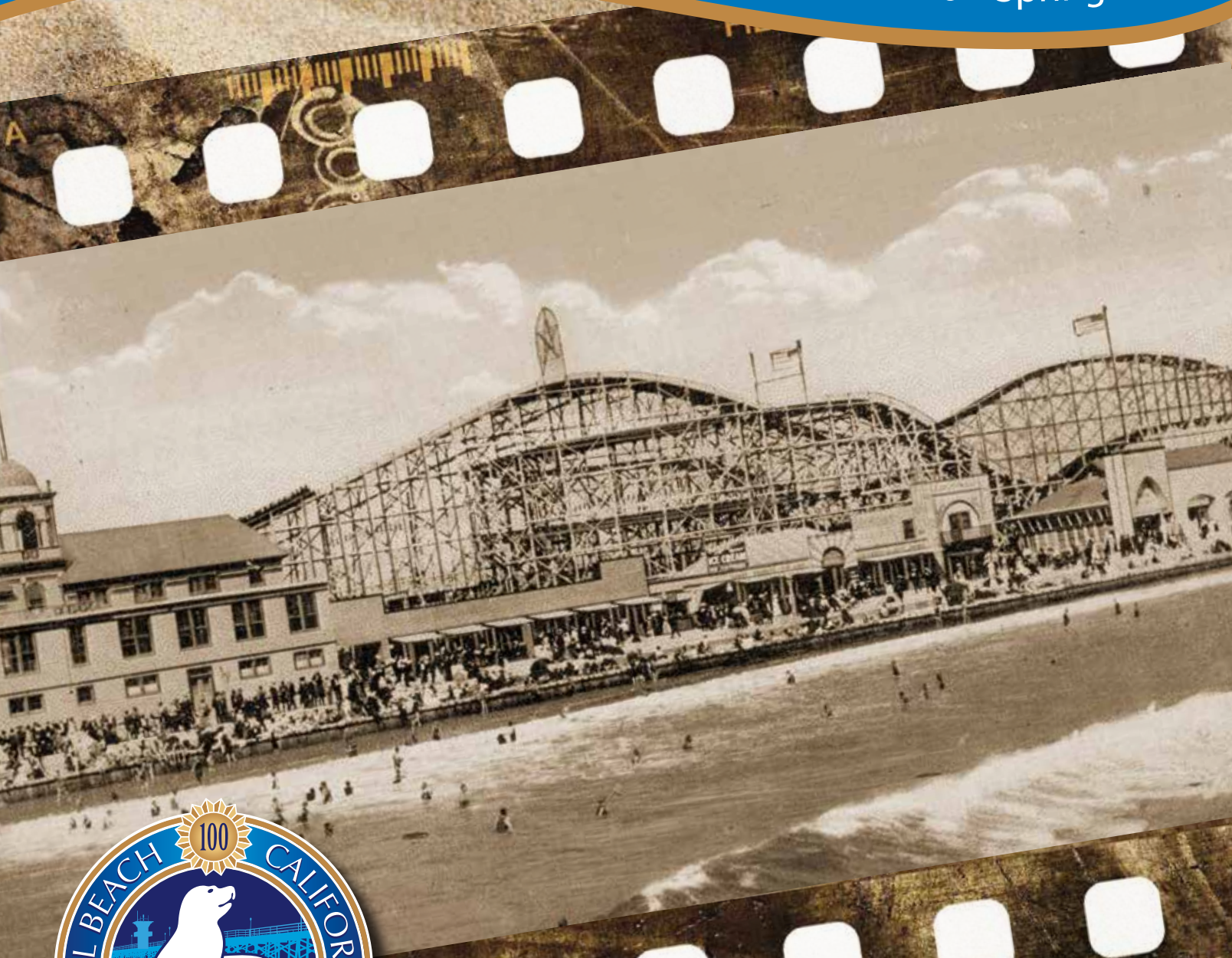


# Shoreline



City of Seal Beach Classes and Activities • Spring 2015





# City of Seal Beach

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

## CITY COUNCIL

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

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

## CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
Acting City Clerk	Tina Knapp
Chief of Police	Joseph Stilinovich
Director of Community Development/ Community Services	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

## COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
PT Recreation Coordinator	Kevin Ortiz, ext. 1307
PT Recreation Coordinator	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

### Planning Commission

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

### Environmental Quality Control Board As Needed

### Recreation Commission

6:00pm; 4th Wednesday/month

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

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## HOLIDAY CLOSURES

Presidents' Day - February 16

Memorial Day - May 25

# REGISTER Online

[SealBeachCa.Gov](http://SealBeachCa.Gov)

Online Registration Begins:

**February 9, 2015**

Walk-in and Mail Registration Begins:

**February 17, 2015**

We welcome non-residents to participate in our programs as well! Register early to avoid class cancellations. Pre-registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.

*Front cover photo/postcard by Edward W. Cochems.  
1917, courtesy of the Orange County Archives.*



## Seal Beach Centennial Events

<b>MAY 4th</b>	CENTENNIAL GOLF TOURNAMENT – OLD RANCH CC
<b>MAY 30th</b>	SEAL BEACH POLICE DEPT. OPEN HOUSE
<b>JUNE 6th</b>	MOVIE IN THE PARK – PIER
<b>JUNE 14th</b>	POOL PARTY & BBQ – McGAUGH SCHOOL
<b>JUNE 20th</b>	MOVIE IN THE PARK – EDISON PARK, CPW
<b>JUNE 27th</b>	MOVIE IN THE PARK – HEATHER PARK, CPE
<b>JULY TBD</b>	MOVIE IN THE PARK – LEISURE WORLD
<b>AUGUST 1st-2nd</b>	NAVY BASE EVENT – SB NAVAL WEAPONS BASE
<b>AUGUST 22nd</b>	BEACH PARTY & BBQ – 8th ST. LOT
<b>SEPTEMBER 20th</b>	CENTENNIAL TENNIS TOURNAMENT – SB TENNIS CENTER
<b>OCTOBER 10th</b>	FIRE STATION #44 OPEN HOUSE - OLD TOWN
<b>OCTOBER 10th</b>	CENTENNIAL DINNER / DANCE – ORCC
<b>OCTOBER 24th</b>	“JOY ZONE” CARNIVAL
<b>OCTOBER 24th</b>	CENTENNIAL CELEBRATION IN THE SKY
<b>OCTOBER 27th</b>	CITY HALL OPEN HOUSE & BIRTHDAY PARTY
<b>THROUGHOUT THE YEAR</b>	HISTORY OF SEAL BEACH PRESENTATIONS

DATES ARE SUBJECT TO CHANGE



# Happy 100th Birthday Golf Tournament

**May 4th, 2015 at Old Ranch Country Club, Seal Beach  
9am Registration • 11am Shotgun Start**

**Format:**

Scramble - Four Person Team Best Ball

**Award Categories:**

M/F Closest to Pin  
& Long Drive Competition

**Fee (cash or check only):**

\$150 per person by March 1st, 2015  
\$175 per person after March 1st, 2015.

**Fee includes:**

Golf, cart, gift bag, special event prizes,  
drinks & food on the course. Hors d'oeuvres  
after the tournament. Putting contest before  
the event, helicopter drop, raffles, etc.

**We are currently seeking sponsors  
contact Perry Watson at 562-598-9294  
or email [PerryRWatson@verizon.net](mailto:PerryRWatson@verizon.net)**



## Happy 100th Birthday Golf Tournament



**Golfer #1 Name:** \_\_\_\_\_ Sex: M/F

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Golfer #2 Name:** \_\_\_\_\_ Sex: M/F

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Golfer #3 Name:** \_\_\_\_\_ Sex: M/F

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Golfer #4 Name:** \_\_\_\_\_ Sex: M/F

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

Mail entry form with check payable to:  
City of Seal Beach Centennial Golf, 1635 Catalina Ave, Seal Beach, CA 90740  
or @ SB City Hall - Park & Rec. Office



**Online registration available at: [BIT.LY/100THGOLFTOURNAMENT](http://BIT.LY/100THGOLFTOURNAMENT)**

**For more information contact Perry Watson at [PerryRWatson@verizon.net](mailto:PerryRWatson@verizon.net) or 562-598-9294**

**[www.SealBeach100.com](http://www.SealBeach100.com)**

# City News

City of Seal Beach



Spring 2015

## A Message from the City Manager's Office



City Manager **Jill R. Ingram**

**T**he City of Seal Beach has officially kicked off its yearlong Centennial Celebration and will commemorate the 100th anniversary of its incorporation date on October 27, 2015!

