

Shoreline



City of Seal Beach Classes and Activities • Winter 2019-20



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

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Gloria Harper
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Director of Finance/City Treasurer	Victoria Beatley
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*

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HOLIDAY CLOSURES

Thanksgiving – November 28 & 29

Christmas & New Years – Dec 23-Jan 1

Martin Luther King, Jr. Day – January 21

President's Day – February 18

REGISTER online

SealBeachCa.Gov

Online Registration Begins:
November 4

Walk-in and Mail Registration Begins:
November 12

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 close out yet another great year in Seal Beach, it seems appropriate to revisit a few of our significant accomplishments over the past year to highlight the many efforts of City staff and the stewardship of the City Council. This past March, the City Council and executive staff hosted a strategic planning workshop that was open to the public and centered on the development of objectives that were within the parameters of the City's three-year goals:

- Improve Economic Development While Balancing Quality of Life
- Achieve Short and Long Term Fiscal Sustainability and Implementation and Monitoring of Measure BB
- Improve and Maintain the Infrastructure and Facilities
- Attract, Develop, Compensate and Retain Quality Staff
- Preserve Public Safety Services

One of the more monumental objectives Council and staff set out to perform was to commemorate the opening of the end of the City's historic pier. Completing

the pier improvement project was a testimonial in patience and perseverance that eventually led to a ribbon cutting which formally announced to residents and visitors that the entire pier was open. The Council and staff now look forward to engaging with the public to determine what, if any, type of establishment should be located at the end of the pier.

Also, this year, the City welcomed five new police officers to the police department, as well as the establishment of a Leisure World investigator and two officers assigned to the police sub-station at the pier. These additions were a result of the community's support of Measure BB and the leadership of the City Council. These improvements to public safety will ensure that our neighborhoods continue to be safe and that our men and women of the police department have the resources they need to be successful.

On behalf of the City Council and City staff team, I would like to thank and congratulate Police Chief Joe Miller on his retirement, after more than

31 years serving the Seal Beach police department (the last 3 years as chief). His commitment to the Seal Beach community cannot be quantified in this brief message and yet his leadership values will endure and continue to be the standard for many generations of law enforcement officers to follow.

Finally, I would like to congratulate the City's new police chief, Phil Gonshak, a 20-year police veteran who will undoubtedly carry the tradition of integrity that is the hallmark of the Seal Beach police department. His vast experience and respectful leadership will pay dividends for this community and I look forward to working with Chief Gonshak to carry out the mission of the City Council.

Wishing you the best this holiday season!

Jill R. Ingram
City Manager

Library Programs at Mary Wilson Library (707 Electric Avenue)

ADULT PROGRAMS:

A Book Club with No Meetings

Join our "Book Club with No Meetings". Stop by the display and check out the current title. Complete a bookmark survey for an opportunity drawing which will occur on the 1st of the month.

Get Stitched – 1st Tuesday at 5pm

Slow down and de-stress with hand stitching. Use one of our supplied projects or bring your own.

Crafts for Adults – 2nd Tuesday at 2pm

Enjoy our monthly craft workshop. Supplies provided; you bring the creativity! Please call library to RSVP.

Culinary Book Club – 3rd Tuesday at 6pm

Check out the latest book and enjoy themed refreshments. Pick up this month's title at the library.

Movie Discussion Group – 4th Tuesday at 2pm

Check out this month's movie at the library to watch at home then meet to discuss your thoughts.

Book Discussion Group – 4th Thursday at 10am

Check out this month's book selection and then meet to discuss your thoughts over coffee and donuts.

Bingo! – 5th Tuesday special event. December 31st at 3pm

We celebrate a rare 5th Tuesday with some bingo fun. Join us for laughs and prizes.

Movie and Craft December 7th at 2pm

We will be making chocolate treats while we watch the movie *Chocolat* (PG13)

Guided Autobiography February 2, 10, 24 and March 2, 9 from 2:30-4:30pm

Are you 55+ and looking for a way to make a record of your life story? In this interactive class you will learn the tools for recalling and writing your own life story. A four week class with new life story topics assigned each week. Call library for more information and to reserve your spot.

TEEN ADVISORY BOARD MEET UPS:

Thursdays 12/6 & 2/6 5:30 – 6:45pm

December: Annual Weird White Elephant Gift Exchange + DIY Sharpie Tile Coasters

February: Candy Sushi: Taste Test Challenge

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.

CHILDREN'S PROGRAMS:

Storytime Vacation: December Winter Storytime Session: Mondays & Tuesdays at 10:30 am & 11:30 am 1/6 – 3/31 (not 1/20, 2/17)

Blankets & Buddies Storytime

Come to our special stuffed animal themed story times on Monday 1/6 and Tuesday 1/7. Leave your stuffed friend overnight in the library, and receive a photo album depicting all of their adventures at our annual sleepover!

Stuffed Animal Sleepover Drop Off:

Monday 1/6 & Tuesday 1/7: 10am – 7pm • **Pickup:** Thursday 1/9 or after

Read with Friends: Wednesdays at 3pm

Do you miss story time? Join our picture book club for beginning readers! Check out the book a month before the meeting, or drop in and read along with us during the program. Enjoy a book discussion, themed activity, and craft. Therapy dog Lily will be available for cuddles as well. Grades K-2.

December 18: Picture Book to Movie + DIY Gingerbread Slime

January 22: Ice Age Tales + Arctic Excavation Activity

February 26: Get Active with a Picture Book + Leaping Leap Year Activity

Mars Colony Build: Saturday, December 21: Between 2pm – 4pm

We're bringing Mars to the library! All ages are welcome to join us for a presentation and work together to construct a model colony on Mars. Presented by JPL's *Solar System Ambassador* Isobel Tweedt.

Happy 'Noon' Year's Eve:

Tuesday, December 31 from 11am – Noon

For the little ones who may not make it to the New Year's Eve ball drop! Make noisemakers and party hats, play games, and dance to music from the library's *Freegal* app.

At noon, release a balloon drop and celebrate the "Noon Year!"

