

Shoreline



City of Seal Beach Classes and Activities • Spring 2020



City of Seal Beach

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

CITY COUNCIL

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

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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Gloria Harper
Chief of Police	Phil Gonshak
Director of Community Development	Les Johnson
Director of Public Works	Steve Myrter
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

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

RECREATION COMMISSIONERS

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

MUNICIPAL MEETINGS

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

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

Environmental Quality Control Board
As Needed

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

INSIDE

City News	3-5
Clubs and Organizations	6
Community Events	7
Preschool and Youth Dance	8-9
Youth Sports	9-12
Youth & Adult Special Interest	12-13
Adult Dance	14
Adult Fitness & Sports	14-16
Surfing	17
Aquatics & Community Pool	18-19
Junior Lifeguards	19
Tennis	20
Summer Camps Preview	21-26
Senior Services	27-28
Map & Facilities	29
Registration Procedures	30
Class Registration Form	31

HOLIDAY CLOSURES

President's Day – February 17

Memorial Day – May 25

Day Light Savings
Spring Forward on Sunday, March 8

REGISTER Online

SealBeachCa.Gov

Online Registration Begins:

February 3

Walk-in and Mail Registration Begins:

February 10

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



City News

City of Seal Beach

A Message from the City Manager's Office

A new decade has arrived and with it, a number of opportunities are on the horizon for Seal Beach. The iconic pier has been improved and soon residents will have the opportunity to weigh in on whether or not a restaurant should be placed at the end of the pier. It's an important question to be answered as the pier is one of the City's most important assets that has drawn residents and visitors alike to our downtown area for decades.

There's also a new Shea Homes development on 1st Street, adjacent to the San Gabriel Valley River that will extend our Old Town neighborhood and bring with it a new park that everyone will be able to enjoy. The residential portion of this site will see 30 new detached single family residences.

On the other side of town at the Rossmoor Center, Seal Beach will be welcoming the arrival of two new eateries that have had a long history in the region. Hof's Hut, the southern California home-style restaurant that has been churning out comfort food and baked goods since the 1950s is set to replace the former Marie Callender's Grill, and Fortune Cookies, the popular

Chinese bistro, will be housed in the former Pei Wei location. We are excited to welcome these two new businesses to our community.

Here at City Hall, we've had some recent retirements from long-standing management team members including Chief of Police Joe Miller, Finance Director/City Treasurer Vikki Beatley, and Police Commander Steve Bowles. The three of them dedicated their lives to public service and we are grateful to have had them as partners, committed to achieving the goals of our community.

Their departures have brought new promotional opportunities to advance our goals with Police Department management personnel that are dedicated to their professions and have a deep commitment to Seal Beach. Chief Phil Gonshak has taken the helm of the police department and will work alongside Commanders Michael Henderson and Mike Ezroj to manage the day-to-day responsibilities of the department, while implementing the short and long term goals of the City Council.

The City also hired a new Community Development Director, Les Johnson, who has served more than 25 years in the community development field. Mr. Johnson will be responsible for the operation of three divisions: Planning, Building and Safety, and Code Enforcement. The City is also actively recruiting for the position of Finance Director/City Treasurer and until the selection is made, our long-time Finance Manager, Alayna Hoang, has been appointed the Acting Finance Director.

As always, we welcome your input and collaboration and hope you will decide to join us at a future strategic goals forum, swimming pool, Pier, and Main Street improvement project meetings, a budget workshop, or participate in a citizen's academy. You may also simply stop by City Hall or visit the City's website at www.sealbeachca.gov. Each of these avenues are ways in which you can ensure your voice is heard and that we continue our path of success into future decades.

Have a great spring!

Jill R. Ingram
City Manager



Community Emergency Response Team (CERT) Classes Starting

The City of Seal Beach, the Seal Beach Police Department, and the West County Community Emergency Response Team (CERT) team will be hosting a CERT training class beginning in March 2020.

West County CERT is comprised of those who live and/or work in Buena Park, Cypress, La Palma, Los Alamitos, Seal Beach, Westminster and the attached communities.

CERT educates people in disaster preparedness for events that may impact their area and provides basic disaster response skills. CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members are encouraged to support emergency response agencies by taking a more active role in projects in their community.

The 20-hour FEMA-approved course includes training in Disaster Preparedness, Medical Operations, Light Search and Rescue, Fire Suppression, Team Organization and Emotional First Aid.

Training will be held at the Joint Forces Training Base – Building 244, 11200 Lexington Drive, Los Alamitos, CA 90720. The training schedule will be comprised of two weekend training sessions:

- Friday, March 20th from 6:00 pm to 9:00pm
- Saturday, March 21st from 8:00 am to 5:00pm
- Friday, March 27th from 6:00 pm to 9:00pm
- Saturday, March 28th from 8:00 am to 5:00pm

For more information or to register please email WestCountyCertAcademy@gmail.com or call (714) 229-6625.



New Recreation Classes!

This Spring Season, the City of Seal Beach has a few new classes to offer, so make sure to check them out in the Shoreline Brochure! They are each marked with this sign: **★NEW★**. These new spring classes include: “Coed Youth Beach Volleyball”, “iPhone Photography & Editing”, “Stress Management 101”, “Stress Management for Teen Girls”, “Essential Oil Workshops”, “Vinyasa Yoga” with Elisabeth McCall, and Youth & Teen Pickleball Classes at the Seal Beach Tennis Center!

We also have some new summer camps that are listed in the Summer Preview section of this brochure. One Beach will be holding weekly “Summer Beach Volleyball Camps”, and Miss Anne Pennypacker is offering new camps like: “Lights, Camera, Acting!”, “Alien Art Camp”, and “Harry Potter Acting Camp”. O.C. Mad Science has a new “Secret Agent Lab” camp, Edutainment Arts is offering a new “Harry Potter Wizardry & Magic” camp, and Lift Enrichment has a “Cooking with Kids Series” that includes “Cooking around the World” and “American Favorites”. Make sure to check out these exciting new classes and camps, and register online at register.sealbeachca.gov. Online registration begins on February 3, and Mail In/ Walk Up registration begins on February 10.

Seal Beach Police Department Citizens' Academy Class-1

Apply to join our Citizens' Academy today! The academy is only open to those who live or work in Seal Beach. You also must be over 18 years old and have no felony or misdemeanor convictions. Obtain an application at the police department or by emailing Corporal Joe Garcia (Jfgarcia@sealbeachca.gov)



Classes meet every Wednesday beginning February 5, 2020. A graduation ceremony will be held on April 1, 2020. Class hours are 6:00 p.m. to 9:30 p.m. The academy will cover a variety of law enforcement topics. You'll also have a chance to ride-along with an officer, attend a shooting range, and participate in various scenarios to give you a better understanding of what a Seal Beach Police Officer experiences during a shift.

APPLY TODAY!!

Recreation Scholarship Program

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



Seal Beach PD Explorer Post 1041

The Seal Beach PD Explorer Post 1041 is for young men and women, ages 14 to 18, who would like to learn about law enforcement procedures, attend community events, go on ride alongs, participate in regional competitions, and assist in volunteer activities throughout the county. Exploring's purpose is to provide experiences that help young people mature and to prepare them to become responsible and caring adults. Explorers are ready to investigate the meaning of interdependence in their personal relationships and communities.

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

Explorers are expected to attend bimonthly meetings. During the first year of participation in the Post, each explorer must also attend and graduate from the five day OCLEAAA Explorer Academy. Applicants must be between the ages of 14 (completion of 8th grade) and 18 years old, and have a 2.0 or better grade point average. Participation is not limited to Seal Beach residents. For more information email Lead Explorer Advisor Corporal Mathias at smathias@sealbeachca.gov. Applications are available at the Seal Beach Police Department – 911 Seal Beach Boulevard, Seal Beach, CA 90740.



■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	cpenaorg@gmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Democratic Club of Seal Beach	562-240-5135 demsealbeach.org democraticclubofsealbeach@gmail.com
Food Finders	Patti Larson – 562-598-3003
Friends of the Mary Wilson Library	562-431-3584
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
Interval House – Women’s Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt – 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton – 562-596-3497
McGaugh School PTA	Isabelle McFadden – 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo – 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Philharmonic Society of OC	Debbie Edwards – 562-254-4693
Republican Women’s Club	Bibi Mesmer – 562-716-9922
R.O.C.K. Raising Our Celiac Kids	Christie Scales – 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai – 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Beauty Pageant	Rosie Ritchie – 562-810-0078
Seal Beach Lions Club	Scott Newton – 562-537-3955
Seal Beach Leo Club	Scott Newton – 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith – 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin – 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman’s Club of Seal Beach	Judy O’Neil 562-598-0718

■ TRASH

Republic Services (800) 299-4898

■ STREET SWEEPING

CleanStreet (800)-225-7316

■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
SB Tennis Center	562-598-8624
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546
Leisure World	562-431-6586
Fire Main Line	714-573-6000
Fire Information	714-573-6200

■ RECREATION & COMMUNITY SERVICES

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

■ LIBRARIES

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

■ PRESCHOOL

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

■ LOCAL NEWS

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

■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation Monday-Friday; 8am - 5pm

Closed Daily 12-1pm

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

Ext. 1307 – Adult Sports, Athletic Fields, Community Gardens, Classes, and General Information

Ext. 1339 – Facility/Park Rentals, Special Event Permits, Film Permits, and Seal Beach Tennis Center

Ext. 1344 – Brochure/Classes, Instructors, Aquatics, Classes, and General Information



City of Seal Beach- Community Services



SealBeachRec



Run Seal Beach

Saturday, March 28

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

Free Tax Assistance

Mondays, February 3 - April 13

(No available appointments on Mondays 2/24 and 3/2)

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 8:30am, 9:15am, 10am, 10:45am, and 11:30am. Call (562) 431-2527 x1344 or x1307 for your free appointment and paperwork today!



