness. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 11/11

442073-01 5 weeks Mon 9/9-10/7 6:40-7:40pm 18+ yrs \$60

442073-02 5 weeks Mon 10/28-12/2 6:40-7:40pm 18+ yrs \$60

Intermediate T'ai 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. No Class 11/11

442077-01 5 weeks Mon 9/9-10/7 5:30-6:30pm 18+ yrs \$60

442077-02 5 weeks Mon 10/28-12/2 5:30-6:30pm 18+ yrs \$60

WERQ

Meghan McLarty Marina Community Center, 151 Marina Dr

WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music.

442085-01 6 weeks Mon 10/7-11/11 7-8pm 13+ yrs \$85



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 or indicate your date preference on the registration form. No Class 10/22, 10/24, 11/28

442030-01	14 weeks	Tue&Thu	9/3-12/12	4-5pm	18+ yrs	\$199
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Ice Skating for Adults

Westminster Ice Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00- 5:00PM Wednesday and 12:00-2:00PM Saturday), 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 (gloves recommended). No Class 11/27 & 11/30

423131-01	4 weeks	Wed	9/11-10/2	6:40-7:10pm	17+ yrs	\$38
423131-02	4 weeks	Wed	10/9-10/30	6:40-7:10pm	17+ yrs	\$38
423131-03	4 weeks	Wed	11/6-12/4	6:40-7:10pm	17+ yrs	\$38
423131-04	4 weeks	Sat	9/7-10/5	10:15-10:45am	17+ yrs	\$38
423131-05	4 weeks	Sat	10/12-11/2	10:15-10:45am	17+ yrs	\$38
423131-06	4 weeks	Sat	11/9-12/7	10:15-10:45am	17+ yrs	\$38

Surfing

Surf Birthday Parties

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

Make your birthday memorable with a fun surf experience! Surfboards and wetsuits are provided. Prices vary upon group size. Please indicate your date and time preference on the registration form or the online checkout screen. For more information, call Chas at (562) 896-0121.

Up to 8 Participants

467054-01	1 day	Sun&Sat	9/7-12/1	9-11am	All Ages	\$310
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Up to 15 Participants

467054-02	1 day	Sun&Sat	9/7-12/1	9-11am	All Ages	\$400
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1 Day Large Group Outing

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

Need to plan an awesome outing? Book a surf experience for your office, church group, or any other large group! Surfboards and wetsuits are provided. Prices vary upon group size. For more information, call Chas at (562) 896-0121.

467057-01	1 day	Mon-Sun	9/7-12/1	8-11am	All Ages	Call for Price
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M&M Surfing – 5 Day Lessons

M&M Surf 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, or on your Registration Form, please indicate the 5 days of your choice during the week indicated in this class session. If you have questions, please call Michael Pless at (714) 846-7873

467061-01	5 days	Mon-Sun	9/2-9/8	8am-12pm	All Ages	\$290
467061-02	5 days	Mon-Sun	9/9-9/15	8am-12pm	All Ages	\$290
467061-03	5 days	Mon-Sun	9/16-9/22	8am-12pm	All Ages	\$290
467061-04	5 days	Mon-Sun	9/23-9/29	8am-12pm	All Ages	\$290
467061-05	5 days	Mon-Sun	9/30-10/6	8am-12pm	All Ages	\$290
467061-06	5 days	Mon-Sun	10/7-10/13	8am-12pm	All Ages	\$290
467061-07	5 days	Mon-Sun	10/14-10/20	8am-12pm	All Ages	\$290
467061-08	5 days	Mon-Sun	10/21-10/27	8am-12pm	All Ages	\$290
467061-09	5 days	Mon-Sun	10/28-11/3	8am-12pm	All Ages	\$290
467061-10	5 days	Mon-Sun	11/4-11/10	8am-12pm	All Ages	\$290
467061-11	5 days	Mon-Sun	11/11-11/17	8am-12pm	All Ages	\$290
467061-12	5 days	Mon-Sun	11/18-11/24	8am-12pm	All Ages	\$290
467061-13	5 days	Mon-Sun	11/25-12/1	8am-12pm	All Ages	\$290

M&M Surfing – 1 Day lessons

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

Surf Lessons are on-going from September 2 – December 1. **Please note, these classes are good for any one day of surfing instruction.** Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714)846-7873.