Interactive Movie Night: Thursday, January 2 at 5pm

Labyrinth (PG) More than just a movie showing, audiences participate! Come "Chilly Down" with us, and take part in the action with props, sound effects, cosplay, and a whole lot of fun or just sit back and enjoy this 80's cult favorite film by Jim Henson.

Back to Bach: Chamber Music for Children Saturday, January 11 at 2pm

Come listen and learn from the young musicians from OCHSA (Orange County High School of the Arts). Through performance, audience participation, and testimonials, these talented musicians will inspire your child to appreciate all forms of music and achieve their goals. Play the wheel of music quiz and earn prizes! All ages.

Kids' Craft Days Saturdays 12/7, 1/4, 2/1 10am – 4pm

December: Winter Solstice Crafts

January: Year of the Rat: Lunar New Year Crafts

February: Penny Spinners

Lego Days: 12/6, 1/2, & 2/6

4-5pm

City Manager Appoints New Police Chief And Bids Farewell To Chief Joe Miller



The City of Seal Beach has appointed a 20-year law enforcement veteran to serve as Chief of Police for the Seal Beach Police Department effective December 1, 2019.

Commander Phil Gonshak, a member of the Seal Beach Police Department since 2007, will succeed Chief Joe Miller who retires at the end of November.

A native of Phoenix, Arizona, Commander Gonshak started his career with the Tempe, Arizona Police Department in 2000. Since joining the Seal Beach Police Department, he has served in the capacities of police officer, corporal, sergeant and commander where he has had a variety of assignments in patrol, field training, special investigations, narcotics, and SWAT operator and sniper.

Additionally, he is currently serving as West County SWAT Commander for a regional team which serves the cities of Seal Beach, Cypress, Los Alamitos, Westminster, and Fountain Valley.

Commander Gonshak has a bachelor's degree in Business Administration, a POST Management Certificate, as well as a master's degree in Public Administration, all from California State University, Long Beach (CSULB). Furthermore, he is a graduate of the Sherman Block Supervisory Leadership Institute's Class #384, the Los Angeles Police Department's West Point Leadership Program, and the FBI National Academy Class #260.

Commander Gonshak and his family live in Seal Beach. During his spare time, he enjoys spending time with his wife, three daughters and two-year-old grandson as well as teaching public administra-

tion courses as an adjunct professor at CSULB.

"Being appointed to serve as Seal Beach's next Chief of Police is certainly the highlight of my career," Commander Gonshak said. "I'm extremely grateful for the trust and confidence I've been given by City Manager Jill Ingram, the City Council, and my colleagues at the police department. I am looking forward to continuing to serve and protect our community in this new role."

The City is bidding farewell to current Police Chief Joe Miller during the regular City Council meeting of December 9. Chief Miller is retiring after more than 31 years of exemplary leadership and service with the Seal Beach Police Department. During his nearly three-year tenure as Chief, he gained the confidence, respect and support of the City Council, City Manager, City staff, police department, and community. Under his leadership, Seal Beach Police Department operations benefited from improvements that included enhanced community-based policing such as the creation of the COP Team, the Leisure World Investigator, and the establishment of five new police officer positions as a result of the community's support of Measure BB.

A separate announcement will be forthcoming regarding the new Chief of Police Badge Pinning/Swearing-In Ceremony later this year.

For more information, please contact Assistant City Manager Patrick Gallegos at (562) 431-2527 ext.1308.



Winter Sand Berm

The winter sand berm is an annual berm that is built the entire length of east beach. It helps protect public and private property from large storm and wave run up that occurs due to the intensity of winter swells and storms. The berm is built in November, and typically taken down after the storm season has subsided, usually sometime in the beginning of April.

■ 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	Maureen Pekar – (562)235-3001
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

R.F. Dickson (800) 573-3222

■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
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
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■ COMMUNITY SERVICES DEPARTMENT

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



City of Seal Beach- Community Services



SealBeachRec

christmas tree lighting

TREE ORNAMENT FORM

Get your personalized gift tag to be placed on our tree! These tags are sold to fund the tree. Tags are made out to the Seal Beach Community; you personalize who it's from. **Example:** From the friendly Seal Restaurant on Main Street, or From the Miller Family, in Support of Fighting Breast Cancer.

* Specify tag (check one):

Large gift tag (15" x 9")



Snowflake (9" x 12")



Small circle (7" x 7")



Tag designated from:

DEADLINE
NOV. 1

REQUESTED
DONATION

\$100 Large Gift Tag
\$75 Snowflake
\$25 Small Circle

Phone:

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Name:

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Address:

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City, State, ZIP code:

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Email:

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

Number: _____ Exp. _____

Authorized Signature: _____

*Design and color subject to change Seal Beach Chamber of Commerce | 201 8th Street Ste. 110 | Seal Beach CA 90740 | 562.799.0179 | sealbeachchamber.org

FREE TAX ASSISTANCE

Mondays February 3 - April 13, 2020
Fire Station #48 – Community Room
3131 N. Gate Rd

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 x1339 for your free appointment and paperwork today!

November 23 Tree Lighting Ceremony

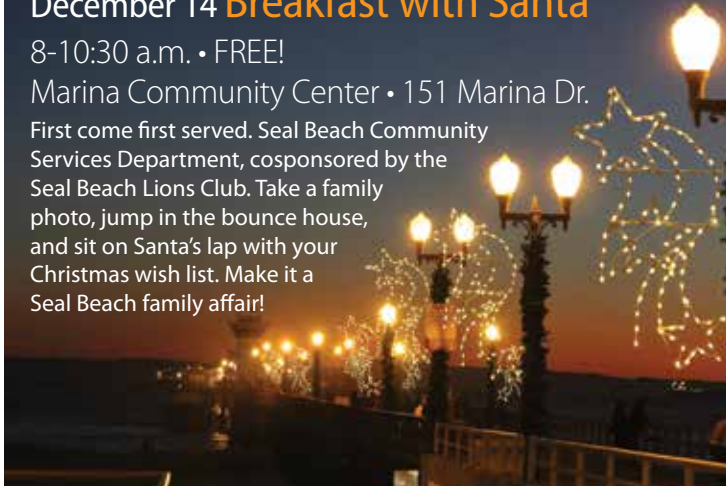
4 p.m. • Eisenhower Park
Visit www.sealbeachchamber.org for event details.