During Seal Beach's 100th Anniversary Celebration, the traditions of our City's past, present, and future will be highlighted. The Seal Beach Centennial mission is for all people who live, work, and play in Seal Beach to celebrate the City's 100th Birthday through events and activities that: create civic pride; foster and highlight community partnerships; and honor the past, celebrate the present, and anticipate the future.

Through a special branding effort, sponsorships, unique promotional items, and volunteer opportunities, we hope to provide the Seal Beach community with a variety of quality, family-friendly avenues to reminisce about great memories, give back, and embrace all that the next 100 years has in store. Please view the Centennial calendar of events included in the Shoreline and look for updates on the Centennial website at [www.SEALBEACH100.com](http://www.SEALBEACH100.com).

As we welcome the Centennial year and all that it will bring, I would be remised not to mention the departure of two outstanding City leaders; Councilmember Gordon Shanks who

represented District 3 (Hill, Coves, Bridgeport, and Heron Pointe) and Councilmember Mike Levitt who represented District 5 (Leisure World) for the last eight years. Both began their tenure in 2006 and quickly began to make policy decisions that would improve public safety and the quality of life in Seal Beach. Both these gentlemen strove to make our community better and did so while keeping their integrity and moral compass intact.

In December of 2014, the Councilmembers' terms came to an end due to term limits, but the impact they made will have a lasting imprint for years to come. The City is grateful for their years of service and leadership, and we wish them the very best in the future!

Lastly, I would like to welcome newly elected Councilmembers Mike Varipapa (representing District 3) and Sandra Massa-Lavitt (representing District 5). My staff and I look forward to working with the new Councilmembers and continuing our commitment to making Seal Beach even better.

As we move through the Centennial year, we will work on not only creative ideas, but on excellence of execution. We will base our decisions on community input, long-term effects,

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*Message Continued on Page 7*

“The Seal Beach Centennial mission is for all people who live, work, and play in Seal Beach to celebrate the City's 100th Birthday through events and activities that: create civic pride; foster and highlight community partnerships; and honor the past, celebrate the present, and anticipate the future.”



# City of Seal Beach Sends A Coyote Co-Exist Reminder

Over the past several years, coyote sightings have become more common within the City of Seal Beach. Although statistics show attacks on humans are extremely rare, it is always a good idea to regularly remind the residents of our City how to safely co-exist with coyotes.

First and foremost, the most effective way to prevent coyote attacks in our neighborhoods is to eliminate the feeding of any wildlife whether intentionally or accidentally. That means keep trash cans secure, do not leave pet food outside and do not feed them food of any kind. Coyotes are generally timid and shy animals that tend to steer clear of any potential danger and thus pose little threat to humans.

Residents with small pets (less than 20 pounds) should supervise them while

outdoors. Domestic cats left outdoors can also serve to attract coyotes. It is important that domestic cats and small dogs be kept indoors. A coyote cannot tell the difference between a small cat or dog and a rabbit, mouse or any other food source. 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, please 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](http://www.sealbeachca.gov).

## Street Sweeping Schedules

Depending on what street you live on, street sweeping schedules will vary throughout the community, but is typically completed the day after your trash is collected. Street sweeping schedules are also affected by major holidays and inclement weather. The following holidays are observed by the City's street sweeping contractor and if a holiday should land on your regular sweeping day, your street will be swept the following day: New Year's Day, Martin Luther King Jr. Day, President's Day, Memorial Day, Fourth of July, Labor Day, Veteran's Day, Thanksgiving Day and the Friday after, and Christmas Day.

During periods of inclement weather, the City will also alter or cancel street sweeping operations. During periods of very light rain, street sweeping operations will continue as regularly scheduled. During periods of heavy and sustained rainfall, sweeping operations will be cancelled for the day. The City will update its website on rain days to alert the public as to whether or not sweeping operations are cancelled due to inclement weather. You can also call the City Yard on rainy days at 562-493-8660 to confirm if sweeping operations have been cancelled.

## Centennial Badges



During this year's centennial event, Seal Beach Police Department employees are wearing historic centennial badges. The Badge that is worn (pictured above) is a replica of the oldest badge documented at the Police Department. These badges have been purchased at no cost to the City.

# Memorial Bench and Expand the Forest Program

On January 12, 2015, the City Council approved a Memorial Bench and Expand the Forest Program Policy. Both programs offer the community the ability to honor the memory of loved ones by purchasing and installing memorial benches and trees throughout the community.

The memorial bench program has proven popular over the last ten years as approximately 80 benches have been placed throughout the community honoring the memory of Seal Beach residents. Bench sponsors can purchase a park bench under this program and City staff will install it for the public's enjoyment. Benches can be installed in public parks and along public streets under certain conditions. The City recently developed a series of location maps that pin point the locations where park benches have been approved for placement. Bench sponsors can review these maps and select their preferred location when submitting their memorial bench applications.

In conjunction with the memorial bench program, the City has developed an alternative to memorial benches and the community now has the option of planting a memorial tree as part of the City's Expand the Forest Program. Tree sponsors can purchase a 24-inch box tree in memory of a loved one and the City will plant and maintain it. Trees can be planted in several community parks and in two locations along the Electric Avenue Greenbelt. Maps that pin point the locations of pre-approved tree planting spaces as well as tree species are also included on the memorial bench maps.

For more information regarding the memorial bench and Expand the Forest Programs, and to download a copy of the application and location maps, visit the City's website at [www.sealbeachca.gov](http://www.sealbeachca.gov). Should you have any questions regarding this program, please contact Ernest Area, Maintenance Services Supervisor at 562-431-2527 x1321.



## City Manager Message Continued from Page 5

and sound financial planning. I am certain that by working together through open and respectful communication, we will be able to strengthen our community. I hope that you can take some time to slow down a bit and look around at what Seal Beach has become in the last one hundred years, not merely a city,

but a community with its own identity and a sense of place – a place to call home.

Wishing you all the best during the Centennial year!

*Jill R. Ingram*  
City Manager



## City Seeks Community Input to Plan New Aquatics Center

The City of Seal Beach is pleased to announce the launch of the Swim Seal Beach effort and website [www.swimsealbeach.com](http://www.swimsealbeach.com). The website is a new comprehensive community engagement website where citizens can engage, communicate and collaborate with community decision makers and other residents and employees in the City to plan for a new aquatics center.

The goal of the Swim Seal Beach effort is to get the community involved in the planning process for a new aquatics center. Feedback from community engagement will be used to find a location for and master plan a new aquatics center.

SwimSealBeach.com give contributors a chance to share new ideas, second others' ideas, expand upon existing ideas and give feedback on the location and master plan for the aquatics center online anytime, anywhere. You can access the website from a computer, tablet or smart phone.

Be sure to sign up and start contributing on [www.swimsealbeach.com](http://www.swimsealbeach.com) and watch for notice of kick-off events in your neighborhood in February and March.

**Seal Beach turns 100 on October 27, 2015!**  
Check out upcoming Centennial events at [SealBeach100.com](http://SealBeach100.com)



## ■ 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	LosALNFL.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 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

## ■ TRASH

Consolidated Disposal	(800) 299-4898 www.consolidateddisposalservice.com
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## ■ STREET SWEEPING

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

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

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546

## ■ RECREATION & COMMUNITY SERVICES

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

## ■ LIBRARIES

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

## ■ PRESCHOOL

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

## ■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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## ■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	– Adult Sports, General Information & Classes
Ext. 1306	– Brochure/Classes, Instructors, Facility/Park Rentals and Special Event Permits
Ext. 1341	– Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, and Film Permits
Ext. 1344	– Community Gardens, Seal Beach Tennis Center and Facility/ Park/Field Rentals



City of Seal Beach- Community Services



SealBeachRec



March 21

### Run Seal Beach

Sign Up Now - Entries are limited. For more information or to register, visit [www.RunSealBeach.com](http://www.RunSealBeach.com). All event proceeds support local recreation programs, services and facilities. **See back page for more information.**

### Free Tax Assistance

Mondays Only • Through April 13, 2015  
Fire Station #48 - Community Room  
3131 N. Gate Rd

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

### Save our Beach

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

Monthly beach clean-up. For more information, visit [www.saveourbeach.org](http://www.saveourbeach.org).



