

Shoreline



City of Seal Beach Classes and Activities • Fall 2018



City of Seal Beach

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

CITY COUNCIL

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

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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Finance/City Treasurer	Victoria Beatley
Director of Community Development	Crystal Landavazo
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

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

RECREATION COMMISSIONERS

District 1	Steve Miller
District 2	James Dunphy
District 3	Rita Hayes
District 4	Ann Gunvalsen Saks
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting

7pm; 2nd & 4th Monday per month

Planning Commission

7pm; 1st & 3rd Monday per month

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

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

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HOLIDAY CLOSURES

Labor Day – September 3

Veteran's Day – Observed November 12

Thanksgiving – Observed November 22 & 23

REGISTER^{Online}

SealBeachCa.Gov

Online Registration Begins:

July 30

Walk-in and Mail Registration Begins:

August 6

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

On a May morning in 2016, an electrical fire damaged the end of the pier. Since that time, the City has worked diligently to prepare the site for construction improvements including the demolition and removal of all damaged buildings and decking, acquiring all necessary permitting, and collaborating with the City's insurance company to ensure the City receives its fair share of fire related insurance funds.

Additionally, a significant amount of work has been done designing the new improvements to the pier, not only to the fire damaged area, but also to areas of the pier that were in need of rehab such as the fire line, sewer pump station and electrical distribution system.

Every step of the way, the City Council has been instrumental in providing the necessary direction to staff to make certain the improved pier contains the elements that will make it safe and sound while

also containing the amenities the community prefers. A few of these amenities include the installation of new hand railing and refurbishment of the existing pier lighting.

With the City's design plans and project specifications finalized and approved by the City Council, City staff advertised for construction bids on March 25, 2018. A total of five construction companies purchased plans and specifications and ultimately one construction company submitted a bid before the May 16th deadline, John S. Meek Company, Inc (JSMC). JSMC has worked in the past for the City, most notably on the Pier Deck Replacement Project, as well as the fire damage demolition and removal in 2016. They have worked on numerous piers, wharfs, bridges and marinas in cities such as Santa Monica, Malibu, Ventura, Newport Beach, Redondo Beach and Long Beach.

On June 25, 2018, the City Council awarded a construction contract to

JSMC of which the City's insurance company agreed to pay up to 57% of the total construction costs (this includes 100% of the fire related damage). Currently, the City's construction management team is in the midst of completing detailed value engineering analysis to determine potential areas of additional cost savings. Based on preliminary analysis, the project team anticipates being able to reduce the total construction price including portions of the work that is scheduled to be paid by the City.

Over the course of the construction, City staff will be providing updates through a variety of mediums to make sure the community is aware of the progress of this project. We encourage you to visit the pier project website at www.sealbeachpier.gov for the latest updates.

Jill R. Ingram
City Manager



The Seal Beach *Pier*

The Seal Beach pier was originally built in 1906, with a length of 1,865 feet, making it the second longest wooden pier in California. The timber pier consists of piles, longitudinal and lateral bracing, cap beams, stringers, blocking, decking and railing.

The pier is currently used for sight-seeing and fishing. It is also a shuttle pick-up/drop-off point for offshore oil platform workers.

In May 2016, an electrical fire damaged the end of the pier. As a result of the fire, emergency repairs were required, which included the demolition and removal of all damaged buildings, charred decking and stringers; and necessary stringer replacement at the end of the pier.

The City has contracted with design engineers and other consultants to produce plans, specifications and obtain all necessary permits for the repair and upgrades of the pier.

John S. Meek Company, Inc. has been awarded the construction contract to perform the necessary work on the pier. Construction is expected to begin in early September 2018 and conclude by May 2019. The pier is to remain open during construction work.



Tips for Home Heating Safety

For many residents, the high cost of home heating has increased the use of portable space heaters, fireplaces, and wood burning stoves. Unfortunately, using these devices can also increase the risk of home fires and carbon monoxide poisoning.

Home Heating Fires

Take steps now to protect your family and home from heating equipment fires.

- Keep anything that can burn at least three feet from all heat sources.
- Hire a professional to clean, inspect, and service your home's heating equipment, fireplace, and chimney every year.
- Purchase space heaters that shut off automatically if they overheat or are knocked over.
- Always plug space heaters directly into wall outlets.
- Keep space heaters away from children and pets.
- Turn space heaters off before leaving the room or going to sleep.
- Keep a glass or metal screen in front of the fireplace to prevent sparks and embers from escaping.
- Space heaters cause 84 percent of all home heating fire deaths.

Carbon Monoxide Poisoning

Burning any fuel produces carbon monoxide, a colorless and odorless gas that can be deadly. Fortunately, carbon monoxide poisoning can be prevented if you follow simple safety rules.

- Never use a gas range or oven for heating.
- Carefully follow manufacturer's installation and maintenance instructions if a wood stove is used to heat the home.
- Open the fireplace damper/flue before lighting a fire and keep it open until the ashes are cool.
- Know the symptoms of carbon monoxide poisoning – headache, nausea, vomiting, dizziness, weakness, sleepiness, and confusion. If you suspect carbon monoxide poisoning, get out side to fresh air immediately and call 911.
- Install carbon monoxide alarms outside each sleeping area and on every level of the home.

For additional safety information, please contact the Orange County Fire Authority at 714-573-6200 or visit ocfa.org.



2018 SEAL BEACH christmas tree lighting

TREE ORNAMENT FORM

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:

Name:

Address:

City, State, ZIP code:

Email:

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

Number: _____ Exp. _____

Authorized Signature: _____

DEADLINE
NOV. 1

REQUESTED
DONATION

\$100 Large Gift Tag

\$75 Snowflake

\$25 Small Circle

*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

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

Parent & Me: College 101 Sessions

Registration Required. Saturday, September 1, 2pm-5pm

Fall Storytime

Mondays & Tuesdays 10:30 & 11:15 • September 10 – November 27

Library Closed Mondays 9/3, 10/8, 11/12

Challenge Island Programs *Registration Required*

Grandparent & Me: Antarctic Adventure

Saturday, September 8, 2pm

Fantastic Fiction Challenge: Captain Underpants

Thursday, September 27, 3:30pm

Tolkien Week September 16 – 22 and viewing of *The Hobbit*

International Games Week November 4-10, All ages

LIBRARY HOURS

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

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

For more information, call 562-431-3584.