SATURDAY, APRIL 25th

9-3 PM

MAIN STREET, SEAL BEACH. CA



Adult Sports League

Basketball League

Basketball league begins June 1
\$375 per team, plus \$25 per game for referees.

Softball League

Softball league begins
May 26 (men) and May 28 (coed)
\$425 per team.

For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov. **Dates subject to change due to weather.**



Library Programs

at Mary Wilson Library (707 Electric Avenue)

MONTHLY PROGRAMS

For additional programs and information, see library calendar at <http://www.ocpl.org/libloc/sb/calendar>.

Family Storytime

Mondays & Tuesdays @10:30am & 11:30am
Storytime Vacation: April

Lego Days:

1st Thursday of each month 4pm – 5pm

Drop in Craft Day:

2nd Saturdays of each month 10am – 4pm

Teen Advisory Group Meet Ups:

Thursdays 4/2 & 6/4, 5:30pm – 6:45pm

ADULT PROGRAMS

Get Stitched for Adults:

1st Tuesday of each month 5 – 6:45pm

Crafts for Adults:

2nd Tuesday of each month

Culinary Book Club:

3rd Tuesday of each month 5:30 – 6:45pm

Movie Discussion Group:

4th Tuesday of each month 2pm

Morning Book Club:

4th Thursday 10am

Summer Reading Program and Activities begin June 15 – August 2nd.

Pre-Registration for Summer Reading Program begins Monday, June 8.

CHILDREN'S SUMMER PREVIEW

Mondays & Tuesdays 6/15 – 7/28:

Family Storytime 10:30am & 11:30am

Wednesday 6/17 – 7/29:

Afternoon Mayhem: Movies & Munch, Make It/Take It days

Thursdays 6/18 – 7/30:

Kids' Entertainers – 4pm

Saturdays 6/20 – 8/1:

All Day Legos

LIBRARY HOURS:

Mon -Th: 10am-7pm • Sat: 9am-5pm

Closed Fri & Sun

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

For more information, call 562-431-3584.

Preschool & Youth Dance

Music & Movement

Danuta Klimczak

Seal Beach Senior Center, 707 Electric Ave

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. No Class 4/10 & 4/17

211061-01	5 weeks	Fri	3/13-4/24	10-10:50am	2 yrs	\$72
211061-02	5 weeks	Fri	3/13-4/24	11-11:50am	3-4 yrs	\$72
211061-03	6 weeks	Fri	5/1-6/5	10-10:50am	2 yrs	\$86
211061-04	6 weeks	Fri	5/1-6/5	11-11:50am	3-4 yrs	\$86

Hip Hop Tots!

Anne Pennypacker

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

Time to dance our best moves in this fast paced class! Little dancers will learn skills needed to dance a hip hop'n bop'n routine to their favorite songs. Tennis shoes best for class. No Class 3/17

222027-01	4 weeks	Tue	3/10-4/7	4-4:30pm	2.5-5 yrs	\$58
222027-02	5 weeks	Tue	4/28-5/26	4-4:30pm	2.5-5 yrs	\$68

Hip Hop

Anne Pennypacker

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

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 3/17

242034-01	4 weeks	Tue	3/10-4/7	5:15-6pm	5-12 yrs	\$58
242034-02	5 weeks	Tue	4/28-5/26	5:15-6pm	5-12 yrs	\$68

Musical Theatre Stars

Anne Pennypacker

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.

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

222024-01	4 weeks	Tue	3/10-4/7	4:30-5:15pm	5-12 yrs	\$58
222024-02	5 weeks	Tue	4/28-5/26	4:30-5:15pm	5-12 yrs	\$68

Marina Community Center, 151 Marina Dr

222024-03	4 weeks	Wed	3/11-4/1	3:45-4:30pm	5-12 yrs	\$58
222024-04	5 weeks	Wed	4/29-5/27	3:45-4:30pm	5-12 yrs	\$68

Petit Ballet

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 3/17



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

211030-01	4 weeks	Tue	3/10-4/7	6-6:30pm	2.5-5 yrs	\$58
211030-02	5 weeks	Tue	4/28-5/26	6-6:30pm	2.5-5 yrs	\$68

Marina Community Center, 151 Marina Dr

211030-03	4 weeks	Wed	3/11-4/1	6-6:30pm	2.5-5 yrs	\$58
211030-04	5 weeks	Wed	4/29-5/27	6-6:30pm	2.5-5 yrs	\$68

Hip Hop Minis

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A bridge between Hip Hop Tots and Hip Hop, this class introduces young dancers to the fun and funky styles of hip hop while learning a routine to perform at session's end!

222016-01	5 weeks	Thu	3/12-4/9	4:30-5pm	4-6 yrs	\$68
222016-02	5 weeks	Thu	4/30-5/28	4:30-5pm	4-6 yrs	\$68

Pre-School Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

211032-01	5 weeks	Thu	3/12-4/9	5-5:30pm	4-7 yrs	\$68
211032-02	5 weeks	Thu	4/30-5/28	5-5:30pm	4-7 yrs	\$68

Ballet & Tap Combo

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

222021-01	5 weeks	Thu	3/12-4/9	5:30-6:15pm	5-12 yrs	\$68
222021-02	5 weeks	Thu	4/30-5/28	5:30-6:15pm	5-12 yrs	\$68



Princess Ballet

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

242033-01	5 weeks	Thu	3/12-4/9	3-3:45pm	4-7 yrs	\$68
242033-02	5 weeks	Thu	4/30-5/28	3-3:45pm	4-7 yrs	\$68

Jazz/Tap Funk

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

222019-01	5 weeks	Thu	3/12-4/9	3:45-4:30pm	6-12 yrs	\$68
222019-02	5 weeks	Thu	4/30-5/28	3:45-4:30pm	6-12 yrs	\$68

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	5/30	5-7pm	2.5+ yrs	\$20
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Spring Dance Recital

Anne Pennypacker

McGaugh Auditorium, 1698 Bolsa Ave

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

211029-01	1 day	Tue	6/2	5:30-9pm	2.5+ yrs	\$20
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Youth Sports

Little Hoopers Basketball

One on One Basketball, Inc.

McGaugh Gym, 1698 Bolsa Ave

Little Hoopers is a fun, fundamental skills curriculum that provides basketball players with proven practice techniques and fun games to build a young player's overall game. We will teach the players athletic motor skills, fundamentals, and how to play in a game. Our final class will conclude with a big scrimmage. No Class 4/16

223041-01	8 weeks	Thu	3/26-5/21	5-5:50pm	5-7 yrs	\$160
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Player Development Program

One on One Basketball, Inc.

McGaugh Gym, 1698 Bolsa Ave

The Player Development Program (PDP) is a progressive fundamental skills curriculum that provides young aspiring basketball players with proven practice techniques to instill efficiency and confidence. This proven curriculum focuses on the essential individual basketball motor-skills: posture and footwork, ball-handling, passing, shooting technique, finishing to the basket, spacing, etc. These skills are taught in the proper progression to ensure understanding and improvement among each player. No Class 4/16

223042-01	8 weeks	Thu	3/26-5/21	6-6:55pm	8-16 yrs	\$160
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Pure Stroke Shooting Clinic

One on One Basketball, Inc.

McGaugh Gym, 1698 Bolsa Ave

If you want to be an incredibly consistent shooter, you have to learn correct technique, and train your body how to work like a machine. Our staff will identify bad habits in your shooting form, teach you how to eliminate them, and replace bad habits with a consistent, linear technique that is guaranteed to dramatically improve your accuracy. No Class 4/16

223043-01	8 weeks	Thu	3/26-5/21	7-8pm	9-16 yrs	\$160
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After School Hoops

One on One Basketball, Inc.

