

Shoreline



City of Seal Beach Classes and Activities • Summer 2020

**Parks
Make
Life
Better!**



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 Finance/City Treasurer	Kelly Telford
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	3-4
Clubs and Organizations	5
Summer Camps	6-11
Preschool and Youth Dance	12
Youth Sports	13
Youth & Adult Special Interest	14
Adult Dance, Fitness, & Sports	15
Surfing	16
Aquatics & Community Pool	17
Tennis and Pickleball	18
Senior Services	19
Map & Facilities	20
Registration Procedures	21
Class Registration Form	22

HOLIDAY CLOSURES

Labor Day – September 7

REGISTER online

SealBeachCa.Gov

Registration is **currently open**.

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

As we ease into June, I'm hopeful that all of us can start reconnecting with the people, places, and activities that we love. Summers in Seal Beach are unmatched and a rite of passage for kids learning how to swim and surf, cookouts with family and friends, and evening strolls through Main Street, the Beach, and the Pier. I recognize that we all need a good dose of those traditions right now.

It seems impossible that we've been in a stay home/save lives condition since March. City staff and your City Council have been working without pause since the pandemic broke, keeping essential services running as the world around us was gripped with fear and the unknown.

I am so grateful for every City employee that has had to adjust the way we provide services during a pandemic in order to fulfill their responsibilities to continue to serve the public and provide the highest level of customer service during very challenging circumstances. I truly appreciate City staff who continue to deliver meals to seniors in need, to our

first responders who risk their health to keep all of us safe, to the public works crews who continue to maintain our beaches, parks, and streets, and to all of the other employees who have had to make daily sacrifices to keep our City moving forward and ensure the seamless provision of essential services to our community.

And I know the past 3 months have significantly impacted each of you in many ways. Our business community and residents have had to endure hardships that few could have predicted just months ago. I am never surprised by the resiliency of our community, especially when considering all that we have been through and recovered from. My staff and I are committed, more than ever, to ensure that we support you in your time of need. There is no doubt our daily lives have been drastically altered by COVID-19, but with our collective patience and perseverance, we not only will survive this historic pandemic, we will be stronger for it.

Even though many of our facilities and lobbies remain closed to the public, City business is being conducted as normally as possible by phone, email, or online. We even created an Ask City Hall portal where you can simply email your questions or concerns to AskCityHall@sealbeachca.gov and we will respond to you within 72 hours. In the meantime, we are implementing safety measures to protect you and our staff when our lobbies and facilities are safe to reopen.

I know I'm not alone in saying that we can't wait to put the pandemic in our rearview – and all the damage that it has done – behind us. Thank you so much for your patience, vigilance, and support. As we emerge from this public health crisis, your City Council and I look forward to working with you in person again - our residents, businesses and stakeholders - to make certain that Seal Beach continues its tradition of excellence.

Respectfully,

Jill R. Ingram
City Manager



Seal Beach Shoreline Summer 2020 Disclaimer:

Due to the uncertain nature of COVID-19 at the time of publication, all programs and events listed in this Summer 2020 Edition of the Shoreline Recreation Guide are subject to change, including cancellations. For more City updates and information, please visit the City's website at sealbeachca.gov. Thank you for your patience and understanding during this difficult time.

Community Services Delivers Meals on Wheels

New Roof for Tennis Center

The Tennis Center Roof Repair Project was completed on March 9, 2020. The Project included replacing the roof of the Tennis Center Locker Room and Clubhouse to extend the life of the building and Locker Room lighting was also replaced to brighten and modernize the interior of the building. The existing Clubhouse tile roof was replaced by a new asphalt shingle roof to ensure water protection of the building and revitalize our beloved Clubhouse.

When the City of Seal Beach declared a local emergency and started implementing policies to help prevent the spread of COVID-19, one of the immediate priorities for the Recreation and Community Services Department was to ensure that seniors continue to have access to daily meals. Before the pandemic, the City had been partnering with the Orange County organization, SeniorServ, to provide a daily lunch for seniors at the North Seal Beach Center, Monday – Friday. Additionally, their Meals on Wheels program had been utilizing volunteers to deliver meals to homes for those who found it difficult to personally come to the community center. Many of these volunteers were active seniors themselves. When the recommendation was given for all seniors to stay home, the City and SeniorServ quickly put together a plan to ensure that everyone continues to receive these nutri-

tious meals, in the safest way possible. The Recreation and Community Services Department staff completely took responsibility for all the regular delivery routes, and follow specific procedures to make sure that all food is packaged, handled, and delivered in a safe and clean manner. For those who regularly came onsite for lunch, they are now receiving a week's worth of meals delivered to them on a weekly basis. If anyone is interested, or knows someone who can benefit from this program, please call SeniorServ at (562) 430-6079.