*28th Annual*  
**SEAL BEACH**  
*Classic*  
**CAR SHOW**  
SATURDAY, 10-4PM ON MAIN STREET  
*April 25, 2015*  
For more information contact the Seal Beach Chamber of Commerce  
(562) 799-0179 | [www.sealbeachchamber.org](http://www.sealbeachchamber.org)

## The Seal Beach Chamber of Commerce Presents

FREE ADMISSION • OPEN TO THE PUBLIC

**THE 8TH ANNUAL**  
seal beach  
**BE MORE**  
**HEALTHY**  
**EXPO**

**JOIN US IN  
SPRING 2015**

**FEATURING OVER 75 EXHIBITORS**

**MASSAGES • DEMONSTRATIONS • KIDS ZONE**

**SENIOR HEALTH • HEALTH SCREENINGS**

**FREE DRAWINGS • AND MUCH MORE!**

For more information, contact Diana Bean at 562-888-0298 or email [coachingbeans@yahoo.com](mailto:coachingbeans@yahoo.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 4/3

211061-01	6 weeks	Fri	3/13-4/24	10-10:50am	2 yrs	\$65
211061-02	6 weeks	Fri	3/13-4/24	11-11:50am	3-4 yrs	\$65
211061-03	6 weeks	Fri	5/1-6/5	10-10:50am	2 yrs	\$65
211061-04	6 weeks	Fri	5/1-6/5	11-11:50am	3-4 yrs	\$65

## Ballroom Social Dance for Kids

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

A great class for cotillion, the social dance curriculum will include instruction in cha cha, rumba, foxtrot, salsa and waltz. Students will practice polish and poise, and the skills needed to dance with a partner. No Class 5/26

222026-01	6 weeks	Tue	4/21-6/2	5:45-6:15pm	5-10 yrs	\$62
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## Tiaras and Tutus

**Anne Pennypacker**  
**Los Alamitos Community Center**  
 10911 Oak Street



Pretend to be your favorite princess in this magical introduction to ballet walks, waltz steps and more. Through fairytale stories every class will be a dream come true.

222025-01	5 weeks	Mon	4/20-5/18	6-6:30pm	2.5-4 yrs	\$57
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## Petit Ballerina

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

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

222023-01	6 weeks	Wed	4/29-6/3	2-2:30pm	3-5 yrs	\$67
222023-02	6 weeks	Wed	4/29-6/3	6-6:30pm	2.5-5 yrs	\$67
222023-03	6 weeks	Thu	4/30-6/4	9-9:30am	2.5-5 yrs	\$67

## Ballet/Tap Combo

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

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

222021-01	6 weeks	Wed	4/29-6/3	3-3:45pm	5-8 yrs	\$67
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## Tiny Tappers

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

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

212026-01	6 weeks	Wed	4/29-6/3	2:30-3pm	3-5 yrs	\$67
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# Children's Library Programs

at Mary Wilson Library  
 707 Electric Avenue

<b>Kids' Crafts</b> 1st Saturday of every Month 10 a.m.-4:30 p.m.	<b>Block Building in the Library</b> 1st Thursday of the Month 4-5:30 p.m.
<b>Teen Advisory Board &amp; Activity</b> 1st Thursday of every month 5:30-7 p.m.	<b>Book Club for Adults</b> 4th Thursday of every month 9-10 a.m.

### Spring Storytime

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

### Tune in Tuesdays

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

### Library Hours

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

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

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



## Musical Theatre Stars

**Anne Pennypacker**  
**Marina Community Center - Large Room, 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 6 weeks Wed 4/29-6/3 3:45-4:30pm 5-12 yrs \$67

## Pretty Princess Pre-Ballet

**Anne Pennypacker**  
**Marina Community Center - Large Room, 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 4/23-6/4 3-3:45pm 4-7 yrs \$77

## Hip Hop

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

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required.

242034-01 7 weeks Thu 4/23-6/4 3:45-4:30pm 5-10 yrs \$77

## Gymnastics Level 1

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

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well!

211033-01 6 weeks Thu 4/23-5/28 4:30-5:15pm 6-12 yrs \$67

## Pre-School Gymnastics

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

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

211032-01 6 weeks Thu 4/23-5/28 5:15-5:45pm 4-6 yrs \$67

## Teeny Tumblers

**Anne Pennypacker**  
**Marina Community Center-Large Room**  
**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 5/7-6/4 9:30-10am 2.5-5 yrs \$57



## 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 6/6 5-7pm 3+ yrs \$12



## 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 6/10 5:30-9pm All Ages \$12

## Little Bird Kids Yoga

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

Little Bird Kids Yoga guides children to use their imaginations, breath, and postures to develop health, relaxation and balance through playfulness, while encouraging lifelong healthy habits in a non-competitive, nurturing atmosphere. Please bring a mat and water with you to class. No Class 4/10, 5/25

211026-01 3 weeks Mon 3/16-3/30 9-9:30am 2-5 yrs \$35

211026-02 4 weeks Mon 4/13-5/4 9-9:30am 2-5 yrs \$45

211026-03 4 weeks Mon 5/11-6/8 9-9:30am 2-5 yrs \$45

211026-04 5 weeks Fri 3/13-4/17 3:30-4:15pm 5-12 yrs \$55

211026-05 5 weeks Fri 5/1-5/29 3:30-4:15pm 5-12 yrs \$55

## Kiddie Karate

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

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

211050-01 4 weeks Tue 4/28-5/19 6-6:30pm 3-6 yrs \$38

## Karate Beg/Adv

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

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito- Ryu". Parents should remain outside classroom. Wear loose clothing.

222051-01 4 weeks Tue 4/28-5/19 6:30-7pm 7+ yrs \$42

## 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 4/5, 4/12, 5/10

233060-01 9 classes Sun 3/1-5/17 12-2pm 8-14 yrs \$160

## Skateboarding Spring Break Camp

**Adam Cohen**

**Heartwell Park - Long Beach, 5801 E Parkcrest Street**

Whether you are just learning or ready to learn advanced tricks, this camp is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

223150-01 1 week Mon-Fri 4/6-4/10 3:30-6:30pm 6-13 yrs \$150

## Jump Start Spring 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 4/6-4/10 9am-12pm 8-13 yrs \$105

## Westminster ICE

**Westminster Ice Staff**

**13071 Springdale, Westminster**

**Fee: \$37/4 weeks**

Continuous 4 week sessions are offered for the following classes:

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

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



## Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

## Mommy/ Daddy & Me Soccer

**Kidz Love Soccer Staff**

**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 4/14-5/26 5:30-6pm 2-3.5 yrs \$97

## Tot/Pre Soccer

**Kidz Love Soccer Staff**

**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 4/14-5/26 4:45-5:20pm 3.5-5 yrs \$97

## Soccer 1

**Kidz Love Soccer Staff**

**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 4/14-5/26 4-4:45pm 5-6 yrs \$97



## Little Bakers

Jasmine Hernandez

Los Alamitos Community Center, 10911 Oak Street

Little bakers and their favorite adult will bake healthy goodies in this fun class. We will introduce simple measuring, mixing, decorating, and following directions. Children will learn numbers, shapes, colors, healthy ways and more through a fun, safe baking environment. \$20 Materials Fee due to the instructor on the first day of class.

211079-01	4 weeks	Wed	4/15-5/6	3-4pm	3-6 yrs	\$50
211079-02	4 weeks	Wed	5/20-6/10	3-4pm	3-6 yrs	\$50



## Hollywood Film Acting

Take the Stage Productions Staff

Marina Community Center - Large Room, 151 Marina Dr

This entertaining course is designed for all students wishing to learn the acting techniques of their favorite Film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. \$5 material fee due at the first class meeting. No Class 4/6 & 5/25

213070-01	10 weeks	Mon	3/23-6/8	4-4:45pm	6-9 yrs	\$115
213070-02	10 weeks	Mon	3/23-6/8	4:45-5:30pm	10-14 yrs	\$115



## Recreation Scholarship Program

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



## Readwrite Educational Solutions

### Reading Development

Readwrite Ed Solutions Inc. Staff

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

Individualize student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially- trained teachers test, structure and implement your child's program. First day is comprehensive testing. Grade 2-6. Program and testing fee \$30. No Class 4/7 & 4/9

222080-01	4 weeks	Tue & Thu	3/17-4/16	3:45-4:40pm	6.5-11 yrs	\$109
222080-02	4 weeks	Tue & Thu	4/28-5/21	3:45-4:40pm	6.5-11 yrs	\$109

### Math Development

Readwrite Ed Solutions Inc.

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

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - x /), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. Grade 2-6. Program and testing fee \$30. No Class 4/7 & 4/9

222081-01	4 weeks	Tue & Thu	3/17-4/16	4:45-5:40pm	6.5-11 yrs	\$109
222081-02	4 weeks	Tue & Thu	4/28-5/21	4:45-5:40pm	6.5-11 yrs	\$109

## 3D Design & Printing



Mark Lengsfeld

Build It Workspace, 4478 Cerritos Ave

Create your own 3D model of a house while learning the basics of construction and joint design. Design and assemble a paper model of a house with Autodesk 123D Make. Then, using Autodesk 123D Design and Autodesk Fusion 360, refine your designs to create 3D prints of your house to take home. \$25 material fee payable to instructor at first class.