December 6 Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street
Register at sealbeachlions.com. Registration deadline is November 1. For more information, call 562-537-3955.

December 14 Breakfast with Santa

8-10:30 a.m. • FREE!
Marina Community Center • 151 Marina Dr.
First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!





SEAL BEACH COMMUNITY
PERFORMING
ARTS
ASSOCIATION
ENRICHING LIVES.
ENRICHING COMMUNITIES.

for more info & tickets
sealbeacharts.org
or call 562.429.3992




christmas concert

west coast pops orchestra

with
christmas carols * variety show * santa claus
elves * mcgaugh children's choir * toys for children

adult admission \$10 * children & students free!

sunday december 8, 2019

3:00pm

mcgaugh elementary school auditorium
bolsa avenue & seal beach blvd.

ticket purchase in advance at sealbeacharts.org * tickets available at the door

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 both 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. Parent participation required for 2 year old class.

111061-01	7 weeks	Fri	1/17-2/28	10-10:50am	2 yrs	\$98
111061-02	7 weeks	Fri	1/17-2/28	11-11:50am	3-4 yrs	\$98

Ballet & Tap Combo

Anne Pennypacker

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 2/17

Los Alamitos Community Ctr, 10911 Oak Street

122021-01	4 weeks	Mon	1/6-1/27	3-3:45pm	4-7 yrs	\$58
122021-02	4 weeks	Mon	2/3-3/2	3-3:45pm	4-7 yrs	\$58

Marina Community Ctr, 151 Marina Drive

122021-03	4 weeks	Thu	1/9-1/30	5:30-6:15pm	4-7 yrs	\$58
122021-04	5 weeks	Thu	2/6-3/5	5:30-6:15pm	4-7 yrs	\$68

Hip Hop

Anne Pennypacker

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required. No Class 2/17

Los Alamitos Community Ctr, 10911 Oak Street

142034-01	4 weeks	Mon	1/6-1/27	3:45-4:30pm	5-12 yrs	\$58
142034-02	4 weeks	Mon	2/3-3/2	3:45-4:30pm	5-12 yrs	\$58

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

142034-03	4 weeks	Tue	1/7-1/28	5:15-6pm	5-12 yrs	\$58
142034-04	5 weeks	Tue	2/4-3/3	5:15-6pm	5-12 yrs	\$68

Rockstar Popstar

Anne Pennypacker

Los Alamitos Community Ctr, 10911 Oak Street

Dancers will party, learning lyrics and hip hop moves to our favorite pop songs and be stars! At session's end, we'll rock out and be fabulous, throwing a concert not to be missed! No Class 2/17

127046-01	4 weeks	Mon	1/6-1/27	4:30-5:15pm	5-12 yrs	\$58
127046-02	4 weeks	Mon	2/3-3/2	4:30-5:15pm	5-12 yrs	\$58

Princess Ballet

Anne Pennypacker

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 2/17

Los Alamitos Community Ctr, 10911 Oak Street

142033-01	4 weeks	Mon	1/6-1/27	5:15-6pm	4-7 yrs	\$58
142033-02	4 weeks	Mon	2/3-3/2	5:15-6pm	4-7 yrs	\$58

Marina Community Ctr, 151 Marina Drive

142033-03	4 weeks	Thu	1/9-1/30	3-3:45pm	4-7 yrs	\$58
142033-04	5 weeks	Thu	2/6-3/5	3-3:45pm	4-7 yrs	\$68

Petit Ballet

Anne Pennypacker

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



Los Alamitos Community Ctr, 10911 Oak Street

122023-01	4 weeks	Mon	1/6-1/27	6-6:30pm	2.5-5 yrs	\$58
122023-02	4 weeks	Mon	2/3-3/2	6-6:30pm	2.5-5 yrs	\$58
122023-03	4 weeks	Fri	1/10-1/31	4:30-5pm	2.5-5 yrs	\$58
122023-04	5 weeks	Fri	2/7-3/6	4:30-5pm	2.5-5 yrs	\$68

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

122023-05	4 weeks	Tue	1/7-1/28	6-6:30pm	2.5-5 yrs	\$58
122023-06	5 weeks	Tue	2/4-3/3	6-6:30pm	2.5-5 yrs	\$68

Marina Community Ctr, 151 Marina Drive

122023-07	4 weeks	Wed	1/8-1/29	6-6:30pm	2.5-5 yrs	\$58
122023-08	5 weeks	Wed	2/5-3/4	6-6:30pm	2.5-5 yrs	\$68



Prima Ballet

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Bonjour ballerinas! Designed for dancers desiring a strong ballet foundation, this class will explore proper execution of footwork, piques, pirouettes and more, in a fun creative fashion!

142032-01	4 weeks	Fri	1/10-1/31	3:45-4:30pm	5-12 yrs	\$58
142032-02	5 weeks	Fri	2/7-3/6	3:45-4:30pm	5-12 yrs	\$68

Stars of Jazz

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine.

127045-01	4 weeks	Fri	1/10-1/31	5-5:45pm	5-12 yrs	\$58
127045-02	5 weeks	Fri	2/7-3/6	5-5:45pm	5-12 yrs	\$68

FuNk!

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and FuNky! Dance sneakers or tap shoes recommended for class.

122029-01	4 weeks	Fri	1/10-1/31	5:45-6:15pm	5-12 yrs	\$58
122029-02	5 weeks	Fri	2/7-3/6	5:45-6:15pm	5-12 yrs	\$68

Hip Hop Tots!

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

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.

