



STRATEGIC PARTNERSHIP

Results In New Athletic Fields For Laguna Hills High School

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Home Energy
Renovation Opportunity
New Athletic Fields for
Laguna Hills High School



laguna hills CITY VIEWS

2014 FALL NEWS MAGAZINE & ACTIVITY GUIDE

CITY HALL HOURS:

8 am – 5 pm Monday – Friday

ENGINEERING, PLANNING AND BUILDING COUNTER HOURS:

1 pm – 5:30 pm Monday – Thursday

1 pm – 5 pm Friday

Regular City Council Meetings are held on the second and fourth Tuesday of each month.

Traffic Commission Meetings are held on the third Wednesday of January, March, May, July, September and November.

Parks and Recreation Commission Meetings are held on the first Wednesday of February, April, June, August, October and December.

All meetings begin at 7 pm in the City Council Chambers. Closed session at 6pm (when scheduled).



LAGUNA HILLS CITY COUNCIL:

Andrew Blount
Mayor

Randal Bressette

Dr. Dore Gilbert
Mayor Pro Tem

Melody Carruth

Barbara Kogerman

City Views is an award winning quarterly magazine published by the City of Laguna Hills and is distributed as a public service to City residents and businesses. We welcome your suggestions and feedback and value your involvement in the community. Please send or call in any comments or questions to:

Editor, City Views
City of Laguna Hills
Administrative Services Department
24035 El Toro Road
Laguna Hills, CA 92653
Telephone: (949) 707-2620
www.ci.laguna-hills.ca.us

DIAL A TAXI

Seniors already registered with the City's Dial-A-Taxi program should call toll free (877) 809-6587 to arrange pick up.

Laguna Hills seniors can participate in the Dial-A-Taxi Senior Transportation Program, which provides door-to-door taxi service to Laguna Hills residents 60 years and older, by registering and paying a co-pay of as little as \$5. To register for the Dial-A-Taxi program, fill out an application form and return it in person to the Laguna Hills Community Center at 25555 Alicia Parkway, Laguna Hills, CA 92653. The Community Center is open from 8 a.m. to 10 p.m., Monday through Saturday, and on Sunday from noon to 6 p.m. You can get a copy of the registration form online at www.ci.laguna-hills.ca.us under "Departments" then "Community Services."

To register, you will need to show proof of Laguna Hills residency and proof of age.

For more information, visit the City's website at www.ci.laguna-hills.ca.us or call (949) 707-2681.

DON'T FORGET TO VOTE!

The General Municipal Election is quickly approaching! If you are not registered to vote, it is now easier than ever to register – go to www.sos.ca.gov/elections to register.

Important Dates for the Nov 4, 2014 General Election

Oct 20 – Last Day to Register to Vote

Nov 4 – Election Day

For more information, contact the City Clerk's Department at (949)707-2630.



STRATEGIC PARTNERSHIP Results In New Athletic Fields For Laguna Hills High School

Laguna Hills High School students returning to school this Fall will soon find themselves with brand new artificial synthetic turf athletic fields, thanks to a strategic partnership between the City of Laguna Hills, Moulton Niguel Water District (MNWD) and the Saddleback Valley Unified School District (SVUSD). By converting Laguna Hills High School's upper athletic fields to synthetic turf, not only will this result in a significant decrease in water usage, estimated at approximately 50 million gallons of water over the next 10 years, but it will also result in additional savings of approximately \$50,000 annually in SVUSD's operating budget.



The school district approached the City in February 2014 about jointly working together to convert the Laguna Hills High School's upper athletic field to artificial synthetic turf at an estimated cost of \$2 million. The City, in exchange, would secure rights to use the field for both adult and youth sports organizations. Since the City had not budgeted any funds for this project, it sought funding from MNWD. MNWD offers a number of water conservation incentives through its Water Efficiency Rebate Program, including Turf Removal Rebates and Synthetic Turf Installation Rebates. While there is normally a cap of 3,000 square feet eligible for these rebates, the MNWD Board of Directors approved raising the maximum square foot cap for this project to provide incentives for the entire 247,000 square feet included in the project.

A groundbreaking ceremony was held with representatives from the City of Laguna Hills, MNWD, and SVUSD in attendance. Construction for the project will take place over the summer recess and is estimated to be completed by October 31.

As a direct result of this project, the City will continue to work with MNWD to install artificial synthetic turf in applicable areas throughout the City as a means of conserving water, increasing hours of play time, and reducing on-going operating expenses.



The City was recently recognized by the Association of California Cities-Orange County (ACC-OC) at its Third Annual "Golden Hub of Innovation" Awards for its strategic partnership with Moulton Niguel Water District and Saddleback Valley Unified School District in converting the Laguna Hills High School's upper athletic fields to artificial synthetic turf. The "Golden Hub of Innovation" Awards highlight cities and other local governments that are developing and implementing innovative solutions resulting in measurable savings to taxpayers. This year's awards featured a new Strategic Partnerships category.

WATER WISE

Save Water & Money with Moulton Niguel Water District's Water Use Efficiency Rebate Program

All active MNWD customers within the District's service area, including residential, commercial, and commercial landscape customers, are eligible to participate in the district-wide Water Use Efficiency Rebate Program for the purchase and installation of water efficient devices.

Whether purchasing a new high efficiency clothes washer, installing high efficiency toilets, changing out your sprinkler heads, or installing a new irrigation system, there are a number of rebates available to help save water and money.

To obtain a rebate application, review the programs rules and eligibility requirements, or for additional information about MNWD's Water Efficiency Rebate Program, visit www.mnwd.com/water-efficiency-rebate-program/ or contact the MNWD Conservation Department at (949) 448-4025.

HOME ENERGY RENOVATION OPPORTUNITY (HERO)



The City has joined with dozens of other communities throughout California by participating in an innovative program that allows homeowners to more easily finance energy upgrade improvements to their homes. Known as the Home Energy Renovation Opportunity program, or HERO, the program enables residents to finance approved energy efficient, water efficient, and renewable energy products through a special assessment. Generally, energy and water efficient products and renewable energy systems are eligible.

HERO finances 100% of the cost to purchase and install eligible products and offers low-fixed interest rates, flexible payment terms including 5/10/15/20 years for most products, and repayments are made through property taxes. Additionally, if the property is sold before the HERO Financing is paid in full, the remaining payments can be passed on to a new property owner.

To be eligible to participate in the HERO program, homeowners must meet minimum criteria. Specific eligibility requirements for residential properties include the following:

- All mortgage-related debt must not exceed 90% of the value of the property.
- Mortgage payments must be current at the time of application, and property owner(s) must not have had more than (1) 30-day mortgage late payment over the past twelve months.
- Property taxes for the prior twelve-month period must have been paid on time and no more than one late payment within the past three years.