Want to keep up with the latest
Seal Beach news?

Check out the City newsletter!

Visit

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

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Democratic Club of Seal Beach	562-240-5135 demsealbeach.org democraticclubofsealbeach@gmail.com
Food Finders	Patti Larson – 562-598-3003
Friends of the Mary Wilson Library	562-431-3584
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
Interval House – Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt – 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton – 562-596-3497
McGaugh School PTA	Isabelle McFadden – 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo – 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Philharmonic Society of OC	Debbie Edwards – 562-254-4693
Republican Women's Club	Phyllis Steiner – 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales – 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai – 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Beauty Pageant	Rosie Ritchie – 562-810-0078
Seal Beach Lions Club	Scott Newton – 562-537-3955
Seal Beach Leo Club	Scott Newton – 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith – 714-996-5864 edsmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin – 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services	(800) 299- 4898
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■ STREET SWEEPING

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

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

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

■ RECREATION & COMMUNITY SERVICES

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

■ LIBRARIES

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

■ PRESCHOOL

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

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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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 18 • Heather Park • 5:30 p.m.

CHECK OUT THE AMAZING

41ST ANNUAL SEAL BEACH ARTS & CRAFTS FAIRE



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

SUNDAY, SEPTEMBER 9TH - 9:00AM-5:00PM

100+ Arts & Crafts Vendors

Eisenhower Park at Foot of Pier

Limited Parking at 8th and 10th Street Beach Lots

SEAL BEACH CHAMBER OF COMMERCE PRESENTS

TRICK OR TREAT

ON MAIN STREET

WEDNESDAY, OCTOBER 31ST
11:00AM - 4:00PM

Main Street Merchants will pass out candy to Trick or Treaters in costume.
Children must be age appropriate to receive candy.

ADULT SPORTS LEAGUES

Basketball League

Basketball league begins Sept 10

\$375 per team, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Coed Kickball League

Coed Kickball league begins Sept 12

\$325 per team, plus \$15 per game for umpire. For more information, call Kevin Ortiz in Community Services Department at (562) 431-2527 ext:1307, or email kortiz@sealbeachca.gov.
Dates subject to change due to weather.

Softball League

Softball league begins Sept 11 (men) and Sept 13 (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.

November 17

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 7

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 15

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 11/23

411061-01	6 weeks	Fri	9/14-10/19	10-10:50am	2 yrs	\$84
411061-02	6 weeks	Fri	9/14-10/19	11-11:50am	3-4 yrs	\$84
411061-03	5 weeks	Fri	11/2-12/7	10-10:50am	2 yrs	\$70
411061-04	5 weeks	Fri	11/2-12/7	9-9:50am	3-4 yrs	\$70

Musical Minis

Anne Pennypacker

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! No Class 11/21

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

427070-01	5 weeks	Tue	8/28-9/25	6-6:30pm	2.5-5 yrs	\$67
427070-02	5 weeks	Tue	10/2-10/30	6-6:30pm	2.5-5 yrs	\$67
427070-03	5 weeks	Tue	11/6-12/4	6-6:30pm	2.5-5 yrs	\$67

Marina Community Center, 151 Marina Dr

427070-04	5 weeks	Wed	8/22-9/19	2-2:30pm	2.5-5 yrs	\$67
427070-05	5 weeks	Wed	9/26-10/24	2-2:30pm	2.5-5 yrs	\$67
427070-06	4 weeks	Wed	11/7-12/5	2-2:30pm	2.5-5 yrs	\$57

Hip Hop Tots

Anne Pennypacker

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. No Class 11/21

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

422027-01	5 weeks	Tue	8/28-9/25	4-4:30pm	2.5-5 yrs	\$67
422027-02	5 weeks	Tue	10/2-10/30	4-4:30pm	2.5-5 yrs	\$67
422027-03	5 weeks	Tue	11/6-12/4	4-4:30pm	2.5-5 yrs	\$67

Marina Community Center, 151 Marina Dr

422027-04	5 weeks	Wed	8/22-9/19	2:30-3pm	2.5-5 yrs	\$67
422027-05	5 weeks	Wed	9/26-10/24	2:30-3pm	2.5-5 yrs	\$67
422027-06	4 weeks	Wed	11/7-12/5	2:30-3pm	2.5-5 yrs	\$57

Petit Ballet

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom pink ballet shoes required for class. bedroom slippers will not be allowed. No Class 9/5, 11/21, & 11/23

Marina Community Center, 151 Marina Dr

422023-01	4 weeks	Wed	8/22-9/19	6-6:30pm	2.5-5 yrs	\$57
422023-02	5 weeks	Wed	9/26-10/24	6-6:30pm	2.5-5 yrs	\$67
422023-03	4 weeks	Wed	11/7-12/5	6-6:30pm	2.5-5 yrs	\$57

Los Alamitos Community Ctr, 10911 Oak Street

422023-04	5 weeks	Fri	8/24-9/21	4:30-5pm	2.5-5 yrs	\$67
422023-05	5 weeks	Fri	9/28-10/26	4:30-5pm	2.5-5 yrs	\$67
422023-06	5 weeks	Fri	11/2-12/7	4:30-5pm	2.5-5 yrs	\$67

Teeny Tumblers

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is a go go go! We'll bear-walk, crab-walk, tumble and jump having so much fun it will be hard to stop! This is a great first class to promote coordination and balance in a creative environment.