3 Hour Group Lesson

467063-01	1 day	Mon-Sun	9/2-12/1	8am-12pm	All Ages	\$90
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1 Hour Group Lesson

467064-01	1 day	Mon-Sun	9/2-12/1	8am-12pm	All Ages	\$80
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1 Hour Semi Private Lesson

467065-01	1 day	Mon-Sun	9/2-12/1	8am-12pm	All Ages	\$115
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1 Hour Private Lesson

467068-01	1 day	Mon-Sun	9/2-12/1	8am-12pm	All Ages	\$100
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Tennis



Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

Kids Beginning (4-6 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-01	9/3-10/1	Tue	4-4:30pm	\$49	Heather Park
433020-02	10/15-11/12	Tue	4-4:30pm	\$49	Heather Park
433020-03	9/5-10/3	Thu	4-4:30pm	\$49	Marina Park
433020-04	10/17-11/14	Thu	4-4:30pm	\$49	Marina Park

Juniors Beginning (7-10 years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	9/3-10/1	Tue	4:30-5:30pm	\$99	Heather Park
433021-02	10/15-11/12	Tue	4:30-5:30pm	\$99	Heather Park
433021-03	9/5-10/3	Thu	4:30-5:30pm	\$99	Marina Park
433021-04	10/17-11/14	Thu	4:30-5:30pm	\$99	Marina Park

Twens Beginning (11-13 Years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	9/3-10/1	Tue	5:30-6:30pm	\$99	Heather Park
433023-02	10/15-11/12	Tue	5:30-6:30pm	\$99	Heather Park
433023-03	9/5-10/3	Thu	5:30-6:30pm	\$99	Marina Park
433023-04	10/17-11/14	Thu	5:30-6:30pm	\$99	Marina Park

Adults Beginning (14+ Years)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	9/3-10/1	Tue	6:30-7:30pm	\$99	Heather Park
433022-02	10/15-11/12	Tue	6:30-7:30pm	\$99	Heather Park
433022-03	9/5-10/3	Thu	6:30-7:30pm	\$99	Marina Park
433022-04	10/17-11/14	Thu	6:30-7:30pm	\$99	Marina Park

Online Registration Begins: **July 29**

Walk-in and Mail Registration Begins: **August 5**

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.

REGISTER  **Online**
SealBeachCa.Gov

Seal Beach Tennis Center

3900 Lampson Ave, Seal Beach CA 90740

For more information, call 562-598-8624.

Tiny Tots Tennis (4-5 yrs) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433035-01	9/11-10/2	Wed	10:30am-11am	\$40	SBTC
433035-02	9/11-10/2	Wed	3pm-3:30pm	\$40	SBTC
433035-03	10/16-11/16	Wed	3pm-3:30pm	\$40	SBTC

Beginning Pickleball (16+ yrs) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433040-01	9/7-9/28	Sat	10:30am-12pm	\$99	SBTC
433040-02	10/19-11/9	Sat	10:30am-12pm	\$99	SBTC

Intermediate Pickleball (16+ yrs) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433043-01	9/7-9/28	Sat	12:30pm-2:00pm	\$99	SBTC
433043-02	10/19-11/9	Sat	12:30pm-2:00pm	\$99	SBTC



Community Pool

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

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

Adult & Youth Lap Swim

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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$80 34 swim pass: \$136
Monday-Thursday	6:30pm – 8pm	Adult /16+ yrs	Unlimited Annual pass: \$300 (No guests)
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

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 will burn calories while improving endurance, flexibility, and strength. You must purchase your own buoyancy cuffs to participate in class. Cuffs can be purchased online at: www.hydrofit.com (classic or easy-close Hydro-Fit cuffs). These are the preferred cuffs. This class fills up fast so sign up early! No class 11/11