- No outstanding involuntary liens, such as tax liens or mechanic's liens.
- The property owner(s) must not have filed for bankruptcy in the past two years. If they have a bankruptcy record between two and seven years old, they the property owner(s) must not have had any additional late payments more than (60) days past due in the last (24) months.
- Mobile homes must be permanently attached to the property and the owner of the underlying property must be the applicant and be subject to real property taxes

For more information, visit www.heroprogram.com or call 855-HERO-411 (855-437-6411)



COMMUNITY TELEPHONE



Laguna Hills City Hall	949.707.2600
Laguna Hills Graffiti Hotline	949.707.2656
OC Public Technology Branch Library	949.707.2699
Orange County Sheriff's Dept. (24 hour)	949.770.6011
Florence Sylvester Memorial Senior Center	949.380.0155
Saddleback Valley School District	949.586.1234
Laguna Hills High School	949.770.5447
Department of Motor Vehicles	800.777.0133
South Orange County Chamber	949.600.5470
Orange County Animal Care Services	714.935.7419
MOMS Club of Laguna Hills	www.momscluboflagunahills.com

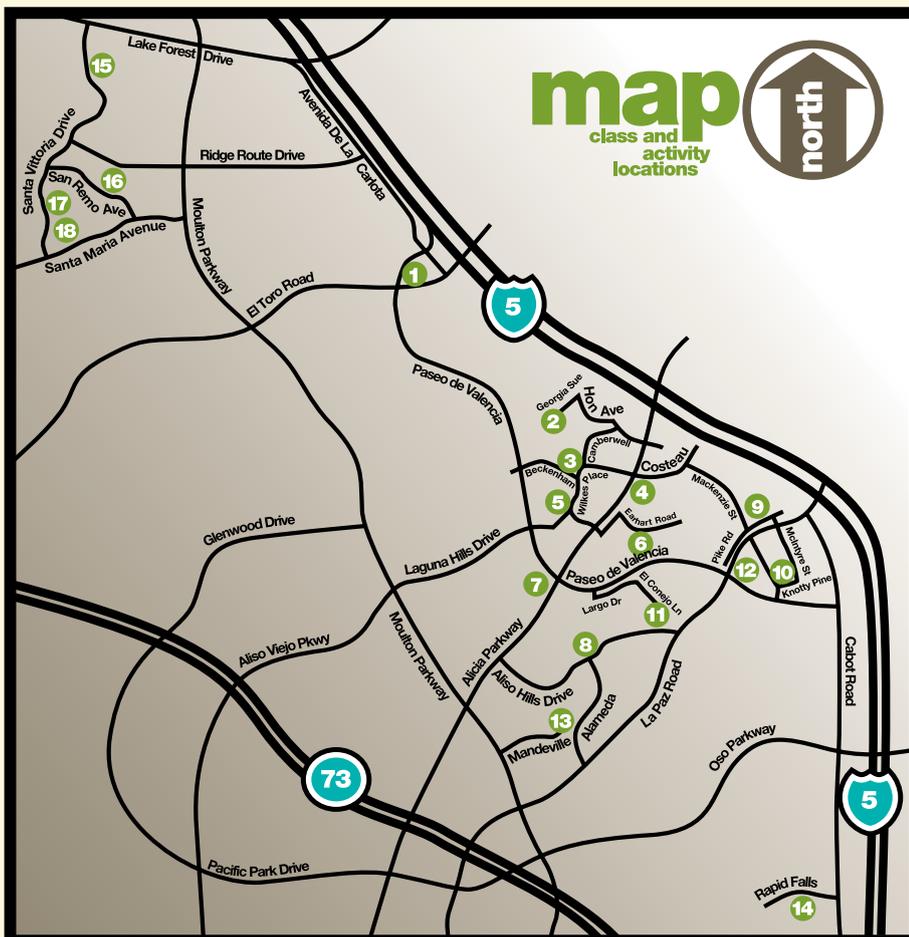


SPORTS & YOUTH GROUPS

AYSO Region 1422	www.ayso1422.org
Laguna Hills Little League	www.lhll.org
Laguna Hills National Junior Basketball	www.lhnjb.net
California Street Hockey Association	714.738.8329



CLASS **ACTIVITY** LOCATIONS



- 1 City Hall
- 2 Clarington Park
- 3 Beckenham Park
- 4 Costeau Park
- 5 Stockport Park
- 6 Lomarena Elementary
- 7 LHCC & Sports Complex
- 8 Mendocino Park
- 9 Mackenzie Park
- 10 Knotty Pine Park
- 11 El Conejo Park
- 12 Valencia Elementary
- 13 Mandeville Park
- 14 Cabot Park
- 15 Veeh Ranch Park
- 16 San Remo Park
- 17 Santa Vittoria Park
- 18 San Joaquin Elementary

2014 FALL

COMMUNITY SERVICES

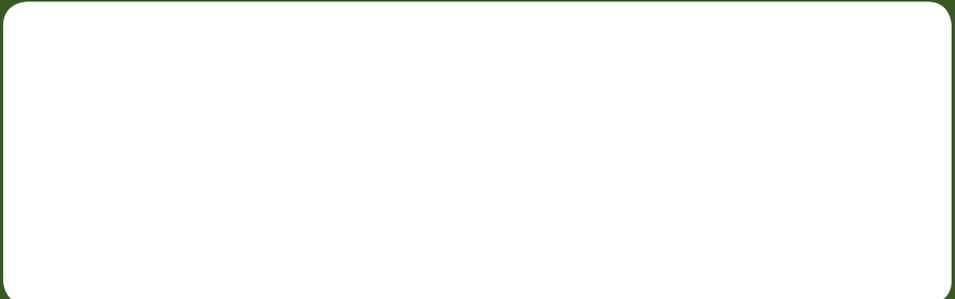
ACTIVITY GUIDE

OUR
CLASSES...



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City of Laguna Hills REGISTRATION FORM



Fall Registration begins August 19, 2014

Register...

On-Line

www.ci.laguna-hills.ca.us

Walk-In

Laguna Hills Community Center
at **25555 Alicia Parkway**

Phone-In

Call **(949) 707-2680**, for credit card users only

Mail-In

Make check payable to City of Laguna Hills,
and mail it to:

**City of Laguna Hills
Community Services
25555 Alicia Parkway
Laguna Hills, CA 92653**

- A \$35 fee is charged on all returned checks.
- Visa, American Express, and MasterCard accepted.
- If you need special accommodations for any of our activities, please notify staff 72 hours prior to the event at 949.707.2680.
- Fees are subject to change.
- Incomplete forms will not be processed which includes receipt of proper payment.
- Prior to any participation in City of Laguna Hills' recreation activity a signed and completed Registration Form and release and waiver.
- All minor participants must be registered by parent or legal guardian. (No exceptions).
- Full refunds are issued for any class cancelled by the City. Refund requests made prior to the start of any activity will be granted subject to a \$5 service charge per request.
- Refund requests must be made prior to the second class meeting. No refund will be granted after that time. Special events, one day programs and camps do not receive refunds unless the participant's spot is filled. Refund processing takes 3-4 weeks from the date of the request. The City will mail all refund checks.

LAGUNA HILLS TECHNOLOGY LIBRARY



 **Community Resources**

Did you know that the Laguna Hills Technology Library is located within the Laguna Hills Community Center? We have computers, an assortment of books for adults, teens, and children, and a DVD collection – all available for free! If you'd like something available at another branch, we can have it transferred over for just 25 cents. The library's online calendar is available at: ocpl.org/libloc/lht/calendar
Questions, please call the library at 949-707-2699

As you browse the Fall Class and Activity Schedule, be sure to note those programs designated with one of the "Get Fit" logos. These programs are offered as part of the City's Get Fit Campaign and are provided to support your nutrition and exercise goals.

The City of Laguna Hills supports the health and wellness of the community through the provision of programs and facilities that promote fitness and well-being.