213081-01	10 weeks	Tue	4/7-6/9	3:30-5pm	7+ yrs	\$250
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## Build Your Own Skateboard



Mark Lengsfeld

Build It Workspace, 4478 Cerritos Ave

Learn the physics governing this extreme sport as you build your skateboard from scratch. Choose a street deck or pintail deck and customize it using some of the tools available in the workspace. Wheels and hardware are not included. \$40 material fee payable to instructor at first class.

213080-01	6 weeks	Thu	4/9-5/14	3-5pm	8+ yrs	\$150
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## Reiki I

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

The Reiki 1 Certification Workshop is an introduction to Reiki that encompasses the history and principles of Reiki, the Chakra system, Grounding Meditation, Reiki session-giving and receiving, and a Level 1 Reiki Attunement. This level will give you an awareness and understanding of life force energy, and how to channel Reiki energy through the traditional hands-on healing method. Each student will receive an ICRT "Reiki the Healing Touch" Manual, handouts, crystal necklace, meditation CD, and Reiki Practitioner's Certificate suitable for framing. This is a one day Workshop. Bring sack lunch. \$20 material fee is payable to the instructor at class.

245020-01	1 Day	Sat	3/14	9am-5pm	18+ yrs	\$105
245020-02	1 Day	Sat	4/4	9am-5pm	18+ yrs	\$105
245020-04	1 Day	Sat	6/6	9am-5pm	18+ yrs	\$105

## Reiki II

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

This Level II Workshop includes more Japanese Healing Techniques, using Reiki for specific conditions, learn what the Reiki II symbols represent and how to draw them, learn how to chant the symbols, learn how to use Reiki to heal unwanted habits, manifest positive changes in your life and work on a deeper level of healing, Distant Healing, the Level II Attunement, in-depth discussion of the Chakra System and how to use it in your Distant Healing sessions, Guided Meditation, Handouts, Chakra Stone Set, incorporating sound into your healing sessions with the Buffalo Drum and Tingshas, Level II Practitioner's Certificate suitable for framing. "Reiki the Healing Touch" manual available, if needed. This is a one day Workshop. Bring sack lunch. \$20 material fee payable to instructor at class.

245021-01	1 Day	Sat	3/28	9am-5pm	18+ yrs	\$105
245021-02	1 Day	Sat	4/18	9am-5pm	18+ yrs	\$105

## 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. This is a good class for those interested in babysitting! Must be 12 years old and accompanied by an adult. \$15 book fee payable to instructor at first class meeting. There will be a 45 min lunch break, please bring a sack lunch.

246031-01	1 Day	Sat	4/11	9am-3:30pm	16+ yrs	\$50
246031-02	1 Day	Sat	5/16	9am-3:30pm	16+ yrs	\$50
246031-03	1 Day	Sat	6/13	9am-3:30pm	16+ yrs	\$50



## Puppy Kindergarten

Dog Services Unlimited Trainer, Rose Healey  
Recreation Park, Long Beach  
4900 E. 7th Street

Start your puppy off on the right paw. Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething problems, health-care pointers, and will introduce basic obedience commands. Please bring a lawn chair, current vaccination records, and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES. Class will meet on the grass just east of the Tennis Center at Recreation Park in Long Beach.



266039-01	6 weeks	Mon	3/23-4/27	7:30-8:30pm	12+ yrs	\$82
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## Dog Manners "Crash Course"

Dog Services Unlimited Staff  
El Dorado Park Admin Building  
2760 Studebaker Rd (Near Hockey Court)



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. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration required.

266043-01	4 weeks	Sat	4/11-5/2	11am-12:15pm	12+ yrs	\$80
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## Dog Obedience

Dog Services Unlimited  
Laurel Park, 10862 Bloomfield Street

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.

266040-01	7 weeks	Thu	4/16-5/28	6:15-7:15pm	9+ yrs	\$92
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## Canine Games Agility Course

Dog Services Unlimited  
El Dorado Park Grass Area Adjacent to Baseball Field  
2760 Studebaker Rd

Looking for fun, exercise and quality time to spend with your canine companion? This course introduces a variety of challenging obstacles, including tunnels, teeter-totter, tire jump, A-frame, dog-walk, bar-jumps and weave poles. Trophies and certificates awarded at fun competition at final meeting. Bring current vaccination records, a lawn chair, and a \$30 material fee to first class, which is an orientation, held WITHOUT DOGS. No previous experience needed, but some on-leash obedience training is helpful. Additional family members are welcome to attend at no charge (no children under 7 years allowed on the course, please).

266042-01	7 weeks	Wed	4/8-5/20	6-7pm	12+ yrs	\$92
266042-02	7 weeks	Wed	4/8-5/20	7-8pm	12+ yrs	\$92





## Portraits from Photos

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



With a photo as a starting point, create a pencil portrait! You will learn layout techniques, sketching, proportions, shading and pencil usage. Portraits are scary for most people, and this class will give you tips towards easier methods to capture and "see" features so that your pictures are more fun to create and more accurate. If you are nervous about tackling portraiture, this class will assist you and give you better confidence to draw faces. A list of materials and tools needed for this class will be provided upon registration. \$10 material fee payable to instructor at first class.

236096-01 2 Days Sat 4/25-5/2 10am-4pm 10+ yrs \$65



## Basic Beadwork

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



Quit envying other's beaded wonders! Construct them yourself! Have you wanted to learn how to make your own beaded jewelry but aren't sure how to start? 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. \$30 material fee payable to instructor at first class.

236094-01 6 weeks Tue 3/24-4/28 6:30-8:30pm 12+ yrs \$65

## Ancestry Scrapbooking



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

Use your reproductions or original photographs of ancestors as starting points, then learn journaling and scrapbooking techniques to create individual pages that memorialize your family in a very personal way. Using tapes, pens, glues, papers and other materials, students will learn varying techniques to layer and create rich textures and colors that enhance the photos. Using journal-writing techniques, your stories, anecdotes and information about your ancestors can be included to create lovely, creative and informative art. A rough 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. A wide variety of materials can be used in these pages, so feel free to improvise, or ask the instructor for recommendations. \$25 material fee payable to instructor at first class.

236095-01 6 weeks Wed 3/25-4/29 6:30-8:30pm 12+ yrs \$65

## Ballroom/Latin: Social Dance Beginning

Anne Pennypacker  
Los Alamitos Community Center  
10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun, friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox tot, and more! Partner not necessary. No Class 5/25

242029-01 6 weeks Mon 4/27-6/8 7:30-8:30pm 18+ yrs \$70

## Intermediate Ballroom

Anne Pennypacker  
Marina Community Center - Large Room  
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. No Class 5/26

244021-01 6 weeks Tue 4/21-6/2 7:30-8:30pm 18+ yrs \$70

## Argentine Tango

Anne Pennypacker  
Marina Community Center - Large Room  
151 Marina Dr

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! Must have previous experience in tango. No Class 5/26

242038-01 6 weeks Tue 4/21-6/2 8:30-9:30pm 18+ yrs \$70

## Adult Hip Hop

Anne Pennypacker  
Marina Community Center - Large Room  
151 Marina Dr

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

242028-01 6 weeks Wed 4/29-6/3 6:30-7:30pm 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 4/29-5/20 8:30-9:30pm 13+ yrs \$44

## Adult Tap

Anne Pennypacker  
Marina Community Center - Large Room  
151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

242026-01 6 weeks Thu 4/30-6/4 7:15-8pm 18+ yrs \$70



## Adult Ballet/Jazz

Anne Pennypacker  
Marina Community Center - Large Room  
151 Marina Dr

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

242040-01 6 weeks Thu 4/30-6/4 8-9pm 18+ yrs \$70



## 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 5/25

242072-01 6 weeks Mon 3/9-4/13 12:30-1:30pm 18+ yrs \$65

242072-02 7 weeks Mon 4/20-6/8 12:30-1:30pm 18+ yrs \$75

### 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. No Class 5/25

242069-01 6 weeks Mon 3/9-4/13 11:30am-12:30pm 18+ yrs \$65

242069-02 7 weeks Mon 4/20-6/8 11:30am-12:30pm 18+ yrs \$75

### 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 3/19, 4/2, 4/23, 5/21, 6/4

242071-01 5 weeks Thu 3/12-4/30 12:30-1:30pm 18+ yrs \$55

242071-02 4 weeks Thu 5/7-6/11 12:30-1:30pm 18+ yrs \$45





## 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 \$6 per class online at [register.sealbeachca.gov](http://register.sealbeachca.gov) or indicate your date preference on the registration form.