■ 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

Summer Camps

Anne Pennypacker Camps

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 captivating 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
-----------	--------	---------	-----------	----------	----------	-------

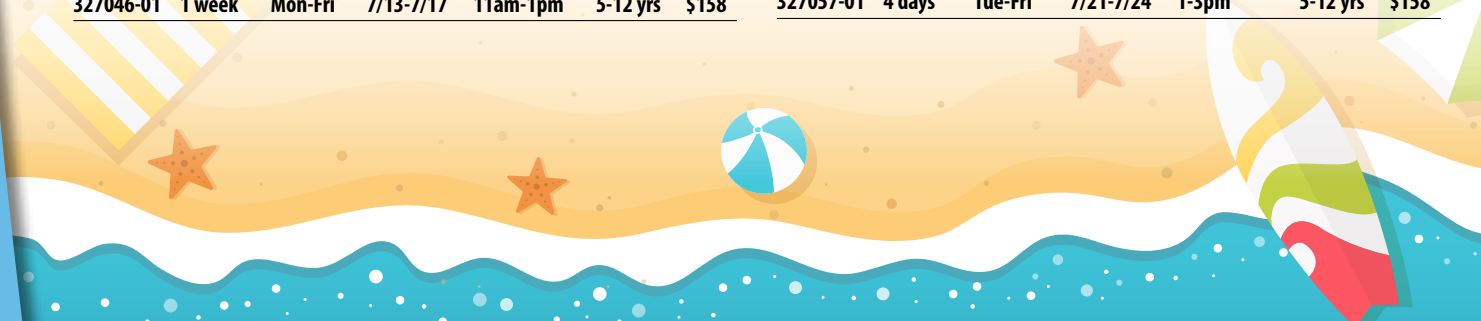
Sensational Seuss Camp ★NEW★

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 camp's 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

Craft Time! Kids Crafts Camp

Paper Crafts and Fiber Arts **★NEW★**

Shelley Williams

Virtual Camp!

Discover what you can create using paper and fibers! This studio will celebrate the crafts that are uniquely created with paper and fiber elements such as magazines, yarn and fabric. Each day kids will create a craft learning the ways and tools to creating crafts using these home elements. The schedule includes: paper mache and silhouette paper art, learning the knots of macramé to create a wall hanger, an introduction to weaving with yarn and completing an art piece using the "Batik" paint process on fabric. We'll finish the week with an art gallery to display all the fine work diligently done throughout the week's discovery of paper crafts and fiber arts! Each craft is designed and taught to support the age and interest of kids enrolled. An interest form will be sent to you prior to class to learn more about your kid(s) to finalize details for a great week of learning and discovery! \$30 Materials Fee due to instructor at the first day of camp. Details will come after enrollment. Must have 8 students to enroll. 327065-01 1 week Mon-Fri 6/29-7/3 9-12pm 6-14 yrs \$164

327065-01 1 week Mon-Fri 6/29-7/3 9-12pm 6-14 yrs \$164

Paints, Inks, and Mixed Media Art **★NEW★**

Shelley Williams

Marina Community Center, Small Room, 151 Marina Dr

An exciting week exploring paints, inks and mixed media form! This studio will tour the ways to create art using acrylic paints, alcohol inks and a combination of art forms and objects to create mixed media art. The schedule of crafts include: marble painting and geometric paintings using acrylic paints, creating a wall art display using non toxic alcohol inks, kids will also learn how to "faux" glass stain jar that'll shine brightly in the sun and finally, create a mixed media art project using upcycled materials, paint and stencils. We'll finish the week with an art gallery to display the great work diligently done throughout the week's discovery of paints, inks and mixed media art! Each craft is designed and taught to support the age and interest of kids enrolled. An interest form will be sent to you prior to class to learn more about your kid(s) to finalize details for a great week of learning and discovery! \$30 Materials Fee due to instructor at the first day of camp.

327066-01 1 week Mon-Fri 7/6-7/10 1-4pm 8-14 yrs \$164

Design and Build **★NEW★**

Shelley Williams

Marina Community Center, Small Room, 151 Marina Dr

In this studio, kids will design and build multiple crafts, using their choice and application skills to elements to create works of art. A variety of crafts presented this week ranging from wood to yarn. The schedule of crafts includes: creating bracelets using yarn and beads with metal finishings, designing wood pieces to create a "DIY Jenga" set and then dive into a mosaic art project a two-day workshop designing ceramic pots. At the end of the week, we'll have an art gallery to display the work so well done throughout the week's discovery of crafts to design and build! Each craft is designed and taught to support the age and interest of kids enrolled. An interest form will be sent to you prior to class to learn more about your kid(s) to finalize details for a great week of learning and discovery! \$30 Materials Fee due to instructor at the first day of camp.

327067-01 1 week Mon-Fri 7/13-7/17 9-12pm 7-14 yrs \$164



O.C. Mad Science Camps

Mad Science – Crazy Chemworks

O.C. Mad Science

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.

Seal Beach Tennis Center Activity Room – 3900 Lampson Ave

327204-03 1 week Mon-Fri 7/27-7/31 9am-12pm 5-12 yrs \$165

Mad Science – Advanced Robotics

O.C. Mad Science

Virtual Camp!

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. Packages will be mailed the previous week to your household for Virtual Programs.

327208-01 1 week Mon-Fri 6/29-7/3 9am-12pm 5-12 yrs \$175



Mad Science – NASA Jr. Astronauts

O.C. Mad Science

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. Packages will be mailed the previous week to your household for Virtual Programs.