CALENDAR OF EVENTS

- Aug 19** Fall Registration Begins
- Aug 29** Circle of Friends: Pizza & Movie Night
- Sep 1** Community Center & Sports Complex Closed
- Sep 29** Middle School Dance
- Sep 19** Circle of Friends Bowling Night
- Oct 10** Return to the Ice Age; National Fossil Day Celebration
- Oct 17** Circle of Friends: Halloween Dance
- Oct 25** Ghostly Affair
- Oct 25** A'Mazeingly Haunted Hills
- Nov 11** Community Center & Sports Complex Closed
- Nov 14** Circle of Friends: Dessert & Movie Night
- Nov 27-28** Community Center & Sports Complex Closed
- Dec 6** Breakfast with Santa
- Dec 12** Circle of Friends: Holiday Dinner Dance
- Dec 19-21** Little Women - The Musical
- Dec 25-26** Laguna Hills Community Center & Sports Complex Closed

NEW THIS FALL!

- Beginning Ukulele
- Circle of Friends Dessert and Movie Night
- Return to the Ice Age
- Voice Lessons

STAY INFORMED

If you'd like to receive email notifications with City Information or on upcoming classes, programs and events please visit our website, www.ci.laguna-hills.ca.us.

COMMUNITY SERVICES ACTIVITY GUIDE TABLE OF CONTENTS



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ACTIVITY SCHEDULE

Special Events

Return to the Ice Age

NEW

Have you ever wanted to be a paleontologist? Did you know that the City of Laguna Hills is one of the richest fossil sites in the United States? Join us as we celebrate National Fossil Day; City Paleontologist Maggie Carrino will guide families through prehistoric activities and displays. This night of family fun will end with a viewing of the feature film Ice Age. Grab your blankets and chairs for a night in history. Space is limited, sign up soon! **PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
10/10	6:00-9:00 PM	F	3830

Fee: \$5
 Location: LHCC
 Instructor: Community Services Staff
 Ages: All Ages

A Ghostly Affair

Dress up in your favorite costume and join us for an afternoon of hair-raising fun. Our Ghostly Affair includes exciting games, terrific trick-or-treating, tons of prizes, and plenty of opportunities for great pictures - so don't forget your camera! **PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
10/25	4:00-5:00 PM	Sa	3772

Fee: \$5 per child
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 6 & under

A 'Maze'ingly Haunted Hills

It's the only night of the year when Laguna Hills will be haunted!!! This frightful maze will send bone chilling shivers down your spine. This event is recommended for the brave only. No costumes please. **PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
10/25	7:30-10:00 PM	Sa	3773

Fee: \$10
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 7-17

Breakfast with Santa

Ho, Ho, Ho! Santa will be arriving at the Laguna Hills Community Center for a morning full of holiday fun! Join us for a special celebration complete with a scrumptious pancake breakfast, photos with Santa, and holiday crafts! Children must be accompanied by a paying adult. Sign up soon, space is limited! *****Registration closes December 3rd*****

DATES	TIME	DAY	CLASS
12/6	9:00-10:30 AM	Sa	3771

Fee: Child/Adult Resident \$10, Child/Adult Non-Resident \$15
 Location: LHCC
 Instructor: Community Services Staff
 Ages: All Ages



WE'RE ON FACEBOOK!

Check us out! www.facebook.com/lagunahillsc

ACTIVITY SCHEDULE



EARLY CHILDHOOD

CULTURAL ARTS

Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in this popular Music and Movement class. Sing-a-longs and fingerplay songs start off this fun-filled class followed by music activities using bean bags, rhythm sticks, instruments and a parachute. We will even have a chance to read a short story each week (2 ½-4 year class only). The children have a great time while developing their listening and social skills. **Parent/adult supervision is required.**
***NO CLASS 11/11.**

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
AGES 1 ½ -2 ½:					
9/16-10/14	9:30-10:10 AM	Tu	5	\$40/\$45	3725
10/28-11/25	9:30-10:10 AM	Tu	4	\$35/\$40	3727
AGES 2 ½ - 4:					
9/16-10/14	10:15-11:10 AM	Tu	5	\$45/\$50	3726
10/28-11/25	10:15-11:10 AM	Tu	4	\$40/\$45	3728

Location: LHCC
 Instructor: Vivian Stapleton

Christmas Tunes and Tales

Join us as we sing and play our way through Christmas carols and holiday music. We'll use jingle bells, instruments, a parachute and more as we sing about Rudolph and Santa. We'll also have time to read a holiday story. Let's get ready for "the most wonderful time of the year" together! Each registered participant will receive a small gift. **Parent participation required. Please Note: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
12/9	9:30-10:25 AM	Tu	3826
12/9	10:30-11:25 AM	Tu	3827

Fee: Resident \$15, Non-Resident \$17
 Location: LHCC
 Instructor: Vivian Stapleton
 Ages: 2-4

Holidays with Music Together

Jingle those bells and deck the halls for a special Holiday Music Together class! Sing and dance to your favorite holiday songs with bells, shakers, scarves, finger plays, and a holiday instrument jam session. Join us for juice, cookies, and holiday cheer! Siblings: Residents \$20, Non-Residents \$25.
Parent participation is required.

DATES	TIME	DAY	CLASS
12/10-12/17	9:15-10:00 AM	W	3718
12/10-12/17	10:15-11:00 AM	W	3719

Fee: Resident \$30, Non-Resident \$35
 Location: LHCC
 Instructor: Elena Salisbury
 Ages: 4 & under
 Class Sessions: 2

Music Together

Here is your chance to experience a nationwide, research-based program packed with songs, rhymes, dance and instrumental jam sessions! Outstanding teachers with early childhood and music experience will lead participants in a wonderful musical learning experience. Parent participation is required. For more information, please visit www.svmusictogether.net. Siblings: Resident \$135, Non-Resident \$140. Babies under 8 months may attend class for free with a registered sibling. **A \$40 material fee, made payable to Music Moves, is due to the instructor at the first class meeting.** ***NO CLASS 11/5.** Demo Class info attached.

DATES	TIME	DAY	CLASS
9/24-12/3	9:15-10:00 AM	W	3716
9/24-12/3	10:15-11:00 AM	W	3717

Fee: Resident \$145, Non-Resident \$150
 Location: LHCC
 Instructor: Elena Salisbury
 Ages: 4 & under
 Class Sessions: 10

Do, Re, Mi Music/Piano

Do, Re, Mi piano/music class encourages development of the whole child through music. In this joyous class, children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm, and melodic patterns, props, puppets and creative movement. Parent participation is required. Keyboards are provided for use in class. **A \$15 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
10/2-11/6	9:30-10:10 AM	Th	3724

Fee: Resident \$130, Non-Resident \$135
 Location: LHCC
 Instructor: Sophi Albert
 Ages: 2-5
 Class Sessions: 6

Play Dough and Picasso!

Monet! Van Gogh! Picasso! Learn the techniques of the Masters along with visiting our Art Stations: Play dough, Collage, Drawing and our Painting Wall! Art lessons will encourage Life Essential Skills: Curiosity, Discovery, Critical Thinking and Self-Expression. Tempra paints, glitter paints, 3-D form, water color and more are just the beginning of this fantastic class! Learning through art can increase a child's self-esteem and build self confidence. Lessons and projects rotate each session. **A \$15 material fee is due to the instructor at the first class meeting. Parent participation is required.**

DATES	TIME	DAY	CLASS
10/3-12/12	10:30-11:30 AM	F	3705

Fee: Resident \$125, Non-Resident \$130
 Location: LHCC
 Instructor: Art To Grow On, Inc.
 Ages: 3-5
 Class Sessions: 10

ACTIVITY SCHEDULE

EARLY CHILDHOOD

CULTURAL ARTS

PERSONAL DEVELOPMENT

Playtime!