242030-01	11 weeks	Tue & Thu	4/7-6/18	4:30-5:30pm	16+ yrs	\$115
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## Jazzercise

**Mary Jo Fouche**

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at [register.sealbeachca.gov](http://register.sealbeachca.gov) or indicate your date preference on the registration form. No Class 5/23 & 5/25

**North Seal Beach Center, 3333 St. Cloud Dr.**

242044-01	6 weeks	Mon & Wed	3/30-5/6	6-7pm	13+ yrs	\$65
242044-02	6 weeks	Mon & Wed	5/11-6/17	6-7pm	13+ yrs	\$65

**Marina Community Center - 151 Marina Dr.**

242042-01	6 weeks	Tue & Thu Sat	3/31-5/9	6-7pm 8:30-9:30am	13+ yrs	\$85
242042-02	6 weeks	Tue & Thu Sat	5/12-6/20	6-7pm 8:30-9:30am	13+ yrs	\$85

## Zumba Fitness

**Marina Community Center - Large Room**  
**151 Marina Dr**

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! No Class 3/20, 3/25, 3/27, 3/30, 3/31, 4/1, 4/22, 5/18, 5/25, 5/27

**Marika Huelskamp**

242090-01	11 weeks	Mon	3/9-6/8	7-8pm	18+ yrs	\$115
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**Mari Huelskamp**

242090-02	9 classes	Wed	3/11-6/3	7:30-8:30pm	18+ yrs	\$95
242090-03	10 classes	Tue	3/10-5/19	10-11am	18+ yrs	\$105
242090-04	9 classes	Fri	3/13-5/22	10-11am	18+ yrs	\$95

## Fitness with Mari

**Mari Huelskamp**  
**Marina Community Center - Large Room**  
**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](http://register.sealbeachca.gov) or indicate your date preference on the registration form. No Class 3/20, 3/25, 3/27, 3/30, 3/31, 4/1

242092-01	38 classes	Mon, Tue, Wed, Fri	3/9-5/22	9-10am	\$137	40-90 yrs
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## Strength & Toning

**Mari Huelskamp**  
**Marina Community Center - Large Room**  
**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](http://register.sealbeachca.gov) or indicate your date preference on the registration form. No Class 3/25, 3/30, 4/1

242091-01	19 classes	Mon & Wed	3/9-5/20	10-11am	\$70	40-90 yrs
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## 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 5/25

242073-01	5 weeks	Mon	4/6-5/4	6:40-7:40pm	18+ yrs	\$45
242073-02	5 weeks	Mon	5/11-6/15	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 5/25

242077-01	5 weeks	Mon	4/6-5/4	5:30-6:30pm	18+ yrs	\$45
242077-02	5 weeks	Mon	5/11-6/15	5:30-6:30pm	18+ yrs	\$45



## Hatha Yoga

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

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 4/21

242070-01 9 weeks Tue 4/7-6/9 5:30-6:45pm 18+ yrs \$74

## 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 separately (\$40-\$65). Belt testing is optional (\$40). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9:30-11am. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242050-01 14 weeks Mon & Wed 3/9-6/24 7:30-9:30pm 18+ yrs \$150

## Beach Boot Camp

**Bryce Turner, 10th Street Beach, 10th St @ Ocean Ave**

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

242062-01 14 weeks Sat 3/14-6/13 8-9am 12+ yrs \*\$149

## BeachFit Moms

**Annika Turner, Eisenhower Park, 900 Ocean Ave**

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. \*Or pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242063-01 14 weeks Mon/Tue/Thu/Fri 3/9-6/12 9:30-10:30am 18+ \*\$560



## Adult Sports Leagues

### Basketball League

Basketball league begins April 20, 2015. \$350 per team for a 10 game season, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

### Softball League

Softball league begins April 21 (men) and April 23, 2015 (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.**

**Are you the next**  
*Miss Seal Beach 2015?*

Be a part of history as Seal Beach celebrates its Centennial year.

The Miss Seal Beach Organization is a program that consistently brings amazing young women to the forefront and supports them as they work to achieve their academic and personal goals.

**Miss Seal Beach Pageant**  
Sunday the first of March at four o'clock in the afternoon  
Los Alamitos High School

Miss Seal Beach must be 17 to 24 years of age and eager to move forward to Miss California USA  
Miss Teen Seal Beach must be 13 to 16 years of age  
Junior Miss Seal Beach / Grades 4 to 6  
Little Miss Seal Beach / Grades 1 to 3

Note: Junior Miss and Little Miss are natural pageants prohibiting enhancements that include lashes, hair extensions, spray tans and false teeth. LIGHT makeup is allowed.

It's a winning combination:  
**OVER 250 HOURS OF COMMUNITY SERVICE**  
**CITY MANAGER FOR THE DAY - Public Speaking**  
One on One Interview Training - Chamber Mixers - Ronald McDonald House  
Ribbon Cuttings - CHIEF OF POLICE FOR THE DAY

Apply today to secure your phenomenal future: [www.misssealbeach.com/apply](http://www.misssealbeach.com/apply)

For more information call: 562.810.0078



# 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.

## Spring 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
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40.50
Monday-Friday	*6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80.75
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$203 (No guests)
Monday-Friday	6pm – 6:30pm	Youth	16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

\*7-8 p.m. 3/16-5/1

## Renew Your Swim Pass Online!

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

## Private Swim Lessons

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



## Seal Beach Swim Team

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

## Deep Water Aerobics

Cheryl von der Hellen, McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyancy Cuffs at Competitive Aquatic Supply (800-421-5192) or [www.casswimshop.com](http://www.casswimshop.com). This class fills up fast so sign up early! No Class 5/25 & 5/27

244010-01	5 weeks	Mon & Wed	3/16-4/15	5:30-6:30pm	18+ yrs	\$60
244010-02	5 weeks	Mon & Wed	4/27-6/3	5:30-6:30pm	18+ yrs	\$60

## Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2015. Reservations are only available from June 1 through August 30. 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	\$152.50 (per 2 hr time slot)	\$182.50 (per 2 hr time slot)
Non- Resident	\$182.50 (per 2 hr time slot)	\$212.50 (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: \$40.50/per child	Resident Registration: 8 a.m.	Friday, May 29	Friday, June 5	1	6/15-6/25
Non-Resident: \$60.50/per child	Non-Resident Registration: 11 a.m.			2	6/29-7/9
				3	7/13-7/23
				4	7/27-8/6
				5	8/10-8/20

Summer swim classes are 9 day sessions (Mon-Fri & Mon-Thurs) classes are 30 minutes. Resident fee is \$40.50 for per child and non-resident fee is \$60.50 per child. Registration after the original enrollment dates will be accepted online and in City Hall prior to the third class meeting of each session.

## 2015 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 for the summer. 2015 Junior Lifeguard dates are June 22- August 7, 2015 from 9am- 12pm, Monday- Friday. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 – 'C' group (9-11)
- 1:45 – 'B' group (12-13)
- 1:35 – 'A' group (14- 17)

ALL swim tests will be held at McGaugh Elementary School located at 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.

## Returning Junior Guards

### Test Dates and Times

- Saturday, April 18, 7am-9am
- Saturday, April 25, 7am- 9am
- Saturday, May 2, 7am- 9am

If you cannot make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

### Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2014 to be eligible to enroll in this section. Enrollment will open for all returning JG's on April 18, 2015 at 12 p.m. and will close on May 9 at 12 p.m. 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 Junior Guards

### Test Dates and Times

- Tuesday, May 5, 5pm-7pm
- Thursday, May 7, 5pm-7pm
- Saturday, May 9, 7am-10am

### Registration Information

Enrollment will open for New Junior Guard residents (zip code 90740), on May 10th, 2015 at 12pm. Register at Register.sealbeachca.gov. Enrollment will open for New Junior Guard non-residents, on May 17th, 2015 at 12pm and will close May 23rd at 12pm. **Enrollment for New Junior Guards into the 2015 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](http://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! Space is limited - only 36 spots available - so sign up early!

224030-01	3 weeks	Mon- Fri 3/16-4/3	5:30-6:15pm	9-17 yrs	\$100
224030-02	3 weeks	Mon- Fri 4/13-5/1	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 want some extra help to prepare for the Swim Test and the summer. Enrollment in 2014 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	3 weeks	Mon-Fri 3/16-4/3	6:15-7pm	9-17 yrs	\$100
224031-02	3 weeks	Mon-Fri 4/13-5/1	6:15-7pm	9-17 yrs	\$100

## Seal Beach Aquatics Class



**Pool Lifeguards, McGaugh Campus-Pool, 1698 Bolsa Ave**

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. **Requirement:** Participants must be at least 5 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate.