McGaugh Gym, 1698 Bolsa Ave

Join us this session as we teach your child basketball in a fun, exciting environment. Our coaches will not only teach your child important fundamentals through progressive drills, fun competitions, and competitive scrimmages, but we will use these activities as a platform to teach life-skill lessons that reinforce positive attitudes about effort, respect, teamwork and self-control. New and returning students encouraged to join. For grades 1-5. No class 4/14

223044-01	8 weeks	Tue	3/24-5/19	2:30-3:30pm	6-11 yrs	\$160
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Coed Youth Volleyball

Maria Fattal
McGaugh Gym, 1698 Bolsa Ave

Learn correct volleyball mechanics from club coaches at a rec price! Maria Fattal, a coach for 24 years with Seal Beach Volleyball Club, leads this class along side other club coaches. Basic skills of passing, setting, hitting, and serving will be taught and expanded upon then reinforced in games played during the last half hour of each class. For the beginner as well as the intermediate player. No Class 4/12

233060-01 10 weeks Sun 3/1-5/3 12-2pm 9-14 yrs \$190

Coed Youth Beach Volleyball

One Beach
5th Street Beach Volleyball Courts

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

233071-01 8 weeks Sat 3/7-4/25 9am-10:15am 8-13 yrs \$200

KLS – Mommy/Daddy & Me Soccer

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

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

223995-01 6 weeks Tue 4/21-5/26 6-6:30pm 2-3.5 yrs \$110

KLS – Tot Soccer

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

Little tykes will enjoy running and kicking just like big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

223996-01 6 weeks Tue 4/21-5/26 5:20-5:50pm 3.5yrs \$110

KLS – Pre Soccer

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

223997-01 6 weeks Tue 4/21-5/26 4:45-5:20pm 4 yrs \$110

KLS – Soccer 1

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

223998-01 6 weeks Tue 4/21-5/26 4-4:45pm 5-6 yrs \$110

TinyTykes Youth Soccer

Challenger Sports
Zoeter Softball Field, 12th Street @ Landing

TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players ages 2-5. Challenger’s professional coaches will take your young player on a journey to imaginary destinations of Dinosaurs, Princesses, Dragons, and more; through soccer, music, storytelling, and games. Join us for 7-weekly, 45 minute sessions coached by our team of international soccer coaches. Sign up today! \$20 Material Fee includes: For 1st Time participants you will receive a Soccer Jerseys, Shorts & Ball! For returning players you will have choice of TinyTykes backpack, Lenny the Lion or an inflatable goal! No Class 4/24

223171-01 8 weeks Fri 4/3-5/29 9:15-10am 2-3 yrs (Cubs) \$125

223171-02 8 weeks Fri 4/3-5/29 10:15-11am 4-5 yrs (Lions) \$125

Mini-Hawk Multi-Sport

Skyhawks Sports
Marina Vista Park, 5355 E Eliot St.

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

223180-01 9 weeks Tue 3/31-5/26 4-4:40pm 2-3.5 yrs \$155

223180-02 9 weeks Tue 3/31-5/26 4:50-5:30pm 3.5-5 yrs \$155



TGA Premier Spring Camp

TGA Premier Sports

Edison Park, 99 College Park Dr

TGA Premier Sports offers an unforgettable experience for your camper by combining professional instruction, station-based games and drills, and fun activities. Camps feature Sport Specific STEAM Labs (science experiments, art activities, etc.), Fun All Camp Activities each day, and a Friday Festival and Game Day for friends and family to attend! Learn a new sport or improve your skills and make friends and memories that will last a lifetime. TGA Sports Camps include: Nutritional lunch, snacks and drinks, before/after camp care (8am-5pm, \$8/hr), sports bottle, fun giveaways and awards, specialized sport professionals, low camper to instructor ratio, and a fun, enriching camp environment.

TGA Premier Volleyball

223100-01	1 week	Mon-Fri	4/13-4/17	9am-3pm	5-15 yrs	\$309
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Karate for Kids

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

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

222052-01	4 weeks	Tue	4/28-5/19	5-5:30pm	3.5-12 yrs	\$49
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Skateboarding

Skatedogs

Heartwell Park – Long Beach, 5801 E Parkcrest Street

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

223150-01	5 weeks	Sat	3/7-4/4	9-10:30am	5-13 yrs	\$125
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223150-02	5 weeks	Sat	4/18-5/16	9-10:30am	5-13 yrs	\$125
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Parent & Me Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10 - 4:10 PM for Tuesday, and 12:00-2:00 PM for Saturday), and three additional practice passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 5/11, 5/19-5/23

213131-01	4 week	Tue	3/17-4/7	4:10-4:40pm	3-5 yrs	\$48
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213131-02	4 week	Tue	4/21-5/12	4:10-4:40pm	3-5 yrs	\$48
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213131-03	4 week	Tue	5/26-6/16	4:10-4:40pm	3-5 yrs	\$48
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213131-04	4 week	Sat	3/21-4/18	11:15-11:45am	3-5 yrs	\$48
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213131-05	4 week	Sat	4/25-5/16	11:15-11:45am	3-5 yrs	\$48
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213131-06	4 week	Sat	5/30-6/20	11:15-11:45am	3-5 yrs	\$48
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Ice Skating for Tots

Westminster Ice

Westminster Ice, 13071 Springdale St

Beginning ice skating made fun and easy. Your skater will have a smile on their face when they learn how to march, glide, hop, and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM for Wednesday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves or mittens recommended). No Class 5/11, 5/19-5/23

213130-01	4 weeks	Wed	3/18-4/8	5:40-6:10pm	3-5 yrs	\$48
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213130-02	4 weeks	Wed	4/22-5/13	5:40-6:10pm	3-5 yrs	\$48
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213130-03	4 weeks	Wed	5/27-6/17	5:40-6:10pm	3-5 yrs	\$48
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213130-04	4 weeks	Sat	3/21-4/18	10:45-11:15am	3-5 yrs	\$48
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213130-05	4 weeks	Sat	4/25-5/16	10:45-11:15am	3-5 yrs	\$48
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213130-06	4 weeks	Sat	5/30-6/20	10:45-11:15am	3-5 yrs	\$48
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Beginning Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of (3:00-5:00 PM for Thursday class and 12:00-2:00 PM for Saturday class), and three additional passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 5/11, 5/19-5/23

223130-01	4 weeks	Thu	3/19-4/9	4:10-5:10pm	6-16 yrs	\$48
223130-02	4 weeks	Thu	4/23-5/14	4:10-5:10pm	6-16 yrs	\$48
223130-03	4 weeks	Thu	5/28-6/18	4:10-5:10pm	6-16 yrs	\$48
223130-04	4 weeks	Sat	3/21-4/18	10:15-10:45am	6-16 yrs	\$48
223130-05	4 weeks	Sat	4/25-5/16	10:15-10:45am	6-16 yrs	\$48
223130-06	4 weeks	Sat	5/30-6/20	10:15-10:45am	6-16 yrs	\$48

Ice Hockey Skating Skills

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 PM for Wednesday class, and 12:00-2:00 PM for Saturday class) and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early on the first day of class to fit skates, and dress warmly. No Class 5/11, 5/19-5/23

223141-01	4 weeks	Wed	3/18-4/8	6:10-6:40pm	6-16 yrs	\$48
223141-02	4 weeks	Wed	4/22-5/13	6:10-6:40pm	6-16 yrs	\$48
223141-03	4 weeks	Wed	5/27-6/17	6:10-6:40pm	6-16 yrs	\$48
223141-04	4 weeks	Sat	3/21-4/18	11:15-11:45am	6-16 yrs	\$48
223141-05	4 weeks	Sat	4/25-5/16	11:15-11:45am	6-16 yrs	\$48
223141-06	4 weeks	Sat	5/30-6/20	11:15-11:45am	6-16 yrs	\$48



Special Interest



Beginning Guitar

Alan Levin

Seal Beach Senior Center, 707 Electric Ave

Beginning Guitar for ages 10 and older. Learn tuning, simple songs, basic chords. Progress forward from there to some basic lead guitar patterns and chords up the neck. Must have a playable instrument and a clip on tuner.

266080-01	5 weeks	Wed	3/18-4/15	6-7pm	10+ yrs	\$175
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iPhone Photography & Editing

Paradise Studios

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

Firestation 48 Community Room, 3131 N. Gate Rd

222090-01	1 day	Fri	3/13	10-11:30am	10+ yrs	\$25
222090-02	1 day	Fri	4/3	10-11:30am	10+ yrs	\$25
222090-03	1 day	Fri	5/1	10-11:30am	10+ yrs	\$25

Seal Beach Senior Center, 707 Electric Ave

222090-04	1 day	Fri	3/27	4-5:30pm	10+ yrs	\$25
222090-05	1 day	Fri	4/17	4-5:30pm	10+ yrs	\$25
222090-05	1 day	Fri	5/22	4-5:30pm	10+ yrs	\$25

Magic in Seal Beach

Dan Habel

North Seal Beach Center, 3333 Saint Cloud D

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

3/14	4/11	5/9
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Stress Management 101

Shannon Nix, Licensed Clinical Social Worker

Fire Station 48 Community Room, 3131 N. Gate Rd

Stress is a key player in our physical and mental health. Please join Shannon Nix, Licensed Clinical Social Worker, in this 90-minute session where we will focus on ways to manage our stress and feel more in balance! We will identify causes of stress and learn the differences between healthy and toxic stress. Together we will use proven techniques from science and psychology to not only reduce our stress levels, but also better cope with its effects.

