EXPLORE, CONNECT AND STAY HEALTHY AND ACTIVE

Celebrating Our Seniors

Long Beach Parks, Recreation and Marine

FALL 2019

FOLLOW US ON FACEBOOK & TWITTER
Thank you Signal Hill Petroleum
For 13 years of free entertainment for families!
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September 2019-November 2019 Vol. 19 Issue 34

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About the cover: PRM has six senior centers at Chavez, El Dorado, Houghton, McBride and Silverado Parks, and the Long Beach Senior Center and the Expo Center in Bixby Knolls where adults ages 50 plus can participate in art, dance, fitness, life-long learning opportunities, enrichment, health and social services, nutrition, excursions, and volunteerism.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

All Programs and Prices Are Subject To Change

To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org.”

To opt out of receiving this “Recreation Connection” publication, please e-mail your name and mailing address to: LBParks@longbeach.gov. Visit www.lbparks.org to access the publication.

Long Beach Parks are Smoke Free

SEE PAGE 55 FOR CLASS REGISTRATION FORM 3
### PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

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#### ART AND CULTURAL

**ART INNOVATORS** NEW

Unleash your little one’s power to create! Learning to draw independently will refine their fine motor skills and boost their confidence like never before! Students explore various subjects and fun media each week. Material fee: $5 payable to instructor at first class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. *No class: 9/28 & 11/30.

Art Innovators Los Alamitos Community Center
34401 3 Yrs 6 Mos-5 Yrs 9/14-10/19* 10-10:45 a.m. Sa $70
34402 3 Yrs 6 Mos-5 Yrs 11/2-12/7* 10-10:45 a.m. Sa $70

---

#### COOKING

**LIL’ SPROUTS PRESCHOOL COOKING CLASS**

Don’t think your toddler can cook? Think again! We’ve got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: $32.

A Yummy Future El Dorado Park West
33598 2-6 Yrs 11/2-11/23 11:30 a.m.-12:15 p.m. Sa $80
33597 2-6 Yrs 10/5-10/26 11:30 a.m.-12:15 p.m. Sa $80
33596 2-6 Yrs 9/7-9/28 11:30 a.m.-12:15 p.m. Sa $80

---

#### DANCE

**HIP HOP TOTS**

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

Anne Pennypacker Recreation Park
34084 2 Yrs 6 Mos-5 Yrs 9/24-10/15 4-4:30 p.m. Tu $57
34085 2 Yrs 6 Mos-5 Yrs 10/29-11/19 4:30-5 p.m. Tu $57

**HIP HOP MINIS**

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! Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/28.

Anne Pennypacker Marina Community Center
34086 4-6 Yrs 8/22-9/12 4:30-5 p.m. Th $57
34087 4-6 Yrs 9/26-10/24 4:30-5 p.m. Th $67
34088 4-6 Yrs 11/7-12/5* 4:30-5 p.m. Th $57

**PETIT BALLET**

Bon Jour Tiny Dancers! Join in a magical adventure into the world of ballet: plies, sautes, chasses and more. Little ballerinas will be fairy tale dancers as they learn the importance of pointing their toes! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos and Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 9/2, 10/14, 11/11, 11/25, 11/27 & 11/29.

Anne Pennypacker Los Alamitos Community Center
34089 2 Yrs 6 Mos-5 Yrs 8/19-9/16* 6-6:30 p.m. M $57
34092 2 Yrs 6 Mos-5 Yrs 8/23-9/13 4:30-5 p.m. F $57
34090 2 Yrs 6 Mos-5 Yrs 9/23-10/21* 6-6:30 p.m. M $57

---

#### ENRICHMENT

**BAMBOLEO BEBE**

Wee ones will wiggle, jiggie and delight in the rhythms and sounds of the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: www.BamboleoKids.com. Material fee: $10 due to instructor. *No class: 3/20 & 11/1.

Priscilla Monserrate-Sanders Heartwell Park
33921 10 Mos-2 Yrs 9/7-10/12 9:20-10 a.m. Sa $80
33923 10 Mos-2 Yrs 10/26-12/7* 9:20-10 a.m. Sa $80

**BAMBOLEO AMIGUITOS**


Priscilla Monserrate-Sanders Heartwell Park
33920 2-4 Yrs 9/7-10/12 10:15-11:15 a.m. Sa $80
33924 2-4 Yrs 10/26-12/7* 10:15-11:15 a.m. Sa $80

**AMIGOS**


Priscilla Monserrate-Sanders Heartwell Park
33919 4-6 Yrs 9/7-10/12 11:30 a.m.-12:30 p.m. Sa $80
33922 4-6 Yrs 10/26-12/7* 11:30 a.m.-12:30 p.m. Sa $80
### BABY & TODDLER SIGN LANGUAGE

Enhance language development and communication with Baby Sign Language. This class includes over 75 signs, music with signs, signed felt board stories and other developmentally appropriate activities. Parents or caregivers will also be given the opportunity to ask for instruction in signs that are personalized for their own family. Class held at Cal Heights Music, 1240 E. Wardlow Rd., Long Beach.

**Mom and Baby Sign Language**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>34167</td>
<td>2 Mos-4 Mos</td>
<td>9/5-10/30</td>
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<td>Th</td>
<td>$130</td>
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<td>34168</td>
<td>2 Mos-4 Mos</td>
<td>10/1-10/24</td>
<td>10-10:45 a.m.</td>
<td>Th</td>
<td>$130</td>
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### PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetic to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: $20. Adult participation is required. Space is limited.

**Readwrite Educational Solution Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<td>34040</td>
<td>2-3 Yrs 6 Mos</td>
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<td>$145</td>
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<tr>
<td>34037</td>
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<td>Tu Th</td>
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<tr>
<td>34041</td>
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<td>10/1-10/24</td>
<td>10:30 a.m.-noon</td>
<td>Tu Th</td>
<td>$145</td>
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</table>

### READING, MATH & MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Program and material fee: $20. *No class: 11/11.*

**Readwrite Educational Solution Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<td>3 Yrs 6 Mos-5 Yrs</td>
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<td>2:40-3:25 p.m.</td>
<td>M W</td>
<td>$79</td>
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<td>34044</td>
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<td>2:40-3:25 p.m.</td>
<td>M W</td>
<td>$79</td>
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### READWRITE EN ESPAÑOL NEW

Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematic skills. This is a full Spanish immersion program. Parent participation required. Material fee: $20.

**Readwrite Educational Solution Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
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<th>Location</th>
<th>Instructor</th>
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### READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required two days per session. Material fee: $40.

**Readwrite Educational Solution Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
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<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<td>9 a.m.-noon</td>
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<td>FS215</td>
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<td>10/28-11/22</td>
<td>9 a.m.-noon</td>
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### KIDS LOVE MUSIC: BABIES!


Karen Greeno  
Mae Boyer Park  
33802 4 Mos-1 Yrs 2 Mos 9/16-10/14 3:30-4 p.m.  
M $70

### KIDS LOVE MUSIC: TODDLERS!

Great class for first-timers! Sing, dance and play rhythm instruments with your 1-2 year old toddler! Explore making music with drums, xylophones and glockenspiels! Your child gains tonal memory, motor skills and cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase. www.KidsLoveMusic.net. Class held at Mae Boyer Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno  
Mae Boyer Park  
33803 1-2 Yrs 9/16-10/14 4:15-4:45 p.m.  
M $70

### KIDS LOVE MUSIC!

Come sing, dance and play with your 1-4 year old! Spark your child’s imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiels! Your child gains tonal memory, motor skills and cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase. www.KidsLoveMusic.net. Class held at Mae Boyer Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno  
Mae Boyer Park  
33804 1-4 Yrs 9/16-10/14 5-5:45 p.m.  
M $70

### LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

**Jammin’ Music Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<td>33861</td>
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<td>9/7-10/12</td>
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<tr>
<td>33858</td>
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<td>33862</td>
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<td>10/19-11/23</td>
<td>10-10:45 a.m.</td>
<td>Sa</td>
<td>$85</td>
<td></td>
</tr>
</tbody>
</table>

### MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

**Jammin’ Music Inc.**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
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<td>1-2 Yrs</td>
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<td>34400</td>
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<td>10-10:45 a.m.</td>
<td>F</td>
<td>$75</td>
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</tbody>
</table>

### MUSIC & MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children 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: 11/27.*

**Danuta Klimczak**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>33894</td>
<td>1 Yrs 8 Mos-2 Yrs</td>
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<td>10-10:50 a.m.</td>
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<td>33895</td>
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<td>W</td>
<td>$69</td>
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<tr>
<td>33897</td>
<td>2 Yrs 4 Mos-5 Yrs</td>
<td>11/6-12/11</td>
<td>11:15 a.m.-12:05 p.m.</td>
<td>W</td>
<td>$69</td>
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**SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB**
Preschool Classes continued

**SPORTS**

**B-BALLERS HOOPS SCHOOL - LITTLE BALLERS**

Coach Greg and staff will help your preschooler develop basketball skills and confidence by learning the fundamentals of dribbling, passing, shooting, and footwork. Parents are sometimes asked to assist with the fun and age appropriate drills. You can bring a small basketball and water. Material fee: $20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

- **33602** 3-5 Yrs 9/7-9/28 11 a.m.-noon Sa $75
- **33603** 3-5 Yrs 10/5-10/26 12:30-2 p.m. Sa $85
- **33604** 4-10 Yrs 11/2-11/23 12:30-2 p.m. Sa $85

**B-BALLERS HOOPS SCHOOL - BASKETBALL SKILLS TRAINING**

The players are taken to the next level by learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of “teamwork” is introduced through basketball games with and against each other to help develop their playing skills. Please bring water. Material fee: $20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

- **33605** 4-10 Yrs 9/7-9/28 12:30-2 p.m. Sa $85
- **33606** 4-10 Yrs 10/5-10/26 12:30-2 p.m. Sa $85
- **33607** 4-10 Yrs 11/2-11/23 12:30-2 p.m. Sa $85

**BREAKTHROUGH SPORTS - LITTLE HOOPERS**

The Breakthrough Sports Little Hoopers program was developed with one objective in mind: Instill the basic fundamentals of basketball in a fun environment for children 3 to 7 years of age. With more than 20 years of experience creating youth basketball programming for professional sports teams, Breakthrough Sports is bringing their award-winning program to Long Beach. The program consists of four one-hour sessions with each session focusing on a specific basketball fundamental including: dribbling, passing, shooting and defense. Included with the registration fee each Little Hooper will receive a shooting shirt and activity workbook.

Breakthrough Sports  Silverado Park

- **33664** 3-7 Yrs 10/6-10/27 11 a.m.-noon Su $65

**D-UP TINY BALLERS**

D-Up Tiny Ballers is an introductory to basketball fundamentals and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: $20.

James Christian  Pan American Park

- **33682** 3-6 Yrs 9/8-10/6 11-11:45 a.m. Su $60
- **33683** 3-6 Yrs 10/20-11/17 11-11:45 a.m. Su $60

**TINY TUMBLERS - PARENT AND ME GYMNASTICS I**

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Requirements: must be able to walk. Come tumble with us! Four-week session $60; 5 week session $75.

- **33735** 9 Mos-2 Yrs 6 Mos 9/3-9/24 10-10:45 a.m. Tu $60
- **33736** 9 Mos-2 Yrs 6 Mos 10/1-10/29 10-10:45 a.m. Tu $75
- **33737** 9 Mos-2 Yrs 6 Mos 11/5-11/26 10-10:45 a.m. Tu $60

**TINY TUMBLERS - PARENT AND ME GYMNASTICS II**

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Come tumble with us! 4 week session $60; 5 week session $75.

Aerial Butterflies LLC  Wardlow Park

- **33744** 2 Yrs 6 Mos-4 Yrs 9/3-9/24 10:50-11:35 a.m. Tu $60
- **33745** 2 Yrs 6 Mos-4 Yrs 10/1-10/29 10:50-11:35 a.m. Tu $75
- **33746** 2 Yrs 6 Mos-4 Yrs 11/5-11/26 10:50-11:35 a.m. Tu $60

**PARENT & ME SKATING**

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC  The Rinks Lakewood Ice

- **33805** 3-6 Yrs 8/28-9/18 11:15-11:45 a.m. Th $50
- **33806** 3-6 Yrs 9/25-10/16 11:15-11:45 a.m. Th $50
- **33807** 3-6 Yrs 9/28-10/19 11:15-11:45 a.m. Th $50
- **33808** 3-6 Yrs 10/24-11/14 11:15-11:45 a.m. Th $50
- **33809** 3-6 Yrs 10/26-11/16 11:15-11:45 a.m. Th $50

**TOT BEGINNING ICE SKATING**

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3:50-4:30 p.m.  or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC  The Rinks Lakewood Ice

- **33810** 3-6 Yrs 8/28-9/18 11:15-11:45 a.m. W $50
- **33811** 3-6 Yrs 8/29-9/19 4:40-5:10 p.m. W $50
- **33812** 3-6 Yrs 8/31-9/21 9:15-9:45 a.m. Sa $50
- **33813** 3-6 Yrs 9/25-10/16 6:10-6:40 p.m. W $50
- **33814** 3-6 Yrs 9/25-10/16 10:45-11:15 a.m. Sa $50
- **33815** 3-6 Yrs 9/26-10/17 4:40-5:10 p.m. W $50
- **33816** 3-6 Yrs 9/28-10/19 10:15-10:45 a.m. Sa $50
- **33817** 3-6 Yrs 10/23-11/13 6:10-6:40 p.m. W $50
- **33818** 3-6 Yrs 10/24-11/14 4:40-5:10 p.m. W $50
- **33819** 3-6 Yrs 10/26-11/16 10:15-10:45 a.m. Sa $50

**TOT ICE HOCKEY**

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3:50-4:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC  The Rinks Lakewood Ice

- **33829** 3-6 Yrs 8/29-9/19 5:30-6 p.m. Th $50
- **33830** 3-6 Yrs 8/31-9/21 10:15-10:45 a.m. Sa $50
- **33831** 3-6 Yrs 9/26-10/17 5:30-6 p.m. Th $50
- **33832** 3-6 Yrs 9/28-10/19 10:15-10:45 a.m. Sa $50
- **33833** 3-6 Yrs 10/24-11/14 5:30-6 p.m. Th $50
- **33834** 3-6 Yrs 10/26-11/16 10:15-10:45 a.m. Sa $50

6 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
Preschool Classes continued

MINI-HAWK MULTI-SPORT
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 is required for younger ages.

Skyhawks Sports Academy
Marina Vista Park
33980 2-3 Yrs 6 Mos 9/17-11/12 3:30-4:10 p.m. Tu $155
33981 3 Yrs 6 Mos-4 Yrs 9/17-11/12 4:20-5 p.m. Tu $155

MULTI SPORT
Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports
Bixby Knolls Park
34008 2-3 Yrs 9/21-11/9 9-9:30 a.m. Sa $109
34009 1 Yrs 6 Mos-2 Yrs 9/21-11/9 9:30-10 a.m. Sa $109
34010 3-5 Yrs 9/21-11/9 10-10:45 a.m. Sa $109

BIDDY SOCCER LEAGUE
Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.

TriFytt Sports
Bixby Knolls Park
34004 2-3 Yrs 9/25-10/30 4-4:30 p.m. W $99
34005 3-5 Yrs 9/25-10/30 4:30-5:15 p.m. W $109

PARENT & ME SOCCER
The fun happens on the field, so don’t just watch from the sidelines! You’ll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey.

Kidz Love Soccer
El Dorado Park West
33877 2-3 Yrs 6 Mos 9/20-10/8 9:30-10 a.m. F $114
33878 2-3 Yrs 6 Mos 9/20-10/25 5:20-5:50 p.m. F $93
33879 2-3 Yrs 6 Mos 9/28-11/16 8:45-9:15 a.m. Sa $114
33880 2-3 Yrs 6 Mos 9/28-11/16 9:20-9:50 a.m. Sa $114
Kidz Love Soccer
College Estates Park
33881 2-3 Yrs 6 Mos 9/28-11/16 9:30-10 a.m. Sa $114

PRE SOCCER
Learn the basic techniques of the game and build 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. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer
El Dorado Park West
33882 4-5 Yrs 9/20-11/8 10:10-10:45 a.m. F $114
33883 4-5 Yrs 9/20-11/8 3:20-3:55 p.m. F $114
33884 4-5 Yrs 9/28-11/16 10:30-11:05 a.m. Sa $114
Kidz Love Soccer
College Estates Park
33885 4-5 Yrs 9/28-11/16 10:40-11:15 a.m. Sa $114

SOCCERTOTS
Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce and element of light competition. Instructor-to-student ratio is kept small to maximize individual development and above all else we promote fun, fun, fun! Parent participation is required for youngest age.

Skyhawks Sports Academy
Marina Vista Park
33982 2-3 Yrs 6 Mos 9/18-10/16 4:40-4:50 p.m. W $89
33983 3 Yrs 6 Mos-4 Yrs 9/18-10/16 4:50-5:30 p.m. W $89
33984 2-3 Yrs 6 Mos 10/30-11/27 3:30-4:10 p.m. W $89
33985 3 Yrs 6 Mos-4 Yrs 10/30-11/27 4:20-5 p.m. W $89

TINITYKES
Tinitykses is an exciting program that will teach your child the basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players. Challenger’s professional coaches will take your young player on a journey to imaginary destinations of dinosaurs, princesses, dragons and more through soccer, music, storytelling and games. Materials fees: $20.

Challenger Sports
Wardlow Park
33788 2-3 Yrs 9/10-10/29 9:30-10:15 a.m. Tu $109
33799 4-6 Yrs 9/10-10/29 10:30-11:15 a.m. Tu $109

TOT SOCCER
Enjoy running and kicking just like the big kids! Encourage large motor skill development through fun soccer games and introduce small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer
El Dorado Park West
33890 3 Yrs 6 Mos-4 Yrs 9/20-11/8 10:10-10:45 a.m. F $114
33891 3 Yrs 6 Mos-4 Yrs 9/20-11/8 4:40-5:10 p.m. F $114
33892 3 Yrs 6 Mos-4 Yrs 9/28-11/16 10:10-30 a.m. Sa $114
Kidz Love Soccer
College Estates Park
33893 3 Yrs 6 Mos-4 Yrs 9/28-11/16 10:10-10:40 a.m. Sa $114

BIDDY TEE BALL LEAGUE
Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun, and exciting environment. Everyone will receive a team shirt and medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.

TriFytt Sports
Bixby Knolls Park
34006 3-5 Yrs 9/21-11/9 11-11:45 a.m. Sa $109
34007 2-3 Yrs 9/21-11/9 12-12:30 p.m. Sa $109

TEE BALL SKILLZ
Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports
El Dorado Park West
34011 2-3 Yrs 9/23-10/28 4-4:30 p.m. M $99
34012 3-5 Yrs 9/23-10/28 4:30-5:15 p.m. M $99

SEE PAGE 55 FOR CLASS REGISTRATION FORM
YOUTH CLASSES
As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such as a yoga, martial arts and gymnastics.

ART AND CULTURAL

ART INNOVATORS NEW
Build your own portfolio with the master pieces you create each week. Learn to draw and explore a variety of art media including watercolor, pastels, professional markers, metal tooling, and more! Each week is a lesson on a new style, technique and subject. Material fee: $10 payable to instructor on first class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. *No class: 9/28, 11/11 & 11/30.