Fun time, game time, craft time, PLAYTIME! Join us for days of fun-filled activities from music, arts and crafts, sports, and games. This special program is designed for lively little people and packed full of activities that initiate creativity, stimulate the imagination, and encourage making new friends. Please send a sack lunch with your child each day. Participants must be potty trained. Families enrolling more than one child in this class taught by Community Services Staff will receive a 25% discount for additional children enrolled. ***NO CLASS 11/11 & 11/27.**

DATES	TIME	DAY	CLASS
10/7-12/11	11:30 AM-2:00 PM	Tu Th	3770

Fee: Resident \$175, Non-Resident \$180
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 3-5

My First Classroom

This class provides an excellent learning environment for your little one who is on his/her way to preschool or currently attends preschool! Artistic avenues will be introduced focusing on fine motor development, critical thinking independent learning along with group participation such as story time. Activities include: cutting, drawing, and writing along with cognitive and visual skills such as letter, shape and color recognition. This is an excellent class for your child to enhance their 'foundation skill set'. **A \$15 material fee is due to the instructor at the first class meeting. Parent participation is required.**

DATES	TIME	DAY	CLASS
10/3-12/12	9:30-10:15 AM	F	3704

Fee: Resident \$125, Non-Resident \$130
 Location: LHCC
 Instructor: Art To Grow On, Inc.
 Ages: 18 months-2
 Class Sessions: 10

Kindergarten, Here I Come!

Taught by a fully credentialed teacher, this exciting kindergarten readiness program will offer pre-schoolers crucial social and academic skills to prepare them for school. This parent participation program is designed for 4-5 year olds and will be thematically planned with lessons including language arts, math, social studies, science, and art. Please bring a snack each day as there will be a daily snack and recess time. **Children must have turned 4 years old by October 1, 2014 to register.** Parents will only need to sign up to volunteer in the classroom for four lessons. A \$10 material fee is due to the instructor at the first class meeting. ***NO CLASS 11/5, 11/24, 11/26, \$ 11/28.**

DATES	TIME	DAY	CLASS
10/6-12/19	9:00 AM-12:00 PM	M W F	3735

Fee: Resident \$475, Non-Resident \$480
 Location: LHCC
 Instructor: Jennifer Migliaccio
 Ages: 4-5
 Class Sessions: 30

Beginning/Intermediate/Advanced Drawing & Painting

Beginners will be taught to see (as an artist) line, location and value. They will learn how to use charcoal drawing tools and produce accurate drawings of simple still lifes. Emphasis is on determining spacial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, water color, gouache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students must provide their own materials. All instruction is individual, therefore each student will be working at his or her own level and the only deadlines are sufficient completion of work.

DATES	TIME	DAY	CLASS
8/25-10/6	4:00-5:30 PM	M	3575
10/27-12/1	4:00-5:30 PM	M	3723

Fee: Resident \$140, Non-Resident \$145
 Location: LHCC
 Instructor: Marillyn Brame
 Ages: 6-16
 Class Sessions: 4

Mediterranean Hand Drumming

Learn the music of the Mediterranean! An introduction to the goblet drum, its rich tradition, social aspects, and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of hand drumming. Bring your own tuned tabla, derbekki, or dumbek. Instructor will provide drums, but students are welcome to bring their own.

DATES	TIME	DAY	CLASS
LEVEL I:			
10/5-10/26	3:00-4:15 PM	Su	3712
11/2-11/23	3:00-4:15 PM	Su	3713
11/30-12/21	3:00-4:15 PM	Su	3714

Fee: Resident \$49, Non-Resident \$54
 Class Sessions: 4

DATES	TIME	DAY	CLASS
LEVEL II:			
10/5-12/21	4:30-5:45 PM	Su	3715

Fee: Resident \$120, Non-Resident \$125
 Location: LHCC
 Instructor: George Medlock
 Class Sessions: 12
 Ages: 18 & older

ACTIVITY SCHEDULE



CULTURAL ARTS

Clay Adventures

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay). Different projects will be made each class. All pieces will be glazed and fired by the instructor. Aprons will be provided. A \$20 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
11/26-12/17	3:30-4:45 PM	W	3736

Fee: Resident \$65, Non-Resident \$70
Location: LHCC
Instructor: Lucia Henry

Ages: 6-12
Class Sessions: 4

Beginning Guitar

Designed for those with little or no experience playing the guitar, this class will teach you how to play several songs, chords and single note melodies. Class may be repeated, with new songs each session. Participants must bring their own acoustic or electric guitar with small amp. Please visit www.rongorman.com for more information.

DATES	TIME	DAY	CLASS
12/2-12/16	6:00-7:00 PM	Tu	3755

Fee: Resident \$60, Non-Resident \$65
Location: LHCC
Instructor: Ron Gorman

Ages: 10 & older
Class Sessions: 3

Beginning Ukulele

NEW

Learn to play classic songs on the ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. Please bring your own ukulele to class. Please visit www.rongorman.com for more information.

DATES	TIME	DAY	CLASS
12/4-12/18	7:00-8:00 PM	Th	3756

Fee: Resident \$90, Non-Resident \$95
Location: LHCC
Instructor: Ron Gorman

Ages: 10 & older
Class Sessions: 3

Little Women- The Musical

Celebrate this holiday season with On The Edge Theatre Production's (www.otetheatre.com) Little Women, as a Civil War family of young girls wish for something special, one Christmas Eve. Based on Louisa May Alcott's own family experiences (and novel), Little Women follows the adventures of Jo, Meg, Beth and Amy March as they grow up in Civil War America. This wonderful narrative has been brought to life as an exhilarating musical filled with glorious music, dancing and heart. Little Women guarantees an uplifting evening filled with laughter, tears, and spirit. Food and refreshments will be available for purchase. Please have exact change when purchasing tickets. **Please Note: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
12/19	7:00-9:00 PM	F	3811
12/20	7:00-9:00 PM	Sa	3812
12/21	2:00-4:00 PM	Su	3813

Fee: \$15 per person
Location: LHCC
Instructor: On the Edge Theatre Productions

Ages: 12 & older

CIVIC CENTER PUBLIC ARTS TOUR



Travel through time and relive Laguna Hill's early history through stories and art displays at the Laguna Hills Civic Center. This free 30 minute tour gives a brief look into the City's rich

history and the men and women that shaped it's destiny. Participants meet at the Laguna Hills Civic Center. Call (949) 707-2692 for more information. DATES: 9/6, 10/4, & 11/1 from 10:00-10:40 AM.

COMMUNITY CENTER FOSSIL TOUR

Join City staff for this free 30 minute guided tour of the Community Center lobby which is a showcase for regional fossil discoveries and is an educational treasure. The tour introduces community members to the ancient life that occupied Laguna Hills during the last 17 million years of the Earth's history. Participants meet at the Laguna Hills Community Center. Call (949) 707-2692 for more information. DATES: 9/6, 10/4, & 11/1 from 11:00-11:40 AM.

ACTIVITY SCHEDULE

DANCE

Middle School Dance



Come and join us for this exciting Middle School Dance! If you are a student at La Paz, Los Alisos or Serrano Middle Schools, you are welcome to register. Tickets will be sold on a first come, first served basis. Tickets may be purchased at the Community Center; **if paying with cash you must have exact change. Tickets must be purchased by a parent/guardian.** Buy your tickets early, this event will sell out! Supervision is provided by City Staff. You must bring your dance ticket and student ID card to get into the dance. For more information please call (949) 707-2690.