1 Day Workshop

256020-01	1 day	Sun	3/1	8-9:15am	18+ yrs	\$35
256020-02	1 day	Sun	3/15	8-9:15am	18+ yrs	\$35
256020-03	1 day	Sun	4/5	8-9:15am	18+ yrs	\$35
256020-04	1 day	Sun	4/19	8-9:15am	18+ yrs	\$35

3 Week Series

256020-05	3 weeks	Sun	5/3-5/17	8-9:15am	18+ yrs	\$105
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Stress Management for Teen Girls

Shannon Nix, Licensed Clinical Social Worker

Fire Station 48 Community Room, 3131 N. Gate Rd

Stress is a key player in our physical and mental health. Please join Shannon Nix, Licensed Clinical Social Worker, in this 90-minute session where we will focus on ways to manage our stress and feel more in balance! We will identify causes of stress and learn the differences between healthy and toxic stress. Together we will use proven techniques from science and psychology to not only reduce our stress levels, but also better cope with its effects.

1 Day Workshop

256021-01	1 day	Sun	3/1	9:30-10:45am	18+ yrs	\$35
256021-02	1 day	Sun	3/15	9:30-10:45am	18+ yrs	\$35
256021-03	1 day	Sun	4/5	9:30-10:45am	18+ yrs	\$35
256021-04	1 day	Sun	4/19	9:30-10:45am	18+ yrs	\$35

3 Week Series

256021-05	3 weeks	Sun	5/3-5/17	9:30-10:45am	12-17 yrs	\$105
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Essential Oil Workshop ★NEW★

Destress with Beth

North Seal Beach Center, 3333 Saint Cloud Dr

Through a fun and interactive workshop, you will be educated on what essential oils are, why they are important to your health and the benefits of each. Together, we will create essential oil mixes to stimulate and relax your senses! \$20 Material Fee

252065-01	1 day	Wed	4/8	4-5:15pm	13+ yrs	\$18
252065-02	1 day	Wed	5/6	4-5:15pm	13+ yrs	\$18
252065-03	1 day	Wed	6/3	4-5:15pm	13+ yrs	\$18



Portrait Workshop

Ying Liu

Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil (with drawing board), charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided upon request. Model fee: \$5 payable to instructor at each class. Drop-in fee is \$20. Class held at Los Alamitos Community Center - 10911 Oak St., Los Alamitos. No class 5/9, 5/30

236096-01	8 weeks	Sat	4/11-6/13	9am-12pm	16+ yrs	\$94
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First Aid, CPR, & AED Training

Erik Berg

Firestation 48 Community Room, 3131 N. Gate Rd

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

246031-01	1 day	Sat	3/28	9am-3:30pm	16+ yrs	\$60
246031-02	1 day	Sat	5/9	9am-3:30pm	16+ yrs	\$60

Adult Dance & Fitness

Adult Tap

Anne Pennypacker

Marina Community Center, 151 Marina Dr

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

242026-01	5 weeks	Thu	3/12-4/9	7:15-8pm	18+ yrs	\$68
242026-02	5 weeks	Thu	4/30-5/28	7:15-8pm	18+ yrs	\$68



80'S Dance Workout

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Can you feel it?! Bust out the legwarmers, sweatbands, and neon and let's get physical! A Jazzy way to go old school while burning the calories to favorite eighties hits!

242017-01	4 weeks	Wed	3/11-4/1	6:30-7:15pm	18+ yrs	\$58
242017-02	5 weeks	Wed	4/29-5/27	6:30-7:15pm	18+ yrs	\$68

West Coast, Nightclub & More!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be the star on all the dance floors!

242029-01	4 weeks	Wed	3/11-4/1	7:15-8pm	18+ yrs	\$58
242029-02	5 weeks	Wed	4/29-5/27	7:15-8pm	18+ yrs	\$68

Vinyasa Yoga ★NEW★

Destress with Beth

North Seal Beach Center, 3333 Saint Cloud Dr

Experience a unique set of postures to stretch and strengthen your body. Balancing, core engagement and breath-work is the essence of our practice together. Your movements will flow with your breath, which will allow you to elevate your mind and relax your body. Please bring a yoga mat. Drop in fee is \$23/class. No Class 2/27

252060-01	8 weeks	Thu	4/2-5/21	5:30-6:30pm	13+ yrs	\$152
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Coed Adult Beach Volleyball

One Beach

5th Street Beach Volleyball Courts

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

233070-01	8 weeks	Sat	3/7-4/25	10:30am-12pm	16+ yrs	\$200
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Jacki Sorensen's Fitness/Dance

Jo Ellen Kerr

North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 50 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 \$13 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

242030-01	8 weeks	Tue&Thu	4/28-6/18	4-5pm	50+ yrs	\$138
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Beginning Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

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

242073-01	5 weeks	Mon	4/20-5/18	6:40-7:40pm	18+ yrs	\$60
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Intermediate Tai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience mindfulness and peace within. No Class 3/2 (Seal Beach Senior Center, 707 Electric Ave) (5 weeks)

242074-01	5 weeks	Mon	4/20-5/18	5:30-6:30pm	18+ yrs	\$60
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Online Registration Begins:
February 3

Walk-in and Mail Registration Begins:
February 10



Aikido for Adults

Steve Wasserman

North Seal Beach Center, 3333 Saint Cloud Dr

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own, and belt testing is optional. All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9-10:30am.

242050-01 13 weeks Mon&Wed 3/2-5/30 7:30-9:30pm 18+ yrs \$155

Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

Aging Backwards is designed to teach clients to listen to their bodies. Often a senior, less mobile or beginner participant will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards 45-minute class is to relax during movement so as to not worsen existing conditions, yet still increase range of motion – producing overall ease in functional activities. Chairs are used as balance enhancers for less stable individuals in this standing class. No Class 5/1

242098-01 10 weeks Fri 4/3-6/12 1:30-2:15pm 50+ yrs \$139



Fitness with Mari

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Total of 26 classes. Drop in: \$16/class, please contact the Recreation Office for drop in registrations. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. Classes will also be offered on 4/23, 5/1, & 5/15. No Class 5/11, 5/13, 5/25

242092-01 Up to 26 Classes Mon-Wed 3/30-5/27 9-9:50am 18+ yrs \$192

Strength & Toning

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Total of 17 classes. Drop in: \$16/class, please contact the Recreation Office for drop in registrations. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. Classes will also be offered on 5/1 & 5/15. No Class 5/11, 5/13, 5/25

242091-01 Up to 17 classes Mon&Wed 3/30-5/27 10-10:50am 40+ yrs \$129

Zumba Fitness

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Drop in: \$16/class, please contact the Recreation Office for drop in registrations. Full session includes \$10 admin fee, and drop in price includes \$3 admin fee. Classes will also be offered on 5/1 & 5/15. No Class 5/13

142090-01 Up to 9 classes Wed 4/1-5/27 8-8:50am 18+ yrs \$82

Chair Yoga

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Performing modified yoga poses that are gentle on the body. Will use a chair and keep our shoes on. All poses can be done seated or standing. Will not go down to the floor. No mats needed. Drop in: \$16/class, please contact the Recreation Office for drop in registrations. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. Class will also be offered on 4/23. No Class 5/12

142093-01 Up to 9 classes Tue 3/31-5/26 10-10:50am 18+ yrs \$82



BeachFit Moms

Beach Fitness 10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit Moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. Pay \$20 per class. No Class 5/25

242063	12 weeks	M/T/Th/Fri	3/2-5/29	9-10am	18+ yrs	\$20/class
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Beach Boot Camp

Beach Fitness 10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$20 per class or \$137 for whole session. No Class 3/28

242062	12 weeks	Sat	3/7-5/30	8-9am	18+ yrs	\$137
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Healthy Back I

Beach Fitness Seal Beach Senior Center, 707 Electric Ave

(Beginning & Intermediate Pilates) The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. No Class 5/25

242069-01	11 weeks	Mon	3/9-5/18	11am-12pm	18+ yrs	\$137
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Healthy Back II

Beach Fitness Seal Beach Senior Center, 707 Electric Ave

(Advanced Pilates) This class work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met.

242071-01	12 weeks	Thu	3/12-5/28	11am-12pm	18+ yrs	\$137
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Jazzercise

Akemi Hanna North Seal Beach Center, 3333 Saint Cloud Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. CLASS MEETS ON SATURDAYS 7:15-8:15am. No Class 5/25

242044-01	7 weeks	Mon/Wed/Fri	3/2-4/19	6-7pm	13+ yrs	\$70
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242044-02	7 weeks	Mon/Wed/Fri	4/20-5/30	6-7pm	13+ yrs	\$70
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Gentle Yoga/Qigong

Suzu Hazard Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Will include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a yoga mat.

242068-01	10 weeks	Tue	3/31-6/2	5:30-6:45pm		\$88
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Ice Skating for Adults

Westminster Ice Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin, and more. Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00 PM Wednesday and 12:00-2:00PM Saturday), and three additional passes to be used during the 4-week session. Please arrive 15 minutes early on the first day of class to fit skates, and dress warmly (gloves recommended). No Class 4/17 & 4/20. No Class 5/11, 5/19-5/23

223131-01	4 weeks	Wed	3/18-4/8	6:40-7:10pm	17+ yrs	\$48
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223131-02	4 weeks	Wed	4/22-5/13	6:40-7:10pm	17+ yrs	\$48
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223131-03	4 weeks	Wed	5/27-6/17	6:40-7:10pm	17+ yrs	\$48
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223131-04	4 weeks	Sat	3/21-4/18	10:15-10:45am	17+ yrs	\$48
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223131-05	4 weeks	Sat	4/25-5/16	10:15-10:45am	17+ yrs	\$48
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223131-06	4 weeks	Sat	5/30-6/20	10:15-10:45am	17+ yrs	\$48
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Adult Sports League

Basketball League

Basketball league begins June 1

\$375 per team, plus \$25 per game for referees.