122027-01	4 weeks	Tue	1/7-1/28	4-4:30pm	2.5-5 yrs	\$58
122027-02	5 weeks	Tue	2/4-3/3	4-4:30pm	2.5-5 yrs	\$68

Musical Theatre Stars

Anne Pennypacker

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, 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

122024-01	4 weeks	Tue	1/7-1/28	4:30-5:15pm	5-12 yrs	\$58
122024-02	5 weeks	Tue	2/4-3/3	4:30-5:15pm	5-12 yrs	\$68

1Marina Community Center, 151 Marina Dr

122024-03	4 weeks	Wed	1/8-1/29	3:45-4:30pm	5-12 yrs	\$58
122024-04	5 weeks	Wed	2/5-3/4	3:45-4:30pm	5-12 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.

122019-01	4 weeks	Thu	1/9-1/30	3:45-4:30pm	5-12 yrs	\$58
122019-02	5 weeks	Thu	2/6-3/5	3:45-4:30pm	5-12 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!

122016-01	4 weeks	Thu	1/9-1/30	4:30-5pm	4-6 yrs	\$58
122016-02	5 weeks	Thu	2/6-3/5	4:30-5pm	4-6 yrs	\$68



Youth Sports

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 alongside 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 12/22 & 12/29

133060-01 10 weeks Sun 12/8-2/23 12-2pm 9-14 yrs \$190

Youth Coed 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)

133071-01 4 weeks Sat 1/11-2/1 9-10:15am 8-13 yrs \$190

133071-02 4 weeks Sat 2/8-2/29 9-10:15am 8-13 yrs \$190

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!

123995-01 6 weeks Tue 2/25-3/31 5:30-6pm 2-3.5 yrs \$94

KLS – Tot/Pre Soccer

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

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

123997-01 6 weeks Tue 2/25-3/31 4:45-5:20pm 3.5-4 yrs \$94

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.

123998-01 6 weeks Tue 2/25-3/31 4-4:45pm 5-6 yrs \$94



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.

122052-01 4 weeks Tue 1/7-1/28 5-5:30pm 4-13 yrs \$59

Skatedogs Skateboarding

Adam Cohen

Heartwell Park- Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to move on to advanced tricks, this class is right for you. Make Friends, play games, and advance your skills in our private skatepark. Requirements: A signed waiver, a “trick” skateboard, knee & elbow pads, and a helmet. Visit skatedogs.com to view our skateboard customizer. (Heartwell Park- Long Beach, 5801 E Parkcrest Street) (8 weeks)

123150-01 8 weeks Sat 1/4-2/22 9-10:30am 5-13 yrs \$200

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.

123180-01 9 weeks Tue 1/7-3/3 3:30-4:10pm 2-3.5 yrs \$155

123180-02 9 weeks Tue 1/7-3/3 4:20-5pm 3.5-5 yrs \$155



Parent & Me Ice Skating

Westminster Ice Staff **Westminster Ice, 13071 Springdale St**

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent & one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (Tuesday 3:10-4:10pm, Saturday 12:00-2:00pm), and three additional skating passes to be used during the 4-week session. Please arrive 20 minutes early to the 1st class to fit skates, and dress warmly (gloves or mittens recommended).

113131-01	4 weeks	Tue	1/14-2/4	4:10-4:40pm	3-5 yrs	\$48
113131-02	4 weeks	Sat	1/18-2/8	11:15-11:45am	3-5 yrs	\$48
113131-03	4 weeks	Tue	2/18-3/10	4:10-4:40pm	3-5 yrs	\$48
113131-04	4 weeks	Sat	2/22-3/14	11:15-11:45am	3-5 yrs	\$48

Ice Skating for Tots

Westminster Ice Staff **Westminster Ice, 13071 Springdale St**

Beginning ice skating made fun and easy! Includes skate rental, 30-minute lesson, free practice on the day of class (3-5pm for Wednesday class and 12-2pm 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).

113130-01	4 weeks	Wed	1/15-2/5	5:40-6:10pm	3-5 yrs	\$48
113130-02	4 weeks	Sat	1/18-2/8	10:45-11:15am	3-5 yrs	\$48
113130-03	4 weeks	Wed	2/19-3/11	5:40-6:10pm	3-5 yrs	\$48
113130-04	4 weeks	Sat	2/22-3/14	10:45-11:15am	3-5 yrs	\$48

Beginning Ice Skating

Westminster Ice Staff **Westminster Ice, 13071 Springdale St**

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on the day of class (Thursday 3:10-4:10pm, Saturday 12-2pm), 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 (gloves or mittens recommended).

123130-01	4 weeks	Thu	1/16-2/6	4:10-4:40pm	6-16 yrs	\$48
123130-02	4 weeks	Sat	1/18-2/8	10:15-10:45am	6-16 yrs	\$48
123130-03	4 weeks	Thu	2/20-3/12	4:10-4:40pm	6-16 yrs	\$48
123130-04	4 weeks	Sat	2/22-3/14	10:15-10:45am	6-16 yrs	\$48

Ice Hockey Skating Skills

Westminster Ice **Westminster Ice, 13071 Springdale St**

Want to play hockey but don't know where to start? Learn the 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 (3-5pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

123141-01	4 weeks	Wed	1/15-2/5	6:10-6:40pm	17+ yrs	\$48
123141-02	4 weeks	Sat	1/18-2/8	11:15-11:45am	17+ yrs	\$48
123141-03	4 weeks	Wed	2/19-3/11	6:10-6:40pm	17+ yrs	\$48
123141-04	4 weeks	Sat	2/22-3/14	11:15-11:45am	17+ yrs	\$48

3 on 3 Basketball League

One on One Basketball, Inc. **McGaugh Gym, 1698 Bolsa Ave**

The BEST way for young players to develop their basketball skill set. 3 on 3 offers more touches for every player, minimizes the thinking a young player has to do, and is FUN! The first 25 minutes will be instructional stations, followed by 25 minutes of game time. All One on One coaches become referees during the game. No Volunteers Needed! No Class 2/20