124029-01	8 weeks	Mon/Tue/Thur Wed	2:30-3:30pm 1:15-2:15pm	2/2-3/26	5-18 yrs	\$100
224029-01	8 weeks	Mon/Tue/Thur Wed	2:30-3:30pm 1:15-2:15pm	4/13-6/4	5-18 yrs	\$100

## Surf Lessons with Chas Wickwire

Chas is a perennial City Champion and four-time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels; the goal of his classes is to provide the building blocks for a lifetime of enjoyment. Learn to surf or improve your skills in our camps or private sessions. Come down and enjoy the Ohana and Aloha of the Chas surfing experience, the fun is guaranteed! The Chas Surf School is a family business celebrating its thirteenth year of operation. All ages are welcome! Surfboards & wetsuits provided.

### Sunday Surf Class - 1 Day

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

Choose 1 Sunday between 3/29 - 6/7. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

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267053-01	Sun	3/29 - 6/7	9:30am-12:30pm	All Ages	\$65
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### Sunday Surf Class - 4 Days

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

Choose 4 Sundays between 3/29 - 6/7. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

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267054-01	Sun	3/29-6/7	9:30am-12:30pm	All Ages	\$205
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### Spring Surf Pass

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

Spring Surf Pass is available for each Sunday, 3/29 - 6/7.

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267055-01	Sun	3/29-6/7	9:30am-12:30pm	All Ages	\$305
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## Summer Tennis Camps

For more information, see Page 27



# SEAL BEACH TENNIS CENTER

3900 Lampson Ave. • 562-598-8624 • [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com)

The Seal Beach Tennis Center is a beautiful facility open to the public 7 days per week, and offering tennis programs and activities for all ages and skill levels. Center includes 16 tennis courts, indoor fitness facility, pro shop, clubhouse and full locker rooms. Visit [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com) for our upcoming events and the latest SBTC tennis news!

#### Tennis Programs

- Private & group lessons by USPTA instructors
  - City Recreation tennis classes
  - SBTC Junior Academy
  - Weekly Tennis workouts & clinics
  - Tuesday Night Doubles
  - Personal training
  - Special tennis events & tournaments
  - USTA/ WTT Leagues
- And much more...

#### Facility & Services

The SBTC includes:

- A Pro Shop where you can pick up needed tennis supplies
- Snacks and beverages
- Racquet restringing

#### Tennis Professionals

Our facility is home to a number of tennis professionals who can assist you with all your tennis needs.

**NEW! 4 pickleball courts with lights!**

#### Clubhouse & Tennis Courts

The Clubhouse and Tennis Courts are available to rent for your next special occasion, event, training or corporate meeting. Call 562-598-8624 for a quote or visit [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com) for an application.

#### Tennis Center Public Hours

Monday – Friday 12 - 9:30 p.m.  
Saturday & Sunday 12 - 5:30 p.m.  
The general public may reserve courts 4 days in advance.

#### General Public Fees

- 12 - 5:00 p.m. – \$10 per hour/court  
5 - 9:30 p.m. – \$12 per hour/court
- Seal Beach Residents receive a \$2 discount per hour, per court
  - Junior Rates (17 years and under) – \$5 per hour per court

[www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com)

Tennis Lessons taught by Brian Collison

**KIDS BEGINNING (4-6 years)** No class: 4/6, 4/8, 4/10, 4/11, 5/25

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	3/16-4/27	Mon	4:30-5 pm	\$46	Heather Park
233020-02	5/4-6/15	Mon	4:30-5 pm	\$46	Heather Park
233020-03	3/18-4/29	Wed	4:30-5 pm	\$46	Marina Park
233020-04	5/6-6/10	Wed	4:30-5 pm	\$46	Marina Park
233020-05	3/20-5/1	Fri	1:30-2:30 pm	\$86	McGaugh
233020-06	5/8-6/12	Fri	1:30-2:30 pm	\$86	McGaugh
233020-07	3/21-5/2	Sat	9-9:30am	\$46	McGaugh
233020-08	5/9-6/13	Sat	9-9:30am	\$46	McGaugh

**KIDS INTERMEDIATE (5-6 years)** No class: 4/7, 4/9

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-09	3/17-4/28	Tues	4:30-5pm	\$46	SBTC
233020-10	5/5-6/9	Tues	4:30-5 pm	\$46	SBTC
233020-11	3/19-4/30	Thurs	4:30-5 pm	\$46	SBTC
233020-12	5/7-6/11	Thurs	4:30-5 pm	\$46	SBTC

**TWEENS BEGINNING (11-13 years)** No class: 4/6, 4/8, 4/11, 5/25

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	3/16-4/27	Mon	6-7 pm	\$86	Heather Park
233023-02	5/4-6/15	Mon	6-7 pm	\$86	Heather Park
233023-03	3/18-4/29	Wed	6-7 pm	\$86	Marina Park
233023-04	5/6-6/10	Wed	6-7 pm	\$86	Marina Park
233023-05	3/21-5/2	Sat	10:30-11:30am	\$86	McGaugh
233023-06	5/9-6/13	Sat	10:30-11:30am	\$86	McGaugh

**TWEENS INTERMEDIATE (11-13 years)** No class: 4/7, 4/9

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-07	3/17-4/28	Tues	6-7 pm	\$86	SBTC
233023-08	5/5-6/9	Tues	6-7 pm	\$86	SBTC
233023-09	3/19-4/30	Thurs	6-7 pm	\$86	SBTC
233023-10	5/7-6/11	Thurs	6-7 pm	\$86	SBTC

**JUNIORS BEGINNING (7-10 years)** No class: 4/6, 4/8, 4/10, 4/11, 5/25

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
233021-01	3/16-4/27	Mon	5-6 pm	7-10 yrs	\$86	Heather Park
233021-02	5/4-6/15	Mon	5-6 pm	7-10 yrs	\$86	Heather Park
233021-03	3/18-4/29	Wed	5-6 pm	7-10 yrs	\$86	Marina Park
233021-04	5/6-6/10	Wed	5-6 pm	7-10 yrs	\$86	Marina Park
233021-05	3/20-5/1	Fri	2:30-3:30 pm	7-10 yrs	\$86	McGaugh
233021-06	5/8-6/12	Fri	2:30-3:30 pm	7-10 yrs	\$86	McGaugh
233021-07	3/21-5/2	Sat	9:30-10 am	7-10 yrs	\$86	McGaugh
233021-08	5/9-6/13	Sat	9:30-10 am	7-10 yrs	\$86	McGaugh

**JUNIORS INTERMEDIATE (7-10 years)** No class: 4/7, 4/9

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
233021-09	3/17-4/28	Tues	5-6pm	7-10 yrs	\$86	SBTC
233021-10	5/5-6/9	Tues	5-6 pm	7-10 yrs	\$86	SBTC
233021-11	3/19-4/30	Thurs	5-6 pm	7-10 yrs	\$86	SBTC
233021-12	5/7-6/11	Thurs	5-6 pm	7-10 yrs	\$86	SBTC

**ADULTS BEGINNING (14+ years)** No class: 4/8, 4/12

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
233022-01	3/18-4/29	Wed	7-8 pm	14+ yrs	\$86	Marina Park
233022-02	5/6-6/10	Wed	7-8 pm	14+ yrs	\$86	Marina Park
233022-03	3/22-5/3	Sun	9-10am	14+ yrs	\$86	Marina Park
233022-04	5/10-6/14	Sun	9-10 am	14+ yrs	\$86	Marina Park

**ADULTS INTERMEDIATE (14+ years)** No class: 4/10, 4/12

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
233022-05	3/20-5/1	Fri	11am-12:30pm	18+ yrs	\$125	McGaugh
233022-06	5/8-6/12	Fri	11am-12:30pm	18+ yrs	\$125	McGaugh
233022-07	3/22-5/3	Sun	10-11:30am	14+ yrs	\$125	Marina Park
233022-08	5/10-6/14	Sun	10-11:30am	14+ yrs	\$125	Marina Park



**Seal Beach Tennis Center**

For more information, call 562-598-8624.