Softball League

Softball league begins

May 26 (men) and May 28 (coed)

\$425 per team.

For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov. **Dates subject to change due to weather.**



Surfing



Surf Birthday Parties

Chas Wickwire 1st Street Beach, 1st St @ Ocean Ave
 Make your birthday memorable with a fun surf experience! Surfboards and wetsuits are provided. Prices vary upon group size. Please indicate your date and time preference on the registration form or the online checkout screen. For more information, call Chas at (562) 896-0121.

Up to 8 Participants

267054-01	1 day	Sun&Sat	3/1-5/31	9-11am	All Ages	\$310
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Up to 15 Participants

267054-02	1 day	Sun&Sat	3/1-5/31	9-11am	All Ages	\$400
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Large Group Surf Outing

Chas Wickwire 1st Street Beach, 1st St @ Ocean Ave
 Need to plan an awesome outing? Book a surf experience for your office, church group, or any other large group! Surfboards and wetsuits are provided. Prices vary upon group size. For more information, call Chas at (562) 896-0121.

267057-01	1 day	Mon-Sun	3/1-5/31	8-11am	All Ages	Call for Price
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M&M Surfing – 5 Day Lessons

M&M Surf Instructors 8th Street Beach, 8th St & Ocean Ave
 Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Please indicate the 5 days of your choice during the week on the registration form or in the note section at the check-out screen. If you have any questions, please call Michael Pless at (714) 846-7873. Please bring receipt to class.

267061-01	5 days	Mon-Sun	3/2-3/8	8am-12pm	5+ yrs	\$300
267061-02	5 days	Mon-Sun	3/9-3/15	8am-12pm	5+ yrs	\$300
267061-03	5 days	Mon-Sun	3/16-3/22	8am-12pm	5+ yrs	\$300
267061-04	5 days	Mon-Sun	3/23-3/29	8am-12pm	5+ yrs	\$300
267061-05	5 days	Mon-Sun	3/30-4/5	8am-12pm	5+ yrs	\$300
267061-06	5 days	Mon-Sun	4/6-4/12	8am-12pm	5+ yrs	\$300
267061-07	5 days	Mon-Sun	4/13-4/19	8am-12pm	5+ yrs	\$300
267061-08	5 days	Mon-Sun	4/20-4/26	8am-12pm	5+ yrs	\$300
267061-09	5 days	Mon-Sun	4/27-5/3	8am-12pm	5+ yrs	\$300
267061-10	5 days	Mon-Sun	5/4-5/10	8am-12pm	5+ yrs	\$300
267061-11	5 days	Mon-Sun	5/11-5/17	8am-12pm	5+ yrs	\$300
267061-12	5 days	Mon-Sun	5/18-5/24	8am-12pm	5+ yrs	\$300
267061-13	5 days	Mon-Sun	5/25-5/31	8am-12pm	5+ yrs	\$300

M&M Surfing – 1 Day Lessons

M&M Surf Instructors 8th Street Beach, 8th St & Ocean Ave
 Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Please note, this class is good for any one day of group surfing instruction. This class is good for 3 hours of group instruction. Please indicate your date preference in the checkout screen. Lessons must be completed within 90 days of registration. If you have questions, please call Michael Pless at (714) 846-7873. Bring receipt to lesson.

3 Hour Group Lesson

267063-01	1 day	Mon-Sun	3/2-5/31	8am-12pm	5+ yrs	\$90
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1 Hour Group Lesson

267064-01	1 day	Mon-Sun	3/2-5/31	8am-12pm	5+ yrs	\$80
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1 Hour Semi Private

267067-01	1 day	Mon-Sun	3/2-5/31	8am-12pm	5+ yrs	\$100
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1 Hour Private

267068-01	1 day	Mon-Sun	3/2-5/31	8am-12pm	5+ yrs	\$115
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Community Pool

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

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

Adult & Youth Lap Swim

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

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

*Times Adjusted to 7pm - 8pm, 3/2-4/10

**Times Cancelled 3/2-4/10

Renew Your Swim Pass Online!

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

Seal Beach Swim Team

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

Private Swim Lessons

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

Deep Water Aerobics

heryl von der Hellen

McGaugh Pool, 1698 Bolsa Ave

This deep water exercise develops total fitness. You will burn calories while improving endurance, flexibility, and strength. You must purchase your own buoyancy cuffs to participate in class. Cuffs can be purchased online at: www.hydrofit.com (classic or easy-close Hydro-Fit cuffs). They are also available on Amazon. This class fills up fast, so sign up early! No Class 5/25

244010-01	5 weeks	Mon&Wed	3/23-4/22	5:30-6:30pm	18+ yrs	\$70
244010-02	5 weeks	Mon&Wed	4/27-5/27	5:30-6:30pm	18+ yrs	\$70

Seal Beach Aquatics

Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on water safety and proper swimming technique in the four basic strokes. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to present at the pool be 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	5 weeks	M,T,Thur	3/2-4/2	2:30-3:30pm	7-13yrs	\$155
		Wed		1-2pm		

Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2020. Reservations are only available on Saturdays and Sundays from June 6 -August 30.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum and four hour maximum, 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.

Party Times	Pool Rental Fees	2 Lifeguards (1-40 swimmers and non-swimmers)
Saturday: 1-3 p.m. 3:30-5:30 p.m.	Seal Beach Resident	\$220 (per 2 hr time slot)
Sunday: 1-3 p.m.	Non- Resident	\$240 (per 2 hr time slot)

Swim Lessons

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

Fees for 5 Day Sessions	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$40/per child Non-Resident: \$60/per child	Resident Registration: 8 a.m. Non-Resident Registration: 11 a.m.	Friday, 5/15	Friday, 5/22	1	6/8-6/12
				2	6/15-6/19
				3	6/22-6/26
				4	6/29-7/3
				5	7/6-7/10
				6	7/13-17
				7	7/20-24
				8	7/27-31

2020 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! 2020 Junior Lifeguard dates are **June 15th – July 31 from 9am- 12pm, Monday- Friday**. Prices will be: \$575 for Residents, \$600 for Non-Residents, and a \$25 discount for additional siblings. All Junior Lifeguards, both new and returning must pass a swim test before registering this spring. The swim test will consist of a 100 yard swim that must be completed within:

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

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

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

- **Wednesday, April 8:** 5-7pm
- **Saturday, April 11:** 7-9am and 1-4pm
- **Wednesday, April 15:** 5-7pm
- **Saturday, April 18:** 7-9am and 1-4pm
- **Sunday, April 26:** 7-9am and 1-4pm

Returning Jr. Guard Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2020 to be eligible to enroll in this section. Enrollment will open for all Returning Junior Guards on **April 6th at 8am and will close on April 19th, at 11:59pm**. Any returning JG's who do not register during this time period will have to register as a New JG during the appropriate time period. Register at Register.sealbeachca.gov

New Jr. Guard Registration Information

Enrollment will open for New Junior Guard **residents** (zip code 90740 or 90743), on **Monday, April 20th, at 8:00am and will close on April 26th at 11:59pm**. Register at Register.sealbeachca.gov.

Enrollment will open for **New Junior Guard non-residents**, on **Monday, April 27, at 8am and will close May 3 at 11:59pm**. **Enrollment for New Junior Guards into the 2020 Junior Lifeguard Program will be based on a first come, first serve basis. A wait list will be established after the program has reached capacity.**

For additional program information, please visit www.sealbeachca.gov or call (562) 431-2527 ext. 1206.

Jr. Guard Prep Class

**Beach Lifeguards
McGaugh Campus**

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

224030-01	Mon- Fri	3 weeks	3/2-3/20	5:30-6:15pm	\$150	9-17 yrs
224030-02	Mon- Fri	3 weeks	3/23-4/10	5:30-6:15pm	\$150	9-17 yrs

Jr. Guard Conditioning Class

**Beach Lifeguards
McGaugh Campus**

This class is designed for the returning Junior Lifeguard who wants some extra help to prepare for the Swim Test and the summer. Enrollment in 2016 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited – only 36 spots available – so sign up early!

224031-01	Mon-Fri	3 weeks	3/2-3/20	6:15-7pm	\$150	9-17 yrs
224031-02	Mon-Fri	3 weeks	3/23-4/10	6:15-7pm	\$150	9-17 yrs



Tennis

Public Hours:

Monday – Friday: 12 pm – 9:30 pm
Saturday & Sunday: 12 pm – 5:30pm

Seal Beach Tennis Center

3900 Lampson Ave, Seal Beach CA 90740
For more information, call 562-598-8624
www.sealbeachtenniscenter.com

The Seal Beach Tennis Center (SBTC) offers various programs, such as tennis/pickleball classes, private Lessons, weekly drop in clinics, The Junior Academy and Summer Camps, Tennis Leagues, tournaments, and organized Pickleball play times. There is a pro shop on site with a wide selection of tennis and pickleball accessories, and can provide racquet restringing services. This facility includes a fitness center available for members. The SBTC offers various types of memberships, including Tennis Memberships, Fitness Center Memberships, and Pickleball Memberships. Please contact the SBTC for more information.