Virtual Camp

327200-01 1 week Mon-Fri 7/13-7/17 9am-12pm 5-12 yrs \$165

Seal Beach Tennis Center Activity Room – 3900 Lampson Ave

327200-02 1 week Mon-Fri 7/20-7/24 9am-12pm 5-12 yrs \$165

Mad Science – Science in Action

O.C. Mad Science

Virtual Camp!

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. Packages will be mailed the previous week to your household for Virtual Programs.

327201-01 1 week Mon-Fri 8/3-8/7 9am-12pm 5-12 yrs \$165

Mad Science – Galaxy Defenders

O.C. Mad Science

Virtual Camp!

From the earliest flying machines to the first rocket flights, this week long, hands-on program will give children a bird's eye view of the history and science of flight. Your child will build many different flying devices and explore the science of aerodynamics and flight with the help of Newton's laws. We don't stop there, though, because we're heading out of the atmosphere with a look at rockets and our Galactic neighborhood! \$30 materials fee due the first day of class. Packages will be mailed the previous week to your household for Virtual Programs.

327219-01 1 week Mon-Fri 8/17-8/21 9am-12pm 5-12 yrs \$165

Lift Enrichment Camps

Cooking for Kids: American Favorites ***NEW***

Lift Enrichment Virtual Camp!

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 6-12 yrs \$190



Play-Well Teknologies Camps

STEM FUNDamentals Using LEGO® Materials

Play-Well Teknologies

Virtual Camp!

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, Tree-houses, and Beam Bridges. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

313057-01 1 week Mon-Fri 6/29-7/3 9am-12pm 6-11 yrs \$194

Jedi Master Engineering Using LEGO® Materials

Play-Well Teknologies

Virtual Camp!

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.

313057-02 1 week Mon-Fri 6/29-7/3 1-4pm 6-11 yrs \$194

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

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

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)

333071-06	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. We will also play outside following lunch, do yoga, and age based workouts. Pro-Ration only available if child is sick.

Full Day Camps

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
323040-15	1 week	Mon-Fri	8/3-8/7	9am-3pm	6-14 yrs	\$250
323040-16	1 week	Mon-Fri	8/10-8/14	9am-3pm	6-14 yrs	\$250

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
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

Kids 3-Day Pickleball Camp ★NEW★

Gary Rogers
Seal Beach Tennis Center, 3900 Lampson Ave

Pickleball is a great sport for all ages and a fun sport for Juniors to play. Our pickleball camps are for beginners to intermediate players where you can learn the game or improve your skills. Paddles and balls will be provided each day. 10% discount for siblings in the same weeks.

333046-01	3 days	Tue-Thur	7/14-7/16	1-3pm	7-10 yrs	\$65
333046-01	3 days	Tue-Thur	7/21-7/23	1-3pm	11-14 yrs	\$65
333046-01	3 days	Tue-Thur	7/28-7/30	1-3pm	7-10 yrs	\$65

Co-Sponsored Programs

Status of programs is dependent on city they are located in.

Skateboarding Summer Camp

Skatedogs
El Dorado Park, 2760 N Studebaker Rd

This camp is for all ability levels. Make new friends, play games, win prizes, advance your skills, and have fun! Requirements: A waiver form, a “trick” skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and to learn more about what type of skateboard to bring. No class 7/3

323150-02	1 week	Mon-Fri	6/29-7/2	9am-12pm	5-13 yrs	\$152
323150-03	1 week	Mon-Fri	7/6-7/10	9am-12pm	5-13 yrs	\$189
323150-04	1 week	Mon-Fri	7/13-7/17	9am-12pm	5-13 yrs	\$189
323150-05	1 week	Mon-Fri	7/20-7/24	9am-12pm	5-13 yrs	\$189
323150-06	1 week	Mon-Fri	7/27-7/31	9am-12pm	5-13 yrs	\$189
323150-07	1 week	Mon-Fri	8/3-8/7	9am-12pm	5-13 yrs	\$189
323150-08	1 week	Mon-Fri	8/10-8/14	9am-12pm	5-13 yrs	\$189
323150-09	1 week	Mon-Fri	8/17-8/21	9am-12pm	5-13 yrs	\$189

Skyhawks Basketball Camp

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

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

323183-01	1 weeks	Mon-Thu	6/29-7/2	9-12am	7-12 yrs	\$149
-----------	---------	---------	----------	--------	----------	-------

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.

367050-02	1 week	Mon-Fri	6/29-7/3	9am-1pm	8+ yrs	\$310
367050-03	1 week	Mon-Fri	7/6-7/10	9am-1pm	8+ yrs	\$310
367050-04	1 week	Mon-Fri	7/13-7/17	9am-1pm	8+ yrs	\$310
367050-05	1 week	Mon-Fri	7/20-7/24	9am-1pm	8+ yrs	\$310
367050-06	1 week	Mon-Fri	7/27-7/31	9am-1pm	8+ yrs	\$310
367050-07	1 week	Mon-Fri	8/3-8/7	9am-1pm	8+ yrs	\$310
367050-08	1 week	Mon-Fri	8/10-8/14	9am-1pm	8+ yrs	\$310
367050-09	1 week	Mon-Fri	8/17-8/21	9am-1pm	8+ yrs	\$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).

