

Shoreline



City of Seal Beach Classes and Activities • Spring 2016





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

CITY COUNCIL

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

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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joseph Stilinovich
Director of Community Development/ Community Services, Interim Director of Public Works	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
PT Recreation Coordinator	Kevin Ortiz, ext. 1307
PT Recreation Coordinator	Jessica Jacobs, ext. 1344
PT Recreation Coordinator	David Nett, ext. 1339

RECREATION COMMISSIONERS

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

MUNICIPAL MEETINGS

Council Meeting

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

Planning Commission

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

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

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

INSIDE

City News	3-5
Clubs and Organizations	6
Community Events	7
Preschool	8
Youth Dance	8-9
Youth Sports	9
Spring Break Day Camps	9
Library Programs	10
Youth Special Interest	10-12
Adult Special Interest	12
Adult Dance	13
Adult Fitness & Sports	13-15
Surfing	16
Aquatics & Community Pool	17-18
Junior Lifeguards	18
Tennis	19
Summer Camps Preview	20-27
Senior Services	28
Map & Facilities	29
Registration Procedures	30
Class Registration Form	31

HOLIDAY CLOSURES

Presidents Day - February 15

Memorial Day - May 30

Day Light Savings

Spring Forward on Sunday, March 13

Spring Registration

Online Registration Begins:

February 16, 2016

Walk-in and Mail Registration Begins:

February 22, 2016

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



Spring 2016

A Message from the City Manager's Office



City Manager Jill R. Ingram

“By carefully managing expenses, working to diversify our revenue sources and finding ways to work smarter, we have kept our service levels well above average.”

As we begin a new year, some of us take the time to reflect on the past and look forward to the future, a new year with new resolutions to be the best self that we can be. As a municipality, we undertake a similar annual process of self-reflection and planning for the future, through our budget process. Our budget is much more than just a spreadsheet and expenditures, it's actually two documents that detail our operations for the upcoming year, and outline our aspirations and priorities for capital improvements over the next several years; together these documents will comprise the annual budget that the City Council will consider for adoption for fiscal year 2015-2016.

Looking back, 2015 was a great year for the City of Seal Beach as we celebrated 100 years of cityhood. It was a year to remember and one that reunited old acquaintances and inspired new friendships, bringing neighbors and neighborhoods together to celebrate our wonderful town.

As your City Manager, I cannot help but pause and wonder what other innovative and progressive action our community will accomplish over the next hundred years. As a municipality, I believe we must remain dynamic and adaptive, as unexpected scenarios and issues will undoubtedly test our community.

By carefully managing expenses, working to diversify our revenue sources and finding ways to work smarter, we have kept our service levels well above average. The City Council has produced policies and initiatives that have made for a successful community. They have been willing to make tough

decisions and fully evaluate options for the betterment of our town.

Looking forward into 2016 and beyond, our annual budget and capital improvement program lay out how we plan to continue to improve the quality of life in Seal Beach by providing the highest quality services at reasonable costs.

Operationally, we are committed to continue to identify and implement changes to increase our productivity and adapt to changing needs, communicate more effectively and better engage you, our residents. Embracing opportunities as an organization and community will continue to be important as we prepare for an inevitably changing future.

Lastly, I would like to take a moment to thank Ellery Deaton, the presiding Seal Beach Mayor for calendar year 2014 and 2015, for investing her time and energy to continue to make our City one of the most desirable places to live in the country. Her proven leadership as Mayor, as well as her ability to build consensus with her fellow Councilmembers and the community, played an integral part in the City's ability to accomplish many of the Council's outlined goals the past two years. It was a privilege to work with her and other Councilmembers during her term as Mayor.

Wishing you all the best in 2016!

For more information about the City, please visit the City's website at www.sealbeachca.gov.

Jill R. Ingram
City Manager

Seal Beach Encourages Youth to 'Explore' Their Potential

The Seal Beach Police Department is looking for young men and women who are eager to participate in its Police Explorer Post 1041 program! Applicants must be 14 to 18 years old and have a 2.0 or better grade point average. Police Explorers learn about Law Enforcement procedures, ride-along with Police Officers, provide traffic and parking control for special events, and a host of other activities.

Exploring's purpose is to provide experiences that help young people mature and prepare them to become responsible and caring adults. Explorers are ready to investigate the meaning of interdependence in their personal relationships and communities.

Exploring is based on a unique and dynamic relationship between youth and the organizations in their communities. Local community organizations, like the Seal Beach Police Department, initiate a specific Explorer post by matching their people and program resources to the interests of young people in the community. The result is a program of activities that helps youth pursue their special interests, grow and develop.

Exploring programs are based on five areas of emphasis: career opportunities, life skills, citizenship, character education, and leadership experience.

Contact the Explorer Advisor at 562-799-4100 ext. 1136, for more information. Participation is not limited to Seal Beach residency.



Seal Beach Police Explorers right to left: Joseph Lamarsh, Jarrett Boice, Keith Garrigues, Justin Boice, Brandon Jones, Morgan Raffiani, and Kassidy Trapani

Explorer Highlights

- Attend the Police Explorer Academy
- Build leadership skills and develop self-discipline
- Build character while serving your community
- About Explorers and Exploring
- Exploring is a worksite-based program. It is a part of the Boy Scouts of America's learning for Life's career education program for young men and women who are 14 years old and have completed 8th grade, through 20 years old.

Seal Beach Residents are Reminded to be Coyote Aware

Over the past several months, coyote sightings have become more common in cities surrounding Seal Beach. More recently, there were two reported attacks on humans in Irvine and a string of attacks on pets in Huntington Beach and Long Beach. It should be noted that statistics show attacks on humans are extremely rare.

Seal Beach has been fortunate to have a decline in coyote attacks and sightings in the same period. A large part of our success has been the result of residents taking the initiative to properly haze coyotes, safely securing pets, storing pet food indoors, and neighbors talking to each other about coyote activity in their area.

So how do we continue to keep coyotes from entering our neighborhoods? We need to eliminate the feeding of any wildlife whether intentionally or accidentally. That means keeping trash cans secure and not leaving pet food outside. Coyotes are generally timid and shy animals that tend to steer clear of any potential danger and thus pose little threat to humans. If we can eliminate easy food sources, coyotes are less likely to be seen.

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

other food source. Any dog that is left outside most of the time (especially small dogs) should also be watched with caution.

Always use a secure, sturdy leash when walking your dog. Retractable leashes are not recommended as they tend to jam and can make it difficult for you to protect your pet from a predator.

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

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

Spring Registration

Online February 16, 2016 • Walk-in February 22, 2016



Water Conservation

The recent year's unrelenting droughts have led to a state wide need to conserve water. Potable water is not an unlimited resource. Despite the fact that a large portion of the globe is covered in water only a small portion is drinkable. There are countless reasons to conserve water, below are just a few ways you can help reduce the demand on the water supply.

Ways to save inside your home:

- ◆ Fix dripping facets.
- ◆ Turn off the water when brushing your teeth or shaving; this can save 6 liters of water per minute.
- ◆ Install a shut off valve in your shower.
- ◆ Run your washer and dishwasher only when they are full. You can save up to 1,000 gallons a month!
- ◆ Washing clothes in cold water actually save water and energy.
- ◆ Catch the water used while waiting for the shower to heat up in a bucket to water plants or dry stops on your lawn.
- ◆ Catch running water from faucet in a bucket while taking showers; excess water can be used to water plants.
- ◆ Place a cistern displacement device in your toilet cistern to reduce the volume of water used in each flush. You can get one of these from your water provider.

Ways to save outside your home:

- ◆ Get water catchment containers and have your rain gutters drain into them; use the water to water plants and lawns.
- ◆ Keep decorative fountains on a timer and have the water recirculating.
- ◆ Install water smart devices on your sprinkler system so it won't turn on if the grass is wet enough already.
- ◆ Keep your pool covered when not in use to reduce water loss due to evaporation.

Day to Day water saving:

- ◆ Don't order water at a restaurant unless you plan on drinking it, this also goes for refills. For every one glass of water ordered, 3 glasses of water are used: one to fill the glass, one of ice, and one to wash the glass.
- ◆ Report water waste to the appropriate party.

Introducing 2016 Seal Beach Mayor Sandra Massa-Lavitt

The Seal Beach City Council voted unanimously at the December 14, 2015 City Council meeting to appoint District Five Councilmember Sandra Massa-Lavitt to serve as the 2016 Mayor.



Sandra Massa-Lavitt

Mayor Massa-Lavitt has worked in several city governments as a City Planner from Lakewood to Rancho Palos Verdes over the course of 30 years, giving her a unique understanding of the inner workings of City Hall. Mayor Massa-Lavitt was also at one time the Interim Planning Director for the City of Seal Beach, and most recently, served as chairman of the Planning Commission for four years and a member for the past seven.

Massa-Lavitt stated, "My experience in city government helps me understand the processes needed to accomplish whatever tasks the City undertakes. There needs to be an understanding on the part of the City Council to allow for a transparent and participatory process so that we can make the most informed decisions that will benefit the entire community."

New City Clerk Appointed

After an extensive and very competitive recruitment, the City of Seal Beach has appointed Robin Roberts as the City Clerk.



Robin Roberts

Ms. Roberts brings to Seal Beach over 10 years' experience in the city clerk's profession, most recently serving as the City Clerk Administrator in the City of Fountain Valley. She has also served the cities of Westminster and Huntington Beach. She holds a bachelor's degree in public administration and a Master Municipal Clerk designation from the International Institute of Municipal Clerks.

Ms. Roberts grew up in Huntington Beach where she and her husband have raised three daughters. During her free time she enjoys outdoor activities including boating, hiking and gardening.

As stated by Robin Roberts, "It's an honor to be selected as the Seal Beach City Clerk. I look forward to joining the organization and meeting and working with the community."