411031-01	4 weeks	Thu	8/23-9/13	5:45-6:15pm	2.5-5 yrs	\$57
411031-02	4 weeks	Thu	9/27-10/18	5:45-6:15pm	2.5-5 yrs	\$57

Tiaras and Tutus

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Pretend to be your favorite princess in this magical introduction to ballet walks, waltz steps and more. Through fairytale stories every class will be a dream come true. \$5 material fee due at first class. No Class 9/3

422025-01	5 weeks	Mon	8/27-10/1	6-6:30pm	2.5-5 yrs	\$67
422025-02	5 weeks	Mon	10/15-11/12	6-6:30pm	2.5-5 yrs	\$67
422025-03	4 weeks	Mon	11/19-12/10	6-6:30pm	2.5-5 yrs	\$67

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 9/3, 11/21

Los Alamitos Community Ctr, 10911 Oak Street

422021-01	5 weeks	Mon	8/27-10/1	3-3:45pm	4-7 yrs	\$67
422021-02	5 weeks	Mon	10/15-11/12	3-3:45pm	4-7 yrs	\$67
422021-03	4 weeks	Mon	11/19-12/10	3-3:45pm	4-7 yrs	\$57

Marina Community Center, 151 Marina Dr

422021-04	5 weeks	Wed	8/22-9/19	3-3:45pm	5-8 yrs	\$67
422021-05	5 weeks	Wed	9/26-10/24	3-3:45pm	5-8 yrs	\$67
422021-06	4 weeks	Wed	11/7-12/5	3-3:45pm	5-8 yrs	\$57

Princess Ballet

Anne Pennypacker

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 9/3 & 11/22

Los Alamitos Community Ctr, 10911 Oak Street

442033-01	5 weeks	Mon	8/27-10/1	5:15-6pm	4-7 yrs	\$67
442033-02	5 weeks	Mon	10/15-11/12	5:15-6pm	4-7 yrs	\$67
442033-03	4 weeks	Mon	11/19-12/10	5:15-6pm	4-7 yrs	\$57

Marina Community Center, 151 Marina Dr

442033-04	5 weeks	Thu	8/23-9/20	3-3:45pm	4-7 yrs	\$67
442033-05	5 weeks	Thu	9/27-10/25	3-3:45pm	4-7 yrs	\$67
442033-06	5 weeks	Thu	11/1-12/6	3-3:45pm	4-7 yrs	\$67

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 foot-work, piques, pirouettes and more, in a fun creative fashion! No Class 11/23

442032-01	5 weeks	Fri	8/24-9/21	3:45-4:30pm	5-12 yrs	\$67
442032-02	5 weeks	Fri	9/28-10/26	3:45-4:30pm	5-12 yrs	\$67
442032-03	5 weeks	Fri	11/2-12/7	3:45-4:30pm	5-12 yrs	\$67

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 11/21

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

422024-01	5 weeks	Tue	8/28-9/25	5:15-6pm	5-12 yrs	\$67
422024-02	5 weeks	Tue	10/2-10/30	5:15-6pm	5-12 yrs	\$67
422024-03	5 weeks	Tue	11/6-12/4	5:15-6pm	5-12 yrs	\$67

Marina Community Center, 151 Marina Dr

422024-04	5 weeks	Wed	8/22-9/19	3:45-4:30pm	5-13 yrs	\$67
422024-05	5 weeks	Wed	9/26-10/24	3:45-4:30pm	5-13 yrs	\$67
422024-06	4 weeks	Wed	11/7-12/5	3:45-4:30pm	5-13 yrs	\$57

Stars of Jazz

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine. No Class 11/23

427045-01	5 weeks	Fri	8/24-9/21	5-5:45pm	5-12 yrs	\$67
427045-02	5 weeks	Fri	9/28-10/26	5-5:45pm	5-12 yrs	\$67
427045-03	5 weeks	Fri	11/2-12/7	5-5:45pm	5-12 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 11/23

422029-01	5 weeks	Fri	8/24-9/21	5:45-6:15pm	5-12 yrs	\$67
422029-02	5 weeks	Fri	9/28-10/26	5:45-6:15pm	5-12 yrs	\$67
422029-03	5 weeks	Fri	11/2-12/7	5:45-6:15pm	5-12 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 9/3 & 11/22

Los Alamitos Community Ctr, 10911 Oak Street

442034-01	5 weeks	Mon	8/27-10/1	3:45-4:30pm	5-12 yrs	\$67
442034-02	5 weeks	Mon	10/15-11/12	3:45-4:30pm	5-12 yrs	\$67
442034-03	4 weeks	Mon	11/19-12/10	3:45-4:30pm	5-12 yrs	\$57

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

442034-04	5 weeks	Tue	8/28-9/25	4:30-5:15pm	5-12 yrs	\$67
442034-05	5 weeks	Tue	10/2-10/30	4:30-5:15pm	5-12 yrs	\$67
442034-06	5 weeks	Tue	11/6-12/4	4:30-5:15pm	5-12 yrs	\$67

Marina Community Center, 151 Marina Dr

442034-07	5 weeks	Thu	8/23-9/20	3:45-4:30pm	5-12 yrs	\$67
442034-08	5 weeks	Thu	9/27-10/25	3:45-4:30pm	5-12 yrs	\$67
442034-09	5 weeks	Thu	11/1-12/6	3:45-4:30pm	5-12 yrs	\$67

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 9/3

427046-01	5 weeks	Mon	8/27-10/1	4:30-5:15pm	5-12 yrs	\$67
427046-02	5 weeks	Mon	10/15-11/12	4:30-5:15pm	5-12 yrs	\$67
427046-03	4 weeks	Mon	11/19-12/10	4:30-5:15pm	5-12 yrs	\$57

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	12/11	5-9pm	All Ages	\$17
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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	12/8	5-7pm	2+ yrs	\$17
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Youth Sports

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 11/22

411032-01	5 weeks	Thu	8/23-9/20	5:15-5:45pm	4-6 yrs	\$67
411032-02	5 weeks	Thu	9/27-10/25	5:15-5:45pm	4-6 yrs	\$67
411032-03	5 weeks	Thu	11/1-12/6	5:15-5:45pm	4-6 yrs	\$67

Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! No Class 11/22

411033-01	5 weeks	Thu	8/23-9/20	4:30-5:15pm	6-12 yrs	\$67
411033-02	5 weeks	Thu	9/27-10/25	4:30-5:15pm	6-12 yrs	\$67
411033-03	5 weeks	Thu	11/1-12/6	4:30-5:15pm	6-12 yrs	\$67

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	5 weeks	Tue	9/18-10/16	5:15-5:45pm	2-3.5 yrs	\$82
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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.

423997-01	7 weeks	Tue	9/18-10/30	4:30-5:05pm	3.5-5yrs	\$105
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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	7 weeks	Tue	9/18-10/30	3:45-4:30pm	5-6 yrs	\$105
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Little Hoopers Basketball

One on One Basketball, Inc.

McGaugh Campus, 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 10/18

423041-01	6 weeks	Thu	9/20-11/1	5:30-6:20pm	5-6 yrs	\$105
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Player Development Program

One on One Basketball, Inc.