367051-01	8 weeks	Mon-Fri	6/29-8/21	9am-1pm	8+ yrs	\$760
-----------	---------	---------	-----------	---------	--------	-------

M&M Surfing – Weekly Surf Camps

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 wet-suits are provided.

367061-03	5 days	Mon-Fri	6/15-6/19	8am-2pm	8+ yrs	\$310
367061-04	5 days	Mon-Fri	6/22-6/26	8am-2pm	8+ yrs	\$310
367061-05	5 days	Mon-Fri	6/29-7/3	8am-2pm	8+ yrs	\$310
367061-06	5 days	Mon-Fri	7/9-7/10	8am-2pm	8+ yrs	\$310
367061-07	5 days	Mon-Fri	7/13-7/17	8am-2pm	8+ yrs	\$310
367061-08	5 days	Mon-Fri	7/20-7/24	8am-2pm	8+ yrs	\$310
367061-09	5 days	Mon-Fri	7/27-7/31	8am-2pm	8+ yrs	\$310
367061-10	5 days	Mon-Fri	8/3-8/7	8am-2pm	8+ yrs	\$310
367061-11	5 days	Mon-Fri	8/10-8/14	8am-2pm	8+ yrs	\$310
367061-12	5 days	Mon-Fri	8/17-8/21	8am-2pm	8+ yrs	\$310
367061-13	5 days	Mon-Fri	8/24-8/28	8am-2pm	8+ yrs	\$310



M&M Surfing – Surf Camp 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 day of attendance, and 8 week passes are good for up to 8 weeks from the first day of attendance. Half Day Camp Packages are 8am – 12pm, and Full Day Camp Packages are 8am – 2pm. Don't wait, only 20 spots available for each of these summer passes!

Half-Day, 4-Week Pass

367062-01	4 weeks	Mon-Fri	6/15-8/28	8am-12pm	8+ yrs	\$600
-----------	---------	---------	-----------	----------	--------	-------

Half-Day, 8-Week Pass

367062-02	8 weeks	Mon-Fri	6/15-8/28	8am-12pm	8+ yrs	\$750
-----------	---------	---------	-----------	----------	--------	-------

Full-Day, 4-Week Pass

367063-01	4 weeks	Mon-Fri	6/15-8/28	8am-2pm	8+ yrs	\$650
-----------	---------	---------	-----------	---------	--------	-------

Full-Day, 8-Week Pass

367063-02	8 weeks	Mon-Fri	6/15-8/28	8am-2pm	8+ yrs	\$850
-----------	---------	---------	-----------	---------	--------	-------

M&M Surf + Marine Biology Camp

M&M Surf

8th Street Beach, 8th St & Ocean Ave

Come join us for a marine biology adventure! Includes surfing, boogie boarding, beach games and hands on experiments and activities to learn about the marine environment. We will explore life cycles of marine invertebrates, complete bird surveys, examine plankton, and much more!

367065-01	1 week	Mon-Fri	6/22-6/26	8am-3pm	5-18 yrs	\$375
367065-02	1 week	Mon-Fri	7/20-7/24	8am-3pm	5-18 yrs	\$375
367065-03	1 week	Mon-Fri	8/3-8/7	8am-3pm	5-18 yrs	\$375

M&M Marine Biology Camp

M&M Surf

8th Street Beach, 8th St & Ocean Ave

Come join us for a marine biology adventure! Includes beach games, hands on experiments, and activities to learn about the marine environment. We will explore life cycles of marine invertebrates, complete bird surveys, examine plankton, and much more!

367066-01	1 week	Mon-Fri	6/22-6/26	1:30-3pm	5-18 yrs	\$150
367066-02	1 week	Mon-Fri	7/20-7/24	1:30-3pm	5-18 yrs	\$150
367066-03	1 week	Mon-Fri	8/3-8/7	1:30-3pm	5-18 yrs	\$150

Preschool & Youth Dance

Music & Movement

Danuta Klimczak

Seal Beach Senior Center, 707 Electric Ave

Designed to provide a positive and 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 7/3

311061-01	5 weeks	Fri	7/10-8/7	10-10:50am	2yrs	\$72
311061-02	5 weeks	Fri	7/10-8/7	11-11:50am	3-4yrs	\$72

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!"

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

322023-02	4 weeks	Tue	7/14-8/4	4:30-5pm	2.5-5 yrs	\$58
-----------	---------	-----	----------	----------	-----------	------

Marina Community Center, 151 Marina Dr

322023-04	4 weeks	Tue	7/14-8/4	9-9:30am	2.5-5 yrs	\$58
-----------	---------	-----	----------	----------	-----------	------

Ballet & Tap Combo

Anne Pennypacker

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

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

322021-02	4 weeks	Tue	7/14-8/4	5-5:45pm	4-7 yrs	\$58
-----------	---------	-----	----------	----------	---------	------

Marina Community Center, 151 Marina Dr

322021-04	4 weeks	Thu	7/16-8/6	5:30-6:15pm	5-10 yrs	\$58
-----------	---------	-----	----------	-------------	----------	------

Hip Hop Tots!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class.

322027-02	4 weeks	Thu	7/16-8/6	9-9:30am	2.5-5 yrs	\$58
-----------	---------	-----	----------	----------	-----------	------

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.