Tiny Tots Tennis 4-5 yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233035-01	3/4-3/25	Wed	3:00pm-3:30pm	\$45	SBTC
233035-02	4/8-4/29	Wed	3:00pm-3:30pm	\$45	SBTC

Beginning Tennis 18+ yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233030-01	3/4-3/25	Wed	10:30am-11:30am	\$84	SBTC
233030-02	4/8-4/29	Wed	10:30am-11:30am	\$84	SBTC

REGISTER SealBeachCa.Gov

Youth Beginning Pickleball 7-10 yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233044-01	3/6-3/27	Fri	4pm-5pm	\$60	SBTC
233044-01	4/10-5/1	Fri	4pm-5pm	\$60	SBTC

Teen Beginning Pickleball 11-15 yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233045-01	3/6-3/27	Fri	5pm-6pm	\$60	SBTC
233045-02	4/10-5/1	Fri	5pm-6pm	\$60	SBTC

Beginning Pickleball 16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233040-01	3/7-3/28	Sat	10:30am-12pm	\$99	SBTC
233040-02	4/11-5/2	Sat	10:30am-12pm	\$99	SBTC
233040-03	5/9-5/30	Sat	10:30am-12pm	\$99	SBTC

Intermediate Pickleball 16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233043-01	3/7-3/28	Sat	12:30pm-2pm	\$99	SBTC
233043-02	4/11-5/2	Sat	12:30pm-2pm	\$99	SBTC
233043-03	5/9-5/30	Sat	12:30pm-2pm	\$99	SBTC

Tennis at the Park NO Class: 12/24, 12/26, 12/31, 1/2. For more information, call 562-308-6740.

Instructor: Brian Collison

Kids Beginning 4-6 years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233020-01	5/5-5/26	Tue	4-4:30pm	\$42	Heather Park
233020-02	5/7-5/28	Thu	4-4:30pm	\$42	Marina Park

Tweens Beginning 11-13 years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233023-01	5/5-5/26	Tue	5:30-6:30pm	\$79	Heather Park
233023-02	5/7-5/28	Thu	5:30-6:30pm	\$79	Marina Park

Juniors Beginning 7-10 years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233021-01	5/5-5/26	Tue	4:30-5:30pm	\$79	Heather Park
233021-02	5/7-5/28	Thu	4:30-5:30pm	\$79	Marina Park

Adults Beginning 14+ years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
233022-01	5/5-5/26	Tue	6:30-7:30pm	\$79	Heather Park
233022-02	5/7-5/28	Thu	6:30-7:30pm	\$79	Marina Park

Summer Camps Preview

Anne Pennypacker Camps

Cute Baby Animals Art Camp

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$30 material fee due at first class meeting.

327040-01 1 week Mon-Fri 6/22-6/26 11am-1pm 5-12 yrs \$158

Enchanted Princess Camp

Anne Pennypacker

Marina Community Center, 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! \$25 material fee payable to instructor on the first day of camp.

327049-01 1 week Mon-Fri 6/22-6/26 9:30-11am 4-7 yrs \$158

Super Hero Gymnastics Camp

Anne Pennypacker

Marina Community Center, 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! \$25 material fee payable to instructor on the first day of camp.

327048-01 1 week Mon-Fri 6/29-7/3 9:30-11am 4-7 yrs \$158



Zombie-riffic Art Camp

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A ghoulishly good time will be had by all who attend this ethereal art camp! Every day using various artistic medias, artists will create creepy canvases of zombie-riffic art for a HAUNTING show at week's end! \$30 material fee payable to instructor on the first day of camp.

327041-01 1 week Mon-Fri 6/29-7/3 11am-1pm 5-12 yrs \$158

Lights, Camera, Acting! NEW

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Aspiring actors will audition for roles to perform in a show at camp's end in costumes they create. Students will memorize lines, working on presentation and strengthening performance skills in this action packed camp. \$25 material fee payable to instructor on the first day of camp.

327063-01 1 week Mon-Fri 7/6-7/10 9:30-11am 5-12 yrs \$158

Star Wars Art Camp!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A long time ago, in an art camp far far away... young Jedis trained to become masters of star wars themed art. Using various artistic media throughout the week, we'll have a collection as strong as the force for an exhibit at camp's end. \$30 material fee payable to instructor on the first day of camp.

327055-01 1 week Mon-Fri 7/6-7/10 11am-1pm 5-12 yrs \$158

Hip Hop Dance Camp

Anne Pennypacker

Marina Community Center, 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! \$25 material fee payable to instructor at first class.

327043-01 1 week Mon-Fri 7/13-7/17 9:30-11am 5-12 yrs \$158

327043-02 1 week Mon-Fri 7/27-7/31 9:30-11am 5-12 yrs \$158

Rockstar Popstar Camp

Anne Pennypacker

Marina Community Center, 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! \$25 material fee payable to instructor on the first day of camp.

327046-01 1 week Mon-Fri 7/13-7/17 11am-1pm 5-12 yrs \$158

"Jurassic" Art Camp

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Travel back 199 million years to create dinosaurs, birds and rodents amidst a warm climate full of lush forests. Artists will explore the lands before time, learning history as they paint, draw and sketch these amazing creatures. \$30 material fee payable to instructor at first day of camp.

327050-01 4 days Tue-Fri 7/14-7/17 1-3pm 5-12 yrs \$158

Fabulous Fairies & Perfect Pixies Camp

Anne Pennypacker

Marina Community Center, 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. \$25 material fee payable to instructor on the first day of camp.

327053-01 1 week Mon-Fri 7/20-7/24 9:30-11am 4-7 yrs \$158

Cartoon Classics Art Camp

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Paint, sketch, and create favorite cartoon characters and see them come to life upon the canvas! Using various artistic media, campers will create captivaing caricatures for an amazing exhibit at camp's end! \$30 material fee payable to instructor on the first day of camp.

327060-01 1 week Mon-Fri 7/20-7/24 11am-1pm 5-12 yrs \$158



Sensational Seuss Camp ★NEW★

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Could you, would you, should you attend this tongue tied musical theatre camp? You'll be off to great places, so be on your way! Dancers, Singers, Actors will have a wonderfully weird adventure performing a piece from Seussical the Musical and creating colorful costumes for a show not to be missed! \$25 material fee payable to instructor on the first day of camp.

327057-01 4 days Tue-Fri 7/21-7/24 1-3pm 5-12 yrs \$158

Alien Art Camp ★NEW★

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Are they out there? It's an out of this world camp-drawing, painting, and creating extraterrestrial masterpieces! UFOs, aliens, ancient ruins will all be explored, creating an amazing art exhibit at camps end. \$30 material fee payable to instructor at first class.

327058-01 1 week Mon-Fri 7/27-7/31 11am-1pm 5-12 yrs \$158

Harry Potter Acting Camp ★NEW★

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all muggles and wizards, it is time to board the Hogwarts Express and head into Miss Anne's Ministry of Magic Acting Camp! Students will memorize lines for a magical show at camp's end in costumes we create! \$25 material fee payable to instructor at first class.

327059-01 4 days Tue-Fri 7/28-7/31 1-3pm 5-12 yrs \$158

Mad Science Camps

Mad Science – Little Scientist Preschool Lab

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects, weather, plants and soil. Experience fun hands-on experiments in this week-long lab. Parents requested not to stay during class. Must be potty trained. Instructor: Student ratio is 1:8. \$30 materials fee is due the first day of class.

327202-01 1 week Mon-Fri 6/8-6/12 9am-12pm 3-5 yrs \$180

Mad Science – Science in Action

O.C. Mad Science

Marina Community Center – Large Room, 151 Marina Dr

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

327201-01 1 week Mon-Fri 6/8-6/12 9am-12pm 5-12 yrs \$165

Mad Science – Secret Agent Lab ★NEW★

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

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

327207-01 1 week Mon-Fri 6/22-6/26 9am-12pm 5-12 yrs \$165

327207-02 1 week Mon-Fri 6/22-6/26 1:30pm-4:30pm 5-12 yrs \$165

Mad Science – Advanced Robotics

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

Investigate the effects of Newton's Laws as you engineer games and explore gravitational energy, potential energy, and kinetic energy! Master the science behind the most thrilling rides on Earth. Discover the exciting side of physics and robotics while designing, experimenting, & building the Mad Science Odyssey, your very own roller coaster to take home! \$30 materials fee due the first day of class.

327208-01 1 week Mon-Fri 7/6-7/10 9am-12pm 8-12yrs \$175

Mad Science - NASA Jr. Astronauts

O.C. Mad Science

Marina Community Center – Small Room, 151 Marina Dr

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

327200-01 1 week Mon-Fri 7/20-7/24 9am-12pm 5-12 yrs \$165

Mad Science – 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 and examine crystallization. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due the first day of class.