McGaugh Campus, 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. Learn more about One on One Basketball and determine which PDP color level is appropriate for you at www.1on1basketball.com. No Class 10/18

423042-01	6 weeks	Thu	9/20-11/1	6:30-7:30pm	6-9 yrs (White)	\$105
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423042-02	6 weeks	Thu	9/20-11/1	7:30-8:30pm	8-13 yrs (Yellow)	\$105
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Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports

College Estates Park, 808 Stevely Ave.

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. Parent participation required for youngest age group.

423180-01	9 weeks	Tue	9/25-11/20	3:30-4pm	2-3.5 yrs	\$155
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423180-02	9 weeks	Tue	9/25-11/20	4:15-5pm	3.5-5 yrs	\$155
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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 6-weekly, 45 minute sessions coached by our team of international soccer coaches. Sign up today! \$15 Material Fee includes the following: 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	6 Weeks	Fri	9/14-10/26	9:15-10am	2-3yrs	\$105
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423171-02	6 Weeks	Fri	9/14-10/26	10:15-11am	4-5 yrs	\$105
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Co-ed Beginning Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

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

433060-01	10 weeks	Sun	9/9-11/11	12-2pm	9-14 yrs	\$190
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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	10/2-10/23	5-5:30pm	4-12 yrs	\$40
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Karate Beginning/Advanced

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

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

422051-02	4 weeks	Tue	10/2-10/23	5:35-6:05pm	13-45 yrs	\$45
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Skatedogs 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 Skatedogs waiver form, a "trick" skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and to learn more about what type of skateboard to bring.

423150-01	6 weeks	Sat	9/8-10/13	9-10:30am	5-13 yrs	\$153
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423150-02	6 weeks	Sat	10/20-11/24	9-10:30am	5-13 yrs	\$153
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Skatedogs Competition Series

Skatedogs

Oak Middle School (By Gym), 10821 Oak Street

This program is for all levels but skaters should know the fundamentals first. Each week you will practice and compete in tons of fun skateboarding events. Includes a trophy, a custom t-shirt, pizza party and award ceremony. Requirements: A signed waiver, a skateboard, helmet, knee pads, and elbow pads. No Class 11/11 & 11/25

423149-01	6 weeks	Sun	10/21-12/9	1-3pm	5-13 yrs	\$218
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Parent & Me Ice Skating

Westminster Ice Staff

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 11/20 & 11/24

413131-01	4 weeks	Tue	9/11-10/2	4:10-4:40pm	3-5 yrs	\$48
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413131-02	4 weeks	Tue	10/9-10/30	4:10-4:40pm	3-5 yrs	\$48
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413131-03	4 weeks	Tue	11/6-12/4	4:10-4:40pm	3-5 yrs	\$48
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413131-04	4 weeks	Sat	9/15-10/6	11:15-11:45am	3-5 yrs	\$48
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413131-05	4 weeks	Sat	10/13-11/3	11:15-11:45am	3-5 yrs	\$48
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413131-06	4 weeks	Sat	11/10-12/8	11:15-11:45am	3-5 yrs	\$48
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Ice Skating for Tots

Westminster Ice Staff

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 11/21 & 11/24

413130-01	4 weeks	Wed	9/12-10/3	5:40-6:10pm	3-5 yrs	\$48
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413130-02	4 weeks	Wed	10/10-10/31	5:40-6:10pm	3-5 yrs	\$48
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413130-03	4 weeks	Wed	11/7-12/5	5:40-6:10pm	3-5 yrs	\$48
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413130-04	4 weeks	Sat	9/15-10/6	10:45-11:15am	3-5 yrs	\$48
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413130-05	4 weeks	Sat	10/13-11/3	10:45-11:15am	3-5 yrs	\$48
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413130-06	4 weeks	Sat	11/10-12/8	10:45-11:15am	3-5 yrs	\$48
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Beginning Ice Skating

Westminster Ice Staff

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 (Monday and 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 11/19, 11/22, & 11/24



423130-01	4 weeks	Mon	9/10-10/1	4:10-4:40pm	6-16 yrs	\$48
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423130-02	4 weeks	Mon	10/8-10/29	4:10-4:40pm	6-16 yrs	\$48
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423130-03	4 weeks	Mon	11/5-12/3	4:10-4:40pm	6-16 yrs	\$48
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423130-04	4 weeks	Thu	9/13-10/4	4:10-4:40pm	6-16 yrs	\$48
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423130-05	4 weeks	Thu	10/11-11/1	4:10-4:40pm	6-16 yrs	\$48
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423130-06	4 weeks	Thu	11/8-12/6	4:10-4:40pm	6-16 yrs	\$48
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423130-07	4 weeks	Sat	9/15-10/6	10:15-10:45am	6-16 yrs	\$48
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423130-08	4 weeks	Sat	10/13-11/3	10:15-10:45am	6-16 yrs	\$48
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423130-09	4 weeks	Sat	11/10-12/8	10:15-10:45am	6-16 yrs	\$48
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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 11/21 & 11/24

423141-01	4 weeks	Wed	9/12-10/3	6:10-6:40pm	6-16 yrs	\$48
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423141-02	4 weeks	Wed	10/10-10/31	6:10-6:40pm	6-16 yrs	\$48
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423141-03	4 weeks	Wed	11/7-12/5	6:10-6:40pm	6-16 yrs	\$48
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423141-04	4 weeks	Sat	9/15-10/6	10:45-11:15am	6-16 yrs	\$48
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423141-05	4 weeks	Sat	10/13-11/3	10:45-11:15am	6-16 yrs	\$48
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423141-06	4 weeks	Sat	11/10-12/8	10:45-11:15am	6-16 yrs	\$48
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Youth & Adult Special Interest

Mad Science – Chemworks After School Program

O.C. Mad Science

Fire Station 48 Community Room, 3131 N. Gate Rd

Enter the world of chemistry! Make gooey slime, discover what makes reactions go, learn to use the tools that chemists use. Watch bubbling potions pop their tops! Turn cool colors with temperature and pH changes and see what makes things glow in the dark. Polymers and catalysts are just two of the fascinating concepts our young Mad Scientists explore in this thrilling trip through the world of the chemistry lab! Please bring \$10 material fee to first day of class. No Class 11/12

427203-01	8 weeks	Mon	10/15-12/10	3-4pm	5-12 yrs	\$120
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Dog Obedience

Dog Services Unlimited

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

All breeds of dogs 6 months & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records, a lawn chair, and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS. Handlers ages 9 years to adults. Instructor: Khara Knight/Ginger Simon, Trainer with Dog Services Unlimited.