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Patti Larson — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Claire Yeh — 562-431-5414
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith — 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahb2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

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

■ 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
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546
Leisure World	562-431-6586
Fire Main Line	714-573-6000
Fire Information	714-573-6200

■ RECREATION & COMMUNITY SERVICES

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

■ LIBRARIES

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

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
------------------------------------	--------------

■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	Community Gardens, Adult Sports, General Information and Classes
Ext. 1341	Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, Film Permits and Seal Beach Tennis Center
Ext. 1339	Facility/Park Rentals and Special Event Permits
Ext. 1344	General Information, Brochure/Classes and Instructors



City of Seal Beach- Community Services



SealBeachRec

Run Seal Beach

Saturday, April 9



Sign Up Now - Entries are limited. For more information or to register, visit www.RunSealBeach.com. All event proceeds support local recreation programs, services and facilities. See back page for additional information.

Free Tax Assistance

Mondays

February 1 - April 11, 2016

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

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:15 a.m., 10 a.m., 10:45 a.m., and 11:30 a.m. You will meet your tax counselor at Fire Station #48 - Community Room. Call (562) 431-2527 x1344 or x1339 for your free appointment and paper work today!

Save our Beach

3rd Saturday of each month

10 a.m.-1 p.m. • 1st Street Beach

Monthly beach clean-up. For more information, visit www.saveourbeach.org.

29th Annual SEAL BEACH ★ Classic ★

CAR SHOW

SATURDAY, 10-4PM ON MAIN STREET

April 30, 2016

- 600+ Show Cars!
- Vintage Motorcycles, Bicycles, Automobilia, Feature Cars
- Vendors • Free Parking & Shuttle

For more information contact the Seal Beach Chamber of Commerce (562) 799-0179 | www.sealbeachchamber.org

The Seal Beach Chamber of Commerce presents

THE 9TH ANNUAL seal beach 2016 BE MORE HEALTHY EXPO

SATURDAY, MARCH 19

9:00 AM TO 3:00 PM

AT THE SEAL BEACH PIER

Featuring
Over 75
Exhibitors

FREE ADMISSION
OPEN TO THE PUBLIC

DEMONSTRATIONS
KIDS ZONE
FREE DRAWINGS
HEALTH SCREENINGS

MASSAGES
SENIOR HEALTH
AND MUCH MORE!

For More Information, contact:

Diana Bean - (562) 888-0298

diana@coachingbeans.com

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 3/25

211061-01	6 weeks	Fri	3/11-4/22	10-10:50am	2 yrs	\$67
211061-02	6 weeks	Fri	3/11-4/22	11-11:50am	3-4 yrs	\$67
211061-03	6 weeks	Fri	4/29-6/3	10-10:50am	2 yrs	\$67
211061-04	6 weeks	Fri	4/29-6/3	11-11:50am	3-4 yrs	\$67

Petit Ballerina

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

222023-01	7 weeks	Wed	4/20-6/1	2-2:30pm	3-5 yrs	\$77
222023-02	6 weeks	Wed	4/20-5/25	6-6:30pm	2.5-5 yrs	\$67
222023-03	5 weeks	Thu	4/21-5/19	9-9:30am	2.5-5 yrs	\$57

Tiny Tappers!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap.

212026-01	7 weeks	Wed	4/20-6/1	2:30-3pm	3-5 yrs	\$77
-----------	---------	-----	----------	----------	---------	------

Ballet & Tap Combo

Anne Pennypacker

Marina Community Center, 151 Marina Dr

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed.

222021-01	7 weeks	Wed	4/20-6/1	3-3:45pm	5-8 yrs	\$77
-----------	---------	-----	----------	----------	---------	------

Musical Theater Stars

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

222024-01	7 weeks	Wed	4/20-6/1	3:45-4:30pm	5-12 yrs	\$77
-----------	---------	-----	----------	-------------	----------	------

Teeny Tumblers

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is go go go! We'll bearwalk, 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.

211031-01	5 weeks	Thu	4/21-5/19	9:30-10am	2.5-5 yrs	\$57
-----------	---------	-----	-----------	-----------	-----------	------

Pretty Princess Pre-Ballet

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed.

242033-01	7 weeks	Thu	4/21-6/2	3-3:45pm	4-7 yrs	\$77
-----------	---------	-----	----------	----------	---------	------

Hip Hop

Anne Pennypacker, Marina Community Center, 151 Marina Dr

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required.

242034-01	7 weeks	Thu	4/21-6/2	3:45-4:30pm	5-12 yrs	\$77
-----------	---------	-----	----------	-------------	----------	------

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!

211033-01	7 weeks	Thu	4/21-6/2	4:30-5:15pm	6-12 yrs	\$77
-----------	---------	-----	----------	-------------	----------	------

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. Gymnasts will also improve strength, balance and skills in this fun and fast paced class!

211032-01	7 weeks	Thu	4/21-6/2	5:15-5:45pm	4-6 yrs	\$77
-----------	---------	-----	----------	-------------	---------	------

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.

242039-01	1 day	Sat	6/4	5-7pm	3+ yrs	\$15
-----------	-------	-----	-----	-------	--------	------

Spring Dance Recital

Anne Pennypacker, McGaugh Campus Auditorium, 1698 Bolsa Ave

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

211029-01	1 day	Wed	6/8	5:30-9pm	3+ yrs	\$15
-----------	-------	-----	-----	----------	--------	------



Kidz Love Soccer

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!

223995-01	7 weeks	Tue	4/12-5/24	5:30-6pm	2-3 yrs	\$99
-----------	---------	-----	-----------	----------	---------	------

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.

223997-01	7 weeks	Tue	4/12-5/24	4:45-5:20pm	3.5-5 yrs	\$99
-----------	---------	-----	-----------	-------------	-----------	------

Soccer 1

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

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

223998-01	7 weeks	Tue	4/12-5/24	4-4:45pm	5-6 yrs	\$99
-----------	---------	-----	-----------	----------	---------	------

Skyhawks Mini- Hawk Multi-Sport

Skyhawks Sports Staff

College Estates Park, 808 Stevely Ave., Long beach

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

223180-01	9 weeks	Tue	3/29-5/24	4-4:45pm	3-5 yrs	\$125
-----------	---------	-----	-----------	----------	---------	-------

223180-02	9 weeks	Tue	3/29-5/24	5-5:45pm	6-8 yrs	\$125
-----------	---------	-----	-----------	----------	---------	-------

Co-Ed Beginning Volleyball

Maria Fattal

McGaugh Campus Gym, 1698 Bolsa Ave

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 3/27

233060-01	10 weeks	Sun	2/21-5/1	12-2pm	8-13 yrs	\$160
-----------	----------	-----	----------	--------	----------	-------

Spring Break Camps

JEDI Engineering Using LEGO®

Play-Well Teknologies

Marina Community Center, Small Room, 151 Marina Dr

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. New offering of original designs for young Jedi from Play-Well TEKnologies.

213052-01	4 days	Mon-Thu	3/28-3/31	9am-12pm	5-7 yrs	\$155
-----------	--------	---------	-----------	----------	---------	-------

Basketball Camp

Jerrit Crosby, Oak Middle School Gym, 10821 Oak Street

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

223993-01	1 week	Mon-Fri	3/28-4/1	9am-12pm	8-12 yrs	\$105
-----------	--------	---------	----------	----------	----------	-------

Flag Football Camp

Jerrit Crosby, 10862 Bloomfield Street, Los Alamitos

Are you ready for some FLAG FOOTBALL! Participants will learn the basic and advance fundamentals of flag football while learning how to play in a team environment. These skills will include throwing, running, agility, catching, and defense. Both basic and advance techniques will be used during instruction. Certificates will be given out at the conclusion of the camp week.

223993-02	1 week	Mon-Fri	3/28-4/1	9am-12pm	8-12 yrs	\$105
-----------	--------	---------	----------	----------	----------	-------



Westminster ICE

13071 Springdale, Westminster

Fee: \$37/4 weeks

Continuous 4 week sessions are offered for the following classes:

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

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

Basic Beadwork & Jewelry

Lynn Maxwell

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

Quit envying other's beaded wonders! Construct them yourself! This exciting class will focus on choosing and using basic bead materials and creating stranded works. You will make and take home earrings, a bracelet and a necklace using beads that you bring to class. Nylon cord, silk, tigertail and metal stringing materials will be explored. Students will learn about the proper equipment, materials and techniques that match particular types of beads. A list of materials and tools needed for this class will be provided upon registration. This list will detail what materials will be needed to create specific pieces. Feel free to ask the instructor about specific recommendations. \$25 material fee payable to instructor at first class. No Class 3/23

236094-01 6 weeks Wed 3/9-4/27 6:30-9pm 13+ yrs \$70

Little Bakers

Jasmine Hernandez

Los Alamitos Community Ctr, Small Room, 10911 Oak Street

Little bakers and their favorite adult will bake healthy goodies in this fun class. We will introduce simple measuring, mixing, decorating, and following directions. Children will learn numbers, shapes, colors, healthy ways and more through a fun, safe baking environment. \$25 Materials Fee due to the instructor on the first day of class. Parent participation required.

211079-01 4 weeks Wed 4/6-4/27 1-2pm 3-6 yrs \$55

211079-02 4 weeks Fri 5/13-6/3 10-11am 3-6 yrs \$55

Little Singers

Take the Stage Productions

Los Alamitos Community Ctr, 10911 Oak Street

Love to sing, sing, sing? Then Little Singers is the class for you! Students will build a solid foundation in vocal performance, rhythm, and musicianship while having fun singing favorites from Broadway show tunes, Grammy winners, and popular children's songs. This entertaining class helps children develop listening and cooperative skills, coordination of the mouth and lips, gross and fine motor skills (through creative movement and keeping the beat), self-control, concentration skills and memory. \$10 material fee due at the first class meeting.

213070-01 10 weeks Thu 4/7-6/9 3:30-4:15pm 4-7 yrs \$115

Glee Club

Take the Stage Productions

Los Alamitos Community Ctr, 10911 Oak Street

This high-energy class provides male & female students with an opportunity to sing, dance, perform and unlock their inner super star! Students will learn Pop & Broadway music & choreography in a fun atmosphere, while building voice & mic technique, musical expression, and providing self-confidence in all areas. \$10 material fee due at first class meetings.