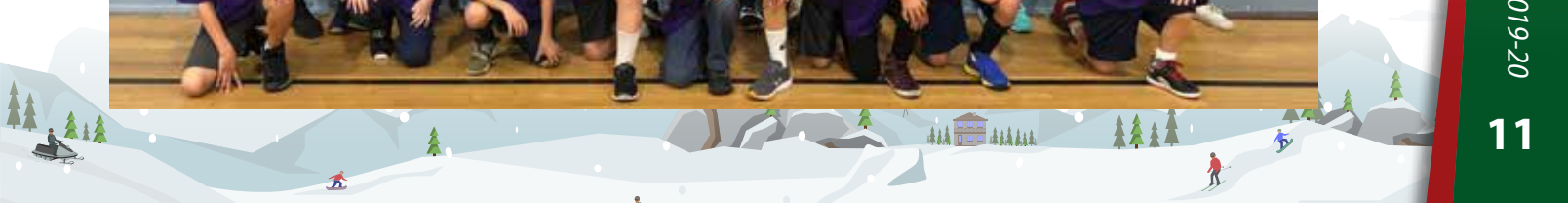
123043-01	8 weeks	Thu	1/16-3/12	6-7pm	5-6 yrs	\$200
123043-02	8 weeks	Thu	1/16-3/12	7-8pm	7-8 yrs	\$200
123043-03	8 weeks	Thu	1/16-3/12	8-9pm	9-10 yrs	\$200

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. No class 2/18

123044-01	8 weeks	Tue	1/14-3/10	2:30-3:30pm	6-11 yrs	\$150
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Special Interest

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

152065-01	1 day	Wed	1/8	4-5:15pm	13+ yrs	\$18
152065-02	1 day	Wed	2/5	4-5:15pm	13+ yrs	\$18
152065-03	1 day	Wed	3/4	4-5:15pm	13+ yrs	\$18

Beginning Guitar **★NEW★**

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.

166080-01	5 weeks	Wed	1/8-2/5	6-7pm	10+ yrs	\$175
166080-02	5 weeks	Wed	8/12-3/11	6-7pm	10+ yrs	\$175

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

Seal Beach Senior Center, 707 Electric Ave

122090-01	1 day	Fri	1/3	4-5:30pm	10+ yrs	\$25
122090-02	1 day	Fri	2/7	4-5:30pm	10+ yrs	\$25

Firestation 48 Community Room, 3131 N. Gate Rd

122090-03	1 day	Fri	1/24	10-11:30am	10+ yrs	\$25
122090-04	1 day	Fri	2/21	10-11:30am	10+ yrs	\$25
122090-05	1 day	Fri	3/6	10-11:30am	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 \$15. Class held at Los Alamitos Community Center - 10911 Oak St., Los Alamitos. No class, 2/15, 2/22

136096-01	8 weeks	Sat	1/18-3/14	9am-12pm	16+ yrs	\$89
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Magic in Seal Beach

Daniel Habel

North Seal Beach Center, 3333 Saint Cloud Dr

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

Dec 21	Jan 18	Feb 15	Sat	6-10pm	12+ yrs	Free
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Stress Management 101 **★NEW★**

Shannon Nix, Licensed Clinical Social Worker

Firestation 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 Workshops

156020-01	1 day	Sun	12/1	8-9:15am	18+ yrs	\$35
156020-02	1 day	Sun	1/5	8-9:15am	18+ yrs	\$35
156020-03	1 day	Sun	1/19	8-9:15am	18+ yrs	\$35

3 Week Series

156020-04	3 weeks	Sun	2/2-2/16	8-9:15am	18+ yrs	\$105
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Stress Management **★NEW★** for Teen Girls

Shannon Nix, Licensed Clinical Social Worker

Firestation 48 Community Room, 3131 N. Gate Rd

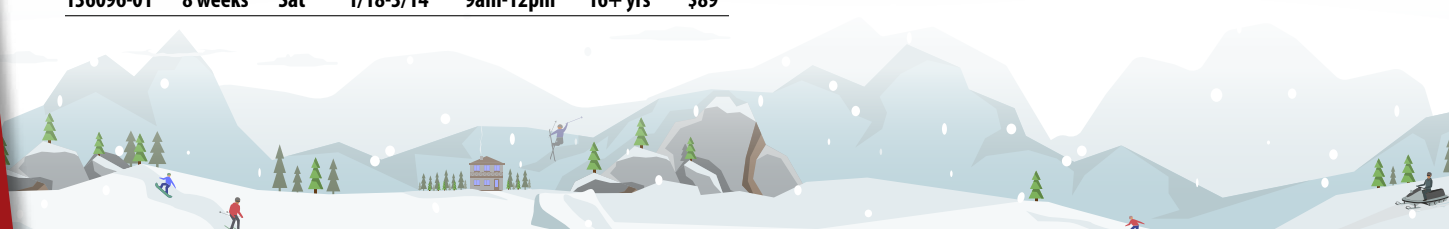
Our Teen Girls (Generation Z) today are facing more stress than past generations. According to the American Psychological Association, this generation is most likely of all generations to report poor mental health AND seek professional help. Come join Shannon Nix, Licensed Clinical Social Worker, in this 90-minute session for Teen Girls (ages 13-17) to 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 Workshops

156021-01	1 day	Sun	12/1	9:30am-10:45pm	13-17 yrs	\$35
156021-02	1 day	Sun	1/5	9:30am-10:45pm	13-17 yrs	\$35
156021-03	1 day	Sun	1/19	9:30am-10:45pm	13-17 yrs	\$35

3 Week Series

156021-04	3 weeks	Sun	2/2-2/16	9:30-10:45am	13-17 yrs	\$105
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Adult Dance

Beginning Ballroom

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot and more! Partner not necessary. No Class 2/17

144020-01	4 weeks	Mon	1/6-1/27	7-7:45pm	18+ yrs	\$58
144020-02	4 weeks	Mon	2/3-3/2	7-7:45pm	18+ yrs	\$58

Salsa **★NEW★**

Anne Pennypacker Los Alamitos Community Ctr, 10911 Oak Street

Caliente! Learn the basics of salsa and merengue...spice up your moves, tighten up your turns, define your technique and sizzle on the dance floor! No Class 2/17

142043-01	4 weeks	Mon	1/6-1/27	7:45-8:15pm	18+ yrs	\$58
142043-02	4 weeks	Mon	2/3-3/2	7:45-8:15pm	18+ yrs	\$58

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!