466040-01	7 weeks	Thu	9/27-11/8	7:45-8:45pm	9+ yrs	\$98
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Puppy Kindergarten

Dog Services Unlimited

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

Start your puppy off on the right paw! Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething problems, health-care pointers, and will introduce basic obedience commands. Bring current vaccination records, and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES on Hockey/Basketball Court at El Dorado Park. Instructor: Khara Knight, Trainer with Dog Services Unlimited.

466039-01	6 weeks	Sat	9/29-11/3	12-1pm	12+ yrs	\$88
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Dog Manners "Crash Course"

Dog Services Unlimited

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

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

466043-01	4 weeks	Sat	10/13-11/3	1-2:15pm	12+ yrs	\$86
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Laurel Park (tennis court), 10862 Bloomfield St, Los Alamitos

466043-02	4 weeks	Thu	9/13-10/4	6-7:15pm	12+ yrs	\$86
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Portrait Workshop

Ying Liu

Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor: Ying Liu. Beginners through advanced students are welcome. Bring medium of choice: pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demos and one-on-one instruction are provided. \$5 model fee payable to instructor at each class. A one time \$5 material fee payable to instructor at the first class. No Class 10/13 & 10/20

436096-01	10 weeks	Sat	9/8-11/10	9am-12pm	16+ yrs	\$85
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Transform a Photo

Ying Liu

Los Alamitos Community Ctr, 10911 Oak Street

Have you ever wanted to create a nice painting from your photos – from a trip or of your kids or grand kids, or of your friends? During this workshop, the instructor, Ying Liu, OPA, will help students observe and participate in the complete process of creating a painting or paintings from photos. Students will experience a variety of subjects including figure, portrait, landscape, pets, still-life by working from reference photos or a medium of your liking. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. No Class 10/10 & 10/17

436097-01	7 weeks	Wed	9/12-10/24	6:30-9:30pm	16+ yrs	\$86
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Magic in Seal Beach

Dan Habel

North Seal Beach Center, 3333 Saint Cloud Dr

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

9/15	10/20	11/17
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Beginner's Guide to Backpacking

URRAventures

Fire Station 48 Community Room, 3131 N. Gate Rd

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



455060-01	5 weeks	Tue	9/4-10/2	5:45-6:45pm	13+ yrs	\$197
455060-02	5 weeks	Wed	9/12-10/10	7-8pm	13+ yrs	\$197
455060-03	5 weeks	Tue	10/9-11/6	5:45-6:45pm	13+ yrs	\$197
455060-04	5 weeks	Wed	10/17-11/14	7-8pm	13+ yrs	\$197



CPR & AED Training

Erik Berg

Fire Station 48 Community Room, 3131 N. Gate Rd

These classes are designed to teach individuals CPR and use of an automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution.

446038-01	1 Day	Sat	10/13	9am-12pm	14+ yrs	\$40
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First Aid, CPR & AED Training

Erik Berg

Fire Station 48 Community Room, 3131 N. Gate Rd

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

446031-01	1 Day	Sat	11/3	9am-3:30pm	14+ yrs	\$60
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Manage Your Money So You Can Manage Your Life

Jonny West

Firestation #48 Community Room, 3131 N. Gate Rd

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

455050-01	5 weeks	Tue	9/11-10/9	7-8pm	18+ yrs	\$65
455050-02	5 weeks	Tue	10/16-11/13	7-8pm	18+ yrs	\$65
455050-03	5 weeks	Tue	11/20-12/18	7-8pm	18+ yrs	\$65

Understanding the UC Personal Insight Questions

Alison Cotter

Los Alamitos Community Ctr, 10911 Oak Street

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

422071-01	1 Day	Wed	9/12	6-8pm	15-20 yrs	\$35
422071-02	1 Day	Thu	10/11	6-8pm	15-20 yrs	\$35

Build It Workspace Classes

Build It Workspace Staff

Build It Workspace, 4388 Cerritos Ave.

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

Build It Wood Shop

413087-01	4 weeks	Wed	9/12-10/3	9:30-11am	5-9 yrs	\$75
413087-02	4 weeks	Sat	9/15-10/6	10-11:30am	10+ yrs	\$75
413087-03	4 weeks	Sat	9/15-10/6	12-1:30pm	5-9 yrs	\$75
413087-04	4 weeks	Wed	10/10-10/31	9:30-11am	10+ yrs	\$75
413087-05	4 weeks	Sat	10/13-11/3	10-11:30am	10+ yrs	\$75
413087-06	4 weeks	Sat	10/13-11/3	12-1:30pm	5-9 yrs	\$75

Build Your Own Bot

413082-01	4 weeks	Wed	9/12-10/3	9:30-11am	10+ yrs	\$75
413082-02	4 weeks	Sat	9/15-10/6	12-1:30pm	10+ yrs	\$75

Build It Robotic Team

413083-01	4 weeks	Thu	9/13-10/4	4-6pm	9-13 yrs	\$150
413083-02	4 weeks	Sat	9/15-10/6	2:15-4:15pm	9-13 yrs	\$150
413083-03	4 weeks	Thu	10/11-11/1	4-6pm	9-13 yrs	\$150
413083-04	4 weeks	Sat	10/13-11/3	2:15-4:15pm	9-13 yrs	\$150

Build It Jr Robotics Team

413084-01	4 weeks	Sat	9/15-10/6	10-11:30am	5-9 yrs	\$75
413084-02	4 weeks	Sat	10/13-11/3	10-11:30am	5-9 yrs	\$75

Build It 3D Creations

413085-01	4 weeks	Sat	9/15-10/6	2-3:30pm	5-9 yrs	\$75
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Build It Spy Gadgets

413086-01	4 weeks	Wed	10/10-10/31	9:30-11am	5-9 yrs	\$75
413086-02	4 weeks	Sat	10/13-11/3	2-3:30pm	5-9 yrs	\$75

Build It Sculpting in 3D

413097-01	4 weeks	Sat	10/13-11/3	12-1:30pm	10+ yrs	\$75
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Cosplay Costume Making

413088-01	4 weeks	Wed	9/12-10/3	6-7:45pm	13+ yrs	\$79
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Kickstart Your Crowdfunding