213076-01 10 weeks Thu 4/7-6/9 4:20-5:15pm 8-12 yrs \$121



Children's Library Programs

at Mary Wilson Library
707 Electric Avenue

Kids' Craft Day

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

Kids' Building Blocks

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

Kids' Book Club for Grades 3-6

3rd Wednesday of the month
3-4 p.m.

Reading with Rover

One Thursday a month,
contact library for dates
4-5 p.m.

Teen Advisory Board & Activity

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

Book Club for Adults

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

Toddler Storytime

Winter Session: January 4 – March 29

Summer Session: May 2 – July 26

Mondays or Tuesdays

10:30 a.m. or 11:15 a.m.

No storytime on 1/18, 2/15, 5/30 or 7/4)

Read, Connect, Discover Spring Reading Program for Adults

March and April, contact library for dates

Tech Tips

(eBook & eAudiobook Help)

One Saturday from 3-4 p.m.

One Tuesday from 6:30-7:30 p.m. each month

Contact library for dates

Library Hours

Mon: 12-8pm, Tues: 12-8pm, Wed: 10am-6pm, Thurs: 10am-6pm

Sat: 10am-5pm • Closed Friday and Sunday

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

For more information, call 562-431-3584.

Spanish Musical Tots

Lango Discovery, Seal Beach Senior Center, 707 Electric Ave

Children in this class don't sit still for long! Accompanied by parents or caregivers, these young students start learning a new language through a variety of activities designed to engage their minds and bodies. Students become great friends with Cosmo the Bulldog, participating in his crazy adventures right alongside him and his friends, the Lango Kids. Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin and jump around the room! Meanwhile, our teachers work with the accompanying adults, teaching them age-appropriate games and activities so that they can reinforce learning at home. These "playclasses" are great for parents and caregivers who want to learn a new language alongside their children! \$25 material fee due to instructor at first class meeting.

100101-01	6 weeks	Sat	3/5-4/9	10:15-10:45am	1-3 yrs	\$115
100101-02	6 weeks	Sat	4/23-5/28	10:15-10:45am	1-3 yrs	\$115

Spanish Toddler Playgroup

Lango Discovery, Marina Community Center, 151 Marina Dr

The playgroup exposes kids to a wide variety of tastes, smells, textures, colors, and sounds. The teacher will open her world filled by music, colors, and strange creatures, encouraging the children to exercise their imagination in the target language. This early introduction to stories, art and music does more than entertain. It kicks starts learning, serving as an important cue in a child's routine, and offer lifelong benefits. \$25 materials fee due to instructor at first class meeting.

100104-01	6 weeks	Wed	3/2-4/6	3:15-3:45pm	1-3 yrs	\$115
100104-02	6 weeks	Wed	4/20-5/25	3:15-3:45pm	1-3 yrs	\$115

Spanish Immersion

Lango Discovery, Seal Beach Senior Center, 707 Electric Ave

What better way to stimulate your child's interest in Spanish language and Hispanic cultures, than by attending a weekly Spanish enrichment class filled with arts and crafts, music, interactive story time, games and more! Every Saturday your child will be fully immersed in a Sabado Aventuroso (Adventurous Saturday). \$25 materials fee due to instructor at first class meeting.

100103-01	6 weeks	Sat	3/5-4/9	12-12:45pm	6-11 yrs	\$125
100103-02	6 weeks	Sat	4/23-5/28	12-12:45pm	6-11 yrs	\$125

Spanish, Movement & Arts

Lango Discovery

Within two or three classes, kids learn key phrases in their new language through simple, repeated songs and chants. Meanwhile, they become familiar with more complex aspects of the language by engaging in adventures and movement-based games that require them to solve simple problems - in their new language, of course! These adventures starring the Lango Kids, and our multicultural cast of characters, take students to other lands and cultures to ensure that their language instruction is combined with cultural exposure. \$25 material fee due to instructor at first class meeting.

Seal Beach Senior Center, 707 Electric Ave

100102-01	6 weeks	Sat	3/5-4/9	11-11:45am	3-5 yrs	\$125
100102-02	6 weeks	Sat	4/23-5/28	11-11:45am	3-5 yrs	\$125

Marina Community Center- Small Room, 151 Marina Dr

100102-03	6 weeks	Wed	3/2-4/6	4-4:45pm	3-5 yrs	\$115
100102-04	6 weeks	Wed	4/20-5/25	4-4:45pm	3-5 yrs	\$115



Young Rembrandts

Preschool Drawing

Young Rembrandts Staff

Marina Community Center, 151 Marina Dr

All new lessons are coming up this session in Young Rembrandts preschool classes. Inspire your child's imaginative spirit and bolster educational skills that will benefit them all year long. Don't miss out, enroll now! \$5 materials fee due to Instructor at first class meeting.

223142-01	4 weeks	Tue	3/8-3/29	2:15-3pm	3.5-5 yrs	\$57
223142-02	4 weeks	Tue	4/5-4/26	2:15-3pm	3.5-5 yrs	\$57
223142-03	4 weeks	Tue	5/3-5/24	2:15-3pm	3.5-5 yrs	\$57

Elementary Drawing

Young Rembrandts Staff

Marina Community Center, 151 Marina Dr

Inspire your child's love of art with Young Rembrandts. Lessons like our sun moon character will teach how to transform simple shapes into clever characters. Our bright macaw will develop color and pattern theory. Fanciful drawings like our pirate ship and challenging robot will stir adventure and creativity. Enroll now! \$5 materials fee due to Instructor at first class meeting.

223143-01	4 weeks	Tue	3/8-3/29	3-4pm	6-12 yrs	\$57
223143-02	4 weeks	Tue	4/5-4/26	3-4pm	6-12 yrs	\$57
223143-03	4 weeks	Tue	5/3-5/24	3-4pm	6-12 yrs	\$57

Cartooning for Kids

Young Rembrandts Staff

Marina Community Center, 151 Marina Dr

Inspire your child's love of art with Young Rembrandts. All new lessons are coming up this session in Young Rembrandts Cartooning classes. Inspire your child's imaginative spirit and bolster educational skills that will benefit them all year long. Don't miss out... enroll now! \$5 materials fee due to Instructor at first class meeting.

223144-01	4 weeks	Tue	3/8-3/29	4-5pm	9-12 yrs	\$57
223144-02	4 weeks	Tue	4/5-4/26	4-5pm	9-12 yrs	\$57
223144-03	4 weeks	Tue	5/3-5/24	4-5pm	9-12 yrs	\$57

Game Design 1

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave, Los Alamitos

Build cool games, design characters, generate music, and draw math art. Unlock the power of code! Basic computer and keyboarding skills are required.

213089-01 4 weeks Sat 4/2-4/23 9:30-10:30am 8+ yrs \$50

3D Design & Printing

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave, Los Alamitos

Ignite your imagination with 3D Design & Printing! Learn to use Computer Aided Design (CAD) software and 3D scanning technologies to print actual objects. Replicate a toy, design a prototype, or create a mini model of yourself. There's no limit to the possibilities! A material fee of \$15 is due on the first day of class.

213081-01 4 weeks Sat 4/2-4/23 11am-12pm 8+ yrs \$50

3D Printing for Beginners

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave, Los Alamitos

Are you interested in 3D Printing but don't know where to start? This workshop will show you how to create a 3D print from start to finish. We will cover basic Computer Aided Design (CAD), types of 3D printers, materials, processes, and 3D scanning technology. A material fee of \$15 is due on the first day of class.

213085-01 4 weeks Thu 4/7-4/28 6-7pm 16+ yrs \$50

Dog Obedience

Khara Knight, Trainer with Dog Services Unlimited

Laurel Park, 10862 Bloomfield Street, Los Alamitos

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, 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 and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

266040-01 7 weeks Thu 4/14-5/26 6:15-7:15pm 9+ yrs \$94



Dog Manners "Crash Course"

Khara Knight, Trainer with 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 required.

El Dorado Park (Near Hockey Court), 2760 Studebaker Rd, Long Beach

266043-01 4 weeks Sat 4/2-4/23 11am-12:15pm 12+ yrs \$82

Bolsa Chica Park, 13660 University, Westminster

266043-02 4 weeks Thu 5/5-5/26 7:45-9pm 12+ yrs \$82

Puppy Kindergarten

Khara Knight, Trainer at Dog Services Unlimited

El Dorado Park, (Near Hockey Court), 2760 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 vaccination records and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES.

266039-01 6 weeks Sat 3/19-4/23 12:30-1:30pm 12+ yrs \$84



First Aid, CPR & AED

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. \$15 book fee payable to instructor at first class meeting. There will be a 45 min lunch break, please bring a sack lunch. CPR & AED classes are available upon request: \$35 registration fee & \$10 book fee. Please contact the Recreation Department for requested class availability.

246031-01 1 day Sat 4/2 9am-3:30pm 16+ yrs \$50

246031-02 1 day Sat 5/7 9am-3:30pm 16+ yrs \$50

246031-03 1 day Sat 6/4 9am-3:30pm 16+ yrs \$50

Magic in Seal Beach

Daniel Habel, North Seal Beach Center, 3333 Saint Cloud Dr.

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

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

April 16

May 21

June 18

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 rumba, cha cha, swing, waltz, salsa, fox trot, and more! Partner not necessary.

244020-01	6 weeks	Mon	4/25-6/6	7-8pm	18+ yrs	\$70
-----------	---------	-----	----------	-------	---------	------

Intermediate Ballroom

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary.