327204-01 1 week Mon-Fri 7/27-7/31 9am-12pm 5-12 yrs \$165

Edutainment Arts Camps

Harry Potter Wizardry & Magic ★NEW★

Edutainment Arts

Fire Station 48 Community Room, 3131 N. Gate Rd

Transition from muggles to wizards. Each student will be sorted into a Hogwarts house, given a wand, and taught the traditional methods magic, mind reading, positions, and Quidditch. Students will be invited to investigate, discover, and imagine the world of young Harry Potter.

323160-01 1 week Mon-Fri 6/29-7/3 9am-12pm 8-13 yrs \$165

Top Junior Chef

Edutainment Arts

Fire Station 48 Community Room, 3131 N. Gate Rd

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

323162-01 1 week Mon-Fri 7/13-7/17 9am-12pm 7-12 yrs \$165



Lift Enrichment Camps

Cooking for Kids: Cooking Around the World ★NEW★

Lift Enrichment

Firestation #48 Community Room, 3131 N. Gate Rd

Come join our culinary classroom where young chefs will learn to cook and expand their palates! Our chefs make cooking exciting while integrating academic components such as math, science, history, food safety and nutrition into each lesson. We'll make dishes from around the world! Recipes include: Pasta Primavera from Italy, Ratatouille from France, Orange Chicken from China, Veggie Quesadillas from Mexico and even some delicious desserts! At the end of the session, parents are invited to our Kid Restaurant where your kids are the waiters and chefs! Each camper will receive a chef hat, apron, and cookbook. Get hungry to learn the art of cooking. \$60 material due to instructor. Sign up for a half day or full day Camp.

Half Day Camp

323201-01	1 week	Mon-Fri	6/22-6/26	9am-12pm	6-11 yrs	\$199
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Full Day Camp

323201-02	1 week	Mon-Fri	6/22-6/26	9am-3pm	6-11 yrs	\$349
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Cooking for Kids: American Favorites ★NEW★

Lift Enrichment

Firestation #48 Community Room, 3131 N. Gate Rd

In this fun, interactive cooking camp, kids will learn to make delicious recipes from our very own country. Our chefs will make cooking exciting while integrating academic components such as math, science, history, food safety and nutrition into each lesson. Recipes include: Hot Fudge Sundae with Strawberries, Turkey/Tofu Sliders, Grilled Cheese with Broccoli Slaw, All American Breakfast, Veggie Mac N'Cheese, Cobb Salad, Chocolate Pancakes with Whipped Cream and more! At the end of the session, parents are invited to our Kid Restaurant where your kids are the waiters and chefs! Each camper will receive a chef hat, apron, and cookbook. Get hungry to learn the art of cooking. \$60 material due to instructor. Sign up for a half day or full day Camp.

Half Day Camp

323202-01	1 week	Mon-Fri	7/6-7/10	9am-12pm	6-11 yrs	\$199
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Full Day Camp

323202-02	1 week	Mon-Fri	7/6-7/10	9am-3pm	6-11 yrs	\$349
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Play-Well Teknologies Camps

Jedi Master Engineering Using LEGO® Materials

Play-Well Teknologies

Seal Beach Tennis Center Activity Room, 3900 Lamoson Ave

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

313054-01	1 week	Mon-Fri	6/29-7/3	1-4pm	6-11 yrs	\$194
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STEM FUNdamentals using LEGO® Materials

Play-Well Teknologies

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Refine your construction skills as you tinker with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts through projects such as: chugging Steamboats, customized Cuckoo clocks, and the historic Wright Flyer. Design and build as never before and explore your craziest ideas.

313057-01	1 week	Mon-Fri	6/29-7/3	9am-12pm	6-11 yrs	\$194
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Robotics using LEGO® WeDo System

Play-Well Teknologies

Fire Station 48 Community Room, 3131 N. Gate Rd

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

313055-01	1 week	Mon-Fri	7/20-7/24	9am-12pm	7-9 yrs	\$194
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Robotics using LEGO® EV3 System

Play-Well Teknologies

Fire Station 48 Community Room, 3131 N. Gate Rd

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

313055-02	1 week	Mon-Fri	7/20-7/24	1-4pm	9-12 yrs	\$194
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Sports Camps

Summer Beach Volleyball Camp **★NEW★**

One Beach Volleyball

8th Street Beach, 8th St & Ocean Ave

Learn to play volleyball or improve your volleyball skills this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. A beginning as well as an intermediate court will be instructed. (Must have 8 registered to run)

333071-01	1 week	Mon-Fri	6/1-6/5	9am-12pm	6-12 yrs	\$250
333071-02	1 week	Mon-Fri	6/8-6/12	9am-12pm	6-12 yrs	\$250
333071-03	1 week	Mon-Fri	6/15-6/19	9am-12pm	6-12 yrs	\$250
333071-04	1 week	Mon-Fri	6/22-6/26	9am-12pm	6-12 yrs	\$250
333071-05	1 week	Mon-Fri	6/29-7/3	9am-12pm	6-12 yrs	\$250
333071-06	1 week	Mon-Fri	7/6-7/10	9am-12pm	6-12 yrs	\$250
333071-07	1 week	Mon-Fri	7/13-7/17	9am-12pm	6-12 yrs	\$250
333071-08	1 week	Mon-Fri	7/20-7/24	9am-12pm	6-12 yrs	\$250
333071-09	1 week	Mon-Fri	7/27-7/31	9am-12pm	6-12 yrs	\$250

Summer Basketball Camp

One on One Basketball, Inc.

McGaugh Gym, 1698 Bolsa Ave

Join our highly-experienced coaching staff this summer for proven instruction and an awesome time. Each day will include fundamental basketball stations, games, and scrimmages as well as a focus on teamwork, good sportsmanship, and maintaining a positive attitude. Full Day includes outside games after lunch, yoga, workout (age based) and extended scrimmaging. All campers receive a 1on1 Camp T-Shirt.

Half Day Camps

323040-01	1 week	Mon-Fri	6/8-6/12	9am-12pm	6-14 yrs	\$150
323040-02	1 week	Mon-Fri	6/15-6/19	9am-12pm	6-14 yrs	\$150
323040-03	1 week	Mon-Fri	6/22-6/26	9am-12pm	6-14 yrs	\$150
323040-04	1 week	Mon-Fri	6/29-7/3	9am-12pm	6-14 yrs	\$150
323040-05	1 week	Mon-Fri	7/6-7/10	9am-12pm	6-14 yrs	\$150
323040-06	1 week	Mon-Fri	7/13-7/17	9am-12pm	6-14 yrs	\$150
323040-07	1 week	Mon-Fri	7/20-7/24	9am-12pm	6-14 yrs	\$150
323040-08	1 week	Mon-Fri	7/27-7/31	9am-12pm	6-14 yrs	\$150

Full Day Camps

323040-09	1 week	Mon-Fri	6/22-6/26	9am-3pm	6-14 yrs	\$250
323040-10	1 week	Mon-Fri	6/29-7/3	9am-3pm	6-14 yrs	\$250
323040-11	1 week	Mon-Fri	7/6-7/10	9am-3pm	6-14 yrs	\$250
323040-12	1 week	Mon-Fri	7/13-7/17	9am-3pm	6-14 yrs	\$250
323040-13	1 week	Mon-Fri	7/20-7/24	9am-3pm	6-14 yrs	\$250
323040-14	1 week	Mon-Fri	7/27-7/31	9am-3pm	6-14 yrs	\$250



TGA Premier Summer Camp

TGA Premier Sports

Edison Park, 99 College Park Dr

TGA Premier Sports offers an unforgettable experience for your camper by combining professional instruction, station-based games and drills, and fun activities. Camps feature Sport Specific STEAM Labs (science experiments, art activities, etc.), Fun All Camp Activities each day, and a Friday Festival and Game Day for friends and family to attend! Learn a new sport or improve your skills and make friends and memories that will last a lifetime. TGA Sports Camps include: Nutritional lunch, snacks and drinks, before/after camp care (8am-5pm, \$8/hr), sports bottle, fun giveaways and awards, specialized sport professionals, low camper to instructor ratio, and a fun, enriching camp environment.

TGA Premier Volleyball

323100-01	1 week	Mon-Fri	6/22-6/26	9am-3pm	5-15 yrs	\$309
323100-02	1 week	Mon-Fri	7/20-7/24	9am-3pm	5-15 yrs	\$309

Junior Tennis Camp

Mickey Yelverton – Academy Coordinator

Seal Beach Tennis Center, 3900 Lampson Ave

- \$199 per week includes SBTC T-shirt
- Daily drop-ins welcome: \$45 per day
- 10% discount for 2nd and 3rd siblings
- 10% discount for 3rd week attended

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

For more information, call (562) 598-8624.