Joaquin Feliciano
Long Beach Dance Academy

COOKING

BASIC COOKING FOR KIDS
Kids will love this fun class where they can create their own delicious baked masterpiece, discover new ingredients and learn the fundamentals of baking. Please note any food allergies. Bring an apron, set of measuring cups and spoons, and food storage container for leftovers. Food and material fee: $40.

A Yummy Future
El Dorado Park West

DANCE

CHILDREN & YOUTH DANCE WORKSHOP
Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach. *No class: 11/9.

Joaoquin Feliciano
Long Beach Dance Academy

MEXICAN FOLKLORICO
Class will have step by step footwork in various dances from Mexico and Spain. Wear shorts or dance wear for flexibility. No jeans or sandals, must wear closed toe shoes required and hair needs to be pulled back from face. Pre-registration is encouraged. Shows will count as a class meeting. *No class: 11/27.

MUSICAL THEATRE
Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. *No class: 11/27.

ENRICHMENT

3D CREATIONS: MINECRAFT NEW
Discover 3D printing as you create models of your favorite Minecraft characters. Learn pixel art to design your own colorful, unique skin for your 3D model to bring home. Material fee: $15 due on the first day of class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

COMPUTER CODING NEW
Create your own video game with characters, environments, and challenges designed by you! Learn fundamental coding concepts with block-based coding tools to animate your game. Incorporate the physical and digital worlds as you play and share your game with others. Completion of Keyboarding & Computer Coding is recommended. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.
JUNIOR ROBOTICS TEAM NEW
Young engineers of all skill levels are welcome to join the fun as we explore real-world topics through fun activities and challenges. Develop teamwork and presentation skills as you build motorized Lego models to share with others. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos. *No class: 11/30.

Build It Workspace Inc. Build It Workspace
34128 6-9 Yrs 9/14-10/5 9-10:30 a.m. Sa $75
34129 6-9 Yrs 10/12-11/2 9-10:30 a.m. Sa $75
34130 6-9 Yrs 11/16-12/14* 9-10:30 a.m. Sa $75

KEYBOARDING & COMPUTER CODING NEW
Learn basic keyboarding skills to type quickly and accurately so you can begin your journey into coding! Think logically, recognize patterns, and solve problems as you explore the basic concepts of coding that are the building blocks for creating your own games, animations, and apps. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc. Build It Workspace
34126 6-9 Yrs 9/11-10/2 11:30 a.m.-1 p.m. W $75
34127 6-9 Yrs 9/14-10/5 11 a.m.-12:30 p.m. Sa $75

MINECRAFT MODDING NEW
Take your Minecraft modding skills to the next level! Learn Java programming, enhance problem-solving skills, and see your projects come to life by creating your own mods. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc. Build It Workspace
34131 10-14 Yrs 9/11-10/2 11:30 a.m.-1 p.m. W $75
34132 10-14 Yrs 9/14-10/5 9-10:30 a.m. Sa $75

MATH DEVELOPMENT 2-6
Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: (949)263-0633. Testing and material fee: $20. Class held on Tuesday and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 10/31 & 11/11.

Readwrite Educational Solution Inc. LB Community Resource Center
34030 4 Yrs 6 Mos-7 Yrs 9/23-10/16 3:30-4:15 p.m. M W $79
34031 4 Yrs 6 Mos-7 Yrs 10/23-11/20* 3:30-4:15 p.m. M W $79

Readwrite Educational Solution Inc. Heartwell Park
34032 4 Yrs 6 Mos-7 Yrs 9/24-10/17 3:30-4:15 p.m. Tu Th $79
34033 4 Yrs 6 Mos-7 Yrs 10/24-11/21* 3:30-4:15 p.m. Tu Th $79

READING DEVELOPMENT K-1
Individualized to your student’s needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child’s program. For more information call: (949)263-0633. Testing and material fee: $20. Class held on Tuesday and Thursday at Heartwell Park, class held on Monday and Wednesdays at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 10/31 & 11/11.

Readwrite Educational Solution Inc. LB Community Resource Center
34030 4 Yrs 6 Mos-7 Yrs 9/23-10/16 3:30-4:15 p.m. M W $79
34031 4 Yrs 6 Mos-7 Yrs 10/23-11/20* 3:30-4:15 p.m. M W $79

Readwrite Educational Solution Inc. Heartwell Park
34032 4 Yrs 6 Mos-7 Yrs 9/24-10/17 3:30-4:15 p.m. Tu Th $79
34033 4 Yrs 6 Mos-7 Yrs 10/24-11/21* 3:30-4:15 p.m. Tu Th $79

READWRITE EN ESPAÑOL
Vamos hablar Español! Help your child expand their opportunity by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and continuing vocabulary, early reading, spelling and mathematical skills. This is a full Spanish immersion program. Material fee: $20.

Readwrite Educational Solution Inc. Bixby Knolls Park
34165 5-7 Yrs 9/3-9/26 2:15-3 p.m. Tu Th $79
34166 5-7 Yrs 10/1-10/24 2:15-3 p.m. Tu Th $79
34167 5-7 Yrs 10/29-11/21 2:15-3 p.m. Tu Th $79

READY, SET, GO! NEW
Design and build your own car to race down a ramp. Explore the effects of aerodynamics, weight, and resistance on your car’s performance and evaluate how improvements can be made to increase speed. Material fee: $15 due on the first class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc. Build It Workspace
34133 10-14 Yrs 9/10-10/1 3:30-5 p.m. Tu Th $75
34134 6-9 Yrs 10/8-10/29 3:30-5 p.m. Tu Th $75

ROBLOX CODING NEW
Become a coding pro as you create your own Roblox adventures with Lua code, a language similar to JavaScript. Learn and share games with your friends and publish them online. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc. Build It Workspace
34141 10-14 Yrs 10/9-10/30 11:30 a.m.-1 p.m. W $75
34142 10-14 Yrs 10/12-11/2 9-10:30 a.m. Sa $75

ROBOTICS TEAM NEW
Work as a team to develop solutions to real-world problems. Young innovators learn together as they share their skills and talents with others. Guided by Build It’s coaches, budding engineers will design, build, test, and program robots to compete in friendly competitions. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos. *No class: 11/30.

Build It Workspace Inc. Build It Workspace
34136 9-14 Yrs 9/14-10/5 11 a.m.-1 p.m. Sa $150
34137 9-14 Yrs 10/12-11/2 11 a.m.-1 p.m. Sa $150
34138 9-14 Yrs 11/16-12/14* 11 a.m.-1 p.m. Sa $150

SCULPTING IN 3D NEW
Explore CAD technology as you sculpt organic, solid bodies in this hands-on approach to 3D modeling. Beginners will sculpt and create their practical, beautiful designs to bring home. Material fee: $15 due on the first class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos.

Build It Workspace Inc. Build It Workspace
34135 10-14 Yrs 10/8-10/29 3:30-5 p.m. Tu $75
Youth Classes continued

WOODSHOP: HOLIDAY GIFTS NEW
Gain fundamental DIY skills to create personalized holiday gifts. Beginners and experienced builders will learn to safely use hand tools, power tools, and high tech machines such as the laser cutter. Material fee: $15 due on the first day of class. Class held at Build It Workspace, 4388 Cerritos Ave., Los Alamitos. *No class: 11/26, 11/27 & 11/30.

Build It Workspace Inc. Build It Workspace
34143 6-9 Yrs 11/12-12/10* 3:30-5 p.m. Tu $75
34146 10-14 Yrs 11/12-12/10* 3:30-5 p.m. Tu $75
34144 6-9 Yrs 11/13-12/11* 11:30 a.m.-1 p.m. W $75
34147 10-14 Yrs 11/13-12/11* 11:30 a.m.-1 p.m. W $75
34148 10-14 Yrs 11/16-12/14* 9:10-10:30 a.m. Sa $75
34145 6-9 Yrs 11/16-12/14* 11 a.m.-12:30 p.m. Sa $75

MUSIC

AUDITION PREP FOR SOLO POP, MUSICAL THEATRE & MORE NEW
One Pro Singer, CarrieATune.com, One Pro Singer/Dancer and One Pro Accompanist from Jewel Box Children’s Audition Theater teach auditioning skills in a friendly environment. This class focuses on teaching singers how to prepare for auditions. Singers will learn how to choose the right music, prepare sheet music, set and maintain or change the temp, move on stage, create a character, and perform with confidence! Class begins with a physical and vocal warm up followed by a Master Class format: students perform, then work individually with instructors. Students learn from observing, while serving as an audience for each performer. Bring a water bottle and wear comfortable clothes. Pre-requisite: Be prepared to sing one memorized solo song and bring two copies of sheet music or instrumental mp3 or mp4.

Carrie Rothenberger College Estates Park
34065 11-17 Yrs 9/7-10/12 11 a.m.-1 p.m. Sa $160

EXPLORING INSTRUMENTS
Want to play music, but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
33853 7-11 Yrs 9/11-10/16 4-4:50 p.m. W $90
33860 7-11 Yrs 10/23-11/27 4-4:50 p.m. W $90

GROUP PIANO
Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
33854 7-12 Yrs 9/10-10/15 4-4:50 p.m. Tu $95
33863 7-12 Yrs 10/22-11/26 4-4:50 p.m. Tu $95

GUITAR
Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: $5.

Daniel Howe Whaley Park
33792 8-18 Yrs 9/4-10/2 6:30-7:30 p.m. W $65
33793 8-18 Yrs 10/9-11/6 6:30-7:30 p.m. W $65

JAMMIN’ MUSIC GLEE CLUB
Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal techniques (breathing, warm-ups, pitch, and more), light choreography and stage blocking. Class will conclude with a performance. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach. *No class: 10/31 & 11/28.

Jammin’ Music Inc. Jammin’ Music
33867 7-14 Yrs 9/19-12/5* 4:30-5:30 p.m. Th $135

KEYBOARD KIDS
Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
33855 5-6 Yrs 9/7-10/12 11-11:50 a.m. Sa $95
33864 5-6 Yrs 9/10-10/15 3-3:50 p.m. Tu $95
33856 5-6 Yrs 10/19-11/23 11-11:50 a.m. Sa $95
33865 5-6 Yrs 10/22-11/26 3-3:50 p.m. Tu $95

ROCKIN’ GUITAR
Calling all beginning electric or acoustic guitarists... learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin’ Music, 4228 Atlantic Ave., Long Beach.

Jammin’ Music Inc. Jammin’ Music
33859 8-14 Yrs 9/6-10/11 5-5:50 p.m. F $85
33866 8-14 Yrs 10/18-11/22 5-5:50 p.m. F $85

SPORTS

B-BALLERS HOOPS SCHOOL BASKETBALL
For those looking to improve and develop to their full potential in order to get to the “next level.” This class offers intense, high quality training and teamwork experience. Shooting, dribbling, ball handling, passing, and more are refined through advanced drills in a challenging environment. Material fee: $20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School Wilson High School
33608 5-12 Yrs 9/8-9/29 3-4 p.m. Su $65
33609 5-12 Yrs 10/6-10/27 3-4 p.m. Su $65
33610 5-12 Yrs 11/3-11/24 3-4 p.m. Su $65

B-BALLERS HOOPS BASKETBALL CLINIC
Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense for the first half of class. The second half of class will allow the kids to play full or half court games against each other so they can get game time experience. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material fee: $20. Class held at Newcombe Academy, 3351 Val Verde Ave., Long Beach.

B-Ballers Hoops School Newcombe Academy
33614 5-12 Yrs 9/8-9/29 11 a.m.-12:15 p.m. Su $75
33615 5-12 Yrs 10/6-10/27 11 a.m.-12:15 p.m. Su $75
33616 5-12 Yrs 11/3-11/24 11 a.m.-12:15 p.m. Su $75

BREAKTHROUGH SPORTS - TRAINING ACADEMY
The Breakthrough Sports Training Academy is elite training for youth basketball players of all skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams, Breakthrough Sports brings their award-winning curriculum to Long Beach. Breakthrough Sports coaches, including former pro and NBA players will help participants improve mechanics, basketball IQ and most of all confidence in a fun environment.

Breakthrough Sports Silverado Park
33665 6-11 Yrs 9/5-9/26 7-8 p.m. Th $52
33666 6-11Yrs 10/3-10/24 7-8 p.m. Th $52
33667 6-11Yrs 11/7-11/21 7-8 p.m. Th $40

10 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
Sign Up Now For The
Long Beach Youth Sports Program
Season begins the week of September 16
On-line registration: July 29-August 31 · Walk in registration: Closes August 30
Uniform Fee: $10 required upon registration · Scholarships available

Coed and Boys Flag Football
Admiral Kidd Park
2125 Santa Fe Ave
562.570.1600
Bixby Park
130 Cherry Ave.
562.570.1601
Cesar E. Chavez Park
401 Golden Ave.
562.570.8890
Cherry Park
1901 E. 46th St.
562.570.3150
College Estates Park
808 Stevely Ave.
562.570.3150
Coolidge Park
352 Neece St.
562.570.1818
Davenport Park
2910 E. 55th Way
562.570.3150
DeForest Park
6255 DeForest Ave.
562.570.1620
Drake Park
951 Maine Ave.
562.570.1625
El Dorado Park West
2800 Studebaker Rd.
562.570.3225
Houghton Park
6301 Myrtle Ave.
562.570.1640
MacArthur Park
1321 Anaheim St.
562.570.1655
Martin Luther King Jr. Park
1950 Lemon Ave.
562.570.4405
McBride Park
1550 M.L. King Jr. Blvd.
562.570.1605
Miracle on 4th Street Park
1518 E 4th St
562.570.1786
Orizaba Park
2937 E. 14th St.
562.570.1427
Pan American Park
5157 Centralia St.
562.570.1662

Coed and Girls Volleyball
Ramona Park
3301 E. 65th St.
562.570.1665
Seaside Park
14th St. at Chestnut Ave.
562.570.5162
Scherer Park
4600 Long Beach Blvd.
562.570.1674
Stearns Champions Park
4520 E. 23rd St.
562.570.1685
Silverado Park
1545 W. 31st St.
562.570.1675
Somerset Park
1500 E. Carson St.
562.570.1690
Veterans Park
101 E. 28th Street
562.570.1695
Wardlow Park
3457 Stanbridge Ave.
562.570.1706
Whaley Park
5620 Atherton St.
562.570.1710
WRAP Sites 562.570.3530
Burbank Elementary
501 Junipero Ave.
Edison Elementary
625 Marine Ave.
Garfield Elementary
2240 Baltic Ave.
Grant Elementary
1225 E. 64th St.
Herrera Elementary
1620 Temple Ave.
Hudson (Kinder-8)
2335 Webster Ave.
King Elementary
145 E. Artesia Blvd.
Lafayette Elementary
2445 Chestnut Ave.

For more information, call the Long Beach Parks, Recreation and Marine Youth Sports Office at (562) 570-1707. Visit us on our official Long Beach Sports Website @ teamsideline.com/longbeach. Click under Youth Sports for more information.

The City of Long Beach Youth Sports Program is free to all participants and consists of a variety of sports opportunities throughout the year for boys and girls ages 5-14 years (born 2005-2014).
Participants register individually and are placed on teams at Long Beach parks. This nine week season emphasizes fun and the four pillars of our Youth Sports Program: sportsmanship, fundamentals, health and wellness and perseverance.
Youth Classes continued

**D-UP BALLERS**
D-UP Ballers will challenge you mentally and physically in the game of basketball. This program is for all levels, it enhances your basketball skills. We work on dribbling, passing, shooting, defense, footwork and more. We will have player(s) of the week and give out prizes! Material fee: $20.

James Christian  
Pan American Park
33680  7-14 Yrs  9/8-10/6  noon-1 p.m.  Su  $60
33681  7-14 Yrs  10/20-11/17  noon-1 p.m.  Su  $60

**AB BEGINNING GYMNASTICS**
Boys and girls gymnastics is a fun way to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. Children learn balance, coordination and flexibility that will benefit them as they grow and helps their performance in other sports and activities. 4 week session $65; 5 week session $80.

Cheryl Milgrom  
Wilson High School
33915  6-17 Yrs  11/6-11/27*  6-6:50 p.m.  W Th  $84

**AB INTERMEDIATE GYMNASTICS**
Gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. They will learn balance, coordination and flexibility that benefits them as they grow and helps their performance in other sports and activities. Requirements: Cartwheel, backbend, pull up/pull over on bar, vault squat on. 4-week session $65; 5-week session $80.

Cheryl Milgrom  
Wilson High School
33906  6-17 Yrs  11/6-11/27*  6-6:50 p.m.  W Th  $120

**BEGINNING & INTERMEDIATE TUMBLING**
This class teaches students cartwheels, handsprings, backflips, tumbling and basic strength training to improve skill progression. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach.

Cheryl Milgrom  
Wilson High School
33908  6-17 Yrs  9/4-9/26  6-6:50 p.m.  W Th  $84

**BEGINNING ICE SKATING**
This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach.  *No class: 11/28.

Cheryl Milgrom  
Wilson High School
33904  6-17 Yrs  9/4-9/26  6:45-8 p.m.  W Th$120
33905  6-17 Yrs  10/2-10/24  6:45-8 p.m.  W Th$120
33906  6-17 Yrs  11/6-11/27*  6:45-8 p.m.  W Th$120

**HORSE FUN**
We will teach your child safety, basic horsemanship, haltering, grooming, saddling and how to ride horses! Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: $30 due to instructor at start of class. No unregistered siblings. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. *No class: 11/30.

Fun With Horses  
El Rodeo Stables
33766  7-12 Yrs  11/9-12/7*  11 a.m.-noon  Sa  $85

**BEGINNING ICE HOCKEY**
Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey, one of the fastest growing high school sports! No sticks or pucks yet. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3:5-3:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood.

Ice Management LLC  
The Rinks Lakewood Ice
33820  7-14 Yrs  8/29-9/18  6:40-7:10 p.m.  W  $50
33821  7-14 Yrs  8/29-9/19  4:30-5 p.m.  Th  $50
33822  7-14 Yrs  8/31-9/19  11:15-11:45 a.m.  Sa  $50
33823  7-14 Yrs  9/25-10/16  6:40-7:10 p.m.  W  $50
33824  7-14 Yrs  9/26-10/17  4:30-5 p.m.  Th  $50
33825  7-14 Yrs  9/28-10/19  11:15-11:45 a.m.  Sa  $50
33826  7-14 Yrs  10/23-11/13  6:40-7:10 p.m.  W  $50
33827  7-14 Yrs  10/24-11/14  4:30-5 p.m.  Th  $50
33828  7-14 Yrs  10/26-11/16  11:15-11:45 a.m.  Sa  $50

**ADVANCED GYMNASTICS & TUMBLING**
This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, advanced training in uneven para bars, balance beam, vaulting table, and/or advanced tumbling skills. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach.  *No class: 11/28.

Cheryl Milgrom  
Wilson High School
33903  7-18 Yrs  9/8-9/26  6:45-8 p.m.  W Th Sa $120
33904  6-17 Yrs  9/4-9/26  6:45-8 p.m.  W Th $120
33905  6-17 Yrs  10/2-10/24  6:45-8 p.m.  W Th $120
33906  6-17 Yrs  11/6-11/27*  6:45-8 p.m.  W Th $120
Free After School Program Park Sites
ages 5-12

What is Your Child Doing After School?
Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include enrichment programs, games, arts and crafts, tournaments, homework assistance, holiday celebrations and more. Visit: https://bit.ly/1Neoc8o for program schedules and descriptions.