**ADULT ADVANCED BEGINNING (18+ years)**

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233031-01	3/9-4/13	Mon	10:30-11:30 am	\$86	SBTC
233031-02	4/27-6/1	Mon	10:30-11:30 am	\$86	SBTC

**ADULT INTERMEDIATE (18+ years)**

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233032-01	3/12-4/16	Thurs	5-6:30 pm	\$125	SBTC
233032-02	4/30-6/4	Thurs	5-6:30 pm	\$125	SBTC

**ADULT ADVANCED INTERMEDIATE (18+ years)**

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233033-01	3/12-4/16	Thurs	6:30-8pm	\$125	SBTC
233033-02	4/30-6/4	Thurs	6:30-8pm	\$125	SBTC

**CARDIO TENNIS (16+ years)**

Instructor: Jim Moore

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
234010-01	3/9-4/13	Mon	6-7 pm	\$86	SBTC
234010-02	4/27-6/1	Mon	6-7 pm	\$86	SBTC

**ADULT BEGINNING (18+ years)**

Instructor: Jim Moore (No class: 5/10)

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233030-01	3/9-4/13	Mon	7-8 pm	\$86	SBTC
233030-02	4/27-6/1	Mon	7-8 pm	\$86	SBTC
233030-03	3/15-4/19	Sun	12-1 pm	\$86	SBTC
233030-04	4/26-6/7	Sun	12-1 pm	\$86	SBTC





# Summer Camps Preview

## Build It Workspace Summer Camps

Mark Lengsfeld, Build It Workspace, 4478 Cerritos Ave



Week 1: Laser - Cut Toys – \$225 + material fee  
 Week 2: Sewing + Electronics = Wearable Tech – \$225 + material fee  
 Week 3: Build Your Own 3D Printer Camp – \$225 + material fee  
 Week 4: Open Make Summer Innovation Camp – \$225 + material fee  
 Week 5: Pattern Making: Custom Fit Skirt/Pants – \$180 + material fee  
 Open Make sessions will also be available in the afternoons from 1pm-4pm where participants will have access to some of our tools and machine for open making.

Additional information will be available in the summer brochure.

1 week	Mon- Fri	Dates TBD	9am-12pm	12+ yrs
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## 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	6/15-6/19	9-11am	9-14 yrs	\$110
333063-02	1 week	Mon-Fri	6/22-6/26	9-11am	9-14 yrs	\$110
333063-03	1 week	Mon-Fri	6/29-7/3	9-11am	9-14 yrs	\$110
333063-04	1 week	Mon-Fri	7/6-7/10	9-11am	9-14 yrs	\$110

## 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 camps end. \$15 material fee payable to instructor on the first day of camp.

327054-01	4 Days	Tue-Fri	7/7-7/10	12-2:30pm	5-12 yrs	\$118
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## 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	7/27-7/31	9:30-11am	4-7 yrs	\$118
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## Anne Pennypacker's Dance Camps

### 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	7/6-7/10	9:30am-12pm	5-12 yrs	\$138
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## 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 4 Days Tue-Fri 7/21-7/24 12-2pm 5-10 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 7/20-7/24 9:30am-12pm 5-12 yrs \$138



## 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 camps end. \$15 material fee payable to instructor on the first day of camp.

327050-01 1 week Mon-Fri 7/27-7/31 11am-1pm 5-10 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 7/28-7/31 1-3pm 4-8 yrs \$118

## Perfect Pixie



**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 8/3-8/7 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 8/3-8/7 11am-1pm 4-7 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 8/3-8/7 1-3pm 5-12 yrs \$138

## Edutainment Art Camps

### Sand Castle Building

**Edutainment Arts Staff**  
**1st Street Beach, 1st St @ Ocean Ave**

Playing in the sand by the water building castles, humans, mermaids, and other sea creatures. Learn the techniques experts use to create these marvelous works of sand art. Break up the building with fun beach games, like beach soccer, dodge ball, and tug of war. Enjoy the beach and love your summer experience. Bring your sun screen for a summer you'll always remember.

323159-01 1 week Mon-Fri 7/6-7/10 8-11am 6-10 yrs \$150

323159-02 1 week Mon-Fri 8/3-8/7 8-11am 6-10 yrs \$150





## Hunger Games

**Edutainment Arts Staff**

**Marina Community Center - Large Room, 151 Marina Dr**

The Hunger Games, but without the violence. Send your tributes to compete and see who will survive as the victor of daily competitions. As they go through training campers will learn survival skills, archery, shelter making, and team work when they join in the fun of the animal Hunger Games.

323165-01 1 week Mon-Fri 6/22-6/26 9am-12pm 8-13 yrs \$150

## Wipe Out Game Show Training

**Edutainment Arts Staff**

**Marina Community Center - Large Room, 151 Marina Dr**

Prepare for challenges of endurance and agility by tackling obstacle courses designed by the campers for campers. Challenge your mind and come together as a team with scavenger hunts and puzzles. Gear up for personality interviews to get on the shows. Get your groups ready to take on a massive challenge at the end of the week. GPS Challenges, Photo Hunts, Water Fights...Get ready! Get Silly! And have fun! Caution- you will definitely get wet!

323161-01 1 week Mon-Fri 6/22-6/26 12:30-3:30pm 8-13 yrs \$150

## Top Chef

**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.) \$15 material fee payable to instructor at first day of camp.

**Marina Community Center - Large Room, 151 Marina Dr**

323162-01 1 week Mon-Fri 7/13-7/17 9am-12pm 7-12 yrs \$150

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

323162-02 1 week Mon-Fri 8/3-8/7 9am-12pm 7-12 yrs \$150

## Zombie Survival

**Edutainment Arts Staff**

**Arnold Cypress Park, 8611 Watson Street**

Where will you be when the zombies take over? Learn survival skills in a fun interactive camp. Team work and wilderness skills will be required to compete against the walking dead in many games, challenges, and activities. Even the CDC believes in Zombie Preparedness. If you're prepared for Zombies, you'll be prepared for anything. Will you survive or become a zombie?

323169-01 1 week Mon-Fri 7/27-7/31 9am-12pm 6-12 yrs \$150

## Fort Building

**Edutainment Arts Staff**

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.

**Seal Beach Tennis Center, 3900 Lampson Ave.**

323168-01 1 week Mon-Fri 7/27-7/31 12:30-3:30pm 6-12 yrs \$150

**Arnold Cypress Park, 8611 Watson Street**

323168-02 1 week Mon-Fri 7/20-7/24 9am-12pm 6-12 yrs \$150

## Star Wars

**Edutainment Arts Staff**

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Lightsaber. Campers will build a Jedi Costume, be issued a practice saber, and taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe sparing. Yoga will help us get in tune 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 1 week Mon-Fri 7/6-7/10 9am-12pm 6-10 yrs \$150

**Seal Beach Tennis Center, 3900 Lampson Ave**

323167-02 1 week Mon-Fri 7/27-7/31 9am-12pm 6-10 yrs \$150

## Basketball Camp

### Jump Start 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.

323993-01 1 week Mon-Fri 7/13-7/17 9am-12pm 8-13 yrs \$105

323993-02 1 week Mon-Fri 7/27-7/31 9am-12pm 8-13 yrs \$105

## OC Mad Science Camps

### Crazy Chemworks

**O.C. Mad Science**

**Marina Community Center-Small 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, examine crystallization, and probe through shifting states of matter, and much, much more. 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 6/22-6/26 9am-12pm 5-12 yrs \$145

### Rockin' Rockets

**O.C. Mad Science**

**Marina Community Center - Small Room**

**151 Marina Dr**

Aerodynamics and Motion are the stars of this funfilled week! Design and build everything from kites to planes to ROCKETS! Experiment with different propulsion systems as you use your new knowledge to blast off, track and recover all kinds of Flying Machinery! Have a rockin' good time at this rocket camp! \$30 materials fee due the first day of class.

327201-01 1 week Mon-Fri 7/27-7/31 1-4pm 5-12 yrs \$145



## Science in Action



O.C. Mad Science

Marina Community Center - Large Room 151 Marina Dr

Take a walk on the wild side, kids will have fun with hands-on experiments that will increase their understanding of our Earth and animals! They will learn how animals are camouflaged and go on the hunt for scents and tracks and discover what adversely affects our planet as we explore conservation. Take apart owl pellets to see what birds of prey can digest, build a birdhouse and experiment with inertia and gravity as you learn how they work together to help you enjoy your favorite sports. \$30 materials fee due the first day of class.

327205-01	1 week	Mon-Fri	8/10-8/14	9am-12pm	5-12 yrs	\$145
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## NASA Jr. Astronauts

O.C. Mad Science Staff

Marina Community Center - Large Room, 151 Marina Dr

Join our Academy of Future Space Explorers as you prepare to explore the galaxy. 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! Make a take home your own comet, Shuttle Copter, glow-in-the-dark Bread Dipper and much more. Use teamwork to complete an important space mission. Travel to the end of the rainbow and make a sunset. This NASA camp is 'Out of this World!' \$30 materials fee due the first day of class.