413079-01	4 weeks	Mon	9/10-10/1	6-7:45pm	18+ yrs	\$79
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Adult Dance

Beginning Ballroom

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as cha-cha, rumba, swing, waltz, salsa, and foxtrot. Partners are not necessary. No Class 9/3

444020-01	5 weeks	Mon	8/27-10/1	7-7:45pm	18+ yrs	\$67
444020-02	5 weeks	Mon	10/15-11/12	7-7:45pm	18+ yrs	\$67
444020-03	4 weeks	Mon	11/19-12/10	7-7:45pm	18+ yrs	\$57

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 11/22

442026-01	5 weeks	Thu	8/23-9/20	7:15-8pm	18+ yrs	\$67
442026-02	5 weeks	Thu	9/27-10/25	7:15-8pm	18+ yrs	\$67
442026-03	5 weeks	Thu	11/1-12/6	7:15-8pm	18+ yrs	\$67

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	8/23-9/13	6:45-7:15pm	18+ yrs	\$48
442018-02	4 weeks	Thu	9/27-10/18	6:45-7:15pm	18+ yrs	\$48

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!

442019-01	5 weeks	Wed	9/26-10/24	7:15-8pm	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! No Class 9/5 & 11/21

442029-01	4 weeks	Wed	8/22-9/19	7:15-8pm	18+ yrs	\$57
442029-02	4 weeks	Wed	11/7-12/5	7:15-8pm	18+ yrs	\$57

Adult Hip Hop

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! No Class 9/5 & 11/21

442028-01	4 weeks	Wed	8/22-9/19	6:30-7:15pm	18+ yrs	\$57
442028-02	5 weeks	Wed	9/26-10/24	6:30-7:15pm	18+ yrs	\$67
442028-03	4 weeks	Wed	11/7-12/5	6:30-7:15pm	18+ yrs	\$57

Adult Fitness

Gentle Yoga

Suzy Hazard

Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/6 & 11/20

442068-01	13 weeks	Tue	9/18-12/11	5:30-6:45pm	18+ yrs	\$79
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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 11/22

442030-01	14 weeks	Tue&Thu	9/4-12/6	4-5pm	18+ yrs	\$199
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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.

442044-01	5 weeks	Mon/Wed/Sat	9/5-10/13	6-7pm	13+ yrs	\$70
442044-02	5 weeks	Mon/Wed/Sat	10/15-12/1	6-7pm	13+ yrs	\$70

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 9/3-12/17:30-9:30pm 18+ yrs \$153

Beach Boot Camp

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

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

442062-01 13 Weeks Sat 9/8-12/1 8-9am 18+ yrs \$140

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.

442063 13 Weeks M,T,Th,F 9/4-11/30 9:30-10:30am 18+ yrs \$20/class

Beginning & Intermediate Pilates

Beach Fitness

Seal Beach Senior Center, 707 Electric Ave

The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

442072-01 12 Weeks Mon 9/10-11/26 11:30am-12:30pm 18+ yrs \$140



Advanced Pilates

Beach Fitness

Seal Beach Senior Center, 707 Electric Ave

Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met. No Class 11/22

442071-01 12 weeks Thu 9/6-11/29 12:30-1:30pm 18+ yrs \$140

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.

442073-01 5 weeks Mon 10/8-11/5 6:40-7:40pm 16+ yrs \$60

442073-02 5 weeks Mon 11/19-12/17 6:40-7:40pm 16+ 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.

442077-01 5 weeks Mon 10/8-11/5 5:30-6:30pm 16+ yrs \$60

442077-02 5 weeks Mon 11/19-12/17 5:30-6:30pm 16+ yrs \$60

Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

Aging Backwards is designed to teach clients to listen to their bodies. Often a senior, less mobile or beginner participant will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards 45-minute class is to relax during movement so as not exacerbate existing conditions, yet still increase range of motion – producing overall ease in functional activities. Chairs are used as balance enhancers for less stable individuals in this standing class. No class 11/23

442098-01 12 weeks Fri 9/7-11/30 1:30-2:15pm 50+ yrs \$130

Essentrics® Aging Backwards II

Eunis Christensen

Seal Beach Tennis Center, 3900 Lampson Ave

Essentrics® Aging Backwards II class is designed for age 35+ recreational athletes who want to increase mobility, agility, and overall freedom of movement throughout their joints. Focus of the one hour class is to increase joint range of motion and correct muscle imbalance. Regular participation in Aging Backwards increases flexibility, strengthens and lengthens muscles, adjusts fascia, helps relieve chronic pain and results in energy and freedom of movement in everyday activities & sports performance.

442099-01 8 weeks Sat 9/8-10/27 9:30-10:30am 35+ yrs \$103

442099-02 12 Weeks Tue 9/11-11/27 8:30-9:30am 35+ yrs \$149

Vinyasa Yoga – All Levels

Helle Dupont, North Seal Beach Center, 3333 Saint Cloud Dr

Unroll your mat for an invigorating full-body flow where you'll explore the postures and fundamental principles of Vinyasa Yoga. Set to inspiring tunes, this foundation building class will work every muscle through movement and breath at a moderate, yet intuitive pace. Yoga mat required. No Class 10/4 & 11/22

452060-01	6 weeks	Thu	9/6-10/11	7:15-8:30pm	15+ yrs	\$60
452060-02	6 weeks	Thu	10/25-11/29	7:15-8:30pm	15+ yrs	\$60

The WERQ Wind-Down



Meghan McLarty, Marina Community Center, 151 Marina Dr

This low-impact cardio dance fitness class is based on the fundamentals of WERQ while incorporating deep stretching and core yoga movements to provide a balanced and fun workout to the chart topping pop and hip-hop music that we know and love today!