322019-02	4 weeks	Thu	7/16-8/6	3:45-4:30pm	5-12 yrs	\$58
-----------	---------	-----	----------	-------------	----------	------

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!

322016-02	4 weeks	Thu	7/16-8/6	4:30-5pm	4-6 yrs	\$58
-----------	---------	-----	----------	----------	---------	------

More Camps and Classes with Miss Anne are TBD. Please check on register.sealbeachca.gov for all updated classes and programs.



Coed Indoor 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.

333060-02 3 weeks Mon&Wed 7/6-7/29 3:15-5:15pm 9-13 yrs \$190

Youth Beach Volleyball – Saturdays

One Beach
5th Street Beach Volleyball Courts

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

333072-02 4 weeks Sat 7/11-8/1 9am-10:15am 8-13 yrs \$200

333072-03 4 weeks Sat 8/9-8/8 9am-10:15am 8-13 yrs \$200

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!

323995-02 5 weeks Tue 7/28-8/25 6-6:30pm 2-3.5 yrs \$97



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. All participants will receive a Kidz Love Soccer jersey!

323996-02 5 weeks Tue 7/28-8/25 5:20-5:50pm 3.5 yrs \$97

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.

323997-02 5 weeks Tue 7/28-8/25 4:45-5:20pm 4 yrs \$97

Soccer 1: Techniques & Teamwork

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

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

323998-02 5 weeks Tue 7/28-8/25 4-4:45pm 5-6 yrs \$97

Kidz Love Soccer Virtual Classes

Kidz Love Soccer
Heather Park, Heather St & Lampson Ave

Mommy/Daddy & Me Soccer

323999-01 4 weeks Sat 7/11-8/1 9-9:30am 2-3.5 yrs \$50

323999-02 4 weeks Sat 8/8-8/29 9-9:30am 2-3.5 yrs \$50

Tot Soccer

323999-03 4 weeks Sat 7/11-8/1 9:40-10am 3.5-4 yrs \$50

323999-04 4 weeks Sat 8/8-8/29 9:40-10am 3.5-4 yrs \$50

Pre Soccer

323999-05 4 weeks Sat 7/11-8/1 10:20-10:10am 4-5 yrs \$50

323999-06 4 weeks Sat 8/8-8/29 10:20-10:10am 4-5 yrs \$50

Soccer 1

323999-07 4 weeks Sat 7/11-8/1 11-11:30am 5-6 yrs \$50

323999-08 4 weeks Sat 8/8-8/29 11-11:30am 5-6 yrs \$50

Soccer 2

323999-09 4 weeks Sat 7/11-8/1 11:40-12:10pm 7-10 yrs \$50

323999-10 4 weeks Sat 8/8-8/29 11:40-12:10pm 7-10 yrs \$50

Youth & Adult Special Interest

Wood Sign Party

Shelley Williams

Firestation 48 Community Room, 3131 N. Gate Rd

Learn how to make a wood sign from the beginning to end and then on to your wall! You'll be guided through the steps to designing your wood sign including, painting your 11x14 pine wood, applying your stencil, adding embellishments and ribbon to finish it off. You'll choose from three quotes: "Grateful, Thankful, Blessed; Faith, Family, Love" and "Hope is the Anchor of My Soul." Pick your paints and let's design! Time moves fast and smiles last long! Learn the technique and you'll be on your way to designing many wood signs for family and friends. All materials are provided and participants will have access to the tools to design their signs. \$15 Material Fee due to the instructor.

327068-01	1 day	Sat	7/18	1-4pm	14+ yrs	\$65
327068-02	1 day	Sat	8/1	1-4pm	14+ yrs	\$65

Hot Process Soapmaking ★NEW★

Shelley Williams

Firestation 48 Community Room, 3131 N. Gate Rd

Learn the craft of hot process soapmaking in this workshop! Walk away with 1/2 pound of soap ready to cure and use within days! Soapmaking involves "saponification" the product of oils and butters heated together with lye. In this workshop, you'll be taken step by step in creating soap. You'll melt your oils and butters using a crock pot, learn the correct ratios to mix your water with lye, and be taught how to blend your elements together correctly to create a trace. At the end of our workshop, you'll add your soap mixture to a silicon soap mold- yours to keep- and let "cure" to harden into soap. You must be 16+ older for this course and sign a waiver. You will receive all materials and instructions, and be provided with the soap recipe to continue making soap at home. A very fun workshop that ends with successfully learning a new skill to continue practicing at home. \$15 Material Fee due to the Instructor first day of class.

327069-01	1 day	Sat	7/25	11am-1pm	16+ yrs	\$65
327069-02	1 day	Sat	8/22	11am-1pm	16+ yrs	\$65

**Register
online
at
register.sealbeachca.gov**

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. \$10 book fee payable to instructor at class meeting. There will be a 45 min lunch break, please bring a sack lunch.

346031-01	1 day	Sat	7/11	9am-3:30pm	16+ yrs	\$60
-----------	-------	-----	------	------------	---------	------

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

322090-02	1 day	Fri	7/10	4-5:30pm	10+ yrs	\$25
322090-03	1 day	Fri	8/7	10-11:30am	10+ yrs	\$25

Senior Center, 707 Electric Ave

322090-05	1 day	Fri	7/24	4-5:30pm	10+ yrs	\$25
322090-06	1 day	Fri	8/21	4-5:30pm	10+ yrs	\$25

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.