DATES	DAYS	TIME	AGE	PRICE	LOCATION
6/1-6/5	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/8-6/12	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/15-6/19	Wed-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/22-6/26	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
6/29-7/3	Mon-Fri	9am-12pm	6-17 yrs	\$120	SBTC
7/6-7/10	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/13-7/17	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/20-7/24	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC
7/27-7/31	Mon-Fri	9am-12pm	6-17 yrs	\$199	SBTC



Surf Camps

Chas Weekly Surf Camp

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Weekly surf camps for entry level to intermediate surfers of all ages. Held at 1st Street beach, the most consistent and well shaped surf in town. No Class 6/29-7/3

367050-01	1 week	Mon-Fri	6/15-6/19	9am-1pm	All Ages	\$310
367050-02	1 week	Mon-Fri	6/22-6/26	9am-1pm	All Ages	\$310
367050-03	1 week	Mon-Fri	7/6-7/10	9am-1pm	All Ages	\$310
367050-04	1 week	Mon-Fri	7/13-7/17	9am-1pm	All Ages	\$310
367050-05	1 week	Mon-Fri	7/20-7/24	9am-1pm	All Ages	\$310
367050-06	1 week	Mon-Fri	7/27-7/31	9am-1pm	All Ages	\$310
367050-07	1 week	Mon-Fri	8/3-8/7	9am-1pm	All Ages	\$310
367050-08	1 week	Mon-Fri	8/10-8/14	9am-1pm	All Ages	\$310
367050-09	1 week	Mon-Fri	8/17-8/21	9am-1pm	All Ages	\$310

Chas Summer Surf Pass

Chas Wickwire

1st Street Beach, 1st St @ Ocean Ave

Summer passes are good for participation in all camp sessions (Monday-Friday). No Class 6/29-7/3

367051-01	8 weeks	Mon-Fri	6/15-8/21	9am-1pm	All Ages	\$760
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M&M Surfing – 5 Day Surf Camp

M&M Surf Instructors

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. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class. Surfboards and wetsuits are provided.

367061-01	5 days	Mon-Fri	6/1-6/5	8am-12pm	5+ yrs	\$300
367061-02	5 days	Mon-Fri	6/8-6/12	8am-12pm	5+ yrs	\$300
367061-03	5 days	Mon-Fri	6/15-6/19	8am-12pm	5+ yrs	\$300
367061-04	5 days	Mon-Fri	6/22-6/26	8am-12pm	5+ yrs	\$300
367061-05	5 days	Mon-Fri	6/29-7/3	8am-12pm	5+ yrs	\$300
367061-06	5 days	Mon-Fri	7/9-7/10	8am-12pm	5+ yrs	\$300
367061-07	5 days	Mon-Fri	7/13-7/17	8am-12pm	5+ yrs	\$300
367061-08	5 days	Mon-Fri	7/20-7/24	8am-12pm	5+ yrs	\$300
367061-09	5 days	Mon-Fri	7/27-7/31	8am-12pm	5+ yrs	\$300
367061-10	5 days	Mon-Fri	8/3-8/7	8am-12pm	5+ yrs	\$300
367061-11	5 days	Mon-Fri	8/10-8/14	8am-12pm	5+ yrs	\$300
367061-12	5 days	Mon-Fri	8/17-8/21	8am-12pm	5+ yrs	\$300
367061-13	5 days	Mon-Fri	8/24-8/28	8am-12pm	5+ yrs	\$300

M&M Surfing – Surf Passes

M&M Surf Instructors

8th Street Beach, 8th St & Ocean Ave

Summer passes are good for participation in several sessions. 4 week passes are good for up to 4 weeks from the first week of attendance, and 8 week passes are good for up to 8 weeks from the first week of attendance. Don't wait, only 20 spots available for each of these summer passes!

4 Week Pass

367062-01	4 weeks	Mon-Fri	6/1-8/28	8am-12pm	5+ yrs	\$850
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8 Week Pass

367062-02	8 weeks	Mon-Fri	6/1-8/28	8am-12pm	5+ yrs	\$1200
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Senior Services



Painting with Mom

BlueSea Care

Firestation 48 Community Room, 3131 N. Gate Rd

Arts, craft, music and drawing are just a few of the activities we have fond memories of doing with our parents in our youth. Painting with Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement, stimulation, socializing, and most importantly - fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and create awareness to Alzheimers and Dementia. Children age 9 and older are welcome, however only when accompanied by an adult participating in the class. Classes are on the first and third Saturdays, from 10am-12pm.

Apr 4 & 18	May 2 & 16	June 6 & 20	10am-12pm	Seniors	Free
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Medicare 101

Cesar Arteaga

Seal Beach Senior Center, 707 Electric Ave

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

256040-01	1 day	Mon	3/9	1-2pm	64+ yrs	Free
256040-02	1 day	Mon	4/13	1-2pm	64+ yrs	Free

Senior Pinochle Club

Senior Center,

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

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

The Office on Aging

The Office on Aging provides older adults, their families and caregivers with information, referrals and access to agencies and programs that can help them with senior-related services. Services include information and assistance on health, housing, adult day care, legislation, nutrition and transportation, follow-up, and community education to groups serving older adults. Some of the services provided include direct links to service providers throughout the County, translation services available for most languages, and referrals to out-of-county programs. For more information, call their free Information and Referral Line at 1-800-510-2020, open Monday - Friday, 8:00am - 5:00pm.

Free Tax Assistance with AARP

Mondays February 3 - April 13, 2020

Fire Station #48 – Community Room

3131 N. Gate Rd

No available appointments on Mondays 2/24 and 3/2

Free assistance for taxpayers with low-middle income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments taken on a first-come, first-served basis at 8:30am, 9:15am, 10am, 10:45am, and 11:30am. You will meet your tax counselor at Fire Station #48 – Community Room. Call (562) 431-2527 x1344 or x1307 for your free appointment and paperwork today!

Home Delivered Meals

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

In Home Case Management

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



Senior Lunch Program

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



Senior Dial-A-Ride & SNEMT Program in Seal Beach

The Dial-A-Ride component of the Senior Transportation Program is available to transport a senior resident to any location within the City Limits. Trips can be made for reasons such as non-emergency doctor's appointments, and retail/grocery shopping within the City of Seal Beach limits. Trips may be scheduled for services within three miles outside the City limits in Orange County for medical purposes only. The Dial-A-Ride Program operates from 9:00 a.m. to 3:00 p.m. on Mondays, Wednesdays and Fridays. To schedule a Dial-A-Ride trip, please call (562) 439-3699 a minimum of 24 hours in advance.

The County of Orange also operates a program called Senior Non-Emergency Transportation (SNEMT) that is very similar to the City's Dial-A-Ride program. The SNEMT program provides seniors with access to non-emergency trips such as medical appointments, dentists, therapies, exercise programs, testing and other health-related trips. The SNEMT program operates Monday through Saturday from 7:00 a.m. to 4:00p.m. To register for the County of Orange's SNEMT program please call Abrazar at (714) 891-9500. Rides must be scheduled a minimum of 5 days in advance.

Senior Nutrition Program Shuttle

The Senior Nutrition Program Shuttle service provides transportation services to-and-from North Seal Beach Community Center from 8:00a.m. to 4:30p.m., Monday to Friday. For more information and pickup locations, please call (562) 439-3699.

Thursday Shopper Shuttle

The Thursday Shopper Shuttle Pick-up/drop-off locations are at the Leisure World Main Gate and Amphitheater, and will make regular stops at Seal Beach Center (Pavilions) and the Pier. Service will run every from 8:00a.m. to 4:30p.m., every Thursday. For more information, please call (562) 439-3699.



Map & Facilities

Amenity Key Updated December 2012

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



Map not to scale.

Park / Facility

L = Lit U = Unlit i = Indoor

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

5 easy ways to REGISTER TODAY

1 MAIL IN

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

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

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

2 WALK IN

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

3 ONLINE

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

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

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-8763**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

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

Refund Policy

- ▶ Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$10 admin fee for the class you attended.
- ▶ Refund checks will be mailed within three weeks following the request.
- ▶ If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.
- ▶ A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

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

Online Registration begins February 3, 2020.
Walk-in and Mailed Registration begins February 10, 2020.
Please register early to avoid class cancellations.

Recreation Scholarship Program

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



Community Services Department

City of Seal Beach

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

Office Hours

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

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

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

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

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT #70001
LONG BEACH, CA

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



The Little Run With A Big Heart

5K/10K Run & 5K Walk

Kid's Fun Run & Fun Zone

March 28, 2020.

Race Times:

7:30 am – Kids 1K Fun Run
8:00 am – 5K/10K Run
8:05 am – 5K Walk

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+

Registration :

First Early Registration Ends – February 27th, 2020

- 5K Run / 5K Walk – \$35
- 10K Run – \$40
- Kids 1K Fun Run – \$22

Second Early Registration Ends – March 26th, 2020

- 5K Run / 5K Walk – \$40
- 10K Run - \$45
- Kids 1K Fun Run – \$25

Late Registration Ends – March 28th, 2020

- 5K Run / 5K Walk – \$40
- 10K Run - \$45
- Kids 1K Fun Run – \$25

Race Features:

- Registration limited to first 5,500 for 5/10K and 400 for Kids 1K
- 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
- Finisher medals for 5K & 10K events

Race Registration & Packet Pickup:

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

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.

Proceeds From This Event:

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

REGISTER NOW: www.RunSealBeach.com