DATES	TIME	DAY	CLASS
9/26	7:00-9:00 PM	F	3834

Fee: \$5
Location: LHCC
Ages: 12-14

West Coast Movement Project



West Coast Movement Project is proud to provide a fun, positive dance and music program for students ages 3 and up. Our program is designed to inspire students to grow technically and artistically. WCMP is honored to be an affiliate of More Than Just Great Dancing™ and is committed to providing excellent dance and music instruction, as well as having a positive impact on our community. Now in our 9th year, we continue to grow and expand to meet the demand for more levels and classes and have begun to build our music program with the introduction of voice lessons.

Recital: Students enrolling in September are invited to participate in our annual Spring Recital held in late June. Recital participation requires students to continue their training through the Winter and Spring sessions. Participation is optional and is a non-City event. See instructor about recital details and associated fees.

We pride ourselves in responsive customer service and would be happy to answer any questions you may have about our program. Please feel free to contact us if you need assistance.

Multiple class discount: After the first class, there is a \$20 per additional class discount available for multiple WCMP dance classes taken by one family. The first class does not receive a discount. The discount is only applied to the additional classes. You must register for all classes in one transaction to have the discount applied.

For more information:

Mia Alicea/ Artistic Director
Phone: (949) 495-2119
Email: mia.alicea@gmail.com (quickest method of contact)
Website: wcmovementproject.com
FB business page: facebook.com/WestCoastMovementProject

Preschool Dance I (Tap/Ballet)

In a caring and structured environment, our tiny dancers learn to take turns, enhance their listening skills and increase their gross motor coordination by using parachutes, maracas, tambourines, etc. to learn basic tap and ballet steps and terminology. ***NO CLASS 11/27 & 11/28.**

Dress Code: Any color leotard and tights, black tap shoes, pink leather ballet slippers.

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
3	Th	9/11-12/18	9:00-9:45 AM	\$160/\$165	3774
3	Fri	9/12-12/19	10:00-10:45 AM	\$160/\$165	3775

Preschool Dance II (Tap/Jazz/Ballet)

This class helps build the skills of our young dancers, as they begin to learn short combinations of steps and increase their tap and ballet vocabulary and are introduced to the excitement of Jazz. ***NO CLASS 7/11 & 11/25.**

Dress Code: Any color leotard and tights, black tap shoes, pink leather ballet slippers.

AGES	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
4	Tu	9/9-12/16	9:00-9:45 AM	\$160/\$165	3776
4	Fri	9/12-12/19	10:45-11:30	\$160/\$165	3777

Classic Combo A (Tap & Jazz)

This class focuses on stationary and locomotor tap steps and the beginning elements of jazz dance. ***NO CLASS 11/11 & 11/25.**

Dress Code: Solid black leotard, solid black chiffon skirt, pink tights, black tap shoes, pink leather ballet slippers, hair secured away from face.

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
5	Tu	9/9-12/16	3:15-4:15 PM	\$160/\$165	3778

Classic Combo B (Tap & Jazz)

In this class, tap steps are introduced with the aim of increasing speed, dexterity and awareness of various rhythms. Jazz dance is introduced as students learn combinations and the basics of leaps, jumps and turns.

***NO CLASS 11/27.**

Dress Code: Solid black leotard, solid black chiffon skirt OR black dance shorts, tan tights, black tap oxfords, tan pull on jazz oxfords, hair secured away from neck and face.

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
6-7	Th	9/11-12/18	3:15-4:15 PM	\$160/\$165	3779

ACTIVITY SCHEDULE



DANCE

Ballet

***PREREQUISITE-** Instructor approval required for levels with asterisk. Our ballet classes cover fundamental classical movements, steps and terminology and are designed to increase the student's strength, flexibility, grace and confidence, while embracing a fun and positive approach to learning. ***NO CLASS 10/31, 11/24, 11/27, & 11/28.**

Dress Code: Solid black leotard, pink tights, pink leather ballet slippers and hair secured away from neck and face.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
Pre Ballet	5-6	M	9/8-12/15	3:15-4:00 PM	\$160/\$165	3780
I	7-10	M	9/8-12/15	4:00-4:45 PM	\$160/\$165	3781
II*	7-10	Th	9/11-12/18	4:15-5:00 PM	\$160/\$165	3782
II*	11 & older	Th	9/11-12/18	5:00-6:00 PM	\$160/\$165	3783
Ballet Tech*	11 & older	Fri	9/12-12/19	5:15-6:00 PM	\$160/\$165	3784

Jazz

***PREREQUISITE-** Instructor approval required for levels with asterisk. This class builds on a strong, dynamic jazz dance base. Class begins with a technical warm-up and is rounded out with progressions and combinations. ***NO CLASS 10/31, 11/5, 11/11, 11/24, 11/25, 11/26 & 11/28.**

Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	7-10	M	9/8-12/15	4:45-5:30 PM	\$160/\$165	3785
II*	7-10	Fri	9/12-12/19	3:15-4:15 PM	\$160/\$165	3786
III*	7-10	Tu	9/9-12/16	5:45-6:45 PM	\$160/\$165	3787
IV*	8 & older	Fri	9/12-12/19	4:15-5:15 PM	\$160/\$165	3788
V*	11 & older	W	9/10-12/17	7:15-8:15 PM	\$160/\$165	3789

Tap

***PREREQUISITE-** Instructor approval required for levels with asterisk. Tap steps are introduced with the aim of increasing speed, dexterity and awareness of varying rhythms and styles. ***NO CLASS 11/5, 11/11, 11/24, 11/25 & 11/26.**

Dress Code: Solid black dance tank, black dance shorts, tan tights, black tap oxfords, hair secured away from neck and face.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	7-10	M	9/8-12/15	5:30-6:15 PM	\$160/\$165	3790
II*	7-10	W	9/10-12/17	3:15-4:00 PM	\$160/\$165	3791
III/IV*	7 & older	Tu	9/9-12/16	5:00-5:45 PM	\$160/\$165	3792

Hip Hop

***PREREQUISITE-** Instructor approval required for levels with asterisk. This high energy class is tailored to boys and girls who want to learn the latest urban dance steps. It includes a warm-up, conditioning, dance steps and combinations. ***NO CLASS 11/5 & 11/26.**

Dress Code: Comfortable street clothes/active wear and sneakers. NO JEANS.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	5-6	W	9/10-12/17	4:10-4:45 PM	\$160/\$165	3793
II*	7-10	W	9/10-12/17	4:45-5:30 PM	\$160/\$165	3794
III*	11 & older	W	9/10-12/17	5:30-6:15 PM	\$160/\$165	3795

Lyrical

***PREREQUISITE-**Instructor approval required for all levels of Lyrical. Students must be concurrently enrolled in another WCMP technique class (ex: Jazz or Ballet) to take Lyrical.

Lyrical combines elements of ballet and jazz into an expressive dance form. Class begins with a technical warm-up and is rounded out with progressions and combinations. ***NO CLASS 10/31, 11/11, 11/25, 11/28.**

Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I*	7-10	Tu	9/9-12/16	4:15-5:00 PM	\$160/\$165	3796
III/IV*	11 & older	Fri	9/12-12/19	6:00-7:00 PM	\$160/\$165	3797

Contemporary

***PREREQUISITE-** Instructor approval required for Contemporary. Students must be concurrently enrolled in another WCMP technique class (ex: Jazz or Ballet) to take Contemporary.