444010-01	5 weeks	Mon&Wed	9/4-10/2	5:30-6:30pm	18+ yrs	\$70
444010-02	5 weeks	Mon&Wed	10/14-11/13	5:30-6:30pm	18+ yrs	\$70
444010-03	5 weeks	Mon&Wed	11/18-12/18	5:30-6:30pm	18+ yrs	\$70

Seal Beach Aquatics

Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

This class is designed to reinforce proper swimming technique for students already familiar with freestyle and rhythmic side breathing. Students will build endurance and proficiency in the four basic swim strokes. Participants must be seven years old and **able to swim 50 yards uninterrupted freestyle, maintaining rhythmic side breathing**. It is mandatory for a parent to be present at the pool 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 in the class. No classes 9/2-9/5 & 10/14-10/17

424029-01	5 weeks	M,T,Thur	8/19-9/26	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		
424029-02	5 weeks	M,T,Thur	9/30-11/7	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		



Senior Services



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. No Class 12/28

Oct 5 & 19,	Nov 2 & 16,	Dec 14	10am-12pm	Seniors	Free
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Medicare 101

Cesar Arteaga
Seal Beach Senior Center, 707 Electric Ave

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

456040-01	1 day	Mon	9/16	1-2pm	64+ yrs	Free
456040-02	1 day	Mon	10/14	1-2pm	64+ yrs	Free
456040-03	1 day	Mon	10/28	1-2pm	64+ yrs	Free
456040-04	1 day	Mon	11/18	1-2pm	64+ yrs	Free

Medi-Cal and VA Benefits under the Trump Administration

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

Do you have an aging parent or loved one who needs long term care due to their health issues? This can be an overwhelming situation with rising care costs and confusing Medicare, Medi-Cal, and VA laws to navigate. This one-hour workshop will explain what happens when a loved one receives a long term care diagnoses and who pays for it. We will discuss the difference between Medicare and Medi-Cal as well as hidden VA benefits. Additionally, we will cover legal strategies to help avoid going broke in an assisted living or nursing home and help your loved one receive benefits sooner rather than later. Join us on one of the dates provided to get your elder law questions answered and get back your peace of mind.



456045-01	1 Day	Tue	11/5	6:30-8pm	All Ages	Free
456045-02	1 Day	Wed	11/6	6:30-8pm	All Ages	Free

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.

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.



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 1p.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 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 (SNEMT) that is very similar to the City's Dial-A-Ride program. The SNEMT program provides seniors with access to non-emergency trips such as medical appointments, dentists, therapies, exercise programs, testing and other health related trips. The SNEMT program operates Monday through Saturday from 6:30 a.m. to 6:30 p.m. To register for the County of Orange's SNEMT 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

Amenity Key Updated December 2012

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



Map not to scale.

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

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

5 easy ways to REGISTER TODAY

1 MAIL IN

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

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

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

2 WALK IN

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

3 ONLINE

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

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

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-8763**. 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 \$10 admin fee for the class you attended.
- ▶ Refund checks will be mailed within three weeks following the request.
- ▶ If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.
- ▶ A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

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

Online Registration begins February 11, 2019
Walk-in and Mailed Registration begins February 19, 2019
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.



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.

Seal Beach Community Services Department

211 8th Street, Seal Beach, CA 90740

Community Services Office: (562) 431-2527 Ext. 1344

Email: communityservices@sealbeachca.gov

CLASS REGISTRATION FORM

Head of Household: _____

First Name

Last Name

Please fill out below if this is a new household, or if your contact information needs to be updated:

Address: Street _____ City _____ State ____ Zip _____

Phone: Home #: _____ Work #: _____ Cell #: _____

Email: _____

Emergency Contact: _____ Phone #: _____

Participant First Name	Last Name	Birthday	Class #	Class Title	Start Date	Fee \$
					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.

Signature: _____ Dated: _____

(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 Account: \$ _____

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

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23
NOVEMBER

SANTA • MUSIC • SLEDDING • COCOA

EISENHOWER PARK, SEAL BEACH | 4-8PM

#SEALBEACHLIFE / #SHOPLOCAL / #CHRISTMASATTHEBEACH