442085-01	8 weeks	Mon	10/1-11/19	7:30-8:15pm	13+ yrs	\$100
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Happy Hour Fit Club

Kerrie Davanon, Zoeter Softball Field, 12th Street @ Landing

At Happy Hour Fit Club we put the FUN back in fitness. Through kid-like games, we get in our cardiovascular training, and using the environment and equipment, we build muscle. Every class is designed so you work hard, yet leave with a smile. No Class 11/22

442055-01	4 weeks	Tue&Thu	9/4-9/27	8:45-9:45am	18+ yrs	\$115
442055-02	4 weeks	Tue&Thu	10/2-10/25	8:45-9:45am	18+ yrs	\$115
442055-03	4 weeks	Tue&Thu	11/1-11/27	8:45-9:45am	18+ yrs	\$115

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 11/24

423131-01	4 weeks	Wed	9/12-10/3	6:40-7:10pm	17+ yrs	\$48
423131-02	4 weeks	Wed	10/10-10/31	6:40-7:10pm	17+ yrs	\$48
423131-03	4 weeks	Wed	11/7-12/5	6:40-7:10pm	17+ yrs	\$48
423131-04	4 weeks	Sat	9/15-10/6	10:15-10:45am	17+ yrs	\$48
423131-05	4 weeks	Sat	10/13-11/3	10:15-10:45am	17+ yrs	\$48
423131-06	4 weeks	Sat	11/10-12/8	10:15-10:45am	17+ yrs	\$48

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 32 classes. Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 9/17, 9/24, 10/22- 10/29, 11/19-11/26

442092-01	Up to 32 Classes	M/T/W	9/10-12/12	9-10am	18+ yrs	\$202
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Strength & Toning

Mari Huelskamp, Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Total of up to 20 classes. Drop in rate: \$13. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 9/17, 9/24, 10/22, 10/24, 10/29, 11/19, 11/21, 11/26

442091-01	Up to 20 Classes	M/W	9/10-12/12	10-11am	18+ yrs	\$130
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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 9/17, 9/24, 10/22, 10/24, 10/29, 11/19, 11/21, 11/26

442090-01	Up to 9 Classes	Mon	9/10-12/10	6:30-7:30pm	18+ yrs	\$100
442090-02	Up to 12 Classes	Wed	9/12-12/12	8-9am	18+ yrs	\$130
442090-03	Up to 19 Classes	Mon Wed	9/10-12/12 8-9pm	6:30-7:30pm	18+ yrs	\$190

Surfing

M&M Surfing – 5 Day Lessons

Michael Pless, 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	9/3-9/9	8am-12pm	5+ yrs	\$297
467061-02	5 days	Mon-Sun	9/10-9/16	8am-12pm	5+ yrs	\$297
467061-03	5 days	Mon-Sun	9/17-9/23	8am-12pm	5+ yrs	\$297
467061-04	5 days	Mon-Sun	9/24-9/30	8am-12pm	5+ yrs	\$297
467061-05	5 days	Mon-Sun	10/1-10/7	8am-12pm	5+ yrs	\$297
467061-06	5 days	Mon-Sun	10/8-10/14	8am-12pm	5+ yrs	\$297
467061-07	5 days	Mon-Sun	10/15-10/21	8am-12pm	5+ yrs	\$297
467061-08	5 days	Mon-Sun	10/22-10/28	8am-12pm	5+ yrs	\$297
467061-09	5 days	Mon-Sun	10/29-11/4	8am-12pm	5+ yrs	\$297
467061-10	Mon-Sun	11/5-11/11	5 days	8am-12pm	5+ yrs	\$297
467061-11	Mon-Sun	11/12-11/18	5 days	8am-12pm	5+ yrs	\$297
467061-12	Mon-Sun	11/19-11/25	5 days	8am-12pm	5+ yrs	\$297
467061-13	Mon-Sun	11/26-12/2	5 days	8am-12pm	5+ yrs	\$297

M&M Surfing – 1 Day lessons

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

Surf Lessons are on-going from September 3 – December 2. **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	9/3-12/2	8am-12pm	5+ yrs	\$97
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1 Hour Group Lesson

467064-01	1 day	Mon-Sun	9/3-12/2	8am-12pm	5+ yrs	\$82
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1 Hour Semi Private Lesson

467065-01	1 day	Mon-Sun	9/3-12/2	8am-12pm	5+ yrs	\$100
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1 Hour Private Lesson

467068-01	1 day	Mon-Sun	9/3-12/2	8am-12pm	5+ yrs	\$120
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Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527 Extension 1344

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

Adult & Youth Lap Swim

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

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	<i>Pay at City Hall</i> 16 swim pass: \$80 34 swim pass: \$136 Unlimited Annual pass: \$300 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Thursday	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	
Monday-Thursday	6pm-6:30pm	Youth	16 swim pass: \$40
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

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

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

Pool at McGaugh Campus, 1698 Bolsa Ave

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

444010-01	5 weeks	Mon&Wed	9/10-10/10	5:30-6:30pm	18+ yrs	\$65
444010-02	5 weeks	Mon&Wed	10/15-11/14	5:30-6:30pm	18+ yrs	\$65
444010-03	5 weeks	Mon&Wed	11/19-12/19	5:30-6:30pm	18+ yrs	\$65

Seal Beach Aquatics

Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate. No Class 9/3

424029-01	5 weeks	M,T,Thur	8/20-9/20	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		
424029-02	5 weeks	M,T,Thur	10/8-11/8	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		





Tennis Lessons taught by Brian Collison

For more information, call 562-308-6740.

KIDS BEGINNING (4-6 years) No class: 11/19, 11/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-01	9/10-10/8	Mon	4-4:30pm	\$49	Heather Park
433020-02	10/22-11/26	Mon	4-4:30pm	\$49	Heather Park
433020-03	9/12-10/10	Wed	4-4:30pm	\$49	Marina Park
433020-04	10/24-11/28	Wed	4-4:30pm	\$49	Marina Park

KIDS INTERMEDIATE (5-6 years) No class: 11/20, 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433020-05	9/11-10/9	Tue	4-4:30pm	\$49	Heather Park
433020-06	10/23-11/27	Tue	4-4:30pm	\$49	Heather Park
433020-07	9/13-10/11	Thur	4-4:30pm	\$49	Marina Park
433020-08	10/25-11/29	Thur	4-4:30pm	\$49	Marina Park

JUNIORS BEGINNING (7-10 years) No class: 11/19, 11/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	9/10-10/8	Mon	4:30-5:30pm	\$99	Heather Park
433021-02	10/22-11/26	Mon	4:30-5:30pm	\$99	Heather Park
433021-03	9/12-10/10	Wed	4:30-5:30pm	\$99	Marina Park
433021-04	10/24-11/28	Wed	4:30-5:30pm	\$99	Marina Park