Park Locations and Hours*

Admiral Kidd Park
2125 Santa Fe Ave.
570-1600
Mon-Fri 3-6 p.m.

Bixby Park
130 Cherry Ave.
570-1601
Mon-Fri 3-6 p.m.

Chavez Park
401 Golden Ave.
570-8890
Mon-Fri 3-6 p.m.

Drake Park
951 Maine Ave.
570-1625
Mon-Fri 3-6 p.m.

Houghton Park
temporarily located at Coolidge Park
352 Neece Ave.
570-1618
Mon-Fri 3-6 p.m.

Mac Arthur Park
1321 Anaheim St.
570-1655
Mon-Fri 3-6 p.m.

McBride Park
1550 M.L. King Jr. Blvd.
570-1605
Mon-Fri 3-6 p.m.

M.L. King Jr. Park
1950 Lemon Ave
570-4405
Mon-Fri 3-6 p.m.

Orizaba Park
1435 Orizaba Ave.
570-1427
Mon-Fri 3-6 p.m. Sat 12-4 p.m.
Sat 12-4 p.m.

Pan American Park
5157 Centralia St.
570-1660
Mon-Fri 2:30-5:30 p.m.

Ramona Park
3301 E. 65th St.
570-1665
Mon-Fri 3-6 p.m.

Seaside Park
1401 Chestnut Ave.
572-5126
Mon-Fri 3-5:30 (M-F)
Sa & Su 11 a.m.-3 p.m.

Silverado Park
1545 W. 31st St.
570-1675
Mon-Fri 3-6 p.m.

Somerset Park
1500 E. Carson St.
570-1690
Mon-Fri 3-6 p.m.

Stearns Champions Park
4520 E. 23rd St.
570-1685
Mon-Fri 3-6 p.m.

Veterans Park
101 E. 28th St.
570-1695
Mon-Fri 2:30-5:30 p.m.

Wardlow Park
3457 Stanbridge Ave.
570-1706
Mon-Fri 3-6 p.m.

Whaley Park
5620 Atherton St.
570-1710
Mon-Fri 2:30-5:30 p.m.

*Park locations and times are subject to change
Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction and an instructor with 40 years of self defense experience.

New students start first Monday or Wednesday of each month.


JUJITSU

Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction and an instructor with 40 years of self defense experience.

New students start first Monday or Wednesday of each month.


KARATE

This traditional Japanese Karate retains all traditions of the ancient art. The philosophy and rules of Karate will help develop discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the courtesies and customs of Japanese culture.

Jony Martinez

Cesar Chavez Park

33925 5-12 Yrs 9/4-9/30 6-7 p.m. M W $75
33926 5-12 Yrs 10/2-10/30 6-7 p.m. M W $75
33927 5-12 Yrs 11/4-11/27 6-7 p.m. M W $75

Jony Martinez

College Estates Park

34070 5-12 Yrs 9/4-9/30 4:15-5 p.m. M W $55
34071 5-12 Yrs 10/2-10/30 4:15-5 p.m. M W $55
34072 5-12 Yrs 11/4-11/27 4:15-5 p.m. M W $55

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial arts of “empty hand” fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of all ages will develop valuable self defense, self control and self discipline skills, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional $40 (regardless of the size).

*TNo class: 11/29.

Antonio Silva

Bixby Park

33995 5-17 Yrs 9/6-9/28 6-7 p.m. M W $50
33996 5-17 Yrs 10/4-10/28 6-7 p.m. M W $50
33997 5-17 Yrs 11/1-11/30* 6-7 p.m. M W $50

TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE


David Crockett

Recreation Park

33668 5-14 Yrs 9/4-11/27 4:30-5:30 p.m. W $130
33687 5-14 Yrs 9/14-11/30 10-11 a.m. Sa $130

TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday.

David Crockett

Recreation Park

33688 8-17 Yrs 9/4-11/27 5:30-6:30 p.m. W $140
33689 8-17 Yrs 9/14-11/30 9-10 a.m. Sa $140

TGA PREMIER VOLLEYBALL

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. In this entertaining, supportive environment students also participate in STEM labs that allow them to explore academic concepts like gravity, geometry and force through the game. Material fee $7.

TGA Premier Sports

Pan American Park

33617 5-12 Yrs 9/8-9/29 3-4 p.m. Su $65
33618 5-12 Yrs 10/6-10/27 3-4 p.m. Su $65
33619 5-12 Yrs 11/3-11/24 3-4 p.m. Su $65

SKATEDOGS SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make friends, play games, and advance your skills in our private skatepark! Requirement: A signed Skatedogs waiver, a “trick” skateboard, knee and elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer.

Adam Cohen

Heartwell Park

33684 5-13 Yrs 9/7-10/12 9-10:30 a.m. Sa $150
33685 5-13 Yrs 10/26-11/30 9-10:30 a.m. Sa $150

MIXED MARTIAL ARTS - WHITE BELT

White belts will become confident and learn to respect themselves and peers while learning mixed martial arts. Instagram: Schools of Self Defense. Uniforms are available for $35, shin guards and gloves available for $20 each. Testing fee is $40. *No class: 11/28 & 11/29.

Michael J. Rice

El Dorado Park West

33954 6-11 Yrs 9/5-9/27 6-7 p.m. Th F $50
33955 6-11 Yrs 10/3-10/31 6-7 p.m. Th F $50
33956 6-11 Yrs 11/1-11/22* 6-7 p.m. Th F $50

MIXED MARTIAL ARTS - UPPER BELT

Students will become “bully proof” while training in Muay Thai kickboxing, wrestling, and Brazilian Jiu Jitsu. Students will become confident and will respect their peers during their martial arts training. Instagram: Schools of Self Defense. Uniforms are available for $35, shin guards and gloves available for $20 each. Testing fee is $40. *No class: 11/28 & 11/29.

Michael J. Rice

El Dorado Park West

33951 6-17 Yrs 9/5-9/27 7-8 p.m. Th F $50
33952 6-17 Yrs 10/3-10/31 7-8 p.m. Th F $50
33953 6-17 Yrs 11/1-11/22* 7-8 p.m. Th F $50

SOCCER 1 - TECHNIQUES & TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey.

Kidx Love Soccer

El Dorado Park West

33988 5-6 Yrs 9/28-11/16 11:15 a.m.-12 p.m. Sa $14

Soccer have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world’s most popular game! Shin guards are required. All participants receive a Kidz Love Soccer jersey.

Kidx Love Soccer

College Estates Park

33888 5-6 Yrs 9/28-11/16 11:15 a.m.-12 p.m. Sa $14

SOCCER 2 - SKILLZ & SCRIMMAGES

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make friends, play games, and advance your skills in our private skatepark! Requirement: A signed Skatedogs waiver, a “trick” skateboard, knee and elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer.

Adam Cohen

Heartwell Park

33684 5-13 Yrs 9/7-10/12 9-10:30 a.m. Sa $150
33685 5-13 Yrs 10/26-11/30 9-10:30 a.m. Sa $150

TGA PREMIER VOLLEYBALL

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. In this entertaining, supportive environment students also participate in STEM labs that allow them to explore academic concepts like gravity, geometry and force through the game. Material fee $7.

TGA Premier Sports

Pan American Park

33617 5-12 Yrs 9/8-9/29 3-4 p.m. Su $65
33618 5-12 Yrs 10/6-10/27 3-4 p.m. Su $65
33619 5-12 Yrs 11/3-11/24 3-4 p.m. Su $65

14 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
TEEN CENTERS

ADMIRAL KIDD PARK 2125 SANTA FE AVE.
FREEMAN COMMUNITY 1205 FREEMAN AVE.
HOUGHTON PARK TEMPORARILY LOCATED AT:
COOLIDGE PARK 352 NEECE ST.
CESAR CHAVEZ PARK 401 GOLDEN AVE.
SILVERADO PARK 1545 W. 31ST
MCBRIDE PARK 1550 MARTIN LUTHER KING JR. AVE.

MAKE NEW FRIENDS | SPORTS | TOURNAMENTS | FIELD TRIPS | DINNER PROGRAM | FUN

RECREATIONAL ACTIVITIES • FITNESS CLASSES • TOURNAMENTS
HOMEWORK ASSISTANCE • VOLUNTEER OPPORTUNITIES • MEET NEW FRIENDS

VISIT WWW.LBPARKS.ORG

SEE PAGE 55 FOR CLASS REGISTRATION FORM
BASIC COOKING FOR TEENS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups and spoons and a food storage container for leftovers. Food and material fee: $40.

A Yummy Future El Dorado Park West
33593 13-18 Yrs 9/7-9/28 3-4:15 p.m. Sa $115
33594 13-18 Yrs 10/5-10/26 3-4:15 p.m. Sa $115
33595 13-18 Yrs 11/2-11/23 3-4:15 p.m. Sa $115

ENRICHMENT

DRIVER’S EDUCATION

California required course to obtain driver’s permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School Inc Online
33599 14-18 Yrs 9/1-9/30 Every day $40
33600 14-18 Yrs 10/1-10/31 Every day $40
33601 14-18 Yrs 11/1-11/30 Every day $40

UC PERSONAL INSIGHT QUESTIONS

Each workshop will focus on a specific Personal Insight Question (PIQ) topic. Students must submit a rough draft in advance to participate. The instructor will discuss the basic elements of essay writing, using selected student drafts as examples. Student will learn how to analyze the question, critique their own work, and use personal examples to further develop their story. Must register by the prior Thursday and submit rough draft. Pre-registration required. Visit LB Parks.org class registration page for PIQ topics. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Alison Cotter Los Alamitos Community Center
34057 15 Yrs+ 9/8-9/8 1-2 p.m. Su $25
34058 15 Yrs+ 9/15-9/15 1-2 p.m. Su $25
34059 15 Yrs+ 9/22-9/22 1-2 p.m. Su $25
34060 15 Yrs+ 9/29-9/29 1-2 p.m. Su $25
34061 15 Yrs+ 10/6-10/6 1-2 p.m. Su $25
34062 15 Yrs+ 10/13-10/13 1-2 p.m. Su $25
34063 15 Yrs+ 10/20-10/20 1-2 p.m. Su $25
34064 15 Yrs+ 10/27-10/27 1-2 p.m. Su $25

SPORTS

B-BALLERS HOOPS SCHOOL FUNDAMENTAL BASKETBALL

For those looking to improve and develop to their full potential in order to get to the “next level” of basketball. This class offers intense, high quality training and teamwork experience. Shooting, dribbling, ball handling, passing, and more are refined through advanced drills in a challenging environment. Material fee: $20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach.

B-Ballers Hoops School Wilson High School Gym
33611 13-17 Yrs 9/8-9/29 4-5 p.m. Su $65
33612 13-17 Yrs 10/6-10/27 4-5 p.m. Su $65
33613 13-17 Yrs 11/3-11/24 4-5 p.m. Su $65

TGA PREMIER VOLLEYBALL

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. Material fee $7.

TGA Premier Sports Pan American Park
33620 13-17 Yrs 9/8-9/29 4:30-5:30 p.m. Su $65
33621 13-17 Yrs 10/6-10/27 4:30-5:30 p.m. Su $65
33622 13-17 Yrs 11/3-11/24 4:30-5:30 p.m. Su $65

MUSIC

AUDITION PREP FOR SOLO POP, MUSICAL THEATRE & MORE NEW

Carrie Rothenberger College Estates Park
One Pro Singer, CarrieATune.com, One Pro Singer/Dancer and One Pro Accompanist from Jewel Box Children’s Audition Theater teach auditioning skills in a friendly environment. This class focuses on teaching singers how to prepare for auditions. Singers will learn how to choose the right music, prepare sheet music, set and maintain or change the temp, move on stage, create a character, and perform with confidence! Class begins with a physical and vocal warm up followed by a Master Class format: students perform, then work individually with instructors. Students learn from observing, while serving as an audience for each performer. Bring a water bottle and wear comfortable clothes. Pre-requiste: Be prepared to sing one memorized solo song and bring two copies of sheet music or instrumental mp3 or mp4.

34065 11-17 Yrs 9/7-10/12 11 a.m.-1 p.m. Sa $160
**ADAPTIVE RECREATION**

**SPECIAL OLYMPICS “TOP FLIGHT ON ICE”**

Pre registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Class held at The Rinks Lakewood, 3975 Pixie Ave., Lakewood.

- **Ice Management LLC**
  - 33847 12 Yrs+ 8/28-9/18 6:10-6:40 p.m. W $50
  - 33848 12 Yrs+ 8/31-9/21 9:45-10:15 a.m. Sa $50
  - 33849 12 Yrs+ 9/25-10/16 6:10-6:40 p.m. W $50
  - 33850 12 Yrs+ 9/28-10/19 9:45-10:15 a.m. Sa $50
  - 33851 12 Yrs+ 10/23-11/13 6:10-6:40 p.m. W $50
  - 33852 12 Yrs+ 10/26-11/16 9:45-10:15 a.m. Sa $50

**ART AND CULTURAL**

**ALL MEDIA WORKSHOP NEW**

Join our vibrant community of fellow artists in instructor guided open studio sessions. We strive to foster creativity in an atmosphere of conversation and encouragement. Bring your projects, art supplies, and tools. All medias welcome. Walk in fee available.

- **Anita Sinclair**
  - 34115 16 Yrs+ 9/5-9/26 6-9 p.m. Th $30
  - 34116 16 Yrs+ 10/3-10/24 6-9 p.m. Th $30
  - 34117 16 Yrs+ 11/7-11/21 6-9 p.m. Th $30

**AMAZING ART**

Never painted before? Amaze yourself. Bring a 8x10 color picture and a 8x10 black and white paper copy of the same picture that you would like to paint. Learn the tricks of acrylic painting. All materials are supplied. Have fun while learning. Adults and child welcome, make it a family outing! Material fee: $20. *No class 10/31.

- **Mary Crowder**
  - 33717 10 Yrs+ 9/5-9/26 7-9 p.m. Th $45
  - 33718 10 Yrs+ 10/24-11/21* 7-9 p.m. Th $45

**ARTIST WALK-IN**

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Fee per person, per class. *No class: 10/31.

- **Mary Crowder**
  - 33720 10 Yrs+ 9/5-9/26 7-9 p.m. Th $5
  - 33721 10 Yrs+ 10/24-11/21* 7-9 p.m. Th $5

**BEGINNING DIGITAL PHOTOGRAPHY**

A great class for owners of digital cameras with adjustable aperture and shutter. You’ll learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Also learn about megapixels, memory cards, jpeg and raw files. Bring camera and owner’s manual. Saturday field session: October 5th 9:30 a.m. to 11:30 a.m. Material fee: $5.

- **Craig Fucile**
  - 33764 16 Yrs+ 9/9-10/14 7-9 p.m. M $65

**BEGINNING SEWING - THE APRON**

Make an apron and optional oven mitt while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit www.sewvac ltd.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 9/14, 10/12, 11/18 & 11/21.

- **Sew Vac Inc**
  - 33986 18 Yrs+ 9/7-10/19* 2-4:30 p.m. Sa $59
  - 33987 18 Yrs+ 9/12-10/10 6:30-9 p.m. Th $59
  - 33994 18 Yrs+ 11/4-11/25* 6:30-9 p.m. M Th $59

**BEGINNING SEWING - THE TOTE BAG**

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 11/1.

- **Sew Vac Inc**
  - 33988 18 Yrs+ 9/6-10/11 2-5 p.m. F $69

**BEYOND BEGINNING SEWING**

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children’s pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 11/1.

- **Sew Vac Inc**
  - 33989 18 Yrs+ 10/18-11/8* 2-5 p.m. F $45

**CERAMICS WORKSHOP**

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: $27.

- **Anita Sinclair**
  - 34048 18 Yrs+ 10/28-11/16 9 a.m.-noon M $55
  - 34049 18 Yrs+ 10/29-11/19 6-9 p.m. Tu $30

**SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB**
Adult Classes continued

DRAWING FUNDAMENTALS
Yes. You CAN learn to draw. Drawing is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair
Bixby Park
34053 18 Yrs+ 9/2-10/21 12:30-3:30 p.m. M $55
34054 18 Yrs+ 10/28-11/18 12:30-3:30 p.m. M $30

FAST QUILT
Come join the fun! Our Fast Quilt class consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced quilters. Material list at first class. You will need a sewing machine in good working condition.

Sandra Szladek
Workard Park
34002 16 Yrs+ 9/4-10/9 6:30-9 p.m. W $33
34003 16 Yrs+ 10/16-11/20 6:30-9 p.m. W $33

KNITTING & CROCHET - BEGINNING AND BEYOND
Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: $20-$30. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach.

Sandra Carter
Los Alamitos Bay Yarn Company
33671 18 Yrs+ 9/3-9/24 6-7:30 p.m. Tu $55
33673 18 Yrs+ 10/29-11/19 6-7:30 p.m. Tu $55

NUTS & BOLTS OF QUILTING
Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 10/9.

Sew Vac Inc
Sew Vac Limited
33990 18 Yrs+ 9/11-10/23 6-9 p.m. W $69

OIL PAINTING
Representational oil painting of still life arrangements and landscapes from observation. All skill levels welcome. In this class we will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair
Bixby Park
34055 18 Yrs+ 9/1-10/20 10 a.m.-1 p.m. Su $55
34056 18 Yrs+ 10/27-11/17 10 a.m.-1 p.m. Su $30

PALETTE UP! NEW
Indulge your inner muse in a one-class watercolor session with our accomplished instructor. Curious newcomers and seasoned creators will face suitable challenges and finish a masterpiece of their own!

Each class features a unique project, painting fundamentals, and options for customizing with advanced techniques. Paired with refreshments for ideal relaxing and creative atmosphere! Material fee: $3.

Art Innovators
Los Alamitos Community Center
34405 13 Yrs+ 9/14-9/14 12:30-2 p.m. Sa $25
34406 13 Yrs+ 10/12-10/12 12:30-2 p.m. Sa $25
34407 13 Yrs+ 11/16-11/16 12:30-2 p.m. Sa $25

PORTRET WORKSHOP
Come draw or paint live models with our national award winning artist instructor, Ying Liu. Bring the medium of your choice: pencil (with drawing board), charcoal, pastel, oil, watercolor or acrylic. Simple easels and drawing horses are available for use. Demonstrations and instruction are provided upon request. $5 model fee payable to instructor each class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu
Los Alamitos Community Center
33800 16 Yrs+ 9/21-11/9 9 a.m.-noon Sa $89

SEWING MACHINE BOOT CAMP
Do you have a sewing machine you don’t know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: www.sewvacit.com to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc
Sew Vac Limited
33991 18 Yrs+ 9/16-9/16 6-9 p.m. M $30
33992 18 Yrs+ 10/15-10/15 6-9 p.m. Tu $30
33993 18 Yrs+ 11/23-11/23 1:30-4:30 p.m. Sa $30

TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING
Have you ever wanted to create a painting from your photos - from a trip or of your family/friends? Students will observe and participate in the process of creating a painting from photos. The instructor will demonstrate how a painting is developed primarily in oil, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu
Los Alamitos Community Center
33801 16 Yrs+ 9/25-10/23 6:30-9:30 p.m. W $94

WATERCOLOR! PURE & SIMPLE
Explore innovative watercolor techniques to create rich colors and dynamic paintings. Progressive projects include flat wash, gradients, wet-into-wet, dry brush, salt wash, masking, textures and transfers. For all levels; beginners welcome! Optional $25 material fee for complete supply kit and book, payable in cash at first meeting.