Contemporary has its roots in modern dance and is fused with many other forms to create this popular dance style. ***NO CLASS 11/27.**

Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
11 & older	Th	9/11-12/18	6:00-7:15 PM	\$160/\$165	3798

Leaps & Turns

***PREREQUISITE-**Instructor approval required for Leaps & Turns. This class is designed to help improve a variety of leaps, jumps, and turns for dancers with experience. There is no recital dance for this class. It is a tech class only. ***NO CLASS 11/5 & 11/26.**

Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
11 & older	W	9/10-12/17	6:15-7:15 PM	\$160/\$165	3799

Voice Lessons

Our newly added group voice lesson format is great for beginners ages 7-10. Students will learn how to breathe properly, how to increase their range, use proper pitch, how to project, the art of stage presence and will sing a variety of styles of music. Students will learn how to breathe properly, how to increase their range, use proper pitch, how to project and the art of stage presence. Voice students will have the opportunity to opt into singing together in WCMP's annual recital. ***NO CLASS 9/26, 10/31 & 11/28.**

AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
7-10	Fri	9/12-12/19	3:15-4:15 PM	\$160/\$165	3800



ACTIVITY SCHEDULE

DANCE

Beginning Ballroom Dance



Ballroom dance basics for the absolute beginner, or the social dancer who wants to polish up their fundamental techniques, which will enhance their ballroom dance experience. Dances include the Waltz, Foxtrot, Cha Cha, Rumba, & Swing. For more information on Ballroom dance please visit www.usadance.org. **FREE TRIAL:** 10/6, 11/3, & 12/1 (You must be a new student and have a waiver on file to participate in free trial.)

DATES	TIME	DAY	CLASS
10/6-10/27	12:00-1:00 PM	M	3808
11/3-11/24	12:00-1:00 PM	M	3809
12/1-12/22	12:00-1:00 PM	M	3810

Fee: Resident \$30, Non-Resident \$35
Location: LHCC
Instructor: USA Dance, Inc.

Ages: 10 & older
Class Sessions: 4

Belly Dancing



From beginning muscle isolations and hip shimmies to advanced technique and choreography, these courses cover it all! You will enjoy this great overall workout in a fun, supportive atmosphere. Wear comfortable clothes and dance shoes, or go barefoot. Instructor has over 20 years experience in this dance form. For more information please visit www.enheduanna.com.

DATES	TIME	DAY	CLASS
LEVEL I:			
10/5-10/26	12:15-1:30 PM	Su	3707
11/2-11/23	12:15-1:30 PM	Su	3708
11/30-12/21	12:15-1:30 PM	Su	3709

Fee: Resident \$49, Non-Resident \$54 Class Sessions: 4

LEVEL II:			
10/5-12/21	1:45-3:00 PM	Su	3710

Fee: Resident \$120, Non-Resident \$125 Class Sessions: 12

LEVEL III/IV:			
10/5-12/21	3:15-4:30 PM	Su	3711

Fee: Resident \$120, Non-Resident \$125 Class Sessions: 12

Location: LHCC
Instructor: Tina Elkins

Ages: 10 & older

PERSONAL DEVELOPMENT

Fossil Finders Fossil Fixers

Have you ever wanted to be a paleontologist? Did you know the Laguna Hills Community Center was built on one of the richest Fossil sites in the United States? Join us for the day in our Fossil Finders Fossil Fixers program where children and parents will gain hands on experience in paleontology and learn about the rich fossil history of Laguna Hills. For more information, please call (949) 707-2680.

DATES	TIME	DAY	CLASS
11/8	9:30-11:30 AM	Sa	3832

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 5-13

Parents Night WITHOUT the Kids!

Parents, wouldn't it be nice to have an evening out without the kids? The City of Laguna Hills Community Services Staff have planned an evening for your children to include dinner, games, crafts and a movie. Children must be potty trained. **PLEASE NOTE: No refunds or transfers for this class.**

DATES	TIME	DAY	CLASS
12/5	5:30-9:30 PM	F	3833

Fee: Resident \$15, Non-Resident \$20

Location: LHCC

Instructor: Community Services Staff

Ages: 3-10

The Veggie Kitchen



The Veggie Kitchen brings you easy and economical recipes that introduce the delicious world of vegetarian cooking! Learn how to make healthy and nutritious meals that are appealing to vegetarians and non-vegetarians alike. Classes are fun and informative. Bring your appetite as all recipes will be sampled! **Please note: No refunds or transfers for one day classes.**

DATES	TIME	TOPIC	DAY	CLASS
10/4	11:30 AM-1:00 PM	Simply Satisfying Veggies	Sa	3732
11/1	11:30 AM-1:00 PM	A Very Veggie Thanksgiving	Sa	3733
12/6-12/6	11:30 AM-1:00 PM	Wholesome Holiday Cooking	Sa	3734

CLASS DESCRIPTIONS:

Simply Satisfying Veggies: What do vegetarians eat? Come and get a taste. You will be surprised at how easy it is to make and serve delicious veggie meals at home.

A Very Veggie Thanksgiving: The Veggie Kitchen presents its annual Thanksgiving cooking class. A feast of delicious ideas for your Thanksgiving table. Don't miss it!

Healthy Wholesome Holiday Cooking: The Veggie Kitchen will be sharing wonderful recipes from entrée to dessert that capture the flavors and tastes of the holidays.

Fee: Resident \$15, Non-Resident \$17

Location: LHCC

Instructor: Ed Cervantes

Ages: 18 & older

ACTIVITY SCHEDULE



SPORTS & FITNESS

Children & Teen Open Gym Basketball



Open gym basketball is free of charge to those ages 17 and under. A parent or guardian must complete a registration form at the front counter prior to children accessing the gymnasium. Children under 9 years of age must be accompanied by a parent or guardian.

DATES	TIME	DAY
Ongoing	2:00-4:00 PM	M-F
	12:00-2:00 PM	Sun

Fee: Free
Location: LHCC
Ages: 17 & under

Adult Open Gym Basketball



Participants must purchase an annual gym pass and complete a registration form at the front counter prior to accessing the gymnasium.

DATES	TIME	DAY
Ongoing	2:00-6:00 PM	Su
	6:30-9:30 PM	Fri

Fee: Resident \$30, Non-Resident \$40
Location: LHCC
Ages: 18 & older

After School Sports



Intramural sports will be offered for boys and girls two days a week after school at each elementary school campus. Sessions begin with skill development and progress to intramural tournaments. Sessions I and II are open to 3rd, 4th, 5th and 6th graders. Session I: Boys Flag Football and Girls Volleyball; Session II: Boys Basketball and Girls Soccer.

NOTE: Class will not meet on school holidays and furlough days. On minimum days practice will be held at 1:30 PM at Lomarena and Valencia and at 1:00 PM at San Joaquin.

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION I:					
9/22-10/22	2:45-4:00 PM	MW	Lomarena	Boys Flag Football	3814
9/22-10/22	2:45-4:00 PM	MW	Lomarena	Girls Volleyball	3815
9/23-10/23	2:15-3:30 PM	TuTh	San Joaquin	Boys Flag Football	3816
9/23-10/23	2:15-3:30 PM	TuTh	San Joaquin	Girls Volleyball	3817
9/23-10/23	2:45-4:00 PM	TuTh	Valencia	Boys Flag Football	3818
9/23-10/23	2:45-4:00 PM	TuTh	Valencia	Girls Volleyball	3819
SESSION II:					
11/3-12/10	2:45-4:00 PM	MW	Lomarena	Boys Basketball	3820
11/3-12/10	2:45-4:00 PM	MW	Lomarena	Girls Soccer	3821
11/4-12/11	2:15-3:30 PM	TuTh	San Joaquin	Boys Basketball	3822
11/4-12/11	2:15-3:30 PM	TuTh	San Joaquin	Girls Soccer	3823
11/4-12/11	2:45-4:00 PM	TuTh	Valencia	Boys Basketball	3824
11/4-12/11	2:45-4:00 PM	TuTh	Valencia	Girls Soccer	3825

Fee: \$35
Instructor: Community Services Staff
Grades: 3-6
Class Sessions: 10

CHILDREN'S BIRTHDAY PARTY PROGRAM

Let us help with your 3-10 years olds next birthday party! Community Services Staff will provide cake, ice cream, pizza, and decorations for up to 24 children and adults, and lead fun activities for the kids while you sit back and enjoy the celebration. Party times are available on Saturdays from 12:00-2:00 pm in either the Community Center's Classroom or outside at the Picnic Shelter. Call (949) 707-2680 for details.