244021-01	6 weeks	Tue	4/26-5/31	7:15-8:15pm	18+ yrs	\$70
-----------	---------	-----	-----------	-------------	---------	------

Adult Hip Hop

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor. Every session we'll work on new choreography and a new routine. No Class 5/25

242028-01	6 weeks	Wed	4/20-6/1	6:30-7:30pm	18+ yrs	\$70
-----------	---------	-----	----------	-------------	---------	------

Argentine Tango

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milongueo, milonguera" within! Must have previous experience in tango. Must have previous experience in Tango. No Class 5/25

242038-01	6 weeks	Wed	4/20-6/1	7:30-8:30pm	18+ yrs	\$70
-----------	---------	-----	----------	-------------	---------	------

Wedding Survival

Anne Pennypacker, Marina Community Center, 151 Marina Dr

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

242018-01	4 weeks	Wed	4/20-5/11	8:30-9:15pm	13+ yrs	\$47
-----------	---------	-----	-----------	-------------	---------	------

Adult Tap

Anne Pennypacker, Marina Community Center, 151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class. No Class 5/12

242026-01	6 weeks	Thu	4/21-6/2	7:15-8pm	18+ yrs	\$70
-----------	---------	-----	----------	----------	---------	------

Adult Ballet & Jazz

Anne Pennypacker
Marina Community Center, 151 Marina Dr

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended. No Class 5/12

242040-01	6 weeks	Thu	4/21-6/2	8-9pm	18+ yrs	\$70
-----------	---------	-----	----------	-------	---------	------

Kickbox Strength

Debby Hartman
Marina Community Center
151 Marina Dr

This class incorporates alternating kickbox cardio and strength.

This type of class is aimed to improve your strength, aerobic fitness, speed, flexibility, coordination, and balance. By alternating strength and cardio, you will be burning calories at a higher rate due to the fact that strength training increases your metabolism, so when you do your cardio section you will be burning more calories. Get ready to jab, cross, hook, and uppercut your way through a ton of calories while you are having fun moving from one thing to the next, decreasing your rest time to increase your calories burned.



242095-01	5 weeks	Tue & Thu	3/22-4/21	8-9am	13+ yrs	\$95
242095-02	6 weeks	Tue & Thu	5/3-6/9	8-9am	13+ yrs	\$100

Total Body Fitness

Debby Hartman
Fire Station 48, Community Room
3131 N. Gate Rd

More than just a strength class, Total Body is a class that is very functional. Traditional strength training incorporates mainly one type of movement in one direction (plane of motion). Functional training incorporates 2-3 types of movements in 1-2 different directions (planes of motion). Total body is functional training with or without weights, to better prepare your body for the real world, or the activities of daily living. These types of movements mimic daily activities. If you train these movements in a controlled manner, you will be preparing your body to perform these movements with more control and power... resulting in less chance of injury. Weights are needed if you have the, but soup cans will work if you do not weights.

242096-01	5 weeks	Tue & Thu	3/22-4/21	10-11am	13+ yrs	\$95
242096-02	6 weeks	Tue & Thu	5/3-6/9	10-11am	13+ yrs	\$100

Fitness with Mari

Mari Huelskamp
Marina Community Center
151 Marina Dr

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No class 5/2, 5/3, 5/4, 5/5, 5/30 - **Two locations:** *Thursday class held at Fire Station 48 - Community Room, 3131 N. Gate Rd.

242092-01	14 weeks	Mon-Wed Thu*	3/7-6/9	9-10am 9-10am	18+ yrs	\$210
-----------	----------	-----------------	---------	------------------	---------	-------

Strength & Toning

Mari Huelskamp
Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. no class 5/2, 5/4, 5/30

242091-01	14 weeks	Mon & Wed	3/7-6/8	10-11am	40+ yrs	\$105
-----------	----------	-----------	---------	---------	---------	-------

Zumba Fitness

Marika Huelskamp

Marina Community Center, 151 Marina Dr

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your ownpace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! No class 5/2, 5/4, 5/30

242090-01	12 weeks	Mon	3/7-6/6	6:30-7:30pm	18+ yrs	\$125
242090-02	12 weeks	Wed	3/9-6/1	8-9am	18+ yrs	\$125

Jazzercise

Mary Jo Fouche

Marina Community Center, 151 Marina Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 4/7, 4/9, 5/14

242042-01	7 weeks	Tue & Thu Sat	3/8-4/23	6-7pm 8:30-9:30am	13+ yrs	\$65
242042-02	7 weeks	Tue & Thu Sat	4/26-6/11	6-7pm 8:30-9:30am	13+ yrs	\$65

Jacki Sorensen's Fitness/ Dance Class

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242030-01	1 weeks	Tue & Thu	4/5-6/16	4:30-5:30pm	16+ yrs	\$159
-----------	---------	-----------	----------	-------------	---------	-------

Gentle Yoga

Suzu Hazard

Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch and 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 and renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.



242068-01	12 weeks	Tue	3/15-5/31	5:30-6:45pm	18+ yrs	\$89
-----------	----------	-----	-----------	-------------	---------	------



Pilates

Beginning Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginners class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No class 5/30

242072-01	6 weeks	Mon	3/7-4/11	12:30-1:30pm	18+ yrs	\$65
242072-02	6 weeks	Mon	4/25-6/6	12:30-1:30pm	18+ yrs	\$65

Intermediate Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. Exercise mat and other props required. No Class 5/30

242069-01	6 weeks	Mon	3/7-4/11	11:30am-12:30pm	18+ yrs	\$65
242069-02	6 weeks	Mon	4/25-6/6	11:30am-12:30pm	18+ yrs	\$65

Advanced Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met. No Class 5/30

242071-01	6 weeks	Thu	3/10-4/14	12:30-1:30pm	18+ yrs	\$65
242071-02	6 weeks	Thu	4/28-6/9	12:30-1:30pm	18+ yrs	\$65

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 (\$50). 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.

242050-01 14 weeks Mon & Wed 3/7-6/8 7:30-9:30pm 18+ yrs \$150

Self-Defense for Adults

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

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

222053-01 1 day Tue 4/5 6-6:45pm 14-65 yrs \$22

Tai Chi Chih I

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Beginner class. Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 5/30

242073-01 5 weeks Mon 4/11-5/9 6:40-7:40pm 18+ yrs \$45

242073-02 5 weeks Mon 5/16-6/20 6:40-7:40pm 18+ yrs \$45

Tai Chi Chih II

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness. No Class 5/30

242077-01 5 weeks Mon 4/11-5/9 5:30-6:30pm 18+ yrs \$45

242077-02 5 weeks Mon 5/16-6/20 5:30-6:30pm 18+ yrs \$45



Adult Sports Leagues

Basketball League

Basketball league begins April 25, 2016. \$350 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

Softball league begins May 24 (men) and May 26, 2016 (coed). \$400 per team. For information, call Kevin Ortiz, Community Services Department, at (562) 431-2527 ext: 1307, or e-mail kortiz@sealbeachca.gov. **Dates subject to change due to weather.**

Beach Boot Camp

Bryce Turner, Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, 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 \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242062-01 12 weeks Sat 3/12-5/28 8-9am 12+ yrs \$129

BeachFit Moms

Annika Turner, Beach Fitness

Eisenhower Park, 900 Ocean Ave

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

242063-01 > 48 1 Day M/T/Th/F 3/7-5/27 9:30-10:30am 18+ yrs \$15

M&M 5 Day Surf Camp

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

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

267061-01	5 days	Mon-Sun	3/7-3/13	8am-12pm	All Ages	\$282
267061-02	5 days	Mon-Sun	3/14-3/20	8am-12pm	All Ages	\$282
267061-03	5 days	Mon-Sun	3/21-3/27	8am-12pm	All Ages	\$282
267061-04	5 days	Mon-Sun	3/28-4/3	8am-12pm	All Ages	\$282
267061-05	5 days	Mon-Sun	4/4-4/10	8am-12pm	All Ages	\$282
267061-06	5 days	Mon-Sun	4/11-4/17	8am-12pm	All Ages	\$282
267061-07	5 days	Mon-Sun	4/18-4/24	8am-12pm	All Ages	\$282
267061-08	5 days	Mon-Sun	4/25-5/1	8am-12pm	All Ages	\$282
267061-09	5 days	Mon-Sun	5/2-5/8	8am-12pm	All Ages	\$282
267061-10	5 days	Mon-Sun	5/9-5/15	8am-12pm	All Ages	\$282
267061-11	5 days	Mon-Sun	5/16-5/22	8am-12pm	All Ages	\$282
267061-12	5 days	Mon-Sun	5/23-5/29	8am-12pm	All Ages	\$282
267061-13	5 days	Mon-Sun	5/30-6/5	8am-12pm	All Ages	\$282
267061-14	5 days	Mon-Sun	6/6-6/12	8am-12pm	All Ages	\$282

M&M 3 Hour Group Lessons

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

Surf lessons are on-going from March 7 – June 12. Please note, this class is good for any one day of group surfing instruction. Please indicate your date preference on your registration form or in the checkout screen.

267063-01	1 Day	Mon-Sun	3/7-6/12	8-12pm	All Ages	\$82
-----------	-------	---------	----------	--------	----------	------

M&M 1 Hour Group Lesson

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

Surf lessons are on-going from March 7 – June 12. Please note, this class is good for any one day of group surfing instruction. Please indicate your date preference on your registration form or in the checkout screen.

267064-01	1 Day	Mon-Sun	3/7-6/12	8am-12pm	All Ages	\$72
-----------	-------	---------	----------	----------	----------	------

M&M 1 Hour Semi-Private Lesson

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

Surf lessons are on-going from March 7 – June 12. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference on your registration form or in the checkout screen.

267067-01	1 Day	Mon-Sun	3/7-6/12	8am-12pm	All Ages	\$92/person
-----------	-------	---------	----------	----------	----------	-------------

M&M 1 Hour Private Lesson

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

Surf lessons are on-going from March 7 – June 12. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference on your registration form or in the checkout screen.