327200-01	1 week	Mon-Fri	8/17-8/21	9am-12pm	5-12 yrs	\$145
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## Take the Stage Productions Camps



## Camp Stage Play



Take the Stage Productions

Marina Community Center - Small Room, 151 Marina Dr

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.

### Pirates & Fairies

323021-01	1 week	Mon-Fri	7/6-7/10	9am-12pm	4-6 yrs	\$179
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### Dr. Seuss

323021-02	1 week	Mon-Fri	8/10-8/14	9am-12pm	4-6 yrs	\$179
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### Disney Favorites

323021-03	1 week	Mon-Fri	7/13-7/17	9am-12pm	4-6 yrs	\$179
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### Charlotte's Web

323021-04	1 week	Mon-Fri	7/6-7/10	1-4pm	7-12 yrs	\$179
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### My Fair Lady

323021-05	1 week	Mon-Fri	7/13-7/17	1-4pm	7-12 yrs	\$179
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## Camp Broadway Star



Take the Stage Productions Staff

Marina Community Center - Small Room, 151 Marina Dr

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.

### Aladdin

323020-01	1 week	Mon-Fri	8/3-8/7	9am-12pm	4-6 yrs	\$179
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323020-03	1 week	Mon-Fri	8/3-8/7	1-4pm	7-12 yrs	\$179
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### 101 Dalmatians

323020-02	1 week	Mon-Fri	7/20-7/24	9am-12pm	4-6 yrs	\$179
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### Sound of Music

323020-04	1 week	Mon-Fri	7/20-7/24	1-4pm	7-12 yrs	\$179
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## Singers Solo Workshop



Take the Stage Productions Staff

Marina Community Center - Small Room, 151 Marina Dr

This workshop is designed for all who wish to sing in front of an audience as a solo artist or lead singer. Scared? Don't be. This encouraging environment is welcoming to singers of all levels and backgrounds. Students will build skills in reading & understanding sheet music, ear, & pitch training, vocal technique & presentation - with a focus on how to connect with your audience and sell your song through performance. Recital on the last day of camp. \$20 material fee payable to instructor on the first day of camp.

323022-01	1 week	Mon-Fri	8/10-8/14	1-3pm	7-12 yrs	\$130
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## 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.sealbeachca.gov. Registration will not be accepted at the class.

367061-01	1 week	Mon-Fri	6/15-6/19	8am-2pm	All Ages	\$282
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367061-02	1 week	Mon-Fri	6/22-6/26	8am-2pm	All Ages	\$282
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367061-03	1 week	Mon-Fri	6/29-7/3	8am-2pm	All Ages	\$282
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367061-04	1 week	Mon-Fri	7/6-7/10	8am-2pm	All Ages	\$282
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367061-05	1 week	Mon-Fri	7/13-7/17	8am-2pm	All Ages	\$282
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367061-06	1 week	Mon-Fri	7/20-7/24	8am-2pm	All Ages	\$282
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367061-07	1 week	Mon-Fri	7/27-7/31	8am-2pm	All Ages	\$282
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367061-08	1 week	Mon-Fri	8/3-8/7	8am-2pm	All Ages	\$282
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367061-09	1 week	Mon-Fri	8/10-8/14	8am-2pm	All Ages	\$282
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367061-10	1 week	Mon-Fri	8/17-8/21	8am-2pm	All Ages	\$282
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367061-11	1 week	Mon-Fri	8/24-8/28	8am-2pm	All Ages	\$282
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## Surf Lessons with Chas Wickwire

Chas is a perennial City Champion and four time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels; the goal of his classes is to provide the building blocks for a lifetime of enjoyment. Learn to surf or improve your skills in our camps or private sessions. Let us make your birthday party, girls or boys day out, office team building or corporate outing memorable with a surfing theme through our special events program. All required equipment is provided with an unparalleled level of instruction and a keen attention to detail. Come down and enjoy the Ohana and Aloha of the Chas surfing experience, the fun is guaranteed! The Chas surf School is a Family business celebrating its thirteenth year of operation. All ages are welcome! Surfboards & wetsuits provided.

## Chas Surf Camps

**Chas Wickwire**  
**1st Street Beach @ 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	6/22-6/26	9am-1pm	All ages	\$280
367050-02	1 week	Mon-Fri	6/29-7/3	9am-1pm	All ages	\$280
367050-03	1 week	Mon-Fri	7/6-7/10	9am-1pm	All ages	\$280
367050-04	1 week	Mon-Fri	7/13-7/17	9am-1pm	All ages	\$280
367050-05	1 week	Mon-Fri	7/20-7/24	9am-1pm	All ages	\$280
367050-06	1 week	Mon-Fri	8/3-8/7	9am-1pm	All ages	\$280
367050-07	1 week	Mon-Fri	8/10-8/14	9am-1pm	All ages	\$280
367050-08	1 week	Mon-Fri	8/17-8/21	9am-1pm	All ages	\$280

## Private Surf Lessons

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

Private one hour surf lessons are ongoing throughout the summer between June 22nd and August 21st. Please indicate your date and time preference on the registration form or in the note section at the checkout screen.

367055-01	1 Day	By Appointment Only	1 hour session	All ages	\$65
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## Chas Summer Pass

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

Summer passes are good for participation in all summer camp sessions. No blackout dates or off weeks this season!

367051-01	All Sessions	Mon-Fri	6/22-8/21	9am-1pm	All ages	\$655
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## Tennis Camps



Classes are taught by Seal Beach Community Services and Los Alamitos High School Tennis Coach, Brian Collison. Players must bring their own tennis racquet, water, and tennis shoes to class. Classes may be combined with others or cancelled, if the minimum is not met. New classes may be created if maximums are exceeded. Please contact Seal Beach Parks and Recreation for questions. (562) 431-2527 x 1344.

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
323010-01	6/15-6/19	Mon-Fri	9-11am	7-11 yrs	\$135	Marina Park
323010-02	6/22-6/26	Mon-Fri	9-11am	7-11 yrs	\$135	McGaugh
323010-03	6/29-7/3	Mon-Fri	9-11am	7-11 yrs	\$135	Marina Park
323010-04	7/13-7/17	Mon-Fri	9-11am	7-11 yrs	\$135	McGaugh
323010-05	7/20-7/24	Mon-Fri	9-11am	7-11 yrs	\$135	Marina Park
323010-06	7/27-7/31	Mon-Fri	9-11am	7-11 yrs	\$135	McGaugh
323010-07	8/10-8/14	Mon-Fri	9-11am	7-11 yrs	\$135	Marina Park
323010-08	8/17-8/21	Mon-Fri	9-11am	7-11 yrs	\$135	McGaugh



## Seal Beach Turns 100

October 27, 2015

If you would like to help with any of the Centennial events, please email Dana Engstrom at [DEngstrom@sealbeachca.gov](mailto:DEngstrom@sealbeachca.gov)! For more information on events please check out our website at [www.sealbeach100.com](http://www.sealbeach100.com)





## Senior Lunch Program

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

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

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

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

## Home Delivered Meals

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

## Drivers Needed to Deliver Meals

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

## In Home Case Management

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

## Friendly Companions

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

## Referral Assistance

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

## Health Insurance Counseling and Advocacy Program (HICAP)

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

## Senior Pinochle Club

**Senior Center, 707 Electric Ave.**

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

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



## Medicare 101

**Cesar Arteaga**

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

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

256040-01	1 Day	Mon	3/16	10-11am	64+ yrs	Free
256040-02	1 Day	Mon	4/13	10-11am	64+ yrs	Free
256040-03	1 Day	Mon	5/18	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**

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

Online Registration Begins February 9

Walk-in and Mailed Registration Begins February 17

*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](mailto: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.





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

**POSTAL CUSTOMER**  
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**SATURDAY, MARCH 21, 2015**

# 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](http://www.RunSealBeach.com/Register)
- Complete team/group registration information available online

#### **Early Registration Ends - February 14, 2015**

- 5K Run or Walk, 10K Run – \$30.00
- Kids 1K Fun Run – \$15.00
- Team/Groups – \$28.00l out
- 5K Run or Walk, 10K Run – \$40.00
- Kids 1K Fun Run – \$20.00

**NO WALK-IN REGISTRATION**

#### **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](http://www.RunSealBeach.com).

**REGISTER NOW • [www.RunSealBeach.com](http://www.RunSealBeach.com)**