336096-01	8 weeks	Sat	7/11-8/29	9am-12pm	16+ yrs	\$94
-----------	---------	-----	-----------	----------	---------	------

Adult Sports League

Adult Basketball and Softball Leagues for the City of Seal Beach will begin when it is deemed safe to do so.

Please stay up to date by going to the City's website at www.sealbeachca.gov.



Adult Dance

Latin Dance

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Caliente! Spice up your next time on the dance floor with hot moves from Salsa, Cha Cha, Rumba, and more!

342019-01 4 weeks Thu 7/16-8/6 6:30-7:15pm 18+ yrs \$58

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.

342026-02 4 weeks Thu 7/16-8/6 7:15-8pm 18+ yrs \$58

Adult Fitness & Sports

Adult Beach Volleyball – Saturdays

One Beach

5th Street Beach Volleyball Courts

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

333070-02 4 weeks Sat 7/11-8/1 10:30am-12pm 16+ yrs \$200

333070-03 4 weeks Sat 8/8-8/29 10:30am-12pm 16+ yrs \$200

Beginning T'ai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

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

342073-02 5 weeks Mon 8/3-8/31 6:40-7:40pm 16+ yrs \$60

Intermediate T'ai Chi Chih

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience mindfulness and peace within.

342077-02 5 weeks Mon 8/3-8/31 5:30-6:30pm 16+ yrs \$60



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 7/4

342044-02 7 weeks Mon/Wed/Fri/Sat 7/13-8/29 6-7pm 13+ yrs \$70

Aikido for Adults

Steve Wasserman

North Seal Beach Center, 3333 Saint Cloud Dr

This course focuses on the martial art of "Aikido" self-defense. Due to the current state of affairs our community is dealing with at this time and the limited summer schedule of two months, our classes will be only focusing the weapons of Aikido, no physical one-on-one contact at this time. All current city and county health department laws will be followed and adjusted accordingly which will be subject to change. Students will learn the principles of; strikes, blocks, blending with your opponent, dojo safety, self-defense awareness, and the different weapon kata forms. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own. There will be no belt testing at this time. All students that attend the classes must have the ability to raise and strike with movements above your head with full body movement, and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9-10:30am.

342050-01 13 weeks Mon/Wed/Sat 7/6-8/29 7:30-9:30pm 18+ yrs \$75

Surfing



M&M Surfing Lessons

M&M Surf Instructors

8th Street Beach, 8th St & Ocean Ave

These Summer surf lessons are on-going from June 1 – August 30. The more lessons you sign up for, the more you save! Register through the Community Services Office or online at register.sealbeachca.gov. After registration, please contact M&M Surfing at (714)846-7873 or email mm@surfingschool.com to schedule your lesson(s). Each registration is limited to one individual, so please register accordingly if you would like to sign up multiple people. Lessons must be completed within 90 days of registration.

3-HOUR GROUP LESSONS

1-day lesson

367063-01	1 day	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$90
-----------	-------	---------	-----------	----------	--------	------

2-day lessons

367063-02	2 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$170
-----------	--------	---------	-----------	----------	--------	-------

3-day lessons

367063-03	3 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$240
-----------	--------	---------	-----------	----------	--------	-------

4-day lessons

367063-04	4 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$265
-----------	--------	---------	-----------	----------	--------	-------

5-day lessons

367063-05	5 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$300
-----------	--------	---------	-----------	----------	--------	-------

1-HOUR GROUP LESSONS

367064-01	1 lesson	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$80
-----------	----------	---------	-----------	----------	--------	------

1-HOUR PRIVATE LESSONS

1-day lesson

367068-01	1 day	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$115
-----------	-------	---------	-----------	----------	--------	-------

2-day lessons

367068-02	2 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$230
-----------	--------	---------	-----------	----------	--------	-------

3-day lessons

367068-03	3 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$325
-----------	--------	---------	-----------	----------	--------	-------

4-day lessons

367068-04	4 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$420
-----------	--------	---------	-----------	----------	--------	-------

5-day lessons

367068-05	5 days	Mon-Sun	6/15-8/30	8am-11am	8+ yrs	\$500
-----------	--------	---------	-----------	----------	--------	-------

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 8+ yrs. Held at 1st Street beach, the most consistent and well shaped surf in town.

367050-02	1 week	Mon-Fri	6/29 - 7/3	9am-1pm	8+ yrs	\$310
367050-03	1 week	Mon-Fri	7/6-7/10	9am-1pm	8+ yrs	\$310
367050-04	1 week	Mon-Fri	7/13-7/17	9am-1pm	8+ yrs	\$310
367050-05	1 week	Mon-Fri	7/20-7/24	9am-1pm	8+ yrs	\$310
367050-06	1 week	Mon-Fri	7/27-7/31	9am-1pm	8+ yrs	\$310
367050-07	1 week	Mon-Fri	8/3-8/7	9am-1pm	8+ yrs	\$310
367050-08	1 week	Mon-Fri	8/10-8/14	9am-1pm	8+ yrs	\$310
367050-09	1 week	Mon-Fri	8/17-8/21	9am-1pm	8+ yrs	\$310

M&M Surfing – Weekly Surf Camps

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.