142017-01	4 weeks	Wed	1/8-1/29	6:30-7:15pm	18+ yrs	\$58
142017-02	5 weeks	Wed	2/5-3/4	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!

142029-01	4 weeks	Wed	1/8-1/29	7:15-8pm	18+ yrs	\$58
142029-02	5 weeks	Wed	2/5-3/4	7:15-8pm	18+ yrs	\$68

Wedding Survival

Anne Pennypacker Marina Community Center, 151 Marina Dr

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

142018-01	4 weeks	Thu	1/9-1/30	6:45-7:15pm	18+ yrs	\$58
142018-02	5 weeks	Thu	2/6-3/5	6:45-7:15pm	18+ yrs	\$68

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.

142026-01	4 weeks	Thu	1/9-1/30	7:15-8pm	18+ yrs	\$58
142026-02	5 weeks	Thu	2/6-3/5	7:15-8pm	18+ yrs	\$58

Adult Fitness & Sports



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

152060-01	8 weeks	Thu	1/9-3/5	5:30-6:30pm	13+ yrs	\$152
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Gentle Yoga + Qigong

Suzy Hazard Seal Beach Senior Center, 707 Electric Ave

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

142068-01	12 weeks	Tue	1/7-3/24	5:30-6:45pm	18+ yrs	\$102
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Fire Warrior Yoga – Free for First Responders

On My Mat Firestation 48 Community Room, 3131 N. Gate Rd

Yoga is for everyone. This course is FREE for first responders (fire and police) and will focus on physical and mental balance, strength, and flexibility. The goal is to reduce stress through movement and breath work. The course will help you build inner fire through a series of sun salutations and balancing poses that strengthen the core. Bring a yoga mat and towel, you will sweat. All level warriors welcome! Drop in rate is \$15 per class. First responders will verify statuses with the instructor at the start of each class. No Class 2/16

142200-01	4 weeks	Sun	2/2-3/1	11:15am-12pm	16+ yrs	\$50
142200-02	4 weeks	Sun	3/8-3/29	11:15am-12pm	16+ yrs	\$50





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 rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee.

142093-01 Up to 11 classes Tue 1/7-3/17 10-10:50am 40+ yrs \$98

Zumba Fitness

Mari Huelskamp Marina Community Center, 151 Marina Dr
 Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Drop in rate: \$16 per class. Full session includes \$10 admin fee, and drop in price includes \$3 admin fee.

142090-01 Up to 11 classes Wed 1/8-3/18 8-8:50am 18+ yrs \$98

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 20 classes. Drop in rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 1/20 & 2/17

142091-01 Up to 20 classes Mon&Wed 1/6-3/18 10-10:50am 40+ yrs \$150

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 31 classes. Drop in rate: \$16. Full session fee includes \$10 admin fee, and drop in rate includes \$3 admin fee. No Class 1/20 & 2/17

142092-01 Up to 31 Classes Mon-Wed 1/6-3/18 9-9:50am 18+ yrs \$227

Adult Coed Beach Volleyball ★NEW★

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)

133070-01 4 weeks Sat 1/11-2/29 10:30am-12pm 16+ yrs \$300

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. No Class 1/20

142073-01 5 weeks Mon 1/6-2/10 6:40-7:40pm 18+ yrs \$60

142073-02 5 weeks Mon 2/24-3/23 6:40-7:40pm 18+ yrs \$60

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 1/20

142077-01 5 weeks Mon 1/6-2/10 5:30-6:30pm 18+ yrs \$60

142077-02 5 weeks Mon 2/24-3/23 5:30-6:30pm 18+ yrs \$60

Aikido for Adults

Steve Wasserman

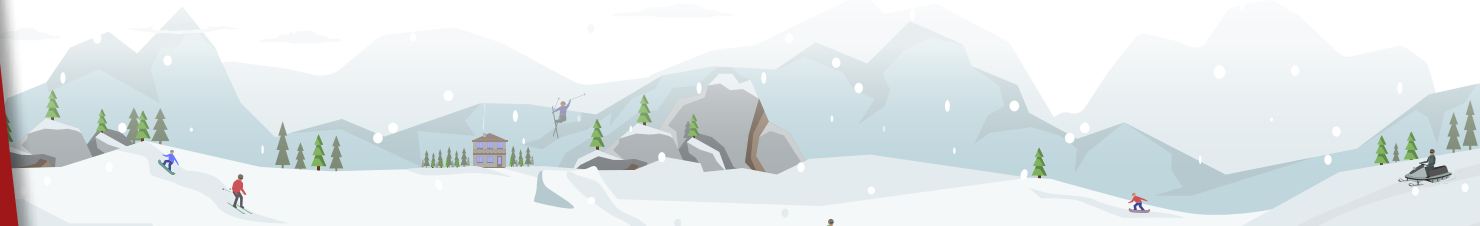
North Seal Beach Center, 3333 Saint Cloud Dr

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. No Class 12/25-1/1

142050-01 13 weeks Mon&Wed 12/2-3/4 7:30-9:30pm 18+ yrs \$155

Online Registration Begins: **November 4**

Walk-in and Mail Registration Begins: **November 13**



Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

Aging Backwards is designed to teach clients to listen to their bodies. Often a senior, less mobile or beginner participant will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards 45-minute class is to relax during movement so as not to 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 2/14

142098-01 12 weeks Fri 1/3-3/27 1:30-2:15pm 50+ yrs \$149

Jacki Sorensen's Fitness/Dance

Jo Ellen Kerr

North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$13 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

142030-01 13 weeks Tue&Thu 1/7-4/2 4-5pm 18+ yrs \$218

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 12/25 & 1/1

142044-01 7 weeks Mon/Wed/Fri/Sat 12/2-1/18 6-7pm 13+ yrs \$70

142044-02 7 weeks Mon/Wed/Fri/Sat 1/20-2/29 6-7pm 13+ yrs \$70

Ice Skating For Adults

Westminster Ice Staff

Westminster Ice, 13071 Springdale St

Learn to skate forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on the day of class (3:00-5:00pm Wednesday, and 12-2pm Saturday), 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 (gloves or mittens recommended).