Moira Hahn
El Dorado Park West
33786 18 Yrs+ 9/1-10/6 10 a.m.-noon Su $75
33787 18 Yrs+ 10/13-11/17 10 a.m.-noon Su $75

CAREER ENRICHMENT

VOICE OVERS - NOW IS YOUR TIME!
You’ve heard Bridget Renshaw on TV! (Samsung commercials, Spanish Telenovela translations, etc.) Now hear Bridget live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before.

Such A Voice
El Dorado Park West
34001 18 Yrs+ 11/25-11/25 6:30-8:30 p.m. M $45

DANCE

2 STEP & SWING
Grab your boots and partner. Come learn the latest country dance patterns. You'll also do the East Coast swing in this class. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter
Weingart Senior Center
33551 18 Yrs+ 9/18-10/23 7-8 p.m. W $36
33555 18 Yrs+ 10/30-11/20 7-8 p.m. W $24
**Adult Classes continued**

### 80's Dance Workout! New
Can you feel it? Bust out the leg warmers, sweatbands, and neon and let's get physical! A jazzy way to go old school while burning the calories to your favorite 80's hits! Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/27.*

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>33749</td>
<td>18 Yrs+</td>
<td>8/28-9/18</td>
<td>6:30-7:15 p.m.</td>
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<td>Marina Community Center</td>
<td>$57</td>
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<td>33750</td>
<td>18 Yrs+</td>
<td>8/28-9/18</td>
<td>6:30-7:15 p.m.</td>
<td>W</td>
<td>Marina Community Center</td>
<td>$57</td>
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</tbody>
</table>

**ADULT TAP**

An amazing workout and fun at the same time! This class is for those who have wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 11/28.*

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>33747</td>
<td>18 Yrs+</td>
<td>8/22-9/12</td>
<td>7-7:45 p.m.</td>
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<td>Marina Community Center</td>
<td>$57</td>
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<td>33748</td>
<td>18 Yrs+</td>
<td>8/22-9/12</td>
<td>7-7:45 p.m.</td>
<td>Th</td>
<td>Marina Community Center</td>
<td>$57</td>
</tr>
</tbody>
</table>

### Almost Ballet

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>33713</td>
<td>10 Yrs+</td>
<td>9/14-10/12</td>
<td>10:30-11:30 a.m.</td>
<td>Sa</td>
<td>Crossroads Country Club Pet Resort</td>
<td>$95</td>
</tr>
<tr>
<td>33714</td>
<td>10 Yrs+</td>
<td>9/14-10/12</td>
<td>10:30-11:30 a.m.</td>
<td>Sa</td>
<td>Crossroads Country Club Pet Resort</td>
<td>$95</td>
</tr>
</tbody>
</table>

### Argentine Tango

Friendly and patient instruction awaits for this beginner class. 8-count basic, oochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>33745</td>
<td>10 Yrs+</td>
<td>10/26-11/23</td>
<td>7-8 p.m.</td>
<td>Tu</td>
<td>Dog Services Unlimited</td>
<td>$67</td>
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<tr>
<td>33746</td>
<td>10 Yrs+</td>
<td>10/26-11/23</td>
<td>7-8 p.m.</td>
<td>Tu</td>
<td>Dog Services Unlimited</td>
<td>$67</td>
</tr>
</tbody>
</table>

### Belly Dance

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>33752</td>
<td>14 Yrs+</td>
<td>9/9-10/7</td>
<td>6:15-7:15 p.m.</td>
<td>M</td>
<td>Wardlow Park</td>
<td>$39</td>
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<tr>
<td>33753</td>
<td>14 Yrs+</td>
<td>10/21-11/18</td>
<td>6:15-7:15 p.m.</td>
<td>M</td>
<td>Wardlow Park</td>
<td>$39</td>
</tr>
<tr>
<td>33754</td>
<td>14 Yrs+</td>
<td>10/21-11/18</td>
<td>7:30-8:30 p.m.</td>
<td>M</td>
<td>Wardlow Park</td>
<td>$39</td>
</tr>
<tr>
<td>33755</td>
<td>14 Yrs+</td>
<td>10/21-11/18</td>
<td>8:45-9:45 p.m.</td>
<td>M</td>
<td>Wardlow Park</td>
<td>$39</td>
</tr>
</tbody>
</table>

### Line Dancing

Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. A fun workout. Come with a friend. No experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
<th>Dates</th>
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<th>Day</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>33713</td>
<td>10 Yrs+</td>
<td>9/14-10/12</td>
<td>9:30-10:30 a.m.</td>
<td>Sa</td>
<td>Crossroads Country Club Pet Resort</td>
<td>$95</td>
</tr>
<tr>
<td>33714</td>
<td>10 Yrs+</td>
<td>10/26-11/23</td>
<td>9:30-10:30 a.m.</td>
<td>Sa</td>
<td>Crossroads Country Club Pet Resort</td>
<td>$95</td>
</tr>
</tbody>
</table>

### Dog Training

#### Dog Behavior Training 201 Positive Reinforcement

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. For more information: (714)821-6622 or crossroadspetresort.com. Material fee: $10.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Age</th>
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<th>Time</th>
<th>Day</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>33715</td>
<td>10 Yrs+</td>
<td>9/14-10/12</td>
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<td>33716</td>
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<td>10:30-11:30 a.m.</td>
<td>Sa</td>
<td>Crossroads Country Club Pet Resort</td>
<td>$95</td>
</tr>
</tbody>
</table>

SEE PAGE 55 FOR CLASS REGISTRATION FORM
Adult Classes continued

**DOG MANNERS - “CRASH COURSE”**

Accomplish your dog training goals and correct behavior problems in just four 75 minute lessons! Please pre-register so instructor can brief you before the first meeting. Obedience commands include: heel on leash, sit and down on command, stay with distractions, and come when called. Bring $5 insurance fee and shot records. Questions? Call Dog Services:

(714)532-3647 or visit www.DogClassInfo.com. Saturday class held at El Dorado Park Hockey Court. Thursday class held at Laurel Park Tennis Court, 4041 Katella Ave., Los Alamitos. Material fee: $5.

Dog Services Unlimited  El Dorado Park West Roller Hockey Court
33749  10 Yrs+  10/19-11/9  1:15-2:30 p.m.  Sa  $86
Dog Services Unlimited  Laurel Park
33750  10 Yrs+  9/12-10/3  6-7:15 p.m.  Th  $86

**PUPPY KINDERGARTEN**

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting WITHOUT puppies. Bring lawn chair and current shot records. For more information please visit: www.DogClassInfo.com or call (714)532-3647. Material fee: $10.

Dog Services Unlimited  El Dorado Park West Roller Hockey Court
33751  10 Yrs+  10/12-11/16 noon-1 p.m.  Sa  $88

**FASHION MAKEUP - CLASSIC TO GLAMOUR**

Part One: “Creating the Classic Face” is designed for beginners. Learn the fundamentals of fashion makeup while creating the “Classic Face”, a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: “Creating the Glamorous Face” Learn how to transform the “Classic Face” into the “Glamorous Face” for those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimisi@yahoo.com.

Rodolfo Nimis  Heartwell Park
33931  16 Yrs+  9/29-9/29  12-4 p.m.  Su  $75
33932  16 Yrs+  10/13-10/13  12-4 p.m.  Su  $75
33933  16 Yrs+  11/17-11/17  12-4 p.m.  Su  $75

**ENRICHMENT**

**CAPOEIRA NEW**

Frequently called the Art of Deception, Capoeira is a dynamic hybrid that combines martial arts, music, dance and acrobatics. Participants increase flexibility, balance and stamina during this total body workout. Please wear loose fitting clothing (no shorts) and prepare to train with bare feet. Class held at The Centre, 5000 Clark Ave., Lakewood.

Courtney Claverie  The Centre
34409  12 Yrs+  9/3-9/26  8-9:15 p.m.  Tu  $80
34410  12 Yrs+  10/8-10/29  8-9:15 p.m.  Tu  $70
34411  12 Yrs+  11/5-11/26  8-9:15 p.m.  Tu  $70

**AFFIRMATIONS & HATHA YOGA**

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit.

Irene Holsters  El Dorado Park West
33789  18 Yrs+  10/21-11/25  6:45-8 p.m.  M  $60
33791  18 Yrs+  10/23-11/27  6:45-8 p.m.  W  $60

**B.L.A.S.T. TOTAL BODY FITNESS**

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong. Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available.

Tami Santy  El Dorado Park West
33967  16 Yrs+  9/3-9/24  6-7 p.m.  Tu  $44
33968  16 Yrs+  10/1-10/29  6-7 p.m.  Tu  $44
33969  16 Yrs+  11/5-11/26  6-7 p.m.  Tu  $44

**FITNESS**

**DYNAMIC HATHA YOGA FOR HEALTH & WELLNESS**

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of asanas, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.

David Allen Arnette  Whaley Park
33626  16 Yrs+  9/3-9/26  6-7:30 p.m.  M  $76
33629  16 Yrs+  9/3-9/24  6-7:30 p.m.  Tu  $44
33632  16 Yrs+  9/5-9/26  6-7:30 p.m.  Th  $44
33627  16 Yrs+  10/1-10/29  6-7:30 p.m.  M  $86
33630  16 Yrs+  10/1-10/29  6-7:30 p.m.  Tu  $55
33633  16 Yrs+  10/3-10/24  6-7:30 p.m.  Th  $44
33628  16 Yrs+  11/5-11/26  6-7:30 p.m.  Tu  $67
33631  16 Yrs+  11/5-11/26  6-7:30 p.m.  Tu  $44
33634  16 Yrs+  11/7-11/21  6-7:30 p.m.  Th  $33

**40-30-20 INTERVAL TRAINING**

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 11/4.

Tami Santy  Recreation Park
33963  16 Yrs+  9/9-10/14  6-6:45 p.m.  M  $66
33964  16 Yrs+  10/21-11/25*  6-6:45 p.m.  M  $55

**30-20-10 INTERVAL TRAINING**

**AEROBICS LITE**

Great for starters! Great if you’re getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available.

Tracey Wiltse  Recreation Park
34016  18 Yrs+  9/4-9/30  8:30-9:30 a.m.  M W $35
34017  18 Yrs+  10/2-10/30  8:30-9:30 a.m.  M W $35
34018  18 Yrs+  11/1-11/27  8:30-9:30 a.m.  M W $35

REGISTER ONLINE AT WWW.LBPARKS.ORG
CSI - CARDIO SCULPT LOW-IMPACT AEROBICS
CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available.
Marilynn Bodnar  El Dorado Park West
33656  12 Yrs+  9/4-9/30  5:30-6:30 p.m.  M W  $25
33657  12 Yrs+  10/2-10/30  5:30-6:30 p.m.  M W  $25
33658  12 Yrs+  11/4-11/27  5:30-6:30 p.m.  M W  $25

FUSION PILATES CONDITIONING
A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: www.evelyngrauten.com. Walk in fee available. *No class: 9/18.
Evelyn Grauten  Recreation Park
33769  18 Yrs+  9/4-9/27*  9:45-10:45 a.m.  W F  $54
33770  18 Yrs+  10/2-10/18  9:45-10:45 a.m.  W F  $54
33771  18 Yrs+  10/23-11/8  9:45-10:45 a.m.  W F  $54
33772  18 Yrs+  11/13-11/27  9:45-10:45 a.m.  W F  $45

HATHA FLOW YOGA - USING A CHAIR AS A PROP
Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in the practice of yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to the modern practice of yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available.
David Allen Arnette  Whaley Park
33635  16 Yrs+  9/3-9/26  11 a.m.-12:30 p.m.  Tu Th  $76
33638  16 Yrs+  9/3-9/24  11 a.m.-12:30 p.m.  Tu  $44
33641  16 Yrs+  9/5-9/26  11 a.m.-12:30 p.m.  Th  $44
33636  16 Yrs+  10/1-10/29  11 a.m.-12:30 p.m.  Tu Th  $86
33639  16 Yrs+  10/1-10/29  11 a.m.-12:30 p.m.  Tu Th  $55
33642  16 Yrs+  10/3-10/24  11 a.m.-12:30 p.m.  Th  $44
33637  16 Yrs+  11/5-11/26  11 a.m.-12:30 p.m.  Tu Th  $67
33640  16 Yrs+  11/5-11/26  11 a.m.-12:30 p.m.  Tu  $44
33643  16 Yrs+  11/7-11/21  11 a.m.-12:30 p.m.  Th  $33

KUNDALINI YOGA & MEDITATION
Kundalini yoga and meditation is a process of self discovery. You will learn skills to gain a strong nervous system, immune system, vital glands and good circulation. The meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice you will gain the tremendous benefits of vitality of body and clarity of mind. Walk in fee available.
Seventh Chakra Yoga  El Dorado Nature Center
33973  18 Yrs+  9/1-9/29  11 a.m.-12:30 p.m.  Su  $75
33974  18 Yrs+  10/6-10/27  11 a.m.-12:30 p.m.  Su  $60
33975  18 Yrs+  11/3-11/24  11 a.m.-12:30 p.m.  Su  $60

PILATES BARRE FITNESS
This is a unique form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various pilates equipment, provided by instructor. A portable balance barre, also provided, will help to improve your stability. For more information visit: www.evelyngrauten.com. Walk in fee available. *No class: 9/18.
Evelyn Grauten  Recreation Park
33777  18 Yrs+  9/4-10/2*  11 a.m.-noon  W  $36
33778  18 Yrs+  10/9-10/30  11 a.m.-noon  W  $36
33779  18 Yrs+  11/6-11/27  11 a.m.-noon  W  $36

POWER BARRE
Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit www.jparksmartialarts.com. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.
Master Cynthia Markopulos  U.S. Taekwondo Academy
33898  13 Yrs+  9/5-9/30  7:10-8 p.m.  M Th  $65
33899  13 Yrs+  10/3-10/28  7:10-8 p.m.  M Th  $65
33900  13 Yrs+  11/4-11/25  7:10-8 p.m.  M Th  $65

 Hundreds of classes available online
ed2go Online Classes
at www.lbparks.org
Classes Start Monthly

Ed2go topics include:
Computer skills for the workplace
Creating Webpages
Guiding Kids on the Internet
Microsoft Word, Excel, QuickBooks
Teaching with a Smart board
Speed Spanish Online

$95 per class

Enroll online at lbparks.org • 562-570-3148
POWER TAE FITNESS

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy upbeat music. If you like Tae Bo you'll love this class. Please visit www.jgparksmartialarts.com. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood. *Class held on Wednesday is from 7:10-8 p.m. and Saturday from 8:30-9:20 a.m.

Master Cynthia Markopulos
U.S. Taekwondo Academy
33901 13 Yrs+ 9/4-9/28 7:10 p.m.-8 p.m. W Sa $65
33902 13 Yrs+ 10/2-10/30 7:10 p.m.-8 p.m. W Sa $65
33903 13 Yrs+ 11/2-11/23 8:30-9:20 a.m. W Sa $65

TAI CHI & QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. Tai Chi and Qigong helps enhance balance and memory. *Returning students only on Tuesdays.

Howard Richner
Recreation Park
33957 18 Yrs+ 9/3-10/8 7-8:30 p.m. Tu* $50
33958 18 Yrs+ 10/15-11/19 7-8:30 p.m. Tu* $50
Howard Richner
Bixby Park
33961 18 Yrs+ 9/7-10/12 9:30-11 a.m. Sa $50
33962 18 Yrs+ 10/19-11/23 9:30-11 a.m. Sa $50
33960 18 Yrs+ 11/7-11/21 7:30-9 p.m. Th $25

ZUMBA® EN ESPAÑOL

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia
Silverado Park
34013 18 Yrs+ 9/5-9/26 9-10 a.m. Tu Th $2
34014 18 Yrs+ 10/1-10/31 9-10 a.m. Tu Th $2
34015 18 Yrs+ 11/5-11/26 9-10 a.m. Tu Th $2

ZUMBA® ZOMBIE PARTY

Come join the fun! Certified instructors will provide a fun workout for all abilities. Great music and fun dances. Come dance with us! Costumes are welcome. Walk in fee available.

Adrienne Rosenfeld
Long Beach Senior Center
33567 18 Yrs+ 10/26-10/26 12-2 p.m. Sa $10

MUSIC

GUAVA GROOVE UKULELE - BEGINNING

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: $2.

Hoku Bray
Stearns Champions Park
33662 14 Yrs+ 9/5-10/17 6-7 p.m. Th $75

GUAVA GROOVE UKULELE - INTERMEDIATE

Are you ready for more than the basics? This class is for you! We will look at more complex progressions and will take a look at tablature. Bring a ukulele. Material fee: $2.

Hoku Bray
Stearns Champions Park
33663 14 Yrs+ 9/5-10/17 7-8 p.m. Th $75

GUITAR - BEGINNER

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: $5.

Daniel Howe
Whaley Park
33794 18 Yrs+ 9/4-10/2 7:35-8:35 p.m. W $65
33795 18 Yrs+ 10/9-11/6 7:35-8:35 p.m. W $65

GUITAR - INTERMEDIATE

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor’s approval required. Material fee: $5.

Daniel Howe
Whaley Park
33796 18 Yrs+ 9/4-10/2 8:40-9:40 p.m. W $65
33797 18 Yrs+ 10/9-11/6 8:40-9:40 p.m. W $65

FENCING

An ancient art of noble defense to a modern Olympic sport, fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Material fee: $10 in cash due on first day of class.

Orange Coast Fencing Academy
Whaley Park
33934 8 Yrs+ 9/3-10/9 7:35-9:25 p.m. W Tu $50
33935 8 Yrs+ 9/10-10/16 7:35-9:25 p.m. W Tu $50
33936 8 Yrs+ 10/22-11/12 7:35-9:25 p.m. W Tu $50

JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instruction with 40 years of self defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com.

Russell Kelley
Stearns Champions Park
33871 13 Yrs+ 9/4-9/30 6:30-7:30 p.m. W M $45
33872 13 Yrs+ 10/2-10/30 6:30-7:30 p.m. W M $45
33873 13 Yrs+ 11/4-11/25 6:30-7:30 p.m. W M $45

KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack from one-on-one instruction with 40 years of self-defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com.

Russell Kelley
Stearns Champions Park
33874 13 Yrs+ 9/4-9/30 7:30-8:30 p.m. W M $45
33875 13 Yrs+ 10/2-10/30 7:30-8:30 p.m. W M $45
33876 13 Yrs+ 11/4-11/25 7:30-8:30 p.m. W M $45

Adult Classes continued
KARATE
Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of Japanese culture.

Jony Martinez  Cesar Chavez Park
33928  12 Yrs+  9/4-9/30  7:15-8:30 p.m. M W F $75
33929  12 Yrs+  10/2-10/30  7:15-8:30 p.m. M W F $75
33930  12 Yrs+  11/4-11/27  7:15-8:30 p.m. M W F $75

MIXED MARTIAL ARTS
Come train in Muay Thai kickboxing, wrestling, and Brazilian Jiu Jitsu while getting in shape and getting safe! Visit us on Instagram: School of Self Defense. Uniforms are available for $35, shin guards and gloves available for $20 each. Testing fee is $40. *No class: 11/28 & 11/29.