367061-03	5 days	Mon-Fri	6/15-6/19	8am-2pm	8+ yrs	\$310
367061-04	5 days	Mon-Fri	6/22-6/26	8am-2pm	8+ yrs	\$310
367061-05	5 days	Mon-Fri	6/29-7/3	8am-2pm	8+ yrs	\$310
367061-06	5 days	Mon-Fri	7/9-7/10	8am-2pm	8+ yrs	\$310
367061-07	5 days	Mon-Fri	7/13-7/17	8am-2pm	8+ yrs	\$310
367061-08	5 days	Mon-Fri	7/20-7/24	8am-2pm	8+ yrs	\$310
367061-09	5 days	Mon-Fri	7/27-7/31	8am-2pm	8+ yrs	\$310
367061-10	5 days	Mon-Fri	8/3-8/7	8am-2pm	8+ yrs	\$310
367061-11	5 days	Mon-Fri	8/10-8/14	8am-2pm	8+ yrs	\$310
367061-12	5 days	Mon-Fri	8/17-8/21	8am-2pm	8+ yrs	\$310
367061-13	5 days	Mon-Fri	8/24-8/28	8am-2pm	8+ yrs	\$310



Community Pool

All operations, classes, and programs at the McGaugh Pool will be dependent on the status of the City's re-opening plan amid the COVID-19 Pandemic.

**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 Lap Swim: Open June 15

1. Monday – Friday, 9:00am-5:00pm. Limit of 8 people in the pool, 1 in each lane, and 2 in the narrows.
2. Online signups – Swimmers that are current pass holders will be allowed to reserve 3 one hour blocks each week. Sign ups will open each week on Thursday at 5:00pm for the following week.
3. Lap swimmers will enter the facility at the normal gate. They will scan their pass and move to the benches. Once the hour is over swimmers will leave from the southern most gate.
4. All pass holders can reserve online at register.sealbeachca.gov

Swim Lessons at McGaugh

Please check with the Pool Office for any updates regarding swim lessons offered at the Pool.

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

Deep Water Aerobics

Cheryl von der Hellen

McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You will burn calories while improving endurance, flexibility, and strength. You must purchase your own buoyancy cuffs to participate in class. Cuffs can be purchased online at: www.hydrofit.com (classic or easy-close Hydro-Fit cuffs). These are the preferred cuffs. This class fills up fast so sign up early!

344010-02 5 weeks Mon&Wed 7/6-9/9 5:30-6:30pm 18+ yrs \$70

2020 Seal Beach Junior Lifeguard Program – Cancelled

The Junior Lifeguard Program will be postponed until Summer 2021.
We would like to invite all families to sign up for this great program next year!





Tennis and Pickleball

All operations, classes, and programs at the SBTC will be dependent on the status of the City's re-opening plan amid the COVID-19 Pandemic.

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.

Regular Public Hours:

Monday – Friday: 12 pm – 9:30 pm

Saturday & Sunday: 12 pm – 5:30pm

REGISTER  SealBeachCa.Gov

Youth Beginning Pickleball 7-10 yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333044-02	7/10-7/31	Fri	4pm-5pm	\$60	SBTC
333044-03	8/7-8/28	Fri	4pm-5pm	\$60	SBTC

Teen Beginning Pickleball 11-15 yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333045-02	7/10-7/31	Fri	5pm-6pm	\$60	SBTC
333045-03	8/7-8/28	Fri	5pm-6pm	\$60	SBTC

Tiny Tots Tennis 4-5 yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333035-02	7/8-7/29	Wed	11:30am-12pm	\$45	SBTC
333035-03	8/5-8/26	Wed	11:30am-12pm	\$45	SBTC

Beginning Pickleball 16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333040-02	7/11-8/1	Sat	10:30am-12pm	\$99	SBTC
333040-03	8/8-8/29	Sat	10:30am-12pm	\$99	SBTC

Adult Beginning Tennis 18+ yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333030-02	7/8-7/29	Wed	10:30am-11:30am	\$84	SBTC
333030-03	8/5-8/26	Wed	10:30am-11:30am	\$84	SBTC

Intermediate Pickleball 16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333043-02	7/11-8/1	Sat	12:30pm-2pm	\$99	SBTC
333043-03	8/8-8/29	Sat	12:30pm-2pm	\$99	SBTC

Senior Services



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.

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 Congregate Meals

Before the pandemic, the City had been partnering with the Orange County organization, SeniorServ, to provide a daily lunch for seniors at the North Seal Beach Center, Monday – Friday. When the recommendation was given for all seniors to stay home, the City and SeniorServ quickly put together a plan to ensure that everyone continues to receive these nutritious meals, in the safest way possible. The Recreation and Community Services Department is now assisting Senior Serv and delivering five prepared meals to each of these seniors on a weekly basis. For more information about this program, please call SeniorServ at (562) 430-6079.

All Senior Nutrition and Ride programs listed on this page are amended during the COVID-19 Pandemic. Please contact the respective organizations to find out more information.

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 (562) 430-6079.