JUNIORS INTERMEDIATE (7-10 years) No class: 11/20, 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-05	9/11-10/9	Tue	4:30-5:30pm	\$99	Heather Park
433021-06	10/23-11/27	Tue	4:30-5:30pm	\$99	Heather Park
433021-07	9/13-10/11	Thur	4:30-5:30pm	\$99	Marina Park
433021-08	10/25-11/29	Thur	4:30-5:30pm	\$99	Marina Park

TWEENS BEGINNING (11-13 years) No class: 11/19, 11/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	9/10-10/8	Mon	5:30-6:30pm	\$99	Heather Park
433023-02	10/22-11/26	Mon	5:30-6:30pm	\$99	Heather Park
433023-03	9/12-10/10	Wed	5:30-6:30pm	\$99	Marina Park
433023-04	10/24-11/28	Wed	5:30-6:30pm	\$99	Marina Park

TWEENS BEGINNING (11-13 years) No class: 11/20, 11/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-05	9/11-10/9	Tue	5:30-6:30pm	\$99	Heather Park
433023-06	10/23-11/27	Tue	5:30-6:30pm	\$99	Heather Park
433023-07	9/13-10/11	Thur	5:30-6:30pm	\$99	Marina Park
433023-08	10/25-11/29	Thur	5:30-6:30pm	\$99	Marina Park

ADULTS BEGINNING (14+ years) No class: 11/19, 11/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	9/10-10/8	Mon	6:30-7:30pm	\$99	Heather Park
433022-02	10/22-11/26	Mon	6:30-7:30pm	\$99	Heather Park
433022-03	9/12-10/10	Wed	6:30-7:30pm	\$99	Marina Park
433022-04	10/24-11/28	Wed	6:30-7:30pm	\$99	Marina Park

Seal Beach Tennis Center

For more information, call 562-598-8624.

TINY TOTS (4-5 years) Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433035-01	9/5-9/26	Wed	3:15-3:45pm	\$48	SBTC
433035-02	10/3-10/24	Wed	3:15-3:45pm	\$48	SBTC
433035-03	11/7-11/28	Wed	3:15-3:45pm	\$48	SBTC

BEGINNING PICKLEBALL (16+ years) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433041-01	9/8-9/29	Sat	10:30am-12pm	\$99	SBTC
433041-02	10/13-12/3	Sat	10:30am-12pm	\$99	SBTC

INTERMEDIATE PICKLEBALL (16+ years) Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433042-01	9/8-9/29	Sat	12:30pm-2pm	\$99	SBTC
433042-02	10/13-12/3	Sat	12:30pm-2pm	\$99	SBTC

PICKLEBALL (16+ years) Instructor: Brenda Danielson 1 hr basic introductory class

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433040-01	9/24	Mon	6-7pm	\$20	SBTC
433040-02	10/29	Mon	6-7pm	\$20	SBTC
433040-03	11/26	Mon	6-7pm	\$20	SBTC
433040-04	9/5	Wed	10:30-11:30am	\$20	SBTC
433040-05	10/3	Wed	10:30-11:30am	\$20	SBTC
433040-06	11/7	Wed	10:30-11:30am	\$20	SBTC

Senior Services



Eye Health 101

Nimesh Pathak, MD

North Seal Beach Center, 3333 Saint Cloud Dr

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

456050-01	1 Day	Wed	11/7	10-11am	All Ages	Free
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Medicare 101

Cesar Arteaga

Seal Beach Senior Center, 707 Electric Ave

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

456040-01	1 day	Mon	9/10	1-2pm	64+ yrs	FREE
456040-02	1 day	Mon	10/22	1-2pm	64+ yrs	FREE
456040-03	1 day	Mon	11/12	1-2pm	64+ yrs	FREE
456040-04	1 day	Mon	12/3	1-2pm	64+ yrs	FREE

Painting with Mom

BlueSea Care

Firestation 48 – Community Room, 3131 N. Gate Rd

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

456010-01	1 Day	Sat	9/1	10am-12pm	Seniors	Free
456010-02	1 Day	Sat	9/22	2-4pm	Seniors	Free
456010-03	1 Day	Sat	10/6	10am-12pm	Seniors	Free
456010-04	1 Day	Sat	10/20	2-4pm	Seniors	Free
456010-05	1 Day	Sat	11/10	10am-12pm	Seniors	Free
456010-06	1 Day	Sat	11/17	2-4pm	Seniors	Free





Senior Lunch Program

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

Senior Dial-A-Ride Program in Seal Beach

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

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

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

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.

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.

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.



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	
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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 12-1 p.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) 431-3460**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

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

Refund Policy

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

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

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

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

Access & Inclusion

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

Community Services Department

City of Seal Beach

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

Office Hours

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

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

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

Online Registration begins July 30, 2018
Walk-in and Mailed Registration begins August 6, 2018
Please register early to avoid class cancellations.

Recreation Scholarship Program

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



Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

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

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

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

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

RELEASE AND INDEMNIFICATION

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

DATED: _____ SIGNATURE: _____

(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____

☐ CASH

☐  VISA ☐  MASTERCARD

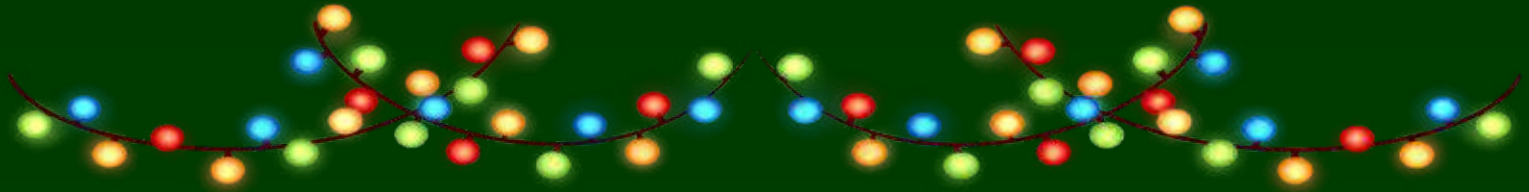
CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

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

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LONG BEACH, CA

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



THE SEAL BEACH 2018
**CHRISTMAS
TREE LIGHTING**

Saturday, November 17

4:00PM – 8:00PM

EISENHOWER PARK

Ocean Ave & Main St

Featuring: Snow, Santa, &
Small town Christmas Cheer!

www.sealbeachchamber.org

www.sealbeachca.gov