267068-01	1 Days	Mon-Sun	3/7-6/12	8am-12pm	All Ages	\$115/person
-----------	--------	---------	----------	----------	----------	--------------

Chas Group Surf Lesson - Weekly

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

Chas is a two-time National Amateur Surfing Champion with over 31 years of surfing experience. With a B.A. in communications, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards and wetsuits provided. Choose any 5 days (they do not have to be consecutive). No Class 4/27

267052-01	5 days	Mon-Fri	3/7-3/11	9-10:30am	All ages	\$255
267052-02	5 days	Mon-Fri	3/14-3/18	9-10:30am	All ages	\$255
267052-03	5 days	Mon-Fri	3/21-3/25	9-10:30am	All ages	\$255
267052-04	5 days	Mon-Fri	3/28-4/1	9-10:30am	All ages	\$255
267052-05	5 days	Mon-Fri	4/4-4/8	9-10:30am	All ages	\$255
267052-06	5 days	Mon-Fri	4/11-4/15	9-10:30am	All ages	\$255
267052-07	5 days	Mon-Fri	4/18-4/22	9-10:30am	All ages	\$255
267052-08	5 days	Mon-Fri	4/25-4/29	9-10:30am	All ages	\$255
267052-09	5 days	Mon-Fri	5/2-5/6	9-10:30am	All ages	\$255
267052-10	5 days	Mon-Fri	5/9-5/13	9-10:30am	All ages	\$255
267052-11	5 days	Mon-Fri	5/16-5/20	9-10:30am	All ages	\$255
267052-12	5 days	Mon-Fri	5/23-5/27	9-10:30am	All ages	\$255
267052-13	5 days	Mon-Fri	5/30-6/3	9-10:30am	All ages	\$255
267052-14	5 days	Mon-Fri	6/6-6/10	9-10:30am	All ages	\$255

Chas Group Surf Lesson – 1 Day

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

Choose 1 day Monday - Friday between 3/7 and 6/10. Please indicate your date preference in the note section at the checkout screen or on your registration form.

267051-01	1 day	Mon-Fri	3/7-6/10	9-10:30am	All ages	\$75
-----------	-------	---------	----------	-----------	----------	------

Chas Sunday Surf Class

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

Please indicate your date preference in the note section at the checkout screen or on your registration form.

1 Day – Choose 1 Sunday between 3/20 and 6/12

267053-01	1 day	Sun	3/20-6/12	9:30am-12:30pm	All ages	\$65
-----------	-------	-----	-----------	----------------	----------	------

4 Days – Choose any 4 Sundays between 3/20 and 6/12

267053-02	4 days	Sun	3/20-6/12	9:30am-12:30pm	All ages	\$205
-----------	--------	-----	-----------	----------------	----------	-------

Spring Surf Pass is available for each Sunday, 3/20-6/12

267053-03	Ongoing	Sun	3/20-6/12	9:30am-12:30pm	All ages	\$355
-----------	---------	-----	-----------	----------------	----------	-------

Community Pool

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

Community Services Office (562) 431-2527 Extension 1344

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

Adult & Youth Lap Swim

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

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

*7-8pm 3/7-4/22

Renew Your Swim Pass Online!

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

Private Swim Lessons

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

Seal Beach Swim Team

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



Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyancy Cuffs at Competitive Aquatic Supply (800-421-5192) or www.casswimshop.com. This class fills up fast so sign up early! No Class 5/25 & 5/30

244010-01	5 weeks	Mon & Wed	3/14-4/13	5:30-6:30pm	18+ yrs	\$60
244010-02	5 weeks	Mon & Wed	4/18-5/18	5:30-6:30pm	18+ yrs	\$60
244010-03	5 weeks	Mon & Wed	5/23-6/22	5:30-6:30pm	18+ yrs	\$60

Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2016. Reservations are only available from June 4 through August 28. Please call to check availability.

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

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

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

Swim Lessons

Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Fees for 9 Day Sessions (Mon- Fri & Mon-Thurs)	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$45/per child	Resident Registration: 8 a.m.	Friday, June 3	Friday, June 10	1	6/20-6/30
Non-Resident: \$65/per child	Non-Resident Registration: 11 a.m.			2	7/4-7/14
				3	7/18-7/28
				4	8/1-8/11
				5	8/15-8/25

2016 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering this spring. 2016 Junior Lifeguard dates are **June 27- August 12, 2016 from 9am-12pm, Monday-Friday**. The swim test will consist of a 100 yard swim that must be completed within:

1:55 - 'C' group (ages 9-11)

1:45 - 'B' group (ages 12-13)

1:35 - 'A/AA' group (ages 14- 17)

ALL swim tests will be held at McGaugh Elementary School- 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

Test Dates and Times for (ALL) New & Returning Junior Guards:

- Saturday, April 23, 7am-9am and 1-4pm
- Wednesday, April 27, 5pm-7pm
- Saturday, April 30, 7am-9am and 1-4pm
- Wednesday, May 4, 5pm-7pm

Returning Jr. Guard Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2015 to be eligible to enroll in this section. **Enrollment will open for all Returning Junior Guards on April 25, 2016 at 12pm and will close on May 9 at 12pm.** Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at Register.sealbeachca.gov

New Jr. Guard Registration Information

Enrollment will open for New Junior Guard residents (zip code 90740 or 90743), on May 9, 2016 at 12pm. Register at Register.sealbeachca.gov. Enrollment will open for New Junior Guard non-residents, on May 16, 2016 at 12pm and will close May 22 at 12pm. **Enrollment for New Junior Guards into the 2016 Junior Lifeguard Program will be based on a first come, first serve basis. A wait list will be established after the program has reached capacity.** For additional program information, please visit www.sealbeachca.gov or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

**Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave.**

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! This class does not guarantee enrollment into the Junior Lifeguard program. Space is limited - only 36 spots available - so sign up early!

224030-01	Mon- Fri	3 weeks	3/7-3/25	5:30-6:15pm	9-17 yrs	\$100
224030-02	Mon- Fri	3 weeks	4/4-4/22	5:30-6:15pm	9-17 yrs	\$100

Jr. Guard Conditioning Class

**Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave.**

This class is designed for the returning Junior Lifeguard who wants some extra help to prepare for the Swim Test and the summer. Enrollment in 2015 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 36 spots available - so sign up early!

224031-01	Mon-Fri	3 weeks	3/7-3/25	6:15-7pm	9-17 yrs	\$100
224031-02	Mon-Fri	3 weeks	4/4-4/22	6:15-7pm	9-17 yrs	\$100



KIDS BEGINNING (4-6 years) No class: 3/28, 3/30, 4/25, 5/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	3/7-4/18	Mon	4-4:30 pm	\$50	Heather
233020-02	5/2-6/13	Mon	4-4:30 pm	\$50	Heather
233020-03	3/9-4/20	Wed	4-4:30 pm	\$50	Marina
233020-04	5/4-6/8	Wed	4-4:30 pm	\$50	Marina
233020-05	3/12-4/23	Sat	9-9:30 am	\$50	McGaugh
233020-06	5/7-6/11	Sat	9-9:30 am	\$50	McGaugh

KIDS INTERMEDIATE (5-6 years) No class: 3/28, 4/1, 4/25, 5/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-07	3/7-4/18	Mon	4:30-5 pm	\$50	Heather
233020-08	5/2-6/13	Mon	4:30-5 pm	\$50	Heather
233020-09	3/11-6/10	Fri	4-4:30 pm	\$50	Marina
233020-10	5/6-6/10	Fri	4-4:30 pm	\$50	Marina

JUNIORS BEGINNING (7-10 years) No class: 3/28, 3/30, 4/25, 5/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-03	3/9-4/20	Wed	4:30-5:30 pm	\$95	Marina
233021-04	5/4-6/8	Wed	4:30-5:30 pm	\$95	Marina
233021-05	3/12-4/23	Sat	9:30-10:30 am	\$95	McGaugh
233021-06	5/7-6/11	Sat	9:30-10:30 am	\$95	McGaugh

JUNIORS INTERMEDIATE (7-10 years) No class: 3/28, 4/1, 4/25, 5/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-07	3/7-4/18	Mon	5-6 pm	\$95	Heather Park
233021-08	5/2-6/13	Mon	5-6 pm	\$95	Heather Park
233021-09	3/11-6/10	Fri	4:30-5:30 pm	\$95	Marina
233021-10	5/6-6/10	Fri	4:30-5:30 pm	\$95	Marina

TWEENS BEGINNING (11-13 years) No class: 3/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	3/9-4/20	Wed	5:30-6:30 pm	\$95	Marina Park
233023-02	5/4-6/8	Wed	5:30-6:30 pm	\$95	Marina Park

TWEENS INTERMEDIATE (11-13 years) No class: 3/28, 4/1, 4/25, 5/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-03	3/7-4/18	Mon	6-7 pm	\$95	Heather
233023-04	5/2-6/13	Mon	6-7 pm	\$95	Heather
233023-05	3/11-6/10	Fri	5:30-6:30 pm	\$95	Marina Park
233023-06	5/6-6/10	Fri	5:30-6:30 pm	\$95	Marina Park

ADULTS BEGINNING (14+ years) No class: 3/30

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-01	3/9-4/20	Wed	6:30-7:30 pm	\$95	Marina Park
233022-02	5/4-6/8	Wed	6:30-7:30 pm	\$95	Marina Park

ADULTS INTERMEDIATE (14+ years) No class: 3/28, 3/31, 4/25

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-03	3/7-4/18	Mon	7-8 pm	\$95	Heather
233022-04	5/2-6/13	Mon	7-8 pm	\$95	Heather
233022-05	3/10-4/21	Thur	9-10:30 am	\$140	McGaugh
233022-06	5/5-6/9	Thur	9-10:30 am	\$140	McGaugh

**Seal Beach Tennis Center**

For more information, call 562-598-8624.