Michael J. Rice  El Dorado Park West
33948  18 Yrs+  9/5-9/27  8-9 p.m. Th F $50
33949  18 Yrs+  10/3-10/31  8-9 p.m. Th F $50
33950  18 Yrs+  11/1-11/22*  8-9 p.m. Th F $50

SHOTOKAN KARATE
Shotokan, a Japanese karate developed from various martial arts of “empty hand” fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional $40 (regardless of the size). *No class: 11/29.

Antonio Silva  Bixby Park
33998  18 Yrs+  9/6-9/28  7-8 p.m.  F Sa $50
33999  18 Yrs+  10/4-10/26  7-8 p.m. F Sa $50
34000  18 Yrs+  11/1-11/30*  7-8 p.m.  F Sa $50

NEVER TOO LATE TO ICE SKATE
Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood.

Ice Management LLC  The Rinks Lakewood Ice
33841  15 Yrs+  8/28-9/18  6:40-7:10 p.m. W $50
33842  15 Yrs+  8/31-9/21  10:15-10:45 a.m. Sa $50
33843  15 Yrs+  9/25-10/16  6:40-7:10 p.m. W $50
33844  15 Yrs+  9/28-10/19  10:15-10:45 a.m. Sa $50
33845  15 Yrs+  10/23-11/13  6:40-7:10 p.m. W $50
33846  15 Yrs+  10/26-11/16  10:15-10:45 a.m. Sa $50

FREE Household Hazardous Waste & E-Waste Disposal Event
9:00am–2:00pm
EVERY 2ND & 4TH SATURDAY OF THE MONTH
EDCO Recycling and Transfer Center
2755 California Ave.
Signal Hill, CA 90755
Accepted Items:
•  E-Waste
•  Paint
•  Used Motor Oil & Filters
•  Cleaners
•  Pharmaceuticals
•  Batteries
• Fluorescent Bulbs
•  Pesticides
•  Sharps
•  Tires

For more details and a full list of accepted items, visit: LongBeach.gov/LBrecycles

Your dog is welcome at 10 park facilities throughout the city. Hours vary by park. Please visit our website for rules, regulations and more information at: www.lbparks.org.
## ADULT 50+ CLASSES

### DANCE

#### ADVANCED ROUND DANCE
Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.
Daniel Finch  Long Beach Senior Center
33539  50 Yrs+  9/4-9/25  7-9:30 p.m.  W $6
33540  50 Yrs+  10/2-10/30  7-9:30 p.m.  W $6
33541  50 Yrs+  11/6-11/27  7-9:30 p.m.  W $6

#### BALLROOM DANCE
Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class.
Candis Davis  Long Beach Senior Center
33575  50 Yrs+  9/3-9/24  1-2 p.m.  Tu $5
33576  50 Yrs+  10/1-10/29  1-2 p.m.  Tu $5
33577  50 Yrs+  11/5-11/26  1-2 p.m.  Tu $5
Candis Davis  El Dorado Park West
33578  50 Yrs+  9/4-9/25  10:30-11:30 a.m.  W $5
33579  50 Yrs+  10/2-10/30  10:30-11:30 a.m.  W $5
33580  50 Yrs+  11/6-11/27  10:30-11:30 a.m.  W $5

#### ROUND DANCE - INTERMEDIATE-ADVANCED
Class consists of clinic on figures and choreography followed by cued round dances. Monday - Advanced, Tuesday - transition to Advanced, 2nd Saturday - Advanced. Fee per person, per class.
Edward Patrick  Long Beach Senior Center
33545  50 Yrs+  9/3-9/24  7-9:30 p.m.  Tu $5
33548  50 Yrs+  9/9-9/30  7-9:30 p.m.  M $5
33542  50 Yrs+  9/14-9/14  11 a.m.-3:30 p.m.  Sa $5
33546  50 Yrs+  10/1-10/29  7-9:30 p.m.  Tu $5
33549  50 Yrs+  10/7-10/28  7-9:30 p.m.  M $5
33543  50 Yrs+  10/12-10/12  11 a.m.-3:30 p.m.  Sa $5
33547  50 Yrs+  11/5-11/26  7-9:30 p.m.  Tu $5
33550  50 Yrs+  11/4-11/25  7-9:30 p.m.  M $5
33544  50 Yrs+  11/9-11/9  11 a.m.-3:30 p.m.  Sa $5

#### SENIOR LINE DANCING
Have fun learning new dances. Great exercise dancing to all types of music. No experience needed. Come with a friend. Fee per person, per class.
Janet Karter  El Dorado Park West
33553  50 Yrs+  9/5-9/26  1-2 p.m.  Th $3
33554  50 Yrs+  10/3-10/24  1-2 p.m.  Th $3

### GENTLE YOGA - LEVEL II
This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available.
Silvana Behrens  Recreation Park
33561  50 Yrs+  9/12-10/10  9:45-10:45 a.m.  Th $50
33562  50 Yrs+  10/24-11/21  9:45-10:45 a.m.  Th $50

### SENIOR FITNESS
Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class.
Sherrie Zachau  El Dorado Park West
33581  50 Yrs+  9/3-9/26  10-11 a.m.  Tu Th $4
33582  50 Yrs+  10/1-10/19  10-11 a.m.  Tu Th $4
33583  50 Yrs+  10/1-10/19  11-1/11-21  10-11 a.m.  Tu Th $4

### ZUMBA® GOLD
One hour of exercise and dance are good for both your mind and body. There is no wrong way in Zumba Gold - if you are moving and smiling, you nailed it! Walk in fee available.
Adrianne Rosenfeld  Long Beach Senior Center
33565  50 Yrs+  9/5-9/19  5:30-6:30 p.m.  Th $10

### GENTLE YOGA - ALL LEVELS
Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available.
Silvana Behrens  Recreation Park
33557  50 Yrs+  9/9-10/7  9:45-10:45 a.m.  M $50
33558  50 Yrs+  10/21-11/18  9:45-10:45 a.m.  M $50

### ZUMBA® GOLD TONING
Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class.
Sherrie Zachau  El Dorado Park West
33584  50 Yrs+  9/6-9/27  9-10 a.m.  F $4
33585  50 Yrs+  10/4-10/25  9-10 a.m.  F $4
33586  50 Yrs+  11/1-11/22  9-10 a.m.  F $4

### ZUMBA® GOLD TONING
A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n’ Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class.
Sherrie Zachau  El Dorado Park West
33587  50 Yrs+  9/4-9/25  9-10 a.m.  W $4
33588  50 Yrs+  10/2-10/30  9-10 a.m.  W $4
33589  50 Yrs+  11/6-11/27  9-10 a.m.  W $4

24 REGISTER ONLINE AT WWW.LBPARKS.ORG
LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.

For more information, visit http://www.longbeach.gov/park/park-and-facilities-directory/long-beach-senior-center/

FUN FOR ADULTS 50+

Senior Programs 50+

SENIOR SOFTBALL LEAGUE
Call 562.570.1736 or visit www.teamsideline.com/longbeach

Arts
Cultural experiences
Dance
Fitness
Life-long learning opportunities
Enrichment
Health and social services
Nutrition
Excursions
Drop-in events
Special events
Volunteerism
Special interest groups

SENIOR CENTERS

California Recreation Center at McBride Park
1550 Martin Luther King Jr. Ave.
562.570.1605
M - F, 9 a.m. - 2 p.m.

Cesar E. Chavez Park
401 Golden Ave.
562.570.8890
M - F, 9 a.m. - 2 p.m.

El Dorado Park West
2800 Studebaker Rd.
562.570.3227
M - F, 9 a.m. - 5 p.m.

Expo Center
4321 Atlantic Ave.
562.570.1665
T - Th, 9 a.m. - 2 p.m.

Houghton Park temporarily located at: Ramona Park
3301 E. 65th St.
570-1665
M - F, 9 a.m. - 2 p.m.

Long Beach Senior Center
1150 E. 4th Street
562.570.3500
M - F, 8 a.m. - 4:30 p.m.
Sa, 10 a.m. - 4 p.m.

Silverado Park
1545 W. 31st Street
562.570.1675
M - F, 9 a.m. - 2 p.m.
ADULT BASEBALL
Adult League - 9-18 players.
Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: $480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees $70/ team, per game. Limited space per season.

ADULT SOFT BALL
One official assigned, game day fee $14/team, per game.
WEEKNIGHT SLOWPITCH LEAGUE MEN’S AND COED
10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed leagues-16 player max; Men’s and Women’s teams 15 player max. Team fee: $450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.
WEEKEND SLOWPITCH LEAGUES - COED ONLY
Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: $350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT BASKETBALL
Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men’s and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men’s $300 (10 games), Coed $232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.
Two officials assigned to each game($25/team, per game). Individual participants interested in playing in the league can be added to the program’s “Free Agent” list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL
Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men’s, Women’s and Coed Divisions available. 5-12 players allowed on a team. Team fee: $340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. $14/ team, per match.
Individuals interested in playing in the league can be added to the program’s “Free Agent” list. Call the Sports Office at (562) 570-1725 or visit us at www.teamsideline.com/longbeach for more information.

ADULT KICKBALL
Register by team only at the Sports Office or online at www.teamsideline.com/longbeach. 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks. Team fee: $325. Call (562) 570-1725 or go online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

Long Beach Parks, Recreation & Marine
FITNESS ZONES

14TH STREET PARK
Locust Avenue and Palmer Court

CESAR E CHAVEZ PARK
401 Golden Avenue

ORIZABA PARK
Orizaba Avenue and Spaulding Street

ADIRAL KIDD PARK
LIFE TRAIL
2125 Santa Fe Avenue

COOLIDGE PARK
352 E. Neece Street

DE FOREST PARK
6522 DeForest Avenue

SHORELINE FITNESS LOOP
160 E Shoreline Drive
(part of 4.8 mile-loop)

BIXBY PARK
150 Cherry Avenue

HOUGHTON PARK
6301 Myrtle Avenue

IT’S FREE!
Easy to use • Enjoy the outdoors while you workout • Save money, no gym membership
Exercise with family and friends in a safe, fun environment

Leg press • Lower body exercise • Stand up pendulum for abdominal exercise
Cross country ski machine • Vertical press for arms and legs • Pull down lift for back muscles • Equipment varies by location
Accessible to those with disabilities

5001 Deukmejian Drive • (562) 570-1725
Visit: teamsideline.com/longbeach

26 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
ANIMAL CARE SERVICES
P.O. BOX Pitchford Companion Animal Shelter
7700 East Spring Street • (562) 570-PETS
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.
Saturday and Sunday 10 a.m.-4 p.m.
24 Hour Emergency Service (562) 570-7387

Animal Related Complaints/Questions: (562) 570-PETS (7387)
Interested in volunteering? Need to license your cat or dog?
Need spay or neuter assistance? Looking for your lost pet? Looking
to adopt? Please visit us at: www.LongBeachAnimalCare.com.

SPAY/NEUTER CLINICS
Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach
residents. Please visit www.fixlongbeachpets.com for information.

SPAY AND NEUTER VOUCHERS
A limited number of vouchers to assist in the cost of spaying or neutering
your pet may be obtained at the shelter during regular business hours.
To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal
Beach residency must be presented. Please visit www.LongBeachAni-
malCare.com for more information about spay/neuter assistance.

SPAY AND NEUTER ORDINANCE FOR DOGS & CATS
Effective October 1, 2015, all dogs over six months and cats over four
months are required to be spayed or neutered LBMC 6.16.085. Any
unaltered dog with a valid license prior to October 1, 2015 is exempt
from the mandatory spay/neuter law as long as the license is kept
current. For more information on spay/neuter programs and a com-
plete list of exemptions please call (562) 570-7387 or visit our web-

DOG TRAINING CLASSES
Your dog is a member of your family! Long Beach Parks, Recreation
and Marine Dog training classes can help your canine companion
become socialized, have good manners, and be a friend for life. See
page 19 and 20 for details.

LOW COST PET CLINICS
Visit www.LongBeachAnimalCare.com for dates, times, locations,
and fees for Low Cost Pet Vaccination and Micro-chipping Clinics
held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st
and 3rd Thursday of the month at Scherer Park. Times, dates and lo-
cations are subject to change. Please visit www.SNPLA.org for spay/
neuter information.

ADOPT
From Long Beach Animal Care Services

FOLLOW US ON SOCIAL MEDIA
Facebook: LongBeachAnimalCare
Instagram & Twitter: @LBAAnimalCare
www.longbeach.gov/acs

PET LICENSING BENEFITS

LICENSE IN LONG BEACH IS MORE THAN JUST A TAG

FAST TRACK Found pets are reunited quickly with their owner, or
rushed to the appropriate veterinarian if severely injured through the
Fast Track licensing program.

FREE RIDE HOME Your pet gets a free ride home the
first time it is found. City staff will attempt to de-
 deliver your pet home to you immediately, skipping
a trip to the animal shelter where it might be ex-
 posed to potentially sick animals who have also
just arrived.

EXTENDED STAY When found, your licensed pet will
be cared for by a veterinarian at the Animal Shelter
for a longer period of time (up to 10 days rather
than six days prior to being put up for adoption.

VACATION PET ALERT When you leave home on a
vacation, call to register where your pet will be
while you are on vacation, who will be taking care
of your pet, and where to reach you.

Our shelter relies heavily on volunteers.
There are a number of ways you can
donate your time at our shelter.
For more info, please visit:
www.longbeach.gov/acs
Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; 14 - SPORTS COURT; L - LIGHTED;LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1. Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres
2. Baker Street, 625 Baker St., 570-3100 - 1.5 acres
3. Bayshore, 5415 E. Ocean Blvd. - 1.21 acres
4. Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres
5. Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres
6. Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres
7. Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres
8. College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres
9. Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres
10. Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres

REGISTER ONLINE AT WWW.LBPARKS.ORG
PARK FACILITIES (continued)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
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<tbody>
<tr>
<td>Craftsman Village Park</td>
<td>850 Orange Ave., 570-3100</td>
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<tr>
<td>Davenport (Ed “Pops”),</td>
<td>2910 E. 55th Way</td>
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<td>DeForest</td>
<td>6255 DeForest Ave., 570-1620</td>
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<tr>
<td>Drake, 951 Main Ave.</td>
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<td>East Village Arts</td>
<td>150 Elm Ave.</td>
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<tr>
<td>El Dorado Regional East</td>
<td>7550 E. Spring St., 570-1771</td>
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<td>El Dorado Nature Center,</td>
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<td>El Dorado West</td>
<td>2800 Studebaker Rd., 570-3222</td>
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<tr>
<td>Fourteenth Street Park</td>
<td>570-1608</td>
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<tr>
<td>Freeman Community Center</td>
<td>1205 Freeman Ave., 570-8688</td>
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<td>Good Neighbor</td>
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<tr>
<td>Golden Shore Marine Biological Reserve, Golden Shore Ave.</td>
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<td>Grace Park, Plymouth St. and Elm Ave.</td>
<td>570-3100</td>
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<td>Harry Bridges Memorial at the Queen Mary</td>
<td>1126 Queens Hwy.</td>
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<td>Heartwell, 5801 E. Park Forest, 570-1635</td>
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<tr>
<td>Homeland Cultural Center</td>
<td>1321 Anaheim Street at MacArthur Park, 570-1655</td>
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<tr>
<td>Houghton</td>
<td>6301 Myrtle Ave., 570-1640</td>
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<tr>
<td>Hudson Park</td>
<td>2335 Webster Ave., 570-3100</td>
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<tr>
<td>Lincoln (Civic Center), Pacific Ave. and Broadway</td>
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<td>Long Beach Community Resource Center, 5365 E. 2nd St.</td>
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<tr>
<td>Los Cerritos, 3750 Del Mar Ave.</td>
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<td>MacArthur (General Douglas), 1321 Anaheim St., 570-1655</td>
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<tr>
<td>Marina Vista, Colorado St. &amp; Santiago Ave.</td>
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<tr>
<td>Marine (Mothers Beach), 5839 Appian Way</td>
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<tr>
<td>Martin Luther King, Jr., 1950 Lemon Ave., 570-4405</td>
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<tr>
<td>McBride (Ernest S.), 1550 M.L.King Jr. Ave., 570-1605</td>
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<td>Miracle on 4th Street, 1518 E. 4th St.</td>
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<td>Orizaba, Orizaba Ave. &amp; Spaulding St.</td>
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<tr>
<td>Pan American, 5157 Centralia St., 570-1660</td>
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<td>PR&amp;M Admin (Parks, Recreation &amp; Marine Administration)</td>
<td>2760 Studebaker Rd., 570-3100</td>
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<td>Remona, 3501 E. 65th St., 570-1665</td>
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<td>Rancho Los Alamitos, 6400 Bixby Hill Rd, 421-3541</td>
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<td>Rancho Los Cerritos, 4600 Virginia Rd., 206-2040</td>
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<td>Recreation, 4900 E. 7th St., 570-1670</td>
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<td>Rose, 8th St. &amp; Orizaba Ave.</td>
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<td>Rosie the Riveter, Clark Ave. &amp; Conant St.</td>
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<td>Scherer, 4600 Long Beach Blvd., 570-1674</td>
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<td>Seaside, 14th St. at Chestnut, 2.34</td>
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<td>Silverado, 1545 W. 31st St., 570-1675</td>
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<td>Somerset, 1500 E. Carson St., 570-1690</td>
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<td>Stearns Champions, 4520 E. 23rd St., 570-1685</td>
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<td>Veterans, 101 E. 28th St., 570-1695</td>
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<tr>
<td>Wardlow, 3457 Stanbridge Ave., 570-1706</td>
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<tr>
<td>Whaley, 5620 Aerihon St., 570-1710</td>
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</table>

TEEN CENTERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
</tr>
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<tbody>
<tr>
<td>Cesar E. Chavez Park Teen Center</td>
<td>401 Golden Ave., 570-8890</td>
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<tr>
<td>Freeman Teen Center</td>
<td>1205 Freeman Ave., 570-8688</td>
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<tr>
<td>Houghton Park Teen Center</td>
<td>6301 Myrtle Ave., 570-1640</td>
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</tr>
<tr>
<td>McBride Park Teen Center</td>
<td>1550 M.L.King Jr. Blvd., 570-1605</td>
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SeniOR CENTERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
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</thead>
<tbody>
<tr>
<td>California Recreation Center (at McBride Park), 1550 M.L.King Jr. Blvd., 570-1605</td>
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<tr>
<td>El Dorado Park West Community Center</td>
<td>2800 Studebaker Rd., 570-3227</td>
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DOG FACILITIES

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<tr>
<th>Location</th>
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AQUATIC AND BOATING FACILITIES / BEACHES

<table>
<thead>
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<th>Location</th>
<th>Address</th>
<th>Acres</th>
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SPORTS FACILITIES

<table>
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<tr>
<th>Location</th>
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<th>Acres</th>
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TEEN CENTERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
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SeniOR CENTERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Acres</th>
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revised 11/13
The Long Beach Parks, Recreation, and Marine Department
is launching an effort to update the Department Strategic Plan which will cover
a 10-year period from 2020-2030. This Plan will guide operational, staffing
and budgeting decisions for our Department and we want to hear from our
community!

The Department has released a community survey that is available in four lan-
guages at our community centers and online, where you can tell us what you need
from us, help us understand where we can do better, educate us about what you see in our parks and beach-
es, and congratulate us on what we’re doing well.

The PRM Strategic Plan Community Survey takes approximately 15 minutes
to complete and is open until August 30, 2019.