123131-01 4 weeks Wed 1/15-2/5 6:40-7:10pm 17+ yrs \$48

123131-02 4 weeks Sat 1/18-2/8 10:15-10:45am 17+ yrs \$48

123131-03 4 weeks Wed 2/19-3/11 6:40-7:10pm 17+ yrs \$48

123131-04 4 weeks Sat 2/22-3/14 10:15-10:45am 17+ yrs \$48

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.

142072-01 13 weeks Mon 12/2-2/24 11:30am-12:30pm 18+ yrs \$137

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. No Class 12/26

142071-01 13 weeks Thu 12/5-2/27 11:30am-12:30pm 18+ yrs \$137

Beach Boot Camp

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

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

142062-01 13 weeks Sat 12/7-2/29 8:30-9:30am 18+ yrs \$137

BeachFit Moms

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, Flexibility, Nutrition, and Mind Body connection, you will learn how to live a healthier and more fit life. BeachFit Moms is a daily class offered Monday, Tuesday, Thursday and Friday. Pay \$20 per class. No Class 12/26, 12/27, & 12/31

142063 13 weeks M,T,Th,F 12/2-2/28 9-10am 18+ yrs \$20/class

Karate – Beginning & Advanced

Gary Pitts

Los Alamitos Community Ctr, 10911 Oak Street

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

122051-01 4 weeks Tue 1/7-1/28 5:30-6:15pm 14-55 yrs \$69



Surfing

M&M Surfing – 5 Day Lessons

Michael Pless **8th Street Beach, 8th St & Ocean Ave**
 Michael Pless, owner and operator of M & M Surfing School has been teaching for over 30 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. In the checkout screen, or on your Registration Form, please indicate the 5 days of your choice during the week indicated in this class session. If you have questions, please call Michael Pless at (714) 846-7873

167061-01	5 days	Mon-Sun	12/2-12/8	8am-12pm	All Ages	\$290
167061-02	5 days	Mon-Sun	12/9-12/15	8am-12pm	All Ages	\$290
167061-03	5 days	Mon-Sun	12/16-12/22	8am-12pm	All Ages	\$290
167061-04	5 days	Mon-Sun	12/23-12/29	8am-12pm	All Ages	\$290
167061-05	5 days	Mon-Sun	12/30-1/5	8am-12pm	All Ages	\$290
167061-06	5 days	Mon-Sun	1/6-1/12	8am-12pm	All Ages	\$290
167061-07	5 days	Mon-Sun	1/13-1/19	8am-12pm	All Ages	\$290
167061-08	5 days	Mon-Sun	1/20-1/26	8am-12pm	All Ages	\$290
167061-09	5 days	Mon-Sun	1/27-2/2	8am-12pm	All Ages	\$290
167061-10	5 days	Mon-Sun	2/3-2/9	8am-12pm	All Ages	\$290
167061-11	5 days	Mon-Sun	2/10-2/16	8am-12pm	All Ages	\$290
167061-12	5 days	Mon-Sun	2/17-2/23	8am-12pm	All Ages	\$290
167061-13	5 days	Mon-Sun	2/24-3/1	8am-12pm	All Ages	\$290



M&M Surfing – 1 Day lessons

Michael Pless **8th Street Beach, 8th St & Ocean Ave**
 Surf Lessons are on-going from December 2 – March 1. Please note, these classes are good for any one day of surfing instruction. Please indicate your date preference in the checkout screen, or on your registration form. If you have questions, please call Michael Pless at (714) 846-7873.

3 Hour Group Lesson

167063-01	1 day	Mon-Sun	12/2-3/1	8am-12pm	All Ages	\$90
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1 Hour Group Lesson

167064-01	1 day	Mon-Sun	12/2-3/1	8am-12pm	All Ages	\$80
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1 Hour Semi Private Lesson

167065-01	1 day	Mon-Sun	12/2-3/1	8am-12pm	All Ages	\$100
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1 Hour Private Lesson

167066-01	1 day	Mon-Sun	12/2-3/1	8am-12pm	All Ages	\$115
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ADULT SPORTS LEAGUES



Basketball League

Basketball league begins Jan 27

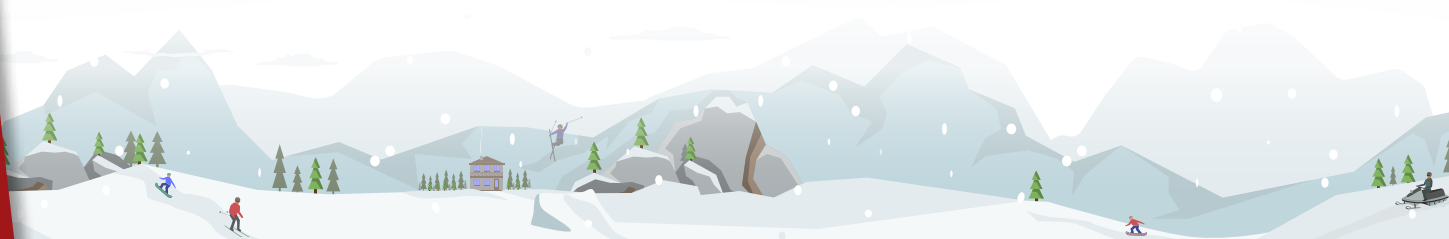
\$375 per team, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Softball League

Softball league begins Jan 28 (men) and Jan 30 (coed)

\$425 per team. For information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Dates subject to change due to weather.