ADULT ABEGINNING (18+ years) No class 3/14, 3/16, 3/17

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233030-01	3/7-4/25	Mon	6-7 pm	\$110	SBTC
233030-02	3/9-4/27	Wed	10:30-11:30 am	\$110	SBTC
233030-03	3/10-4/28	Thurs	6-7 pm	\$110	SBTC

CARDIO TENNIS (16+ years) No class 3/16

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
234010-01	3/9-4/27	Wed	6-7 pm	\$110	SBTC



IncrediFlix Camps

Animation Flix

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

Each day you'll use a new style of stop-motion, combining favorites from the past with new styles, making this camp different each year! It's the ultimate arts and crafts camp where students create, direct, and film their movies in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327211-01	1 week	Mon-Fri	6/27-7/1	9am-12pm	7-13 yrs	\$162
-----------	--------	---------	----------	----------	----------	-------

Lego Flix

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

Bring Lego worlds to life! We provide the Legos and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot and add voice-over in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327216-01	1 week	Mon-Fri	6/27-7/1	1-4pm	7-13 yrs	\$162
-----------	--------	---------	----------	-------	----------	-------

Animation & Lego Flix Combo

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

Registration discount and lunch supervision provided for those who register for a full day of IncrediFlix camps! Please bring your own sack lunch. \$60 production fee payable to the instructor due first day of camp.

327212-01	1 week	Mon-Fri	6/27-7/1	9am-4pm	7-13 yrs	\$288
-----------	--------	---------	----------	---------	----------	-------

Action Flix

Incrediflix Inc.

Marina Community Center- Small Room, 151 Marina Dr

POW! BANG! BOOM! You'll get to use a green screen, camera tricks and special effects to create your own live-action action movie. Students will collaborate to write, act, and direct in this action packed camp where kids will be taught fake punches and kicks to thrill the audience. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327213-01	1 week	Mon-Fri	7/18-7/22	9am-12pm	7-13 yrs	\$162
-----------	--------	---------	-----------	----------	----------	-------

Imagination Flix

Incrediflix Inc.

Marina Community Center- Small Room, 151 Marina Dr

Take your characters underwater, to a volcano, or even to outer space! In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create your own clay characters (that you keep), choose the backgrounds, and add voice-overs, while working in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327214-01	1 week	Mon-Fri	7/18-7/22	1-4pm	7-13 yrs	\$162
-----------	--------	---------	-----------	-------	----------	-------

Action & Imagination Flix Combo

Incrediflix Inc., Marina Community Center- Small Room, 151 Marina Dr

Registration discount and lunch supervision provided for those who register for a full day of IncrediFlix camps! Please bring your own sack lunch. \$60 production fee payable to the instructor due first day of camp.

327215-01	1 week	Mon-Fri	7/18-7/22	9am-4pm	7-13 yrs	\$288
-----------	--------	---------	-----------	---------	----------	-------



Mad Science Camps

Galaxy Defenders

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! \$30 materials fee due the first day of class.

327206-01	1 week	Mon-Fri	6/27-7/1	9am-12pm	5-12 yrs	\$145
-----------	--------	---------	----------	----------	----------	-------

Little Scientists Preschool Camp

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects, weather, plants and soil. Experience fun hands-on experiments in this week long lab. Parent requested not to stay during class. Must be potty trained. \$25 materials fee is due the first day of class.

327202-01	4 days	Tue-Fri	7/5-7/8	9am-12pm	3-5 yrs	\$145
-----------	--------	---------	---------	----------	---------	-------

Secret Agent Lab

O.C. Mad Science

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave

Look out, 007 – Mad Science's Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Campers will have the opportunity to step into the shoes of a detective as they learn all about forensic science by decoding messages, gathering evidence, checking out spy gear and cracking security systems. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science that spies use. Campers will make awesome take-home projects each day for their spy kit including spynoculars and a secret safe! \$30 materials fee due the first day of class.

327201-01	1 week	Mon-Fri	7/18-7/22	9am-12pm	5-12 yrs	\$145
-----------	--------	---------	-----------	----------	----------	-------

NASA Jr. Astronauts

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is 'Out of this World!' \$30 materials fee due the first day of class.

327200-01	1 week	Mon-Fri	8/1-8/5	9am-12pm	5-12 yrs	\$145
-----------	--------	---------	---------	----------	----------	-------

Robots 101

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 materials fee due the first day of class.

327203-01	1 week	Mon-Fri	8/1-8/5	1:30-4:30pm	8-12 yrs	\$155
-----------	--------	---------	---------	-------------	----------	-------

Science in Action

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Discover how things move with science. View the world through a camera obscura, different lenses and Kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens, play with Magic Mud! \$30 materials fee due the first day of class.

327205-01	1 week	Mon-Fri	8/15-8/19	9am-12pm	5-12 yrs	\$145
-----------	--------	---------	-----------	----------	----------	-------

Crazy Chemworks

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due the first day of class.

327204-01	1 week	Mon-Fri	8/22-8/29	9am-12pm	5-12 yrs	\$145
-----------	--------	---------	-----------	----------	----------	-------



Play-Well Teknologies Camps

Mine, Craft, Build Adventure Game using LEGO®

Play-Well Teknologies

Marina Community Center- Small Room, 151 Marina Dr

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO.

313050-01	1 week	Mon-Fri	6/20-6/24	9am-12pm	5-6 yrs	\$180
-----------	--------	---------	-----------	----------	---------	-------

Mine, Craft, Build Survival Game using LEGO®

Play-Well Teknologies

Marina Community Center- Small Room, 151 Marina Dr

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO.

313051-01	1 week	Mon-Fri	6/20-6/24	1-4pm	7-11 yrs	\$180
-----------	--------	---------	-----------	-------	----------	-------

JEDI Engineering using LEGO®

Play-Well Teknologies

Marina Community Center- Small Room, 151 Marina Dr

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. New offering of original designs for young Jedi from Play-Well TEKnologies.

313052-01	1 week	Mon-Fri	7/11-7/15	9am-12pm	5-6 yrs	\$180
-----------	--------	---------	-----------	----------	---------	-------

JEDI Master Engineering using LEGO®

Play-Well Teknologies

Marina Community Center, Small Room, 151 Marina Dr

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

313054-01	1 week	Mon-Fri	7/11-7/15	1-4pm	7-11 yrs	\$180
-----------	--------	---------	-----------	-------	----------	-------

Jr. Robotics using LEGO® WeDo

Play-Well Teknologies

Marina Community Center-Small Room, 151 Marina Dr

Build and program robots in this introductory Robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

313053-01	1 week	Mon-Fri	8/8-8/12	9am-12pm	7-9 yrs	\$240
-----------	--------	---------	----------	----------	---------	-------

Robotics using LEGO® EV3

Play-Well Teknologies

Marina Community Center-Small Room, 151 Marina Dr

Build and program robots using the LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pickup and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun!

313055-01	1 week	Mon-Fri	8/8-8/12	1-4pm	10-14 yrs	\$240
-----------	--------	---------	----------	-------	-----------	-------

Young Rembrandts Art Camps

Fashion Runway 'Tween Style

Young Rembrandts Staff

Marina Community Center – Small Room, 151 Marina Dr

Join us for 5 days of fashion design and drawing, layering and styling tons of dazzling accessories. The perfect workshop for the fashionista in your family! Students will learn to draw portraits, figures and tons of the latest 'tween fashion trends. Hurry and enroll now, this favorite workshop fills up fast! \$10 material fee due to the instructor at first class meeting.

323155-01	1 week	Mon-Fri	7/25-7/29	9am-12pm	6-12 yrs	\$197
-----------	--------	---------	-----------	----------	----------	-------

Pirate & Superhero

Young Rembrandts Staff

Marina Community Center – Small Room, 151 Marina Dr

AHOY MATES! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more will inspire us as we draw, using cartoon and realistic drawing techniques. POW! BANG! WOW! Students will also learn to draw their own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers, and Sharpies. Our collection of drawings will be impressive! \$10 material fee due to the instructor at first class meeting.

323154-01	1 week	Mon-Fri	7/25-7/29	12:30-3:30pm	6-12 yrs	\$197
-----------	--------	---------	-----------	--------------	----------	-------

Fashion Runway

Young Rembrandts Staff

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

This stylish Young Rembrandts workshop is tailored for the aspiring fashionista. Join us for 5 days of runway chic as we illustrate the various aspects of fashion design. Step into the shoes of a fashion magazine editor as you design and draw an eye-catching fashion magazine cover. And let's not forget about the purses! Design the perfect purse to go along with the outfit of your dreams. And finally, draw your model stepping out onto the runway in your fashion originals. If you love to design clothes and are hip to the latest fashions, this drawing workshop is a perfect fit. \$10 material fee due to the instructor at first class meeting.

323152-01	1 week	Mon-Fri	8/1-8/5	9am-12pm	6-12 yrs	\$197
-----------	--------	---------	---------	----------	----------	-------

Anime Cartoon

Young Rembrandts Staff

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

Come explore the world of Anime with young Rembrandts! We will spend four days learning about the drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in Anime style. \$10 material fee due to the instructor at first class meeting.

323153-01	1 week	Mon-Fri	8/1-8/5	12:30-3:30pm	6-12 yrs	\$197
-----------	--------	---------	---------	--------------	----------	-------

Beach Volleyball Camp

Coed Beach Volleyball

Maria Fattal

10th Street Beach, 10th St @ Ocean Ave

Dive into the sand for summer volleyball action! Experienced coaches from Seal Beach Volleyball Club will lead these one-week camps. Fundamentals taught then reinforced in games. All sessions held Southside of pier. Dates subject to change.

333063-01	1 week	Mon-Fri	6/20-6/24	9-11am	10-14 yrs	\$120
-----------	--------	---------	-----------	--------	-----------	-------

333063-02	1 week	Mon-Fri	6/27-7/1	9-11am	10-14 yrs	\$120
-----------	--------	---------	----------	--------	-----------	-------

333063-03	1 week	Mon-Fri	7/11-7/15	9-11am	10-14 yrs	\$120
-----------	--------	---------	-----------	--------	-----------	-------



Jump Start Camps

Jump Start Basketball Camp

Jerrit Crosby
Oak Middle School Gym, 10821 Oak Street, Los Alamitos

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

323993-01	1 week	Mon-Fri	7/11-7/15	9am-12pm	8-13 yrs	\$105
323993-02	1 week	Mon-Fri	7/25-7/29	9am-12pm	8-13 yrs	\$105

Jump Start Flag Football Camp

Jerrit Crosby
Laurel Park, 10862 Bloomfield Street, Los Alamitos

Are you ready for some FLAG FOOTBALL! Participants will learn the basic and advance fundamentals of flag football while learning how to play in a team environment. These skills will include throwing, running, agility, catching, and defense. Both basic and advance techniques will be used during instruction. Certificates will be given out at the conclusion of the camp week.