Senior Transportation

Effective June 1, 2020, the City of Seal Beach Senior Transportation Services will be provided by California Yellow Cab. This service change was a result of the unexpected closure of the Keolis' Orange County facility, which was contracted to operate the City's senior shuttle and dial-a-ride program. The Keolis Orange County facility is scheduled to close on May 31, 2020.

As a result, the Thursday Shopper Shuttle Service and Senior Nutrition Shuttle/Rossmoor/North Seal Beach Community Center will be suspended until further notice; however, the Dial-a-Ride services will be expanded as follows with California Yellow Cab:

- Operating hours are Monday through Friday, 7:30a.m. to 2:30p.m.
- Reservations must be made 24-hours in advance by calling toll free (877) 224-8294. Reservations made less than 24-hours in advance cannot be guaranteed.
- Only registered eligible riders can partake in this service. To be eligible, the rider must be a Seal Beach resident 60 years and older.
- To confirm whether you are already registered, please call California Yellow Cab - Melissa Gomez or Cristina Valle at (714) 427-2555
- To register as a new rider, please contact Iris Lee at (562) 431-2527 x1322, or ilee@sealbeachca.gov.
- There is no cost to use this service.
- Transportation services will be provided to any location within City limits, and up to three (3) miles outside City limits and within Orange County for non-emergency medical purposes. Users may also elect to go to the VA Hospital in Long Beach.

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: Community Services
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.

Registration for Recreational Classes begin on May 4, 2020.
See page 23 for registration info for the Aquatics Programs.

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.



ACTIVITY REGISTRATION FORM

4 Ways to Register! 1. Walk In 2. Mail 3. Email 4. Online: register.sealbeachca.gov

Head of Household Name: _____

Participant Name	Birth Date*	Activity #	Activity Title	\$ Fee
				\$
				\$
				\$
				\$
				\$
				\$
				Total Fee: \$

*Birth date determines eligibility for age-specific classes.

Method of Payment:	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check #: _____ (Payable to: City of Seal Beach)
<input type="checkbox"/> Visa/Mastercard Credit Card #:	_____ Exp. Date: _____
Signature: _____	Total Fees: \$ _____

If Applicable: New Household or Updated Information to Existing Household	
Address: _____	City: _____ State: _____ Zipcode: _____
Home Phone: _____	Cell Phone: _____
Email Address: _____	
Emergency Contact: _____	Phone: _____

If Applicable: Declaration of Legal Guardianship of Minor	
I declare, under penalty of perjury under the laws of the State of California, that I am the parent or legal guardian of Minor. I further declare that I shall indemnify and hold harmless the City of Seal Beach from and against any and all Claims resulting from, incident to, or arising out of Minor's participation in the event/class, any and all risks assumed by Minor and me above, and/or the breach of any promises, covenants, and/or representations made by me herein and/or in the below Release.	
Signature: _____	Printed Name: _____
Parent/Legal Guardian	Parent/Legal Guardian

Waiver, Release, Hold Harmless, Photo Release, and Agreement Not to Sue	
I fully understand that my (or my child's) participation in the above activity exposes me (or my child) to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this event/class and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Seal Beach, its officers, employees, agents and volunteers, for any injury, death or damage to or loss of personal property arising out of, or in connection with, my (or my child's) participation in the event/class from whatever cause, including the active or passive negligence of the City of Seal Beach, its officers, employees, agents and volunteers or any other participants in the event/class. In case of emergency, I give my permission for emergency medical treatment. The parties to this AGREEMENT understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision. In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless City of Seal Beach, its officers, employees, agents and volunteers from any and all claims, demands actions or suits arising out of or in connection with my participation in the event/class. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. I have carefully read this Release, Hold Harmless and Agreement Not to Sue and full understand its contents. I am aware that it is a full release of all liability, and sign it on my own free will.	

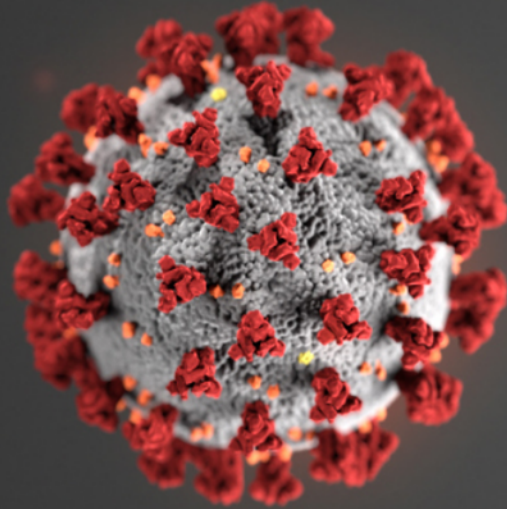
Signature/Parent or Guardian (If under age 18): _____ **Date:** _____

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

For City updates and info regarding COVID-19,
Visit: **sealbeachca.gov**



City of Seal Beach COVID-19 Update

Featuring:

- Ask City Hall
- City's Response to COVID-19
- Status of Community Services
- Public Safety Response
- Local Business Support
- Business/Employee Resources
- State/County Responses
- Senior Resources
- FAQs
- Mask and Glove Safety Tips
- Street Sweeping/Trash Pickup
- Press Releases