Tennis

Seal Beach Tennis Center

3900 Lampson Ave, Seal Beach CA 90740
Tennis Center Phone: (562) 598-8624
www.sealbeachtenniscenter.com

Public Hours:

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

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.

REGISTER Online

SealBeachCa.Gov

Adult Beginning Tennis

18+ yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE
133030-01	1/15-2/5	Wed	10:30am-11:30am	\$84
133030-02	2/19-3/11	Wed	10:30am-11:30am	\$84

Tiny Tots Tennis

4-5 yrs

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE
133035-01	1/15-2/5	Wed	3pm-3:30pm	\$49
133035-02	2/19-3/11	Wed	3pm-3:30pm	\$49

Beginning Pickleball

16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE
133040-01	1/11-2/1	Sat	10:30am-12pm	\$99
133040-02	2/8-2/29	Sat	10:30am-12pm	\$99
133040-03	3/7-3/28	Sat	10:30am-12pm	\$99

Intermediate Pickleball

16+ yrs

Instructor: Gary Rogers

CLASS #	DATES	DAYS	TIME	PRICE
133043-01	1/11-2/1	Sat	12:30pm-2pm	\$99
133043-02	2/8-2/29	Sat	12:30pm-2pm	\$99
133043-03	3/7-3/28	Sat	12:30pm-2pm	\$99

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
433020-01	12/3-1/7	Tue	4:30-5pm	\$42	Heather Park
433020-02	1/21-2/11	Tue	4:30-5pm	\$42	Heather Park
433020-03	12/5-1/9	Thu	4:30-5pm	\$42	Marina Park
433020-04	1/23-2/13	Thu	4:30-5pm	\$42	Marina Park

Juniors Beginning

7-10 years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433021-01	12/3-1/7	Tue	5-6 pm	\$84	Heather Park
433021-02	1/21-2/11	Tue	5-6 pm	\$84	Heather Park
433021-03	12/5-1/9	Thu	5-6 pm	\$84	Marina Park
433021-04	1/23-2/13	Thu	5-6 pm	\$84	Marina Park

Tweens Beginning

11-13 years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433023-01	12/3-1/7	Tue	6-7 pm	\$84	Heather Park
433023-02	1/21-2/11	Tue	6-7 pm	\$84	Heather Park
433023-03	12/5-1/9	Thu	6-7 pm	\$84	Marina Park
433023-04	1/23-2/13	Thu	6-7 pm	\$84	Marina Park

Adults Beginning

14+ years

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
433022-01	12/3-1/7	Tue	7-8 pm	\$84	Heather Park
433022-02	1/21-2/11	Tue	7-8 pm	\$84	Heather Park
433022-03	12/5-1/9	Thu	7-8 pm	\$84	Marina Park

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
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$80 34 swim pass: \$136
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	

Renew Your Swim Pass Online!

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

Seal Beach Swim Team

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

Private Swim Lessons

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

Deep Water Aerobics

Cheryl von der Hellen

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). They are also available on Amazon. This class fills up fast, so sign up early!

144010-01	5 weeks	Mon&Wed	1/6-2/5	5:30-6:30pm	18+ yrs	\$70
144010-02	5 weeks	Mon&Wed	2/17-3/18	5:30-6:30pm	18+ yrs	\$70

Seal Beach Aquatics*

Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

This class is designed to reinforce proper swimming technique for students already familiar with freestyle and rhythmic side breathing. Students will build endurance and proficiency in the four basic swim strokes. Participants must be seven years old and **able to swim 50 yards uninterrupted freestyle, maintaining rhythmic side breathing**. It is mandatory for a parent to be present at the pool 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 in the class.

***The Seal Beach Aquatics Program dates have not been scheduled at the time of print. Please check back at the Community Services office at (562) 431-2527 ext 1344, or the Pool Office at (562) 430-9612, for more information or potential dates.**



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.

Jan 4 & 18	Feb 1 & 15	Mar 7 & 21	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.

156040-01	1 day	Mon	12/2	1-2pm	64+ yrs	Free
156040-02	1 day	Mon	1/13	1-2pm	64+ yrs	Free
156040-03	1 day	Mon	2/10	1-2pm	64+ yrs	Free

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.

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.

Free Tax Assistance

**Mondays February 3 - April 13, 2020
Fire Station #48 – Community Room
3131 N. Gate Rd**

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 x1339 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.

Community Services Department

City of Seal Beach

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

Office Hours

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

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

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

Online Registration begins November 4, 2019
Walk-in and Mailed Registration begins November 12, 2019
Please register early to avoid class cancellations.

Recreation Scholarship Program

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



Seal Beach Community Services Department

211 8th Street, Seal Beach, CA 90740

Community Services Office: (562) 431-2527 Ext. 1344

Email: communityservices@sealbeachca.gov

CLASS REGISTRATION FORM

Head of Household: _____
First Name Last Name

Please fill out below if this is a new household, or if your contact information needs to be updated:

Address: Street _____ City _____ State _____ Zip _____

Phone: Home #: _____ Work #: _____ Cell #: _____

Email: _____

Emergency Contact: _____ Phone #: _____

Participant First Name	Last Name	Birthday	Class #	Class Title	Start Date	Fee \$
Total:						\$

Release and Indemnification

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

Signature: _____ Dated: _____

(Participant/Parent or Guardian)

METHOD OF PAYMENT

Make check payable to **City of Seal Beach**

Check #: _____ Check Date: _____

Cash

VISA MASTERCARD

CARD # - - - EXP. DATE -

Signature _____ Total Charged to Account: \$ _____

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

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

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



CHRISTMAS in Seal Beach

Seal Beach Tree Lighting

Saturday, November 23. 4 PM at Eisenhower Park
Visit www.sealbeachchamber.org for event details

**23
NOV**

**06
DEC**

Christmas Parade

Friday, December 6. 7pm on Main Street
Register at sealbeachlions.com. Deadline is November 1

**14
DEC**

Breakfast with Santa

Saturday, December 14. 8:30am at Marina Center
Enjoy a pancakes breakfast and visit with Santa!
Call (562)431-2527 ext 1344 for more info