Currently, the Department offers community programs and services through:
  170 parks
  26 community centers
  6 miles of beachfront
  One of the busiest municipal golf systems in the nation
  One of the largest municipally-operated marina systems in the nation
  Comprehensive care and services for animals through Long Beach Animal Care Services

The survey is available at:
Department website, www.lbparks.org,
Park community centers
Department Administrative Office, 2760 N. Studebaker Road.
We expect the Department Strategic Plan to be completed by
the summer of 2020, and the Strategic Plan will be available
for public review on our website at that time.
Parks, Recreation & Marine

Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks

Free Futsol Courts
Free Summer Food Program
Free Basketball Courts
Free Senior Programs
Golf Courses
Free Skate Parks
Community Centers
Free Playgrounds
Aquatics and Pools
Nature Center
Free Dog Parks

SEE PAGE 55 FOR CLASS REGISTRATION FORM 31
COMMUNITY PARK DIRECTORY

Hours, recreation amenities and programs for parks throughout the City.

Programs: After School Program, Youth Sports, Senior Program, Teen Program, and Fitness Stations. For more information about Parks, Recreation and Marine facilities and programs, visit www.lb_parks.org.

Follow us on
Facebook: www.facebook.com/LongBeachParks
Twitter: www.instagram.com/longbeachparks
YouTube: www.youtube.com/user/ParksLongBeach

Free programs including skate parks, playgrounds, dog parks, afterschool programs, teen and senior centers are offered throughout the City.

**Admiral Kidd Park**
2125 Santa Fe Ave.
562.570.1600
Hours: After School Program: M-F 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m. to 5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities: Basketball Court
Community Center
Fitness Stations
Basketball Court
Children's Play Area
Community Center
Fitness Stations
Programs:
After School Program
Free Be SAFE Summer Program
Fun Day Programs
Senior Fitness Classes
Summer Food Program
Youth Sports

**Baker Park**
625 Baker Street
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground
Walking Path

**Bixby Park**
130 Cherry Ave.
562.570.1601
Hours: After School Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
Band Shell
Basketball Court
Community Center
Fitness Stations
Playground
Skate Park
Weight/Fitness Room
Programs:
After School Program
Free Be SAFE Summer Program
Fun Day Programs
Senior Fitness Classes
Summer Food Program
Youth Sports

**Belmont Plaza Pool**
4320 E. Olympic Plaza
562.570.1806
See page 44.

**Birdcage Park**
6501 Parkcrest Street
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

**Bixby Knolls Park**
1101 San Antonio Drive
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Register online at www.lb_parks.org
Officer Daryle W. Black Memorial Park
2023 Pasadena Avenue
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Burton W. Chace Park
65 E. Market Street
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Cesar E. Chavez Park
401 Golden Ave.
562.570.8890
Hours: Afterschool Program: M-F, 3-6 p.m.,
Senior Program: 9 a.m.-2 p.m.
Teen Center: M-F 4-7 p.m., Sa & Su: Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities: Basketball Court
Community Center
Fitness Stations
Playground
Weight Room
Programs:
After School Program
Summer Program
Summer Food Program
Teen Program
Youth Sports

Cherry Park
1901 E. 45th St. 562.570.1615
Hours: Dawn to Dusk
Amenities: Baseball Fields
Basketball Court
Community Center
Soccer Field
Softball Fields
Tennis Courts
Playground
Programs: Youth Sports

College Estates Park
808 Stevely Ave.
562.570.1710
Hours: Dawn to Dusk
Amenities: Basketball Court
Community Center
Pickleball Courts
Playground
Tennis Courts
Programs: Youth Sports

Coolidge Park
352 E. Neece St.
562.570.1618
Hours: Dawn to Dusk
Amenities:
Community Center
Basketball Court
Dog Park
Fitness Stations
Playground
Softball Field
Programs:
After School Program
Summer Food Program
Fun Day Programs
Youth Sports

Craftsman Village Park
851 Orange Avenue
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Ed “Pops” Davenport Park
2910 East 55th Way
562.570.1665
Hours: Dusk to Dawn
Amenities: Basketball Court
Playground
Programs:
Summer Food Program
Youth Sports

SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB
DeForest Park
6255 DeForest Ave.
562.570.1620
Hours: Dawn to Dusk
Amenities:
Baseball Field
Basketball Court
Community Center
Futsol Courts
Nature Trail
Playground
Soccer Field
Softball Fields
Programs:
Camp Fire Day Camp
Camp Fire After School Program
Summer Food Program
Youth Sports

Drake Park
951 Maine Ave.
562.570.1625
Hours: After School Program: M-F, 3-6 p.m., Sa & Su: Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
Basketball Court
Community Center
Playground
Raquetball Courts
Skate Park
Soccer Field
Softball Field
Programs:
After School Program
Free Be SAFE Summer Program
Fall Fun Days
Summer Food Program
Youth Sports

El Dorado Regional Park & Nature Center
See page 42.
El Dorado Park West

Robert Gumbiner Park
880 E. 7th St.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Performance Area
Picnic Area
Playground
Public Art
Skate Plaza

Heartwell Park
5801 E. Parkcrest St.
562.570.1635
Hours: Dawn to Dusk
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields

Houghton Park
6301 Myrtle Ave.
562.570.1640
Hours: Senior Program: 9 a.m.-2 p.m.
Afterschool Program: M-F, 3-6 p.m., Sa & Su: Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
Baseball Fields
Basketball Courts
Community Center
Fitness Stations
Playground
Skate Park
Soccer Fields
Softball Fields
Tennis Courts
Weight Room

34 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
Programs:
After School Program
Fun Day Programs
Free Be SAFE Summer Program
Senior Program
Summer Day Camp Program
Summer Food Program
Teen Program, Youth Sports

Jackson Park
1432 Jackson Street
562.570.3100
Hours: Dawn to Dusk
Amenities:
Dog Park (1800 Jackson)
Playground

King, Martin Luther Jr. Park
1950 Lemon Ave.
562.570.4405
Hours: Afterschool Program: M-F, 3-6 p.m.,
Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs:
M-F, 11 a.m.-5 p.m.
Be SAFE Summer program: M-F, 5-8 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Programs:
After School Program
Fun Day Programs
Free Be SAFE Summer Program
Summer Food Program
Youth Sports

Lilly Park
32 Lilly Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Livingston Drive Playground
4700 Livingston Dr.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Locust Tot Lot
2331 Locust Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Loma Vista Park
1173 Loma Vista Dr.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Los Altos Park
4851 Stearns St.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Los Altos Plaza Park
5230 Anaheim Rd.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Long Beach Senior Center
1150 E. 4th St.
562.570.3500
Hours: M-F: 8 a.m.-4:30 p.m.
Sa: 10 a.m.-4 p.m.
Amenities:
Fitness Gym
Friendly Cup Café
Library
Thrift Shop Programs
Bingo
Craft Classes
Dance Classes
Fitness Classes
Lapidary
Sewing
Sing-Along
Social Dance

See page 55 for class registration form
Los Cerritos Park
3750 Del Mar Ave.
562.570.3150
Hours: Dawn to Dusk
Amenities:
- Playground
- Tennis Courts

MacArthur Park
1321 Anaheim St.
562.570.1655
Hours: After School Program: M-F: 3-6 p.m.
M-Th: 3-10 p.m. Sa, 10 a.m.-6 p.m., Su, 9 a.m.-6 p.m., Closed Fridays
Amenities:
- Basketball Court
- Community Center
- Homeland Cultural Center, see page 39
Programs:
- After School Program
- Fun Day Programs
- Summer Food Program
- Youth Sports

Miracle Park
1518 E. 4th St.
562.570.1787
Hours: Dawn to Dusk
Amenities:
- Playground
Programs:
- Youth Sports

Marina Vista Park
5355 Elliot St.
562.570.3100
Hours: Dawn to Dusk
Amenities:
- Basketball Court
- Playground
- Pickleball
- Softball Field
- Soccer Field
- Tennis Courts

Ernest McBride Park and California Recreation Center
1550 Martin Luther King, Jr. Ave.
562.570.1805
Hours: Senior Program: 9 a.m.-2 p.m.
Teen Center: M-F, 4-7 p.m.
Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
- Basketball Court
- Community Center
- Playground
- Skate Park
- Weight/Fitness Room
Programs:
- After School Program
- Fun Day Programs
- Senior Program
- Summer Food Program
- Teen Program

C David Molina Park
4951 Oregon Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
- Fitness Stations
- Playground
- Soccer Field
- Walking Path

NAACP Freedom Park
2300 Martin Luther King Jr. Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
- Bike Path

Orizaba Park
1435 Orizaba Ave.
562.570.1427
Hours: Afterschool Program: M-F: 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F: 11 a.m.-5 p.m.
Be SAFE Summer Program, M-F: 5-8 p.m.
Amenities:
- Basketball Court
- Community Center
- Fitness Stations
- Playground
- Skate Park
Programs:
- After School Program
- Free Be SAFE Summer Program
- Fun Day Programs
- Summer Food Program
- Youth Sports

Pan American Park
5157 Centralia St.
562.570.1660
Hours: Afterschool Program: M-F: 3 to 6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F: 11 a.m.-5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
- Baseball Fields
- Basketball Court
- Gym
- Playground
- Softball Fields
Programs:
- After School Program
- Free Be SAFE Summer Program
- Summer Day Camp Program Summer
- Fun Day Programs
- Youth Sports

REGISTER ONLINE AT WWW.LBPARKS.ORG
Peace Park
1411 Atlantic Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Playground

Promenade Square
215 E. First St.
562.570.3150
Hours: Dawn to Dusk
Amenities:
Playground

Recreation Park
4900 E. 7th St.
562.570.1670
Hours: Dawn to Dusk
Amenities:
Band Shell
Baseball Field
Casting Pond
Community Center
Dog Park
Golf Courses (9-hole and 18-hole)
Lawn Bowling Green
Playground
Tennis Center
Softball Stadium
Volleyball Court

Rivera, Jennie Memorial Park
2001 Walnut Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Rosie the Riveter Park
Clark and Conant Ave.
562.570.3100
Hours: Dawn to Dusk
Amenities:
Benches
Walking Path
Memorial Wall

Ramona Park
3301 East 65th St.
562.570.1665
Hours: After School Program: M-F: 3-6 p.m.
Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs:
M-F: 11 a.m.- 5 p.m.
Be SAFE Summer Program: M-F: 5-8 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts

Programs:
After School Program
Free Be SAFE Summer Program
Fun Day Programs
Summer Food Program
Youth Sports

Seaside Park
1401 Chestnut Ave.
562.572.5126
Hours: Afterschool Program: M-F, 3-6 p.m.
Winter, Spring & Summer Fun Days Programs:
M-F, 11 a.m.-5 p.m.
Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
Playground
Soccer Fields

Silverado Park
1545 W. 31st St.
562.570.1675
Hours: Senior Program: 9 a.m.-2 p.m.
Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs:
M-F, 11 a.m.-5 p.m.
Free Be SAFE Summer Program: M-F, 5-8 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Pool
Softball Fields
Skate Park
Tennis Courts

Programs:
After School Program
Free Be SAFE Summer Program
Fun Day Programs
Senior Programs
Summer Day Camp Program
Summer Food Program
Teen Programs
Youth Sports

Scherer Park
4600 Long Beach Blvd.
562.570.1674
Hours: Summer Fun Days: M-F, 11 a.m.-5 p.m.
Summer Only
Be SAFE Summer Program: M-F, 3-6 p.m.
Amenities:
Basketball Court
Community Center
Dog Park
Playground
Tennis Courts

Programs:
Free Be SAFE Summer Program
Fun Day Programs
Summer Food Program
Youth Sports

SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB
Somerset Park
1500 E. Carson St.
562.570.1690
Hours: After School Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
Basketball Court
Community Center
Playground
Tennis Courts
Programs:
After School Program
Fun Day Programs
Summer Food Program
Youth Sports

Veterans Park
101 E. 28th St.
562.570.1695
Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su: Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts
Programs:
After School Program
Fun Day Programs
Summer Day Camp Program
Summer Food Program
Youth Sports

Stearns Champions Park
4520 E. 23rd St.
562.570.1685
Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
Baseball Fields
Community Center
Playground
Softball Fields
Programs:
Adaptive Recreation Classes
After School Program
Fun Day Programs
Summer Day Camp Program
Summer Food Program
Youth Sports

Wardlow Park
3457 Stanbridge Ave.
562.570.1705
Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Programs:
After School Program
Summer Day Camp Program
Fun Day Programs
Summer Food Program
Youth Sports

Whaley Park
5620 Atherton St.
562.570.1710
Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su: Closed
Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.
Amenities:
Baseball Fields
Basketball Court
Community Center
Playground
Softball Fields
Programs:
After School Program
Summer Day Camp Program
Fun Day Programs
Youth Sports

We are:
• 170 parks
• 26 community centers
• 2 historic sites
• 2 major tennis centers
• 5 golf courses-one of the busiest municipal golf systems in the country
• Long Beach Animal Care Services Bureau
• the largest municipally operated marina system in the nation
• 6 miles of beaches

Long Beach Parks, Recreation & Marine

38 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
Adults and children alike are enchanted by a walk back through time at gracious Rancho Los Alamitos. The lovely “Ranch of the Little Cottonwoods” is a 7.5-acre site that is the last vestige of the original 300,000-acre land grant made by the King of Spain to one of his captains. Continuously occupied since the time of the Tongva-Gabrielino people, the site was last owned and occupied by Fred and Florence Bixby and was gifted to the City in 1968. The history of Rancho Los Alamitos is the history of Long Beach and the region and is on display in the carefully restored Ranch House with its core of adobe, twelve gardens, the interpretive displays, murals and film in the Rancho Center and the Barns Area with its farm animals.

Tours: Docent-led guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Visitors may tour the gardens with a docent or opt for a self-guided tour. The Gift Shop is open 1-5 p.m.

MUSEUM SHOP HOLIDAY PREVIEW AND OPEN HOUSE
Saturday, November 9 • 1-5 p.m. • Free Admission
Shop for unique holiday gifts and decorations. Includes a sale and exhibition by local artists.

ANNUAL HOLIDAY WREATH-MAKING WORKSHOP
Saturday, November 23 • 9:30 a.m. to 12:30 p.m.
Please check the Rancho’s website for details and reservations.

BREAKFAST WITH SANTA
Saturday, December 7 • 9:00 a.m. to Noon • $18/child, $25/adult
A holiday favorite for children and families. Reservations required. Early reservations recommended as this event sells out quickly. Online reservations will open on Monday, September 9, 2019.

HOLIDAY OPEN HOUSE AT RANCHO LOS ALAMITOS
December 11th through 13th • 4-8 p.m. (Final reservation at 7 p.m.)
Enjoy holiday music, light refreshments, and tours of the Ranch House decorated in 1930s holiday style. Free to the public but reservations required for parking.

EXCLUSIVE TOUR AND LUNCHEON
Your group of 10 or more can reserve an exclusive tour and an elegant catered luncheon served in the Rancho garden. Reservations are required, and the date is subject to availability. For menu selections and pricing, visit the Rancho website. For further information or to schedule a group tour, please call the Rancho at (562) 431-3541.

FREE CLASSES AND WORKSHOPS!
Winner of Excellence California Park and Recreation Society.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

- Popping and Break Dancing
  6-10 p.m. .......................M, Tu
  Cambodian Art and Music
  2-4 p.m. ....................... Sa
  Drums
  4-6 p.m. .......................Tu
  Hmong Arts
  9 a.m.-2 p.m. .................... Su

- Afrikan Drum/Dance
  10 a.m.-4 p.m. ............... Sa
  Aztec Dance
  7-9 p.m. ....................... W
  Ballet Folklorico
  5-7 p.m. .......................Tu
  Bokator (Martial Arts)
  7-9 p.m. ....................... Th

- Instant Band
  (Music Improvisations)
  4-6 p.m. ....................... Sa
  Krump Dance
  7-9 p.m. ....................... Th
  Micronesian Arts
  2-6 p.m. ....................... Su
  Movie Makers Workshop
  1-3 p.m. ....................... Su
  Happy Senior Line Dance
  3-5 p.m. ....................... Tu, W

HOMELAND CULTURAL CENTER
1321 Anaheim St., MacArthur Park
(562) 570-1655
Hours: Monday-Tuesday 3-10 p.m.
Wednesday-Thursday 3-9:30 p.m.
Closed Fridays
Saturday 10 a.m.- 6 p.m.
Sunday 9 a.m.-6 p.m.
EL DORADO NATURE CENTER
7550 East Spring Street
(562) 570-1745
www.longbeach.gov/naturecenter
NATURE CENTER HOURS:
Trails: Tuesday-Sunday 8 a.m.-5 p.m.
Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

The Nature Center’s 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved accessible trail wind through meadows and wooded areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

PRE-SCHOOL PROGRAMS
Pre-registration is required for all classes. Visit www.lbpcars.org.

AUDUBON BIRD WALK
Sundays, September 8, October 13, November 10, 8 a.m.
Free program.

MAGICAL MASQUERADE
Make Halloween masks, and learn about our local nighttime creatures. We’ll have a howlin’ good time!
October 9 10-11:30 a.m.

FALLING LEAVES
Enjoy the fall by learning to count to three. Orange, yellow, and red, let’s find colors on the trail ahead.
November 13 10-11:30 a.m.

TAILS & TRAILS - AMAZING AUTUMN ANIMALS
Learn about the Nature Center’s fantastic animal friends while exploring the trails, listening to stories, songs and engaging in hands-on activities designed to build a love of the outdoors. Some people think they are crazy critters, but we love their amazing ways! Parent participation required.

Gobatty for Bats
Go Batty for Bats
September 11

Silly Spiders
Owls are a Hoot
October 30
November 27

EDUCATIONAL PROGRAMS
Pre-registration is required. Call (562) 570-1745.

YOUNG EXPLORERS TOUR
Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center’s diverse habitats. 1½ hour program. $6 per person.

BEETLE BRIGADE
Join us for a hands-on, sensory exploration of nature. On the trails we’ll search high and low for the animals, birds and bugs that live here. We’ll use our “owl ears,” “rabbit ears,” and “coyote noses” to experience unique patterns, textures, shapes and colors along the way. Sing a song, listen to a story or make friends with a puppet. Ages 3-5. 1 ½ hour program. $5 per person.

DISCOVERY TOURS
Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You’ll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, $7 per person. Grade 5, $8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR
Sponsored by El Dorado Nature Center and the City of Long Beach’s Adopt-A-Beach program.
In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach.

SPECIAL EVENTS

2019 CALIFORNIA COASTAL CLEANUP DAY
You can take an active role in keeping our coastline clean and healthy. Cleanups will take place at beaches throughout the city. For more information and group registration, call (562) 570-1745.
Saturday, September 21, 9 a.m.-noon.

SOWING THE SEEDS OF SUMMER
Join fellow park supporters and POP’s community partners for an exclusive evening at the El Dorado Nature Center amphitheater. We will also be “Sowing the Seeds” for future Partners of Parks activities, welcoming our new Advisory Board members, and sharing our new strategic plan to support activities in Long Beach parks benefiting teens, seniors and economically disadvantaged children.
Saturday, September 14, 5:30-7:30 p.m. $75.00 donation per person
All proceeds benefit Partners of Parks and our affiliated partners.

FRIENDS OF EL DORADO NATURE CENTER
Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends’ office at (562) 570-1745.