ACTIVITY SCHEDULE

SPORTS & FITNESS

FUNK Fitness



FUNK Fitness is a cardio dance workout that keeps participants moving and melting calories away to Old School Funk, Hip Hop, R&B, Disco and more. Participants should bring water, a towel and 1lb or 2lb dumbbell hand weights. For more information, contact Mia at mia.alicea@gmail.com or (949) 495-2119 or visit wcmovementproject.com.

DATES	TIME	DAY	CLASS
9/13-10/25	9:00-9:50 AM	Sa	3801
11/1-12/20	9:00-9:50 AM	Sa	3802

Fee: Resident \$60, Non-Resident \$65
 Location: LHCC
 Instructor: West Coast Movement Project
 Ages: 18 & older

Aikido



Aikido is a modern Japanese form of self defense that advocates harmony over conflict. Students of Aikido learn self confidence, balance, awareness and mastery of their own bodies. Classes include games and activities that promote cooperation, discipline,

DATES	TIME	DAY	CLASS
Ages 6-18:			
10/2-10/30	6:00-7:00 PM	TuTh	3743
	9:30-10:30 AM	Sa	
11/1-11/25	6:00-7:00 PM	TuTh	3745
	9:30-10:30 AM	Sa	
12/2-12/30	6:00-7:00 PM	TuTh	3747
	9:30-10:30 AM	Sa	

Fee: Resident \$75, Non-Resident \$80

Ages 19 & older:

10/2-10/30	7:00-9:00 PM	TuTh	3744
	8:30-9:30 AM	Sa	
11/1-11/25	7:00-9:00 PM	TuTh	3746
	8:30-9:30 AM	Sa	
12/2-12/30	7:00-9:00 PM	TuTh	3748
	8:30-9:30 AM	Sa	

Fee: Resident \$115, Non-Resident \$120

Location: LHCC
 Instructor: Dale Eisenberg

Qigong for All



Each class starts with a set of Gentle Opening Moves to allow the body structure to open in all directions. Next, we move through the 20 Qigong movements. These movements focus on Energy(Qi) passing through specific pathways (or meridians). The class ends with a closing Qigong form (Swimming Dragon) that integrates the mind-body-spirit to a more grounded state of well being. This form of Qigong can be safely practiced by the beginner, those with limited movement and the most advanced student. Free trial class info attached.

DATES	TIME	DAY	CLASS
10/1-12/10	7:00-8:00 PM	W	3706

Fee: Resident \$100, Non-Resident \$105
 Location: LHCC
 Instructor: Karl Ardo
 Ages: 18 & older
 Class Sessions: 10

Zumba



Zumba is an aerobic exercise class that fuses Latin rhythms (Disco, Reggaeton-Cumbia, Conga Hip-Hop, Merengue Hip-Hop, Reggaeton-Belly Dance, Techno and Salsa) with a highly effective cardio training system that is fun and easy to do. Burn 500-800 calories an hour! Participants should wear comfortable attire and bring water and a towel. Be prepared to have a great time and expect to sweat! Ditch the workout...join the PARTY! To learn more about Zumba or the instructor, please visit www.southcozumba.com. ***NO CLASS 11/11, 11/27, & 12/25.**

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
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One Day per week:

10/7-10/28	7:00-8:00 PM	Tu	4	\$32/\$37	3758
10/2-10/30	7:30-8:30 PM	Th	5	\$40/\$45	3759
11/4-11/25	7:00-8:00 PM	Tu	3	\$24/\$29	3760
11/6-11/20	7:30-8:30 PM	Th	3	\$24/\$29	3761
12/2-12/30	7:00-8:00 PM	Tu	5	\$40/\$45	3762
12/4-12/18	7:30-8:30 PM	Th	3	\$24/\$29	3763

Two Days per week:

10/2-10/30	7:00-8:00 PM	Tu	9	\$67/\$72	3764
	7:30-8:30 PM	Th			
11/4-11/25	7:00-8:00 PM	Tu	6	\$48/\$53	3765
	7:30-8:30 PM	Th			
12/2-12/30	7:00-8:00 PM	Tu	8	\$61/\$66	3766
	7:30-8:30 PM	Th			

Three month session:

10/7-12/30	7:00-8:00 PM	Tu	12	\$96/\$101	3767
10/2-12/18	7:30-8:30 PM	Th	11	\$88/\$93	3768
10/2-12/30	7:00-8:00 PM	Tu	23	\$173/\$178	3769
	7:30-8:30 PM	Th			

Location: LHCC
 Instructor: Dina Martin-Rusk
 Ages: 16 & older

ACTIVITY SCHEDULE



SPORTS & FITNESS

Children's Beginning Tennis



Come out and enjoy the sport of a lifetime! This class will provide an introduction to forehand, backhand, serving, scoring, and tennis etiquette. Concentration will be on hand-eye coordination drills, balance, and reaction times. Please bring your own racquet and one unopened can of new tennis balls.

DATES	TIME	DAY	CLASS
10/3-11/7	4:00-5:00 PM	F	3729

Fee: Resident \$65, Non-Resident \$70
Location: Mackenzie Park Tennis Courts
Instructor: John Myers

Ages: 6-8
Class Sessions: 6

Children's Advanced Beginning Tennis



Come out and enjoy the sport of a lifetime! We'll continue skills from the beginning class and add to your skill level, focusing on forehand, backhand, serving, and tennis etiquette. Please bring your own racquet and one can of new, unopened tennis balls.

DATES	TIME	DAY	CLASS
10/3-11/7	5:00-6:00 PM	F	3730

Fee: Resident \$65, Non-Resident \$70
Location: Mackenzie Park Tennis Courts
Instructor: John Myers

Ages: 9-13
Class Sessions: 6

Teen & Adult Intermediate Tennis



For those players who know the basics of the game but wish to improve their skills. Instruction to improve strategy, develop a reliable serve, improve specialty strokes, and better understand the psychology of tennis. Please bring your own racquet and one can of new, unopened tennis balls.

DATES	TIME	DAY	CLASS
10/3-11/7	6:00-7:00 PM	F	3731

Fee: Resident \$65, Non-Resident \$70
Location: Mackenzie Park Tennis Courts
Instructor: John Myers

Ages: 14 & older
Class Sessions: 6

DROP-IN TABLE TENNIS

Bring your own racquet and ball and join us for a drop-in game of Table Tennis each Tuesday and Thursday from 12:00-2:00 PM. Tables are available on a first come first serve basis. Participants must complete a registration form at the front counter prior to accessing the gymnasium.