323992-01	1 week	Mon-Fri	7/18-7/22	9am-12pm	8-13 yrs	\$105
323992-02	1 week	Mon-Fri	8/1-8/5	9am-12pm	8-13 yrs	\$105

Skyhawks Sports Camps

Basketball Camp

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

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a t-shirt, basketball, and player evaluation.

323183-01	4 days	Tue-Fri	7/5-7/8	9am-12pm	6-12 yrs	\$140
-----------	--------	---------	---------	----------	----------	-------

Flag Football Camp

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

Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! All participants receive a t-shirt, football, and player evaluation.

323184-01	1 week	Mon-Fri	7/25-7/29	9am-12pm	6-12 yrs	\$175
-----------	--------	---------	-----------	----------	----------	-------

Mini-Hawk Multi-Sport Camp

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

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

323180-01	1 week	Mon-Fri	7/11-7/15	9am-12pm	4-7 yrs	\$175
-----------	--------	---------	-----------	----------	---------	-------



Tennis Camps

Tennis Camps

Camps Taught by Brian Collison

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
323010-01	6/20-6/24	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-02	6/27-7/1	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-03	7/11-7/15	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-04	7/18-7/22	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-05	7/25-7/29	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-06	8/8-8/12	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-07	8/15-8/19	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-08	8/22-8/26	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh

Tennis Camps at the Seal Beach Tennis Center

Camps Taught by Mickey Yelverton – Academy Coordinator

- \$195 per week includes SBTC T-Shirt
- Daily Drop-ins welcome- \$45 per day
- *10% discount for 2nd and 3rd siblings

***Register at the Seal Beach Tennis Center, 3900 Lampson Ave.**

DATES	DAYS	TIME	AGE	PRICE	LOCATION
6/13-6/17	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
6/20-6/24	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
6/27-7/1	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/5-7/8	Tue-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/11-7/15	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/18-7/22	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/25-7/29	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/1-8/5	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/8-8/12	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/15-8/19	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/22-8/26	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC

Surf Camps

M & M Surf Camps

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

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

367061-01	1 week	Mon-Fri	6/20-6/24	8am-2pm	All Ages	\$282
367061-02	1 week	Mon-Fri	6/27-7/1	8am-2pm	All Ages	\$282
367061-03	1 week	Mon-Fri	7/4-7/8	8am-2pm	All Ages	\$282
367061-04	1 week	Mon-Fri	7/11-7/15	8am-2pm	All Ages	\$282
367061-05	1 week	Mon-Fri	7/18-7/22	8am-2pm	All Ages	\$282
367061-06	1 week	Mon-Fri	7/25-7/29	8am-2pm	All Ages	\$282
367061-07	1 week	Mon-Fri	8/1-8/5	8am-2pm	All Ages	\$282
367061-08	1 week	Mon-Fri	8/8-8/12	8am-2pm	All Ages	\$282
367061-09	1 week	Mon-Fri	8/15-8/19	8am-2pm	All Ages	\$282
367061-10	1 week	Mon-Fri	8/22-8/26	8am-2pm	All Ages	\$282

Chas Weekly Surf Camp

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

Weekly surf camps for entry level to intermediate surfers of all ages. Held at 1st Street beach, the most consistent and well shaped surf in town.

367050-01	1 week	Mon-Fri	6/20-6/24	9am-1pm	All Ages	\$295
367050-02	1 week	Mon-Fri	6/27-7/1	9am-1pm	All Ages	\$295
367050-03	1 week	Mon-Fri	7/4-7/8	9am-1pm	All Ages	\$295
367050-04	1 week	Mon-Fri	7/11-7/15	9am-1pm	All Ages	\$295
367050-05	1 week	Mon-Fri	7/18-7/22	9am-1pm	All Ages	\$295
367050-06	1 week	Mon-Fri	7/25-7/29	9am-1pm	All Ages	\$295
367050-07	1 week	Mon-Fri	8/1-8/5	9am-1pm	All Ages	\$295
367050-08	1 week	Mon-Fri	8/8-8/12	9am-1pm	All Ages	\$295
367050-09	1 week	Mon-Fri	8/15-8/19	9am-1pm	All Ages	\$295



Anne Pennypacker's Camps

The Amazing Astronaut & Art Camp



Anne Pennypacker
Marina Community Center- Large Room 151 Marina Dr

Fusing art and science together for an out of this world experience! Not only will we explore planets and stars, but art history such as Andy Warhol's Moonwalk 1. Every day our budding artists will create a masterpiece using various artistic media. From sketching to painting, we'll create an art exhibit at camp's end that will shine like the moon! \$15 material fee due to instructor at first class meeting.

327042-01	4 days	Tue-Fri	7/5-7/8	9:30-11am	5-12 yrs	\$118
-----------	--------	---------	---------	-----------	----------	-------

Storybook Adventure!

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

Every day begins a new adventure into a world of dance and imagination. Through storytelling, children will dance, and dress up creating an exciting journey into the land of fairytales: pirates, magicians, princesses and more! We'll create costumes to put on a magical show at camp's end! \$15 material fee due to instructor at first class meeting.

327044-01	1 week	Mon-Fri	6/20-6/24	11am-1pm	4-7 yrs	\$138
-----------	--------	---------	-----------	----------	---------	-------

Cute Baby Animals Art Camp!



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

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$15 material fee due to instructor at first class meeting.

327040-01	1 week	Mon-Fri	6/20-6/24	9:30-11am	5-12 yrs	\$118
-----------	--------	---------	-----------	-----------	----------	-------

Hip Hop Dance Camp

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

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01	1 week	Mon-Fri	7/11-7/15	9:30am-12pm	5-12 yrs	\$138
327043-02	1 week	Mon-Fri	8/8-8/12	9:30am-12pm	5-12 yrs	\$138

Fashion Friends

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Bring your best friends and make new friends at this stylish week long fashion extravaganza! We'll explore decades of fashion history, perform a runway inspired dance, design our own look books and create fashionable totes to put them in. We'll sketch amazing fashions and make friendship bracelets to rock at the couture show at camp's end. \$15 material fee payable to instructor on the first day of camp.

327054-01 4 days Tue-Fri 7/12-7/15 12-2pm 5-12 yrs \$118

Rockstar Popstar

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

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! At weeks end, we'll costume up and put on a concert not to be missed! \$15 material fee payable to instructor on the first day of camp.

327046-01 1 week Mon-Fri 7/18-7/22 9:30am-12pm 5-12 yrs \$138

Circus Gymnastics!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Come one, come all the circus has come to town! See the animals and clowns tumble and play as this fun camp gets underway. With balancing acts, rhythmic gymnastics, hula hoops, tumbling floor shows and more, this camp is non-stop! We'll create costumes for a performance at camp's end- It will be the greatest show on earth! \$15 material fee payable to instructor on the first day of camp.

327055-01 1 week Tue-Fri 7/19-7/22 12-2pm 5-12 yrs \$118

Enchanted Princess Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Come dream of far off lands, enchanted forests full of unicorns and fairies where fairytales do exist. Princesses will sing, dance, and create magical costumes to wear for the happy ending- our ENCHANTING SHOW at camp's end! \$15 material fee payable to instructor on the first day of camp.

327049-01 1 week Mon-Fri 7/25-7/29 9:30-11am 4-7 yrs \$118



Cheerdance & Tumble Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Rah Rah Rah! We will rock! Ya Ya Ya, and take it to the top- in this non-stop cheer camp! Cheerleaders will learn popular cheers, do a cheer dance routine, learn cheerleader motions of pon poms and baton. We will make a rockin' tee and perform at camp's end. \$15 material fee payable to instructor on the first day of camp.

327050-01 1 week Mon-Fri 7/25-7/29 11am-1pm 5-12 yrs \$138

Minions & Monsters Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Enrolling all minions and monsters now! We'll create our own minions, monster masks and do a hip hop inspired dance to perform at camp's end. Rarr! \$15 material fee payable to instructor on the first day of camp.

327051-01 4 days Tue-Fri 7/26-7/29 1-3pm 4-8 yrs \$118

Perfect Pixie & Fabulous Fairy

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Do you believe? With a sprinkle of pixie dust we'll journey to a fantasy land where fairies dance the days away. From flower fairies to secret garden games, every day will be a magical new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. \$15 material fee payable to instructor on the first day of camp.

327053-01 1 week Mon-Fri 8/1-8/5 9:30-11am 4-7 yrs \$118

Superhero Gymnastics Camp

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01 1 week Mon-Fri 8/1-8/5 11am-1pm 4-7 yrs \$138



Perfect Playwrights & Awesome Actors!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Lights! Camera! Action! Our aspiring stars will be given several story lines to choose from, and together work as a team to create dialogue and a unique play that's never been seen before! Instilling creativity, our playwrights will also become the actors, setting the stage for a memorable production at camp's end in costumes we create! \$15 material fee due to instructor at first camp meeting.

327041-01	1 week	Mon-Fri	8/8-8/12	12-2pm	5-12 yrs	\$138
-----------	--------	---------	----------	--------	----------	-------

Musical Madness!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Casting singers, actors, performers! Gear up for a week of exploring theatre and the art of mastering a performance. Students will dance with props, hold auditions, create costumes and more! Curtains open at weeks end for a show not to be missed! \$15 material fee payable to instructor on the first day of camp.

327052-01	1 week	Mon-Fri	8/1-8/5	1-3pm	5-12 yrs	\$138
-----------	--------	---------	---------	-------	----------	-------



Edutainment Arts Camp

California Summer Camp

Edutainment Arts Staff

1st Street Beach, 1st St @ Ocean Ave

We will play in the sand by the water building sand castles; play fun beach games, like beach soccer, dodge ball, and tug of war. We will sign songs and make crafts- make friends and be silly! Enjoy the beach and love your California Summer like it was meant to be. Bring your sun screen for a summer you will always remember.