DRAWING IN NATURE
Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.
Saturdays, September 14, October 12, November 9, 10 a.m.-3 p.m.
Adults only. $120 per person for unit of three classes. Call (562) 570-1745 to register.

PRE-SCHOOL PROGRAMS
Pre-registration is required for all classes. Visit www.lbpcars.org.

1-DAY PARENT & ME WORKSHOPS
Ages: 18 mos-5 yrs, $20 per class. 10-11:30 a.m..
Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

HUMMINGBIRD CELEBRATION
Join us as we celebrate National Hummingbird Day by creating enchanting pieces of art based on our fluttery friends.
September 4 10-11:30 a.m.

EL DORADO AUDUBON SOCIETY MEETING
Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.
September 19, October 17, November 21 7:30 p.m.
Free program.

AUDUBON BIRD WALK
Whether you’re a new birder or just want to sharpen your skills, join members of El Dorado Audubon for a morning walk through the Nature Center.
Sundays, September 8, October 13, November 10, 8 a.m.
Free program.
The Nature Center will be blooming with thousands of California native plants for sale. Your purchase benefits the Center and supports habitat restoration. Event begins at 9:30 a.m. Current members of “Friends" get in early at 9:00 a.m. Come early for the best selection.

Saturday, October 12, 9:30 a.m.-2 p.m.

TELLABRATION
Come to the Nature Center to celebrate the power and wisdom of storytelling from the Long Beach Storytellers. Saturday, November 23, 7:30 - 9:30 p.m. Ages 12 & up. $5 per person. Pre-registration is required. Call (562) 570-1745.

HOWL-O-WEEN FESTIVAL
Saturday, October 26, 2-6 p.m. Last Trail Entry: 5:00 p.m.
Join us at the boo-tiful El Dorado Nature Center for a hare-raising good time as you trick-or-treat your way along the trails. Visit our animal education village, or bounce yourself silly in the Ooh-possum Patch. There will be storytelling and face painting, food trucks and crafts. Parking is $7, and a suggested donation of $5 to support Partners of Parks/ Friends of El Dorado Nature Center at the gate. Dress as your favorite creature and come mingle with ours. See you there!

FAMILY NIGHT WALKS
Pre-registration is required. Visit www.lbparks.org.

FAMILY NIGHT WALKS
What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. All ages. An adult must accompany persons under the age of 18.
Tuesdays, 7-9 p.m. $5 per person. Under 2 years old, free.
34158 September 10 34159 October 8 34160 November 12

EL DORADO EAST REGIONAL PARK
7500 Spring Street
(562) 570-1771
HOURS: Spring/Summer: 7 a.m.-8 p.m.
March 1-October 31
Fall/Winter: 7 a.m.-5 p.m.
November 1-February 28

VEHICLE ENTRY FEES
CASH OR CARDS:
M-Th: $5 • F: $6 • Sa and Su: $7 • Holidays: $8
School Buses: $30 • Other buses: $35 daily

ANNUAL PARKING PASSES
• General Public Fee: $60 Each
• Seniors ages 50+/Disabled Fee: $35 Each
Parking passes are available for purchase at:
Administration Office, 2760 Studebaker Road
Administration Office hours: M-F, 8 a.m.-5 p.m.
El Dorado Nature Center, 7550 E. Spring Street.
Center hours: Tu-Su, 8:30 a.m.-4 p.m.

AMENITIES AND SERVICES
• Archery range with target butts
• Barbecue grills-first come, first served
• Bicycle trails-paved (over 4 miles)
• Campground for Youth Groups
• Dog Park
• Two stocked fishing lakes (license required for 16+)
• Model aircraft flying area (radio controlled)
• Model sailboat area (radio controlled)
• Nature Center-Closed Mondays
• Park Ranger supervision
• Physical Fitness Course-12 stations-Area II
• Picnic areas-first come, first served, and reserved areas
• Picnic shelters
• Playgrounds
• The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 11 a.m.-5 p.m., Saturdays and Sundays, rain permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)249-8330. Our new website address is: www.theeldoradofrontier.com.
• Junior Olympic Archery Development (JOAD), call (626) 242-8870.
• Bicycle Rentals-Wheel Fun Rentals, call (805) 650-7770.

VOLUNTEER OPPORTUNITIES
FIRST SATURDAY STEWARDS – SERVICE LEARNING OPPORTUNITY
Join us in cleaning the stream, clearing the trails, or pulling weeds. Wear sturdy shoes and bring water and sunscreen.
Saturdays, September 7, October 5, November 2, 10 a.m.-noon.
Pre-registration is required. Call (562) 570-1745.

WETLAND WARRIOR CLEANUP
Only 5% of California’s once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.
Saturdays, October 19 & November 16, 10 a.m.-noon. Meet next to 101 Golden Shore Ave.

EL DORADO REGIONAL PARK CLEANUP
Join fellow park-lovers to cleanup fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Meet at the parking lot next to the pedal boat dock in Area III.
Call (562) 570-1745 to register.
Saturdays, September 28, October 26 & November 23, 9-10 a.m.

**See Special Events for information about Coastal Cleanup Day in September.

SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB
RANCHO LOS CERRITOS
HISTORIC LANDMARK
4600 North Virginia Road
(562) 206-2040 • www.RanchoLosCerritos.org
Rancho Hours: Wednesday-Sunday, 1-5 p.m.
Closed: Veteran’s Day, November 11th
Thanksgiving, November 28th and 29th

Rancho Los Cerritos is a National, State and Long Beach Historic Landmark. Free guided tours of the 1844 historic adobe home are offered during museum hours. Docent-led tours of the gardens are available on Saturday and Sunday afternoons or by request. Spanish language tours are available on the fourth Sunday of the month and by request. Special tours for youth groups and home-schoolers are available by request. Register for events at RanchoLosCerritos.org.

STORY TIME
September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26
9:30-10 a.m. in the Rancho Los Cerritos library.
Every Tuesday sings songs, reads, and make a new friend.
No RSVP is necessary. Rain or shine. FREE.

CREATION STATION
Saturdays October 5, November 2
Get creative with history! Using and experimenting with a wide variety of colorful and natural materials, children create seasonal arts and crafts. October’s theme is outrageous orange and November’s theme is Brilliant Brown. No RSVP is necessary. Rain or shine. FREE.

BIRD WALK
Thursday September 12, October 10 and November 14
8-9:30 a.m. Stroll through the grounds of the historic rancho and watch both resident birds and seasonal migrants. Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable closed toed shoes and bring a hat and binoculars. We also have a limited number of binoculars to lend thanks to the generosity of Vortex Optics. No RSVP is necessary. Rain cancels. FREE.

STATE OF THE 8TH
Thursday, September 19 • 6-8 p.m.
This event is hosted by Councilmember Al Austin of the 8th District, all are welcome to attend. FREE. RSVP at RanchoLosCerritos.org.

THIRD ANNUAL CRAFT BEER LB FEST
Saturday, September 21
VIP admission: noon-5 p.m. General admission: 1-5 p.m.
Sample selections from 15 different local breweries while enjoying food and music in the garden. For details, visit http://craftbeerlbfest.com/.

2ND ANNUAL RANCHOS WALK
Saturday, September 28. 7:30 a.m.-2 p.m. starting at Rancho Los Alamitos (parking at CSULB).
Experience Long Beach and Signal Hill in a whole new way! Follow a crest trail linking Rancho Los Alamitos and Rancho Los Cerritos. This 9.4-mile scenic walk connects the CSULB campus, Reservoir Hill, Hilltop Park in Signal Hill, Longview Point at Willow Springs Park and Rancho Los Cerritos. 3.5 mile and 6-mile options also available. Shuttle services will be provided along the route. The event is FREE however advanced registration is required. Register at: LongBeach.gov/RanchosWalk.

175TH CELEBRATION
Saturday, September 28 • noon-3 p.m.
Celebrate the Rancho’s 175th birthday with a festival, food, music, art, and more. The ceremony will include a Brewery Knolls beer garden featuring Liberation Brewing, food trucks, a 175th birthday cake-cutting ceremony led by Al Austin, music, tours of the house, and an art contest. The Rancho 175th art contest is now accepting entries that fit the theme “My Long Beach.” To enter the art contest you must be a current K-12 student and submit a photo of your artwork to RLCartcontest175@gmail.com. FREE no RSVP required.

175TH ANNIVERSARY GALA
Sunday October 20 • noon-4 p.m.
Join us to celebrate 175 years and raise funds that support the Rancho’s restoration, exhibitions, and educational programs. Honoring: Margie & Frank Newell, Junior League of Long Beach, and The Port of Long Beach, for their deep commitment to the Rancho, leadership, and spirited generosity. For more information, please call (562) 206-2048 or email TessaC@RanchoLosCerritos.org.

VOLUNTEER OPPORTUNITIES
Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org.

VOLUNTEER OPEN HOUSE:
Thursday, September 5,
10 a.m.-11:30 p.m.
Learn about our upcoming volunteer opportunities! Volunteering at RLC is a great way to learn about Long Beach history. Volunteer opportunities include greeting visitors, leading tours, gardening, helping out at special events, working behind the scenes, and representing RLC in the larger community. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org to RSVP.

SCHOOL DOCENT TRAINING:
September 12, 9:30 a.m.-12:30 p.m.
School docents share stories of those who lived on the Rancho and bring California history to life for thousands of fourth-grade students. Training meets on Thursday mornings for 8 weeks. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org to RSVP.

42 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
TEEN VOLUNTEER OPEN HOUSE: Thursday, September 26, 4-5:30 p.m. High school students can gain valuable experience in helping with craft workshops, youth tours, and public events. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org to RSVP.

HOUSE DOCENT TRAINING: Starts Saturday, October 5, 9:30 a.m.-12:30 p.m. Explore the history of the land and the people of the Rancho, and learn to guide visitors through the historic adobe home. Training meets for seven consecutive Saturday mornings. Call (562) 206-2040 or email Rancho@RanchoLosCerritos.org to RSVP.

SCHOOL TOURS

Adobe Days Revisited field trips allow fourth-graders to visit Jotham Bixby’s bustling sheep ranch, circa 1878. Costumed interpreters invite students to see the house, learn about herbs in the garden, do customary chores in the workshop, and touch historical objects in the library. Our Adobe Days Revisited program is offered on Monday, Wednesday, and Thursday mornings, October through June. The fee is $100 per class, and the site can accommodate up to 72 children per day. Sign-up on our website. Priority will be given to teachers who sign up before September 15th.

Rancho Adventure tours for homeschoolers, scouts, or other youth groups (6-30 elementary-aged children) encourage children to learn about daily life on a 19th century California ranch by exploring the 1844 adobe house, doing historic chores, and playing old-fashioned games. These fast-paced, highly interactive tours last approximately 90 minutes and can be scheduled during public hours. The fee is $5 per person. Please call (562) 206-2040 to schedule.

UPCOMING EVENTS

Ticket sales start Friday, November 1 at 10 a.m.

COCOA WITH SANTA Thursday, December 5, Friday December 6 at 4 p.m., and Saturday, December 7 at 11 a.m. Enjoy delicious cocoa and treats, make holiday crafts, enjoy stories, and meet Santa and Mrs. Claus. Tickets available online.

OLD TIME CHRISTMAS FESTIVAL Sunday, December 8, 1-4 p.m. Discover the history and traditions of Victorian Christmas celebrations, meet Santa, make old-fashioned crafts, sip warm cider, and see the Rancho beautifully decorated for the holidays. $5/person. Tickets online or at the door.

CHRISTMAS CANDLELIGHT TOUR Saturday, December 14 5:30-8:30 p.m.

Experience a century of holiday traditions, as you stroll the Rancho by candlelight and encounter costumed characters from the Rancho’s colorful past preparing for the holidays. Guided tours start every 15 minutes and last approximately 45 minutes, concluding with festive holiday music and treats in the backyard. $20 general admission $15 for members. Tickets online or at the door.

SITE RENTALS

Host a unique wedding, celebration, corporate retreat, or special event at the Rancho Los Cerritos historic site. Contact Mallory Rydell, Special Events Coordinator at: 562-206-2055 or MalloryR@RanchoLosCerritos.org.

LONE SAILOR EVENT
SATURDAY, OCTOBER 12, 2019
10:30 a.m.–NOON

CELEBRATING THE 15TH ANNIVERSARY OF THE LONE SAILOR MEMORIAL
A SHORT PROGRAM AT 10:45 A.M.
BLUFF PARK, LONG BEACH
OCEAN BLVD. AND PALOMA AVE.

Join Partners of Parks and the Long Beach Veterans Commission to recognize those who served in the Navy, Marines, Coast Guard and Merchant Marines. More than 550 bricks have been dedicated and installed at the Lone Sailor Plaza since it was commissioned in 2004. Find out how you can honor a loved one who served by visiting partnersofparks.org/memorials or call Partners of Parks at 562-570-3209.

HOSTED BY

Weather permitting, a model of the USS Long Beach will be on display at the event.
BELMONT PLAZA POOL
4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION
Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80-82 degrees. Children under 48” tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear “swim diapers.” Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. POOL CLOSED MONDAY, SEPTEMBER 2 (LABOR DAY); THURSDAY, NOVEMBER 28 (THANKSGIVING).

OPEN SWIM FEES
Youth, ages 17 yrs & under: $1
Seniors, ages 50 yrs & over: $3
Adults, ages 18-49 yrs: $4

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-$25, Seniors-$58, Adults-$87. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM
M-F 5:30-9:30 a.m.
M/W/F 10 a.m.-2 p.m.
Tu/Th 11 a.m.-2 p.m.
Tu/Th 7-9 p.m.
Sa & Su 8 a.m.-noon

ALL AGES RECREATION SWIM
M/W 7-9 p.m.
Sa & Su noon-2 p.m.

WATER EXERCISE CLASSES
Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is $6 per class for adults. $42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.
Tu/Th 7-10 p.m.
Deep Water Exercise: M/W/F/Su 10-10:50 a.m.

SWIM LESSONS
Class options: Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings though October 31. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line at lbparks.org or Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit www.lbpatks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a $10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

REGISTRATION DATES
Lessons Starting Date: Registration Begins:
10/7-10/30 Monday/Wednesday 9/23/19 at 8 a.m.
10/26-12/14 Saturday 9/28019 at 8 a.m.

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.
34174 13 Yrs+ 8/31-10/19 8-8:50 a.m. Sa $52
34175 13 Yrs+ 10/26-12/14 8-8:50 a.m. Sa $52

AQUATICS - LEVEL 1
Skills taught in Level 1 include: blowing bubbles, float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.
34188 6-12 Yrs 8/31-10/19 10-10:25 a.m. Sa $44
34189 6-12 Yrs 8/31-10/19 11-11:25 a.m. Sa $44
34190 6-12 Yrs 9/9-10/2 4:30-4:55 p.m. MW $44
34191 6-12 Yrs 9/9-10/2 6:30-6:55 p.m. MW $44
34192 6-12 Yrs 10/7-10/30 4:30-4:55 p.m. MW $44
34193 6-12 Yrs 10/7-10/30 6:30-6:55 p.m. MW $44
34194 6-12 Yrs 10/26-12/14 10-10:25 a.m. Sa $44
34195 6-12 Yrs 10/26-12/14 11-11:25 a.m. Sa $44

AQUATICS - LEVEL 2
Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.
34196 6-12 Yrs 8/31-10/19 10-10:25 a.m. Sa $44
34197 6-12 Yrs 8/31-10/19 11-11:55 a.m. Sa $44
34198 6-12 Yrs 9/9-10/2 4-4:25 p.m. MW $44
34199 6-12 Yrs 9/9-10/2 5:30-5:55 p.m. MW $44
34200 6-12 Yrs 10/7-10/30 4-4:25 p.m. MW $44
34201 6-12 Yrs 10/7-10/30 5:30-5:55 p.m. MW $44
34202 6-12 Yrs 10/26-12/14 10-10:25 a.m. Sa $44
34203 6-12 Yrs 10/26-12/14 11:30-11:55 a.m. Sa $44

REGISTER ONLINE AT WWW.LBPARKS.ORG
AQUATICS - LEVEL 3
Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.
34204 6-12 Yrs 8/31-10/19 10:30-10:55 a.m. Sa $44
34205 6-12 Yrs 9/9-10/2 4-4:25 p.m. MW $44
34206 6-12 Yrs 9/9-10/2 6-6:25 p.m. MW $44
34207 6-12 Yrs 10/7-10/30 4-4:25 p.m. MW $44
34208 6-12 Yrs 10/7-10/30 6-6:25 p.m. MW $44
34209 6-12 Yrs 10/26-12/14 10:30-10:55 a.m. Sa $44

AQUATICS - LEVEL 4
Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.
34210 6-12 Yrs 8/31-10/19 8:30-8:55 a.m. Sa $44
34211 6-12 Yrs 9/9-10/2 4:30-4:55 p.m. MW $44
34212 6-12 Yrs 9/9-10/2 6:30-6:55 p.m. MW $44
34213 6-12 Yrs 10/7-10/30 4:30-4:55 p.m. MW $44
34214 6-12 Yrs 10/7-10/30 6:30-6:55 p.m. MW $44
34215 6-12 Yrs 10/26-12/14 8:30-8:55 a.m. Sa $44

AQUATICS - LEVEL 5-6
Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, breaststroke, and sidestroke.
34216 6-12 Yrs 8/31-10/19 8:30-8:55 a.m. Sa $44
34217 6-12 Yrs 9/9-10/2 5-5:25 p.m. MW $44
34218 6-12 Yrs 10/7-10/30 5-5:25 p.m. MW $44
34219 6-12 Yrs 10/26-12/14 8-8:25 a.m. Sa $44

AQUATICS - PARENT & CHILD
An introductory course for children nine months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.
34220 9 Mos-2 Yrs 8/31-10/19 9-9:25 a.m. Sa $44
34221 9 Mos-2 Yrs 8/31-10/19 11:30-11:55 a.m. Sa $44
34222 9 Mos-2 Yrs 9/9-10/2 3-3:25 p.m. MW $44
34223 9 Mos-2 Yrs 9/9-10/2 6-6:25 p.m. MW $44
34224 9 Mos-2 Yrs 10/7-10/30 3-3:25 p.m. MW $44
34225 9 Mos-2 Yrs 10/7-10/30 6-6:25 p.m. MW $44
34226 9 Mos-2 Yrs 10/26-12/14 9-9:25 a.m. Sa $44
34227 9 Mos-2 Yrs 10/26-12/14 11:30-11:55 a.m. Sa $44

AQUATICS - PRESCHOOL AQUATICS 1
Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.
34228 3-5 Yrs 8/31-10/19 9-9:25 a.m. Sa $44
34229 3-5 Yrs 8/31-10/19 10:30-10:55 a.m. Sa $44
34230 3-5 Yrs 9/9-10/2 3-3:25 p.m. MW $44
34231 3-5 Yrs 9/9-10/2 5-5:25 p.m. MW $44
34232 3-5 Yrs 10/7-10/30 3-3:25 p.m. MW $44
34233 3-5 Yrs 10/7-10/30 5-5:25 p.m. MW $44
34234 3-5 Yrs 10/26-12/14 9:9-9:25 a.m. Sa $44
34235 3-5 Yrs 10/26-12/14 10:30-10:55 a.m. Sa $44

AQUATICS - PRESCHOOL AQUATICS 2
Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.
34236 3-5 Yrs 8/31-10/19 9:30-9:55 a.m. Sa $44
34237 3-5 Yrs 8/31-10/19 11-11:25 a.m. Sa $44
34238 3-5 Yrs 9/9-10/2 3:30-3:55 p.m. MW $44
34239 3-5 Yrs 9/9-10/2 5:30-5:55 p.m. MW $44
34240 3-5 Yrs 10/7-10/30 3:30-3:55 p.m. MW $44
34241 3-5 Yrs 10/7-10/30 5:30-5:55 p.m. MW $44
34242 3-5 Yrs 10/26-12/14 9:30-9:55 a.m. Sa $44
34243 3-5 Yrs 10/26-12/14 11-11:25 a.m. Sa $44

AQUATICS - PRESCHOOL AQUATICS 3
Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.
34244 3-5 Yrs 8/31-10/19 9:30-9:55 a.m. Sa $44
34245 3-5 Yrs 9/9-10/2 3:30-3:55 p.m. MW $44
34246 3-5 Yrs 10/7-10/30 3:30-3:55 p.m. MW $44
34247 3-5 Yrs 10/26-12/14 9:30-9:55 a.m. Sa $44

PRIVATE & SEMI-PRIVATE SWIM LESSONS: Enroll to the waitlist on line at no cost. Pool staff will fill all available slots from the waitlist. Private lessons are offered as one-on-one with instructor. Price for private lessons is $160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is $103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings: September-December. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS - BELMONT PRIVATE SWIM LESSONS
34176 9 Mos & Up 8/31-10/19 8 a.m.-noon Sa $160
34177 9 Mos & Up 9/9-10/2 3-7 p.m. MW $160
34178 9 Mos & Up 9/10-10/3 3-7 p.m. TTh $160
34179 9 Mos & Up 10/7-10/30 3-7 p.m. MW $160
34180 9 Mos & Up 10/8-10/31 3-7 p.m. TTh $160
34181 9 Mos & Up 10/26-12/14 8 a.m.-noon Sa $160

AQUATICS - BELMONT SEMI PRIVATE SWIM LESSONS
34182 9 Mos & Up 8/31-10/19 8 a.m.-noon Sa $103
34183 9 Mos & Up 9/9-10/2 3-7 p.m. MW $103
34184 9 Mos & Up 9/10-10/3 3-7 p.m. TTh $103
34185 9 Mos & Up 10/7-10/30 3-7 p.m. MW $103
34186 9 Mos & Up 10/8-10/31 3-7 p.m. TTh $103
34187 9 Mos & Up 10/26-12/14 8 a.m.-noon Sa $103
KING PARK POOL
1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear “swim diapers”. Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED MONDAY, SEPTEMBER 2 (Labor Day); THURSDAY, NOVEMBER 28 (Thanksgiving).