Gentle Yoga



Find the Yoga Basics class too intense? Take the Gentle Yoga class to learn calming, restorative stretches that will help heal and release stress with an emphasis on breathing and relaxation. We use a lot of props in this class; please bring blanket(s), towel(s) and a mat. For more information please visit <http://yogaknights.com>. Register by October 1st and receive a 10% discount. ***NO CLASS 11/26 & 12/3.**

DATES	TIME	DAY	CLASS
10/15-12/10	6:00-7:30 PM	W	3721

Fee: Resident \$98, Non-Resident \$103
Location: LHCC
Instructor: Angie Knight

Ages: 14 & older
Class Sessions: 7

Kundalini Yoga



A dynamic yoga practice for ALL! Join me for this 1 hour class that will leave you revitalized; after 15 minutes of shaking out the whole body, followed by 15 minutes of movement, both to music that is designed to help you let go. Next we meditate for 15 minutes and finally a deep relaxation session. I am here to guide and encourage more information on my website <http://yogaknights.com>. **Register by October 1st and receive a 10% discount. *NO CLASS 11/27.**

DATES	TIME	DAY	CLASS
10/16-12/11	10:00-11:00 AM	Th	3722

Fee: Resident \$56, Non-Resident \$61
Location: LHCC
Instructor: Angie Knight

Ages: 18 & older
Class Sessions: 8

Yoga Basics



This class covers yoga breathing and relaxation techniques, introducing different poses and movements for flexibility, strength and peace of mind. We will begin with the basics and progress to more challenging movements and poses. Both beginning and ongoing students are welcome. Participants should wear comfortable clothes. Please bring a towel(s) and a mat. For more information visit <http://yogaknights.com>. **Register by October 1st and receive a 10% discount. *NO CLASS 11/24.**

DATES	TIME	DAY	CLASS
10/20-12/8	6:30-8:00 PM	M	3720

Fee: Resident \$98, Non-Resident \$103
Location: LHCC
Instructor: Angie Knight

Ages: 14 & older
Class Sessions: 7



ACTIVITY SCHEDULE

SPORTS LEAGUES

Adult Basketball League



Registration for Adult Basketball is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$30 per game official's fee.

LEAGUE	DATES	TIME	DAY	CLASS
Open League	9/16-12/2	6:30, 7:30, 8:30 PM	Tu	3686

Fee: \$325
Location: LHCC
Ages: 18 and older

Adult Softball League



Registration for Adult Softball is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$15 per game umpire fee.

LEAGUE	DATES	TIME	DAY	CLASS
D	9/15-12/1	6:30, 7:40, 8:50 PM	M	3688
D	9/16-12/2	6:30, 7:40, 8:50 PM	Tu	3689
D	9/17-12/3	6:30, 7:40, 8:50 PM	W	3690
Lower C	9/18-12/4	6:30, 7:40, 8:50 PM	Th	3691
Co-ed D	9/19-12/5	6:30, 7:40, 8:50 PM	F	3692

Fee: \$425
Location: LHCC
Ages: 18 and older

Adult Volleyball League



Registration for Adult Volleyball is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$12 per game umpire fee.

LEAGUE	DATES	TIME	DAY	CLASS
Womens	9/15-12/1	6:10, 7:00, 8:00 PM	M	3687

Fee: \$225
Location: LHCC
Ages: 18 and older

CIRCLE OF FRIENDS

The Circle of Friends Program is for individuals with disabilities who are age thirteen and older. Activities are designed to foster social skills, increase leisure opportunities and create friendships while enhancing developmental needs for teens and adults of all abilities. Programs include movie nights, local excursions, social dances and more! To be added to our Circle of Friends quarterly newsletter mailing list or to find out more about the program, please call (949) 707-2683.

Circle of Friends Halloween Dance

Wear your favorite costume and come dance the night away at the Circle of Friends Halloween Dance! Bring a friend and join us for an exciting evening at the Laguna Hills Community Center. Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
10/17	7:00-9:00 PM	F	3805

Fee: \$5
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

Circle of Friends Dessert and Movie Night NEW

Invite a friend and join us for a fun night of dessert making and a movie at the Laguna Hills Community Center! Please RSVP in advance to (949) 707-2683.

DATES	TIME	DAY	CLASS
11/14	6:30-9:00 PM	F	3806

Fee: \$5
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

Circle of Friends Holiday Dinner Dance

Tis' the season to celebrate! Get dressed up and come dance the night away at the Circle of Friends Holiday Dinner Dance! Join us for this special evening at the Laguna Hills Community Center. Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
12/12	6:30-9:00 PM	F	3807

Fee: \$10
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

REGISTER EARLY FOR CLASSES

Help us avoid cancelling a class due to low enrollment...Remember to register early! For details on how to register for classes, see the sample registration form at the front of the brochure.

ACTIVITY SCHEDULE



EMERITUS

Saddleback College Senior Emeritus Program



These classes are sponsored by Saddleback College Emeritus Program and held in the gymnasium at the Laguna Hills Community Center; the gymnasium is not air conditioned. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

***NO CLASS 11/5, 11/11, 11/27 & 11/28.**

DAY	CLASS	TIME
MW	Yoga	9:00-9:50 AM
MW	Aerobic Exercise	10:00-10:50 AM
MW	Pilates Conditioning	11:00-11:50 AM
TTH	Sequential Stretching	8:30-9:20 AM
TTH	Pilates Conditioning	9:30-10:50 AM
T	Yoga	11:00 AM-12:50 PM
Fri	Tai Chi	9:00-11:50 AM
Fri	Pilates Conditioning	10:10-11:55 AM

The following classes meet 8/18 to 12/19:
Location: LHCC Ages: 50 and older

Saddleback College SPAN 231X Intermediate Practical Spanish

Further the fundamentals of communicative competence in practical Spanish for the older adult. Focuses on listening, comprehension and speaking. Reading and writing skills will be expanded. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus. ***NO CLASS 11/11.**

DATES	TIME	DAY	CLASS
8/19-12/16	9:00-10:50 AM	Tu	3750

Location: LHCC Ages: 50 and older

Saddleback College ART59X Intermediate/Advanced Watercolor

Rec Prep: ART 58X. Utilizing and incorporating color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the medium. Materials fee of \$5 payable at registration. Additional art supplies may be required. To register or for more information please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus. ***NO CLASS 11/5.**

DATES	TIME	DAY	CLASS
8/20-12/17	1:00-3:50 PM	W	

Location: LHCC Ages: 50 and older

Saddleback College ART20X Art Appreciation

Focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus. ***NO CLASS 11/27.**

DATES	TIME	DAY	CLASS
8/21-12/18	10:00-11:50 AM	Th	

Location: LHCC Ages: 50 and older

Saddleback College ART 80X Beginning Sketching

Basic drawing techniques will be presented as students are encouraged in individual artistic expression. Still life, student model, and location work will be done in simple classic media of pencil, charcoal and pastel. Materials fee of \$5 is payable at registration. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus. ***NO CLASS 11/28.**

DATES	TIME	DAY	CLASS
8/22-12/19	1:00-3:50 PM	F	

Location: LHCC Ages: 50 and older

Saddleback College ENG 6X: Non-Fiction Writing

Basic drawing techniques will be presented as students are encouraged in individual artistic expression. Still life, student model, and location work will be done in simple classic media of pencil, charcoal and pastel. Materials fee of \$5 is payable at registration. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus. ***NO CLASS 9/6, 10/4, 11/1, 12/6 & 12/20.**

DATES	TIME	DAY	CLASS
8/23-12/20	11:30 AM-2:20 PM	Sa	3754

Location: LHCC Ages: 50 and older