323159-01	1 week	Mon-Fri	6/20-6/24	8-11am	6-12 yrs	\$155
-----------	--------	---------	-----------	--------	----------	-------

Star Wars Camp

Edutainment Arts Staff

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Light saber. Campers will build a Jedi costume, be issued a practice saber, and be taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe saber sparing. Yoga will help us get in time with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

Heather Park, Heather St & Lampson Ave

323167-01	4 days	Tue-Fri	7/5-7/8	9am-12pm	6-12 yrs	\$155
-----------	--------	---------	---------	----------	----------	-------

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave.

323167-02	1 week	Mon-Fri	7/25-7/29	9am-12pm	6-12 yrs	\$155
-----------	--------	---------	-----------	----------	----------	-------

Fort & Team Building

Edutainment Arts Staff

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave

Each day new forts will be made out of different whacky materials: from card castles to bamboo huts. Work together to overcome obstacles and challenges impossible to do alone. Teams will compete for best fort, team work, sportsmanship, and enjoy a massive water fight fort against fort.

323168-01	1 week	Mon-Fri	7/25-7/29	12:30-3:30pm	6-12 yrs	\$155
-----------	--------	---------	-----------	--------------	----------	-------

Top Junior Chef Cooking Camp

Edutainment Arts Staff

Campers will learn food handling skills and hygiene and then learn how to make several delicious and fun dishes. Crafts and games are used to keep the cooking fun. Our restaurant is open at the end of the week for family and friends. (2 guests per student enrolled allowed at the final days meal.) \$20 material fee payable to instructor at first day of camp. \$20 material fee due to instructor at first class meeting.

Fire Station 48, 3131 N. Gate Rd

323162-01	1 week	Mon-Fri	6/20-6/24	9am-12pm	7-12 yrs	\$155
-----------	--------	---------	-----------	----------	----------	-------

Marina Community Center- Large Room, 151 Marina Dr.

323162-02	1 week	Mon-Fri	8/15-8/19	9am-12pm	7-12 yrs	\$155
-----------	--------	---------	-----------	----------	----------	-------





Photography Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr

An introduction to photography using digital cameras. Focusing on capturing the perfect image instead of editing one, we will learn about shading, lighting, composition, balance and focus. We will use our skills in photo scavenger hunts to keep our learning fun and exciting. Create a variety of picture frames and present an art exhibit at the end of the week. We'll supply the cameras, but you are welcome to bring your own. Just bring an SD card to get your photos instantly, or we'll send you a CD of your photos after the end of summer.

323158-01	1 week	Mon-Fri	8/15-8/19	12:30-3:30pm	7-12 yrs	\$155
-----------	--------	---------	-----------	--------------	----------	-------

Wilderness Survival Camp

Edutainment Arts Staff

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave

Are you prepared if you get lost in the wilderness or the desert? Are you prepared in case there is a major earthquake, storm, or even a Zombie Apocalypse? Then get prepared. Learn the survival skills you and everyone around you should know. Following survivalists' Rules of Three we teach shelter building, water collection, first aid, fire skills, and signaling for help. We'll also explore what you need for a survival kit. Role playing and games keep the lessons positive and fun. This is the one camp your life may depend on.

323169-01	1 week	Mon-Fri	8/1-8/5	9am-12pm	7-12 yrs	\$155
-----------	--------	---------	---------	----------	----------	-------

Take the Stage Productions Camps

Camp Broadway Star

Take the Stage Productions

Los Alamitos Community Ctr, 10911 Oak Street

Act, Sing, Dance and explore the world of Broadway in this fun musical theater camp! Campers will build valuable musical theater performance skills, craft props & scenery, play theater games and create fun characters all while working together to perform a final showcase on the last day! Campers will be expected to practice lines and songs at home. Bring a lunch/ snack & water. \$20 material fee payable to instructor on the first day of camp.

Wizard of Oz

323020-01	1 week	Mon-Fri	6/27-7/1	9:30-11:30am	4-6 yrs	\$125
-----------	--------	---------	----------	--------------	---------	-------

Wicked

323020-02	1 week	Mon-Fri	6/27-7/1	12:30-2:30pm	7-12 yrs	\$125
-----------	--------	---------	----------	--------------	----------	-------

Lion King

323020-03	1 week	Mon-Fri	8/1-8/5	9:30-11:30am	4-6 yrs	\$125
-----------	--------	---------	---------	--------------	---------	-------

323020-04	1 week	Mon-Fri	8/1-8/5	12:30-2:30pm	7-12 yrs	\$125
-----------	--------	---------	---------	--------------	----------	-------

Camp Stage Play

Take the Stage Productions

Do you love dressing up in fun costumes, using your imagination to be transported to exotic places, and being in the spot light? Then Camp Stage Play is for you! Campers will use their voices, bodies, imagination, costumes and props, to learn theater acting techniques and step into the spotlight, as they become fun storybook characters. All while having so much fun performing that they won't even know they are building skills in public speaking, creative thinking, reading comprehension, and confidence! Campers should bring a lunch/ snack and water. \$20 material fee payable to instructor at first class.

Los Alamitos Community Ctr., 10911 Oak Street

Fancy Nancy

323021-01	1 week	Mon-Fri	7/11-7/15	9:30-11:30am	4-6 yrs	\$125
-----------	--------	---------	-----------	--------------	---------	-------

Young Shakespeare Workshop

323021-02	1 week	Mon-Fri	7/11-7/15	12:30-2:30pm	8-12 yrs	\$125
-----------	--------	---------	-----------	--------------	----------	-------

Marina Community Center: Small Room, 151 Marina Dr

Jungle Book

323021-03	1 week	Mon-Fri	8/22-8/26	9:30-11:30am	4-6 yrs	\$125
-----------	--------	---------	-----------	--------------	---------	-------

Charlie & the Chocolate Factory

323021-04	1 week	Mon-Fri	8/22-8/26	12:30-2:30pm	6-10 yrs	\$125
-----------	--------	---------	-----------	--------------	----------	-------



Skatedogs

Skateboard Summer Camp

Adam Cohen

Little Cottonwood Park, 4000 Farquhar, Los Alamitos

Whether you are just learning, or ready to learn more advanced tricks, this camp is right for you. Make new friends, play games, and most importantly, have fun in our private skatepark. Bring a snack and plenty of water. Requirements: signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

323150-01	1 week	Mon-Fri	6/27-7/1	1-4pm	6-13 yrs	\$167
-----------	--------	---------	----------	-------	----------	-------

323150-02	1 week	Mon-Fri	8/8-8/12	1-4pm	6-13 yrs	\$167
-----------	--------	---------	----------	-------	----------	-------

323150-03	1 week	Mon-Fri	8/22-8/26	8:30-11:30am	6-13 yrs	\$167
-----------	--------	---------	-----------	--------------	----------	-------



Senior Lunch Program

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

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule a date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within the City of Seal Beach), and dining excursions (within the City of Seal Beach).

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

Home Delivered Meals

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

Drivers Needed to Deliver Meals

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

In Home Case Management

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

Friendly Companions

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

Referral Assistance

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

Health Insurance Counseling and Advocacy Program (HICAP)

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

Senior Pinochle Club

Senior Center, 707 Electric Ave.

Free – Drop in – Tuesday 9 a.m. - 3 p.m.

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



Medicare 101

**Cesar Arteaga
Seal Beach Senior Center
707 Electric Ave**

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

256040-01	1 day	Mon	3/14	10-11am	64+ yrs	FREE
256040-02	1 days	Mon	5/16	10-11am	64+ yrs	FREE

Map & Facilities

Amenity Key Updated December 2012

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



Map not to scale.

Park/ Facility

L = Lit U = Unlit i = Indoor

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

5 easy ways to REGISTER TODAY

1 MAIL IN

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

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

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

2 WALK IN

Open Monday - Friday

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

3 ONLINE

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

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

4 FAX

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

5 E-mail

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

Online Registration begins February 16, 2016

Walk-in and Mailed Registration begins February 22, 2016

Please register early to avoid class cancellations.

Submit Your Photos

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

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."



Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$5 admin fee for the class you attended.

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

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

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

Access & Inclusion

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

Community Services Department

City of Seal Beach

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

Office Hours

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

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

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

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

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSRT STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001

SATURDAY, APRIL 9, 2016

RUN SEAL BEACH®



10K, 5K & KIDS FUN RUN

RACE TIMES:

- 7:30 AM - Kids 1K Fun Run
- 8:00 AM - 5K/10K Run
- 8:05 AM - 5K Walk

RACE FEATURES:

- **Registration limited to first 5,500 for 5/10K and 400 for Kids 1K**
- RFD Timing
- Supervision for kids 1K Fun Run and Fun Zone
- Expo at finish area
- Water and fruit for participants at finish line
- May run or walk with baby jogger or dog on leash

RACE REGISTRATION & PACKET PICKUP:

- Register online at www.RunSealBeach.com/Register
- Complete team/group registration information available online

Early Registration Ends - February 27, 2016

- 5K Run or Walk, 10K Run – \$30.00 (max 5,500)
- Kids 1K Fun Run – \$15.00 (max 400)

Late Registration Ends - April 6, 2016

- 5/10K Events – \$40.00
- Kids 1K Fun Run – \$20.00

AWARDS - 5K WALK & 5/10K RUNS

Awards to the top 3 finishers in each age division (walkers and runners). Special run awards for overall run champions- Male and Female. First place Seal Beach male and female resident runners to receive special awards. Ribbons to all kids 1K Fun Run participants. Must be present to claim award. Awards will not be mailed after the event.

AGE DIVISIONS:

10 & under, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

PROCEEDS FROM THIS EVENT:

Proceeds from the race go to benefit recreation programs, services, and facilities in the Greater Seal Beach area. Funds are administered via a grant process to local organizations who meet the criteria. See our website for full qualification details and information at www.RunSealBeach.com.

REGISTER NOW • www.RunSealBeach.com