OPEN SWIM FEES

Youth, ages 17 yrs & under: $1
Senior Citizens, ages 50 yrs &up:$2
Adults, ages 18-49 yrs: $3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-$25, Seniors-$40, Adults-$65. Membership pass is valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/F 6-8 a.m.
Tu/Th/F noon-2 p.m.
Tu/Th 9-11 a.m.
Sa/Su noon-1 p.m.

ALL AGES RECREATION SWIM

Sa/Su 1 p.m.-3:30 p.m.
Tu/Th/F 2:30 p.m.-4 p.m.
Tu/Th 6:30 p.m.-8 p.m.

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don’t miss the fun! Fee is $3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water Tu/Th/F 6:30 -7:20 a.m.
Shallow Water Tu/Th/F 8-8:50 a.m.
M/W 6-6:50 p.m.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbarks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a $10 service charge assessed.

REGISTRATION DATES

Lessons Starting Date: Registration Begins:
8/20-10/12 Tuesday/ Thursday 8/5/19 at 8 a.m.
8/24-10/12 Saturday 8/5/19 at 8 a.m.
9/17-10/10 Tuesday/ Thursday 9/3/19 at 8 a.m.
10/15-11/7 Tuesday/ Thursday 10/1/19 at 8 a.m.
10/19-12/7 Saturday 9/21/19at 8 a.m.
11/12-12/5 Tuesday/ Thursday 10/29/19 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

34379 9 Mths-3 Yrs 8/24/10-12 11-11:25 a.m. Sa $32
34380 9 Mths-3 Yrs 10/19-12/7 11-11:25 a.m. Sa $32

AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

34382 3-5 Yrs 8/20/9-12 4-4:25 p.m. Tu/Th $32
34381 3-5 Yrs 8/24/10-12 10:30-10:55 a.m. Sa $32
34383 3-5 Yrs 9/17-10/10 4-4:25 p.m. Tu/Th $32
34385 3-5 Yrs 10/15-11/7 4-4:25 p.m. Tu/Th $32
34384 3-5 Yrs 10/19-12/7 10:30-10:55 a.m. Sa $32
34386 3-5 Yrs 11/12-12/5 4:45-2:55 p.m. Tu/Th $28

AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

34388 3-5 Yrs 8/20/9-12 4:30-4:55 p.m. Tu/Th $32
34387 3-5 Yrs 8/24/10-12 11-11:25 a.m. Sa $32
34389 3-5 Yrs 9/17-10/10 4:30-4:55 p.m. Tu/Th $32
34391 3-5 Yrs 10/15-11/7 4:30-4:55 p.m. Tu/Th $32
34390 3-5 Yrs 10/19-12/7 11-11:25 a.m. Sa $32
34392 3-5 Yrs 11/12-12/5 4:30-4:55 p.m. Tu/Th $28

AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

34398 3-5 Yrs 8/20/9-12 5-5:25 p.m. Tu/Th $32
34393 3-5 Yrs 8/24/10-12 11-11:25 a.m. Sa $32
34395 3-5 Yrs 9/17-10/10 5-5:25 p.m. Tu/Th $32
34397 3-5 Yrs 10/15-11/7 5-5:25 p.m. Tu/Th $32
34396 3-5 Yrs 10/19-12/7 11-11:25 a.m. Sa $32
34398 3-5 Yrs 11/12-12/5 5-5:25 p.m. Tu/Th $28

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

34347 6-12 Yrs 8/20/9-12 4-4:25 p.m. Tu/Th $32
34345 6-12 Yrs 8/24/10-12 9:30-9:55 a.m. Sa $32
34346 6-12 Yrs 8/24/10-12 10:10-10:25 p.m. Sa $32
34348 6-12 Yrs 9/17-10/10 4-4:25 p.m. Tu/Th $32
34349 6-12 Yrs 10/19-12/7 9:30-9:55 a.m. Sa $32
34350 6-12 Yrs 10/19-12/7 10:10-10:25 p.m. Sa $32
34351 6-12 Yrs 10/15-11/7 4:45-2:55 p.m. Tu/Th $32
34352 6-12 Yrs 11/12-12/5 4:45-2:55 p.m. Tu/Th $28

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

34354 6-12 Yrs 8/20/9-12 4:30-4:55 p.m. Tu/Th $32
34353 6-12 Yrs 8/24/10-12 11:30-11:55 a.m. Sa $32
34355 6-12 Yrs 9/17-10/10 4:30-4:55 p.m. Tu/Th $32
34357 6-12 Yrs 10/15-11/7 4:30-4:55 p.m. Tu/Th $32
34356 6-12 Yrs 10/19-12/7 11:30-11:55 a.m. Sa $32
34358 6-12 Yrs 11/12-12/5 4:30-4:55 p.m. Tu/Th $28

46 VISIT HTTP://BIT.LY/PRMSURVEY FOR THE PARKS, RECREATION & MARINE STRATEGIC PLAN SURVEY
AQUATICS - LEVEL 3
Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

34360  6-12 Yrs 8/20-9/12 4:30-4:55 p.m.  Tu/Th  $32
34359  6-12 Yrs 8/24-10/12 11:30-11:55 a.m.  Sa  $32
34361  6-12 Yrs 9/17-10/10 4:30-4:55 p.m.  Tu/Th  $32
34363  6-12 Yrs 10/15-11/7 4:30-4:55 p.m.  Tu/Th  $32
34362  6-12 Yrs 10/19-12/7 11:30-11:55 a.m.  Sa  $32
34364  6-12 Yrs 11/12-12/5 4:30-4:55 p.m.  Tu/Th  $28

AQUATICS - LEVEL 4
Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

34366  6-12 Yrs 8/20-9/12 4-4:25 p.m.  Tu/Th  $32
34365  6-12 Yrs 8/24-10/12 10:30-10:55 a.m.  Sa  $32
34367  6-12 Yrs 9/17-10/10 4-4:25 p.m.  Tu/Th  $32
34369  6-12 Yrs 10/15-11/7 4-4:25 p.m.  Tu/Th  $32
34368  6-12 Yrs 10/19-12/7 10:30-10:55 a.m.  Sa  $32
34370  6-12 Yrs 11/12-12/5 4-4:25 p.m.  Tu/Th  $28

AQUATICS - LEVEL 5
Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

34371  6-12 Yrs 8/24-10/12 9-9:25 a.m.  Sa  $32
34372  6-12 Yrs 10/19-12/7 9-9:25 a.m.  Sa  $32

AQUATICS - LEVEL 5/6
Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

34373  6-12 Yrs 8/20-9/12 5-5:25 p.m.  Tu/Th  $32
34374  6-12 Yrs 9/17-10/10 5-5:25 p.m.  Tu/Th  $32
34375  6-12 Yrs 10/15-11/7 5-5:25 p.m.  Tu/Th  $32
34376  6-12 Yrs 11/12-12/5 5-5:25 p.m.  Tu/Th  $28

AQUATICS - LEVEL 6
Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke and butterfly.

34377  6-12 Yrs 8/24-10/12 9-9:25 a.m.  Sa  $32
34378  6-12 Yrs 10/19-12/7 9-9:25 a.m.  Sa  $32

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.

34338  13 Yrs+ 8/20-9/12 5:30-6:20 p.m.  Tu/Th  $40
34337  13 Yrs+ 8/24-10/12 10-10:50 a.m.  Sa  $40
34339  13 Yrs+ 9/17-10/10 5:30-6:20 p.m.  Tu/Th  $40
34341  13 Yrs+ 10/15-11/7 5:30-6:20 p.m.  Tu/Th  $40
34340  13 Yrs+ 10/19-12/7 10-10:50 a.m.  Sa  $40
34342  13 Yrs+ 11/12-12/5 5:30-6:20 p.m.  Tu/Th  $35

JUNIOR LIFEGUARD PROGRAM
Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16. Please call the pool for more information. Saturdays, 9 a.m. starting August 24th and October 19th.

POOL RENTALS
Please call the supervisor at 562-570-1718 for information, fees and scheduling availability.
GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82-84 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED - MONDAY, SEPTEMBER 2 (LABOR DAY); THURSDAY, NOVEMBER 21 (THANKSGIVING).

OPEN SWIM FEES
Youth, ages 17 Yrs & Under: $1
Seniors, ages 50 Yrs & Over: $2
Adults, ages 18-49 Yrs: $3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-$25, Seniors-$40, Adults-$65. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM
M/W/F 6:30-11 a.m.
M/W/F noon-2 p.m.
M/W 6-7:00 p.m., 2 LANES ONLY
Sa noon-1 p.m.
Su 8-11 a.m.

ALL AGES RECREATION SWIM
M/W 2-3:30 p.m.
Sat 1-3:30 p.m.

WATER EXERCISE CLASSES
Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is $3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.
Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.
Deep Water Exercise: M/W/F 10:30-11:00 a.m.

WEIGHT ROOM
We offer Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS:
Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.
Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a $10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - ADULTS
Teaches new skills and improves endurance and swimming abilities for adults of all levels.

AQUATICS - LEVEL 1
Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

48 REGISTER ONLINE AT WWW.LBPARKS.ORG
AQUATICS - LEVEL 2
Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

AQUATICS - LEVEL 3
Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

AQUATICS - LEVEL 4
Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

AQUATICS - LEVEL 5
Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

AQUATICS - LEVEL 6
Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

AQUATICS - PARENT & CHILD
An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

AQUATICS - PRESCHOOL AQUATICS 1
Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

AQUATICS - PRESCHOOL AQUATICS 2
Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

AQUATICS - PRESCHOOL AQUATICS 3
Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

PRIVATE SWIM LESSONS
Instructor Robert Bruce Hirschhorn has decades of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is $175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.
Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. LEEWAY CLOSED SATURDAY, AUGUST 31, MONDAY, SEPTEMBER 2 (LABOR DAY).

BEGINNING CAPRI SAILING (14’ BOATS)  13yrs & up
A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

- Course 34248 9/7-9/28 9 a.m.-noon Sa $120
- Course 34249 10/5-10/26 9 a.m.-noon Sa $120
- Course 34250 11/2-11/23 9 a.m.-noon Sa $120
- Course 34251 9/8-9/29 9 a.m.-noon Su $120
- Course 34252 10/6-10/27 9 a.m.-noon Su $120
- Course 34253 11/3-11/24 9 a.m.-noon Su $120

BEGINNING SABOT SAILING (8’ BOATS)  8yrs & up
A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

- Course 34254 9/7-9/28 9 a.m.-noon Sa $120
- Course 34255 10/5-10/26 9 a.m.-noon Sa $120
- Course 34256 11/2-11/23 9 a.m.-noon Sa $120

FALL SABOT RACING CLINIC (8’ BOATS)  8yrs & up $195
This six-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. Participants should bring their own lunch, water and snacks. Must have instructor approval to register. Class will take place every other Sunday from 12-3 p.m. The classes will be held: Sept 15, Sept 29, Oct 13, Oct 27, Nov 10, Nov 24.

INTERMEDIATE CAPRI SAILING (14’ BOATS)  13yrs & up
For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

- Course 34258 9/8-9/29 12:30-3:30 p.m. Su $120
- Course 34259 10/6-10/27 12:30-3:30 p.m. Su $120
- Course 34260 11/3-11/24 12:30-3:30 p.m. Su $120

INTERMEDIATE SABOT SAILING (8’ BOATS)  8yrs & up
An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

- Course 34261 9/7-9/28 12:30-3:30 p.m. Sa $120
- Course 34262 10/5-10/26 12:30-3:30 p.m. Sa $120
- Course 34263 11/2-11/23 12:30-3:30 p.m. Sa $120

KEELBOAT CLASS  13yrs & up
A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

- Course 34264 9/8-9/29 10 a.m.-2:00 p.m. Su $133
- Course 34265 10/6-10/27 10 a.m.-2:00 p.m. Su $133
- Course 34266 11/3-11/24 10 a.m.-2:00 p.m. Su $133

PRIVATE LESSONS
Private ($120 for two hours/per person) and semi-private lessons ($91 for two hours/per person) in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB
A rental program offered on Saturdays from noon-5 p.m. year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is $95 per person.

Rental rates are as follows:
- Capri & Sabots: $17/hour
- Kayaks & Canoe: $13/hour
Making your stops. Keeping you moving.

There’s no limit to what you can do when you explore Long Beach by bus. Long Beach residents 62+ can join the Connected Seniors Club and ride with confidence to your favorite local activities and destinations.

To join or learn more about the Club, call 562.591.2301 or email us at seniors@lbtransit.com.
### TENNIS

Register online at lbparks.org or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear tennis court-appropriate tennis shoes, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or canceled.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St. Somerset Tennis Courts, 1500 E. Carson St.

#### TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 10 weeks.

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<th>Course ID</th>
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Los Cerritos

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#### FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 11. 10 weeks.

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#### YOUTH

Beginning (Beg) students require no experience. Advanced Beginning (AdvBeg) students must possess knowledge of ground strokes, grips and ready position. Intermediate (Int) students must understand the rules of the game, have consistent ground strokes and serves. Group Lessons: Min 6/Max 11. 10 Weeks.

El Dorado West

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### ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 years & up. Min 6/Max 12. 10 weeks.

Billie Jean King

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Billie Jean King Pastorini

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Los Cerritos Pastorini/Sleigh

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Marina Vista

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SENIOR CLASS
Special Rate for Senior Citizens! Experience all the health benefits that tennis has to offer. Players of ANY AGE can take up tennis as part of an overall exercise prescription. Get involved in a sport where you can play at any age or skill level. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a NEW CLASS designed for our senior population ages 60+ years of age. Tennis is also a tremendously effective fitness activity for all seniors. All levels welcome. Min 6/Max 12. 10 Weeks.

El Dorado West
33521 Beg/Adv Beg 9/17-11/19 8-9 a.m. Tu $100
33522 Beg/Adv Beg 9/19-11/21 8-9 a.m. Th $100

CARDIO TENNIS
Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 years & up. Min 6/Max 12. 10 Weeks.

El Dorado West
33523 All Levels 9/17-11/19 11 a.m.-noon Tu $120
33524 All Levels 9/18-11/20 6-7 p.m. W $120
We Energize a Healthy Long Beach

Long Beach Energy Resources is committed to doing it's part to make our city a healthy place to live, work, or spend a great day in the park.

We've gone green by installing over 150,000 automated reporting gas meters thus eliminating 160,000 vehicle trips a year. Our Southeast Resource Recovery Facility reduces the need for landfills and truck trips by turning trash into electricity while destroying tons of dangerous narcotics and paraphernalia, making our parks, beaches and public areas safer places to enjoy.

With our focus on green, it's no surprise that we recently received an award for data reliability for our (AB32-Cap and Trade) Green House Gas Emissions Reporting.

Energy Resources is much more than just the “gas and oil company”. We're a team of dedicated professionals, proud to do our part in bringing safe and reliable energy to the city of Long Beach. To learn more, visit us at longbeach.gov/energyresources/
REGISTRATION FORM  Please print and fill out completely

It’s easy to register:

On Line: Register anytime. Visit http://activenet.active.com/lbparks or follow the link at www.lbparks.org. See “how to” videos and answers to “FAQs”

Click on the “request an account” button.

Fill in your information, then click submit (or click submit and add family member to register more people at the same address)

By FAX to (562) 570-3113 Confirmation will not be sent. Retain publication for reference

By Mail: Send completed form and payment (include address, phone number and class #s) on the check) to City of Long Beach, 2760 Studebaker Road, Long Beach, Ca 90815

In person: Bring completed form and payment to the office, Monday-Friday 8 a.m.-5 p.m. Office closed: Sept. 2, Nov. 21, 22. For more information call (562) 570-3111

Main Contact

☐ Check this box if address or phone number has changed.

Print
Name: ___________________________________________________   Address: _____________________________________________

City _______________________________ Zip _________ Phone (________) ____________  Phone (________) ___________________

Birth Date: ___________________________  E-mail Address_____________________________________________________________

Please list separately additional family members living with the Main Contact.

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<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Birthdate</th>
<th>Male / Female (circle one)</th>
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Class #    Student Name    Class Name    Day(s)    Start Date    Time    Fee

Refunds must be requested one working day prior to the first class. There is a $10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds. Total $

METHOD OF PAYMENT

☐ Cash  ☐ Master Card  ☐ Visa  ☐ AmEx  ☐ Discover  ☐ Money Order  ☐ Check (payable to City of Long Beach) include class #, complete address & phone #.

Credit Card #:   Exp. Date   CCV. Code

$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX. You will be informed if a class is full. Please retain class schedule for reference. If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE  •  2760 Studebaker Road  •  (562) 570-3111  •  Open Monday-Friday, 8am-5:00pm
Moving Home

The Port of Long Beach has fulfilled our promise to return to the waterfront. We’re excited to be downtown and part of the new Long Beach Civic Center!